São Silvestre de Amares 2023

Amares, PT

30-dezembro-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	12,4ºC	94%
End	18:15	12,4ºC	94%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	139	Miguel Vieira	MOVIMENTO DE JUVENTUDE DE MERELIM	32:25		03:15	
2	168	Nuno da Silva Carvalho	Realense Futebol Clube	33:10	+00:45	03:19	
3	222	Ruben Veloso	Minho e Lima Trail	33:28	+01:03	03:21	
4	220	Avelino Macedo	Minho e Lima Trail	34:43	+02:18	03:28	
5	217	Cláudio José Faria Araújo	Quebraritmo	35:06	+02:41	03:31	
6	231	Adelino Sousa	Individual	35:26	+03:01	03:33	
7	221	Filipe Correia	Minho e Lima Trail	36:40	+04:15	03:40	
8	223	Carlos Maciel	Minho e Lima Trail	37:33	+05:08	03:45	
9	190	João Martins	Vila Verde a Correr	38:13	+05:48	03:49	
10	138	Fábio Cruz	MOVIMENTO DE JUVENTUDE DE MERELIM	38:17	+05:52	03:50	
11	191	João Pimentel	Vila Verde a Correr	38:22	+05:57	03:50	
12	172	Pedro Lopes	RUNDICULOUS	38:26	+06:01	03:51	
13	9	Hugo Silva	CDRC Amarense	38:38	+06:13	03:52	
14	140	Cecilia Mouta	MOVIMENTO DE JUVENTUDE DE MERELIM	39:17	+06:52	03:56	
15	209	Alexandre Silva Ribeiro	Vila Verde a Correr	39:24	+06:59	03:56	
16	74	Bruno Pontes	Individual	39:37	+07:13	03:58	
17	171	José Barros	RUNDICULOUS	39:40	+07:15	03:58	
18	165	Joao Abreu	Ontrisports	40:00	+07:35	04:00	
19	135	Bruno Ribeiro Lima	Moveis Lima	40:25	+08:00	04:03	
20	133	Miguel Martins	LEBRES MINHOTAS	40:28	+08:03	04:03	
21	93	José Peixoto	Individual	41:15	+08:50	04:08	
22	173	BARBARA SOUSA	URBAN ACADEMY	41:21	+08:56	04:08	
23	84	Helder Pereira	Zenit AUTOMÓVEIS	41:24	+08:59	04:08	
24	79	Casimiro Moutinho De Carvalho	Individual	41:41	+09:16	04:10	
25	200	Vitor Faria	Palmeira Runners	41:41	+09:16	04:10	
26	48	Marcelo Gonçalves	Individual	41:44	+09:19	04:10	
27	35	Diogo Fernandes	Individual	42:02	+09:37	04:12	
28	71	António Fernandes	Individual	42:05	+09:40	04:13	
29	82	Fernando Manuel Ribeiro Antunes de Sousa	Individual	42:06	+09:41	04:13	
30	205	GABRIEL SERVEIRA	Individual	42:12	+09:47	04:13	
31	169	Joaquim António Peixoto Carvalho	Realense Futebol Clube	42:29	+10:04	04:15	
32	232	Armindo Freitas	Individual	42:46	+10:21	04:17	
33	132	Miguel Domingues	LEBRES MINHOTAS	42:48	+10:23	04:17	
34	131	Jorge Domingues	LEBRES MINHOTAS	42:49	+10:24	04:17	
35	224	Tiago Manuel Araújo Santos	Minho e Lima Trail	43:18	+10:53	04:20	
36	90	João Vieira	Individual	43:21	+10:56	04:20	
37	180	Marco Lima	URBAN ACADEMY	43:27	+11:02	04:21	
38	189	Filipe Alves	Vila Verde a Correr	43:30	+11:05	04:21	
39	95	José Lopes	Individual	43:32	+11:07	04:21	
40	13	Pedro Paredes	CDRC Amarense	43:37	+11:12	04:22	
41	192	Ricardo Peixoto	Vila Verde a Correr	43:46	+11:21	04:23	

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
42	146	Ricardo Ferreira	MOVIMENTO DE JUVENTUDE DE MERELIM	43:48	+11:23	04:23	
43	157	Ricardo Duarte	NAF CAVADO	43:51	+11:26	04:23	
44	50	Pedro Abreu	Individual	43:52	+11:27	04:23	
45	153	João Lopes	NAF CAVADO	43:59	+11:34	04:24	
46	118	Vítor Manuel Dantas Magalhães	Individual	44:12	+11:47	04:25	
47	159	Joao Vieira	NAF CAVADO	44:24	+11:59	04:26	
48	184	JOÃO VIEIRA	URBAN ACADEMY	44:26	+12:01	04:27	
49	91	Joaquim Malheiro	Individual	44:34	+12:09	04:27	
50	193	Carlos Magalhães	Zenit AUTOMÓVEIS	44:47	+12:22	04:29	
51	147	Sérgio Sá	MOVIMENTO DE JUVENTUDE DE MERELIM	45:14	+12:49	04:31	
52	62	Dulce Silva	Individual	45:18	+12:53	04:32	
53	166	João Coelho	PCRunners	45:24	+12:59	04:32	
54	117	Sérgio Gonçalves Pereira	Individual	45:32	+13:07	04:33	
55	73	Bruno Miguel Paredes Fernandes	Individual	45:39	+13:14	04:34	
56	234	Andre Veloso	Individual	45:43	+13:18	04:34	
57	72	Bruno Miguel Ferreira Gonçalves	Individual	45:48	+13:23	04:35	
58	113	Rui cunha	Individual	46:10	+13:45	04:37	
59	202	Ricardo Carvalho	Individual	46:13	+13:48	04:37	
60	198	Sérgio Tiago Rodrigues de Sá Faria	Individual	46:17	+13:52	04:38	
61	188	Carla Ferreira	Vila Verde a Correr	46:19	+13:54	04:38	
62	155	Paulo Alves	NAF CAVADO	46:32	+14:07	04:39	
63	77	Carlos miguel lopes névoa	Individual	46:41	+14:16	04:40	
64	136	Cândido Loma	Moveis Lima	46:44	+14:19	04:40	
65	40	Hugo Borges	Individual	46:45	+14:20	04:40	
66	10	Luís Soares	CDRC Amarense	46:46	+14:21	04:41	
67	183	Alfredo Vieira	URBAN ACADEMY	46:46	+14:21	04:41	
68	204	Carlos Esperança	Individual	46:47	+14:22	04:41	
69	53	RUI MOREIRA	Individual	47:06	+14:41	04:43	
70	105	Nuno sousa	Individual	47:06	+14:41	04:43	
71	33	Carlos Cunha	Individual	47:19	+14:54	04:44	
72	42	João Carlos Correia de Sousa	Individual	47:28	+15:03	04:45	
73	170	Daniel Azevedo	RUNDICULOUS	47:31	+15:06	04:45	
74	80	Daniel Soares	Individual	47:31	+15:06	04:45	
75	56	Tiago Manuel Almeida Rodrigues	Individual	47:31	+15:06	04:45	
76	158	Tiago Martins	NAF CAVADO	47:40	+15:15	04:46	
77	46	José Rodrigues	Individual	47:42	+15:17	04:46	
78	142	Armindo Gomes	MOVIMENTO DE JUVENTUDE DE MERELIM	47:53	+15:28	04:47	
79	194	Luís Cunha	Zenit AUTOMÓVEIS	48:09	+15:44	04:49	
80	144	José Fernandes	MOVIMENTO DE JUVENTUDE DE MERELIM	48:41	+16:16	04:52	
81	5	André Almeida	CDRC Amarense	48:49	+16:24	04:53	
82	52	Ricardo Manuel Arantes Silva	Individual	49:00	+16:35	04:54	
83	16	Helder Faria	Familia Faria	49:43	+17:18	04:58	
84	137	Marcelino Peixoto	Moveis Lima	49:43	+17:18	04:58	
85	102	Nuno Ângelo Ribeiro Moita	Individual	50:00	+17:35	05:00	
86	199	Rodrigo Martins Faria	Individual	50:07	+17:43	05:01	
87	85	Hugo Alves	Individual	50:15	+17:50	05:01	

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
88	101	Mário Rosas	Individual	50:18	+17:53	05:02	
89	178	DIOGO PINHEIRO	URBAN ACADEMY	50:18	+17:53	05:02	
90	196	Miguel Correia	Moveis Lima	50:26	+18:01	05:03	
91	219	Ana Machado	ISAVE	50:27	+18:02	05:03	
92	106	Osvaldo Oliveira	Individual	50:33	+18:08	05:03	
93	181	Rui Alves	URBAN ACADEMY	50:36	+18:11	05:04	
94	150	Alexandre Ferreira	NAF CAVADO	50:46	+18:21	05:05	
95	128	Nuno David Macedo Falcão	ISAVE	50:48	+18:23	05:05	
96	124	Iva Humberta Gomes Moreira	ISAVE	50:48	+18:23	05:05	
97	92	Jorge Brandão	Individual	51:03	+18:38	05:06	
98	103	Nuno Barros	Individual	51:37	+19:12	05:10	
99	104	Nuno Ferreira	Individual	51:41	+19:16	05:10	
100	36	Diogo Jorge Vieira Martins	Individual	51:44	+19:19	05:10	
101	44	Joel Costa Carvalho	Individual	51:45	+19:20	05:11	
102	41	Joao Adriano Gonçalves Ribeiro	Individual	52:29	+20:04	05:15	
103	151	António Tadeu da Silva Oliveira	NAF CAVADO	52:42	+20:17	05:16	
104	161	Sérgio Rodrigues	NAF CAVADO	52:42	+20:17	05:16	
105	233	Vania Cerqueira	CDRC Amarense	52:43	+20:18	05:16	
106	115	samuel Barbosa	Individual	52:55	+20:30	05:18	
107	213	Rómulo Terrau	Lusimed	52:58	+20:33	05:18	
108	8	Gonçalo Alves	CDRC Amarense	53:16	+20:51	05:20	
109	110	Pedro Miguel Pereira Barbosa de Alpoim	Individual	53:18	+20:53	05:20	
110	94	José Gonçalves	Individual	53:20	+20:55	05:20	
111	197	Pedro Pinheiro	Individual	53:21	+20:56	05:20	
112	67	Telma Filipa Costa Sousa	Individual	53:23	+20:58	05:20	
113	18	Amaro José Pires Fernandes	gnr amares	53:24	+20:59	05:20	
114	63	Elisabete Ministro	Individual	53:43	+21:18	05:22	
115	45	José Maia	Individual	54:31	+22:06	05:27	
116	130	Mónica Martins	LEBRES MINHOTAS	55:26	+23:01	05:33	
117	43	João Ribeiro	Individual	55:27	+23:02	05:33	
118	87	João Batista Vieira Ribeiro	Individual	55:52	+23:27	05:35	
119	12	Marco Ferreira	CDRC Amarense	55:57	+23:32	05:36	
120	109	Paulo Oliveira	Individual	55:58	+23:33	05:36	
121	156	Paulo Jorge Carvalho Ribeiro	NAF CAVADO	56:02	+23:37	05:36	
122	31	André Alexandre Oliveira Ferreira Neto	Individual	56:06	+23:41	05:37	
123	211	Sónia Almeida	Aventureiros	56:23	+23:58	05:38	
124	89	João Ministro	Individual	56:25	+24:00	05:38	
125	111	Ricardo António Rodrigues Vilela	Individual	56:27	+24:02	05:39	
126	160	SAULO VANILDO RABELO ROSA	NAF CAVADO	56:27	+24:02	05:39	
127	98	Manuel Araújo	Individual	56:28	+24:03	05:39	
128	185	Rui Cruz	URBAN ACADEMY	56:55	+24:30	05:42	
129	107	Pascal Guygniec	Individual	57:27	+25:02	05:45	
130	51	Ricardo Costa	Individual	57:34	+25:09	05:45	
131	162	Alda Cristina Faustino	NoFitTeam	57:52	+25:27	05:47	
132	164	Pedro Lourenço	NoFitTeam	57:52	+25:27	05:47	

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
133	97	Luís Carvalho	Individual	58:37	+26:12	05:52	
134	195	Tiago Vinhas de Oliveira Soares	Individual	59:08	+26:43	05:55	
135	61	Dina Pereira	Individual	01:00:17	+27:52	06:02	
136	78	Carlos Rodrigues	Individual	01:00:22	+27:57	06:02	
137	57	Ana Luísa Silva Pereira	Individual	01:00:41	+28:16	06:04	
138	134	Isabel Fernandes	Moveis Lima	01:00:59	+28:34	06:06	
139	225	Miguel da Cunha Pereira	ISAVE	01:01:48	+29:23	06:11	
140	229	Júlia Costa	Individual	01:01:49	+29:24	06:11	
141	27	Laura de Sousa Lopes	Individual	01:02:14	+29:49	06:13	
142	108	Paulo Lopes	Individual	01:02:14	+29:49	06:13	
143	182	ALEXANDRA MACHADO	URBAN ACADEMY	01:02:25	+30:00	06:15	
144	81	Fernando Costa	Individual	01:02:32	+30:07	06:15	
145	129	Isabel Domingues	LEBRES MINHOTAS	01:02:51	+30:26	06:17	
146	17	Artur Miguel Araújo Salgado	gnr amares	01:06:07	+33:42	06:37	
147	212	Eugenia Pereira	Aventureiros	01:07:03	+34:38	06:42	
148	29	Liliana Daniela Machado Almeida	Individual	01:07:03	+34:38	06:42	
149	112	Ricardo Antonio Vieira Ferreira	Individual	01:07:32	+35:07	06:45	
150	201	Paulo Freitas	Individual	01:07:35	+35:10	06:46	
151	226	Joel Araújo de Freitas	Individual	01:07:40	+35:15	06:46	
152	148	Bárbara Silva	NAF CAVADO	01:07:51	+35:26	06:47	
153	60	Conceição Sousa	Individual	01:07:54	+35:29	06:47	
154	59	Carolina Fernandes	Individual	01:07:55	+35:30	06:47	
155	58	Anabela Costa	Individual	01:11:17	+38:52	07:08	
156	176	MONICA FERNANDES	URBAN ACADEMY	01:12:02	+39:37	07:12	
157	174	CAROLINA LIMA	URBAN ACADEMY	01:12:02	+39:37	07:12	
158	152	Daniel Oliveira	NAF CAVADO	01:12:22	+39:57	07:14	

São Silvestre de Amares 2023

Amares, PT

30-dezembro-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	12,4ºC	94%
End	18:15	12,4ºC	94%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Senior Feminino							
1	173	BARBARA SOUSA	URBAN ACADEMY	Senior Feminino	41:21		04:08
2	219	Ana Machado	ISAVE	Senior Feminino	50:27	+09:05	05:03
3	27	Laura de Sousa Lopes	Individual	Senior Feminino	01:02:14	+20:52	06:13
4	29	Liliana Daniela Machado Almeida	Individual	Senior Feminino	01:07:03	+25:41	06:42
5	148	Bárbara Silva	NAF CAVADO	Senior Feminino	01:07:51	+26:29	06:47
6	176	MONICA FERNANDES	URBAN ACADEMY	Senior Feminino	01:12:02	+30:41	07:12
7	174	CAROLINA LIMA	URBAN ACADEMY	Senior Feminino	01:12:02	+30:41	07:12
Senior Masculino							
1	139	Miguel Vieira	MOVIMENTO DE JUVENTUDE DE MERELIM	Senior Masculino	32:25		03:15
2	168	Nuno da Silva Carvalho	Realense Futebol Clube	Senior Masculino	33:10	+00:45	03:19
3	222	Ruben Veloso	Minho e Lima Trail	Senior Masculino	33:28	+01:02	03:21
4	223	Carlos Maciel	Minho e Lima Trail	Senior Masculino	37:33	+05:07	03:45
5	138	Fábio Cruz	MOVIMENTO DE JUVENTUDE DE MERELIM	Senior Masculino	38:17	+05:51	03:50
6	209	Alexandre Silva Ribeiro	Vila Verde a Correr	Senior Masculino	39:24	+06:58	03:56
7	48	Marcelo Gonçalves	Individual	Senior Masculino	41:44	+09:18	04:10
8	35	Diogo Fernandes	Individual	Senior Masculino	42:02	+09:36	04:12
9	224	Tiago Manuel Araújo Santos	Minho e Lima Trail	Senior Masculino	43:18	+10:53	04:20
10	180	Marco Lima	URBAN ACADEMY	Senior Masculino	43:27	+11:02	04:21
11	157	Ricardo Duarte	NAF CAVADO	Senior Masculino	43:51	+11:26	04:23
12	50	Pedro Abreu	Individual	Senior Masculino	43:52	+11:27	04:23
13	153	João Lopes	NAF CAVADO	Senior Masculino	43:59	+11:33	04:24
14	155	Paulo Alves	NAF CAVADO	Senior Masculino	46:32	+14:06	04:39
15	40	Hugo Borges	Individual	Senior Masculino	46:45	+14:19	04:40
16	53	RUI MOREIRA	Individual	Senior Masculino	47:06	+14:40	04:43
17	33	Carlos Cunha	Individual	Senior Masculino	47:19	+14:53	04:44
18	42	João Carlos Correia de Sousa	Individual	Senior Masculino	47:28	+15:03	04:45
19	56	Tiago Manuel Almeida Rodrigues	Individual	Senior Masculino	47:31	+15:05	04:45
20	158	Tiago Martins	NAF CAVADO	Senior Masculino	47:40	+15:14	04:46
21	46	José Rodrigues	Individual	Senior Masculino	47:42	+15:17	04:46
22	5	André Almeida	CDRC Amarense	Senior Masculino	48:49	+16:23	04:53
23	52	Ricardo Manuel Arantes Silva	Individual	Senior Masculino	49:00	+16:34	04:54
24	199	Rodrigo Martins Faria	Individual	Senior Masculino	50:07	+17:42	05:01
25	178	DIOGO PINHEIRO	URBAN ACADEMY	Senior Masculino	50:18	+17:52	05:02
26	181	Rui Alves	URBAN ACADEMY	Senior Masculino	50:36	+18:10	05:04
27	150	Alexandre Ferreira	NAF CAVADO	Senior Masculino	50:46	+18:20	05:05
28	36	Diogo Jorge Vieira Martins	Individual	Senior Masculino	51:44	+19:19	05:10

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	44	Joel Costa Carvalho	Individual	Senior Masculino	51:45	+19:20	05:11
30	41	Joao Adriano Gonçalves Ribeiro	Individual	Senior Masculino	52:29	+20:03	05:15
31	151	António Tadeu da Silva Oliveira	NAF CAVADO	Senior Masculino	52:42	+20:16	05:16
32	45	José Maia	Individual	Senior Masculino	54:31	+22:05	05:27
33	43	João Ribeiro	Individual	Senior Masculino	55:27	+23:01	05:33
34	156	Paulo Jorge Carvalho Ribeiro	NAF CAVADO	Senior Masculino	56:02	+23:36	05:36
35	31	André Alexandre Oliveira Ferreira Neto	Individual	Senior Masculino	56:06	+23:40	05:37
36	51	Ricardo Costa	Individual	Senior Masculino	57:34	+25:08	05:45
37	195	Tiago Vinhas de Oliveira Soares	Individual	Senior Masculino	59:08	+26:43	05:55
38	17	Artur Miguel Araújo Salgado	gnr amares	Senior Masculino	01:06:07	+33:41	06:37
39	152	Daniel Oliveira	NAF CAVADO	Senior Masculino	01:12:22	+39:56	07:14

Veterana F35

1	140	Cecilia Mouta	MOVIMENTO DE JUVENTUDE DE MERELIM	Veterana F35	39:17		03:56
2	62	Dulce Silva	Individual	Veterana F35	45:18	+06:01	04:32
3	188	Carla Ferreira	Vila Verde a Correr	Veterana F35	46:19	+07:02	04:38
4	124	Iva Humberta Gomes Moreira	ISAVE	Veterana F35	50:48	+11:31	05:05
5	233	Vania Cerqueira	CDRC Amarense	Veterana F35	52:43	+13:26	05:16
6	67	Telma Filipa Costa Sousa	Individual	Veterana F35	53:23	+14:06	05:20
7	63	Elisabete Ministro	Individual	Veterana F35	53:43	+14:26	05:22
8	130	Mónica Martins	LEBRES MINHOTAS	Veterana F35	55:26	+16:09	05:33
9	211	Sónia Almeida	Aventureiros	Veterana F35	56:23	+17:06	05:38
10	162	Alda Cristina Faustino	NoFitTeam	Veterana F35	57:52	+18:35	05:47
11	61	Dina Pereira	Individual	Veterana F35	01:00:17	+20:59	06:02
12	57	Ana Luísa Silva Pereira	Individual	Veterana F35	01:00:41	+21:24	06:04
13	134	Isabel Fernandes	Moveis Lima	Veterana F35	01:00:59	+21:42	06:06
14	229	Júlia Costa	Individual	Veterana F35	01:01:49	+22:31	06:11
15	129	Isabel Domingues	LEBRES MINHOTAS	Veterana F35	01:02:51	+23:34	06:17
16	212	Eugenia Pereira	Aventureiros	Veterana F35	01:07:03	+27:46	06:42
17	60	Conceição Sousa	Individual	Veterana F35	01:07:54	+28:37	06:47
18	59	Carolina Fernandes	Individual	Veterana F35	01:07:55	+28:38	06:47
19	58	Anabela Costa	Individual	Veterana F35	01:11:17	+32:00	07:08

Veterano M35

1	220	Avelino Macedo	Minho e Lima Trail	Veterano M35	34:43		03:28
2	217	Cláudio José Faria Araújo	Quebraritmo	Veterano M35	35:06	+00:23	03:31
3	231	Adelino Sousa	Individual	Veterano M35	35:26	+00:43	03:33
4	221	Filipe Correia	Minho e Lima Trail	Veterano M35	36:40	+01:56	03:40
5	190	João Martins	Vila Verde a Correr	Veterano M35	38:13	+03:30	03:49
6	191	João Pimentel	Vila Verde a Correr	Veterano M35	38:22	+03:39	03:50
7	172	Pedro Lopes	RUNDICULOUS	Veterano M35	38:26	+03:43	03:51
8	9	Hugo Silva	CDRC Amarense	Veterano M35	38:38	+03:55	03:52
9	74	Bruno Pontes	Individual	Veterano M35	39:37	+04:54	03:58

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

10	171	José Barros	RUNDICULOUS	Veterano M35	39:40	+04:57	03:58
11	165	Joao Abreu	Ontrisports	Veterano M35	40:00	+05:17	04:00
12	135	Bruno Ribeiro Lima	Moveis Lima	Veterano M35	40:25	+05:42	04:03
13	133	Miguel Martins	LEBRES MINHOTAS	Veterano M35	40:28	+05:45	04:03
14	93	José Peixoto	Individual	Veterano M35	41:15	+06:32	04:08
15	84	Helder Pereira	Zenit AUTOMÓVEIS	Veterano M35	41:24	+06:41	04:08
16	79	Casimiro Moutinho De Carvalho	Individual	Veterano M35	41:41	+06:58	04:10
17	200	Vitor Faria	Palmeira Runners	Veterano M35	41:41	+06:58	04:10
18	71	António Fernandes	Individual	Veterano M35	42:05	+07:22	04:13
19	82	Fernando Manuel Ribeiro Antunes de Sousa	Individual	Veterano M35	42:06	+07:23	04:13
20	205	GABRIEL SERVEIRA	Individual	Veterano M35	42:12	+07:28	04:13
21	169	Joaquim António Peixoto Carvalho	Realense Futebol Clube	Veterano M35	42:29	+07:46	04:15
22	232	Armindo Freitas	Individual	Veterano M35	42:46	+08:03	04:17
23	132	Miguel Domingues	LEBRES MINHOTAS	Veterano M35	42:48	+08:05	04:17
24	131	Jorge Domingues	LEBRES MINHOTAS	Veterano M35	42:49	+08:06	04:17
25	90	João Vieira	Individual	Veterano M35	43:21	+08:38	04:20
26	189	Filipe Alves	Vila Verde a Correr	Veterano M35	43:30	+08:47	04:21
27	95	José Lopes	Individual	Veterano M35	43:32	+08:49	04:21
28	13	Pedro Paredes	CDRC Amarense	Veterano M35	43:37	+08:54	04:22
29	192	Ricardo Peixoto	Vila Verde a Correr	Veterano M35	43:46	+09:03	04:23
30	146	Ricardo Ferreira	MOVIMENTO DE JUVENTUDE DE MERELIM	Veterano M35	43:48	+09:05	04:23
31	118	Vítor Manuel Dantas Magalhães	Individual	Veterano M35	44:12	+09:29	04:25
32	159	Joao Vieira	NAF CAVADO	Veterano M35	44:24	+09:41	04:26
33	184	JOÃO VIEIRA	URBAN ACADEMY	Veterano M35	44:26	+09:43	04:27
34	91	Joaquim Malheiro	Individual	Veterano M35	44:34	+09:51	04:27
35	193	Carlos Magalhães	Zenit AUTOMÓVEIS	Veterano M35	44:47	+10:04	04:29
36	147	Sérgio Sá	MOVIMENTO DE JUVENTUDE DE MERELIM	Veterano M35	45:14	+10:31	04:31
37	166	João Coelho	PCRunners	Veterano M35	45:24	+10:41	04:32
38	117	Sérgio Gonçalves Pereira	Individual	Veterano M35	45:32	+10:49	04:33
39	73	Bruno Miguel Paredes Fernandes	Individual	Veterano M35	45:39	+10:56	04:34
40	234	Andre Veloso	Individual	Veterano M35	45:43	+11:00	04:34
41	72	Bruno Miguel Ferreira Gonçalves	Individual	Veterano M35	45:48	+11:05	04:35
42	113	Rui cunha	Individual	Veterano M35	46:10	+11:26	04:37
43	202	Ricardo Carvalho	Individual	Veterano M35	46:13	+11:29	04:37
44	198	Sérgio Tiago Rodrigues de Sá Faria	Individual	Veterano M35	46:17	+11:34	04:38
45	77	Carlos miguel lopes névoa	Individual	Veterano M35	46:41	+11:58	04:40
46	136	Cândido Loma	Moveis Lima	Veterano M35	46:44	+12:01	04:40
47	10	Luís Soares	CDRC Amarense	Veterano M35	46:46	+12:03	04:41
48	183	Alfredo Vieira	URBAN ACADEMY	Veterano M35	46:46	+12:03	04:41
49	204	Carlos Esperança	Individual	Veterano M35	46:47	+12:03	04:41
50	105	Nuno sousa	Individual	Veterano M35	47:06	+12:23	04:43
51	170	Daniel Azevedo	RUNDICULOUS	Veterano M35	47:31	+12:48	04:45
52	80	Daniel Soares	Individual	Veterano M35	47:31	+12:48	04:45
53	142	Armindo Gomes	MOVIMENTO DE JUVENTUDE DE MERELIM	Veterano M35	47:53	+13:10	04:47

Prova Principal

10 KM

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

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

54	194	Luís Cunha	Zenit AUTOMÓVEIS	Veterano M35	48:09	+13:26	04:49
55	144	José Fernandes	MOVIMENTO DE JUVENTUDE DE MERELIM	Veterano M35	48:41	+13:58	04:52
56	16	Helder Faria	Familia Faria	Veterano M35	49:43	+14:59	04:58
57	137	Marcelino Peixoto	Moveis Lima	Veterano M35	49:43	+15:00	04:58
58	102	Nuno Ângelo Ribeiro Moita	Individual	Veterano M35	50:00	+15:17	05:00
59	85	Hugo Alves	Individual	Veterano M35	50:15	+15:32	05:01
60	101	Mário Rosas	Individual	Veterano M35	50:18	+15:35	05:02
61	196	Miguel Correia	Moveis Lima	Veterano M35	50:26	+15:43	05:03
62	106	Osvaldo Oliveira	Individual	Veterano M35	50:33	+15:50	05:03
63	128	Nuno David Macedo Falcão	ISAVE	Veterano M35	50:48	+16:05	05:05
64	92	Jorge Brandão	Individual	Veterano M35	51:03	+16:20	05:06
65	103	Nuno Barros	Individual	Veterano M35	51:37	+16:54	05:10
66	104	Nuno Ferreira	Individual	Veterano M35	51:41	+16:58	05:10
67	161	Sérgio Rodrigues	NAF CAVADO	Veterano M35	52:42	+17:59	05:16
68	115	samuel Barbosa	Individual	Veterano M35	52:55	+18:12	05:18
69	213	Rómulo Terrau	Lusimed	Veterano M35	52:58	+18:15	05:18
70	8	Gonçalo Alves	CDRC Amarense	Veterano M35	53:16	+18:33	05:20
71	110	Pedro Miguel Pereira Barbosa de Alpoim	Individual	Veterano M35	53:18	+18:34	05:20
72	94	José Gonçalves	Individual	Veterano M35	53:20	+18:37	05:20
73	197	Pedro Pinheiro	Individual	Veterano M35	53:21	+18:38	05:20
74	18	Amaro José Pires Fernandes	gnr amares	Veterano M35	53:24	+18:40	05:20
75	87	João Batista Vieira Ribeiro	Individual	Veterano M35	55:52	+21:09	05:35
76	12	Marco Ferreira	CDRC Amarense	Veterano M35	55:57	+21:14	05:36
77	109	Paulo Oliveira	Individual	Veterano M35	55:58	+21:15	05:36
78	89	João Ministro	Individual	Veterano M35	56:25	+21:42	05:38
79	111	Ricardo António Rodrigues Vilela	Individual	Veterano M35	56:27	+21:44	05:39
80	160	SAULO VANILDO RABELO ROSA	NAF CAVADO	Veterano M35	56:27	+21:44	05:39
81	98	Manuel Araújo	Individual	Veterano M35	56:28	+21:45	05:39
82	185	Rui Cruz	URBAN ACADEMY	Veterano M35	56:55	+22:12	05:42
83	107	Pascal Guygniec	Individual	Veterano M35	57:27	+22:43	05:45
84	164	Pedro Lourenço	NoFitTeam	Veterano M35	57:52	+23:09	05:47
85	97	Luís Carvalho	Individual	Veterano M35	58:37	+23:54	05:52
86	78	Carlos Rodrigues	Individual	Veterano M35	01:00:22	+25:39	06:02
87	225	Miguel da Cunha Pereira	ISAVE	Veterano M35	01:01:48	+27:05	06:11
88	108	Paulo Lopes	Individual	Veterano M35	01:02:14	+27:31	06:13
89	182	ALEXANDRA MACHADO	URBAN ACADEMY	Veterano M35	01:02:25	+27:42	06:15
90	81	Fernando Costa	Individual	Veterano M35	01:02:32	+27:49	06:15
91	112	Ricardo Antonio Vieira Ferreira	Individual	Veterano M35	01:07:32	+32:49	06:45
92	201	Paulo Freitas	Individual	Veterano M35	01:07:35	+32:52	06:46
93	226	Joel Araújo de Freitas	Individual	Veterano M35	01:07:40	+32:57	06:46

TEAM RESULTS - PROVA PRINCIPAL

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

RANK	TEAM	DESCRIPTION	POINTS
1	MINHO E LIMA TRAIL	3 + 4 + 7	14
2	MOVIMENTO DE JUVENTUDE DE MERELIM	1 + 10 + 14	25
3	VILA VERDE A CORRER	9 + 11 + 15	35
4	LEBRES MINHOTAS	20 + 33 + 34	87
5	RUNDICULOUS	12 + 17 + 74	103
6	URBAN ACADEMY	22 + 37 + 48	107
7	CDRC AMARENSE	13 + 40 + 67	120
8	NAF CAVADO	43 + 45 + 47	135
9	ZENIT AUTOMÓVEIS	23 + 50 + 80	153
10	MOVEIS LIMA	19 + 65 + 85	169
11	ISAVE	92 + 96 + 97	285