São Silvestre Espinho
Espinho, PT
07-January-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	17:30	13ºC	98%
End	18:50	13ºC	98%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	4	Francisco Rodrigues	S.C.BRAGA	29:55		03:00	
2	8	Luís Oliveira	SPORT LISBOA E BENFICA	29:56	+00:01	03:00	
3	9	Paulo Barbosa	S.C.BRAGA	30:05	+00:10	03:01	
4	12	João Almeida	RECREIO DESPORTIVO DE ÁGUEDA	30:09	+00:14	03:01	
5	50	Bernardo Rocha	SCSalgueiros	30:21	+00:26	03:02	
6	5	Hugo Daniel Santos	SCSalgueiros	30:47	+00:52	03:05	
7	344	Anton Tishakin	Individual	30:48	+00:53	03:05	
8	22	João Trigueiros	S.c.Espinho/António Leitão	31:35	+01:40	03:10	
9	14	Simão Gonçalves Bastos	S.L. Benfica	31:38	+01:43	03:10	
10	11	Gil Maia	S.c.Espinho/António Leitão	32:00	+02:05	03:12	
11	1093	João Marques	LAVRA	32:25	+02:30	03:14	
12	29	TOZE CASTRO	EV/PERALTAFIL	32:26	+02:31	03:15	
13	261	Marcelo Gonçalves	GDR GRANJA-TRUTAS DO MAU	32:30	+02:35	03:15	
14	1023	João Carvalho	SCSalgueiros	32:45	+02:50	03:16	
15	41	Filipe Ferreira	ACR de Vale de Cambra	32:51	+02:56	03:17	
16	30	VITOR SANTOS	EV/PERALTAFIL	32:56	+03:01	03:18	
17	28	HELDER PIRES	EV/PERALTAFIL	33:16	+03:21	03:20	
18	20	Hugo Moreira	S.c.Espinho/António Leitão	33:27	+03:32	03:21	
19	43	Tiago Pinho	ACR de Vale de Cambra	33:29	+03:34	03:21	
20	31	RENATO SOUSA	EV/PERALTAFIL	33:35	+03:40	03:22	
21	18	Solange Jesus	Clube Desportivo Feirense	33:37	+03:42	03:22	
22	21	Ricardo Barros	S.c.Espinho/António Leitão	33:42	+03:47	03:22	
23	35	Artur Rodrigues	G.D.C.Guilhovai	33:44	+03:49	03:22	
24	6	Carla Martinho	RECREIO DESPORTIVO DE ÁGUEDA	33:53	+03:58	03:23	
25	16	ANTÓNIO JOAQUIM SOARES FERNANDES	G.D.C.Guilhovai	33:54	+03:59	03:23	
26	36	Jorge Cubal	G.D.C.Guilhovai	33:57	+04:02	03:24	
27	932	Ricardo Santos	RECREIO DESPORTIVO DE ÁGUEDA	34:04	+04:09	03:24	
28	348	Daniel Sousa	Individual	34:07	+04:12	03:25	
29	46	SERGIO PAIVA	Clube Atletismo de Ovar	34:07	+04:12	03:25	
30	33	Angelo Araújo	Núcleo de Atletismo de Cucujães	34:11	+04:16	03:25	
31	37	Tiago Pinto	Sport Clube Freamunde	34:15	+04:20	03:26	
32	200	PEDRO MAGALHÃES	EV/PERALTAFIL	34:21	+04:26	03:26	
33	110	Alexandre Azevedo	ARVOR ASSOCIAÇÃO RECREATIVA OS VETERANOS D´OVAR	34:24	+04:29	03:26	
34	44	Ricardo Castro	ACD São João da Serra	34:39	+04:44	03:28	
35	245	Antonio Cristóvão	G.D.C.Guilhovai	34:49	+04:54	03:29	
36	555	João Castro	Team ELComandante	34:52	+04:57	03:29	
37	545	Davide Silva	Individual	34:53	+04:58	03:29	
38	42	Marco Pinho	ACR de Vale de Cambra	34:54	+04:59	03:29	
39	360	Guilherme Martins	Individual	34:54	+04:59	03:29	
40	24	Rui Ferreira	S.c.Espinho/António Leitão	34:59	+05:04	03:30	

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

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
41	45	CELSO LEITE	Clube Atletismo de Ovar	35:00	+05:05	03:30	
42	113	DANIEL RODRIGUES	ARVOR ASSOCIAÇÃO RECREATIVA OS VETERANOS D´OVAR	35:00	+05:05	03:30	
43	196	Pedro Costa	Dr. Runner	35:03	+05:08	03:30	
44	1041	Sara Duarte	S.C.BRAGA	35:08	+05:13	03:31	
45	25	Hernani Furtado	S.c.Espinho/António Leitão	35:10	+05:15	03:31	
46	588	Rui Taborda	Individual	35:15	+05:20	03:31	
47	27	Daniel Silva	Runriver-Escola de Atletismo de Rio Tinto	35:15	+05:20	03:31	
48	1016	Tiago Oliveira	S.c.Espinho/António Leitão	35:23	+05:28	03:32	
49	135	Ricardo Fernandes	BOAVISTA FC	35:25	+05:30	03:32	
50	101	José Costa	ARADA ATLÉTICO CLUBE	35:26	+05:31	03:33	
51	38	Fernando Lima	Fidalguinha	35:31	+05:36	03:33	
52	15	Rafaela Fonseca	RECREIO DESPORTIVO DE ÁGUEDA	35:43	+05:48	03:34	
53	1109	Pedro Ramos	Clube Desportivo Feirense	35:45	+05:50	03:34	
54	258	Ricardo Tavares	GDC Codal | Vale de Cambra	35:52	+05:57	03:35	
55	239	Hugo Silva	G.D.A RONDA	35:59	+06:04	03:36	
56	13	Maria Pereira Carvalho	ADRAP	36:08	+06:13	03:37	
57	112	Jorge Valente	ARVOR ASSOCIAÇÃO RECREATIVA OS VETERANOS D´OVAR	36:09	+06:14	03:37	
58	34	Luís Silva	G.D.C.Guilhovai	36:16	+06:21	03:38	
59	208	JOSE ALMEIDA	EV/PERALTAFIL	36:30	+06:35	03:39	
60	210	MANUEL BESSA	EV/PERALTAFIL	36:35	+06:40	03:39	
61	1025	José Costa	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	36:36	+06:41	03:40	
62	676	José loureiro	Individual	36:36	+06:41	03:40	
63	26	Mário Contreiras	CLUBE DESPORTIVO SÃO SALVADOR DO CAMPO	36:38	+06:43	03:40	
64	1088	Nuno Silva	Clube Desportivo Feirense	36:41	+06:46	03:40	
65	597	André oliveira	Individual	36:43	+06:48	03:40	
66	248	José Tavares	G.D.C.Guilhovai	36:43	+06:48	03:40	
67	92	João Pereira	AFISOVAR	36:51	+06:56	03:41	
68	1017	Pedro Santos	S.c.Espinho/António Leitão	36:51	+06:56	03:41	
69	266	António Lourenço	GDR GRANJA-TRUTAS DO MAU	37:03	+07:08	03:42	
70	247	MESSIAS DOS SANTOS NEVES DIAS	G.D.C.Guilhovai	37:26	+07:31	03:45	
71	841	Victor Correia	NIGHT Runners Feira	37:35	+07:40	03:46	
72	186	João Oliveira	DCI/Trilhos Luso Bussaco	37:35	+07:40	03:46	
73	85	Mário Silva	Acrs Desterro napo	37:39	+07:44	03:46	
74	299	Filipe Luz	grupo desportivo s. paio de oleiros	37:41	+07:46	03:46	
75	264	João Paulo	GDR GRANJA-TRUTAS DO MAU	37:46	+07:51	03:47	
76	398	Rodrigo Hickenbick	Individual	37:50	+07:55	03:47	
77	1103	Manuel Oliveira	CCSJM	37:53	+07:58	03:47	
78	761	Ricardo Manuel de Oliveira Teixeira	Juventude Cortegacense	37:58	+08:03	03:48	
79	241	José Costa	G.D.A RONDA	37:59	+08:04	03:48	
80	66	RUI TAVARES	A.D.GRIJÓ A CORRER	38:00	+08:05	03:48	
81	187	João Almeida	DCI/Trilhos Luso Bussaco	38:00	+08:05	03:48	
82	633	Nuno Sousa	Individual	38:01	+08:06	03:48	

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LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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
83	1019	Augusto Aluai	S.c.Espinho/António Leitão	38:01	+08:07	03:48	
84	744	Tozé velha	Individual	38:08	+08:13	03:49	
85	993	Peter Serras	RUNNING ESPINHO	38:09	+08:14	03:49	
86	840	José Correia	NIGHT Runners Feira	38:10	+08:15	03:49	
87	246	Lino Ferreira	G.D.C.Guilhovai	38:16	+08:21	03:50	
88	1024	Américo Santos	SCSalgueiros	38:19	+08:24	03:50	
89	136	Marco Pinto	Brabus Runners	38:20	+08:25	03:50	
90	558	Jorge Ramos	Individual	38:21	+08:26	03:50	
91	847	João Dias	Núcleo de Atletismo de Cucujães	38:25	+08:30	03:51	
92	39	NUNO PAIS	CAL - Clube Atletismo de Lamas	38:26	+08:31	03:51	
93	40	Carlos Gomes	SCSalgueiros	38:28	+08:33	03:51	
94	63	Alain Couto	A D Rio Largo C Espinho	38:39	+08:44	03:52	
95	32	CLAUDIO COSTA	EV/PERALTAFIL	38:40	+08:45	03:52	
96	1026	Américo Valente	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	38:42	+08:47	03:52	
97	162	PEDRO SILVA	Clube Atletismo de Ovar	38:42	+08:47	03:52	
98	256	André Santos	GDC Codal | Vale de Cambra	38:43	+08:48	03:52	
99	898	Miguel Barba	Peniche a Correr	38:45	+08:50	03:52	
100	934	Nuno Santos	RECREIO DESPORTIVO DE ÁGUEDA	38:46	+08:51	03:53	
101	1010	Pedro Magalhães	Runriver-Escola de Atletismo de Rio Tinto	38:46	+08:51	03:53	
102	1012	Ricardo Pereira	S.c.Espinho/António Leitão	38:50	+08:55	03:53	
103	546	Emanuel Santos	Individual	38:51	+08:56	03:53	
104	680	Manuel Ferreira	Individual	38:53	+08:58	03:53	
105	1060	Rafael Ornelas	Toupeiras de Grijó	38:54	+08:59	03:53	
106	1027	Jonas Faria	Skemba | Condinvest | Quinta da Lixa	38:55	+09:00	03:54	
107	286	Ivan Silva	Caldas S. Jorge Sport Clube	38:57	+09:02	03:54	
108	184	Diogo Reis	DCI/Trilhos Luso Bussaco	39:00	+09:05	03:54	
109	475	André Soares	Individual	39:05	+09:10	03:55	
110	981	Pedro Alves	RUNNING ESPINHO	39:09	+09:14	03:55	
111	1086	Filipe Oliveira	Clube Desportivo Feirense	39:14	+09:19	03:55	
112	765	Ernesto Marques Alves	Juventude Cortegacense	39:14	+09:19	03:55	
113	148	Tiago Oliveira	Caldas S. Jorge Sport Clube	39:15	+09:20	03:56	
114	149	Alberto Azevedo	Caldas S. Jorge Sport Clube	39:16	+09:21	03:56	
115	955	Ricardo Pais	RUNNING ESPINHO	39:19	+09:24	03:56	
116	301	Alberto Carlos Valente	GRUPO DESPORTIVO SANTANDER TOTTA	39:22	+09:27	03:56	
117	194	Ricardo Parada	Dr. Runner	39:31	+09:36	03:57	
118	980	Paulo Oliveira	RUNNING ESPINHO	39:42	+09:47	03:58	
119	747	CARLOS BAPTISTA	JAM - Juventude Atlética Mozelense	39:42	+09:47	03:58	
120	372	LE MEITOUR Louis	Individual	39:46	+09:51	03:59	
121	236	Luís Guimarães	G.D.A RONDA	39:48	+09:53	03:59	
122	111	Daniel Vieira	ARVOR ASSOCIAÇÃO RECREATIVA OS VETERANOS D´OVAR	39:49	+09:54	03:59	
123	379	Miguel Carvalho	Individual	39:50	+09:55	03:59	
124	691	Xavier Tubarão	Individual	40:02	+10:07	04:00	
125	254	Paulo Madeira	Gaia Trail	40:04	+10:09	04:00	
126	930	Carolina Ribeiro	RECREIO DESPORTIVO DE ÁGUEDA	40:05	+10:10	04:00	
127	638	Pedro Canha	Individual	40:05	+10:10	04:01	

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
128	68	JOSÉ SILVA	A.D.GRIJÓ A CORRER	40:08	+10:13	04:01	
129	193	Nuno Costa	Dr. Runner	40:09	+10:14	04:01	
130	704	Joao VINHA	Individual	40:10	+10:15	04:01	
131	1030	Rui Ascensão	Solverde.pt	40:11	+10:16	04:01	
132	121	Paulo bandalho	Bandalhos running	40:12	+10:17	04:01	
133	155	Tomé Filipe dos Santos Rodrigues	CDC Macieira de Cambra	40:13	+10:18	04:01	
134	259	Rui Almeida	GDC Codal | Vale de Cambra	40:13	+10:18	04:01	
135	154	Fernando Antunes	CCDS S.Frutuoso	40:17	+10:22	04:02	
136	240	João Moreira	G.D.A RONDA	40:20	+10:25	04:02	
137	1095	Fernando Marinho	Individual	40:36	+10:41	04:04	
138	244	Sandra Ferreira	G.D.C.Guilhovai	40:40	+10:45	04:04	
139	23	Fabio Barbosa	S.c.Espinho/António Leitão	40:42	+10:47	04:04	
140	3	Isabel Silva	Team Isabel Silva	40:43	+10:48	04:04	
141	677	Jose Luis	Individual	40:48	+10:53	04:05	
142	571	Nelson Reis	Individual	40:50	+10:55	04:05	
143	487	Filipe Barros	Individual	40:56	+11:01	04:06	
144	267	Octávio Capela	GDR GRANJA-TRUTAS DO MAU	40:57	+11:02	04:06	
145	109	PAULO GRILO	ARCORUN	41:04	+11:09	04:06	
146	514	Oscar Maia	Individual	41:05	+11:10	04:06	
147	563	Luís Madureira	Individual	41:09	+11:14	04:07	
148	481	César Costa	Individual	41:10	+11:15	04:07	
149	838	Francelino Resende	Nascidos para Correr	41:11	+11:16	04:07	
150	369	José Pedro Ferreira Bernardes	Individual	41:11	+11:16	04:07	
151	402	Rui Pedro Ferreira Gala	Individual	41:18	+11:23	04:08	
152	410	Tiago Rocha	Individual	41:21	+11:26	04:08	
153	405	Samuel da silva rocha	Individual	41:23	+11:28	04:08	
154	692	Ze Tó Machado	Individual	41:31	+11:36	04:09	
155	941	Rui Pedro Silva	Run4Pancakes	41:32	+11:37	04:09	
156	673	Jorge Queirós	Individual	41:33	+11:38	04:09	
157	502	José Gonçalo Bernardo	Individual	41:33	+11:38	04:09	
158	242	José Silva	G.D.A RONDA	41:35	+11:40	04:10	
159	705	Ismael Silva	Individual	41:36	+11:41	04:10	
160	351	Edgar Salgado Silva	Individual	41:36	+11:41	04:10	
161	887	Pedro Pinto	Pastello Runners	41:37	+11:42	04:10	
162	592	Vítor Lopes	Individual	41:37	+11:42	04:10	
163	307	CARLA DE ALMEIDA	Individual	41:39	+11:44	04:10	
164	589	THIAGO AUGUSTO GONÇALVES PINTO	Individual	41:39	+11:44	04:10	
165	636	Paulo Moca	Individual	41:46	+11:51	04:11	
166	943	Paulo Fernandes	Run4Pancakes	41:48	+11:53	04:11	
167	523	Ricardo Ferreira	Individual	41:49	+11:54	04:11	
168	520	Renato Azevedo	Individual	41:57	+12:02	04:12	
169	217	Júlia Conceição	F.C.Penafiel	42:00	+12:05	04:12	
170	576	Paulo Fidalgo	Individual	42:01	+12:06	04:12	
171	128	Henrique Neves	Beatriz dos Panos	42:03	+12:08	04:12	
172	19	Filipa Diamantino	C S Lavra	42:06	+12:11	04:13	

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
173	17	Mafalda Oliveira	C S Lavra	42:07	+12:12	04:13	
174	845	David Silva	NRF 3 Mosqueteiros do Alcatrão	42:09	+12:14	04:13	
175	703	Heitor Araújo	Individual	42:10	+12:15	04:13	
176	895	Carlos Domingos Ferreira Alves	PASTELLO RUNNERS	42:10	+12:15	04:13	
177	992	Paulo Miguel Moreira de Sousa	RUNNING ESPINHO	42:14	+12:19	04:13	
178	730	Fernando António Ferreira Santiago	Individual	42:14	+12:19	04:13	
179	55	Tiago Rosa	4Good Life	42:22	+12:27	04:14	
180	1034	Bruno Silva	Sportaz btt isolamais	42:25	+12:30	04:14	
181	1087	Helder Teixeira	Clube Desportivo Feirense	42:29	+12:34	04:15	
182	157	José Luis Santos	Cirac - Circulo de Rcreio Arte e Cultura	42:31	+12:36	04:15	
183	997	Carlos Lancha	RUNNING ESPINHO	42:34	+12:39	04:15	
184	611	Hugo Tasso	Individual	42:39	+12:44	04:16	
185	890	Vitor Neves	Pastello Runners	42:40	+12:45	04:16	
186	893	Jose Gomes	Pastello Runners	42:42	+12:47	04:16	
187	954	Pedro Valente	RUNNING ESPINHO	42:42	+12:47	04:16	
188	144	Domingos Pinto	C.F. Oliveira do Douro	42:44	+12:49	04:16	
189	484	Duarte Eira	Individual	42:44	+12:49	04:16	
190	974	Damásio Pereira	RUNNING ESPINHO	42:44	+12:49	04:16	
191	591	Vítor Hugo Silva Rocha e Carmo	Individual	42:45	+12:50	04:17	
192	395	Ricardo Nogueira Filho	Individual	42:50	+12:55	04:17	
193	758	Nuno Araujo	Juventude Cortegacense	42:51	+12:56	04:17	
194	396	Ricardo Queirós	Individual	42:53	+12:58	04:17	
195	593	Vitor Manuel Almeida Correia	Individual	42:53	+12:59	04:17	
196	392	Renato Silva	Individual	42:57	+13:02	04:18	
197	746	Ricardo Seromenho	JAM - Juventude Atlética Mozelense	42:58	+13:03	04:18	
198	816	Armênio Filipe Silva	MC	42:58	+13:03	04:18	
199	842	António Luís Cunha Barbosa	Noturnos de Paredes	43:01	+13:06	04:18	
200	971	João Leite	RUNNING ESPINHO	43:06	+13:11	04:19	
201	709	Jose da silva reis	Individual	43:07	+13:12	04:19	
202	628	Mark Velhote	Individual	43:07	+13:12	04:19	
203	645	Sérgio Lopes	Individual	43:08	+13:13	04:19	
204	151	Ramiro Silva	Caldas S. Jorge Sport Clube	43:09	+13:14	04:19	
205	772	Alcides Relvas	Lourosa Em Movimento	43:15	+13:20	04:19	
206	78	José Proença	ACD Ílhavos	43:15	+13:20	04:20	
207	198	NUNO DAVID	EV/PERALTAFIL	43:15	+13:20	04:20	
208	368	Jorge Manuel Cunha Teixeira	Individual	43:16	+13:21	04:20	
209	538	Bruno Gomes	Individual	43:16	+13:21	04:20	
210	77	Ricardo Silva	ACD Ílhavos	43:17	+13:22	04:20	
211	216	JOAQUIM PEREIRA	EV/PERALTAFIL	43:17	+13:22	04:20	
212	754	João Neves	JOBRA-Assoc.Jovens Branca	43:18	+13:23	04:20	
213	177	Salvador Silva	CLUBE NOVO BANCO	43:20	+13:25	04:20	
214	1061	Elvio Ornelas	Toupeiras de Grijó	43:20	+13:25	04:20	
215	985	Eduardo Pinto	RUNNING ESPINHO	43:21	+13:26	04:20	
216	978	Noel Valadão	RUNNING ESPINHO	43:23	+13:28	04:20	
217	1011	Cristiana Santos	S.c.Espinho/António Leitão	43:24	+13:29	04:20	
218	363	Ivo Pais	Individual	43:30	+13:35	04:21	

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
219	991	Nuno Teixeira	RUNNING ESPINHO	43:30	+13:35	04:21	
220	1090	Armando Almeida	Clube Desportivo Feirense	43:31	+13:36	04:21	
221	1013	Teresa Amorim	S.c.Espinho/António Leitão	43:33	+13:38	04:21	
222	526	Samuel Santiago	Individual	43:34	+13:39	04:21	
223	652	António Ribeiro	Individual	43:34	+13:39	04:21	
224	253	GABRIEL RODRIGUES	GAIA - RUNNING	43:36	+13:41	04:22	
225	383	Paulo Jorge Florim Nunes de Sá Camboa	Individual	43:36	+13:41	04:22	
226	1084	Dora Sá	Clube Desportivo Feirense	43:48	+13:53	04:23	
227	511	Nuno Albergaria	Individual	43:51	+13:56	04:23	
228	257	José Cubal	GDC Codal | Vale de Cambra	43:53	+13:58	04:23	
229	778	Catarina Pinhal	LS FITNESS	43:54	+13:59	04:23	
230	832	Mafalda Resende	Município de Espinho	43:55	+14:00	04:23	
231	748	Justino Soares	JAM - Juventude Atlética Mozelense	43:55	+14:00	04:24	
232	1077	Antonio Fernando Correia Silva	Giveaway Defesa de Espinho	44:02	+14:07	04:24	
233	180	Carlos Jorge da Costa Carvalho	Corre São João	44:04	+14:09	04:24	
234	411	Tiago Silva	Individual	44:08	+14:13	04:25	
235	863	José Loureiro	Núcleo de Montanha de Espinho & RE/MAX MARKET	44:09	+14:14	04:25	
236	275	Miguel Coimbra	GR EIRENSE	44:10	+14:15	04:25	
237	669	Jaime Castro	Individual	44:12	+14:17	04:25	
238	515	Paulo Ricardo Pereira da Costa	Individual	44:15	+14:20	04:25	
239	551	Helder pinto	Individual	44:16	+14:21	04:26	
240	371	José Sousa	Individual	44:16	+14:21	04:26	
241	342	André Almeida	Individual	44:17	+14:22	04:26	
242	313	Daria Tatarnikova	Individual	44:19	+14:24	04:26	
243	117	Helena Santos	Atlético Clube Alfenense	44:25	+14:30	04:26	
244	858	Nuno Raposo	Núcleo de Montanha de Espinho & RE/MAX MARKET	44:29	+14:34	04:27	
245	214	LUIS CRUZ	EV/PERALTAFIL	44:32	+14:37	04:27	
246	1020	RAMIRO PINHO	S.c.Espinho/António Leitão	44:32	+14:37	04:27	
247	353	Fábio Almeida	Individual	44:32	+14:37	04:27	
248	213	LEONEL SILVA	EV/PERALTAFIL	44:33	+14:38	04:27	
249	483	Diogo José da Rocha Coelho	Individual	44:33	+14:38	04:27	
250	205	BRUNO CABRAL	EV/PERALTAFIL	44:34	+14:39	04:27	
251	569	Miguel Pinto	Individual	44:35	+14:40	04:27	
252	160	LIGIA TORRES	Clube Atletismo de Ovar	44:38	+14:43	04:28	
253	1052	Catarina Coito	Team Isabel Silva	44:40	+14:45	04:28	
254	635	Paulo Jorge	Individual	44:40	+14:45	04:28	
255	265	Paulo Loureiro	GDR GRANJA-TRUTAS DO MAU	44:41	+14:46	04:28	
256	95	Daniel Pedrosa	Aleixos	44:42	+14:47	04:28	
257	356	Filipe Fonseca	Individual	44:43	+14:48	04:28	
258	916	Agnelo Marques	Proteção Civil Multiregional	44:44	+14:49	04:28	
259	532	Xavier Miranda	Individual	44:47	+14:52	04:29	
260	507	Marcos Mendes	Individual	44:51	+14:56	04:29	
261	915	Pedro Lopes	Proteção Civil Multiregional	44:52	+14:57	04:29	
262	189	Joaquim Godinho	DCI/Trilhos Luso Bussaco	44:52	+14:57	04:29	

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
263	1005	Marco Pinho	RUNNING ESPINHO	44:53	+14:58	04:29	
264	984	Toni Ferreira	RUNNING ESPINHO	44:53	+14:58	04:29	
265	199	Nuno David Pereira	EV/PERALTAFIL	44:56	+15:01	04:30	
266	835	Alexandre Lagreca Teles Meneses	Município de Espinho	44:56	+15:01	04:30	
267	655	Arsénio Barros	Individual	44:57	+15:02	04:30	
268	653	António Rogerio Cruz Simões Almeida	Individual	44:59	+15:04	04:30	
269	900	Maria Oliveira	Penta Clube da Covilhã	44:59	+15:04	04:30	
270	91	Manuel Gomes	AFISOVAR	45:00	+15:05	04:30	
271	224	Carlos Costa	Fidalguinha	45:02	+15:07	04:30	
272	1078	Maira Silva	Clube Desportivo Feirense	45:07	+15:12	04:31	
273	770	Ricardo Ramos	Lourosa Em Movimento	45:09	+15:14	04:31	
274	472	Rosa Pinto	Individual	45:17	+15:22	04:32	
275	528	Sérgio Mendes	Individual	45:18	+15:23	04:32	
276	1014	Carla Costa	S.c.Espinho/António Leitão	45:23	+15:28	04:32	
277	561	José Pinho	Individual	45:23	+15:28	04:32	
278	976	Germano Borges	RUNNING ESPINHO	45:24	+15:29	04:32	
279	690	Vítor Manuel Rodrigues Guerra	Individual	45:24	+15:29	04:32	
280	989	Nuno Milheiro	RUNNING ESPINHO	45:25	+15:30	04:32	
281	828	Carlos Alexandre Fernandes Pinto da Silva	Mota Running Team	45:25	+15:30	04:33	
282	192	Edgar Queirós	Dr. Runner	45:26	+15:31	04:33	
283	294	Tiago Oliveira	Grupo de Corrida de Argoncilhe	45:29	+15:34	04:33	
284	554	Jacinto Manuel Rodrigues Oliveira	Individual	45:31	+15:36	04:33	
285	357	FILIPE MIGUEL BARBOSA PARDILHÓ	Individual	45:32	+15:37	04:33	
286	565	Márcio Filipe Alves Campelo	Individual	45:32	+15:37	04:33	
287	534	André Pinho	Individual	45:35	+15:40	04:33	
288	942	Nuno "Rufia" Duarte	Run4Pancakes	45:36	+15:41	04:34	
289	914	Americo Sousa	Progresso Fitness Academy	45:44	+15:49	04:34	
290	1089	Nuno Cardoso	Clube Desportivo Feirense	45:44	+15:49	04:34	
291	1062	RICHARD NOGUEIRA	TRAIL RUNNING SANGUEDO	45:45	+15:50	04:35	
292	228	Daniel Fortunato Fonseca e Castro	Fórmula Resolvente	45:46	+15:51	04:35	
293	643	Rui Ferreira	Individual	45:50	+15:55	04:35	
294	143	Anselmo Moreira	C.F. Oliveira do Douro	45:51	+15:56	04:35	
295	641	Ricardo Veiga	Individual	45:55	+16:00	04:35	
296	1055	António Ferreira	Team Jorge Fontes	45:56	+16:01	04:36	
297	477	Bruno Alexandre Oliveira da Silva	Individual	45:58	+16:03	04:36	
298	689	Sérgio Pereira	Individual	45:59	+16:04	04:36	
299	1003	Rui Ferreira	RUNNING ESPINHO	45:59	+16:04	04:36	
300	667	Fernando Magalhães	Individual	46:01	+16:06	04:36	
301	701	Domingos Soares	Individual	46:04	+16:09	04:36	
302	377	Miguel Ângelo Pardilhó Ferreira	Individual	46:05	+16:10	04:36	
303	106	Valter Andrade	ARCORUN	46:05	+16:10	04:37	
304	544	Daniel Silva	Individual	46:05	+16:10	04:37	
305	642	Rui Alves	Individual	46:06	+16:11	04:37	
306	62	Zé Rodrigo	A D Rio Largo C Espinho	46:08	+16:13	04:37	

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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
307	573	Nuno Guedes	Individual	46:09	+16:14	04:37	
308	358	Filipe Miguel Pina Moço	Individual	46:09	+16:14	04:37	
309	222	Nadia Fonseca	Fidalguinha	46:09	+16:14	04:37	
310	176	Carlos Miguel Moço	CLUBE NOVO BANCO	46:10	+16:15	04:37	
311	829	Paulo Alexandre da Costa Soares	Mota Running Team	46:10	+16:15	04:37	
312	763	Joao Oliveira	Juventude Cortegacense	46:12	+16:17	04:37	
313	201	RAFAEL JESUS	EV/PERALTAFIL	46:17	+16:22	04:38	
314	287	Nelson Fernandes	Grifagem J. Pedro	46:18	+16:23	04:38	
315	168	Fernando Santos	Clube do Pessoal das Águas de Gaia	46:19	+16:24	04:38	
316	745	MATILDE BAPTISTA	JAM - Juventude Atlética Mozelense	46:21	+16:26	04:38	
317	527	Sérgio Maia	Individual	46:24	+16:29	04:38	
318	585	Rui Carvalho	Individual	46:25	+16:30	04:38	
319	790	João Daniel Pinheiro Vieira	LS FITNESS	46:26	+16:31	04:39	
320	69	Sergio Mota	Academia Vitor Sá	46:26	+16:31	04:39	
321	56	Manuel Araújo	9:15 LOURO	46:27	+16:32	04:39	
322	584	Rui Albino	Individual	46:28	+16:33	04:39	
323	622	José Mário Pereira	Individual	46:30	+16:35	04:39	
324	1006	Mario Silva	G.D.A RONDA	46:32	+16:37	04:39	
325	70	Victor Sá	Academia Vitor Sá	46:33	+16:38	04:39	
326	182	Daniela Assunção	DCI/Trilhos Luso Bussaco	46:34	+16:39	04:39	
327	319	Andreia Noites	Sportarc	46:37	+16:42	04:40	
328	604	Diogo Manuel Teixeira de Sousa e Alvim	Individual	46:38	+16:43	04:40	
329	901	José Pinho	Pinho's	46:38	+16:43	04:40	
330	727	Carlos Alves	Individual	46:40	+16:45	04:40	
331	519	Pedro Miguel Rocha Silva	Individual	46:43	+16:48	04:40	
332	999	João Neves	RUNNING ESPINHO	46:43	+16:48	04:40	
333	140	Hugo Santos	C.F. Oliveira do Douro	46:46	+16:51	04:41	
334	682	NUNO PINHO	Individual	46:46	+16:51	04:41	
335	139	Alice Couto	C.F. Oliveira do Douro	46:47	+16:52	04:41	
336	238	Celso Sikva	G.D.A RONDA	46:49	+16:54	04:41	
337	237	Pedro Cerdeirinha	G.D.A RONDA	46:49	+16:54	04:41	
338	986	Jorge Silva	RUNNING ESPINHO	46:54	+16:59	04:41	
339	183	Maria Ramos	DCI/Trilhos Luso Bussaco	47:00	+17:05	04:42	
340	188	Joaquim Martins	DCI/Trilhos Luso Bussaco	47:01	+17:06	04:42	
341	966	Cristina Saraiva	RUNNING ESPINHO	47:03	+17:08	04:42	
342	670	João garranas	Individual	47:03	+17:08	04:42	
343	977	Marcos Carvalho	RUNNING ESPINHO	47:05	+17:10	04:43	
344	233	Diogo Coutinho	G.D.A RONDA	47:06	+17:11	04:43	
345	566	Márcio José Gomes Oliveira	Individual	47:07	+17:12	04:43	
346	207	PAULO OLIVEIRA	EV/PERALTAFIL	47:08	+17:13	04:43	
347	262	Marlene Martins	GDR GRANJA-TRUTAS DO MAU	47:09	+17:14	04:43	
348	1031	Luís Afonso	Sport Clube Freamunde	47:11	+17:16	04:43	
349	510	Nelson Silva	Individual	47:11	+17:16	04:43	
350	640	Pedro Gomes	Individual	47:14	+17:19	04:43	
351	1085	Sonia Beleza	Clube Desportivo Feirense	47:18	+17:23	04:44	

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
352	522	Ricardo Doria Duarte	Individual	47:19	+17:24	04:44	
353	325	Maria Manuela Alves dos Santos	Individual	47:21	+17:26	04:44	
354	892	Luis Gomes	Pastello Runners	47:26	+17:31	04:45	
355	115	José Sousa	Associação de atletismo Lebres do sado	47:28	+17:33	04:45	
356	172	José Adelino	Clube do Pessoal das Águas de Gaia	47:28	+17:33	04:45	
357	108	José Correia	ARCORUN	47:29	+17:34	04:45	
358	1071	JOAO MONTEIRO	WOOW CrossFit	47:38	+17:43	04:46	
359	512	Nuno Fernandes	Individual	47:39	+17:44	04:46	
360	52	TIAGO CADETE	37napraia	47:40	+17:45	04:46	
361	509	Miguel Chaves	Individual	47:40	+17:45	04:46	
362	1083	Graça Beleza	Clube Desportivo Feirense	47:42	+17:47	04:46	
363	869	Francisco Reis	Núcleo de Montanha de Espinho & RE/MAX MARKET	47:43	+17:48	04:46	
364	1079	Ines Correia	Clube Desportivo Feirense	47:43	+17:48	04:46	
365	621	José Manuel Soares	Individual	47:44	+17:49	04:46	
366	968	Eddy Costa	RUNNING ESPINHO	47:44	+17:49	04:46	
367	698	Daniel Gomes	Individual	47:48	+17:53	04:47	
368	627	Marco soares	Individual	47:49	+17:54	04:47	
369	752	Ana Aleixo	JOBRA-Assoc.Jovens Branca	47:50	+17:55	04:47	
370	913	Paulo Moreira	Progresso Fitness Academy	47:56	+18:01	04:48	
371	711	Manuel Ferreira	Individual	47:58	+18:03	04:48	
372	495	Ivo Petiz	Individual	47:58	+18:03	04:48	
373	133	Rui Faria	BIGODES DE TINTO	47:58	+18:03	04:48	
374	141	Helder Ribeiro	C.F. Oliveira do Douro	47:59	+18:04	04:48	
375	337	Susana Calhau	Individual	47:59	+18:04	04:48	
376	637	Paulo Oliveira	Individual	48:00	+18:05	04:48	
377	1108	Arlindo Silva	Individual	48:02	+18:07	04:48	
378	577	Paulo Pádua	Individual	48:03	+18:08	04:48	
379	646	TIAGO RESENDE	Individual	48:06	+18:11	04:49	
380	764	Jose Augusto Pinto Oliveira	Juventude Cortegacense	48:06	+18:11	04:49	
381	480	Carlos Monteiro	Individual	48:07	+18:12	04:49	
382	864	Miguel Loureiro	Núcleo de Montanha de Espinho & RE/MAX MARKET	48:10	+18:15	04:49	
383	616	José Brandão	Individual	48:12	+18:17	04:49	
384	352	EDUARDO FERREIRA	Individual	48:12	+18:17	04:49	
385	418	Claudia Pinhal	Individual	48:12	+18:17	04:49	
386	220	Miguel Ramalho	Fast Runners	48:12	+18:17	04:49	
387	1018	Rony Santos	S.c.Espinho/António Leitão	48:16	+18:21	04:50	
388	988	Nuno Matias	RUNNING ESPINHO	48:18	+18:23	04:50	
389	791	João Tomás	LS FITNESS	48:19	+18:24	04:50	
390	857	João Graça	Núcleo de Montanha de Espinho & RE/MAX MARKET	48:20	+18:25	04:50	
391	713	Manuel Silva	Individual	48:22	+18:27	04:50	
392	849	Manuel Anjos	Núcleo de Atletismo de Cucujães	48:22	+18:27	04:50	
393	660	Carlos Manuel Ferreira Silva	Individual	48:22	+18:27	04:50	
394	865	Mika Magalhães	Núcleo de Montanha de Espinho & RE/MAX MARKET	48:26	+18:31	04:51	

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
395	856	Cláudio Rodrigues	Núcleo de Montanha de Espinho & RE/MAX MARKET	48:26	+18:31	04:51	
396	150	Carlos Sousa	Caldas S. Jorge Sport Clube	48:28	+18:33	04:51	
397	391	Renato Pereira	Individual	48:29	+18:34	04:51	
398	439	Rita Paupério	Individual	48:31	+18:36	04:51	
399	80	Armanda Garrido	ACR de Vale de Cambra	48:34	+18:39	04:51	
400	794	Rodrigo Fernandes Pinhal	LS FITNESS	48:35	+18:40	04:52	
401	146	PAULO NEVES	CAL - Clube Atletismo de Lamas	48:39	+18:44	04:52	
402	89	Paulo Almeida	AFISOVAR	48:39	+18:44	04:52	
403	88	Américo Oliveira	AFISOVAR	48:40	+18:45	04:52	
404	557	Joao Silva	Individual	48:41	+18:46	04:52	
405	361	Helder de Oliveira Mendes	Individual	48:41	+18:46	04:52	
406	912	Nuno Moreira	Progresso Fitness Academy	48:43	+18:48	04:52	
407	769	Joaquim Lobato	Limitless	48:43	+18:48	04:52	
408	888	Liliana Azevedo	Pastello Runners	48:47	+18:52	04:53	
409	762	Nuno Miguel Silva Ferreira	Juventude Cortegacense	48:47	+18:52	04:53	
410	601	Carlos Fernandes Lopes	Individual	48:48	+18:53	04:53	
411	419	Diana Pinho	Individual	48:50	+18:55	04:53	
412	644	RUI FILIPE TEIXEIRA MONTEIRO	Individual	48:51	+18:56	04:53	
413	1063	Luís Soeira	TrepaTrilhos Trail Team	48:51	+18:56	04:53	
414	218	Bruno Monteiro	Fast Runners	48:54	+18:59	04:53	
415	485	Eduardo Amorim	Individual	48:55	+19:00	04:53	
416	268	Adérito Custo	Gira Sol	48:55	+19:00	04:53	
417	263	Isabel Oliveira	GDR GRANJA-TRUTAS DO MAU	48:55	+19:00	04:53	
418	285	José Augusto Conceição	Grifagem J. Pedro	48:56	+19:01	04:54	
419	426	Silvia Silva	Individual	48:57	+19:02	04:54	
420	73	Jorge Francisco	ACAIL GAS	49:00	+19:05	04:54	
421	931	João Ferreira	RECREIO DESPORTIVO DE ÁGUEDA	49:00	+19:05	04:54	
422	929	Alexandra Saramago	RECREIO DESPORTIVO DE ÁGUEDA	49:02	+19:07	04:54	
423	521	Ricardo Bastos Santos	Individual	49:03	+19:08	04:54	
424	920	Jorge Costa	PUPILOS DO ZÉ TÓ	49:04	+19:09	04:54	
425	919	Sandro Silva	PUPILOS DO ZÉ TÓ	49:04	+19:09	04:54	
426	918	David Braga	PUPILOS DO ZÉ TÓ	49:04	+19:09	04:54	
427	530	Tiago Rodrigues	Individual	49:06	+19:11	04:55	
428	403	Rui Pedro Peixoto Cardoso	Individual	49:09	+19:14	04:55	
429	306	Beatriz Santos Câmara Lourenço	Individual	49:11	+19:16	04:55	
430	346	BRUNO RIBEIRO	Individual	49:12	+19:17	04:55	
431	456	Orquídea Sousa	Individual	49:13	+19:18	04:55	
432	84	Helena Mourão	Acrs Desterro napo	49:15	+19:20	04:56	
433	406	Tiago Almeida	Individual	49:18	+19:23	04:56	
434	1029	António Carlos da Silva Teixeira	Skemba | Condinvest | Quinta da Lixa	49:22	+19:27	04:56	
435	501	José Freitas	Individual	49:23	+19:28	04:56	
436	212	SERGIO GOMES	EV/PERALTAFIL	49:26	+19:31	04:57	
437	513	Nuno Pinheiro	Individual	49:28	+19:33	04:57	
438	721	Virgílio Duarte	Individual	49:29	+19:34	04:57	
439	766	António Augusto de Oliveira Soares Leal	Juventude Cortegacense	49:30	+19:35	04:57	

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
440	939	Diana Ribeiro	Run4Pancakes	49:42	+19:47	04:58	
441	905	Carlos Pinho	Progresso Fitness Academy	49:45	+19:50	04:59	
442	788	Carlos Santos	LS FITNESS	49:46	+19:51	04:59	
443	1073	Vítor Manuel Conceição Gomes	Giveaway Defesa de Espinho	49:47	+19:52	04:59	
444	940	Sofia Miranda	Run4Pancakes	49:48	+19:53	04:59	
445	536	Bruno costa	Individual	49:50	+19:55	04:59	
446	409	Tiago Oliveira	Individual	49:51	+19:56	04:59	
447	433	Fernanda Pestana	Individual	49:51	+19:56	04:59	
448	1099	Rui Lopes	VITALIS	49:54	+19:59	04:59	
449	953	Pedro Saraiva	RUNNING ESPINHO	49:54	+19:59	04:59	
450	687	Rui Raimundo	Individual	49:54	+19:59	04:59	
451	407	Tiago Coelho	Individual	49:56	+20:01	05:00	
452	497	João Matos	Individual	49:57	+20:02	05:00	
453	448	Cristina Tavares	Individual	49:57	+20:02	05:00	
454	82	Artur Barbosa	ACR de Vale de Cambra	50:00	+20:05	05:00	
455	159	Jorge Oliveira	CJ	50:01	+20:06	05:00	
456	802	André Alves	LS FITNESS	50:01	+20:06	05:00	
457	775	Beatriz Cardoso	LS FITNESS	50:02	+20:07	05:00	
458	830	Manuel Silva Pereira	Mota Running Team	50:05	+20:10	05:01	
459	308	Carolina Ferraz Neto Pinhal	LS FITNESS	50:07	+20:12	05:01	
460	718	Paulo Alexandre Vilares Neto Pinhal	LS FITNESS	50:08	+20:13	05:01	
461	956	Simão Pedrosa	RUNNING ESPINHO	50:09	+20:14	05:01	
462	771	Célia Santos	Lourosa Em Movimento	50:09	+20:14	05:01	
463	7	Luís Canelas	Município de Espinho	50:18	+20:23	05:02	
464	836	Pedro Costa	Município de Espinho	50:19	+20:24	05:02	
465	796	Catia Costa	LS FITNESS	50:23	+20:28	05:02	
466	166	Nuno Guedes	Clube do Pessoal das Águas de Gaia	50:23	+20:28	05:02	
467	979	Nuno Silva	RUNNING ESPINHO	50:26	+20:31	05:03	
468	130	Nilda Magalhães	BICI TRAIL FITNESS IN LOVE	50:29	+20:34	05:03	
469	131	Nuno Martins	BICI TRAIL FITNESS IN LOVE	50:30	+20:35	05:03	
470	897	Rui Manuel Rosário Araujo	Peixinhos do Rio Esmoriz	50:30	+20:35	05:03	
471	156	Nélson Tavares	Centro Marcha Corrida Vale de Cambra	50:31	+20:36	05:03	
472	300	Mario Nogueira	grupo desportivo s. paio de oleiros	50:34	+20:39	05:03	
473	195	André Fontes	Dr. Runner	50:35	+20:40	05:03	
474	380	Miguel Marujo	Individual	50:36	+20:41	05:04	
475	169	Antonio Santos	Clube do Pessoal das Águas de Gaia	50:37	+20:42	05:04	
476	390	Reinaldo Gomes	Individual	50:38	+20:43	05:04	
477	274	Ricardo Santos	Goodshape	50:46	+20:51	05:05	
478	529	Telmo nunes	Individual	50:48	+20:53	05:05	
479	71	Inês Gonçalves	ACAIL GAS	50:48	+20:53	05:05	
480	987	Luis Filipe da Costa Pinheiro da Rocha	RUNNING ESPINHO	50:49	+20:54	05:05	
481	944	Pedro Silva	Runn2023	50:49	+20:54	05:05	
482	227	Luis Cunha	Fogaças com Malapos	50:50	+20:55	05:05	
483	1057	Jorge Fontes	Team Jorge Fontes	50:50	+20:55	05:05	
484	225	Antero Barbosa	Fogaças com Malapos	50:51	+20:56	05:05	

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
485	178	Ana Lúcia de Castro Ramos	CORRE SÃO JOÃO	50:52	+20:57	05:05	
486	787	Alexandra Marinhao	LS FITNESS	50:53	+20:58	05:05	
487	994	Rui Pantera	RUNNING ESPINHO	50:56	+21:01	05:06	
488	663	Eduardo Nascimento	Individual	50:58	+21:03	05:06	
489	127	António Sá	Beatriz dos Panos	50:58	+21:03	05:06	
490	179	Rosa Guedes	Corre são João	50:59	+21:04	05:06	
491	1038	Claudio Caldas	Sunday Morning	51:01	+21:06	05:06	
492	460	Carla Maria Reis de Sá Cardoso	Individual	51:04	+21:09	05:06	
493	686	Rui Fernandes	Individual	51:07	+21:12	05:07	
494	434	Inês Costa	Individual	51:08	+21:13	05:07	
495	359	Filipe Pantoja	Individual	51:08	+21:13	05:07	
496	296	Fernando Silva	Grupo de Corrida de Argoncilhe	51:12	+21:17	05:07	
497	617	José da Silva Rabelo Neto	Individual	51:16	+21:21	05:08	
498	417	Claudia marina moreira da silva	Individual	51:23	+21:28	05:08	
499	345	Bruno Borges Sousa	Individual	51:24	+21:29	05:08	
500	846	Sara Costa	Núcleo de Atletismo de Cucujães	51:28	+21:33	05:09	
501	853	Cristina Gomes	Núcleo de Montanha de Espinho & RE/MAX MARKET	51:28	+21:33	05:09	
502	868	Pedro Morais	Núcleo de Montanha de Espinho & RE/MAX MARKET	51:29	+21:34	05:09	
503	575	Nuno Veloso	Individual	51:30	+21:35	05:09	
504	700	Domingos silva	Individual	51:30	+21:36	05:09	
505	388	Pedro Rocha	Individual	51:31	+21:36	05:09	
506	142	Américo Pereira	C.F. Oliveira do Douro	51:32	+21:37	05:09	
507	1054	Carla Sousa	Team Jorge Fontes	51:32	+21:37	05:09	
508	740	Manuel Costa	Individual	51:32	+21:37	05:09	
509	107	Rui Maia	ARCORUN	51:33	+21:38	05:09	
510	1053	Carla Marques	Team Jorge Fontes	51:33	+21:38	05:09	
511	125	Liliana Passos	Beatriz dos Panos	51:33	+21:38	05:09	
512	330	Raquel Vieira Caires	Individual	51:33	+21:38	05:09	
513	814	Daniel Silva	Mariita's Running	51:35	+21:40	05:10	
514	223	Antonio Serra	Fidalguinha	51:37	+21:42	05:10	
515	1102	Jose Marques	Progresso Fitness Academy	51:38	+21:43	05:10	
516	61	José Pereira	A D Rio Largo C Espinho	51:46	+21:51	05:11	
517	163	Narciso Arromba	Clube de Veteranos de Coimbra (CluVe)	51:48	+21:53	05:11	
518	1002	Rui Fernandes	RUNNING ESPINHO	51:48	+21:53	05:11	
519	1040	Rui Fardilha	Sunday Morning	51:50	+21:55	05:11	
520	753	Carlos Marques	JOBRA-Assoc.Jovens Branca	51:50	+21:55	05:11	
521	231	Sandra Canelha	G.D.A RONDA	51:53	+21:58	05:11	
522	702	GABRIEL SANTOS	Individual	51:53	+21:58	05:11	
523	917	Daniel Costa	PUPILOS DO ZÉ TÓ	51:53	+21:58	05:11	
524	120	Elisabete Santos	Bandalhos running	51:54	+21:59	05:11	
525	235	Luís Costa	G.D.A RONDA	51:54	+21:59	05:11	
526	1107	Joaquim GR	Gaia Running	51:55	+22:00	05:12	
527	807	Joaquim Ribeiro	MaisRunning	51:57	+22:02	05:12	
528	782	Filipa Santos	LS FITNESS	51:58	+22:03	05:12	
529	153	Marco Santiago	Casa Benfica Bairrada	52:02	+22:07	05:12	

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
530	124	Ricardo Rocha	Beatriz dos Panos	52:04	+22:09	05:12	
531	795	Tiago Granja	LS FITNESS	52:05	+22:10	05:12	
532	443	Sónia Ramos	Individual	52:07	+22:12	05:13	
533	581	Ricardo Ramos	Individual	52:07	+22:12	05:13	
534	547	Filipe Silva	Individual	52:09	+22:14	05:13	
535	152	Cristina Batista	Casa Benfica Bairrada	52:10	+22:15	05:13	
536	768	Joaquim Gabriel Oliveira Marques	Lamego Pelos Trilhos	52:10	+22:15	05:13	
537	324	Maria João Barbosa	Individual	52:10	+22:15	05:13	
538	1039	Leonardo Marques	Sunday Morning	52:12	+22:17	05:13	
539	724	André dos Santos Silva	Individual	52:13	+22:18	05:13	
540	878	Lourdes Beleza	Os Fugitivos	52:14	+22:19	05:13	
541	132	Jonas Maia	BIGODES DE TINTO	52:15	+22:20	05:13	
542	937	André Pais	Rodelo Running Team	52:16	+22:21	05:14	
543	970	João Guedes	RUNNING ESPINHO	52:20	+22:25	05:14	
544	922	Ricardo Costa	PUPILOS DO ZÉ TÓ	52:20	+22:25	05:14	
545	738	José Sousa	Individual	52:20	+22:25	05:14	
546	639	Pedro Ferreira	Individual	52:21	+22:26	05:14	
547	314	Diana Almeida	Individual	52:21	+22:26	05:14	
548	1028	Marco André Teixeira Maia	Skemba | Condinvest | Quinta da Lixa	52:22	+22:27	05:14	
549	219	Luís Marques	Fast Runners	52:22	+22:27	05:14	
550	570	Miguel Valente	Individual	52:23	+22:28	05:14	
551	74	Marta Senos	ACD Ílhavos	52:25	+22:30	05:15	
552	100	Jorge Amorim	amorins	52:26	+22:31	05:15	
553	99	Pedro Amorim	amorins	52:26	+22:31	05:15	
554	606	Emanuel Fonte	Individual	52:30	+22:35	05:15	
555	650	adelio alegria	Individual	52:36	+22:41	05:16	
556	729	Domingos soares da Silva	Individual	52:37	+22:42	05:16	
557	697	Carlos Barroso	Individual	52:38	+22:43	05:16	
558	1015	Rosa Ribeiro	S.c.Espinho/António Leitão	52:41	+22:46	05:16	
559	134	Bruno Marante	BIGODES DE TINTO	52:42	+22:47	05:16	
560	323	Maria Francisca Lima Cabral	Individual	52:45	+22:50	05:16	
561	1106	Pedro Costa	Gaia Running	52:46	+22:51	05:17	
562	973	Antonio Jose Moreira Sousa	RUNNING ESPINHO	52:47	+22:52	05:17	
563	855	Jorge Silva	Núcleo de Montanha de Espinho & RE/MAX MARKET	52:47	+22:52	05:17	
564	488	Gil Fontes	Individual	52:49	+22:54	05:17	
565	164	Hugo Moreira	Individual	52:51	+22:56	05:17	
566	619	José Manuel da Rocha Correia	Individual	52:51	+22:56	05:17	
567	289	Simão Cardoso	Grifagem J. Pedro	52:51	+22:56	05:17	
568	145	NUNO PEREIRA	CAL - Clube Atletismo de Lamas	52:51	+22:56	05:17	
569	600	Carlos Alberto de Sousa Varandas	Individual	52:52	+22:57	05:17	
570	923	João Carvalho	PUPILOS DO ZÉ TÓ	52:53	+22:58	05:17	
571	542	Cido santos	Individual	52:54	+22:59	05:17	
572	1101	Tiago Cruz	Progresso Fitness Academy	52:55	+23:00	05:17	
573	623	José Miguel Rocha Fernandes	Individual	52:58	+23:03	05:18	
574	594	William F. Martinez	Individual	52:59	+23:04	05:18	

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
575	683	paulo santos	Individual	53:02	+23:07	05:18	
576	492	Ivo Filipe Carvalho Soares	Individual	53:06	+23:11	05:19	
577	103	Daniela Barros	ARCORUN	53:17	+23:22	05:20	
578	104	Rita Pinto	ARCORUN	53:18	+23:23	05:20	
579	277	Rui Sousa	Grande Farmacia	53:23	+23:28	05:20	
580	292	José Oliveira	Grupo Barrigas	53:25	+23:30	05:20	
581	221	Pedro Rola	Fast Runners	53:28	+23:33	05:21	
582	602	Carlos Silva	Individual	53:30	+23:35	05:21	
583	181	Vítor M Cardoso	Corre São João	53:30	+23:35	05:21	
584	447	Carla Martins	Individual	53:32	+23:37	05:21	
585	789	Diogo Rodrigues	LS FITNESS	53:34	+23:39	05:21	
586	381	Nuno Lourenço	Individual	53:35	+23:40	05:22	
587	479	Carlos José Magalhães e Silva	Individual	53:38	+23:43	05:22	
588	318	Filipa Tavares	Individual	53:42	+23:47	05:22	
589	564	Marcelo teixeira da Mota	Individual	53:43	+23:48	05:22	
590	810	Joel Teixeira	Manquinhos	53:47	+23:52	05:23	
591	422	Julliany Barros Froede Lingenover	Individual	53:48	+23:53	05:23	
592	634	Paulo Amorim	Individual	53:51	+23:56	05:23	
593	945	Orquídea Gomes	Running Esmoriz	54:04	+24:09	05:24	
594	596	André Cunha	Individual	54:04	+24:09	05:24	
595	59	Margarida Machado	A D Rio Largo C Espinho	54:04	+24:09	05:24	
596	675	José Cunha lopes	Individual	54:12	+24:17	05:25	
597	185	Helena Lopes	DCI/Trilhos Luso Bussaco	54:15	+24:20	05:26	
598	386	Pedro Miguel Loureiro Mourão	Individual	54:17	+24:22	05:26	
599	234	Helder Robalinho	G.D.A RONDA	54:18	+24:23	05:26	
600	229	Carla Pacheco	G.D.A RONDA	54:19	+24:24	05:26	
601	367	Jorge Gonçalves	Individual	54:19	+24:24	05:26	
602	656	Avelino Passos	Individual	54:21	+24:26	05:26	
603	715	Marcos Oliveira	Individual	54:32	+24:37	05:27	
604	436	Maria Melo	Individual	54:33	+24:38	05:27	
605	90	Joaquim Ferreira	AFISOVAR	54:33	+24:38	05:27	
606	543	Daniel Silva	Individual	54:34	+24:39	05:27	
607	365	João Palmeiro	Individual	54:40	+24:45	05:28	
608	827	Sara Maria Dias Pereira	Mota Running Team	54:42	+24:47	05:28	
609	983	Pedro Silva	RUNNING ESPINHO	54:42	+24:47	05:28	
610	119	Rui Ventura	Aventurados	54:46	+24:51	05:29	
611	335	Sara Nogueira	Individual	54:48	+24:53	05:29	
612	494	Ivo Nascimento	Individual	54:48	+24:53	05:29	
613	792	Leonardo José Silva Ramalho	LS FITNESS	54:49	+24:54	05:29	
614	648	Vítor Neto	Individual	54:51	+24:56	05:29	
615	799	Carla Rodrigues	LS FITNESS	54:51	+24:56	05:29	
616	995	Vítor Cunha	RUNNING ESPINHO	54:52	+24:57	05:29	
617	957	Claudia Dias	RUNNING ESPINHO	54:52	+24:57	05:29	
618	476	António Oliveira	Individual	54:55	+25:00	05:29	
619	87	Susana Pinto	AFISOVAR	54:55	+25:00	05:29	
620	86	Cláudia Gomes	AFISOVAR	54:55	+25:00	05:29	

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
621	446	Anabela Barata	Individual	54:57	+25:02	05:30	
622	805	Luís Filipe Dias da Rocha e Santos	LS FITNESS	55:02	+25:07	05:30	
623	801	RAQUEL VIEIRA	LS FITNESS	55:03	+25:08	05:30	
624	880	Paulo Gomes	Os Fugitivos	55:07	+25:12	05:31	
625	749	AUGUSTO BAPTISTA	JAM - Juventude Atlética Mozelense	55:07	+25:12	05:31	
626	681	Mário Teixeira	Individual	55:09	+25:14	05:31	
627	921	Pedro Pinho	PUPILOS DO ZÉ TÓ	55:11	+25:16	05:31	
628	815	Pedro Silva	Mariita's Running	55:15	+25:20	05:32	
629	1004	Bernardino Fernandes	RUNNING ESPINHO	55:17	+25:22	05:32	
630	333	Sara Duarte	Individual	55:20	+25:25	05:32	
631	67	RUI SANTOS	A.D.GRIJÓ A CORRER	55:23	+25:28	05:32	
632	911	Gregorio Pereira	Progresso Fitness Academy	55:24	+25:29	05:32	
633	272	André Machado	Goodshape	55:25	+25:30	05:32	
634	776	Beatriz Pedreiras Lopes	LS FITNESS	55:25	+25:30	05:33	
635	967	Margarida Neves	RUNNING ESPINHO	55:25	+25:30	05:33	
636	889	Miguel Bastos	Pastello Runners	55:27	+25:32	05:33	
637	694	António Manuel da Costa Pinto	Individual	55:32	+25:37	05:33	
638	903	Filipa Sa	Progresso Fitness Academy	55:35	+25:40	05:33	
639	493	Ivo Manuel Rodrigues Gonçalves	Individual	55:42	+25:47	05:34	
640	902	Rui Pinho	Pinho's	55:44	+25:49	05:34	
641	297	José Aires Moreira	Grupo de Corrida de Argoncilhe	55:45	+25:50	05:34	
642	505	Maksim Mutalapov	Individual	55:52	+25:57	05:35	
643	382	Nuno Sá Couto	Individual	55:57	+26:02	05:36	
644	808	Ana Leite	Manas Orestes	55:59	+26:04	05:36	
645	191	Evgeniya Shamonova	Dr. Runner	56:00	+26:05	05:36	
646	76	Filomena Santos	ACD Ílhavos	56:00	+26:05	05:36	
647	813	Manuel Teixeira	Manquinhos	56:01	+26:06	05:36	
648	908	Jane Vieira	Progresso Fitness Academy	56:01	+26:06	05:36	
649	560	José Milheiro	Individual	56:03	+26:08	05:36	
650	631	Nuno Morais da Sikva	Individual	56:03	+26:08	05:36	
651	397	Richard Ferreira	Individual	56:07	+26:12	05:37	
652	811	André Coimbra	Manquinhos	56:07	+26:12	05:37	
653	473	Alvaro Ferreira	Individual	56:09	+26:14	05:37	
654	440	Rossana Ferreira	Individual	56:13	+26:18	05:37	
655	147	LUCIDIO DIAS	CAL - Clube Atletismo de Lamas	56:14	+26:19	05:37	
656	478	Carlos Jesus	Individual	56:14	+26:19	05:37	
657	906	Daniel Marques	Progresso Fitness Academy	56:20	+26:25	05:38	
658	54	Maria João Sá	4Good Life	56:21	+26:26	05:38	
659	975	Filipe Couto	RUNNING ESPINHO	56:23	+26:28	05:38	
660	959	Patrícia Gomes	RUNNING ESPINHO	56:23	+26:29	05:38	
661	1022	Nuno Brito	Salgueiros Running	56:25	+26:30	05:39	
662	1021	Maria Pereira	Salgueiros Running	56:25	+26:30	05:39	
663	305	Ana Cristina da Conceição Fitas	Individual	56:26	+26:31	05:39	
664	553	J. M. Ribeiro	Individual	56:26	+26:31	05:39	
665	401	Rui Martins	Individual	56:27	+26:32	05:39	
666	928	António Brandão	Ratos do Asfalto	56:28	+26:33	05:39	

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
667	138	Andreia Ribeiro	C.F. Oliveira do Douro	56:31	+26:36	05:39	
668	255	Pedro Jerónimo	GD Outeiros	56:34	+26:39	05:39	
669	866	Nuno Capela	Núcleo de Montanha de Espinho & RE/MAX MARKET	56:35	+26:40	05:40	
670	394	Ricardo José Moreira Freitas	Individual	56:40	+26:45	05:40	
671	1058	Silvio Ferreira	Team Jorge Fontes	56:43	+26:48	05:40	
672	541	Carlos Rocha	Individual	56:44	+26:49	05:40	
673	302	PAULO RAMOS	GRUPO JUVENIL PINHEIRO DA BEMPOSTA - O. AZEMÉIS	56:45	+26:50	05:40	
674	423	Karina Moreira	Individual	56:46	+26:51	05:41	
675	844	Antonio Almeida	NRF 3 Mosqueteiros do Alcatrão	56:48	+26:53	05:41	
676	610	Helder Gabriel	Individual	56:50	+26:55	05:41	
677	933	Marco Guerra	RECREIO DESPORTIVO DE ÁGUEDA	56:50	+26:55	05:41	
678	81	Fernanda Almeida	ACR de Vale de Cambra	56:50	+26:55	05:41	
679	567	Marco Aurélio Marques dos Santos	Individual	56:51	+26:56	05:41	
680	461	Clara Oliveira	Individual	56:53	+26:58	05:41	
681	1074	Joaquim Jorge da Costa Pinho	Giveaway Defesa de Espinho	56:53	+26:58	05:41	
682	435	Lucy Moreira	Individual	56:56	+27:01	05:42	
683	725	antonio costa	Individual	56:56	+27:01	05:42	
684	298	Rui Oliveira	Grupo de Corrida de Argoncilhe	57:01	+27:06	05:42	
685	910	Bruno Cardoso	Progresso Fitness Academy	57:09	+27:14	05:43	
686	1032	Cláudia Silva	Sportarc	57:12	+27:17	05:43	
687	58	Susana Monteiro	A D Rio Largo C Espinho	57:13	+27:18	05:43	
688	948	Alice Apolonia	RUNNING ESPINHO	57:14	+27:19	05:43	
689	1051	Bernardo Neves	Team Isabel Silva	57:16	+27:21	05:44	
690	375	Mickael Ribeiro	Individual	57:17	+27:22	05:44	
691	416	Catia Denise Ferreira Martins	Individual	57:18	+27:23	05:44	
692	215	ANTONIO FERREIRA	EV/PERALTAFIL	57:19	+27:24	05:44	
693	441	Sana dias	Individual	57:19	+27:24	05:44	
694	537	BRUNO FILIPE SANTOS GONÇALVES	Individual	57:21	+27:26	05:44	
695	751	Sonia monteiro	javalis100limites	57:25	+27:30	05:44	
696	293	José Vilela	Grupo Barrigas	57:25	+27:30	05:44	
697	362	Igor Meinedo	Individual	57:28	+27:33	05:45	
698	904	Manuela Bastos	Progresso Fitness Academy	57:31	+27:36	05:45	
699	1056	António Albuerque	Team Jorge Fontes	57:32	+27:37	05:45	
700	452	Isabel Brandão	Individual	57:52	+27:57	05:47	
701	886	Daniel Peixoto Tavares	Pastello Runners	57:53	+27:58	05:47	
702	960	Charly Duarte	RUNNING ESPINHO	57:54	+27:59	05:47	
703	867	Nuno Tamagnini	Núcleo de Montanha de Espinho & RE/MAX MARKET	58:03	+28:08	05:48	
704	273	Jorge Monteiro	Goodshape	58:03	+28:08	05:48	
705	883	João Barros	Os lamechas	58:05	+28:10	05:48	
706	651	Álvaro Pereira	Individual	58:06	+28:11	05:49	
707	83	Hilário Martins	ACRA RUNNING	58:08	+28:13	05:49	
708	586	Rui Coelho	Individual	58:08	+28:13	05:49	
709	455	Maria dos Anjos	Individual	58:14	+28:19	05:49	

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
710	961	Cristina Couto	RUNNING ESPINHO	58:15	+28:20	05:49	
711	1007	Mário Alves	RUNNING ESPINHO	58:15	+28:20	05:49	
712	620	José Manuel Macedo Quintas	Individual	58:16	+28:21	05:50	
713	837	Pedro Castro e Silva	Município de Espinho	58:18	+28:23	05:50	
714	1082	Vanessa Oliveira	Clube Desportivo Feirense	58:19	+28:24	05:50	
715	831	Francisco de Oliveira Loureiro	Município de Espinho	58:21	+28:26	05:50	
716	947	Álvaro Silva	Running Esmoriz	58:24	+28:29	05:50	
717	1046	Nuno Azevedo Correia	Team Asa Seguros	58:24	+28:29	05:50	
718	946	Ana Oliveira	Running Esmoriz	58:26	+28:31	05:51	
719	759	Catarina Rodrigues Sa Ferreira	Juventude Cortegacense	58:28	+28:33	05:51	
720	226	Paulo Costa	Fogaças com Malapos	58:32	+28:37	05:51	
721	550	Helder José Oliveira Lopes	Individual	58:37	+28:42	05:52	
722	963	Lucia Aleixo	RUNNING ESPINHO	58:38	+28:43	05:52	
723	785	Liliana Couto	LS FITNESS	58:45	+28:50	05:53	
724	965	Sofia Martins	RUNNING ESPINHO	58:52	+28:57	05:53	
725	741	Martin Whittle	Individual	58:52	+28:57	05:53	
726	668	gonçalo alegria	Individual	58:59	+29:04	05:54	
727	1105	Pedro Silva	LS FITNESS	59:03	+29:08	05:54	
728	969	Helder José Grijó Santos	RUNNING ESPINHO	59:06	+29:11	05:55	
729	605	DOTAN GOREN	Individual	59:10	+29:15	05:55	
730	466	Maria de Lurdes Bastos Pinto Resende	Individual	59:14	+29:19	05:55	
731	378	Miguel Bastos Pinto Couto Resende	Individual	59:15	+29:20	05:55	
732	1000	Paulo Ladeira	RUNNING ESPINHO	59:18	+29:23	05:56	
733	65	Armando Cerqueira	A D Rio Largo C Espinho	59:20	+29:25	05:56	
734	64	Adriano Queiroz	A D Rio Largo C Espinho	59:34	+29:39	05:57	
735	1050	André Maciel silva	Team Isabel Silva	59:36	+29:42	05:58	
736	870	Manuel Barbosa	Núcleo de Montanha de Espinho & RE/MAX MARKET	59:40	+29:45	05:58	
737	72	Fernando Martins	ACAIL GAS	59:43	+29:48	05:58	
738	695	ANTÓNIO PEREIRA	Individual	59:46	+29:51	05:59	
739	123	Mário Saxe	Barrinha Surf School	59:51	+29:56	05:59	
740	958	Joana Abreu	RUNNING ESPINHO	59:56	+30:01	06:00	
741	1008	Pedro Melo	RUNNING ESPINHO	59:56	+30:01	06:00	
742	105	JOANA COUTO	ARCORUN	59:57	+30:02	06:00	
743	276	Arminda Carvalho	Grande Farmacia	59:57	+30:02	06:00	
744	504	Luís Ramalho	Individual	59:58	+30:03	06:00	
745	812	Fernando Teixeira	Manquinhos	01:00:10	+30:15	06:01	
746	118	Sofia Santos	Aventurados	01:00:17	+30:22	06:02	
747	661	Carlos Rui Almeida Leite	Individual	01:00:19	+30:24	06:02	
748	871	LEONARDO RAFAEL GUEDES MANZANILLA	OPORTO ECO BIKE TEAM	01:00:20	+30:25	06:02	
749	630	Nilson Ribeiro Rocha	Individual	01:00:21	+30:26	06:02	
750	459	Alexandra Soares	Progresso Fitness Academy	01:00:22	+30:27	06:02	
751	998	Fernando Maia	RUNNING ESPINHO	01:00:44	+30:49	06:04	
752	850	Vinicius Nascimento	Núcleo de Montanha de Espinho & RE/MAX MARKET	01:00:45	+30:50	06:04	

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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
753	309	Catarina Rodrigues Couto Leite	Individual	01:00:46	+30:51	06:05	
754	717	Nelson José dos Santos Leite	Individual	01:00:48	+30:53	06:05	
755	291	Nélson Vilela	Grupo Barrigas	01:00:48	+30:53	06:05	
756	387	Pedro Queiros	Individual	01:00:53	+30:58	06:05	
757	1100	Cristiano Coelho	VITALIS	01:00:53	+30:58	06:05	
758	926	Vera Maria Pereira Neto	RAR Running	01:01:09	+31:14	06:07	
759	927	Hugo Barbedo	RAR Running	01:01:09	+31:14	06:07	
760	453	Liliana Marques	Individual	01:01:12	+31:17	06:07	
761	716	Mário Rodrigues	Individual	01:01:16	+31:21	06:08	
762	609	Hélder Freitas	Individual	01:01:16	+31:21	06:08	
763	467	Mena Silva	Individual	01:01:17	+31:22	06:08	
764	757	Ines Gomes Cardoso	Juventude Cortegacense	01:01:18	+31:23	06:08	
765	450	Filipa Ribeiro	Individual	01:01:21	+31:26	06:08	
766	884	Marco Maia	Os lamechas	01:01:26	+31:31	06:09	
767	862	Hugo Pinto	Núcleo de Montanha de Espinho & RE/MAX MARKET	01:01:29	+31:34	06:09	
768	269	Catarina Gouveia	Goodshape	01:01:32	+31:37	06:09	
769	347	Daniel Filipe Ribeiro da Silva	Individual	01:01:35	+31:40	06:09	
770	851	Carla Monteiro	Núcleo de Montanha de Espinho & RE/MAX MARKET	01:01:37	+31:42	06:10	
771	290	Vasco Filipe da Mota Monteiro	Grifagem J. Pedro	01:01:45	+31:50	06:10	
772	726	António Matos	Individual	01:01:53	+31:58	06:11	
773	173	José Barbosa	Clube do Pessoal das Águas de Gaia	01:02:13	+32:18	06:13	
774	170	Jorge da Encarnação	Clube do Pessoal das Águas de Gaia	01:02:15	+32:20	06:14	
775	471	Maria Pinto	Individual	01:02:18	+32:23	06:14	
776	1059	Pedro Martins	TO NA PISTA	01:02:26	+32:31	06:15	
777	508	Mário Castro	Individual	01:02:27	+32:32	06:15	
778	755	Sandra Pinto	JUVENTUDE ATLÉTICA MOZELENSE	01:02:29	+32:34	06:15	
779	399	Ruben Alves	Individual	01:02:38	+32:43	06:16	
780	93	Oriana Silva	Aleixos	01:02:41	+32:46	06:16	
781	662	Christopher Guimaraens	Individual	01:02:47	+32:52	06:17	
782	798	Sofia Almeida	LS FITNESS	01:02:49	+32:54	06:17	
783	779	Delfina Moreira De Carvalho	LS FITNESS	01:02:49	+32:54	06:17	
784	672	Jorge Mota	Individual	01:02:58	+33:03	06:18	
785	51	LILIANA SILVA	37napraia	01:03:01	+33:06	06:18	
786	53	RAUL LOUREIRO	37napraia	01:03:04	+33:09	06:18	
787	618	José Manuel Bessa Soares	Individual	01:03:05	+33:10	06:18	
788	949	Filipa Félix	RUNNING ESPINHO	01:03:05	+33:10	06:18	
789	556	João Miranda	Individual	01:03:15	+33:20	06:20	
790	539	Carlos Gomes	Individual	01:03:16	+33:21	06:20	
791	907	Catia Ribeiro	Progresso Fitness Academy	01:03:40	+33:45	06:22	
792	896	Fernando Manuel Morgado Peixoto	Peixinhos do Rio Esmoriz	01:03:45	+33:50	06:23	
793	877	Carla Gomes	Os Fugitivos	01:03:48	+33:53	06:23	
794	784	Liane Maria Rodrigues Araújo	LS FITNESS	01:04:00	+34:05	06:24	
795	783	Joana Filipa Ferreira de Pinho	LS FITNESS	01:04:00	+34:05	06:24	
796	803	Sérgio Manuel da Silva Lapa	LS FITNESS	01:04:35	+34:40	06:27	

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
797	854	Alice Santos	Núcleo de Montanha de Espinho & RE/MAX MARKET	01:04:37	+34:42	06:28	
798	964	Maria Manuel Pinho Soares	RUNNING ESPINHO	01:04:39	+34:44	06:28	
799	332	Sara Alexandra da Silva Lopes	Individual	01:04:46	+34:51	06:29	
800	303	Amandine Martins	Individual	01:04:46	+34:51	06:29	
801	295	Domingo Brás	Grupo de Corrida de Argoncilhe	01:05:00	+35:05	06:30	
802	126	Isabel Ventura	Beatriz dos Panos	01:05:04	+35:09	06:30	
803	468	Sandra Carraca	Individual	01:05:05	+35:10	06:30	
804	211	PEDRO ALMEIDA	EV/PERALTAFIL	01:06:18	+36:23	06:38	
805	457	Patrícia Maciel	Individual	01:06:21	+36:26	06:38	
806	370	José Santos	Individual	01:06:29	+36:34	06:39	
807	336	Sara Pardilhó	Individual	01:06:30	+36:35	06:39	
808	376	Miguel Amorim Ferreira	Individual	01:06:39	+36:44	06:40	
809	1096	Bruno Azevedo	Os lamechas	01:06:49	+36:54	06:41	
810	427	Sonia Marisa Aguiar Ferreira	Individual	01:06:50	+36:55	06:41	
811	1104	Ricardo Gouveia	Goodshape	01:06:52	+36:57	06:41	
812	580	Pedro Morais	Individual	01:06:55	+37:00	06:41	
813	1094	Ana Brandão	Individual	01:06:55	+37:00	06:42	
814	743	Silvério silva	Individual	01:07:07	+37:12	06:43	
815	321	Joana Catarina Ribeiro Paiva	Individual	01:07:16	+37:21	06:44	
816	688	Rui silva	Individual	01:07:58	+38:03	06:48	
817	444	Susana Lúcia Couto Ferreira	Individual	01:07:58	+38:03	06:48	
818	270	Rita Neves	Goodshape	01:08:13	+38:18	06:49	
819	408	Tiago Manuel Oliveira Pinho	Individual	01:08:14	+38:19	06:49	
820	312	Cristiana Ribeiro	Individual	01:08:14	+38:19	06:49	
821	428	Vânia Alves	Individual	01:08:39	+38:44	06:52	
822	722	ALBERTO SANTOS	Individual	01:08:56	+39:01	06:54	
823	833	Mariana Gonçalves	Município de Espinho	01:09:12	+39:17	06:55	
824	582	Ricardo Silva	Individual	01:09:15	+39:20	06:56	
825	437	Marisa Alves	Individual	01:09:16	+39:21	06:56	
826	647	VITOR FERREIRA	Individual	01:09:25	+39:30	06:57	
827	559	JOSE ALEXANDRE DOS SANTOS MOREIRA	Individual	01:09:25	+39:30	06:57	
828	632	NUNO SOUSA	Individual	01:09:25	+39:30	06:57	
829	432	CLAUDIA FERRAO	Individual	01:09:25	+39:30	06:57	
830	271	Andreia Monteiro	Goodshape	01:09:41	+39:46	06:58	
831	774	Ainhoa Delgado Fernández	LS FITNESS	01:09:42	+39:47	06:58	
832	462	Vânia Gonçalves	Progresso Fitness Academy	01:10:50	+40:55	07:05	
833	936	Manuel Santos	Restaurante Marreta	01:11:09	+41:14	07:07	
834	935	Joel Meireles	Restaurante Marreta	01:11:09	+41:14	07:07	
835	780	Erica Solange Queiros Teixeira	LS FITNESS	01:13:18	+43:23	07:20	
836	374	Luiz Andrade junior	Individual	01:13:21	+43:26	07:20	
837	341	Vanessa Fernandes	Individual	01:13:21	+43:26	07:20	
838	327	Marisol cunha	Individual	01:13:32	+43:37	07:21	
839	491	Ivo cunha	Individual	01:13:32	+43:37	07:21	
840	1081	Karla Oliveira	Clube Desportivo Feirense	01:13:37	+43:42	07:22	
841	317	Fabiana Oliveira	Individual	01:13:38	+43:43	07:22	

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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
842	1049	Joana Ferreira	Team Isabel Silva	01:14:01	+44:06	07:24	
843	158	Carla Novais	CJ	01:15:40	+45:45	07:34	
844	94	Teresa Andias	Aleixos	01:15:43	+45:48	07:34	
845	486	Emanuel Silva	Individual	01:17:36	+47:41	07:46	
846	431	Catarina Leite	Individual	01:17:37	+47:42	07:46	
847	800	Dora Pinheiro	LS FITNESS	01:20:29	+50:34	08:03	

São Silvestre Espinho
Espinho, PT
07-January-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	17:30	13ºC	98%
End	18:50	13ºC	98%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1041	Sara Duarte	S.C.BRAGA	Senior Feminino	35:08		03:31
2	13	Maria Pereira Carvalho	ADRAP	Senior Feminino	36:08	+01:00	03:37
3	930	Carolina Ribeiro	RECREIO DESPORTIVO DE ÁGUEDA	Senior Feminino	40:05	+04:56	04:00
4	307	CARLA DE ALMEIDA	Individual	Senior Feminino	41:39	+06:30	04:10
5	19	Filipa Diamantino	C S Lavra	Senior Feminino	42:06	+06:58	04:13
6	17	Mafalda Oliveira	C S Lavra	Senior Feminino	42:07	+06:58	04:13
7	1011	Cristiana Santos	S.c.Espinho/António Leitão	Senior Feminino	43:24	+08:15	04:20
8	778	Catarina Pinhal	LS FITNESS	Senior Feminino	43:54	+08:45	04:23
9	313	Daria Tatarnikova	Individual	Senior Feminino	44:19	+09:10	04:26
10	900	Maria Oliveira	Penta Clube da Covilhã	Senior Feminino	44:59	+09:50	04:30
11	1078	Maira Silva	Clube Desportivo Feirense	Senior Feminino	45:07	+09:58	04:31
12	222	Nadia Fonseca	Fidalguinha	Senior Feminino	46:09	+11:00	04:37
13	182	Daniela Assunção	DCI/Trilhos Luso Bussaco	Senior Feminino	46:34	+11:25	04:39
14	183	Maria Ramos	DCI/Trilhos Luso Bussaco	Senior Feminino	47:00	+11:51	04:42
15	325	Maria Manuela Alves dos Santos	Individual	Senior Feminino	47:21	+12:12	04:44
16	1079	Ines Correia	Clube Desportivo Feirense	Senior Feminino	47:43	+12:34	04:46
17	337	Susana Calhau	Individual	Senior Feminino	47:59	+12:50	04:48
18	929	Alexandra Saramago	RECREIO DESPORTIVO DE ÁGUEDA	Senior Feminino	49:02	+13:53	04:54
19	306	Beatriz Santos Câmara Lourenço	Individual	Senior Feminino	49:11	+14:02	04:55
20	775	Beatriz Cardoso	LS FITNESS	Senior Feminino	50:02	+14:53	05:00
21	308	Carolina Ferraz Neto Pinhal	LS FITNESS	Senior Feminino	50:07	+14:59	05:01
22	71	Inês Gonçalves	ACAIL GAS	Senior Feminino	50:48	+15:39	05:05
23	178	Ana Lúcia de Castro Ramos	CORRE SÃO JOÃO	Senior Feminino	50:52	+15:43	05:05
24	787	Alexandra Marinhao	LS FITNESS	Senior Feminino	50:53	+15:44	05:05
25	330	Raquel Vieira Caires	Individual	Senior Feminino	51:33	+16:25	05:09
26	782	Filipa Santos	LS FITNESS	Senior Feminino	51:58	+16:49	05:12
27	324	Maria João Barbosa	Individual	Senior Feminino	52:10	+17:02	05:13
28	314	Diana Almeida	Individual	Senior Feminino	52:21	+17:12	05:14
29	74	Marta Senos	ACD Ílhavos	Senior Feminino	52:25	+17:16	05:15
30	323	Maria Francisca Lima Cabral	Individual	Senior Feminino	52:45	+17:36	05:16
31	318	Filipa Tavares	Individual	Senior Feminino	53:42	+18:33	05:22
32	229	Carla Pacheco	G.D.A RONDA	Senior Feminino	54:19	+19:10	05:26
33	827	Sara Maria Dias Pereira	Mota Running Team	Senior Feminino	54:42	+19:33	05:28
34	335	Sara Nogueira	Individual	Senior Feminino	54:48	+19:39	05:29
35	333	Sara Duarte	Individual	Senior Feminino	55:20	+20:11	05:32
36	776	Beatriz Pedreiras Lopes	LS FITNESS	Senior Feminino	55:25	+20:17	05:33
37	903	Filipa Sa	Progresso Fitness Academy	Senior Feminino	55:35	+20:26	05:33
38	305	Ana Cristina da Conceição Fitas	Individual	Senior Feminino	56:26	+21:17	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

39	948	Alice Apolonia	RUNNING ESPINHO	Senior Feminino	57:14	+22:05	05:43
40	904	Manuela Bastos	Progresso Fitness Academy	Senior Feminino	57:31	+22:22	05:45
41	785	Liliana Couto	LS FITNESS	Senior Feminino	58:45	+23:36	05:53
42	118	Sofia Santos	Aventurados	Senior Feminino	01:00:17	+25:08	06:02
43	309	Catarina Rodrigues Couto Leite	Individual	Senior Feminino	01:00:46	+25:37	06:05
44	926	Vera Maria Pereira Neto	RAR Running	Senior Feminino	01:01:09	+26:00	06:07
45	757	Ines Gomes Cardoso	Juventude Cortegacense	Senior Feminino	01:01:18	+26:09	06:08
46	269	Catarina Gouveia	Goodshape	Senior Feminino	01:01:32	+26:23	06:09
47	93	Oriana Silva	Aleixos	Senior Feminino	01:02:41	+27:32	06:16
48	779	Delfina Moreira De Carvalho	LS FITNESS	Senior Feminino	01:02:49	+27:40	06:17
49	949	Filipa Félix	RUNNING ESPINHO	Senior Feminino	01:03:05	+27:56	06:18
50	784	Liane Maria Rodrigues Araújo	LS FITNESS	Senior Feminino	01:04:00	+28:51	06:24
51	783	Joana Filipa Ferreira de Pinho	LS FITNESS	Senior Feminino	01:04:00	+28:51	06:24
52	332	Sara Alexandra da Silva Lopes	Individual	Senior Feminino	01:04:46	+29:37	06:29
53	303	Amandine Martins	Individual	Senior Feminino	01:04:46	+29:37	06:29
54	336	Sara Pardilhó	Individual	Senior Feminino	01:06:30	+31:21	06:39
55	321	Joana Catarina Ribeiro Paiva	Individual	Senior Feminino	01:07:16	+32:07	06:44
56	270	Rita Neves	Goodshape	Senior Feminino	01:08:13	+33:04	06:49
57	312	Cristiana Ribeiro	Individual	Senior Feminino	01:08:14	+33:05	06:49
58	774	Ainhoa Delgado Fernández	LS FITNESS	Senior Feminino	01:09:42	+34:33	06:58
59	780	Erica Solange Queiros Teixeira	LS FITNESS	Senior Feminino	01:13:18	+38:09	07:20
60	341	Vanessa Fernandes	Individual	Senior Feminino	01:13:21	+38:12	07:20
61	327	Marisol cunha	Individual	Senior Feminino	01:13:32	+38:23	07:21
62	1081	Karla Oliveira	Clube Desportivo Feirense	Senior Feminino	01:13:37	+38:29	07:22
63	317	Fabiana Oliveira	Individual	Senior Feminino	01:13:38	+38:29	07:22
64	1049	Joana Ferreira	Team Isabel Silva	Senior Feminino	01:14:01	+38:52	07:24
65	94	Teresa Andias	Aleixos	Senior Feminino	01:15:43	+40:34	07:34

Senior Masculino

1	4	Francisco Rodrigues	S.C.BRAGA	Senior Masculino	29:55		03:00
2	8	Luís Oliveira	SPORT LISBOA E BENFICA	Senior Masculino	29:56	+00:01	03:00
3	9	Paulo Barbosa	S.C.BRAGA	Senior Masculino	30:05	+00:10	03:01
4	12	João Almeida	RECREIO DESPORTIVO DE ÁGUEDA	Senior Masculino	30:09	+00:13	03:01
5	50	Bernardo Rocha	SCSalgueiros	Senior Masculino	30:21	+00:25	03:02
6	5	Hugo Daniel Santos	SCSalgueiros	Senior Masculino	30:47	+00:51	03:05
7	344	Anton Tishakin	Individual	Senior Masculino	30:48	+00:52	03:05
8	22	João Trigueiros	S.c.Espinho/António Leitão	Senior Masculino	31:35	+01:39	03:10
9	14	Simão Gonçalves Bastos	S.L. Benfica	Senior Masculino	31:38	+01:43	03:10
10	11	Gil Maia	S.c.Espinho/António Leitão	Senior Masculino	32:00	+02:04	03:12
11	1093	João Marques	LAVRA	Senior Masculino	32:25	+02:29	03:14
12	261	Marcelo Gonçalves	GDR GRANJA-TRUTAS DO MAU	Senior Masculino	32:30	+02:34	03:15
13	1023	João Carvalho	SCSalgueiros	Senior Masculino	32:45	+02:49	03:16
14	41	Filipe Ferreira	ACR de Vale de Cambra	Senior Masculino	32:51	+02:55	03:17
15	20	Hugo Moreira	S.c.Espinho/António Leitão	Senior Masculino	33:27	+03:31	03:21

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

16	31	RENATO SOUSA	EV/PERALTAFIL	Senior Masculino	33:35	+03:40	03:22
17	932	Ricardo Santos	RECREIO DESPORTIVO DE ÁGUEDA	Senior Masculino	34:04	+04:09	03:24
18	348	Daniel Sousa	Individual	Senior Masculino	34:07	+04:11	03:25
19	37	Tiago Pinto	Sport Clube Freamunde	Senior Masculino	34:15	+04:20	03:26
20	200	PEDRO MAGALHÃES	EV/PERALTAFIL	Senior Masculino	34:21	+04:26	03:26
21	110	Alexandre Azevedo	ARVOR ASSOCIAÇÃO RECREATIVA OS VETERANOS D´OVAR	Senior Masculino	34:24	+04:28	03:26
22	44	Ricardo Castro	ACD São João da Serra	Senior Masculino	34:39	+04:44	03:28
23	42	Marco Pinho	ACR de Vale de Cambra	Senior Masculino	34:54	+04:58	03:29
24	360	Guilherme Martins	Individual	Senior Masculino	34:54	+04:58	03:29
25	24	Rui Ferreira	S.c.Espinho/António Leitão	Senior Masculino	34:59	+05:03	03:30
26	45	CELSO LEITE	Clube Atletismo de Ovar	Senior Masculino	35:00	+05:04	03:30
27	27	Daniel Silva	Runriver-Escola de Atletismo de Rio Tinto	Senior Masculino	35:15	+05:19	03:31
28	101	José Costa	ARADA ATLÉTICO CLUBE	Senior Masculino	35:26	+05:30	03:33
29	1109	Pedro Ramos	Clube Desportivo Feirense	Senior Masculino	35:45	+05:49	03:34
30	112	Jorge Valente	ARVOR ASSOCIAÇÃO RECREATIVA OS VETERANOS D´OVAR	Senior Masculino	36:09	+06:13	03:37
31	299	Filipe Luz	grupo desportivo s. paio de oleiros	Senior Masculino	37:41	+07:45	03:46
32	398	Rodrigo Hickenbick	Individual	Senior Masculino	37:50	+07:54	03:47
33	1012	Ricardo Pereira	S.c.Espinho/António Leitão	Senior Masculino	38:50	+08:54	03:53
34	1060	Rafael Ornelas	Toupeiras de Grijó	Senior Masculino	38:54	+08:58	03:53
35	1027	Jonas Faria	Skemba | Condinvest | Quinta da Lixa	Senior Masculino	38:55	+08:59	03:54
36	184	Diogo Reis	DCI/Trilhos Luso Bussaco	Senior Masculino	39:00	+09:04	03:54
37	148	Tiago Oliveira	Caldas S. Jorge Sport Clube	Senior Masculino	39:15	+09:19	03:56
38	955	Ricardo Pais	RUNNING ESPINHO	Senior Masculino	39:19	+09:23	03:56
39	372	LE MEITOUR Louis	Individual	Senior Masculino	39:46	+09:51	03:59
40	111	Daniel Vieira	ARVOR ASSOCIAÇÃO RECREATIVA OS VETERANOS D´OVAR	Senior Masculino	39:49	+09:53	03:59
41	379	Miguel Carvalho	Individual	Senior Masculino	39:50	+09:54	03:59
42	1095	Fernando Marinho	Individual	Senior Masculino	40:36	+10:41	04:04
43	369	José Pedro Ferreira Bernardes	Individual	Senior Masculino	41:11	+11:15	04:07
44	402	Rui Pedro Ferreira Gala	Individual	Senior Masculino	41:18	+11:22	04:08
45	410	Tiago Rocha	Individual	Senior Masculino	41:21	+11:25	04:08
46	405	Samuel da silva rocha	Individual	Senior Masculino	41:23	+11:27	04:08
47	351	Edgar Salgado Silva	Individual	Senior Masculino	41:36	+11:41	04:10
48	887	Pedro Pinto	Pastello Runners	Senior Masculino	41:37	+11:41	04:10
49	954	Pedro Valente	RUNNING ESPINHO	Senior Masculino	42:42	+12:47	04:16
50	395	Ricardo Nogueira Filho	Individual	Senior Masculino	42:50	+12:54	04:17
51	396	Ricardo Queirós	Individual	Senior Masculino	42:53	+12:57	04:17
52	392	Renato Silva	Individual	Senior Masculino	42:57	+13:01	04:18
53	198	NUNO DAVID	EV/PERALTAFIL	Senior Masculino	43:15	+13:20	04:20
54	368	Jorge Manuel Cunha Teixeira	Individual	Senior Masculino	43:16	+13:20	04:20
55	363	Ivo Pais	Individual	Senior Masculino	43:30	+13:34	04:21

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

56	383	Paulo Jorge Florim Nunes de Sá Camboa	Individual	Senior Masculino	43:36	+13:40	04:22
57	411	Tiago Silva	Individual	Senior Masculino	44:08	+14:12	04:25
58	371	José Sousa	Individual	Senior Masculino	44:16	+14:20	04:26
59	342	André Almeida	Individual	Senior Masculino	44:17	+14:21	04:26
60	353	Fábio Almeida	Individual	Senior Masculino	44:32	+14:37	04:27
61	356	Filipe Fonseca	Individual	Senior Masculino	44:43	+14:47	04:28
62	915	Pedro Lopes	Proteção Civil Multiregional	Senior Masculino	44:52	+14:56	04:29
63	199	Nuno David Pereira	EV/PERALTAFIL	Senior Masculino	44:56	+15:00	04:30
64	770	Ricardo Ramos	Lourosa Em Movimento	Senior Masculino	45:09	+15:14	04:31
65	828	Carlos Alexandre Fernandes Pinto da Silva	Mota Running Team	Senior Masculino	45:25	+15:29	04:33
66	357	FILIPE MIGUEL BARBOSA PARDILHÓ	Individual	Senior Masculino	45:32	+15:36	04:33
67	228	Daniel Fortunato Fonseca e Castro	Fórmula Resolvente	Senior Masculino	45:46	+15:51	04:35
68	377	Miguel Ângelo Pardilhó Ferreira	Individual	Senior Masculino	46:05	+16:09	04:36
69	358	Filipe Miguel Pina Moço	Individual	Senior Masculino	46:09	+16:14	04:37
70	201	RAFAEL JESUS	EV/PERALTAFIL	Senior Masculino	46:17	+16:22	04:38
71	790	João Daniel Pinheiro Vieira	LS FITNESS	Senior Masculino	46:26	+16:30	04:39
72	901	José Pinho	Pinho's	Senior Masculino	46:38	+16:42	04:40
73	1031	Luís Afonso	Sport Clube Freamunde	Senior Masculino	47:11	+17:16	04:43
74	352	EDUARDO FERREIRA	Individual	Senior Masculino	48:12	+18:16	04:49
75	791	João Tomás	LS FITNESS	Senior Masculino	48:19	+18:23	04:50
76	391	Renato Pereira	Individual	Senior Masculino	48:29	+18:33	04:51
77	794	Rodrigo Fernandes Pinhal	LS FITNESS	Senior Masculino	48:35	+18:39	04:52
78	361	Helder de Oliveira Mendes	Individual	Senior Masculino	48:41	+18:46	04:52
79	931	João Ferreira	RECREIO DESPORTIVO DE ÁGUEDA	Senior Masculino	49:00	+19:04	04:54
80	403	Rui Pedro Peixoto Cardoso	Individual	Senior Masculino	49:09	+19:13	04:55
81	346	BRUNO RIBEIRO	Individual	Senior Masculino	49:12	+19:16	04:55
82	406	Tiago Almeida	Individual	Senior Masculino	49:18	+19:22	04:56
83	905	Carlos Pinho	Progresso Fitness Academy	Senior Masculino	49:45	+19:49	04:59
84	788	Carlos Santos	LS FITNESS	Senior Masculino	49:46	+19:51	04:59
85	1073	Vítor Manuel Conceição Gomes	Giveaway Defesa de Espinho	Senior Masculino	49:47	+19:52	04:59
86	409	Tiago Oliveira	Individual	Senior Masculino	49:51	+19:55	04:59
87	953	Pedro Saraiva	RUNNING ESPINHO	Senior Masculino	49:54	+19:58	04:59
88	407	Tiago Coelho	Individual	Senior Masculino	49:56	+20:00	05:00
89	956	Simão Pedrosa	RUNNING ESPINHO	Senior Masculino	50:09	+20:13	05:01
90	166	Nuno Guedes	Clube do Pessoal das Águas de Gaia	Senior Masculino	50:23	+20:27	05:02
91	897	Rui Manuel Rosário Araujo	Peixinhos do Rio Esmoriz	Senior Masculino	50:30	+20:34	05:03
92	156	Nélson Tavares	Centro Marcha Corrida Vale de Cambra	Senior Masculino	50:31	+20:35	05:03
93	380	Miguel Marujo	Individual	Senior Masculino	50:36	+20:41	05:04
94	390	Reinaldo Gomes	Individual	Senior Masculino	50:38	+20:43	05:04
95	359	Filipe Pantoja	Individual	Senior Masculino	51:08	+21:12	05:07
96	345	Bruno Borges Sousa	Individual	Senior Masculino	51:24	+21:28	05:08
97	388	Pedro Rocha	Individual	Senior Masculino	51:31	+21:35	05:09
98	807	Joaquim Ribeiro	MaisRunning	Senior Masculino	51:57	+22:01	05:12

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

99	124	Ricardo Rocha	Beatriz dos Panos	Senior Masculino	52:04	+22:08	05:12
100	795	Tiago Granja	LS FITNESS	Senior Masculino	52:05	+22:09	05:12
101	99	Pedro Amorim	amorins	Senior Masculino	52:26	+22:31	05:15
102	789	Diogo Rodrigues	LS FITNESS	Senior Masculino	53:34	+23:38	05:21
103	381	Nuno Lourenço	Individual	Senior Masculino	53:35	+23:39	05:22
104	386	Pedro Miguel Loureiro Mourão	Individual	Senior Masculino	54:17	+24:22	05:26
105	367	Jorge Gonçalves	Individual	Senior Masculino	54:19	+24:24	05:26
106	365	João Palmeiro	Individual	Senior Masculino	54:40	+24:44	05:28
107	119	Rui Ventura	Aventurados	Senior Masculino	54:46	+24:50	05:29
108	792	Leonardo José Silva Ramalho	LS FITNESS	Senior Masculino	54:49	+24:54	05:29
109	902	Rui Pinho	Pinho's	Senior Masculino	55:44	+25:49	05:34
110	382	Nuno Sá Couto	Individual	Senior Masculino	55:57	+26:01	05:36
111	397	Richard Ferreira	Individual	Senior Masculino	56:07	+26:11	05:37
112	906	Daniel Marques	Progresso Fitness Academy	Senior Masculino	56:20	+26:24	05:38
113	401	Rui Martins	Individual	Senior Masculino	56:27	+26:31	05:39
114	255	Pedro Jerónimo	GD Outeiros	Senior Masculino	56:34	+26:39	05:39
115	394	Ricardo José Moreira Freitas	Individual	Senior Masculino	56:40	+26:44	05:40
116	1051	Bernardo Neves	Team Isabel Silva	Senior Masculino	57:16	+27:20	05:44
117	375	Mickael Ribeiro	Individual	Senior Masculino	57:17	+27:22	05:44
118	362	Igor Meinedo	Individual	Senior Masculino	57:28	+27:32	05:45
119	886	Daniel Peixoto Tavares	Pastello Runners	Senior Masculino	57:53	+27:58	05:47
120	883	João Barros	Os lamechas	Senior Masculino	58:05	+28:09	05:48
121	831	Francisco de Oliveira Loureiro	Município de Espinho	Senior Masculino	58:21	+28:25	05:50
122	378	Miguel Bastos Pinto Couto Resende	Individual	Senior Masculino	59:15	+29:19	05:55
123	1050	André Maciel silva	Team Isabel Silva	Senior Masculino	59:36	+29:41	05:58
124	850	Vinicius Nascimento	Núcleo de Montanha de Espinho & RE/MAX MARKET	Senior Masculino	01:00:45	+30:49	06:04
125	291	Nélson Vilela	Grupo Barrigas	Senior Masculino	01:00:48	+30:53	06:05
126	387	Pedro Queiros	Individual	Senior Masculino	01:00:53	+30:57	06:05
127	1100	Cristiano Coelho	VITALIS	Senior Masculino	01:00:53	+30:57	06:05
128	927	Hugo Barbedo	RAR Running	Senior Masculino	01:01:09	+31:13	06:07
129	347	Daniel Filipe Ribeiro da Silva	Individual	Senior Masculino	01:01:35	+31:39	06:09
130	1059	Pedro Martins	TO NA PISTA	Senior Masculino	01:02:26	+32:30	06:15
131	399	Ruben Alves	Individual	Senior Masculino	01:02:38	+32:43	06:16
132	896	Fernando Manuel Morgado Peixoto	Peixinhos do Rio Esmoriz	Senior Masculino	01:03:45	+33:50	06:23
133	370	José Santos	Individual	Senior Masculino	01:06:29	+36:34	06:39
134	376	Miguel Amorim Ferreira	Individual	Senior Masculino	01:06:39	+36:43	06:40
135	1104	Ricardo Gouveia	Goodshape	Senior Masculino	01:06:52	+36:56	06:41
136	408	Tiago Manuel Oliveira Pinho	Individual	Senior Masculino	01:08:14	+38:18	06:49
137	935	Joel Meireles	Restaurante Marreta	Senior Masculino	01:11:09	+41:13	07:07
138	374	Luiz Andrade junior	Individual	Senior Masculino	01:13:21	+43:25	07:20

Veterana F35

1	18	Solange Jesus	Clube Desportivo Feirense	Veterana F35	33:37		03:22
2	15	Rafaela Fonseca	RECREIO DESPORTIVO DE ÁGUEDA	Veterana F35	35:43	+02:06	03:34

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

3	3	Isabel Silva	Team Isabel Silva	Veterana F35	40:43	+07:06	04:04
4	1013	Teresa Amorim	S.c.Espinho/António Leitão	Veterana F35	43:33	+09:56	04:21
5	1014	Carla Costa	S.c.Espinho/António Leitão	Veterana F35	45:23	+11:46	04:32
6	418	Claudia Pinhal	Individual	Veterana F35	48:12	+14:35	04:49
7	80	Armanda Garrido	ACR de Vale de Cambra	Veterana F35	48:34	+14:57	04:51
8	419	Diana Pinho	Individual	Veterana F35	48:50	+15:13	04:53
9	426	Silvia Silva	Individual	Veterana F35	48:57	+15:20	04:54
10	939	Diana Ribeiro	Run4Pancakes	Veterana F35	49:42	+16:05	04:58
11	796	Catia Costa	LS FITNESS	Veterana F35	50:23	+16:46	05:02
12	417	Claudia marina moreira da silva	Individual	Veterana F35	51:23	+17:46	05:08
13	152	Cristina Batista	Casa Benfica Bairrada	Veterana F35	52:10	+18:33	05:13
14	422	Julliany Barros Froede Lingenover	Individual	Veterana F35	53:48	+20:11	05:23
15	423	Karina Moreira	Individual	Veterana F35	56:46	+23:09	05:41
16	1032	Cláudia Silva	Sportarc	Veterana F35	57:12	+23:35	05:43
17	416	Catia Denise Ferreira Martins	Individual	Veterana F35	57:18	+23:40	05:44
18	751	Sonia monteiro	javalis100limites	Veterana F35	57:25	+23:48	05:44
19	1082	Vanessa Oliveira	Clube Desportivo Feirense	Veterana F35	58:19	+24:42	05:50
20	759	Catarina Rodrigues Sa Ferreira	Juventude Cortegacense	Veterana F35	58:28	+24:50	05:51
21	276	Arminda Carvalho	Grande Farmacia	Veterana F35	59:57	+26:20	06:00
22	798	Sofia Almeida	LS FITNESS	Veterana F35	01:02:49	+29:12	06:17
23	907	Catia Ribeiro	Progresso Fitness Academy	Veterana F35	01:03:40	+30:03	06:22
24	427	Sonia Marisa Aguiar Ferreira	Individual	Veterana F35	01:06:50	+33:13	06:41
25	1094	Ana Brandão	Individual	Veterana F35	01:06:55	+33:18	06:42
26	428	Vânia Alves	Individual	Veterana F35	01:08:39	+35:02	06:52
27	462	Vânia Gonçalves	Progresso Fitness Academy	Veterana F35	01:10:50	+37:13	07:05

Veterana F40

1	244	Sandra Ferreira	G.D.C.Guilhovai	Veterana F40	40:40		04:04
2	832	Mafalda Resende	Município de Espinho	Veterana F40	43:55	+03:14	04:23
3	160	LIGIA TORRES	Clube Atletismo de Ovar	Veterana F40	44:38	+03:58	04:28
4	319	Andreia Noites	Sportarc	Veterana F40	46:37	+05:57	04:40
5	262	Marlene Martins	GDR GRANJA-TRUTAS DO MAU	Veterana F40	47:09	+06:29	04:43
6	1083	Graça Beleza	Clube Desportivo Feirense	Veterana F40	47:42	+07:01	04:46
7	752	Ana Aleixo	JOBRA-Assoc.Jovens Branca	Veterana F40	47:50	+07:10	04:47
8	439	Rita Paupério	Individual	Veterana F40	48:31	+07:51	04:51
9	888	Liliana Azevedo	Pastello Runners	Veterana F40	48:47	+08:07	04:53
10	940	Sofia Miranda	Run4Pancakes	Veterana F40	49:48	+09:07	04:59
11	433	Fernanda Pestana	Individual	Veterana F40	49:51	+09:11	04:59
12	434	Inês Costa	Individual	Veterana F40	51:08	+10:27	05:07
13	846	Sara Costa	Núcleo de Atletismo de Cucujães	Veterana F40	51:28	+10:48	05:09
14	1053	Carla Marques	Team Jorge Fontes	Veterana F40	51:33	+10:53	05:09
15	443	Sónia Ramos	Individual	Veterana F40	52:07	+11:27	05:13
16	103	Daniela Barros	ARCORUN	Veterana F40	53:17	+12:37	05:20
17	104	Rita Pinto	ARCORUN	Veterana F40	53:18	+12:38	05:20
18	436	Maria Melo	Individual	Veterana F40	54:33	+13:53	05:27

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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19	799	Carla Rodrigues	LS FITNESS	Veterana F40	54:51	+14:11	05:29
20	957	Claudia Dias	RUNNING ESPINHO	Veterana F40	54:52	+14:12	05:29
21	801	RAQUEL VIEIRA	LS FITNESS	Veterana F40	55:03	+14:23	05:30
22	191	Evgeniya Shamonova	Dr. Runner	Veterana F40	56:00	+15:20	05:36
23	908	Jane Vieira	Progresso Fitness Academy	Veterana F40	56:01	+15:21	05:36
24	440	Rossana Ferreira	Individual	Veterana F40	56:13	+15:33	05:37
25	54	Maria João Sá	4Good Life	Veterana F40	56:21	+15:41	05:38
26	959	Patrícia Gomes	RUNNING ESPINHO	Veterana F40	56:23	+15:43	05:38
27	138	Andreia Ribeiro	C.F. Oliveira do Douro	Veterana F40	56:31	+15:50	05:39
28	435	Lucy Moreira	Individual	Veterana F40	56:56	+16:16	05:42
29	441	Sana dias	Individual	Veterana F40	57:19	+16:39	05:44
30	958	Joana Abreu	RUNNING ESPINHO	Veterana F40	59:56	+19:15	06:00
31	851	Carla Monteiro	Núcleo de Montanha de Espinho & RE/MAX MARKET	Veterana F40	01:01:37	+20:57	06:10
32	755	Sandra Pinto	JUVENTUDE ATLÉTICA MOZELENSE	Veterana F40	01:02:29	+21:49	06:15
33	444	Susana Lúcia Couto Ferreira	Individual	Veterana F40	01:07:58	+27:18	06:48
34	833	Mariana Gonçalves	Município de Espinho	Veterana F40	01:09:12	+28:32	06:55
35	437	Marisa Alves	Individual	Veterana F40	01:09:16	+28:36	06:56
36	432	CLAUDIA FERRAO	Individual	Veterana F40	01:09:25	+28:45	06:57
37	271	Andreia Monteiro	Goodshape	Veterana F40	01:09:41	+29:01	06:58
38	431	Catarina Leite	Individual	Veterana F40	01:17:37	+36:56	07:46
39	800	Dora Pinheiro	LS FITNESS	Veterana F40	01:20:29	+39:49	08:03

Veterana F45

1	6	Carla Martinho	RECREIO DESPORTIVO DE ÁGUEDA	Veterana F45	33:53		03:23
2	1084	Dora Sá	Clube Desportivo Feirense	Veterana F45	43:48	+09:54	04:23
3	1052	Catarina Coito	Team Isabel Silva	Veterana F45	44:40	+10:46	04:28
4	1085	Sonia Beleza	Clube Desportivo Feirense	Veterana F45	47:18	+13:24	04:44
5	263	Isabel Oliveira	GDR GRANJA-TRUTAS DO MAU	Veterana F45	48:55	+15:01	04:53
6	456	Orquídea Sousa	Individual	Veterana F45	49:13	+15:19	04:55
7	448	Cristina Tavares	Individual	Veterana F45	49:57	+16:03	05:00
8	771	Célia Santos	Lourosa Em Movimento	Veterana F45	50:09	+16:15	05:01
9	853	Cristina Gomes	Núcleo de Montanha de Espinho & RE/MAX MARKET	Veterana F45	51:28	+17:34	05:09
10	1054	Carla Sousa	Team Jorge Fontes	Veterana F45	51:32	+17:38	05:09
11	125	Liliana Passos	Beatriz dos Panos	Veterana F45	51:33	+17:39	05:09
12	231	Sandra Canelha	G.D.A RONDA	Veterana F45	51:53	+17:59	05:11
13	120	Elisabete Santos	Bandalhos running	Veterana F45	51:54	+18:00	05:11
14	878	Lourdes Beleza	Os Fugitivos	Veterana F45	52:14	+18:20	05:13
15	447	Carla Martins	Individual	Veterana F45	53:32	+19:38	05:21
16	185	Helena Lopes	DCI/Trilhos Luso Bussaco	Veterana F45	54:15	+20:21	05:26
17	87	Susana Pinto	AFISOVAR	Veterana F45	54:55	+21:01	05:29
18	86	Cláudia Gomes	AFISOVAR	Veterana F45	54:55	+21:01	05:29
19	446	Anabela Barata	Individual	Veterana F45	54:57	+21:03	05:30

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

20	808	Ana Leite	Manas Orestes	Veterana F45	55:59	+22:05	05:36
21	58	Susana Monteiro	A D Rio Largo C Espinho	Veterana F45	57:13	+23:19	05:43
22	452	Isabel Brandão	Individual	Veterana F45	57:52	+23:58	05:47
23	960	Charly Duarte	RUNNING ESPINHO	Veterana F45	57:54	+24:00	05:47
24	455	Maria dos Anjos	Individual	Veterana F45	58:14	+24:20	05:49
25	105	JOANA COUTO	ARCORUN	Veterana F45	59:57	+26:03	06:00
26	453	Liliana Marques	Individual	Veterana F45	01:01:12	+27:18	06:07
27	450	Filipa Ribeiro	Individual	Veterana F45	01:01:21	+27:27	06:08
28	51	LILIANA SILVA	37napraia	Veterana F45	01:03:01	+29:07	06:18
29	877	Carla Gomes	Os Fugitivos	Veterana F45	01:03:48	+29:54	06:23
30	457	Patrícia Maciel	Individual	Veterana F45	01:06:21	+32:27	06:38
31	158	Carla Novais	CJ	Veterana F45	01:15:40	+41:46	07:34

Veterana F50

1	217	Júlia Conceição	F.C.Penafiel	Veterana F50	42:00		04:12
2	117	Helena Santos	Atlético Clube Alfenense	Veterana F50	44:25	+02:25	04:26
3	460	Carla Maria Reis de Sá Cardoso	Individual	Veterana F50	51:04	+09:04	05:06
4	945	Orquídea Gomes	Running Esmoriz	Veterana F50	54:04	+12:03	05:24
5	461	Clara Oliveira	Individual	Veterana F50	56:53	+14:53	05:41
6	961	Cristina Couto	RUNNING ESPINHO	Veterana F50	58:15	+16:14	05:49
7	963	Lucia Aleixo	RUNNING ESPINHO	Veterana F50	58:38	+16:38	05:52
8	965	Sofia Martins	RUNNING ESPINHO	Veterana F50	58:52	+16:52	05:53
9	466	Maria de Lurdes Bastos Pinto Resende	Individual	Veterana F50	59:14	+17:14	05:55
10	459	Alexandra Soares	Progresso Fitness Academy	Veterana F50	01:00:22	+18:22	06:02
11	467	Mena Silva	Individual	Veterana F50	01:01:17	+19:17	06:08
12	854	Alice Santos	Núcleo de Montanha de Espinho & RE/MAX MARKET	Veterana F50	01:04:37	+22:37	06:28
13	964	Maria Manuel Pinho Soares	RUNNING ESPINHO	Veterana F50	01:04:39	+22:39	06:28
14	468	Sandra Carraca	Individual	Veterana F50	01:05:05	+23:05	06:30

Veterana F55

1	745	MATILDE BAPTISTA	JAM - Juventude Atlética Mozelense	Veterana F55	46:21		04:38
2	139	Alice Couto	C.F. Oliveira do Douro	Veterana F55	46:47	+00:25	04:41
3	966	Cristina Saraiva	RUNNING ESPINHO	Veterana F55	47:03	+00:41	04:42
4	130	Nilda Magalhães	BICI TRAIL FITNESS IN LOVE	Veterana F55	50:29	+04:08	05:03
5	179	Rosa Guedes	Corre são João	Veterana F55	50:59	+04:38	05:06
6	1015	Rosa Ribeiro	S.c.Espinho/António Leitão	Veterana F55	52:41	+06:20	05:16
7	59	Margarida Machado	A D Rio Largo C Espinho	Veterana F55	54:04	+07:43	05:24
8	967	Margarida Neves	RUNNING ESPINHO	Veterana F55	55:25	+09:04	05:33
9	1021	Maria Pereira	Salgueiros Running	Veterana F55	56:25	+10:04	05:39
10	946	Ana Oliveira	Running Esmoriz	Veterana F55	58:26	+12:05	05:51
11	126	Isabel Ventura	Beatriz dos Panos	Veterana F55	01:05:04	+18:42	06:30

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

Veterana F60

1	472	Rosa Pinto	Individual	Veterana F60	45:17		04:32
2	84	Helena Mourão	Acrs Desterro napo	Veterana F60	49:15	+03:58	04:56
3	76	Filomena Santos	ACD Ílhavos	Veterana F60	56:00	+10:42	05:36
4	81	Fernanda Almeida	ACR de Vale de Cambra	Veterana F60	56:50	+11:32	05:41
5	471	Maria Pinto	Individual	Veterana F60	01:02:18	+17:00	06:14

Veterano M35

1	28	HELDER PIRES	EV/PERALTAFIL	Veterano M35	33:16		03:20
2	43	Tiago Pinho	ACR de Vale de Cambra	Veterano M35	33:29	+00:12	03:21
3	21	Ricardo Barros	S.c.Espinho/António Leitão	Veterano M35	33:42	+00:26	03:22
4	36	Jorge Cubal	G.D.C.Guilhovai	Veterano M35	33:57	+00:40	03:24
5	46	SERGIO PAIVA	Clube Atletismo de Ovar	Veterano M35	34:07	+00:50	03:25
6	135	Ricardo Fernandes	BOAVISTA FC	Veterano M35	35:25	+02:08	03:32
7	1025	José Costa	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	Veterano M35	36:36	+03:19	03:40
8	761	Ricardo Manuel de Oliveira Teixeira	Juventude Cortegacense	Veterano M35	37:58	+04:41	03:48
9	136	Marco Pinto	Brabus Runners	Veterano M35	38:20	+05:03	03:50
10	39	NUNO PAIS	CAL - Clube Atletismo de Lamas	Veterano M35	38:26	+05:09	03:51
11	256	André Santos	GDC Codal | Vale de Cambra	Veterano M35	38:43	+05:26	03:52
12	475	André Soares	Individual	Veterano M35	39:05	+05:49	03:55
13	1086	Filipe Oliveira	Clube Desportivo Feirense	Veterano M35	39:14	+05:57	03:55
14	194	Ricardo Parada	Dr. Runner	Veterano M35	39:31	+06:14	03:57
15	236	Luís Guimarães	G.D.A RONDA	Veterano M35	39:48	+06:31	03:59
16	193	Nuno Costa	Dr. Runner	Veterano M35	40:09	+06:52	04:01
17	155	Tomé Filipe dos Santos Rodrigues	CDC Macieira de Cambra	Veterano M35	40:13	+06:56	04:01
18	23	Fabio Barbosa	S.c.Espinho/António Leitão	Veterano M35	40:42	+07:25	04:04
19	487	Filipe Barros	Individual	Veterano M35	40:56	+07:39	04:06
20	514	Oscar Maia	Individual	Veterano M35	41:05	+07:48	04:06
21	481	César Costa	Individual	Veterano M35	41:10	+07:53	04:07
22	502	José Gonçalo Bernardo	Individual	Veterano M35	41:33	+08:16	04:09
23	523	Ricardo Ferreira	Individual	Veterano M35	41:49	+08:32	04:11
24	520	Renato Azevedo	Individual	Veterano M35	41:57	+08:40	04:12
25	55	Tiago Rosa	4Good Life	Veterano M35	42:22	+09:05	04:14
26	484	Duarte Eira	Individual	Veterano M35	42:44	+09:27	04:16
27	971	João Leite	RUNNING ESPINHO	Veterano M35	43:06	+09:49	04:19
28	526	Samuel Santiago	Individual	Veterano M35	43:34	+10:17	04:21
29	511	Nuno Albergaria	Individual	Veterano M35	43:51	+10:35	04:23
30	257	José Cubal	GDC Codal | Vale de Cambra	Veterano M35	43:53	+10:36	04:23
31	1077	Antonio Fernando Correia Silva	Giveaway Defesa de Espinho	Veterano M35	44:02	+10:45	04:24
32	515	Paulo Ricardo Pereira da Costa	Individual	Veterano M35	44:15	+10:58	04:25
33	483	Diogo José da Rocha Coelho	Individual	Veterano M35	44:33	+11:16	04:27
34	205	BRUNO CABRAL	EV/PERALTAFIL	Veterano M35	44:34	+11:18	04:27

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

35	95	Daniel Pedrosa	Aleixos	Veterano M35	44:42	+11:25	04:28
36	532	Xavier Miranda	Individual	Veterano M35	44:47	+11:30	04:29
37	507	Marcos Mendes	Individual	Veterano M35	44:51	+11:34	04:29
38	528	Sérgio Mendes	Individual	Veterano M35	45:18	+12:01	04:32
39	192	Edgar Queirós	Dr. Runner	Veterano M35	45:26	+12:09	04:33
40	1055	António Ferreira	Team Jorge Fontes	Veterano M35	45:56	+12:40	04:36
41	477	Bruno Alexandre Oliveira da Silva	Individual	Veterano M35	45:58	+12:41	04:36
42	106	Valter Andrade	ARCORUN	Veterano M35	46:05	+12:48	04:37
43	829	Paulo Alexandre da Costa Soares	Mota Running Team	Veterano M35	46:10	+12:53	04:37
44	527	Sérgio Maia	Individual	Veterano M35	46:24	+13:07	04:38
45	1006	Mario Silva	G.D.A RONDA	Veterano M35	46:32	+13:15	04:39
46	519	Pedro Miguel Rocha Silva	Individual	Veterano M35	46:43	+13:26	04:40
47	140	Hugo Santos	C.F. Oliveira do Douro	Veterano M35	46:46	+13:29	04:41
48	237	Pedro Cerdeirinha	G.D.A RONDA	Veterano M35	46:49	+13:32	04:41
49	233	Diogo Coutinho	G.D.A RONDA	Veterano M35	47:06	+13:49	04:43
50	207	PAULO OLIVEIRA	EV/PERALTAFIL	Veterano M35	47:08	+13:51	04:43
51	510	Nelson Silva	Individual	Veterano M35	47:11	+13:54	04:43
52	522	Ricardo Doria Duarte	Individual	Veterano M35	47:19	+14:02	04:44
53	1071	JOAO MONTEIRO	WOOW CrossFit	Veterano M35	47:38	+14:21	04:46
54	512	Nuno Fernandes	Individual	Veterano M35	47:39	+14:22	04:46
55	509	Miguel Chaves	Individual	Veterano M35	47:40	+14:23	04:46
56	968	Eddy Costa	RUNNING ESPINHO	Veterano M35	47:44	+14:27	04:46
57	495	Ivo Petiz	Individual	Veterano M35	47:58	+14:41	04:48
58	133	Rui Faria	BIGODES DE TINTO	Veterano M35	47:58	+14:41	04:48
59	480	Carlos Monteiro	Individual	Veterano M35	48:07	+14:50	04:49
60	485	Eduardo Amorim	Individual	Veterano M35	48:55	+15:38	04:53
61	285	José Augusto Conceição	Grifagem J. Pedro	Veterano M35	48:56	+15:39	04:54
62	521	Ricardo Bastos Santos	Individual	Veterano M35	49:03	+15:46	04:54
63	530	Tiago Rodrigues	Individual	Veterano M35	49:06	+15:49	04:55
64	501	José Freitas	Individual	Veterano M35	49:23	+16:06	04:56
65	513	Nuno Pinheiro	Individual	Veterano M35	49:28	+16:11	04:57
66	1099	Rui Lopes	VITALIS	Veterano M35	49:54	+16:37	04:59
67	497	João Matos	Individual	Veterano M35	49:57	+16:40	05:00
68	82	Artur Barbosa	ACR de Vale de Cambra	Veterano M35	50:00	+16:43	05:00
69	802	André Alves	LS FITNESS	Veterano M35	50:01	+16:44	05:00
70	529	Telmo nunes	Individual	Veterano M35	50:48	+17:31	05:05
71	235	Luís Costa	G.D.A RONDA	Veterano M35	51:54	+18:37	05:11
72	132	Jonas Maia	BIGODES DE TINTO	Veterano M35	52:15	+18:58	05:13
73	970	João Guedes	RUNNING ESPINHO	Veterano M35	52:20	+19:03	05:14
74	855	Jorge Silva	Núcleo de Montanha de Espinho & RE/MAX MARKET	Veterano M35	52:47	+19:31	05:17
75	488	Gil Fontes	Individual	Veterano M35	52:49	+19:32	05:17
76	1101	Tiago Cruz	Progresso Fitness Academy	Veterano M35	52:55	+19:38	05:17
77	492	Ivo Filipe Carvalho Soares	Individual	Veterano M35	53:06	+19:49	05:19
78	479	Carlos José Magalhães e Silva	Individual	Veterano M35	53:38	+20:21	05:22
79	810	Joel Teixeira	Manquinhos	Veterano M35	53:47	+20:30	05:23
80	234	Helder Robalinho	G.D.A RONDA	Veterano M35	54:18	+21:01	05:26

81	494	Ivo Nascimento	Individual	Veterano M35	54:48	+21:31	05:29
82	476	António Oliveira	Individual	Veterano M35	54:55	+21:38	05:29
83	272	André Machado	Goodshape	Veterano M35	55:25	+22:08	05:32
84	493	Ivo Manuel Rodrigues Gonçalves	Individual	Veterano M35	55:42	+22:25	05:34
85	505	Maksim Mutalapov	Individual	Veterano M35	55:52	+22:35	05:35
86	473	Alvaro Ferreira	Individual	Veterano M35	56:09	+22:52	05:37
87	478	Carlos Jesus	Individual	Veterano M35	56:14	+22:57	05:37
88	273	Jorge Monteiro	Goodshape	Veterano M35	58:03	+24:46	05:48
89	1105	Pedro Silva	LS FITNESS	Veterano M35	59:03	+25:46	05:54
90	969	Helder José Grijó Santos	RUNNING ESPINHO	Veterano M35	59:06	+25:49	05:55
91	72	Fernando Martins	ACAIL GAS	Veterano M35	59:43	+26:26	05:58
92	504	Luís Ramalho	Individual	Veterano M35	59:58	+26:41	06:00
93	508	Mário Castro	Individual	Veterano M35	01:02:27	+29:10	06:15
94	491	Ivo cunha	Individual	Veterano M35	01:13:32	+40:15	07:21
95	486	Emanuel Silva	Individual	Veterano M35	01:17:36	+44:19	07:46

Veterano M40

1	29	TOZE CASTRO	EV/PERALTAFIL	Veterano M40	32:26		03:15
2	245	Antonio Cristóvão	G.D.C.Guilhovai	Veterano M40	34:49	+02:23	03:29
3	555	João Castro	Team ELComandante	Veterano M40	34:52	+02:26	03:29
4	545	Davide Silva	Individual	Veterano M40	34:53	+02:27	03:29
5	113	DANIEL RODRIGUES	ARVOR ASSOCIAÇÃO RECREATIVA OS VETERANOS D´OVAR	Veterano M40	35:00	+02:34	03:30
6	196	Pedro Costa	Dr. Runner	Veterano M40	35:03	+02:36	03:30
7	25	Hernani Furtado	S.c.Espinho/António Leitão	Veterano M40	35:10	+02:44	03:31
8	588	Rui Taborda	Individual	Veterano M40	35:15	+02:48	03:31
9	1016	Tiago Oliveira	S.c.Espinho/António Leitão	Veterano M40	35:23	+02:56	03:32
10	258	Ricardo Tavares	GDC Codal | Vale de Cambra	Veterano M40	35:52	+03:26	03:35
11	208	JOSE ALMEIDA	EV/PERALTAFIL	Veterano M40	36:30	+04:04	03:39
12	1088	Nuno Silva	Clube Desportivo Feirense	Veterano M40	36:41	+04:15	03:40
13	186	João Oliveira	DCI/Trilhos Luso Bussaco	Veterano M40	37:35	+05:09	03:46
14	66	RUI TAVARES	A.D.GRIJÓ A CORRER	Veterano M40	38:00	+05:33	03:48
15	558	Jorge Ramos	Individual	Veterano M40	38:21	+05:55	03:50
16	847	João Dias	Núcleo de Atletismo de Cucujães	Veterano M40	38:25	+05:59	03:51
17	40	Carlos Gomes	SCSalgueiros	Veterano M40	38:28	+06:02	03:51
18	32	CLAUDIO COSTA	EV/PERALTAFIL	Veterano M40	38:40	+06:14	03:52
19	898	Miguel Barba	Peniche a Correr	Veterano M40	38:45	+06:19	03:52
20	1010	Pedro Magalhães	Runriver-Escola de Atletismo de Rio Tinto	Veterano M40	38:46	+06:20	03:53
21	546	Emanuel Santos	Individual	Veterano M40	38:51	+06:24	03:53
22	286	Ivan Silva	Caldas S. Jorge Sport Clube	Veterano M40	38:57	+06:31	03:54
23	981	Pedro Alves	RUNNING ESPINHO	Veterano M40	39:09	+06:42	03:55
24	980	Paulo Oliveira	RUNNING ESPINHO	Veterano M40	39:42	+07:16	03:58
25	254	Paulo Madeira	Gaia Trail	Veterano M40	40:04	+07:37	04:00
26	571	Nelson Reis	Individual	Veterano M40	40:50	+08:24	04:05

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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27	563	Luís Madureira	Individual	Veterano M40	41:09	+08:43	04:07
28	941	Rui Pedro Silva	Run4Pancakes	Veterano M40	41:32	+09:06	04:09
29	592	Vítor Lopes	Individual	Veterano M40	41:37	+09:11	04:10
30	589	THIAGO AUGUSTO GONÇALVES PINTO	Individual	Veterano M40	41:39	+09:13	04:10
31	576	Paulo Fidalgo	Individual	Veterano M40	42:01	+09:34	04:12
32	1034	Bruno Silva	Sportaz btt isolamais	Veterano M40	42:25	+09:59	04:14
33	1087	Helder Teixeira	Clube Desportivo Feirense	Veterano M40	42:29	+10:03	04:15
34	890	Vitor Neves	Pastello Runners	Veterano M40	42:40	+10:14	04:16
35	974	Damásio Pereira	RUNNING ESPINHO	Veterano M40	42:44	+10:18	04:16
36	591	Vítor Hugo Silva Rocha e Carmo	Individual	Veterano M40	42:45	+10:19	04:17
37	758	Nuno Araujo	Juventude Cortegacense	Veterano M40	42:51	+10:25	04:17
38	593	Vitor Manuel Almeida Correia	Individual	Veterano M40	42:53	+10:27	04:17
39	746	Ricardo Seromenho	JAM - Juventude Atlética Mozelense	Veterano M40	42:58	+10:32	04:18
40	816	Armênio Filipe Silva	MC	Veterano M40	42:58	+10:32	04:18
41	842	António Luís Cunha Barbosa	Noturnos de Paredes	Veterano M40	43:01	+10:35	04:18
42	538	Bruno Gomes	Individual	Veterano M40	43:16	+10:50	04:20
43	77	Ricardo Silva	ACD Ílhavos	Veterano M40	43:17	+10:50	04:20
44	1061	Elvio Ornelas	Toupeiras de Grijó	Veterano M40	43:20	+10:54	04:20
45	978	Noel Valadão	RUNNING ESPINHO	Veterano M40	43:23	+10:57	04:20
46	253	GABRIEL RODRIGUES	GAIA - RUNNING	Veterano M40	43:36	+11:10	04:22
47	180	Carlos Jorge da Costa Carvalho	Corre São João	Veterano M40	44:04	+11:38	04:24
48	551	Helder pinto	Individual	Veterano M40	44:16	+11:49	04:26
49	858	Nuno Raposo	Núcleo de Montanha de Espinho & RE/MAX MARKET	Veterano M40	44:29	+12:03	04:27
50	569	Miguel Pinto	Individual	Veterano M40	44:35	+12:08	04:27
51	984	Toni Ferreira	RUNNING ESPINHO	Veterano M40	44:53	+12:27	04:29
52	835	Alexandre Lagreca Teles Meneses	Município de Espinho	Veterano M40	44:56	+12:30	04:30
53	561	José Pinho	Individual	Veterano M40	45:23	+12:57	04:32
54	976	Germano Borges	RUNNING ESPINHO	Veterano M40	45:24	+12:58	04:32
55	294	Tiago Oliveira	Grupo de Corrida de Argoncilhe	Veterano M40	45:29	+13:03	04:33
56	554	Jacinto Manuel Rodrigues Oliveira	Individual	Veterano M40	45:31	+13:05	04:33
57	565	Márcio Filipe Alves Campelo	Individual	Veterano M40	45:32	+13:06	04:33
58	534	André Pinho	Individual	Veterano M40	45:35	+13:09	04:33
59	1089	Nuno Cardoso	Clube Desportivo Feirense	Veterano M40	45:44	+13:18	04:34
60	544	Daniel Silva	Individual	Veterano M40	46:05	+13:39	04:37
61	62	Zé Rodrigo	A D Rio Largo C Espinho	Veterano M40	46:08	+13:42	04:37
62	573	Nuno Guedes	Individual	Veterano M40	46:09	+13:42	04:37
63	287	Nelson Fernandes	Grifagem J. Pedro	Veterano M40	46:18	+13:52	04:38
64	585	Rui Carvalho	Individual	Veterano M40	46:25	+13:59	04:38
65	69	Sergio Mota	Academia Vitor Sá	Veterano M40	46:26	+14:00	04:39
66	56	Manuel Araújo	9:15 LOURO	Veterano M40	46:27	+14:00	04:39
67	584	Rui Albino	Individual	Veterano M40	46:28	+14:02	04:39
68	238	Celso Sikva	G.D.A RONDA	Veterano M40	46:49	+14:23	04:41
69	977	Marcos Carvalho	RUNNING ESPINHO	Veterano M40	47:05	+14:39	04:43
70	566	Márcio José Gomes Oliveira	Individual	Veterano M40	47:07	+14:41	04:43

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

71	52	TIAGO CADETE	37napraia	Veterano M40	47:40	+15:14	04:46
72	577	Paulo Pádua	Individual	Veterano M40	48:03	+15:37	04:48
73	857	João Graça	Núcleo de Montanha de Espinho & RE/MAX MARKET	Veterano M40	48:20	+15:54	04:50
74	856	Cláudio Rodrigues	Núcleo de Montanha de Espinho & RE/MAX MARKET	Veterano M40	48:26	+16:00	04:51
75	557	Joao Silva	Individual	Veterano M40	48:41	+16:15	04:52
76	762	Nuno Miguel Silva Ferreira	Juventude Cortegacense	Veterano M40	48:47	+16:21	04:53
77	919	Sandro Silva	PUPILOS DO ZÉ TÓ	Veterano M40	49:04	+16:38	04:54
78	918	David Braga	PUPILOS DO ZÉ TÓ	Veterano M40	49:04	+16:38	04:54
79	536	Bruno costa	Individual	Veterano M40	49:50	+17:24	04:59
80	7	Luís Canelas	Município de Espinho	Veterano M40	50:18	+17:52	05:02
81	836	Pedro Costa	Município de Espinho	Veterano M40	50:19	+17:53	05:02
82	979	Nuno Silva	RUNNING ESPINHO	Veterano M40	50:26	+18:00	05:03
83	195	André Fontes	Dr. Runner	Veterano M40	50:35	+18:09	05:03
84	225	Antero Barbosa	Fogaças com Malapos	Veterano M40	50:51	+18:25	05:05
85	575	Nuno Veloso	Individual	Veterano M40	51:30	+19:04	05:09
86	107	Rui Maia	ARCORUN	Veterano M40	51:33	+19:06	05:09
87	61	José Pereira	A D Rio Largo C Espinho	Veterano M40	51:46	+19:20	05:11
88	753	Carlos Marques	JOBRA-Assoc.Jovens Branca	Veterano M40	51:50	+19:24	05:11
89	917	Daniel Costa	PUPILOS DO ZÉ TÓ	Veterano M40	51:53	+19:27	05:11
90	581	Ricardo Ramos	Individual	Veterano M40	52:07	+19:41	05:13
91	547	Filipe Silva	Individual	Veterano M40	52:09	+19:43	05:13
92	937	André Pais	Rodelo Running Team	Veterano M40	52:16	+19:50	05:14
93	1028	Marco André Teixeira Maia	Skemba | Condinvest | Quinta da Lixa	Veterano M40	52:22	+19:56	05:14
94	570	Miguel Valente	Individual	Veterano M40	52:23	+19:57	05:14
95	134	Bruno Marante	BIGODES DE TINTO	Veterano M40	52:42	+20:16	05:16
96	973	Antonio Jose Moreira Sousa	RUNNING ESPINHO	Veterano M40	52:47	+20:21	05:17
97	164	Hugo Moreira	Individual	Veterano M40	52:51	+20:25	05:17
98	289	Simão Cardoso	Grifagem J. Pedro	Veterano M40	52:51	+20:25	05:17
99	542	Cido santos	Individual	Veterano M40	52:54	+20:27	05:17
100	594	William F. Martinez	Individual	Veterano M40	52:59	+20:33	05:18
101	564	Marcelo teixeira da Mota	Individual	Veterano M40	53:43	+21:17	05:22
102	543	Daniel Silva	Individual	Veterano M40	54:34	+22:08	05:27
103	983	Pedro Silva	RUNNING ESPINHO	Veterano M40	54:42	+22:16	05:28
104	911	Gregorio Pereira	Progresso Fitness Academy	Veterano M40	55:24	+22:57	05:32
105	889	Miguel Bastos	Pastello Runners	Veterano M40	55:27	+23:01	05:33
106	560	José Milheiro	Individual	Veterano M40	56:03	+23:37	05:36
107	811	André Coimbra	Manquinhos	Veterano M40	56:07	+23:41	05:37
108	975	Filipe Couto	RUNNING ESPINHO	Veterano M40	56:23	+23:57	05:38
109	553	J. M. Ribeiro	Individual	Veterano M40	56:26	+24:00	05:39
110	541	Carlos Rocha	Individual	Veterano M40	56:44	+24:18	05:40
111	933	Marco Guerra	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M40	56:50	+24:23	05:41
112	567	Marco Aurélio Marques dos Santos	Individual	Veterano M40	56:51	+24:24	05:41
113	910	Bruno Cardoso	Progresso Fitness Academy	Veterano M40	57:09	+24:43	05:43

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

114	537	BRUNO FILIPE SANTOS GONÇALVES	Individual	Veterano M40	57:21	+24:55	05:44
115	83	Hilário Martins	ACRA RUNNING	Veterano M40	58:08	+25:42	05:49
116	586	Rui Coelho	Individual	Veterano M40	58:08	+25:42	05:49
117	226	Paulo Costa	Fogaças com Malapos	Veterano M40	58:32	+26:06	05:51
118	550	Helder José Oliveira Lopes	Individual	Veterano M40	58:37	+26:11	05:52
119	871	LEONARDO RAFAEL GUEDES MANZANILLA	OPORTO ECO BIKE TEAM	Veterano M40	01:00:20	+27:54	06:02
120	290	Vasco Filipe da Mota Monteiro	Grifagem J. Pedro	Veterano M40	01:01:45	+29:19	06:10
121	556	João Miranda	Individual	Veterano M40	01:03:15	+30:49	06:20
122	539	Carlos Gomes	Individual	Veterano M40	01:03:16	+30:50	06:20
123	803	Sérgio Manuel da Silva Lapa	LS FITNESS	Veterano M40	01:04:35	+32:09	06:27
124	580	Pedro Morais	Individual	Veterano M40	01:06:55	+34:28	06:41
125	582	Ricardo Silva	Individual	Veterano M40	01:09:15	+36:49	06:56
126	559	JOSE ALEXANDRE DOS SANTOS MOREIRA	Individual	Veterano M40	01:09:25	+36:59	06:57

Veterano M45

1	30	VITOR SANTOS	EV/PERALTAFIL	Veterano M45	32:56		03:18
2	35	Artur Rodrigues	G.D.C.Guilhovai	Veterano M45	33:44	+00:47	03:22
3	33	Angelo Araújo	Núcleo de Atletismo de Cucujães	Veterano M45	34:11	+01:14	03:25
4	38	Fernando Lima	Fidalguinha	Veterano M45	35:31	+02:34	03:33
5	239	Hugo Silva	G.D.A RONDA	Veterano M45	35:59	+03:02	03:36
6	34	Luís Silva	G.D.C.Guilhovai	Veterano M45	36:16	+03:19	03:38
7	210	MANUEL BESSA	EV/PERALTAFIL	Veterano M45	36:35	+03:38	03:39
8	597	André oliveira	Individual	Veterano M45	36:43	+03:46	03:40
9	1017	Pedro Santos	S.c.Espinho/António Leitão	Veterano M45	36:51	+03:54	03:41
10	264	João Paulo	GDR GRANJA-TRUTAS DO MAU	Veterano M45	37:46	+04:49	03:47
11	241	José Costa	G.D.A RONDA	Veterano M45	37:59	+05:02	03:48
12	633	Nuno Sousa	Individual	Veterano M45	38:01	+05:04	03:48
13	993	Peter Serras	RUNNING ESPINHO	Veterano M45	38:09	+05:12	03:49
14	840	José Correia	NIGHT Runners Feira	Veterano M45	38:10	+05:13	03:49
15	63	Alain Couto	A D Rio Largo C Espinho	Veterano M45	38:39	+05:42	03:52
16	162	PEDRO SILVA	Clube Atletismo de Ovar	Veterano M45	38:42	+05:45	03:52
17	934	Nuno Santos	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M45	38:46	+05:49	03:53
18	301	Alberto Carlos Valente	GRUPO DESPORTIVO SANTANDER TOTTA	Veterano M45	39:22	+06:25	03:56
19	638	Pedro Canha	Individual	Veterano M45	40:05	+07:08	04:01
20	1030	Rui Ascensão	Solverde.pt	Veterano M45	40:11	+07:14	04:01
21	259	Rui Almeida	GDC Codal | Vale de Cambra	Veterano M45	40:13	+07:16	04:01
22	240	João Moreira	G.D.A RONDA	Veterano M45	40:20	+07:23	04:02
23	636	Paulo Moca	Individual	Veterano M45	41:46	+08:49	04:11
24	943	Paulo Fernandes	Run4Pancakes	Veterano M45	41:48	+08:51	04:11
25	992	Paulo Miguel Moreira de Sousa	RUNNING ESPINHO	Veterano M45	42:14	+09:17	04:13
26	611	Hugo Tasso	Individual	Veterano M45	42:39	+09:42	04:16
27	628	Mark Velhote	Individual	Veterano M45	43:07	+10:10	04:19

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

28	645	Sérgio Lopes	Individual	Veterano M45	43:08	+10:11	04:19
29	78	José Proença	ACD Ílhavos	Veterano M45	43:15	+10:18	04:20
30	985	Eduardo Pinto	RUNNING ESPINHO	Veterano M45	43:21	+10:24	04:20
31	991	Nuno Teixeira	RUNNING ESPINHO	Veterano M45	43:30	+10:33	04:21
32	863	José Loureiro	Núcleo de Montanha de Espinho & RE/MAX MARKET	Veterano M45	44:09	+11:12	04:25
33	635	Paulo Jorge	Individual	Veterano M45	44:40	+11:43	04:28
34	265	Paulo Loureiro	GDR GRANJA-TRUTAS DO MAU	Veterano M45	44:41	+11:44	04:28
35	989	Nuno Milheiro	RUNNING ESPINHO	Veterano M45	45:25	+12:28	04:32
36	942	Nuno "Rufia" Duarte	Run4Pancakes	Veterano M45	45:36	+12:39	04:34
37	1062	RICHARD NOGUEIRA	TRAIL RUNNING SANGUEDO	Veterano M45	45:45	+12:48	04:35
38	643	Rui Ferreira	Individual	Veterano M45	45:50	+12:53	04:35
39	641	Ricardo Veiga	Individual	Veterano M45	45:55	+12:58	04:35
40	642	Rui Alves	Individual	Veterano M45	46:06	+13:09	04:37
41	176	Carlos Miguel Moço	CLUBE NOVO BANCO	Veterano M45	46:10	+13:13	04:37
42	763	Joao Oliveira	Juventude Cortegacense	Veterano M45	46:12	+13:15	04:37
43	622	José Mário Pereira	Individual	Veterano M45	46:30	+13:33	04:39
44	70	Victor Sá	Academia Vitor Sá	Veterano M45	46:33	+13:36	04:39
45	604	Diogo Manuel Teixeira de Sousa e Alvim	Individual	Veterano M45	46:38	+13:41	04:40
46	986	Jorge Silva	RUNNING ESPINHO	Veterano M45	46:54	+13:57	04:41
47	640	Pedro Gomes	Individual	Veterano M45	47:14	+14:17	04:43
48	892	Luis Gomes	Pastello Runners	Veterano M45	47:26	+14:29	04:45
49	108	José Correia	ARCORUN	Veterano M45	47:29	+14:32	04:45
50	621	José Manuel Soares	Individual	Veterano M45	47:44	+14:47	04:46
51	627	Marco soares	Individual	Veterano M45	47:49	+14:52	04:47
52	141	Helder Ribeiro	C.F. Oliveira do Douro	Veterano M45	47:59	+15:02	04:48
53	637	Paulo Oliveira	Individual	Veterano M45	48:00	+15:03	04:48
54	1108	Arlindo Silva	Individual	Veterano M45	48:02	+15:05	04:48
55	646	TIAGO RESENDE	Individual	Veterano M45	48:06	+15:09	04:49
56	764	Jose Augusto Pinto Oliveira	Juventude Cortegacense	Veterano M45	48:06	+15:09	04:49
57	864	Miguel Loureiro	Núcleo de Montanha de Espinho & RE/MAX MARKET	Veterano M45	48:10	+15:13	04:49
58	616	José Brandão	Individual	Veterano M45	48:12	+15:15	04:49
59	1018	Rony Santos	S.c.Espinho/António Leitão	Veterano M45	48:16	+15:19	04:50
60	988	Nuno Matias	RUNNING ESPINHO	Veterano M45	48:18	+15:21	04:50
61	865	Mika Magalhães	Núcleo de Montanha de Espinho & RE/MAX MARKET	Veterano M45	48:26	+15:29	04:51
62	601	Carlos Fernandes Lopes	Individual	Veterano M45	48:48	+15:51	04:53
63	644	RUI FILIPE TEIXEIRA MONTEIRO	Individual	Veterano M45	48:51	+15:54	04:53
64	1063	Luís Soeira	TrepaTrilhos Trail Team	Veterano M45	48:51	+15:54	04:53
65	218	Bruno Monteiro	Fast Runners	Veterano M45	48:54	+15:57	04:53
66	73	Jorge Francisco	ACAIL GAS	Veterano M45	49:00	+16:03	04:54
67	920	Jorge Costa	PUPILOS DO ZÉ TÓ	Veterano M45	49:04	+16:07	04:54
68	1029	António Carlos da Silva Teixeira	Skemba | Condinvest | Quinta da Lixa	Veterano M45	49:22	+16:25	04:56
69	212	SERGIO GOMES	EV/PERALTAFIL	Veterano M45	49:26	+16:29	04:57
70	159	Jorge Oliveira	CJ	Veterano M45	50:01	+17:04	05:00

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

71	131	Nuno Martins	BICI TRAIL FITNESS IN LOVE	Veterano M45	50:30	+17:33	05:03
72	274	Ricardo Santos	Goodshape	Veterano M45	50:46	+17:49	05:05
73	987	Luis Filipe da Costa Pinheiro da Rocha	RUNNING ESPINHO	Veterano M45	50:49	+17:52	05:05
74	944	Pedro Silva	Runn2023	Veterano M45	50:49	+17:52	05:05
75	227	Luis Cunha	Fogaças com Malapos	Veterano M45	50:50	+17:53	05:05
76	1057	Jorge Fontes	Team Jorge Fontes	Veterano M45	50:50	+17:53	05:05
77	994	Rui Pantera	RUNNING ESPINHO	Veterano M45	50:56	+17:59	05:06
78	127	António Sá	Beatriz dos Panos	Veterano M45	50:58	+18:01	05:06
79	1038	Claudio Caldas	Sunday Morning	Veterano M45	51:01	+18:04	05:06
80	617	José da Silva Rabelo Neto	Individual	Veterano M45	51:16	+18:19	05:08
81	868	Pedro Morais	Núcleo de Montanha de Espinho & RE/MAX MARKET	Veterano M45	51:29	+18:32	05:09
82	814	Daniel Silva	Mariita's Running	Veterano M45	51:35	+18:38	05:10
83	223	Antonio Serra	Fidalguinha	Veterano M45	51:37	+18:40	05:10
84	153	Marco Santiago	Casa Benfica Bairrada	Veterano M45	52:02	+19:05	05:12
85	1039	Leonardo Marques	Sunday Morning	Veterano M45	52:12	+19:15	05:13
86	922	Ricardo Costa	PUPILOS DO ZÉ TÓ	Veterano M45	52:20	+19:23	05:14
87	639	Pedro Ferreira	Individual	Veterano M45	52:21	+19:24	05:14
88	606	Emanuel Fonte	Individual	Veterano M45	52:30	+19:33	05:15
89	619	José Manuel da Rocha Correia	Individual	Veterano M45	52:51	+19:54	05:17
90	145	NUNO PEREIRA	CAL - Clube Atletismo de Lamas	Veterano M45	52:51	+19:54	05:17
91	600	Carlos Alberto de Sousa Varandas	Individual	Veterano M45	52:52	+19:55	05:17
92	623	José Miguel Rocha Fernandes	Individual	Veterano M45	52:58	+20:01	05:18
93	602	Carlos Silva	Individual	Veterano M45	53:30	+20:33	05:21
94	634	Paulo Amorim	Individual	Veterano M45	53:51	+20:54	05:23
95	596	André Cunha	Individual	Veterano M45	54:04	+21:07	05:24
96	648	Vítor Neto	Individual	Veterano M45	54:51	+21:54	05:29
97	995	Vítor Cunha	RUNNING ESPINHO	Veterano M45	54:52	+21:55	05:29
98	921	Pedro Pinho	PUPILOS DO ZÉ TÓ	Veterano M45	55:11	+22:14	05:31
99	815	Pedro Silva	Mariita's Running	Veterano M45	55:15	+22:18	05:32
100	67	RUI SANTOS	A.D.GRIJÓ A CORRER	Veterano M45	55:23	+22:26	05:32
101	631	Nuno Morais da Sikva	Individual	Veterano M45	56:03	+23:06	05:36
102	1022	Nuno Brito	Salgueiros Running	Veterano M45	56:25	+23:28	05:39
103	866	Nuno Capela	Núcleo de Montanha de Espinho & RE/MAX MARKET	Veterano M45	56:35	+23:38	05:40
104	1058	Silvio Ferreira	Team Jorge Fontes	Veterano M45	56:43	+23:46	05:40
105	610	Helder Gabriel	Individual	Veterano M45	56:50	+23:53	05:41
106	1056	António Albuerque	Team Jorge Fontes	Veterano M45	57:32	+24:35	05:45
107	867	Nuno Tamagnini	Núcleo de Montanha de Espinho & RE/MAX MARKET	Veterano M45	58:03	+25:06	05:48
108	620	José Manuel Macedo Quintas	Individual	Veterano M45	58:16	+25:19	05:50
109	837	Pedro Castro e Silva	Município de Espinho	Veterano M45	58:18	+25:21	05:50
110	1046	Nuno Azevedo Correia	Team Asa Seguros	Veterano M45	58:24	+25:27	05:50
111	605	DOTAN GOREN	Individual	Veterano M45	59:10	+26:13	05:55
112	123	Mário Saxe	Barrinha Surf School	Veterano M45	59:51	+26:54	05:59
113	630	Nilson Ribeiro Rocha	Individual	Veterano M45	01:00:21	+27:24	06:02
114	609	Hélder Freitas	Individual	Veterano M45	01:01:16	+28:19	06:08

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

115	862	Hugo Pinto	Núcleo de Montanha de Espinho & RE/MAX MARKET	Veterano M45	01:01:29	+28:32	06:09
116	618	José Manuel Bessa Soares	Individual	Veterano M45	01:03:05	+30:08	06:18
117	211	PEDRO ALMEIDA	EV/PERALTAFIL	Veterano M45	01:06:18	+33:21	06:38
118	1096	Bruno Azevedo	Os lamechas	Veterano M45	01:06:49	+33:52	06:41
119	647	VITOR FERREIRA	Individual	Veterano M45	01:09:25	+36:28	06:57
120	632	NUNO SOUSA	Individual	Veterano M45	01:09:25	+36:28	06:57

Veterano M50

1	676	José loureiro	Individual	Veterano M50	36:36		03:40
2	266	António Lourenço	GDR GRANJA-TRUTAS DO MAU	Veterano M50	37:03	+00:27	03:42
3	247	MESSIAS DOS SANTOS NEVES DIAS	G.D.C.Guilhovai	Veterano M50	37:26	+00:50	03:45
4	841	Victor Correia	NIGHT Runners Feira	Veterano M50	37:35	+00:59	03:46
5	246	Lino Ferreira	G.D.C.Guilhovai	Veterano M50	38:16	+01:40	03:50
6	1024	Américo Santos	SCSalgueiros	Veterano M50	38:19	+01:43	03:50
7	680	Manuel Ferreira	Individual	Veterano M50	38:53	+02:16	03:53
8	765	Ernesto Marques Alves	Juventude Cortegacense	Veterano M50	39:14	+02:38	03:55
9	149	Alberto Azevedo	Caldas S. Jorge Sport Clube	Veterano M50	39:16	+02:40	03:56
10	691	Xavier Tubarão	Individual	Veterano M50	40:02	+03:26	04:00
11	68	JOSÉ SILVA	A.D.GRIJÓ A CORRER	Veterano M50	40:08	+03:32	04:01
12	121	Paulo bandalho	Bandalhos running	Veterano M50	40:12	+03:36	04:01
13	677	Jose Luis	Individual	Veterano M50	40:48	+04:12	04:05
14	109	PAULO GRILO	ARCORUN	Veterano M50	41:04	+04:28	04:06
15	838	Francelino Resende	Nascidos para Correr	Veterano M50	41:11	+04:35	04:07
16	692	Ze Tó Machado	Individual	Veterano M50	41:31	+04:55	04:09
17	673	Jorge Queirós	Individual	Veterano M50	41:33	+04:57	04:09
18	242	José Silva	G.D.A RONDA	Veterano M50	41:35	+04:59	04:10
19	128	Henrique Neves	Beatriz dos Panos	Veterano M50	42:03	+05:27	04:12
20	845	David Silva	NRF 3 Mosqueteiros do Alcatrão	Veterano M50	42:09	+05:33	04:13
21	997	Carlos Lancha	RUNNING ESPINHO	Veterano M50	42:34	+05:58	04:15
22	893	Jose Gomes	Pastello Runners	Veterano M50	42:42	+06:05	04:16
23	754	João Neves	JOBRA-Assoc.Jovens Branca	Veterano M50	43:18	+06:42	04:20
24	177	Salvador Silva	CLUBE NOVO BANCO	Veterano M50	43:20	+06:44	04:20
25	1090	Armando Almeida	Clube Desportivo Feirense	Veterano M50	43:31	+06:55	04:21
26	652	António Ribeiro	Individual	Veterano M50	43:34	+06:58	04:21
27	669	Jaime Castro	Individual	Veterano M50	44:12	+07:36	04:25
28	916	Agnelo Marques	Proteção Civil Multiregional	Veterano M50	44:44	+08:08	04:28
29	655	Arsénio Barros	Individual	Veterano M50	44:57	+08:21	04:30
30	653	António Rogerio Cruz Simões Almeida	Individual	Veterano M50	44:59	+08:23	04:30
31	224	Carlos Costa	Fidalguinha	Veterano M50	45:02	+08:26	04:30
32	690	Vítor Manuel Rodrigues Guerra	Individual	Veterano M50	45:24	+08:48	04:32
33	689	Sérgio Pereira	Individual	Veterano M50	45:59	+09:23	04:36
34	1003	Rui Ferreira	RUNNING ESPINHO	Veterano M50	45:59	+09:23	04:36
35	667	Fernando Magalhães	Individual	Veterano M50	46:01	+09:25	04:36
36	168	Fernando Santos	Clube do Pessoal das Águas de Gaia	Veterano M50	46:19	+09:43	04:38

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

37	999	João Neves	RUNNING ESPINHO	Veterano M50	46:43	+10:07	04:40
38	682	NUNO PINHO	Individual	Veterano M50	46:46	+10:10	04:41
39	670	João garranas	Individual	Veterano M50	47:03	+10:27	04:42
40	115	José Sousa	Associação de atletismo Lebres do sado	Veterano M50	47:28	+10:52	04:45
41	869	Francisco Reis	Núcleo de Montanha de Espinho & RE/MAX MARKET	Veterano M50	47:43	+11:06	04:46
42	913	Paulo Moreira	Progresso Fitness Academy	Veterano M50	47:56	+11:20	04:48
43	220	Miguel Ramalho	Fast Runners	Veterano M50	48:12	+11:36	04:49
44	660	Carlos Manuel Ferreira Silva	Individual	Veterano M50	48:22	+11:46	04:50
45	150	Carlos Sousa	Caldas S. Jorge Sport Clube	Veterano M50	48:28	+11:52	04:51
46	89	Paulo Almeida	AFISOVAR	Veterano M50	48:39	+12:03	04:52
47	88	Américo Oliveira	AFISOVAR	Veterano M50	48:40	+12:04	04:52
48	912	Nuno Moreira	Progresso Fitness Academy	Veterano M50	48:43	+12:07	04:52
49	687	Rui Raimundo	Individual	Veterano M50	49:54	+13:18	04:59
50	663	Eduardo Nascimento	Individual	Veterano M50	50:58	+14:22	05:06
51	686	Rui Fernandes	Individual	Veterano M50	51:07	+14:31	05:07
52	142	Américo Pereira	C.F. Oliveira do Douro	Veterano M50	51:32	+14:56	05:09
53	1102	Jose Marques	Progresso Fitness Academy	Veterano M50	51:38	+15:02	05:10
54	1002	Rui Fernandes	RUNNING ESPINHO	Veterano M50	51:48	+15:12	05:11
55	1040	Rui Fardilha	Sunday Morning	Veterano M50	51:50	+15:14	05:11
56	219	Luís Marques	Fast Runners	Veterano M50	52:22	+15:46	05:14
57	650	adelio alegria	Individual	Veterano M50	52:36	+16:00	05:16
58	1106	Pedro Costa	Gaia Running	Veterano M50	52:46	+16:10	05:17
59	923	João Carvalho	PUPILOS DO ZÉ TÓ	Veterano M50	52:53	+16:16	05:17
60	683	paulo santos	Individual	Veterano M50	53:02	+16:26	05:18
61	277	Rui Sousa	Grande Farmacia	Veterano M50	53:23	+16:47	05:20
62	221	Pedro Rola	Fast Runners	Veterano M50	53:28	+16:52	05:21
63	675	José Cunha lopes	Individual	Veterano M50	54:12	+17:36	05:25
64	656	Avelino Passos	Individual	Veterano M50	54:21	+17:45	05:26
65	880	Paulo Gomes	Os Fugitivos	Veterano M50	55:07	+18:31	05:31
66	681	Mário Teixeira	Individual	Veterano M50	55:09	+18:33	05:31
67	302	PAULO RAMOS	GRUPO JUVENIL PINHEIRO DA BEMPOSTA - O. AZEMÉIS	Veterano M50	56:45	+20:09	05:40
68	844	Antonio Almeida	NRF 3 Mosqueteiros do Alcatrão	Veterano M50	56:48	+20:12	05:41
69	651	Álvaro Pereira	Individual	Veterano M50	58:06	+21:30	05:49
70	668	gonçalo alegria	Individual	Veterano M50	58:59	+22:23	05:54
71	1000	Paulo Ladeira	RUNNING ESPINHO	Veterano M50	59:18	+22:42	05:56
72	870	Manuel Barbosa	Núcleo de Montanha de Espinho & RE/MAX MARKET	Veterano M50	59:40	+23:04	05:58
73	661	Carlos Rui Almeida Leite	Individual	Veterano M50	01:00:19	+23:43	06:02
74	998	Fernando Maia	RUNNING ESPINHO	Veterano M50	01:00:44	+24:08	06:04
75	884	Marco Maia	Os lamechas	Veterano M50	01:01:26	+24:50	06:09
76	662	Christopher Guimaraens	Individual	Veterano M50	01:02:47	+26:11	06:17
77	672	Jorge Mota	Individual	Veterano M50	01:02:58	+26:22	06:18
78	53	RAUL LOUREIRO	37napraia	Veterano M50	01:03:04	+26:28	06:18
79	688	Rui silva	Individual	Veterano M50	01:07:58	+31:22	06:48

80	936	Manuel Santos	Restaurante Marreta	Veterano M50	01:11:09	+34:32	07:07

Veterano M55

1	16	ANTÓNIO JOAQUIM SOARES FERNANDES	G.D.C.Guilhovai	Veterano M55	33:54		03:23
2	26	Mário Contreiras	CLUBE DESPORTIVO SÃO SALVADOR DO CAMPO	Veterano M55	36:38	+02:44	03:40
3	248	José Tavares	G.D.C.Guilhovai	Veterano M55	36:43	+02:49	03:40
4	85	Mário Silva	Acrs Desterro napo	Veterano M55	37:39	+03:45	03:46
5	1103	Manuel Oliveira	CCSJM	Veterano M55	37:53	+03:59	03:47
6	187	João Almeida	DCI/Trilhos Luso Bussaco	Veterano M55	38:00	+04:06	03:48
7	1019	Augusto Aluai	S.c.Espinho/António Leitão	Veterano M55	38:01	+04:07	03:48
8	747	CARLOS BAPTISTA	JAM - Juventude Atlética Mozelense	Veterano M55	39:42	+05:47	03:58
9	704	Joao VINHA	Individual	Veterano M55	40:10	+06:15	04:01
10	154	Fernando Antunes	CCDS S.Frutuoso	Veterano M55	40:17	+06:23	04:02
11	267	Octávio Capela	GDR GRANJA-TRUTAS DO MAU	Veterano M55	40:57	+07:02	04:06
12	703	Heitor Araújo	Individual	Veterano M55	42:10	+08:15	04:13
13	709	Jose da silva reis	Individual	Veterano M55	43:07	+09:12	04:19
14	151	Ramiro Silva	Caldas S. Jorge Sport Clube	Veterano M55	43:09	+09:14	04:19
15	748	Justino Soares	JAM - Juventude Atlética Mozelense	Veterano M55	43:55	+10:01	04:24
16	275	Miguel Coimbra	GR EIRENSE	Veterano M55	44:10	+10:15	04:25
17	214	LUIS CRUZ	EV/PERALTAFIL	Veterano M55	44:32	+10:37	04:27
18	213	LEONEL SILVA	EV/PERALTAFIL	Veterano M55	44:33	+10:38	04:27
19	1005	Marco Pinho	RUNNING ESPINHO	Veterano M55	44:53	+10:59	04:29
20	91	Manuel Gomes	AFISOVAR	Veterano M55	45:00	+11:05	04:30
21	914	Americo Sousa	Progresso Fitness Academy	Veterano M55	45:44	+11:50	04:34
22	701	Domingos Soares	Individual	Veterano M55	46:04	+12:10	04:36
23	188	Joaquim Martins	DCI/Trilhos Luso Bussaco	Veterano M55	47:01	+13:06	04:42
24	698	Daniel Gomes	Individual	Veterano M55	47:48	+13:53	04:47
25	711	Manuel Ferreira	Individual	Veterano M55	47:58	+14:03	04:48
26	713	Manuel Silva	Individual	Veterano M55	48:22	+14:27	04:50
27	849	Manuel Anjos	Núcleo de Atletismo de Cucujães	Veterano M55	48:22	+14:28	04:50
28	146	PAULO NEVES	CAL - Clube Atletismo de Lamas	Veterano M55	48:39	+14:44	04:52
29	769	Joaquim Lobato	Limitless	Veterano M55	48:43	+14:49	04:52
30	721	Virgílio Duarte	Individual	Veterano M55	49:29	+15:35	04:57
31	830	Manuel Silva Pereira	Mota Running Team	Veterano M55	50:05	+16:11	05:01
32	718	Paulo Alexandre Vilares Neto Pinhal	LS FITNESS	Veterano M55	50:08	+16:14	05:01
33	300	Mario Nogueira	grupo desportivo s. paio de oleiros	Veterano M55	50:34	+16:40	05:03
34	169	Antonio Santos	Clube do Pessoal das Águas de Gaia	Veterano M55	50:37	+16:43	05:04
35	700	Domingos silva	Individual	Veterano M55	51:30	+17:36	05:09
36	702	GABRIEL SANTOS	Individual	Veterano M55	51:53	+17:59	05:11
37	1107	Joaquim GR	Gaia Running	Veterano M55	51:55	+18:01	05:12

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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38	697	Carlos Barroso	Individual	Veterano M55	52:38	+18:44	05:16
39	292	José Oliveira	Grupo Barrigas	Veterano M55	53:25	+19:30	05:20
40	181	Vítor M Cardoso	Corre São João	Veterano M55	53:30	+19:36	05:21
41	715	Marcos Oliveira	Individual	Veterano M55	54:32	+20:37	05:27
42	90	Joaquim Ferreira	AFISOVAR	Veterano M55	54:33	+20:39	05:27
43	1004	Bernardino Fernandes	RUNNING ESPINHO	Veterano M55	55:17	+21:23	05:32
44	694	António Manuel da Costa Pinto	Individual	Veterano M55	55:32	+21:37	05:33
45	1074	Joaquim Jorge da Costa Pinho	Giveaway Defesa de Espinho	Veterano M55	56:53	+22:59	05:41
46	1007	Mário Alves	RUNNING ESPINHO	Veterano M55	58:15	+24:20	05:49
47	695	ANTÓNIO PEREIRA	Individual	Veterano M55	59:46	+25:51	05:59
48	1008	Pedro Melo	RUNNING ESPINHO	Veterano M55	59:56	+26:02	06:00
49	717	Nelson José dos Santos Leite	Individual	Veterano M55	01:00:48	+26:53	06:05
50	716	Mário Rodrigues	Individual	Veterano M55	01:01:16	+27:21	06:08
51	170	Jorge da Encarnação	Clube do Pessoal das Águas de Gaia	Veterano M55	01:02:15	+28:21	06:14

Veterano M60

1	92	João Pereira	AFISOVAR	Veterano M60	36:51		03:41
2	744	Tozé velha	Individual	Veterano M60	38:08	+01:17	03:49
3	1026	Américo Valente	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	Veterano M60	38:42	+01:51	03:52
4	705	Ismael Silva	Individual	Veterano M60	41:36	+04:45	04:10
5	895	Carlos Domingos Ferreira Alves	PASTELLO RUNNERS	Veterano M60	42:10	+05:19	04:13
6	730	Fernando António Ferreira Santiago	Individual	Veterano M60	42:14	+05:23	04:13
7	157	José Luis Santos	Cirac - Circulo de Rcreio Arte e Cultura	Veterano M60	42:31	+05:40	04:15
8	144	Domingos Pinto	C.F. Oliveira do Douro	Veterano M60	42:44	+05:53	04:16
9	772	Alcides Relvas	Lourosa Em Movimento	Veterano M60	43:15	+06:23	04:19
10	216	JOAQUIM PEREIRA	EV/PERALTAFIL	Veterano M60	43:17	+06:26	04:20
11	1020	RAMIRO PINHO	S.c.Espinho/António Leitão	Veterano M60	44:32	+07:41	04:27
12	189	Joaquim Godinho	DCI/Trilhos Luso Bussaco	Veterano M60	44:52	+08:01	04:29
13	143	Anselmo Moreira	C.F. Oliveira do Douro	Veterano M60	45:51	+09:00	04:35
14	727	Carlos Alves	Individual	Veterano M60	46:40	+09:49	04:40
15	172	José Adelino	Clube do Pessoal das Águas de Gaia	Veterano M60	47:28	+10:37	04:45
16	268	Adérito Custo	Gira Sol	Veterano M60	48:55	+12:04	04:53
17	766	António Augusto de Oliveira Soares Leal	Juventude Cortegacense	Veterano M60	49:30	+12:39	04:57
18	296	Fernando Silva	Grupo de Corrida de Argoncilhe	Veterano M60	51:12	+14:21	05:07
19	740	Manuel Costa	Individual	Veterano M60	51:32	+14:41	05:09
20	163	Narciso Arromba	Clube de Veteranos de Coimbra (CluVe)	Veterano M60	51:48	+14:57	05:11
21	768	Joaquim Gabriel Oliveira Marques	Lamego Pelos Trilhos	Veterano M60	52:10	+15:19	05:13
22	724	André dos Santos Silva	Individual	Veterano M60	52:13	+15:22	05:13
23	738	José Sousa	Individual	Veterano M60	52:20	+15:29	05:14
24	100	Jorge Amorim	amorins	Veterano M60	52:26	+15:35	05:15

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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25	729	Domingos soares da Silva	Individual	Veterano M60	52:37	+15:46	05:16
26	805	Luís Filipe Dias da Rocha e Santos	LS FITNESS	Veterano M60	55:02	+18:11	05:30
27	749	AUGUSTO BAPTISTA	JAM - Juventude Atlética Mozelense	Veterano M60	55:07	+18:16	05:31
28	297	José Aires Moreira	Grupo de Corrida de Argoncilhe	Veterano M60	55:45	+18:54	05:34
29	813	Manuel Teixeira	Manquinhos	Veterano M60	56:01	+19:10	05:36
30	147	LUCIDIO DIAS	CAL - Clube Atletismo de Lamas	Veterano M60	56:14	+19:23	05:37
31	928	António Brandão	Ratos do Asfalto	Veterano M60	56:28	+19:37	05:39
32	725	antonio costa	Individual	Veterano M60	56:56	+20:05	05:42
33	298	Rui Oliveira	Grupo de Corrida de Argoncilhe	Veterano M60	57:01	+20:10	05:42
34	215	ANTONIO FERREIRA	EV/PERALTAFIL	Veterano M60	57:19	+20:27	05:44
35	293	José Vilela	Grupo Barrigas	Veterano M60	57:25	+20:34	05:44
36	947	Álvaro Silva	Running Esmoriz	Veterano M60	58:24	+21:33	05:50
37	741	Martin Whittle	Individual	Veterano M60	58:52	+22:01	05:53
38	65	Armando Cerqueira	A D Rio Largo C Espinho	Veterano M60	59:20	+22:29	05:56
39	64	Adriano Queiroz	A D Rio Largo C Espinho	Veterano M60	59:34	+22:43	05:57
40	812	Fernando Teixeira	Manquinhos	Veterano M60	01:00:10	+23:19	06:01
41	726	António Matos	Individual	Veterano M60	01:01:53	+25:02	06:11
42	173	José Barbosa	Clube do Pessoal das Águas de Gaia	Veterano M60	01:02:13	+25:22	06:13
43	295	Domingo Brás	Grupo de Corrida de Argoncilhe	Veterano M60	01:05:00	+28:08	06:30
44	743	Silvério silva	Individual	Veterano M60	01:07:07	+30:15	06:43
45	722	ALBERTO SANTOS	Individual	Veterano M60	01:08:56	+32:05	06:54