

**PROVA PRINCIPAL - STAGE 1**

**10 KM**

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

**OFFICIAL RESULT**

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

	Time	Temperature	Humidity
Start	18:00	11°C	78%
End	19:15	11°C	78%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	820	João Almeida	RECREIO DESPORTIVO DE ÁGUEDA	31:02		03:06	
2	838	Simão Gonçalves Bastos	S L BENFICA	32:01	+00:59	03:12	
3	507	José Vieira	ACR Vale de Cambra	33:09	+02:07	03:19	
4	606	Artur Rodrigues	G. D. C. Guilhovai	33:25	+02:23	03:21	
5	579	André Adriano	CLUBE ATLETISMO DE OVAR	33:50	+02:48	03:23	
6	607	Paulo Pereira	G. D. C. Guilhovai	34:07	+03:05	03:25	
7	665	bruno lima	Individual	34:18	+03:16	03:26	
8	608	Mário Ibarra	G.D.A RONDA	34:31	+03:29	03:27	
9	788	Sérgio Rodrigues	Nascidos para Correr - Associação Desportiva	34:50	+03:48	03:29	
10	848	João Castro	Team El Comandante	34:56	+03:54	03:30	
11	577	CELSO LEITE	CLUBE ATLETISMO DE OVAR	35:13	+04:11	03:31	
12	597	JOSE ALMEIDA	EV/PERALTAFIL	35:21	+04:19	03:32	
13	787	Ricardo Silva	Nascidos para Correr - Associação Desportiva	35:35	+04:33	03:33	
14	508	Bruno Freitas	ACR Vale de Cambra	36:14	+05:13	03:37	
15	592	João Andrade	Clube dos Galitos - Triatlo	36:48	+05:46	03:41	
16	529	Fernando Lima	Arrifana Running	36:58	+05:56	03:42	
17	603	Hugo Ferreira	G.D.A RONDA	37:20	+06:18	03:44	
18	535	Ricardo Marafuz	ARVOR ASSOCIAÇÃO RECREATIVA OS VETERANOS D' OVAR	37:22	+06:20	03:44	
19	745	Daniel Barros	Juventude Cortegacense	37:28	+06:26	03:45	
20	687	Paulino Moreira	Individual	37:31	+06:29	03:45	
21	828	Miguel Marques	Running Esmoriz	37:33	+06:31	03:45	
22	598	MANUEL BESSA	EV/PERALTAFIL	37:50	+06:48	03:47	
23	564	NUNO PAIS	CAL - Clube Atletismo de Lamas	37:52	+06:50	03:47	
24	819	Sara Carvalho	RECREIO DESPORTIVO DE ÁGUEDA	37:55	+06:53	03:48	
25	503	ANDRÉ PINA	A.D.GRIJÓ A CORRER	38:33	+07:31	03:51	
26	605	Sandra Ferreira	G. D. C. Guilhovai	38:33	+07:31	03:51	
27	609	José Costa	G.D.A RONDA	38:45	+07:43	03:52	
28	725	Augusto Aluai	SPORTING CLUBE ESPINHO	38:49	+07:47	03:53	
29	638	Marco Marques	Individual	38:51	+07:49	03:53	
30	712	Manuel Ferreira	G.D.A RONDA	39:09	+08:07	03:55	
31	505	António Assunção	ACAIL GAS	39:09	+08:07	03:55	
32	549	Rui Teixeira	Bravos e Bravitas	39:09	+08:07	03:55	
33	617	Cristiana Ferreira	Individual	39:23	+08:21	03:56	
34	677	JOÃO MIGUEL PEREIRA LEITE	Individual	39:24	+08:22	03:56	
35	793	Márcio André Jesus Melo	NS Trail Team	39:32	+08:30	03:57	
36	511	José Figueiredo	AFIS/OVAR	39:38	+08:36	03:58	
37	855	Orlando Valente	Lourosa Em Movimento	39:55	+08:53	04:00	
38	796	João Dias	Núcleo de Atletismo de Cucujães	40:22	+09:20	04:02	
39	781	José Godinho	MC Running	40:26	+09:24	04:03	
40	548	Jaime Gomes	Brandoense Running	40:26	+09:24	04:03	
41	812	Pedro Serrano	Pastello Runners	40:28	+09:26	04:03	

**PROVA PRINCIPAL - STAGE 1**

**10 KM**

**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	704	Carlos Silva	Individual	40:45	+09:43	04:04	
43	610	Manuel Bastos	G.D.A RONDA	40:47	+09:45	04:05	
44	612	Raquel Cirne	GRECAS - Vagos	40:57	+09:55	04:06	
45	611	Bruno Tavares	G.D.A RONDA	40:58	+09:56	04:06	
46	751	Ernesto Marques Alves	Juventude Cortegacense	40:59	+09:57	04:06	
47	738	Ricardo Seromenho	JAM - Juventude Atlético Mozelense	41:02	+10:00	04:06	
48	601	Fábio Almeida	Family4syte	41:05	+10:03	04:07	
49	585	Vera Rodrigues	Clube Desportivo Feirense	41:07	+10:05	04:07	
50	627	Diogo Barge	Individual	41:58	+10:56	04:12	
51	559	Sérgio Costa	Bravos e Bravitas	42:00	+10:58	04:12	
52	765	João Sousa	Lourosa Em Movimento	42:10	+11:08	04:13	
53	628	Diogo Oliveira	Individual	42:18	+11:16	04:14	
54	581	Pedro Leal	CLUBE ATLETISMO DE OVAR	42:27	+11:25	04:15	
55	513	Lara Costa	ARADA ATLÉTICO CLUBE	42:27	+11:25	04:15	
56	785	Manuel Silva	MC Running	42:28	+11:26	04:15	
57	641	Paulo Camboa	Individual	42:34	+11:32	04:15	
58	580	António Castro	CLUBE ATLETISMO DE OVAR	42:35	+11:33	04:15	
59	706	Cecílio Ferreira	Individual	43:08	+12:06	04:19	
60	777	Filipe Silva	MC Running	43:10	+12:08	04:19	
61	547	Fernando Cruz	Brandoense Running	43:13	+12:11	04:19	
62	690	Ricardo José Neves Moreira	Individual	43:17	+12:15	04:20	
63	664	Bruno Alexandre Oliveira da Silva	Individual	43:32	+12:30	04:21	
64	637	Luís Almeida	Individual	43:40	+12:38	04:22	
65	753	Américo Lei	LEI RUNNERS	43:51	+12:49	04:23	
66	719	Run For Fun tony	Individual	43:57	+12:55	04:24	
67	729	Heitor Araújo	Individual	43:59	+12:57	04:24	
68	649	Liliana Cunha	Individual	44:03	+13:01	04:24	
69	764	João Santos	Caldas de São Jorge Sport Clube	44:04	+13:02	04:24	
70	681	Ludgero Couto	Individual	44:18	+13:16	04:26	
71	669	Daniel Fernando Rocha Cardoso	Individual	44:19	+13:17	04:26	
72	506	Vitor Santos	ACAIL GAS	44:20	+13:18	04:26	
73	786	Salvador Fardilha	MC Running	44:23	+13:21	04:26	
74	703	Carlos Lancha	Individual	44:25	+13:23	04:27	
75	716	Paulo Pinto	Individual	44:30	+13:28	04:27	
76	661	António Manuel Reis Henriques	Individual	44:30	+13:28	04:27	
77	671	Filipe José Soares Marques	Individual	44:32	+13:30	04:27	
78	636	José Marcelino	Individual	44:38	+13:36	04:28	
79	672	Helder faria	Individual	44:42	+13:40	04:28	
80	707	Daniel Matos	Individual	44:43	+13:41	04:28	
81	834	Carlos Jesus	RUNNING ESPINHO	44:47	+13:45	04:29	
82	504	CARLOS PINA	A.D.GRIJÓ A CORRER	44:54	+13:52	04:29	
83	816	Fernando Fontes	Pior que gajas a decidir	45:04	+14:02	04:30	
84	818	Antonio barbas	Pupilos do Zé-Tó	45:05	+14:03	04:31	
85	583	José Vicente Marques	Clube Desportivo de Espite	45:08	+14:06	04:31	
86	635	Igor Gaio	Individual	45:10	+14:08	04:31	
87	689	Ricardo Doria Duarte	Individual	45:12	+14:10	04:31	





## PROVA PRINCIPAL - STAGE 1

10 KM

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

## OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
180	670	Diogo Filipe Ferreira Magalhães	Individual	53:08	+22:06	05:19	
181	739	JUSTINO ANTÓNIO ANTUNES SOARES	JAM - Juventude Atlético Mozelense	53:16	+22:14	05:20	
182	701	António Sá	Individual	53:26	+22:24	05:21	
183	521	Tiago Chaves	Arrifana Running	53:32	+22:30	05:21	
184	692	Rui Maia	Individual	53:41	+22:39	05:22	
185	515	RICARDO PAIVA	ARCORUN	53:41	+22:39	05:22	
186	694	Tiago Cruz	Individual	53:49	+22:47	05:23	
187	631	Francisco Fonseca	Individual	53:50	+22:48	05:23	
188	552	Vera Leite	Bravos e Bravitas	53:53	+22:51	05:23	
189	807	Ricardo Oliveira	Os Kágados	53:53	+22:51	05:23	
190	784	Jorge Santos	MC Running	54:03	+23:01	05:24	
191	734	Manuel Ferreira	Individual	54:19	+23:17	05:26	
192	632	Francisco Martins	Individual	54:21	+23:19	05:26	
193	668	Carlos Manuel Machado Lobo	Individual	54:30	+23:28	05:27	
194	582	Susete Silva	Clube Desportivo de Espite	54:37	+23:35	05:28	
195	733	Luís Filipe Dias da Rocha e Santos	Individual	54:42	+23:40	05:28	
196	711	Joaquim Sousa	Individual	54:42	+23:40	05:28	
197	769	Manuel Silva	Lourosa Em Movimento	54:47	+23:45	05:29	
198	783	Germano Santos	MC Running	54:47	+23:45	05:29	
199	853	Paulo Nuno Sampaio	TrepaTrilhos Trail Team	54:51	+23:49	05:29	
200	813	Emanuel Costa	PIMOK	54:56	+23:54	05:30	
201	514	Anabelle Vaz	ARADA ATLÉTICO CLUBE	54:59	+23:57	05:30	
202	643	Ruben silva	Individual	54:59	+23:57	05:30	
203	555	Sílvia Batista	Bravos e Bravitas	54:59	+23:57	05:30	
204	688	Ricardo Costa	Individual	55:08	+24:06	05:31	
205	691	Ricardo Lixa	Individual	55:09	+24:07	05:31	
206	757	Carina Sá	Louromédica	55:28	+24:26	05:33	
207	615	Fernando Silva	Grupo Corrida de Argoncilhe	55:33	+24:31	05:33	
208	620	Sara Baptista	Individual	55:38	+24:36	05:34	
209	844	JORGE MAGALHÃES	Tartarugas de Seixezelo	55:45	+24:43	05:35	
210	841	CRISTINA TAVARES	Tartarugas de Seixezelo	55:45	+24:43	05:35	
211	562	ANA CASTRO	CAL - Clube Atletismo de Lamas	56:06	+25:04	05:37	
212	832	Joaquim Pinto	Running Esmoriz	56:10	+25:08	05:37	
213	802	Vitor Cardoso	Oficina das Medalhas Team Runner	56:19	+25:17	05:38	
214	653	Anabela Barata	Individual	56:23	+25:21	05:38	
215	656	Manuela Dos Santos Machado-Friel	Individual	56:26	+25:24	05:39	
216	817	Joana Silva	PRODD	56:31	+25:29	05:39	
217	867	Daniel Coimbra	Individual	56:31	+25:29	05:39	
218	639	Michelangelo Lopes	Individual	56:51	+25:49	05:41	
219	761	Emilia Ferreira	Lourosa Em Movimento	56:54	+25:52	05:41	
220	659	Margarida Neves	Individual	57:00	+25:58	05:42	
221	565	BALMIRO LOPES	CAL - Clube Atletismo de Lamas	57:02	+26:00	05:42	
222	568	LUCIDIO DIAS	CAL - Clube Atletismo de Lamas	57:03	+26:01	05:42	
223	623	Carlos Filipe Costa Castanheira	Individual	57:05	+26:03	05:42	
224	520	Martim Fonseca	Arrifana Running	57:05	+26:03	05:42	



PROVA PRINCIPAL - STAGE 1

10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
271	700	António Pereira	Individual	01:02:47	+31:45	06:17	
272	563	Francisco Costa	CAL - Clube Atletismo de Lamas	01:02:54	+31:52	06:17	
273	541	Miguel Ferreira	Base519	01:03:50	+32:48	06:23	
274	544	Ricardo Ribeiro	Base519	01:03:50	+32:48	06:23	
275	522	Maria Susana Gomes	Arrifana Running	01:03:52	+32:50	06:23	
276	523	Paula Martins	Arrifana Running	01:03:52	+32:50	06:23	
277	532	Vitor Machado	Arrifana Running	01:03:52	+32:50	06:23	
278	524	Rosa Silva	Arrifana Running	01:03:52	+32:50	06:23	
279	534	José Beleza	Arrifana Running	01:03:53	+32:51	06:23	
280	527	Vitor Dias	Arrifana Running	01:03:53	+32:51	06:23	
281	528	António Oliveira	Arrifana Running	01:03:53	+32:51	06:23	
282	806	Belmiro aguiar	Os Kágados	01:04:12	+33:10	06:25	
283	808	Ismael silva	Os Kágados	01:04:12	+33:10	06:25	
284	749	Augusto Santos Silva	Juventude Cortegacense	01:04:26	+33:24	06:27	
285	744	Manuela Castelo	Juventude Cortegacense	01:04:26	+33:24	06:27	
286	533	António Martins	Arrifana Running	01:04:53	+33:51	06:29	
287	660	Maria Pinto	Individual	01:05:10	+34:08	06:31	
288	642	Rafael Moço Cardinal	Individual	01:05:47	+34:45	06:35	
289	516	PAULO GRILO	ARCORUN	01:06:00	+34:58	06:36	
290	655	Joana Marques	Individual	01:06:00	+34:58	06:36	
291	842	PAULA SANTOS	Tartarugas de Seixezelo	01:07:17	+36:15	06:44	
292	223	Critiana Reis	Tartarugas de Seixezelo	01:07:17	+36:15	06:44	
293	846	ANTONIO PRATA	Tartarugas de Seixezelo	01:07:18	+36:16	06:44	
294	543	Sónia Teixeira	Base519	01:08:05	+37:03	06:48	
295	804	José António Freitas	opraticante.pt	01:08:33	+37:31	06:51	
296	512	Mário Araújo	Aminhacorrída/Runextrem	01:09:50	+38:48	06:59	
297	814	André Silva	Pior que gajas a decidir	01:09:54	+38:52	06:59	
298	731	José Falcão	Individual	01:10:07	+39:05	07:01	
299	584	Carolina Reis	Clube Desportivo Feirense	01:10:47	+39:45	07:05	
300	640	Miguel Azevedo	Individual	01:11:53	+40:51	07:11	
301	645	Ana Filipa Costa	Individual	01:11:53	+40:51	07:11	
302	843	CATARINA SILVA	Tartarugas de Seixezelo	01:13:16	+42:14	07:20	
303	773	José Rodrigues Costa	Lourosa Em Movimento	01:13:18	+42:16	07:20	

Obs

BIB	NOTE	NAME	TEAM
538	DQ	Jennifer Fernandes Lima	Base519
540	DQ	Fábio Duarte	Base519
542	DQ	Carla Oliveira	Base519
730	DQ	Joaquim Silva	Individual
732	DQ	José Pinto da Silva	Individual
750	DQ	Domingos Fernando Oliveira Camboa	Juventude Cortegacense
771	DQ	Ernesto Silva	Lourosa Em Movimento
824	DQ	Mário Oliveira	Run & Fun
849	DQ	Hugo Morais	Tomé Morais

**PROVA PRINCIPAL - STAGE 1**

**10 KM**

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

**OFFICIAL RESULT**

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

<b>BIB</b>	<b>NOTE</b>	<b>NAME</b>	<b>TEAM</b>
851	DQ	Paula Dias	TrepaTrilhos Trail Team
852	DQ	Elísio Dias	TrepaTrilhos Trail Team
588	DNF	Nuno Nunes	Clube Desportivo Feirense
746	DNF	Ivo Jose Moreira Valente	Juventude Cortegacense
762	DNF	Maribel Cardoso	Lourosa Em Movimento
795	DNF	Regina Maria Gilvaz	Núcleo de Atletismo de Cucujães
865	DNF	Alexandra Canedo	Individual



Prova Principal

10 KM

OFFICIAL RESULT

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

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	Time	Temperature	Humidity
Start	18:00	11°C	78%
End	19:15	11°C	78%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
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Senior Feminino

1	819	Sara Carvalho	RECREIO DESPORTIVO DE ÁGUEDA	Senior Feminino	37:55		03:48
2	617	Cristiana Ferreira	Individual	Senior Feminino	39:23	+01:27	03:56
3	612	Raquel Cirne	GRECAS - Vagos	Senior Feminino	40:57	+03:02	04:06
4	585	Vera Rodrigues	Clube Desportivo Feirense	Senior Feminino	41:07	+03:11	04:07
5	513	Lara Costa	ARADA ATLÉTICO CLUBE	Senior Feminino	42:27	+04:31	04:15
6	620	Sara Baptista	Individual	Senior Feminino	55:38	+17:43	05:34
7	817	Joana Silva	PRODD	Senior Feminino	56:31	+18:35	05:39
8	561	BRUNA REIS	CAL - Clube Atletismo de Lamas	Senior Feminino	58:26	+20:30	05:51
9	616	Catarina Silva	Individual	Senior Feminino	01:01:47	+23:51	06:11
10	619	Rita Castro	Individual	Senior Feminino	01:01:47	+23:51	06:11
11	618	Joana Campos	Individual	Senior Feminino	01:02:16	+24:20	06:14
12	584	Carolina Reis	Clube Desportivo Feirense	Senior Feminino	01:10:47	+32:51	07:05

Senior Masculino

1	820	João Almeida	RECREIO DESPORTIVO DE ÁGUEDA	Senior Masculino	31:02		03:06
2	838	Simão Gonçalves Bastos	S L BENFICA	Senior Masculino	32:01	+00:59	03:12
3	507	José Vieira	ACR Vale de Cambra	Senior Masculino	33:09	+02:07	03:19
4	577	CELSE LEITE	CLUBE ATLETISMO DE OVAR	Senior Masculino	35:13	+04:10	03:31
5	592	João Andrade	Clube dos Galitos - Triatlo	Senior Masculino	36:48	+05:45	03:41
6	535	Ricardo Marafuz	ARVOR ASSOCIAÇÃO RECREATIVA OS VETERANOS D OVAR	Senior Masculino	37:22	+06:20	03:44
7	828	Miguel Marques	Running Esmoriz	Senior Masculino	37:33	+06:30	03:45
8	638	Marco Marques	Individual	Senior Masculino	38:51	+07:49	03:53
9	549	Rui Teixeira	Bravos e Bravitas	Senior Masculino	39:09	+08:07	03:55
10	601	Fábio Almeida	Family4syte	Senior Masculino	41:05	+10:03	04:07
11	627	Diogo Barge	Individual	Senior Masculino	41:58	+10:56	04:12
12	628	Diogo Oliveira	Individual	Senior Masculino	42:18	+11:15	04:14
13	641	Paulo Camboa	Individual	Senior Masculino	42:34	+11:31	04:15
14	637	Luís Almeida	Individual	Senior Masculino	43:40	+12:37	04:22
15	636	José Marcelino	Individual	Senior Masculino	44:38	+13:35	04:28
16	816	Fernando Fontes	Pior que gajas a decidir	Senior Masculino	45:04	+14:01	04:30
17	635	Igor Gaio	Individual	Senior Masculino	45:10	+14:08	04:31
18	815	Fábio Silva	Pior que gajas a decidir	Senior Masculino	45:23	+14:20	04:32
19	741	Carlos Seixas	Junta de Freguesia de Lourosa	Senior Masculino	45:53	+14:50	04:35
20	634	Helder de Oliveira Mendes	Individual	Senior Masculino	46:01	+14:58	04:36
21	742	Miguel Silva	Junta de Freguesia de Lourosa	Senior Masculino	46:02	+15:00	04:36

Official Timekeeper: Lap2Go	1 / 8	generate 23-dez.-2023 19:17
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## Prova Principal

10 KM

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

## OFFICIAL RESULT

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

22	633	Gonçalo Paulino Ribeiro	Individual	Senior Masculino	46:55	+15:53	04:41
23	502	Tiago Neves	42RUN	Senior Masculino	48:01	+16:58	04:48
24	758	Francisco Ribeiro	Lourosa Em Movimento	Senior Masculino	48:25	+17:22	04:50
25	519	Diogo Caldeira	Arrifana Running	Senior Masculino	48:30	+17:28	04:51
26	756	Marcelo Sá	Louromédica	Senior Masculino	48:44	+17:41	04:52
27	621	André Dias	Individual	Senior Masculino	50:16	+19:14	05:02
28	626	Dinis de Figueiredo Pereira Amaral	Individual	Senior Masculino	50:38	+19:36	05:04
29	630	Edgar Rodrigues	Individual	Senior Masculino	51:54	+20:51	05:11
30	521	Tiago Chaves	Arrifana Running	Senior Masculino	53:32	+22:29	05:21
31	631	Francisco Fonseca	Individual	Senior Masculino	53:50	+22:47	05:23
32	632	Francisco Martins	Individual	Senior Masculino	54:21	+23:19	05:26
33	813	Emanuel Costa	PIMOK	Senior Masculino	54:56	+23:54	05:30
34	643	Ruben silva	Individual	Senior Masculino	54:59	+23:57	05:30
35	867	Daniel Coimbra	Individual	Senior Masculino	56:31	+25:29	05:39
36	639	Michelangelo Lopes	Individual	Senior Masculino	56:51	+25:49	05:41
37	623	Carlos Filipe Costa Castanheira	Individual	Senior Masculino	57:05	+26:02	05:42
38	520	Martim Fonseca	Arrifana Running	Senior Masculino	57:05	+26:03	05:42
39	622	André Nadais	Individual	Senior Masculino	57:09	+26:07	05:43
40	624	Daniel Cunha	Individual	Senior Masculino	57:54	+26:52	05:47
41	625	Daniel Serralva	Individual	Senior Masculino	01:01:41	+30:39	06:10
42	541	Miguel Ferreira	Base519	Senior Masculino	01:03:50	+32:48	06:23
43	642	Rafael Moço Cardinal	Individual	Senior Masculino	01:05:47	+34:45	06:35
44	814	André Silva	Pior que gajas a decidir	Senior Masculino	01:09:54	+38:52	06:59
45	640	Miguel Azevedo	Individual	Senior Masculino	01:11:53	+40:51	07:11

## Veterana F35

1	605	Sandra Ferreira	G. D. C. Guilhovai	Veterana F35	38:33		03:51
2	649	Liliana Cunha	Individual	Veterana F35	44:03	+05:30	04:24
3	775	Mara Célia	MC Running	Veterana F35	45:23	+06:50	04:32
4	648	Diana Pinho	Individual	Veterana F35	46:09	+07:36	04:37
5	743	Marlene Ferreira	Juventude Cortegacense	Veterana F35	48:31	+09:58	04:51
6	794	Sara Costa	Núcleo de Atletismo de Cucujães	Veterana F35	50:08	+11:35	05:01
7	552	Vera Leite	Bravos e Bravitas	Veterana F35	53:53	+15:19	05:23
8	514	Anabelle Vaz	ARADA ATLÉTICO CLUBE	Veterana F35	54:59	+16:26	05:30
9	757	Carina Sá	Louromédica	Veterana F35	55:28	+16:55	05:33
10	550	Sara Oliveira	Bravos e Bravitas	Veterana F35	57:26	+18:52	05:45
11	833	Filipa Soares	RUNNING ESPINHO	Veterana F35	57:37	+19:03	05:46
12	551	Sílvia Ferreira	Bravos e Bravitas	Veterana F35	57:52	+19:18	05:47
13	803	Helena Santos	opraticante.pt	Veterana F35	58:10	+19:37	05:49
14	650	Liliana Ribeiro	Individual	Veterana F35	01:00:03	+21:30	06:00
15	586	Sandra Rodrigues	Clube Desportivo Feirense	Veterana F35	01:00:50	+22:17	06:05
16	651	Paula Nunes	Individual	Veterana F35	01:02:18	+23:45	06:14
17	223	Critiana Reis	Tartarugas de Seixezelo	Veterana F35	01:07:17	+28:44	06:44
18	543	Sónia Teixeira	Base519	Veterana F35	01:08:05	+29:31	06:48

## Prova Principal

10 KM

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

## OFFICIAL RESULT

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

19	645	Ana Filipa Costa	Individual	Veterana F35	01:11:53	+33:19	07:11
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## Veterana F45

1	587	Dora Sá	Clube Desportivo Feirense	Veterana F45	47:00		04:42
2	578	MARISA JOAO	CLUBE ATLETISMO DE OVAR	Veterana F45	47:46	+00:45	04:47
3	789	Carla Cardoso	Night runners	Veterana F45	48:04	+01:03	04:48
4	866	Odete Moreira	Individual	Veterana F45	50:55	+03:55	05:06
5	654	Helena Sandra Tavares Silva	Individual	Veterana F45	52:54	+05:54	05:17
6	582	Susete Silva	Clube Desportivo de Espite	Veterana F45	54:37	+07:37	05:28
7	555	Sílvia Batista	Bravos e Bravitas	Veterana F45	54:59	+07:59	05:30
8	841	CRISTINA TAVARES	Tartarugas de Seixezelo	Veterana F45	55:45	+08:45	05:35
9	562	ANA CASTRO	CAL - Clube Atletismo de Lamas	Veterana F45	56:06	+09:05	05:37
10	653	Anabela Barata	Individual	Veterana F45	56:23	+09:23	05:38
11	656	Manuela Dos Santos Machado-Friel	Individual	Veterana F45	56:26	+09:26	05:39
12	761	Emília Ferreira	Lourosa Em Movimento	Veterana F45	56:54	+09:54	05:41
13	613	Sónia Lei	Grupo Corrida de Argoncilhe	Veterana F45	57:08	+10:08	05:43
14	509	Sandra Silva	ACVP	Veterana F45	57:27	+10:27	05:45
15	553	Fátima Lopes	Bravos e Bravitas	Veterana F45	57:29	+10:29	05:45
16	554	Paula Soares	Bravos e Bravitas	Veterana F45	58:09	+11:09	05:49
17	760	Ana Paula Bastos Teixeira	Lourosa Em Movimento	Veterana F45	59:18	+12:17	05:56
18	840	CIDALIA CARVALHO	Tartarugas de Seixezelo	Veterana F45	59:49	+12:49	05:59
19	657	Sofia Martins	Individual	Veterana F45	01:00:49	+13:49	06:05
20	522	Maria Susana Gomes	Arrifana Running	Veterana F45	01:03:52	+16:52	06:23
21	523	Paula Martins	Arrifana Running	Veterana F45	01:03:52	+16:52	06:23
22	524	Rosa Silva	Arrifana Running	Veterana F45	01:03:52	+16:52	06:23
23	655	Joana Marques	Individual	Veterana F45	01:06:00	+18:59	06:36
24	842	PAULA SANTOS	Tartarugas de Seixezelo	Veterana F45	01:07:17	+20:17	06:44

## Veterana F55

1	737	MATILDE BAPTISTA	JAM - Juventude Atlético Mozelenze	Veterana F55	47:41		04:46
2	798	Maria Pereira	Oficina das Medalhas Team Runner	Veterana F55	51:51	+04:10	05:11
3	659	Margarida Neves	Individual	Veterana F55	57:00	+09:18	05:42
4	658	Margarida Machado	Individual	Veterana F55	57:07	+09:26	05:43
5	570	Gorette Cardoso	Caldas de São Jorge Sport Clube	Veterana F55	01:01:15	+13:33	06:07
6	602	Júlia Grilo	Farmácia Teles	Veterana F55	01:02:16	+14:35	06:14
7	744	Manuela Castelo	Juventude Cortegacense	Veterana F55	01:04:26	+16:45	06:27
8	660	Maria Pinto	Individual	Veterana F55	01:05:10	+17:28	06:31

## Prova Principal

10 KM

## OFFICIAL RESULT

### Veterano M35

1	579	André Adriano	CLUBE ATLETISMO DE OVAR	Veterano M35	33:50		03:23
2	665	bruno lima	Individual	Veterano M35	34:18	+00:27	03:26
3	608	Mário Ibarra	G.D.A RONDA	Veterano M35	34:31	+00:41	03:27
4	788	Sérgio Rodrigues	Nascidos para Correr - Associação Desportiva	Veterano M35	34:50	+01:00	03:29
5	848	João Castro	Team El Comandante	Veterano M35	34:56	+01:05	03:30
6	597	JOSE ALMEIDA	EV/PERALTAFIL	Veterano M35	35:21	+01:30	03:32
7	787	Ricardo Silva	Nascidos para Correr - Associação Desportiva	Veterano M35	35:35	+01:44	03:33
8	508	Bruno Freitas	ACR Vale de Cambra	Veterano M35	36:14	+02:24	03:37
9	603	Hugo Ferreira	G.D.A RONDA	Veterano M35	37:20	+03:30	03:44
10	745	Daniel Barros	Juventude Cortegacense	Veterano M35	37:28	+03:38	03:45
11	687	Paulino Moreira	Individual	Veterano M35	37:31	+03:40	03:45
12	564	NUNO PAIS	CAL - Clube Atletismo de Lamas	Veterano M35	37:52	+04:02	03:47
13	503	ANDRÉ PINA	A.D.GRIJÓ A CORRER	Veterano M35	38:33	+04:43	03:51
14	505	António Assunção	ACAIL GAS	Veterano M35	39:09	+05:19	03:55
15	677	JOÃO MIGUEL PEREIRA LEITE	Individual	Veterano M35	39:24	+05:34	03:56
16	793	Márcio André Jesus Melo	NS Trail Team	Veterano M35	39:32	+05:41	03:57
17	796	João Dias	Núcleo de Atletismo de Cucujães	Veterano M35	40:22	+06:31	04:02
18	738	Ricardo Seromenho	JAM - Juventude Atlética Mozelense	Veterano M35	41:02	+07:11	04:06
19	765	João Sousa	Lourosa Em Movimento	Veterano M35	42:10	+08:20	04:13
20	777	Filipe Silva	MC Running	Veterano M35	43:10	+09:19	04:19
21	690	Ricardo José Neves Moreira	Individual	Veterano M35	43:17	+09:27	04:20
22	664	Bruno Alexandre Oliveira da Silva	Individual	Veterano M35	43:32	+09:41	04:21
23	764	João Santos	Caldas de São Jorge Sport Clube	Veterano M35	44:04	+10:14	04:24
24	681	Ludgero Couto	Individual	Veterano M35	44:18	+10:28	04:26
25	669	Daniel Fernando Rocha Cardoso	Individual	Veterano M35	44:19	+10:28	04:26
26	661	António Manuel Reis Henriques	Individual	Veterano M35	44:30	+10:40	04:27
27	671	Filipe José Soares Marques	Individual	Veterano M35	44:32	+10:42	04:27
28	672	Helder faria	Individual	Veterano M35	44:42	+10:51	04:28
29	834	Carlos Jesus	RUNNING ESPINHO	Veterano M35	44:47	+10:57	04:29
30	504	CARLOS PINA	A.D.GRIJÓ A CORRER	Veterano M35	44:54	+11:03	04:29
31	689	Ricardo Doria Duarte	Individual	Veterano M35	45:12	+11:21	04:31
32	556	Fábio Pereira	Bravos e Bravitas	Veterano M35	45:13	+11:22	04:31
33	778	Pedro Rocha	MC Running	Veterano M35	45:25	+11:35	04:33
34	526	Francisco Terra	Arrifana Running	Veterano M35	45:26	+11:36	04:33
35	698	Vitor Moreira	Individual	Veterano M35	45:32	+11:41	04:33
36	856	Jão Duarte	Individual	Veterano M35	45:37	+11:47	04:34
37	674	Henrique Ferreira	Individual	Veterano M35	45:47	+11:56	04:35
38	685	Nuno Ferreira	Individual	Veterano M35	46:10	+12:20	04:37
39	684	Miguel Pinto	Individual	Veterano M35	46:17	+12:27	04:38
40	557	Hugo Teixeira	Bravos e Bravitas	Veterano M35	46:21	+12:31	04:38
41	663	Bruno Albergaria	Individual	Veterano M35	47:39	+13:48	04:46
42	839	Paulo Cruz	Sosense bittrailteam Braga&fernandes	Veterano M35	47:59	+14:09	04:48

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Prova Principal

10 KM

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OFFICIAL RESULT

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

43	766	Ricardo Duarte	Lourosa Em Movimento	Veterano M35	48:58	+15:08	04:54
44	679	Leandro Filipe costa Ferreira	Individual	Veterano M35	49:03	+15:13	04:54
45	676	Ivo Pinto	Individual	Veterano M35	49:44	+15:53	04:58
46	596	Nuno David	EV/PERALTAFIL	Veterano M35	49:55	+16:05	05:00
47	593	Bruno Santos	Clube Independente de Argoncilhe	Veterano M35	50:04	+16:14	05:00
48	835	Mário Rui Dias	RUNNING ESPINHO	Veterano M35	52:28	+18:37	05:15
49	693	Telmo Nunes	Individual	Veterano M35	52:28	+18:38	05:15
50	697	Victor Manuel dos Santos Silva	Individual	Veterano M35	52:39	+18:49	05:16
51	573	José Manuel Monteiro	Cirac - Circulo de Recreio Arte e Cultura	Veterano M35	52:43	+18:52	05:16
52	670	Diogo Filipe Ferreira Magalhães	Individual	Veterano M35	53:08	+19:18	05:19
53	692	Rui Maia	Individual	Veterano M35	53:41	+19:50	05:22
54	515	RICARDO PAIVA	ARCORUN	Veterano M35	53:41	+19:51	05:22
55	694	Tiago Cruz	Individual	Veterano M35	53:49	+19:59	05:23
56	807	Ricardo Oliveira	Os Kágados	Veterano M35	53:53	+20:03	05:23
57	668	Carlos Manuel Machado Lobo	Individual	Veterano M35	54:30	+20:39	05:27
58	688	Ricardo Costa	Individual	Veterano M35	55:08	+21:17	05:31
59	691	Ricardo Lixa	Individual	Veterano M35	55:09	+21:19	05:31
60	844	JORGE MAGALHÃES	Tartarugas de Seixezelo	Veterano M35	55:45	+21:55	05:35
61	829	Luís Oliveira	Running Esmoriz	Veterano M35	57:08	+23:18	05:43
62	675	Ilídio André Pinto Monteiro da Costa	Individual	Veterano M35	58:42	+24:52	05:52
63	747	Miguel Pinheiro Matos	Juventude Cortegacense	Veterano M35	59:04	+25:14	05:54
64	682	Luis Fernandes	Individual	Veterano M35	59:45	+25:54	05:58
65	686	Nuno Jorge Martins da Silva	Individual	Veterano M35	59:53	+26:03	05:59
66	683	Marcelo teixeira da Mota	Individual	Veterano M35	01:00:11	+26:21	06:01
67	696	Tiago pedro	Individual	Veterano M35	01:00:27	+26:36	06:03
68	776	Bruno Pinheiro	MC Running	Veterano M35	01:00:52	+27:01	06:05
69	662	António Soares	Individual	Veterano M35	01:02:28	+28:37	06:15
70	673	Hélder Silva	Individual	Veterano M35	01:02:43	+28:53	06:16
71	544	Ricardo Ribeiro	Base519	Veterano M35	01:03:50	+30:00	06:23
72	527	Vitor Dias	Arrifana Running	Veterano M35	01:03:53	+30:02	06:23
73	512	Mário Araújo	Aminhacorrida/Runextrem	Veterano M35	01:09:50	+35:59	06:59
74	843	CATARINA SILVA	Tartarugas de Seixezelo	Veterano M35	01:13:16	+39:25	07:20

Veterano M45

1	606	Artur Rodrigues	G. D. C. Guilhovai	Veterano M45	33:25		03:21
2	607	Paulo Pereira	G. D. C. Guilhovai	Veterano M45	34:07	+00:41	03:25
3	529	Fernando Lima	Arrifana Running	Veterano M45	36:58	+03:33	03:42
4	598	MANUEL BESSA	EV/PERALTAFIL	Veterano M45	37:50	+04:25	03:47
5	609	José Costa	G.D.A RONDA	Veterano M45	38:45	+05:19	03:52
6	712	Manuel Ferreira	G.D.A RONDA	Veterano M45	39:09	+05:43	03:55
7	781	José Godinho	MC Running	Veterano M45	40:26	+07:00	04:03
8	548	Jaime Gomes	Brandoense Running	Veterano M45	40:26	+07:00	04:03
9	812	Pedro Serrano	Pastello Runners	Veterano M45	40:28	+07:02	04:03
10	704	Carlos Silva	Individual	Veterano M45	40:45	+07:19	04:04

Official Timekeeper: Lap2Go	5 / 8	generate 23-dez.-2023 19:17
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**Prova Principal**

**10 KM**

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

**OFFICIAL RESULT**

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

11	610	Manuel Bastos	G.D.A RONDA	Veterano M45	40:47	+07:21	04:05
12	611	Bruno Tavares	G.D.A RONDA	Veterano M45	40:58	+07:32	04:06
13	559	Sérgio Costa	Bravos e Bravitas	Veterano M45	42:00	+08:34	04:12
14	706	Cecílio Ferreira	Individual	Veterano M45	43:08	+09:42	04:19
15	547	Fernando Cruz	Brandoense Running	Veterano M45	43:13	+09:47	04:19
16	719	Run For Fun tony	Individual	Veterano M45	43:57	+10:32	04:24
17	506	Vitor Santos	ACAIL GAS	Veterano M45	44:20	+10:55	04:26
18	703	Carlos Lancha	Individual	Veterano M45	44:25	+11:00	04:27
19	716	Paulo Pinto	Individual	Veterano M45	44:30	+11:04	04:27
20	707	Daniel Matos	Individual	Veterano M45	44:43	+11:18	04:28
21	583	José Vicente Marques	Clube Desportivo de Espite	Veterano M45	45:08	+11:42	04:31
22	536	José Sousa	Associação de atletismo Lebres do sado	Veterano M45	45:26	+12:01	04:33
23	811	Luis Gomes	Pastello Runners	Veterano M45	45:56	+12:30	04:36
24	501	David Barros	100esforçonaohátinto	Veterano M45	45:59	+12:33	04:36
25	531	Renato Tavares	Arrifana Running	Veterano M45	46:12	+12:46	04:37
26	713	José Sá	Individual	Veterano M45	46:36	+13:10	04:40
27	810	José Gomes	Pastello Runners	Veterano M45	46:43	+13:17	04:40
28	860	José Pinto	CAL - Clube Atletismo de Lamas	Veterano M45	46:44	+13:18	04:40
29	850	RICHARD NOGUEIRA	TRAIL RUNNING SANGUEDO	Veterano M45	47:24	+13:59	04:44
30	837	Nuno Matias	RUNNING ESPINHO	Veterano M45	47:41	+14:15	04:46
31	614	Nuno Pereira	Grupo Corrida de Argoncilhe	Veterano M45	47:51	+14:25	04:47
32	780	Jorge Lagareiro	MC Running	Veterano M45	48:04	+14:38	04:48
33	714	Luis Soeira	Individual	Veterano M45	48:27	+15:01	04:51
34	702	Bip Bip	Individual	Veterano M45	48:27	+15:01	04:51
35	748	Joao Paulo da Costa Oliveira	Juventude Cortegacense	Veterano M45	48:30	+15:04	04:51
36	717	Pedro leitao	Individual	Veterano M45	48:34	+15:08	04:51
37	560	Joãp Gomes	Bravos e Bravitas	Veterano M45	49:09	+15:44	04:55
38	510	Pedro Necho	AFIS/OVAR	Veterano M45	49:11	+15:46	04:55
39	721	Vítor Sá	Individual	Veterano M45	49:17	+15:51	04:56
40	574	Jorge Silva	Cirac - Circulo de Recreio Arte e Cultura	Veterano M45	49:17	+15:51	04:56
41	836	Carlos Rocha	RUNNING ESPINHO	Veterano M45	50:06	+16:40	05:01
42	718	Roberto Bastos	Individual	Veterano M45	50:08	+16:42	05:01
43	567	NUNO PEREIRA	CAL - Clube Atletismo de Lamas	Veterano M45	50:10	+16:45	05:01
44	800	Nuno Brito	Oficina das Medalhas Team Runner	Veterano M45	50:11	+16:45	05:01
45	558	Paulo Jorge Santos de Jesus	Bravos e Bravitas	Veterano M45	50:14	+16:48	05:01
46	720	Valdemar Lopes	Individual	Veterano M45	50:18	+16:52	05:02
47	709	Fernando Luso Silva Ribeiro	Individual	Veterano M45	50:31	+17:05	05:03
48	779	Eduardo Ferreira	MC Running	Veterano M45	50:55	+17:29	05:05
49	782	Paulo Sá	MC Running	Veterano M45	50:55	+17:29	05:05
50	591	Silvério Oliveira dos Santos	Clube Desportivo Feirense	Veterano M45	50:59	+17:33	05:06
51	768	Carlos Ribeiro	Lourosa Em Movimento	Veterano M45	50:59	+17:34	05:06
52	710	Joaquim Sá	Individual	Veterano M45	51:25	+18:00	05:09
53	740	RENATO ARAÚJO	JUFACC	Veterano M45	51:26	+18:00	05:09
54	767	Albano Santos	Lourosa Em Movimento	Veterano M45	51:34	+18:08	05:09

## Prova Principal

## 10 KM

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

## OFFICIAL RESULT

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

55	701	António Sá	Individual	Veterano M45	53:26	+20:00	05:21
56	711	Joaquim Sousa	Individual	Veterano M45	54:42	+21:16	05:28
57	769	Manuel Silva	Lourosa Em Movimento	Veterano M45	54:47	+21:21	05:29
58	853	Paulo Nuno Sampaio	TrepaTrilhos Trail Team	Veterano M45	54:51	+21:25	05:29
59	565	BALMIRO LOPES	CAL - Clube Atletismo de Lamas	Veterano M45	57:02	+23:36	05:42
60	830	Amândio Mendes	Running Esmoriz	Veterano M45	57:08	+23:42	05:43
61	831	Jorge Guerra	Running Esmoriz	Veterano M45	57:10	+23:44	05:43
62	545	Rúben Ferreira	Base519	Veterano M45	57:52	+24:26	05:47
63	699	António Moura	Individual	Veterano M45	58:39	+25:13	05:52
64	845	PAULO LOPES	Tartarugas de Seixezelo	Veterano M45	59:49	+26:23	05:59
65	600	RUI FILIPE OLIVEIRA TAVARES	FAMILIA PETIZ	Veterano M45	59:52	+26:26	05:59
66	530	Paulo Fonseca	Arrifana Running	Veterano M45	01:01:22	+27:56	06:08
67	715	Paulo Campos	Individual	Veterano M45	01:02:15	+28:50	06:14
68	700	António Pereira	Individual	Veterano M45	01:02:47	+29:21	06:17
69	532	Vitor Machado	Arrifana Running	Veterano M45	01:03:52	+30:27	06:23
70	528	António Oliveira	Arrifana Running	Veterano M45	01:03:53	+30:27	06:23
71	516	PAULO GRILO	ARCORUN	Veterano M45	01:06:00	+32:34	06:36

## Veterano M55

1	725	Augusto Aluai	SPORTING CLUBE ESPINHO	Veterano M55	38:49		03:53
2	511	José Figueiredo	AFIS/OVAR	Veterano M55	39:38	+00:48	03:58
3	855	Orlando Valente	Lourosa Em Movimento	Veterano M55	39:55	+01:06	04:00
4	751	Ernesto Marques Alves	Juventude Cortegacense	Veterano M55	40:59	+02:09	04:06
5	581	Pedro Leal	CLUBE ATLETISMO DE OVAR	Veterano M55	42:27	+03:37	04:15
6	785	Manuel Silva	MC Running	Veterano M55	42:28	+03:38	04:15
7	580	António Castro	CLUBE ATLETISMO DE OVAR	Veterano M55	42:35	+03:45	04:15
8	753	Américo Lei	LEI RUNNERS	Veterano M55	43:51	+05:02	04:23
9	729	Heitor Araújo	Individual	Veterano M55	43:59	+05:09	04:24
10	786	Salvador Fardilha	MC Running	Veterano M55	44:23	+05:33	04:26
11	818	Antonio barbas	Pupilos do Zé-Tó	Veterano M55	45:05	+06:16	04:31
12	572	Joaquim Lobato	Caldas de São Jorge Sport Clube	Veterano M55	45:34	+06:45	04:33
13	825	Miguel Ferreira	Run & Fun	Veterano M55	46:23	+07:34	04:38
14	774	Manuel Moreira	Lourosa Em Movimento	Veterano M55	46:26	+07:37	04:39
15	736	Manuel zola	Individual	Veterano M55	46:33	+07:43	04:39
16	826	ZE MOUTINHO	Run & Fun	Veterano M55	46:41	+07:51	04:40
17	735	Manuel Ferreira	Individual	Veterano M55	47:44	+08:54	04:46
18	728	GIL DA COSTA	Individual	Veterano M55	47:54	+09:04	04:47
19	791	Joaquim Teixeira	Night runners	Veterano M55	48:04	+09:14	04:48
20	575	Fernando Gonçalves	Cirac - Circulo de Recreio Arte e Cultura	Veterano M55	48:19	+09:30	04:50
21	727	Daniel Gomes	Individual	Veterano M55	48:27	+09:38	04:51
22	857	Joaquim Pereira	EV/PERALTAFIL	Veterano M55	49:54	+11:04	04:59
23	723	António Carmo	Individual	Veterano M55	49:54	+11:05	04:59
24	827	Norberto Norberto	Run for Fun	Veterano M55	50:09	+11:19	05:01
25	569	PAULO NEVES	CAL - Clube Atletismo de Lamas	Veterano M55	51:21	+12:31	05:08

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

**OFFICIAL RESULT**

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

26	726	Baltazar Ferreira	Individual	Veterano M55	51:31	+12:41	05:09
27	809	Normando santos	Os Kágados	Veterano M55	52:49	+14:00	05:17
28	739	JUSTINO ANTÓNIO ANTUNES SOARES	JAM - Juventude Atlética Mozelense	Veterano M55	53:16	+14:26	05:20
29	784	Jorge Santos	MC Running	Veterano M55	54:03	+15:13	05:24
30	734	Manuel Ferreira	Individual	Veterano M55	54:19	+15:30	05:26
31	733	Luís Filipe Dias da Rocha e Santos	Individual	Veterano M55	54:42	+15:52	05:28
32	783	Germano Santos	MC Running	Veterano M55	54:47	+15:58	05:29
33	615	Fernando Silva	Grupo Corrida de Argoncilhe	Veterano M55	55:33	+16:43	05:33
34	832	Joaquim Pinto	Running Esmoriz	Veterano M55	56:10	+17:20	05:37
35	802	Vitor Cardoso	Oficina das Medalhas Team Runner	Veterano M55	56:19	+17:29	05:38
36	568	LUCIDIO DIAS	CAL - Clube Atletismo de Lamas	Veterano M55	57:03	+18:13	05:42
37	517	PEDRO MELO	ARCORUN	Veterano M55	57:21	+18:31	05:44
38	790	Casimiro Fernandes	Night runners	Veterano M55	57:44	+18:54	05:46
39	770	António Almeida	Lourosa Em Movimento	Veterano M55	58:57	+20:07	05:54
40	724	Antonio Jorge Xavier Santiago	Individual	Veterano M55	01:02:33	+23:44	06:15
41	563	Francisco Costa	CAL - Clube Atletismo de Lamas	Veterano M55	01:02:54	+24:05	06:17
42	534	José Beleza	Arrifana Running	Veterano M55	01:03:53	+25:03	06:23
43	806	Belmiro aguiar	Os Kágados	Veterano M55	01:04:12	+25:22	06:25
44	808	Ismael silva	Os Kágados	Veterano M55	01:04:12	+25:23	06:25
45	749	Augusto Santos Silva	Juventude Cortegacense	Veterano M55	01:04:26	+25:36	06:27
46	533	António Martins	Arrifana Running	Veterano M55	01:04:53	+26:03	06:29
47	846	ANTONIO PRATA	Tartarugas de Seixezelo	Veterano M55	01:07:18	+28:28	06:44
48	804	José António Freitas	opraticante.pt	Veterano M55	01:08:33	+29:43	06:51
49	731	José Falcão	Individual	Veterano M55	01:10:07	+31:17	07:01
50	773	José Rodrigues Costa	Lourosa Em Movimento	Veterano M55	01:13:18	+34:29	07:20