

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 - LAP2GO - TIMING SOLUTION

	Time	Temperature	Humidity
Start	18:30	11.1°C	83%
End	20:02	11.1°C	83%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	269	Cristiano Oliveira	Escola de Atletismo de Coimbra/JPaiva	32:49		03:17	
2	178	João Magalhães	Cluve - Clube de Veteranos de Atletismo de Coimbra	33:29	+00:40	03:21	
3	1079	André Fonte	RECREIO DESPORTIVO DE ÁGUEDA	33:47	+00:58	03:23	
4	321	Nuno Miguel	GRECAS - Vagos	34:02	+01:13	03:24	
5	1082	Hugo Ramalho	RECREIO DESPORTIVO DE ÁGUEDA	34:03	+01:14	03:24	
6	322	Jorge Cubal	Grupo Desportivo e Cultural de Guilhovai	34:04	+01:15	03:24	
7	752	João Ramos Moreira	Individual	34:10	+01:21	03:25	
8	309	Ricardo Gomes	Clube Desportivo Feirense	34:25	+01:36	03:27	
9	529	Luis Amorim	Individual	35:16	+02:27	03:32	
10	36	Ricardo Coutinho Martins	ARCD Venda da Luisa	35:20	+02:31	03:32	
11	967	Ricardo Marafuz	JOBRA	35:40	+02:51	03:34	
12	1081	Alberto Fonte	RECREIO DESPORTIVO DE ÁGUEDA	35:42	+02:53	03:34	
13	251	William Caetano	DCI/Trilhos Luso Bussaco	35:44	+02:55	03:34	
14	1143	Luís Manuel de Pinho Diogo	Sport Club Paradela	35:45	+02:56	03:35	
15	18	Marco Pinho	ACR de Vale de Cambra	35:46	+02:57	03:35	
16	250	Joaquim Oliveira	DCI/Trilhos Luso Bussaco	36:25	+03:36	03:38	
17	258	Hugo Silva	Dura-F1 Raceteam	36:33	+03:44	03:39	
18	1165	Paulo Costa	Viriathvs Runners Viseu	36:35	+03:46	03:39	
19	763	LUIS CARLOS FERREIRA COIMBRA	Individual	36:59	+04:10	03:42	
20	739	João Dias	Individual	37:03	+04:14	03:42	
21	252	Vitor Oliveira	DCI/Trilhos Luso Bussaco	37:09	+04:20	03:43	
22	303	André Ferreira	Gira Sol	37:09	+04:20	03:43	
23	235	Domingos Vieira	CRE	37:10	+04:21	03:43	
24	753	Joel André Fernandes Mota Ramalhoto	Individual	37:15	+04:26	03:43	
25	1056	Pedro Almeida	PERALM	37:18	+04:29	03:44	
26	110	Luís Miguel Martins	CASCI	37:22	+04:33	03:44	
27	541	Manuel Fardilha	Individual	37:24	+04:35	03:44	
28	302	Rui Pedro Jesus de Almeida	GDC Codal	37:27	+04:38	03:45	
29	176	Nuno Fernandes	Clube Atlético de Macedo de Cavaleiros	37:30	+04:41	03:45	
30	835	Bruno Miguel Godinho Pontes	Individual	37:34	+04:45	03:45	
31	525	José Guilherme Leite e Sá	Individual	37:35	+04:46	03:46	
32	1031	Filipe Costa	NAR-Nucleo de Atletismo de Requeixo	37:37	+04:48	03:46	
33	137	Jorge Valente	ARVOR VETERANOS DE OVAR	37:40	+04:51	03:46	
34	1078	Carolina Ribeiro	RECREIO DESPORTIVO DE ÁGUEDA	37:42	+04:53	03:46	
35	85	Daniel Simões	Montanha Clube Trail Running / EFAPEL	37:47	+04:58	03:47	
36	203	Kevin Amoedo	CR7 FITNESS CRUNCH AVEIRO	37:51	+05:02	03:47	
37	70	Rui Machado	Beira Mar	37:54	+05:05	03:47	
38	571	Rodrigo Hickenbick	Individual	38:00	+05:11	03:48	
39	843	Didier de Jesus	Individual	38:03	+05:14	03:48	
40	17	António Veiga	ACD Os Ilhavos	38:05	+05:16	03:49	





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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 - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
132	37	Fábio Rodrigues	ARCO RUNNING TEAM	42:22	+09:33	04:14	
133	767	Marco Almeida	Individual	42:22	+09:33	04:14	
134	29	Jorge Rodrigues	Agarrados ao btt irbal	42:22	+09:33	04:14	
135	92	Filipe Mota	C.D.C. Paradela do Vouga	42:23	+09:34	04:14	
136	535	Luís Henriques	Individual	42:23	+09:34	04:14	
137	560	Raul Batista	Individual	42:25	+09:36	04:14	
138	1209	Nelson Muga	Clube Atlético Macedo de Cavaleiros	42:26	+09:37	04:15	
139	794	Pedro Teles	Individual	42:27	+09:38	04:15	
140	1015	Mário Morgado	M&M	42:29	+09:40	04:15	
141	257	Paulo Joaquim Moreira Gomes	Dragões	42:29	+09:40	04:15	
142	931	Carlos Amorim	Individual	42:30	+09:41	04:15	
143	1210	Valter Silva	Individual	42:31	+09:42	04:15	
144	563	Ricardo Alexandre	Individual	42:34	+09:45	04:15	
145	76	Ricardo Patrício	BOAVISTA TRAIL	42:35	+09:46	04:15	
146	756	José Correia	Individual	42:35	+09:46	04:15	
147	1164	Manuel Campos	Viriathvs Runners Viseu	42:37	+09:48	04:16	
148	770	Marco Henriques	Individual	42:40	+09:51	04:16	
149	364	Artur Jorge Paiva	Hut Runner's Aveiro	42:46	+09:57	04:17	
150	1185	Paulo Marques	Zoss Vog	42:48	+09:59	04:17	
151	1184	Francisco Fernandes	Zoss Vog	42:49	+10:00	04:17	
152	591	Tiago Silvestre	Individual	42:53	+10:04	04:17	
153	865	João garranas	Individual	42:54	+10:05	04:17	
154	1077	JOSE FIGUEIRAS	RBTeam	42:56	+10:07	04:18	
155	1163	Guilherme André Valverde da Silva	Viriathvs Runners Viseu	42:57	+10:08	04:18	
156	1186	Rafael Lima	Individual	43:01	+10:12	04:18	
157	771	Marco Leite	Individual	43:03	+10:14	04:18	
158	582	Steve Lopes Gonçalves	Individual	43:05	+10:16	04:18	
159	169	Daniel Viera	Civilria	43:16	+10:27	04:20	
160	338	Joel Pereira	Hot Waters	43:19	+10:30	04:20	
161	904	Pedro Cardoso	Individual	43:19	+10:30	04:20	
162	976	Edgar Simões	JuveRun Team	43:20	+10:31	04:20	
163	103	Carlos Almeida	CASA DO POVO DE MANGUALDE	43:22	+10:33	04:20	
164	157	Filipe Simoes Martins	CFA, SROC, LDA.	43:26	+10:37	04:21	
165	170	Hugo Justiça	Civilria	43:29	+10:40	04:21	
166	1094	Rafael Teixeira	Remax Universal	43:30	+10:41	04:21	
167	502	Gonçalo Costa	Individual	43:32	+10:43	04:21	
168	79	André Simões	Bosch Runners	43:32	+10:43	04:21	
169	486	Eduardo Gonçalves de Souza	Individual	43:33	+10:44	04:21	
170	25	Rui Silveira	ADI	43:37	+10:48	04:22	
171	61	Tiago Gomes	ARSENAL DE CANELAS	43:40	+10:51	04:22	
172	800	Ricardo José Neves Moreira	Individual	43:42	+10:53	04:22	
173	366	Jorge Branco	Hut Runner's Aveiro	43:47	+10:58	04:23	
174	1138	Paulo Pires	Sosense trail team Braga e Fernandes	43:50	+11:01	04:23	
175	160	Rui Tavares	CFA, SROC, LDA.	43:52	+11:03	04:23	
176	972	Cátia Simões Ferreira	JuveRun Team	43:56	+11:08	04:24	
177	701	Bruno Silva	Individual	43:59	+11:10	04:24	

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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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
178	449	Américo Filipe Bastos Costa Pereira	Individual	43:59	+11:10	04:24	
179	1037	Ricardo Branquinho	NAR-Nucleo de Atletismo de Requeixo	44:02	+11:13	04:24	
180	469	Carlos Palabra	Individual	44:04	+11:15	04:24	
181	723	Filipe Monteiro	Individual	44:05	+11:16	04:24	
182	1004	Ricardo Vidal	Lion Runners - Grupo Desportivo Leões da Guarda	44:06	+11:17	04:25	
183	724	Filipe Rodrigues	Individual	44:14	+11:25	04:25	
184	361	Pedro Neves	Hut Runner's Aveiro	44:18	+11:29	04:26	
185	852	Filipe José Cardoso Fraga	Individual	44:20	+11:31	04:26	
186	93	Jil Coelho	C.D.C. Paradela do Vouga	44:24	+11:35	04:26	
187	820	Vasco Santos	Individual	44:25	+11:36	04:27	
188	1049	Vitor Moreira	Papagaios	44:29	+11:40	04:27	
189	982	Rafael "estou só a ver" Simões	JuveRun Team	44:29	+11:40	04:27	
190	558	Pedro Nunes	Individual	44:30	+11:41	04:27	
191	319	Fernando Marques	GM TEAM	44:30	+11:41	04:27	
192	1119	André Assena	RM Runners	44:30	+11:41	04:27	
193	795	Rafael Dias	Individual	44:31	+11:42	04:27	
194	776	Maxim Mironov	Individual	44:33	+11:44	04:27	
195	806	Rui Silva	Individual	44:34	+11:45	04:27	
196	82	Bruno Aires	Bosch Runners	44:35	+11:46	04:27	
197	304	Adérito Curto	Gira Sol	44:37	+11:48	04:28	
198	80	Jorge Cardoso	Bosch Runners	44:39	+11:50	04:28	
199	707	Daniel Filipe Rodrigues Almeida	Individual	44:45	+11:56	04:28	
200	511	Ivo Ferreira	Individual	44:54	+12:05	04:29	
201	581	Simão oliveira	Individual	44:57	+12:08	04:30	
202	41	Romero Silva	ARCO RUNNING TEAM	44:59	+12:10	04:30	
203	507	Helder de Oliveira Mendes	Individual	45:02	+12:13	04:30	
204	587	Tiago Oliveira	Individual	45:02	+12:13	04:30	
205	151	Manuel Silva	Centro Atlético Póvoa Pacense - CENAP - Cacia	45:02	+12:13	04:30	
206	313	João Gonçalo de Vasconcelos Cabral Monteiro	Glicinias Plaza	45:03	+12:14	04:30	
207	350	João Antunes	Hut Runner's Aveiro	45:03	+12:14	04:30	
208	749	João Paulo Serôdio	Individual	45:05	+12:16	04:30	
209	831	Antonio Rogério Cruz Simões Almeida	Individual	45:05	+12:16	04:31	
210	735	Jimmy Silva	Individual	45:07	+12:18	04:31	
211	426	Nancy Cantante	Individual	45:09	+12:20	04:31	
212	1155	Paulo Alexandre Simões da Costa	Tainadas Run Team	45:12	+12:23	04:31	
213	298	João Neves	Extrusal	45:18	+12:29	04:32	
214	792	Pedro Pimentel	Individual	45:23	+12:34	04:32	
215	589	Tiago Saraiva	Individual	45:26	+12:37	04:33	
216	51	Ricardo Filipe Nunes Vicente	Arroz de Carril	45:26	+12:37	04:33	
217	156	David Magano	CFA, SROC, LDA.	45:28	+12:39	04:33	
218	555	Óscar Resende	Individual	45:28	+12:39	04:33	
219	1118	José Miguel Saramago de Carvalho	RM Runners	45:29	+12:40	04:33	
220	757	José Fernando Cubal	Individual	45:33	+12:44	04:33	
221	920	Vitor alves	Individual	45:37	+12:48	04:34	
222	751	Joao Pintado	Individual	45:40	+12:51	04:34	

**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 - LAP2GO - TIMING SOLUTION

<b>RANK</b>	<b>BIB</b>	<b>NAME</b>	<b>TEAM</b>	<b>RESULT</b>	<b>DIFF</b>	<b>t/KM</b>	<b>CARD</b>
223	287	André Pinho	Extrusal	45:44	+12:55	04:34	
224	1192	Louise Frieh	Individual	45:47	+12:58	04:35	
225	249	Fábio Vaz	DBL BIKE	45:49	+13:00	04:35	
226	840	Celso Maia	Individual	45:52	+13:03	04:35	
227	108	Miguel Cruz	CASCI	45:55	+13:06	04:35	
228	573	Rui Almeida	Individual	45:57	+13:08	04:36	
229	1154	Miguel santos	Tainadas Run Team	45:58	+13:09	04:36	
230	570	Rodrigo Frias Monteiro	Individual	45:58	+13:09	04:36	
231	11	Pedro Amaral	A.C. D. Dornelas do vouga	45:58	+13:09	04:36	
232	148	Olivério Baptista	Centro Atlético Póvoa Pacense - CENAP - Cacia	46:00	+13:11	04:36	
233	543	Márcio Duarte	Individual	46:01	+13:12	04:36	
234	246	Ivo Gonçalves	DAR - Desportivo atlético de Recardães	46:02	+13:13	04:36	
235	913	Rui Silva	Individual	46:02	+13:13	04:36	
236	773	Marco Tavares	Individual	46:03	+13:14	04:36	
237	94	Custódio Coutinho	C.D.C. Paradela do Vouga	46:03	+13:14	04:36	
238	981	Miguel "PM" Pereira	JuveRun Team	46:05	+13:16	04:37	
239	704	Carlos Nogueira	Individual	46:06	+13:17	04:37	
240	421	Marie Blier	Individual	46:06	+13:17	04:37	
241	536	Luis Menezes	Individual	46:07	+13:18	04:37	
242	167	Patrick Matos Thoss	CIRES Running Team	46:09	+13:20	04:37	
243	921	Vítor Manuel Godinho Ferreira Vaz Proença	Individual	46:10	+13:21	04:37	
244	359	Jorge Martins	Hut Runner's Aveiro	46:10	+13:21	04:37	
245	544	Marco José Marreiro	Individual	46:11	+13:22	04:37	
246	127	José Manuel dos Santos Quinta	CDCamarneira	46:12	+13:23	04:37	
247	764	Luís Cipriano	Individual	46:13	+13:25	04:37	
248	349	Fábio Gonçalves	Hut Runner's Aveiro	46:15	+13:26	04:38	
249	1122	Rui Cainé	RM Runners	46:16	+13:27	04:38	
250	1151	Beatriz Oliveira Fernandes	Tainadas Run Team	46:18	+13:29	04:38	
251	1139	Paulo Cruz	Sosense trail team Braga e Fernandes	46:19	+13:30	04:38	
252	876	JP GRINÉ	Individual	46:19	+13:30	04:38	
253	860	Jaime Júnior	Individual	46:20	+13:31	04:38	
254	798	Ricardo Abreu	Individual	46:21	+13:32	04:38	
255	365	João Pedro Oliveira Silva	HUT RUNNER'S AVEIRO	46:23	+13:34	04:38	
256	549	Miguel Pereira	Individual	46:26	+13:37	04:39	
257	796	Rafael Gomes	Individual	46:27	+13:38	04:39	
258	73	Diogo Jerónimo	Big Papas	46:27	+13:38	04:39	
259	561	Renato Dias	Individual	46:28	+13:39	04:39	
260	64	José Sousa	Associação de atletismo Lebres do sado	46:29	+13:40	04:39	
261	805	Rui Quintinha	Individual	46:31	+13:42	04:39	
262	301	Adão Antunes	GD CAMPIA	46:34	+13:45	04:39	
263	1009	Roberto Rodrigues	Lobitos BikeTeam	46:34	+13:45	04:39	
264	848	Fernando Gomes Cardoso de Brito	Individual	46:34	+13:45	04:39	
265	371	Paulo Costa	Hut Runner's Aveiro	46:34	+13:45	04:39	
266	1156	Licínio Manuel Saragoça Costa	Tainadas Run Team	46:35	+13:46	04:40	
267	310	Diogo Filipe Ferreira Filipe	Glicinias Plaza	46:37	+13:48	04:40	



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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 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

<b>RANK</b>	<b>BIB</b>	<b>NAME</b>	<b>TEAM</b>	<b>RESULT</b>	<b>DIFF</b>	<b>t/KM</b>	<b>CARD</b>
268	308	Renato Guimarães	Glicínias Plaza	46:37	+13:48	04:40	
269	1061	Pedro Rebelo	Pesquito Team	46:43	+13:54	04:40	
270	546	Miguel Dinis	Individual	46:46	+13:57	04:41	
271	369	ABÍLIO MADAIL	HUT RUNNER'S AVEIRO	46:47	+13:58	04:41	
272	991	Nuno Costa	JuveRun Team	46:48	+13:59	04:41	
273	132	Carlos Manuel Pedro	CDCamarneira	46:50	+14:01	04:41	
274	899	Paulo José Graça Almeida	Individual	46:51	+14:02	04:41	
275	726	Francisco Manuel Teixeira Marques	Individual	46:51	+14:02	04:41	
276	373	Maria Fatima Pinho	Ilhavos Runneres	46:55	+14:06	04:42	
277	892	Paulo Almeida	Individual	46:56	+14:07	04:42	
278	986	Cristiano Faneca	JuveRun Team	46:56	+14:07	04:42	
279	965	Vasco Ladeiro	Individual	46:56	+14:07	04:42	
280	1075	Daniel Rocha	R5 Engineers	46:56	+14:07	04:42	
281	83	Evandro Amorim	Bosch Runners	46:56	+14:07	04:42	
282	788	Paulo Silva	Individual	46:56	+14:07	04:42	
283	206	PEDRO ALEXANDRE DA SILVA PALABRA	CR7 FITNESS CRUNCH AVEIRO	46:57	+14:08	04:42	
284	722	Filipe dinis	Individual	47:01	+14:12	04:42	
285	27	João Almada	ADT	47:03	+14:14	04:42	
286	1188	Tiago Matias	Individual	47:06	+14:17	04:43	
287	883	Luís Soares	Individual	47:10	+14:21	04:43	
288	698	Arsélio Santos	Individual	47:11	+14:22	04:43	
289	942	João Isidoro dos Santos	Individual	47:12	+14:23	04:43	
290	947	José Campos	Individual	47:16	+14:27	04:44	
291	855	Francisco Leite	Individual	47:17	+14:28	04:44	
292	552	Nuno Miguel Simões Santos	Individual	47:18	+14:29	04:44	
293	826	André Pacheco	Individual	47:20	+14:31	04:44	
294	397	Cláudia Videira	Individual	47:20	+14:31	04:44	
295	1050	Vitor Pais	Papagaios	47:22	+14:33	04:44	
296	353	Teresa Martins	HUT RUNNER'S AVEIRO	47:23	+14:34	04:44	
297	467	Carlos Domingues	Individual	47:26	+14:37	04:45	
298	200	AFONSO LISBOA	CR7 FITNESS CRUNCH AVEIRO	47:27	+14:38	04:45	
299	715	Elisio Reis	Individual	47:31	+14:42	04:45	
300	1129	Luís Nava	SBD	47:32	+14:43	04:45	
301	331	Hugo Sousa	Grupo Juvenil Pinheiro da Bemposta	47:34	+14:45	04:45	
302	329	António Martins	Grupo Juvenil Pinheiro da Bemposta	47:34	+14:45	04:45	
303	832	Armindo Bastos	Individual	47:35	+14:46	04:45	
304	357	Fábio Pizarro	Hut Runner's Aveiro	47:37	+14:48	04:46	
305	980	Luís "O Pirata" Santos	JuveRun Team	47:38	+14:49	04:46	
306	733	HUGO MOURÃO	Individual	47:40	+14:51	04:46	
307	968	Daniela Onofre	JOBRA	47:43	+14:54	04:46	
308	916	Ruy Magalhães	Individual	47:47	+14:58	04:47	
309	691	Álvaro Martín González	Individual	47:48	+14:59	04:47	
310	144	Manuela Nunes	Centro Atlético Póvoa Pacense - CENAP - Cacia	47:48	+14:59	04:47	
311	150	José Resende	Centro Atlético Póvoa Pacense - CENAP - Cacia	47:49	+15:00	04:47	
312	483	Diogo Miguel Oliveira Pontes	Individual	47:50	+15:01	04:47	

## PROVA PRINCIPAL - STAGE 1

## 10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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
313	177	MARISA JOÃO	Clube Atletismo de Ovar	47:50	+15:01	04:47	
314	917	Sandro Paulo Cardoso Soares	Individual	47:51	+15:02	04:47	
315	65	carla isabel santos	Barra B	47:51	+15:02	04:47	
316	1102	João Teixeira	Remax Universal	47:51	+15:02	04:47	
317	834	Bruno Marques	Individual	47:53	+15:04	04:47	
318	765	Luis Filipe Gordinho da Silva	Individual	47:54	+15:05	04:47	
319	1092	José Manuel P. Marinheiro	Remax Universal	47:55	+15:06	04:47	
320	275	João Pedro Matias	Espaço P	47:57	+15:08	04:48	
321	547	Miguel Duarte Rocha Pina	Individual	47:57	+15:08	04:48	
322	778	Nelson Silva	Individual	47:58	+15:09	04:48	
323	727	Frederico da Costa Barros	Individual	47:58	+15:09	04:48	
324	183	Maria Santos Rei	Correr Fermelã ACADOF	47:59	+15:10	04:48	
325	709	Daniel Pedrosa	Individual	47:59	+15:10	04:48	
326	419	Mariana Santos	Individual	48:00	+15:11	04:48	
327	583	Tiago Casimiro	Individual	48:01	+15:12	04:48	
328	890	Nuno Félix Almeida	Individual	48:01	+15:12	04:48	
329	175	Carlos Varum	Civilria	48:01	+15:12	04:48	
330	300	João Dono	Extrusal	48:02	+15:13	04:48	
331	694	Ângelo Capitão da Silva	Individual	48:02	+15:13	04:48	
332	116	Bruno Santos	CATEX 22.2	48:03	+15:14	04:48	
333	484	Diogo Ministro Ferreira	Individual	48:03	+15:14	04:48	
334	908	Ricardo Senos	Individual	48:04	+15:15	04:48	
335	368	Vitor Sencadas	Hut Runner's Aveiro	48:05	+15:16	04:48	
336	1141	Nuno Sarabando	Sport Club Paradela	48:06	+15:17	04:49	
337	242	Maribel Cardoso	DAR - Desportivo Atlético de Recardães	48:07	+15:18	04:49	
338	358	Hector Fernandes	Hut Runner's Aveiro	48:07	+15:18	04:49	
339	98	Manuel Santos	Caetano Baviera	48:08	+15:19	04:49	
340	189	Gonçalo Dias	Coutadinos	48:08	+15:19	04:49	
341	53	Valter Pereira Silva Rodrigues	Arroz de Carril	48:09	+15:20	04:49	
342	859	Hugo Neves	Individual	48:10	+15:21	04:49	
343	477	Diogo Bernardo	Individual	48:11	+15:22	04:49	
344	1039	Jorge Vilela	NAR-Nucleo de Atletismo de Requeixo	48:14	+15:25	04:49	
345	1074	Bruno Rocha	R5 Engineers	48:18	+15:29	04:50	
346	550	Miguel Vergas	Individual	48:18	+15:29	04:50	
347	828	António Lemos	Individual	48:18	+15:29	04:50	
348	745	João Miguel Neves	Individual	48:18	+15:29	04:50	
349	24	Rafael Castro	ADI	48:22	+15:33	04:50	
350	731	Hugo Cabral	Individual	48:22	+15:33	04:50	
351	793	Pedro Santos	Individual	48:26	+15:37	04:51	
352	316	Nuno Miguel Amaral Cardoso da Silva	Glicinias Plaza	48:26	+15:37	04:51	
353	637	Rita Marques	Individual	48:26	+15:37	04:51	
354	868	João Matos	Individual	48:30	+15:41	04:51	
355	699	Bruno Miguel Bernardes de Jesus	Individual	48:31	+15:42	04:51	
356	1012	Carla Susana Marques Fontoura	Luxaflex	48:38	+15:49	04:52	
357	446	José Manuel Ferreira Moreira	Individual	48:38	+15:49	04:52	



## 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
358	1201	Bernardo Fernandes	Individual	48:40	+15:51	04:52	
359	946	Joaquim da silva costa	Individual	48:44	+15:55	04:52	
360	1040	Paulo Jorge Simões da Silva	NAR-Nucleo de Atletismo de Requeixo	48:45	+15:56	04:52	
361	961	PEDRO ROCHA	Individual	48:47	+15:58	04:53	
362	829	António Luís Silva Martins	Individual	48:47	+15:58	04:53	
363	7	Luís Pessoa	5 de Outubro	48:47	+15:58	04:53	
364	779	Nuno Fernandes	Individual	48:49	+16:00	04:53	
365	534	Luís Dias	Individual	48:49	+16:00	04:53	
366	498	Francisco Martins	Individual	48:50	+16:01	04:53	
367	464	Camadias Chinabe	Individual	48:51	+16:02	04:53	
368	808	Senna Sales	Individual	48:51	+16:02	04:53	
369	801	Ricardo Oliveira	Individual	48:52	+16:03	04:53	
370	789	Paulo Tavares	Individual	48:54	+16:05	04:53	
371	554	Oscar José Vieira Almeida	Individual	48:56	+16:07	04:54	
372	813	Tiago Daniel Gonçalves dos Santos	Individual	48:57	+16:08	04:54	
373	1113	Ricardo Miguel Oliveira Neves	Reumáticos & Etc	49:01	+16:12	04:54	
374	837	Carlos Ferreira	Individual	49:01	+16:12	04:54	
375	1060	Rodrigo Redondeiro	Pesquito Team	49:02	+16:13	04:54	
376	696	Antonio Silva	Individual	49:06	+16:17	04:55	
377	226	Carlos Marques	CR7 FITNESS CRUNCH AVEIRO	49:07	+16:18	04:55	
378	343	Ricardo Figueira	Hot Waters	49:07	+16:18	04:55	
379	104	Joel Oliveira	CASA VERA CRUZ	49:08	+16:19	04:55	
380	1043	Nuno Velha	Nem velozes nem furiosos	49:09	+16:20	04:55	
381	790	Paulo Teixeira	Individual	49:09	+16:20	04:55	
382	1152	Eduarda Vinagre	Tainadas Run Team	49:09	+16:20	04:55	
383	1042	Nuno Santos	Nem velozes nem furiosos	49:10	+16:21	04:55	
384	1041	Miguel Areias	Nem velozes nem furiosos	49:10	+16:21	04:55	
385	367	Pedro Ruano de Castro	HUT RUNNER'S AVEIRO	49:11	+16:22	04:55	
386	274	Emanuel Tiago Santos Heleno	Espaço P	49:12	+16:23	04:55	
387	306	Manuel Trovisco	Glicínias Plaza	49:12	+16:23	04:55	
388	1120	Luís Ferreira	RM Runners	49:12	+16:23	04:55	
389	223	JOSÉ NUNES	CR7 FITNESS CRUNCH AVEIRO	49:13	+16:24	04:55	
390	748	João Paulo	Individual	49:18	+16:29	04:56	
391	106	Rui Miguel Rodrigues Xavier	CASCI	49:18	+16:29	04:56	
392	348	Daniel Carvalho	Hut Runner's Aveiro	49:20	+16:31	04:56	
393	105	João Pedro Rodrigues Xavier	CASCI	49:21	+16:32	04:56	
394	971	Paulo Açafão	JOVASE Trail Running	49:21	+16:32	04:56	
395	297	João Madail	Extrusal	49:21	+16:32	04:56	
396	291	Pedro Madail	Extrusal	49:21	+16:32	04:56	
397	960	Octavio Sergio Rodrigues Linhares	Individual	49:22	+16:33	04:56	
398	1067	Luís Mouro	primos	49:23	+16:34	04:56	
399	812	Stephen James Parker	Individual	49:23	+16:34	04:56	
400	585	Tiago Marcelino	Individual	49:24	+16:35	04:56	
401	1002	Pedro Alexandre Farreca Loureiro	Lacticoop	49:25	+16:36	04:56	
402	1170	António Amaral	Walk&Run4Fun	49:25	+16:36	04:57	
403	173	Diogo Barbosa	Civilria	49:27	+16:38	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 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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
404	839	CARLOS RODRIGUES	Individual	49:27	+16:38	04:57	
405	254	ANSELMO BAPTISTA	Diario Aveiro	49:28	+16:39	04:57	
406	312	Henrique Almeida	Glicinias Plaza	49:28	+16:39	04:57	
407	1112	Ricardo Miguel Ferreira Maia	Reumáticos & Etc	49:29	+16:40	04:57	
408	1038	Helder Jorge Ferreira Ribeiro	NAR-Nucleo de Atletismo de Requeixo	49:30	+16:41	04:57	
409	506	Guilherme Botelho Pereira	Individual	49:30	+16:41	04:57	
410	1045	Miguel Pimentel	oiarunners	49:36	+16:47	04:58	
411	850	Fernando Manuel Silva Mónica	Individual	49:38	+16:49	04:58	
412	1007	Micael Santos	Lobitos BikeTeam	49:39	+16:50	04:58	
413	978	João Caetano	Juverun Team	49:40	+16:51	04:58	
414	457	Ângelo Fonseca	Individual	49:40	+16:51	04:58	
415	775	Mário Gabriel Mendes Ferreira	Individual	49:41	+16:52	04:58	
416	975	Judite Resende	JuveRun Team	49:42	+16:53	04:58	
417	627	Lúcia Cândido	Individual	49:46	+16:57	04:59	
418	878	Julio junior	Individual	49:47	+16:58	04:59	
419	262	André Filipe dos Santos Rebelo	Eduart-Componentes Calçado.	49:48	+16:59	04:59	
420	1076	Carlos Neto	R5 Engineers	49:52	+17:03	04:59	
421	460	Bruno Figueiredo	Individual	49:54	+17:05	04:59	
422	766	Manuel ventura da Silva Marques	Individual	49:54	+17:05	04:59	
423	362	Tiago Baptista	Hut Runner's Aveiro	49:56	+17:07	05:00	
424	21	António Gonçalves	ADI	50:00	+17:11	05:00	
425	576	Rui Soares Carneiro	Individual	50:01	+17:12	05:00	
426	592	Tiago Vieira	Individual	50:01	+17:12	05:00	
427	881	Luis Ferreira	Individual	50:02	+17:13	05:00	
428	929	CARLOS ALBERTO FERREIRA	Individual	50:02	+17:13	05:00	
429	1111	José Francisco Silva Rodrigues	Reumáticos & Etc	50:02	+17:13	05:00	
430	1187	Jean François Rodrigues	Individual	50:03	+17:14	05:00	
431	347	Márcia Santos	Hut Runner's Aveiro	50:03	+17:14	05:00	
432	527	Júlio Tomás Gomes Teixeira	Individual	50:04	+17:15	05:00	
433	1106	Teresa Raquel Martins Pereira	Reumáticos & Etc	50:04	+17:15	05:00	
434	1010	Rogério Barreira	Lobitos BikeTeam	50:06	+17:17	05:01	
435	956	Mário Simões	Individual	50:07	+17:18	05:01	
436	71	Celso Coelho	BESJOGING	50:10	+17:21	05:01	
437	1008	Ricardo Santos	Lobitos BikeTeam	50:10	+17:21	05:01	
438	13	Vanessa Borja	ACADEMIA FERNANDA RIBEIRO	50:12	+17:23	05:01	
439	847	Fernando de Sousa	Individual	50:14	+17:25	05:01	
440	1052	Miguel Pinto	Papagaios	50:14	+17:25	05:01	
441	518	João Miguel Monteiro Encarnação	Individual	50:14	+17:25	05:01	
442	641	Sandra Mota	Individual	50:16	+17:27	05:02	
443	164	Aventino Lima	CFA, SROC, LDA.	50:17	+17:28	05:02	
444	528	Lucas Silva	Individual	50:19	+17:30	05:02	
445	1134	Vítor Fernandes	Sobrinhos do Ti Cristo	50:21	+17:32	05:02	
446	791	Pedro Marques	Individual	50:22	+17:33	05:02	
447	1205	Mario Moreira	Individual	50:23	+17:34	05:02	
448	564	Ricardo Daniel da Silva Melo	Individual	50:24	+17:35	05:02	
449	755	José Carlos Pereira Almeida	Individual	50:24	+17:35	05:02	

## 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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
450	844	Élio Figueiredo	Individual	50:37	+17:48	05:04	
451	996	Sergio Pinho	JuveRun Team	50:39	+17:50	05:04	
452	524	José Garrido	Individual	50:39	+17:50	05:04	
453	8	Luís Sampaio	5 de Outubro	50:39	+17:50	05:04	
454	22	Joel Pinheiro	ADI	50:44	+17:55	05:04	
455	473	David Araújo	Individual	50:44	+17:55	05:04	
456	201	André Lima	CR7 FITNESS CRUNCH AVEIRO	50:47	+17:58	05:05	
457	154	André Júlio	CFA, SROC, LDA.	50:51	+18:02	05:05	
458	768	Marco costa	Individual	50:52	+18:03	05:05	
459	1054	Sérgio Ferraz	Penta Clube da Covilhã	50:52	+18:03	05:05	
460	305	Paula Rocha	Nuno Troia	50:53	+18:04	05:05	
461	894	Paulo Cardoso	Individual	50:57	+18:08	05:06	
462	197	PATRICIA MARTINS	CR7 FITNESS CRUNCH AVEIRO	50:59	+18:10	05:06	
463	1011	Fernando Mineiro	Lobitos BikeTeam	51:00	+18:11	05:06	
464	307	Pedro Samuel Dias	Glicínias Plaza	51:01	+18:12	05:06	
465	295	João Marques	Extrusal	51:04	+18:15	05:06	
466	1006	Pedro Santos	Lobitos BikeTeam	51:04	+18:15	05:06	
467	1083	José Matos	RECREIO DESPORTIVO DE ÁGUEDA	51:07	+18:18	05:07	
468	468	Carlos Eduardo Pinto Rodrigues Pereira	Individual	51:07	+18:18	05:07	
469	492	Fábio Teixeira	Individual	51:07	+18:18	05:07	
470	1021	Tiago Rebelo	MCDonalds	51:08	+18:19	05:07	
471	879	Kara Melo	Individual	51:09	+18:20	05:07	
472	590	Tiago Silva	Individual	51:09	+18:20	05:07	
473	631	Mariana Pinho	Individual	51:10	+18:21	05:07	
474	516	João Daniel Vieira	Individual	51:11	+18:22	05:07	
475	360	Pedro Couto	HUT RUNNER'S AVEIRO	51:11	+18:22	05:07	
476	1146	Bruno Esteves	Supras	51:13	+18:24	05:07	
477	1123	Alexandra Calhau	Run The World	51:14	+18:25	05:07	
478	887	Miguel Gandara	Individual	51:14	+18:25	05:07	
479	512	João Alexandre Domingues Milheiro	Individual	51:14	+18:25	05:07	
480	1127	jacqueline Fernandes	Run The World	51:15	+18:26	05:07	
481	537	Luis Oliveira	Individual	51:16	+18:27	05:08	
482	661	Cristina Coelho	Individual	51:16	+18:27	05:08	
483	845	Manuel Tavares	Individual	51:16	+18:27	05:08	
484	370	Marcos Oliveira	Hut Runner's Aveiro	51:17	+18:28	05:08	
485	355	Maria Melo	Hut Runner's Aveiro	51:17	+18:28	05:08	
486	475	David José Valério Barbosa Pereira	Individual	51:18	+18:29	05:08	
487	802	Ricardo Ramos	Individual	51:19	+18:30	05:08	
488	647	Sónia Isabel Gomes RAMOS	Individual	51:19	+18:30	05:08	
489	777	Miguel Ribeiro	Individual	51:19	+18:30	05:08	
490	954	Manuel Pina	Individual	51:19	+18:30	05:08	
491	4	Luís Dias	10 A	51:20	+18:31	05:08	
492	3	Maria Varandas	10 A	51:20	+18:31	05:08	
493	656	Aurora Pires	Individual	51:21	+18:32	05:08	
494	734	Jorge Manuel Alexandre	Individual	51:21	+18:32	05:08	

**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

**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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
495	1147	Hugo Miguel Castro Laranjeira	Supras	51:22	+18:33	05:08	
496	1148	João Esteves	Supras	51:22	+18:33	05:08	
497	240	Elizabeth Lopes	DAR - Desportivo atlético de Recardães	51:22	+18:33	05:08	
498	519	João Nuno Monteiro	Individual	51:27	+18:38	05:09	
499	458	Bruno André Silva Santos	Individual	51:30	+18:41	05:09	
500	485	Edgar Silva	Individual	51:31	+18:42	05:09	
501	1051	Miguel Marques	Papagaios	51:33	+18:44	05:09	
502	1068	António Moreira	Pura Terra / Febol	51:35	+18:46	05:09	
503	63	Fábio Branco	As mesmas de sempre mais o corredor	51:35	+18:46	05:09	
504	910	Rogério Santos	Individual	51:35	+18:46	05:10	
505	606	Ana Rita Esteves Martins dos Santos	Individual	51:35	+18:46	05:10	
506	31	Luís Rocha	Ala Direita	51:36	+18:47	05:10	
507	330	Carlos Teixeira	Grupo Juvenil Pinheiro da Bemposta	51:36	+18:47	05:10	
508	1189	Tiago Peixinho	Individual	51:36	+18:47	05:10	
509	30	José Rocha	Ala Direita	51:37	+18:48	05:10	
510	168	Agostinho Boulhosa	Civilria	51:39	+18:50	05:10	
511	596	Vitor Rangel	Individual	51:40	+18:51	05:10	
512	874	José Oliveira	Individual	51:41	+18:52	05:10	
513	91	Rakell Santos	C.D.C. Paradela do Vouga	51:42	+18:53	05:10	
514	718	Fabio Pitarma Matos	Individual	51:43	+18:54	05:10	
515	909	Ricardo Ventura da Cruz	Individual	51:43	+18:54	05:10	
516	503	Gonçalo Lourenço da Silva	Individual	51:45	+18:56	05:10	
517	1153	Rosabell Santos	Tainadas Run Team	51:45	+18:56	05:11	
518	328	Amândio Silva	Grupo Juvenil Pinheiro da Bemposta	51:48	+18:59	05:11	
519	531	Luís Carlos Antunes Moreno	Individual	51:49	+19:00	05:11	
520	1204	Cecile Ang	Individual	51:50	+19:01	05:11	
521	784	Patrick Mendonça	Individual	51:50	+19:01	05:11	
522	742	João Ladeira	Individual	51:52	+19:03	05:11	
523	253	SANDRA CARVALHO	Diario Aveiro	51:52	+19:03	05:11	
524	318	José Marques	GM TEAM	51:55	+19:06	05:11	
525	634	Nádia Rocha	Individual	51:55	+19:06	05:12	
526	736	João António dos Santos	Individual	51:55	+19:06	05:12	
527	440	Sónia Rodrigues	Individual	51:57	+19:08	05:12	
528	988	Jean Rocha	JuveRun Team	52:02	+19:13	05:12	
529	597	Wagner Jose Sousa da Silva	Individual	52:03	+19:14	05:12	
530	905	Pedro Manuel Almeida	Individual	52:03	+19:14	05:12	
531	977	Élton "Capitão Cueca" Rocha	JuveRun Team	52:06	+19:17	05:13	
532	621	Florabela Araujo	Individual	52:07	+19:18	05:13	
533	667	Ines Almeida	Individual	52:07	+19:18	05:13	
534	28	Susana Cerqueira	Agarrados ao btt irbal	52:08	+19:19	05:13	
535	418	Mariana Pedro Ferreira Novais	Individual	52:09	+19:20	05:13	
536	437	Sara Maria Rocha Resende	Individual	52:09	+19:20	05:13	
537	410	Luana Ferreira	Individual	52:09	+19:20	05:13	
538	660	Celeste Dias	Individual	52:09	+19:20	05:13	
539	966	Carina Gouveia	JOBRA	52:09	+19:20	05:13	

**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 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

<b>RANK</b>	<b>BIB</b>	<b>NAME</b>	<b>TEAM</b>	<b>RESULT</b>	<b>DIFF</b>	<b>t/KM</b>	<b>CARD</b>
540	388	Andreia leal pereira	Individual	52:10	+19:21	05:13	
541	461	Bruno Filipe Afonso Amaral	Individual	52:14	+19:25	05:13	
542	987	Gruzé de Jesus	JuveRun Team	52:15	+19:26	05:14	
543	827	ANDRE PEÑA TÁVORA	Individual	52:17	+19:28	05:14	
544	351	Pedro Branco	Hut Runner's Aveiro	52:23	+19:34	05:14	
545	2	José Fernando Mendes dos Santos	..	52:25	+19:36	05:14	
546	26	Susana Flores	ADREP	52:25	+19:36	05:15	
547	951	Luís António Jesus Carvalheiro	Individual	52:26	+19:37	05:15	
548	14	Luis Novo	ACAIL GAS	52:28	+19:39	05:15	
549	218	HELENA AMARO	CR7 FITNESS CRUNCH AVEIRO	52:30	+19:41	05:15	
550	1177	Rui Rebelo	WeGoRun	52:34	+19:45	05:15	
551	412	Maria Dono	Individual	52:34	+19:45	05:15	
552	496	Francisco Dantas	Individual	52:35	+19:46	05:15	
553	762	Luís Alves	Individual	52:35	+19:46	05:15	
554	66	José Tavares	Barra B	52:36	+19:47	05:16	
555	382	Ana Margarida Gonçalves Batista	Individual	52:36	+19:47	05:16	
556	1029	Hugo Matos	MOTOROLA	52:39	+19:50	05:16	
557	517	João Génio	Individual	52:43	+19:54	05:16	
558	853	Filipe Rocha	Individual	52:43	+19:54	05:16	
559	1066	Gustavo Vasconcelos	primos	52:43	+19:54	05:16	
560	1131	César Silvestre	Silvestres	52:45	+19:56	05:16	
561	278	Gabriel Sued	EVOXFIT	52:47	+19:58	05:17	
562	1105	Rui Fartura	Remax Universal	52:52	+20:03	05:17	
563	441	Tânia Julião	Individual	52:52	+20:03	05:17	
564	50	António Manuel de Pinho Geraldes	Arroz de Carril	52:52	+20:03	05:17	
565	462	Bruno Pinto Domingues	Individual	52:53	+20:04	05:17	
566	1014	Diana Menino	M&M	52:54	+20:05	05:17	
567	1101	Francisco Sarmento	Remax Universal	52:54	+20:05	05:17	
568	336	David Rodrigues	Hot Waters	53:02	+20:13	05:18	
569	884	Manuel Romeiro	Individual	53:02	+20:13	05:18	
570	341	Eurico Couto	Hot Waters	53:02	+20:13	05:18	
571	508	Hélio José Lopes Seixas	Individual	53:08	+20:19	05:19	
572	575	Rui Jesus	Individual	53:14	+20:25	05:19	
573	673	Maria Miguel Galhardo	Individual	53:20	+20:31	05:20	
574	941	João Capelôa	Individual	53:23	+20:34	05:20	
575	533	Luís Coutinho	Individual	53:23	+20:34	05:20	
576	68	Orlando Batina	Batina Raicng	53:23	+20:34	05:20	
577	953	Manuel Matos	Individual	53:24	+20:35	05:20	
578	836	Carlos Couto	Individual	53:27	+20:38	05:21	
579	1133	Miguel Silva	Sobrinhos do Ti Cristo	53:27	+20:38	05:21	
580	875	Jose Pedro Ribeiro Pereira	Individual	53:29	+20:40	05:21	
581	229	Albano Torres	CR7 FITNESS CRUNCH AVEIRO	53:31	+20:42	05:21	
582	615	Catarina fernandes	Individual	53:32	+20:43	05:21	
583	924	António Apoli'nario Silva Carvalho Saraiva	Individual	53:33	+20:44	05:21	
584	62	Paulo Viana	ARSENAL DE CANELAS	53:34	+20:45	05:21	

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 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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
585	816	Tiago Santiago	Individual	53:34	+20:45	05:21	
586	553	Nuno Oliveira	Individual	53:35	+20:46	05:22	
587	1016	Ana Bontempo	MarquesCartaxo X Bontempo	53:36	+20:47	05:22	
588	964	Reinaldo Manuel Rodrigues Rocha	Individual	53:38	+20:49	05:22	
589	948	José Luís Oliveira Alves	Individual	53:40	+20:51	05:22	
590	893	Paulo Bela	Individual	53:41	+20:52	05:22	
591	393	Catarina Mota	Individual	53:42	+20:53	05:22	
592	1018	David Cartaxo	MarquesCartaxo X Bontempo	53:42	+20:53	05:22	
593	117	Eurico Pinto	CATEX 22.2	53:42	+20:53	05:22	
594	113	Mauro Alves	CATEX 22.2	53:43	+20:54	05:22	
595	580	Oriana Marques	Individual	53:43	+20:54	05:22	
596	118	Hugo Chaves	CATEX 22.2	53:45	+20:56	05:23	
597	23	Pedro Miguel Estima da Costa	ADI	53:45	+20:56	05:23	
598	119	João Andrade	CATEX 22.2	53:45	+20:56	05:23	
599	114	Anselmo Marques	CATEX 22.2	53:46	+20:57	05:23	
600	586	Tiago Morais	Individual	53:51	+21:02	05:23	
601	926	ANTONIO TEIXEIRA	Individual	53:56	+21:07	05:24	
602	932	Carlos Barroso	Individual	53:58	+21:09	05:24	
603	480	Diogo Filipe Pereira Martins	Individual	54:01	+21:12	05:24	
604	115	Bruno Pinto	CATEX 22.2	54:02	+21:13	05:24	
605	265	Elisabete Maria Soutulho Coelho Alves	Embarca Running	54:04	+21:15	05:24	
606	266	Vítor Manuel Dias Gonçalves	Embarca Running	54:04	+21:15	05:24	
607	600	Ana Luísa Marta	Individual	54:04	+21:15	05:24	
608	126	Carlos Alexandre Ferreira Figueiredo	CDCamarneira	54:07	+21:18	05:25	
609	128	Pedro Alexandre Baptista Lusitano	CDCamarneira	54:07	+21:18	05:25	
610	782	Nuno Ribeiro	Individual	54:08	+21:19	05:25	
611	619	Cláudia Silva	Individual	54:08	+21:19	05:25	
612	759	Jose Miguel Felix ferreira	Individual	54:08	+21:19	05:25	
613	578	Sergio Miguel	Individual	54:09	+21:20	05:25	
614	1136	Hugo Sa	Sobrinhos do Ti Cristo	54:09	+21:20	05:25	
615	1137	José Gonçalves	Sobrinhos do Ti Cristo	54:09	+21:20	05:25	
616	1135	Ze "Nights"	Sobrinhos do Ti Cristo	54:09	+21:20	05:25	
617	1132	Carlos Cunha	Sobrinhos do Ti Cristo	54:09	+21:20	05:25	
618	489	Fábio Martins	Individual	54:09	+21:20	05:25	
619	1087	Jorge Girão	Rei e Príncipes	54:10	+21:21	05:25	
620	785	Paulo Alves	Individual	54:10	+21:21	05:25	
621	557	Pedro Eduardo Almeida	Individual	54:14	+21:25	05:25	
622	744	João Martins	Individual	54:14	+21:25	05:25	
623	363	Álvaro Barbosa	HUT RUNNER'S AVEIRO	54:15	+21:26	05:26	
624	77	Mariana Coelho	Montanha Clube Trail Running / EFAPEL	54:17	+21:28	05:26	
625	657	Brigite Clemente	Individual	54:17	+21:28	05:26	
626	873	Nuno Clemente	Individual	54:17	+21:28	05:26	
627	927	Armindo Ferreira Dias	Individual	54:18	+21:29	05:26	
628	728	Gil Rodrigues	Individual	54:18	+21:29	05:26	
629	194	FILIPA JOAO DIAS DA SILVA	CR7 FITNESS CRUNCH AVEIRO	54:22	+21:33	05:26	





## PROVA PRINCIPAL - STAGE 1

10 KM

### OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
674	32	Ana Alves	Alves Costa	55:54	+23:05	05:35	
675	906	Ricardo Dinis Marques da Fonte	Individual	55:55	+23:06	05:35	
676	649	Sónia Oliveira	Individual	55:56	+23:07	05:36	
677	979	José santos	JuveRun Team	55:57	+23:08	05:36	
678	618	Cláudia Griné	Individual	55:58	+23:09	05:36	
679	716	Emanuel Freitas	Individual	55:59	+23:10	05:36	
680	689	Paula Oliveira	Individual	56:04	+23:15	05:36	
681	858	Hugo Morais	Individual	56:06	+23:17	05:37	
682	821	Adriano Carreira	Individual	56:06	+23:17	05:37	
683	888	Nel Zola	Individual	56:06	+23:17	05:37	
684	1145	Paulo Vieira	Sporting Clube Vila Maria	56:09	+23:20	05:37	
685	636	Raissa Rocha	Individual	56:09	+23:20	05:37	
686	1097	Marta Mateus	Remax Universal	56:09	+23:20	05:37	
687	1046	EDUARDO CYSNE	OS CYSNES	56:10	+23:21	05:37	
688	344	Ana Madalena	HUT RUNNER'S AVEIRO	56:14	+23:25	05:37	
689	1130	Cristina Silvestre	Silvestres	56:18	+23:29	05:38	
690	1121	Ricardo Mingatos	RM Runners	56:21	+23:32	05:38	
691	624	IZABEL COSTA	Individual	56:22	+23:33	05:38	
692	59	Anabela Machado	ARSENAL DE CANELAS	56:25	+23:36	05:38	
693	684	Elisabete Silva	Individual	56:26	+23:37	05:39	
694	945	Joaquim Anselmo	Individual	56:27	+23:38	05:39	
695	406	Iara Vidal Vinagre	Individual	56:27	+23:38	05:39	
696	610	Ana Sofia Vidal Picado	Individual	56:27	+23:38	05:39	
697	869	João Silva	Individual	56:28	+23:39	05:39	
698	863	João Ferreira	Individual	56:29	+23:40	05:39	
699	1193	Daniel Silva	Individual	56:30	+23:41	05:39	
700	172	Renato França	Civilria	56:32	+23:43	05:39	
701	391	Beatriz Santos Alves Ferreira	Individual	56:39	+23:50	05:40	
702	490	Fabio Oliveira	Individual	56:40	+23:51	05:40	
703	919	Valter Ferreira	Individual	56:41	+23:52	05:40	
704	758	José Génio	Individual	56:41	+23:52	05:40	
705	866	João Génio	Individual	56:42	+23:53	05:40	
706	738	JOÃO BARROS	Individual	56:42	+23:53	05:40	
707	143	Luis Pereira	Censi_run	56:45	+23:56	05:40	
708	230	ARTUR TORRES	CR7 FITNESS CRUNCH AVEIRO	56:45	+23:56	05:41	
709	493	Filipe Henriques Ferreira da Rocha	Individual	56:49	+24:00	05:41	
710	688	Maria Aurora Bernardo Henriques	Individual	56:49	+24:00	05:41	
711	435	Sabrina Alexandra Teixeira Cavadas	Individual	56:51	+24:02	05:41	
712	629	Margarida Rosa	Individual	56:51	+24:02	05:41	
713	925	António Manuel de Jesus Moitalta	Individual	56:51	+24:02	05:41	
714	944	Joaquim Amieiro	Individual	56:52	+24:03	05:41	
715	142	Maria Conceição Costa Simões 02.08.1973	Censi_run	56:54	+24:05	05:41	
716	158	João Coimbra	CFA, SROC, LDA.	56:57	+24:08	05:42	
717	1063	Sara Duarte Goncalves Gomes	porpol rain	57:00	+24:11	05:42	
718	1064	Bernardo Duarte Goncalves Gomes	porpol rain	57:00	+24:11	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
719	957	Martyn Pillinger	Individual	57:02	+24:13	05:42	
720	456	Andrés Vieira	Individual	57:03	+24:14	05:42	
721	712	Diogo Amaral	Individual	57:03	+24:14	05:42	
722	95	Gonçalo Estima	Caetano Baviera	57:04	+24:15	05:42	
723	655	Ângela Clemente	Individual	57:05	+24:16	05:43	
724	45	Pedro Duarte Macedo Afonso	ArquiPedros	57:06	+24:17	05:43	
725	263	Eduardo Tavares Rebelo	Eduart-Componentes Calçado.	57:13	+24:24	05:43	
726	1124	Carla Oliveira	Run The World	57:16	+24:27	05:44	
727	1200	Eduardo Neira	Individual	57:18	+24:29	05:44	
728	352	Pedro Santos	Hut Runner's Aveiro	57:23	+24:34	05:44	
729	1181	Ricardo Ferreira	XPTO	57:23	+24:34	05:44	
730	86	Ricardo Branco	BRANCOS	57:23	+24:34	05:44	
731	652	Ana Margarida Cunha	Individual	57:23	+24:34	05:44	
732	162	Anabela Leite	CFA, SROC, LDA.	57:24	+24:35	05:44	
733	659	Carolina Pereira	Individual	57:24	+24:35	05:44	
734	87	José Branco	BRANCOS	57:24	+24:35	05:44	
735	290	Catarina Marques	Extrusal	57:24	+24:35	05:44	
736	1199	José Nuno Carvalho	Individual	57:27	+24:38	05:45	
737	825	André Luz Silva	Individual	57:29	+24:40	05:45	
738	706	Cleber Alves Antunes	Individual	57:34	+24:45	05:45	
739	690	Paulina Conde Teixeira	Individual	57:36	+24:47	05:46	
740	1173	Pedro Marques	Walkandrun-we run	57:36	+24:47	05:46	
741	849	Fernando Manuel Pinto Laia	Individual	57:37	+24:48	05:46	
742	1175	Luis Santos	WeGoRun	57:39	+24:50	05:46	
743	1176	Rui Oliveira	WeGoRun	57:39	+24:50	05:46	
744	1053	Patrícia Marcelo	Penta Clube da Covilhã	57:39	+24:50	05:46	
745	345	Cátia Albuquerque	Hut Runner's Aveiro	57:40	+24:51	05:46	
746	1172	José Lopes	Walk&Run4Fun	57:41	+24:52	05:46	
747	950	Luís Afonso Araújo de Pina	Individual	57:44	+24:55	05:46	
748	556	Pedro Cunha	Individual	57:49	+25:00	05:47	
749	394	Catarina Ribeiro Saraiva	Individual	57:50	+25:01	05:47	
750	669	Joana Tavares	Individual	57:50	+25:01	05:47	
751	1048	ALEXANDRE CYSNE	OS CYSNES	57:51	+25:02	05:47	
752	811	Sérgio Vinagre	Individual	57:51	+25:02	05:47	
753	42	Marta Cardoso	ARESTAL TEAM	57:54	+25:05	05:47	
754	43	Helena Silva	ARESTAL TEAM	57:55	+25:06	05:48	
755	448	Alexandre Daniel Tavares Dias	Individual	58:02	+25:13	05:48	
756	1159	João Jorge Marques Laranjeiro	Uma espécie de atleta	58:05	+25:16	05:49	
757	1160	Sérgio Carlos	Uma espécie de atleta	58:06	+25:17	05:49	
758	1194	kristian Borda	Individual	58:15	+25:26	05:50	
759	288	Francisco Boia	Extrusal	58:15	+25:26	05:50	
760	959	Nuno Borrhalho	Individual	58:17	+25:28	05:50	
761	333	Dinora Bastos	Happy Mind	58:20	+25:31	05:50	
762	1117	Ricardo Guerra	Ricky e Tininha	58:22	+25:33	05:50	
763	192	Ana Cravo	CR7 FITNESS CRUNCH AVEIRO	58:23	+25:34	05:50	
764	1022	Jonathan Colas	MCDonalds	58:24	+25:35	05:50	

## 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 - 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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
765	1019	Pedro Bontempo	MarquesCartaxo X Bontempo	58:24	+25:35	05:50	
766	686	Ludovina De Oliveira Ribeiro	Individual	58:24	+25:35	05:50	
767	997	Jorge Manuel dos Santos Neto	JuveRun Team	58:25	+25:36	05:50	
768	403	Filipa Ferreira	Individual	58:28	+25:39	05:51	
769	1020	Nuno Rocha	MCDonalds	58:30	+25:41	05:51	
770	620	Eva Morais	Individual	58:31	+25:42	05:51	
771	422	Marta Oliveira Diogo	Individual	58:31	+25:42	05:51	
772	1035	Clarisse Maria Morgado Flamengo Fonseca	NAR-Nucleo de Atletismo de Requeixo	58:32	+25:43	05:51	
773	632	Mariana Ribeiro	Individual	58:33	+25:44	05:51	
774	882	Luís Lourenço	Individual	58:33	+25:44	05:51	
775	165	João Paulo Marques	CFA, SROC, LDA.	58:35	+25:46	05:52	
776	622	Helena Pires	Individual	58:36	+25:47	05:52	
777	797	Rafael Santos	Individual	58:36	+25:47	05:52	
778	211	KELLY YELITZA CORREDOR PEREZ	CR7 FITNESS CRUNCH AVEIRO	58:37	+25:48	05:52	
779	224	JOSE SIMÕES	CR7 FITNESS CRUNCH AVEIRO	58:37	+25:48	05:52	
780	644	Sara Santos	Individual	58:42	+25:53	05:52	
781	402	Elena Bandt	Individual	58:46	+25:57	05:53	
782	973	Diana Ramalho	JuveRun Team	58:50	+26:01	05:53	
783	985	Maria Clara Domingues Prior Neto	JuveRun Team	59:00	+26:11	05:54	
784	100	Pedro Jorge	Carro Vassoura	59:00	+26:11	05:54	
785	1	Ribau Esteves	Individual	59:01	+26:12	05:54	
786	296	Rafael Almeida	Extrusal	59:02	+26:13	05:54	
787	1207	Bavieche Samgi	Individual	59:03	+26:14	05:54	
788	679	Sandra Neves	Individual	59:11	+26:22	05:55	
789	648	Sónia Marisa Marques Almeida	Individual	59:12	+26:23	05:55	
790	609	Ana Sofia José Montez	Individual	59:12	+26:23	05:55	
791	668	Inês Ferreira	Individual	59:13	+26:24	05:55	
792	510	Henrique Rocha de Moura	Individual	59:20	+26:31	05:56	
793	584	Tiago Gonçalves	Individual	59:20	+26:31	05:56	
794	559	Rafael Almeida	Individual	59:20	+26:31	05:56	
795	918	SÉRGIO MANUEL DOS SANTOS OLIVEIRA	Individual	59:23	+26:34	05:56	
796	334	Miguel Gorgulho	Happy Mind	59:23	+26:34	05:56	
797	1062	Katarzyna Pozniak	porpol rain	59:23	+26:34	05:56	
798	315	José Alexandre Ferreira da Silva	Glicinias Plaza	59:23	+26:34	05:56	
799	212	LIDIA DA SILVA PINHO	CR7 FITNESS CRUNCH AVEIRO	59:24	+26:35	05:56	
800	1065	Przemyslaw Pozniak	porpol rain	59:24	+26:35	05:56	
801	614	Carla Cristina Filipe Sérvolo Brás	Individual	59:26	+26:37	05:57	
802	38	José Rego	ARCO RUNNING TEAM	59:27	+26:38	05:57	
803	332	PAULO RAMOS	Grupo Juvenil Pinheiro da Bemposta	59:32	+26:43	05:57	
804	705	Carlos Pereira	Individual	59:39	+26:50	05:58	
805	625	Lidia Ladeira Antunes	Individual	59:41	+26:52	05:58	
806	427	Nataliya Kovalska	Individual	59:42	+26:53	05:58	
807	125	Sónia Cristina de Oliveira Pinho	CDCamarneira	59:43	+26:54	05:58	
808	520	João Paulo Alves Coelho da Silva	Individual	59:47	+26:58	05:59	

**PROVA PRINCIPAL - STAGE 1**
**10 KM**
**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
809	327	Rui Fernandes	Grupo Desportivo Eixense	59:50	+27:01	05:59	
810	613	Carina Isabel Filipe Sérvolo	Individual	59:51	+27:02	05:59	
811	984	Isabel Neno	JuveRun Team	59:55	+27:06	06:00	
812	1005	Fábio Alves Faneca	Lobitos BikeTeam	59:56	+27:07	06:00	
813	665	Fernanda Soares	Individual	59:57	+27:08	06:00	
814	181	Andreia Afonso	Correr Fermelã ACADOF	01:00:02	+27:13	06:00	
815	182	Catarina Resende	Correr Fermelã ACADOF	01:00:04	+27:15	06:00	
816	429	Patrícia Francisco	Individual	01:00:10	+27:21	06:01	
817	562	Renato Machado	Individual	01:00:14	+27:25	06:01	
818	381	Ana Jorge	Individual	01:00:14	+27:25	06:01	
819	572	Rodrigo Tavares Ribeiro	Individual	01:00:17	+27:28	06:02	
820	384	Ana Miguel da Silva Loureiro	Individual	01:00:18	+27:29	06:02	
821	96	Gonçalo Pedrosa Pinto	Caetano Baviera	01:00:18	+27:29	06:02	
822	97	Pedro Manuel Pedrosa Pinto	Caetano Baviera	01:00:19	+27:30	06:02	
823	199	Taina Costa	CR7 FITNESS CRUNCH AVEIRO	01:00:19	+27:30	06:02	
824	974	Joana Rodrigues	JuveRun Team	01:00:23	+27:34	06:02	
825	1086	Hernâni Amaral	Rei e Príncipes	01:00:24	+27:35	06:02	
826	1085	Carlos Alves	Rei e Príncipes	01:00:25	+27:36	06:03	
827	294	Henrique Tavares	Extrusal	01:00:26	+27:37	06:03	
828	136	Sandra cristina gomes pereira	Censi_run	01:00:26	+27:37	06:03	
829	1036	Judite Dias	NAR-Nucleo de Atletismo de Requeixo	01:00:30	+27:41	06:03	
830	6	Hugo Sousa	5 de Outubro	01:00:33	+27:44	06:03	
831	135	Patrícia Miranda	Censi_run	01:00:35	+27:46	06:03	
832	9	Pedro Miranda	5 de Outubro	01:00:36	+27:47	06:04	
833	376	Alexandra Santos	Individual	01:00:37	+27:48	06:04	
834	670	Juliana dos Santos Garbayo	Individual	01:00:38	+27:49	06:04	
835	255	PEDRO TEIXEIRA	Diario Aveiro	01:00:48	+27:59	06:05	
836	417	Mariana Nunes	Individual	01:00:52	+28:03	06:05	
837	399	Daniela Valente	Individual	01:00:54	+28:05	06:05	
838	786	Paulo Nuno Gabriel Matos	Individual	01:00:57	+28:08	06:06	
839	121	Tiago cruz	CATEX 22.2	01:00:57	+28:08	06:06	
840	653	Ana Rita Batista	Individual	01:00:57	+28:08	06:06	
841	635	Otilia Maria Neves Rodrigues	Individual	01:00:58	+28:09	06:06	
842	452	André Fernandes	Individual	01:00:59	+28:10	06:06	
843	1196	Stephen Estima Sampaio	Individual	01:00:59	+28:10	06:06	
844	284	Mário Lobeiro	EVOXFIT	01:01:00	+28:11	06:06	
845	374	Rosa Rocha	Ilhavsos Runners	01:01:18	+28:29	06:08	
846	81	Vânia Costa	Montanha Clube Trail Running / EFAPEL	01:01:19	+28:30	06:08	
847	425	Micaela Simões	Individual	01:01:20	+28:31	06:08	
848	504	Gonçalo Pimentel	Individual	01:01:20	+28:31	06:08	
849	431	Paula Santos	Individual	01:01:21	+28:32	06:08	
850	579	Simão Mariano	Individual	01:01:23	+28:34	06:08	
851	551	Nuno Miguel Pereira Alves Coimbra	Individual	01:01:26	+28:37	06:09	
852	646	Sílvia Joana Bidarra Santos Lourenço	Individual	01:01:27	+28:38	06:09	
853	730	Gonçalo Melo da Cruz Lourenço	Individual	01:01:27	+28:38	06:09	

**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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
854	1198	Rui Miguel Campos	Individual	01:01:32	+28:43	06:09	
855	1197	Joao Rui Sousa Campos	Individual	01:01:33	+28:44	06:09	
856	803	Rui Duarte Oliveira Pinto	Individual	01:01:33	+28:44	06:09	
857	818	Tiago Teixeira	Individual	01:01:33	+28:44	06:09	
858	1072	Élio Maia	R5 Engineers	01:01:40	+28:51	06:10	
859	772	Marco Paulo	Individual	01:01:42	+28:53	06:10	
860	1089	Guilherme Pimentel	Remax Universal	01:01:43	+28:54	06:10	
861	522	João Samuel Ferreira da Silva	Individual	01:01:48	+28:59	06:11	
862	885	Marcello Costa	Individual	01:01:50	+29:01	06:11	
863	124	Ana Bela Pedro	CDCamarneira	01:01:53	+29:04	06:11	
864	1126	ana filipa rodrigues freire	Run The World	01:02:01	+29:12	06:12	
865	857	Hugo Costa	Individual	01:02:05	+29:16	06:12	
866	1174	Gleverson Carvalho	WeGoRun	01:02:13	+29:24	06:13	
867	1055	Maria Carolina	PERALM	01:02:15	+29:26	06:13	
868	56	Júlio Souto	ARSENAL DE CANELAS	01:02:18	+29:29	06:14	
869	405	Iara Teixeira	Individual	01:02:19	+29:30	06:14	
870	279	Lucas Silva	EVOXFIT	01:02:22	+29:33	06:14	
871	400	Dina Raimundo	Individual	01:02:30	+29:41	06:15	
872	408	Inês Paulo Rato	Individual	01:02:30	+29:41	06:15	
873	138	Aida Raquel Ferreira de Almeida	Censi_run	01:02:32	+29:43	06:15	
874	1104	Nuno Filipe Tavares Madail	Remax Universal	01:02:35	+29:46	06:15	
875	210	Claudia Alves	CR7 FITNESS CRUNCH AVEIRO	01:02:38	+29:49	06:16	
876	133	José Carlos Marques dos Santos	CDS BERNARDO	01:02:45	+29:56	06:17	
877	695	ANTONIO CARLOS DOS SANTOS FILHO	Individual	01:02:45	+29:56	06:17	
878	833	Artur Jorge Cristino de Oliveira	Individual	01:02:47	+29:58	06:17	
879	935	César Faustino da Silva Bastos	Individual	01:02:54	+30:05	06:17	
880	824	André Antunes	Individual	01:03:02	+30:13	06:18	
881	1047	MARIA ELISA DE JESUS MOREIRA CYSNE	OS CYSNES	01:03:02	+30:13	06:18	
882	390	Beatriz Loureiro	Individual	01:03:02	+30:13	06:18	
883	411	Manuella Dantas Alves	Individual	01:03:06	+30:17	06:19	
884	640	SANDRA CRISTINA MORAIS COSTA	Individual	01:03:09	+30:20	06:19	
885	599	Ana Luísa Bastos Santos	Individual	01:03:10	+30:21	06:19	
886	1183	Vânia Freitas	Xucros	01:03:12	+30:23	06:19	
887	729	Gonçalo Almeida	Individual	01:03:18	+30:29	06:20	
888	55	José Souto	ARSENAL DE CANELAS	01:03:19	+30:30	06:20	
889	428	Oriana Silva	Individual	01:03:23	+30:34	06:20	
890	40	Luís Almeida	ARCO RUNNING TEAM	01:03:23	+30:34	06:20	
891	651	Susana Isabel Ferreira Ganito	Individual	01:03:24	+30:35	06:20	
892	700	Bruno Santos	Individual	01:03:24	+30:35	06:20	
893	209	Catarina Isidoro	CR7 FITNESS CRUNCH AVEIRO	01:03:25	+30:36	06:20	
894	593	Tibério Baptista	Individual	01:03:26	+30:37	06:21	
895	678	Sandra Bargão	Individual	01:03:30	+30:41	06:21	
896	268	Ervin Triana	Emeteclass	01:03:37	+30:48	06:22	
897	1024	Sérgio Nogueira	MCDonalds	01:03:39	+30:50	06:22	



**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 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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
898	1171	Carlos Rodrigues	Walk&Run4Fun	01:03:41	+30:52	06:22	
899	231	JOSÉ Barreiro	CR7 FITNESS CRUNCH AVEIRO	01:03:54	+31:05	06:23	
900	407	Inês Junqueira	Individual	01:03:57	+31:08	06:24	
901	463	Bruno Teixeira	Individual	01:04:02	+31:13	06:24	
902	438	Sara Pinho	Individual	01:04:11	+31:22	06:25	
903	616	Catarina Pereira Creoulo	Individual	01:04:12	+31:23	06:25	
904	671	Lígia Maria Lourenço Martins Veloso	Individual	01:04:12	+31:23	06:25	
905	401	Dora Almeida	Individual	01:04:22	+31:33	06:26	
906	451	André Bastos Coelho	Individual	01:04:23	+31:34	06:26	
907	424	Micaela Morgado	Individual	01:04:23	+31:34	06:26	
908	912	Rui silva	Individual	01:04:25	+31:36	06:26	
909	270	Ana Matias	Espaço P	01:04:25	+31:36	06:27	
910	271	Rute Domingues	Espaço P	01:04:25	+31:36	06:27	
911	630	Maria Teresa Lopes Martins	Individual	01:04:26	+31:37	06:27	
912	1158	José Carlos Trindade	Tribalistas de Aveiro	01:04:26	+31:37	06:27	
913	1157	Paulo Antunes	Tribalistas de Aveiro	01:04:26	+31:37	06:27	
914	386	Ana Silva	Individual	01:04:29	+31:40	06:27	
915	532	Luís Castro	Individual	01:04:29	+31:40	06:27	
916	472	Daniel Ferraz	Individual	01:04:31	+31:42	06:27	
917	404	Francisca Almeida	Individual	01:04:33	+31:44	06:27	
918	1107	Andreia Flávia Marques Simões	Reumáticos & Etc	01:04:33	+31:44	06:27	
919	664	Elsa Simões	Individual	01:04:48	+31:59	06:29	
920	666	Filipa A Saraiva	Individual	01:04:49	+32:00	06:29	
921	387	Ana Soraia Lourenço	Individual	01:04:51	+32:02	06:29	
922	450	André Amorim	Individual	01:04:51	+32:02	06:29	
923	215	Adriana MARCILIO PONCE PASINI	CR7 FITNESS CRUNCH AVEIRO	01:04:58	+32:09	06:30	
924	877	Juan Ferreira	Individual	01:05:01	+32:12	06:30	
925	934	Carlos Ferreira Pereira	Individual	01:05:04	+32:15	06:30	
926	241	Joana Campos	DAR - Desportivo atlético de Recardães	01:05:04	+32:15	06:30	
927	243	André Lucas	DAR - Desportivo atlético de Recardães	01:05:05	+32:16	06:30	
928	711	Davide Miguel Rocha da Costa	Individual	01:05:07	+32:18	06:31	
929	459	Bruno Araujo Acioli Lins	Individual	01:05:14	+32:25	06:31	
930	898	Paulo Jorge Martins da Silva	Individual	01:05:14	+32:25	06:31	
931	662	Cristina Soares	Individual	01:05:15	+32:26	06:31	
932	1114	Francisco José Silva Gomes	Reumáticos & Etc	01:05:22	+32:33	06:32	
933	1115	João Alberto Rodrigues de Pinho	Reumáticos & Etc	01:05:22	+32:33	06:32	
934	1110	Virgínia Oliveira Fernandes	Reumáticos & Etc	01:05:22	+32:33	06:32	
935	1109	Sandra Maria da Costa Francisco	Reumáticos & Etc	01:05:22	+32:33	06:32	
936	1108	Paula Eduarda Pereira Pinto	Reumáticos & Etc	01:05:22	+32:33	06:32	
937	602	Ana Oliveira	Individual	01:05:26	+32:37	06:33	
938	141	Cláudia Ferreira	Censi_run	01:05:30	+32:41	06:33	
939	220	MARIA DE FÁTIMA ALBUQUERQUE	CR7 FITNESS CRUNCH AVEIRO	01:05:30	+32:41	06:33	
940	891	Nuno Santos	Individual	01:05:30	+32:41	06:33	
941	214	RACHEL BORBA	CR7 FITNESS CRUNCH AVEIRO	01:05:31	+32:42	06:33	
942	569	Rodrigo Affonso Guarinho Silva	Individual	01:05:41	+32:52	06:34	

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
943	396	Cindy Pequena	Individual	01:05:46	+32:57	06:35	
944	643	Sara Martins	Individual	01:05:46	+32:57	06:35	
945	603	Ana Oliveira Dias	Individual	01:05:48	+32:59	06:35	
946	339	Luis Bastos	Hot Waters	01:05:49	+33:00	06:35	
947	335	Maria Vechina	Hot Waters	01:05:51	+33:02	06:35	
948	476	Diogo Alturas	Individual	01:05:51	+33:02	06:35	
949	238	Ana Castro	DAR - Desportivo atlético de Recardães	01:05:53	+33:04	06:35	
950	239	Daniela Santos	DAR - Desportivo atlético de Recardães	01:05:53	+33:04	06:35	
951	612	Bruna Santos	Individual	01:05:53	+33:04	06:35	
952	567	Ricardo Pinto	Individual	01:05:56	+33:07	06:36	
953	654	Anabela Costa	Individual	01:05:56	+33:07	06:36	
954	436	Sandra Amaro	Individual	01:05:57	+33:08	06:36	
955	1017	Tânia Marques	MarquesCartaxo X Bontempo	01:06:03	+33:14	06:36	
956	1096	Cláudia Sofia Cardador de Queirós	Remax Universal	01:06:08	+33:19	06:37	
957	444	Telma Correia	Individual	01:06:13	+33:24	06:37	
958	54	António Souto	ARSENAL DE CANELAS	01:06:15	+33:26	06:38	
959	385	Ana Rita Monteiro	Individual	01:06:19	+33:30	06:38	
960	605	Ana Raquel Almeida	Individual	01:06:32	+33:43	06:39	
961	819	TIAGO TRINDADE	Individual	01:06:44	+33:55	06:40	
962	88	Diana Cardoso	Bússola Partilhada	01:06:51	+34:02	06:41	
963	89	Loner Tebús	Bússola Partilhada	01:06:51	+34:02	06:41	
964	90	Carla Marçalo	Bússola Partilhada	01:06:53	+34:04	06:41	
965	1202	Alejandra Duarte Lianza	Individual	01:07:24	+34:35	06:44	
966	1168	Marta Amaral	Walk&Run4Fun	01:07:30	+34:41	06:45	
967	78	Tatiana Florindo	Montanha Clube Trail Running / EFAPEL	01:07:40	+34:51	06:46	
968	280	Juliana Fresco	EVOXFIT	01:07:42	+34:53	06:46	
969	283	Ivo Batista	EVOXFIT	01:07:43	+34:54	06:46	
970	862	Joao Dias	Individual	01:07:45	+34:56	06:47	
971	276	Cristiana dos Santos Marques	EVOXFIT	01:07:50	+35:01	06:47	
972	10	Ricardo Bastos	A A Lebres do Sado	01:08:11	+35:22	06:49	
973	1166	Rosa Polanco	Walk&Run4Fun	01:08:13	+35:24	06:49	
974	392	Carla Soraia da Silva Cabral Monteiro	Individual	01:08:14	+35:25	06:49	
975	1033	Maria de Fátima LAVOURA Dias	NAR-Nucleo de Atletismo de Requeixo	01:08:22	+35:33	06:50	
976	1058	Rosa Bispo	Pernas Inertes lentos desde 2017	01:08:26	+35:37	06:51	
977	286	Ricardo Ferreira	EVOXFIT	01:08:47	+35:58	06:53	
978	870	Jorge Mota	Individual	01:08:47	+35:58	06:53	
979	423	Matilde Mota	Individual	01:08:47	+35:58	06:53	
980	217	Gloria Azevedo	CR7 FITNESS CRUNCH AVEIRO	01:08:49	+36:00	06:53	
981	1027	Patrícia Santos	Minis & Bifanas	01:08:55	+36:06	06:53	
982	1028	Rui Furtado	Minis & Bifanas	01:08:55	+36:06	06:54	
983	846	Pedro Manuel Rocha	Individual	01:08:56	+36:07	06:54	
984	607	Ana Rita Pinto Azevedo	Individual	01:09:01	+36:12	06:54	
985	380	Ana Filipe Rocha	Individual	01:09:02	+36:13	06:54	
986	633	Marina Leitão	Individual	01:09:05	+36:16	06:55	
987	432	Raquel Matos	Individual	01:09:12	+36:23	06:55	

## PROVA PRINCIPAL - STAGE 1

## 10 KM

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

### OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
988	420	Mariana Vitória de Carvalho Isidoro Esteves Domingues	Individual	01:09:14	+36:25	06:55	
989	46	Cristina Maria Monteiro dos Santos	Arroz de Carril	01:09:45	+36:56	06:58	
990	1191	Ana Rita Ramos	Individual	01:09:51	+37:02	06:59	
991	1190	Rodrigo Braga	Individual	01:09:51	+37:02	06:59	
992	638	Rosivania Ferreira da Silva	Individual	01:09:53	+37:04	06:59	
993	683	Ana Paula Rocha	Individual	01:09:59	+37:10	07:00	
994	195	LUCILA AILIN TAVOLARO	CR7 FITNESS CRUNCH AVEIRO	01:10:33	+37:44	07:03	
995	205	MANUEL GONZALEZ SAENZ	CR7 FITNESS CRUNCH AVEIRO	01:10:34	+37:45	07:03	
996	273	Inês Oliveira Santos	Espaço P	01:10:39	+37:50	07:04	
997	623	Hortênsia Cristina da Silva Oliveira	Individual	01:10:50	+38:01	07:05	
998	474	David Fontes	Individual	01:11:04	+38:15	07:06	
999	442	Tatiana Teixeira	Individual	01:11:05	+38:16	07:06	
1000	822	Adriano Manuel Cirne Salgueiro	Individual	01:11:06	+38:17	07:07	
1001	939	Gilson José de Oliveira	Individual	01:11:08	+38:19	07:07	
1002	540	luiz henrique teixeira de oliveira	Individual	01:11:08	+38:19	07:07	
1003	1059	José Pires Lima	Pernas Inertes lentos desde 2017	01:11:15	+38:26	07:08	
1004	323	Carla Sofia Maia Morgado	Grupo Desportivo Eixense	01:11:17	+38:28	07:08	
1005	324	Marco Morgado	Grupo Desportivo Eixense	01:11:19	+38:30	07:08	
1006	851	Fernando Ribeiro	Individual	01:11:19	+38:30	07:08	
1007	815	Tiago Roiçado	Individual	01:11:53	+39:04	07:11	
1008	1032	Carla Patricia Tavares Ferreira	NAR-Nucleo de Atletismo de Requeixo	01:11:54	+39:05	07:11	
1009	1034	Paula Alexandra Tavares Ferreira	NAR-Nucleo de Atletismo de Requeixo	01:11:54	+39:05	07:11	
1010	346	Leonor Marques Oliveira	HUT RUNNER'S AVEIRO	01:11:55	+39:06	07:11	
1011	267	Jessica Triana	Emeteclass	01:12:10	+39:21	07:13	
1012	937	Fernando Olímpio Marques Castilho	Individual	01:12:16	+39:27	07:14	
1013	443	Tatiana Vanessa Silva Pinhão	Individual	01:12:25	+39:37	07:15	
1014	682	Ana Maria Coelho da Silva Castilho	Individual	01:12:29	+39:40	07:15	
1015	99	Inês Rocha	Carro Vassoura	01:12:40	+39:51	07:16	
1016	949	José Vieira	Individual	01:13:00	+40:11	07:18	
1017	677	Paula Caçador	Individual	01:13:06	+40:17	07:19	
1018	415	Mariana Coelho	Individual	01:13:11	+40:22	07:19	
1019	523	José castelhano	Individual	01:13:22	+40:33	07:20	
1020	375	Adriana Domingues	Individual	01:13:22	+40:33	07:20	
1021	804	Rui Emanuel Gonçalves Vieira	Individual	01:13:33	+40:44	07:21	
1022	140	Joana Nogueira	Censi_run	01:13:41	+40:52	07:22	
1023	962	RAYNALD JOLY	Individual	01:13:53	+41:04	07:23	
1024	943	João Luís Frade Cajeira	Individual	01:14:30	+41:41	07:27	
1025	47	Maria João Gomes Couto	Arroz de Carril	01:15:01	+42:12	07:30	
1026	650	Sónia Patrícia Rodrigues Ferreira	Individual	01:16:23	+43:34	07:38	
1027	1167	Catarina Gomes	Walk&Run4Fun	01:16:28	+43:39	07:39	
1028	377	Ana Carolina Lamim Maciel	Individual	01:16:37	+43:48	07:40	
1029	159	Marcio Fernandes	CFA, SROC, LDA.	01:17:26	+44:37	07:45	
1030	39	Fátima Almeida	ARCO RUNNING TEAM	01:18:25	+45:36	07:50	
1031	856	Heraldo Correa da Silva	Individual	01:19:30	+46:41	07:57	
1032	880	Leonardo Rorato	Individual	01:19:30	+46:41	07:57	

**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 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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1033	416	Mariana Moreira	Individual	01:19:31	+46:42	07:57	
1034	1093	Marco Mota	Remax Universal	01:19:34	+46:45	07:57	
1035	1098	Dinis Lopes	Remax Universal	01:19:34	+46:45	07:57	
1036	52	Valter Correia Lima	Arroz de Carril	01:20:14	+47:25	08:01	
1037	49	Sofia Raquel Sousa Azevedo	Arroz de Carril	01:20:14	+47:25	08:01	
1038	389	Beatriz Carvalho de Melo Ferreira	Individual	01:20:25	+47:36	08:02	
1039	48	Mariana Ferreira da Silva Loureiro Pais	Arroz de Carril	01:27:31	+54:42	08:45	
1040	838	Carlos Matos	Individual	01:31:26	+58:37	09:09	
1041	672	Maria Manuela Matos	Individual	01:31:26	+58:37	09:09	
1042	685	Estela Salgueiro	Individual	01:32:16	+59:27	09:14	

## Prova Principal

10 KM

### OFFICIAL RESULT

	Time	Temperature	Humidity
Start	18:30	11.1°C	83%
End	20:02	11.1°C	83%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
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## Senior Feminino

1	1078	Carolina Ribeiro	RECREIO DESPORTIVO DE ÁGUEDA	Senior Feminino	37:42		03:46
2	1206	Marta Pinto	Beira Mar	Senior Feminino	38:59	+01:17	03:54
3	72	Rita Fardilha	Big Papas	Senior Feminino	41:03	+03:20	04:06
4	972	Cátia Simões Ferreira	JuveRun Team	Senior Feminino	43:56	+06:14	04:24
5	426	Nancy Cantante	Individual	Senior Feminino	45:09	+07:26	04:31
6	1192	Louise Friehe	Individual	Senior Feminino	45:47	+08:04	04:35
7	421	Marie Blier	Individual	Senior Feminino	46:06	+08:24	04:37
8	1151	Beatriz Oliveira Fernandes	Tainadas Run Team	Senior Feminino	46:18	+08:35	04:38
9	397	Cláudia Videira	Individual	Senior Feminino	47:20	+09:38	04:44
10	144	Manuela Nunes	Centro Atlético Póvoa Pacense - CENAP - Cacia	Senior Feminino	47:48	+10:06	04:47
11	183	Maria Santos Rei	Correr Fermelã ACADOF	Senior Feminino	47:59	+10:16	04:48
12	419	Mariana Santos	Individual	Senior Feminino	48:00	+10:18	04:48
13	975	Judite Resende	JuveRun Team	Senior Feminino	49:42	+12:00	04:58
14	347	Márcia Santos	Hut Runner's Aveiro	Senior Feminino	50:03	+12:21	05:00
15	1106	Teresa Raquel Martins Pereira	Reumáticos & Etc	Senior Feminino	50:04	+12:21	05:00
16	197	PATRICIA MARTINS	CR7 FITNESS CRUNCH AVEIRO	Senior Feminino	50:59	+13:17	05:06
17	1123	Alexandra Calhau	Run The World	Senior Feminino	51:14	+13:31	05:07
18	1204	Cecile Ang	Individual	Senior Feminino	51:50	+14:08	05:11
19	440	Sónia Rodrigues	Individual	Senior Feminino	51:57	+14:14	05:12
20	418	Mariana Pedro Ferreira Novais	Individual	Senior Feminino	52:09	+14:26	05:13
21	437	Sara Maria Rocha Resende	Individual	Senior Feminino	52:09	+14:26	05:13
22	410	Luana Ferreira	Individual	Senior Feminino	52:09	+14:27	05:13
23	966	Carina Gouveia	JOBRA	Senior Feminino	52:09	+14:27	05:13
24	388	Andreia Ieal pereira	Individual	Senior Feminino	52:10	+14:27	05:13
25	412	Maria Dono	Individual	Senior Feminino	52:34	+14:52	05:15
26	382	Ana Margarida Gonçalves Batista	Individual	Senior Feminino	52:36	+14:53	05:16
27	441	Tânia Julião	Individual	Senior Feminino	52:52	+15:09	05:17
28	393	Catarina Mota	Individual	Senior Feminino	53:42	+16:00	05:22
29	580	Oriana Marques	Individual	Senior Feminino	53:43	+16:01	05:22
30	77	Mariana Coelho	Montanha Clube Trail Running / EFAPEL	Senior Feminino	54:17	+16:34	05:26
31	194	FILIPA JOAO DIAS DA SILVA	CR7 FITNESS CRUNCH AVEIRO	Senior Feminino	54:22	+16:39	05:26
32	1030	Beatriz Vilela	NAR-Nucleo de Atletismo de Requeixo	Senior Feminino	54:27	+16:45	05:27
33	434	Rita Limas	Individual	Senior Feminino	54:44	+17:01	05:28
34	153	Cláudia Damasceno	CFA, SROC, LDA.	Senior Feminino	54:51	+17:08	05:29
35	1088	Joana Silva Ferreira	Remax Universal	Senior Feminino	55:01	+17:19	05:30
36	414	Maria Miguel Mendes Martins	Individual	Senior Feminino	55:17	+17:34	05:32
37	430	Patrícia Vieira do Vale	Individual	Senior Feminino	55:23	+17:40	05:32

Official Timekeeper: Lap2Go

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generate 02-Dec-2023 20:19





## Prova Principal

10 KM

### OFFICIAL RESULT

84	396	Cindy Pequena	Individual	Senior Feminino	01:05:46	+28:03	06:35
85	335	Maria Vechina	Hot Waters	Senior Feminino	01:05:51	+28:08	06:35
86	436	Sandra Amaro	Individual	Senior Feminino	01:05:57	+28:14	06:36
87	444	Telma Correia	Individual	Senior Feminino	01:06:13	+28:31	06:37
88	385	Ana Rita Monteiro	Individual	Senior Feminino	01:06:19	+28:36	06:38
89	88	Diana Cardoso	Bússola Partilhada	Senior Feminino	01:06:51	+29:09	06:41
90	1202	Alejandra Duarte Lianza	Individual	Senior Feminino	01:07:24	+29:42	06:44
91	78	Tatiana Florindo	Montanha Clube Trail Running / EFAPEL	Senior Feminino	01:07:40	+29:57	06:46
92	276	Cristiana dos Santos Marques	EVOXFIT	Senior Feminino	01:07:50	+30:08	06:47
93	392	Carla Soraia da Silva Cabral Monteiro	Individual	Senior Feminino	01:08:14	+30:32	06:49
94	423	Matilde Mota	Individual	Senior Feminino	01:08:47	+31:05	06:53
95	380	Ana Filipe Rocha	Individual	Senior Feminino	01:09:02	+31:19	06:54
96	432	Raquel Matos	Individual	Senior Feminino	01:09:12	+31:30	06:55
97	420	Mariana Vitória de Carvalho Isidoro Esteves Domingues	Individual	Senior Feminino	01:09:14	+31:31	06:55
98	1191	Ana Rita Ramos	Individual	Senior Feminino	01:09:51	+32:08	06:59
99	195	LUCILA AILIN TAVOLARO	CR7 FITNESS CRUNCH AVEIRO	Senior Feminino	01:10:33	+32:51	07:03
100	442	Tatiana Teixeira	Individual	Senior Feminino	01:11:05	+33:23	07:06
101	346	Leonor Marques Oliveira	HUT RUNNER'S AVEIRO	Senior Feminino	01:11:55	+34:12	07:11
102	267	Jessica Triana	Emeteclasse	Senior Feminino	01:12:10	+34:28	07:13
103	443	Tatiana Vanessa Silva Pinhão	Individual	Senior Feminino	01:12:25	+34:43	07:15
104	99	Inês Rocha	Carro Vassoura	Senior Feminino	01:12:40	+34:58	07:16
105	415	Mariana Coelho	Individual	Senior Feminino	01:13:11	+35:28	07:19
106	375	Adriana Domingues	Individual	Senior Feminino	01:13:22	+35:40	07:20
107	377	Ana Carolina Lamim Maciel	Individual	Senior Feminino	01:16:37	+38:54	07:40
108	416	Mariana Moreira	Individual	Senior Feminino	01:19:31	+41:49	07:57
109	389	Beatriz Carvalho de Melo Ferreira	Individual	Senior Feminino	01:20:25	+42:42	08:02

## Senior Masculino

1	269	Cristiano Oliveira	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	32:49		03:17
2	178	João Magalhães	Clube - Clube de Veteranos de Atletismo de Coimbra	Senior Masculino	33:29	+00:40	03:21
3	1079	André Fonte	RECREIO DESPORTIVO DE ÁGUEDA	Senior Masculino	33:47	+00:58	03:23
4	529	Luis Amorim	Individual	Senior Masculino	35:16	+02:27	03:32
5	967	Ricardo Marafuz	JOBRA	Senior Masculino	35:40	+02:50	03:34
6	251	William Caetano	DCI/Trilhos Luso Bussaco	Senior Masculino	35:44	+02:55	03:34
7	18	Marco Pinho	ACR de Vale de Cambra	Senior Masculino	35:46	+02:57	03:35
8	250	Joaquim Oliveira	DCI/Trilhos Luso Bussaco	Senior Masculino	36:25	+03:35	03:38
9	303	André Ferreira	Gira Sol	Senior Masculino	37:09	+04:20	03:43
10	1056	Pedro Almeida	PERALM	Senior Masculino	37:18	+04:28	03:44
11	541	Manuel Fardilha	Individual	Senior Masculino	37:24	+04:35	03:44
12	525	José Guilherme Leite e Sá	Individual	Senior Masculino	37:35	+04:46	03:46
13	1031	Filipe Costa	NAR-Nucleo de Atletismo de Requeixo	Senior Masculino	37:37	+04:47	03:46

Official Timekeeper: Lap2Go	3 / 25	generate 02-Dec-2023 20:19
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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 - LAP2GO - TIMING SOLUTION

14	137	Jorge Valente	ARVOR VETERANOS DE OVAR	Senior Masculino	37:40	+04:51	03:46
15	85	Daniel Simões	Montanha Clube Trail Running / EFAPEL	Senior Masculino	37:47	+04:57	03:47
16	203	Kevin Amoedo	CR7 FITNESS CRUNCH AVEIRO	Senior Masculino	37:51	+05:02	03:47
17	571	Rodrigo Hickenbick	Individual	Senior Masculino	38:00	+05:10	03:48
18	545	Marco Marques	Individual	Senior Masculino	38:07	+05:17	03:49
19	111	André Novais	CATEX 22.2	Senior Masculino	38:09	+05:20	03:49
20	184	Rui Oliveira	Correr Fermelã ACADOF	Senior Masculino	38:15	+05:25	03:49
21	145	Ricardo Auxiliar	Centro Atlético Póvoa Pacense - CENAP - Cacia	Senior Masculino	38:31	+05:42	03:51
22	501	Gonçalo Antunes	Individual	Senior Masculino	38:34	+05:45	03:51
23	102	Luis Neves	CASA DO POVO DE MANGUALDE	Senior Masculino	39:04	+06:15	03:54
24	1071	Diogo Oliveira	R5 Engineers	Senior Masculino	39:29	+06:39	03:57
25	499	Francisco Paiva	Individual	Senior Masculino	39:40	+06:50	03:58
26	466	Carlos André Araújo Oliveira	Individual	Senior Masculino	39:57	+07:08	04:00
27	57	Ricardo Esteves	ARSENAL DE CANELAS	Senior Masculino	40:06	+07:16	04:01
28	101	André Nunes	CASA DO POVO DE MANGUALDE	Senior Masculino	40:08	+07:18	04:01
29	454	André Pedrosa	Individual	Senior Masculino	40:24	+07:34	04:02
30	514	João Andrade	Individual	Senior Masculino	40:26	+07:36	04:03
31	1140	Cláudio Agostinho	Sport Club Paradela	Senior Masculino	40:28	+07:38	04:03
32	539	Luís Silvestre	Individual	Senior Masculino	40:58	+08:09	04:06
33	340	Tiago Paulino	Hot Waters	Senior Masculino	40:58	+08:09	04:06
34	481	Diogo Gonçalves	Individual	Senior Masculino	41:06	+08:17	04:07
35	256	David Alexandre Samagaio Gomes	Dragões	Senior Masculino	41:10	+08:21	04:07
36	1070	André Areias	R5 Engineers	Senior Masculino	41:12	+08:22	04:07
37	513	Joao Almeida	Individual	Senior Masculino	41:31	+08:41	04:09
38	494	Nuno Ramos	Individual	Senior Masculino	41:32	+08:43	04:09
39	74	João Fardilha	Big Papas	Senior Masculino	41:32	+08:43	04:09
40	1203	João Tavares	Individual	Senior Masculino	41:32	+08:43	04:09
41	595	Vítor Coelho	Individual	Senior Masculino	41:39	+08:49	04:10
42	20	André Pereira	ADI	Senior Masculino	41:40	+08:50	04:10
43	471	Daniel António Cunha Pereira	Individual	Senior Masculino	41:40	+08:51	04:10
44	112	João Nunes	CATEX 22.2	Senior Masculino	41:47	+08:58	04:11
45	566	Ricardo Oliveira	Individual	Senior Masculino	41:47	+08:58	04:11
46	465	Carlos Alberto Campinos Alves	Individual	Senior Masculino	41:51	+09:02	04:11
47	568	Ricardo Wang	Individual	Senior Masculino	41:53	+09:03	04:11
48	488	Fábio Ferreira Jacinto	Individual	Senior Masculino	41:58	+09:08	04:12
49	1090	Iuri Danilo Ramalho Santiago	Remax Universal	Senior Masculino	42:03	+09:13	04:12
50	538	Luís Santiago	Individual	Senior Masculino	42:07	+09:17	04:13
51	1001	Ricardo Luis Dias Ferreira	Lacticoop	Senior Masculino	42:11	+09:21	04:13
52	500	Frederico Nunes da Silva	Individual	Senior Masculino	42:18	+09:28	04:14
53	37	Fábio Rodrigues	ARCO RUNNING TEAM	Senior Masculino	42:22	+09:32	04:14
54	535	Luís Henriques	Individual	Senior Masculino	42:23	+09:34	04:14
55	560	Raul Batista	Individual	Senior Masculino	42:25	+09:35	04:14
56	563	Ricardo Alexandre	Individual	Senior Masculino	42:34	+09:44	04:15
57	591	Tiago Silvestre	Individual	Senior Masculino	42:53	+10:03	04:17

Official Timekeeper: Lap2Go	4 / 25	generate 02-Dec-2023 20:19
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**Prova Principal**

**10 KM**

**OFFICIAL RESULT**

58	1163	Guilherme André Valverde da Silva	Viriathvs Runners Viseu	Senior Masculino	42:57	+10:08	04:18
59	582	Steve Lopes Gonçalves	Individual	Senior Masculino	43:05	+10:15	04:18
60	338	Joel Pereira	Hot Waters	Senior Masculino	43:19	+10:29	04:20
61	976	Edgar Simões	JuveRun Team	Senior Masculino	43:20	+10:31	04:20
62	157	Filipe Simoes Martins	CFA, SROC, LDA.	Senior Masculino	43:26	+10:36	04:21
63	1094	Rafael Teixeira	Remax Universal	Senior Masculino	43:30	+10:40	04:21
64	502	Gonçalo Costa	Individual	Senior Masculino	43:32	+10:42	04:21
65	79	André Simões	Bosch Runners	Senior Masculino	43:32	+10:42	04:21
66	486	Eduardo Gonçalves de Souza	Individual	Senior Masculino	43:33	+10:44	04:21
67	1138	Paulo Pires	Sosense trail team Braga e Fernandes	Senior Masculino	43:50	+11:00	04:23
68	160	Rui Tavares	CFA, SROC, LDA.	Senior Masculino	43:52	+11:03	04:23
69	449	Américo Filipe Bastos Costa Pereira	Individual	Senior Masculino	43:59	+11:10	04:24
70	469	Carlos Palabra	Individual	Senior Masculino	44:04	+11:15	04:24
71	982	Rafael "estou só a ver" Simões	JuveRun Team	Senior Masculino	44:29	+11:39	04:27
72	558	Pedro Nunes	Individual	Senior Masculino	44:30	+11:40	04:27
73	80	Jorge Cardoso	Bosch Runners	Senior Masculino	44:39	+11:49	04:28
74	511	Ivo Ferreira	Individual	Senior Masculino	44:54	+12:04	04:29
75	581	Simão oliveira	Individual	Senior Masculino	44:57	+12:08	04:30
76	507	Helder de Oliveira Mendes	Individual	Senior Masculino	45:02	+12:12	04:30
77	587	Tiago Oliveira	Individual	Senior Masculino	45:02	+12:12	04:30
78	350	João Antunes	Hut Runner's Aveiro	Senior Masculino	45:03	+12:13	04:30
79	589	Tiago Saraiva	Individual	Senior Masculino	45:26	+12:36	04:33
80	156	David Magano	CFA, SROC, LDA.	Senior Masculino	45:28	+12:38	04:33
81	555	Óscar Resende	Individual	Senior Masculino	45:28	+12:39	04:33
82	1118	José Miguel Saramago de Carvalho	RM Runners	Senior Masculino	45:29	+12:39	04:33
83	287	André Pinho	Extrusal	Senior Masculino	45:44	+12:55	04:34
84	573	Rui Almeida	Individual	Senior Masculino	45:57	+13:08	04:36
85	570	Rodrigo Frias Monteiro	Individual	Senior Masculino	45:58	+13:08	04:36
86	543	Márcio Duarte	Individual	Senior Masculino	46:01	+13:11	04:36
87	981	Miguel "PM" Pereira	JuveRun Team	Senior Masculino	46:05	+13:16	04:37
88	536	Luis Menezes	Individual	Senior Masculino	46:07	+13:17	04:37
89	544	Marco José Marreiro	Individual	Senior Masculino	46:11	+13:21	04:37
90	349	Fábio Gonçalves	Hut Runner's Aveiro	Senior Masculino	46:15	+13:26	04:38
91	549	Miguel Pereira	Individual	Senior Masculino	46:26	+13:36	04:39
92	73	Diogo Jerónimo	Big Papas	Senior Masculino	46:27	+13:37	04:39
93	561	Renato Dias	Individual	Senior Masculino	46:28	+13:38	04:39
94	308	Renato Guimarães	Glicinias Plaza	Senior Masculino	46:37	+13:47	04:40
95	546	Miguel Dinis	Individual	Senior Masculino	46:46	+13:57	04:41
96	206	PEDRO ALEXANDRE DA SILVA PALABRA	CR7 FITNESS CRUNCH AVEIRO	Senior Masculino	46:57	+14:07	04:42
97	552	Nuno Miguel Simões Santos	Individual	Senior Masculino	47:18	+14:29	04:44
98	467	Carlos Domingues	Individual	Senior Masculino	47:26	+14:36	04:45
99	200	AFONSO LISBOA	CR7 FITNESS CRUNCH AVEIRO	Senior Masculino	47:27	+14:37	04:45
100	1129	Luís Nava	SBD	Senior Masculino	47:32	+14:42	04:45
101	980	Luís "O Pirata" Santos	JuveRun Team	Senior Masculino	47:38	+14:49	04:46
102	483	Diogo Miguel Oliveira Pontes	Individual	Senior Masculino	47:50	+15:00	04:47

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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

103	1092	José Manuel P. Marinheiro	Remax Universal	Senior Masculino	47:55	+15:05	04:47
104	547	Miguel Duarte Rocha Pina	Individual	Senior Masculino	47:57	+15:07	04:48
105	583	Tiago Casimiro	Individual	Senior Masculino	48:01	+15:11	04:48
106	484	Diogo Ministro Ferreira	Individual	Senior Masculino	48:03	+15:13	04:48
107	1141	Nuno Sarabando	Sport Club Paradelá	Senior Masculino	48:06	+15:16	04:49
108	189	Gonçalo Dias	Coutadinos	Senior Masculino	48:08	+15:19	04:49
109	477	Diogo Bernardo	Individual	Senior Masculino	48:11	+15:21	04:49
110	550	Miguel Vergas	Individual	Senior Masculino	48:18	+15:29	04:50
111	24	Rafael Castro	ADI	Senior Masculino	48:22	+15:33	04:50
112	1201	Bernardo Fernandes	Individual	Senior Masculino	48:40	+15:51	04:52
113	534	Luís Dias	Individual	Senior Masculino	48:49	+16:00	04:53
114	498	Francisco Martins	Individual	Senior Masculino	48:50	+16:00	04:53
115	464	Camadías Chinabe	Individual	Senior Masculino	48:51	+16:02	04:53
116	554	Oscar José Vieira Almeida	Individual	Senior Masculino	48:56	+16:07	04:54
117	1060	Rodrigo Redondeiro	Pesquito Team	Senior Masculino	49:02	+16:12	04:54
118	1041	Miguel Areias	Nem velozes nem furiosos	Senior Masculino	49:10	+16:21	04:55
119	306	Manuel Trovisco	Glicinias Plaza	Senior Masculino	49:12	+16:22	04:55
120	106	Rui Miguel Rodrigues Xavier	CASCI	Senior Masculino	49:18	+16:28	04:56
121	348	Daniel Carvalho	Hut Runner's Aveiro	Senior Masculino	49:20	+16:30	04:56
122	105	João Pedro Rodrigues Xavier	CASCI	Senior Masculino	49:21	+16:31	04:56
123	585	Tiago Marcelino	Individual	Senior Masculino	49:24	+16:35	04:56
124	506	Guilherme Botelho Pereira	Individual	Senior Masculino	49:30	+16:41	04:57
125	978	João Caetano	Juverun Team	Senior Masculino	49:40	+16:50	04:58
126	457	Ángelo Fonseca	Individual	Senior Masculino	49:40	+16:51	04:58
127	262	André Filipe dos Santos Rebelo	Eduart-Componentes Calçado.	Senior Masculino	49:48	+16:58	04:59
128	460	Bruno Figueiredo	Individual	Senior Masculino	49:54	+17:04	04:59
129	21	António Gonçalves	ADI	Senior Masculino	50:00	+17:10	05:00
130	576	Rui Soares Carneiro	Individual	Senior Masculino	50:01	+17:11	05:00
131	592	Tiago Vieira	Individual	Senior Masculino	50:01	+17:11	05:00
132	527	Júlio Tomás Gomes Teixeira	Individual	Senior Masculino	50:04	+17:14	05:00
133	518	João Miguel Monteiro Encarnação	Individual	Senior Masculino	50:14	+17:25	05:01
134	528	Lucas Silva	Individual	Senior Masculino	50:19	+17:30	05:02
135	1205	Mario Moreira	Individual	Senior Masculino	50:23	+17:34	05:02
136	564	Ricardo Daniel da Silva Melo	Individual	Senior Masculino	50:24	+17:34	05:02
137	524	José Garrido	Individual	Senior Masculino	50:39	+17:50	05:04
138	22	Joel Pinheiro	ADI	Senior Masculino	50:44	+17:54	05:04
139	473	David Araújo	Individual	Senior Masculino	50:44	+17:55	05:04
140	201	André Lima	CR7 FITNESS CRUNCH AVEIRO	Senior Masculino	50:47	+17:58	05:05
141	154	André Júlio	CFA, SROC, LDA.	Senior Masculino	50:51	+18:02	05:05
142	307	Pedro Samuel Dias	Glicinias Plaza	Senior Masculino	51:01	+18:12	05:06
143	1006	Pedro Santos	Lobitos BikeTeam	Senior Masculino	51:04	+18:15	05:06
144	468	Carlos Eduardo Pinto Rodrigues Pereira	Individual	Senior Masculino	51:07	+18:18	05:07
145	492	Fábio Teixeira	Individual	Senior Masculino	51:07	+18:18	05:07
146	1021	Tiago Rebelo	McDonalds	Senior Masculino	51:08	+18:18	05:07
147	590	Tiago Silva	Individual	Senior Masculino	51:09	+18:20	05:07
148	516	João Daniel Vieira	Individual	Senior Masculino	51:11	+18:21	05:07

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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 - LAP2GO - TIMING SOLUTION

149	512	João Alexandre Domingues Milheiro	Individual	Senior Masculino	51:14	+18:25	05:07
150	537	Luis Oliveira	Individual	Senior Masculino	51:16	+18:26	05:08
151	475	David José Valério Barbosa Pereira	Individual	Senior Masculino	51:18	+18:29	05:08
152	519	João Nuno Monteiro	Individual	Senior Masculino	51:27	+18:37	05:09
153	458	Bruno André Silva Santos	Individual	Senior Masculino	51:30	+18:41	05:09
154	485	Edgar Silva	Individual	Senior Masculino	51:31	+18:41	05:09
155	63	Fábio Branco	As mesmas de sempre mais o corredor	Senior Masculino	51:35	+18:45	05:09
156	31	Luís Rocha	Ala Direita	Senior Masculino	51:36	+18:47	05:10
157	1189	Tiago Peixinho	Individual	Senior Masculino	51:36	+18:47	05:10
158	30	José Rocha	Ala Direita	Senior Masculino	51:37	+18:47	05:10
159	168	Agostinho Boulhosa	Civilria	Senior Masculino	51:39	+18:49	05:10
160	596	Vitor Rangel	Individual	Senior Masculino	51:40	+18:50	05:10
161	503	Gonçalo Lourenço da Silva	Individual	Senior Masculino	51:45	+18:55	05:10
162	531	Luís Carlos Antunes Moreno	Individual	Senior Masculino	51:49	+19:00	05:11
163	318	José Marques	GM TEAM	Senior Masculino	51:55	+19:05	05:11
164	597	Wagner Jose Sousa da Silva	Individual	Senior Masculino	52:03	+19:14	05:12
165	977	Élton "Capitão Cueca" Rocha	JuveRun Team	Senior Masculino	52:06	+19:17	05:13
166	461	Bruno Filipe Afonso Amaral	Individual	Senior Masculino	52:14	+19:24	05:13
167	351	Pedro Branco	Hut Runner's Aveiro	Senior Masculino	52:23	+19:34	05:14
168	496	Francisco Dantas	Individual	Senior Masculino	52:35	+19:45	05:15
169	1029	Hugo Matos	MOTOROLA	Senior Masculino	52:39	+19:50	05:16
170	517	João Génio	Individual	Senior Masculino	52:43	+19:53	05:16
171	278	Gabriel Sued	EVOXFIT	Senior Masculino	52:47	+19:58	05:17
172	462	Bruno Pinto Domingues	Individual	Senior Masculino	52:53	+20:03	05:17
173	336	David Rodrigues	Hot Waters	Senior Masculino	53:02	+20:12	05:18
174	508	Hélio José Lopes Seixas	Individual	Senior Masculino	53:08	+20:18	05:19
175	575	Rui Jesus	Individual	Senior Masculino	53:14	+20:24	05:19
176	533	Luís Coutinho	Individual	Senior Masculino	53:23	+20:33	05:20
177	68	Orlando Batina	Batina Raicng	Senior Masculino	53:23	+20:34	05:20
178	553	Nuno Oliveira	Individual	Senior Masculino	53:35	+20:46	05:22
179	113	Mauro Alves	CATEX 22.2	Senior Masculino	53:43	+20:54	05:22
180	23	Pedro Miguel Estima da Costa	ADI	Senior Masculino	53:45	+20:56	05:23
181	586	Tiago Morais	Individual	Senior Masculino	53:51	+21:02	05:23
182	480	Diogo Filipe Pereira Martins	Individual	Senior Masculino	54:01	+21:11	05:24
183	578	Sergio Miguel	Individual	Senior Masculino	54:09	+21:19	05:25
184	489	Fábio Martins	Individual	Senior Masculino	54:09	+21:20	05:25
185	557	Pedro Eduardo Almeida	Individual	Senior Masculino	54:14	+21:25	05:25
186	505	Gonçalo Rosendo	Individual	Senior Masculino	54:38	+21:48	05:28
187	207	Pedro Amaro	CR7 FITNESS CRUNCH AVEIRO	Senior Masculino	54:39	+21:49	05:28
188	594	Vasco Nogueira da Rocha	Individual	Senior Masculino	54:47	+21:58	05:29
189	1182	Américo ribeiro	Xucros	Senior Masculino	54:49	+21:59	05:29
190	155	Cesário Soares	CFA, SROC, LDA.	Senior Masculino	54:51	+22:01	05:29
191	495	Filipe Sequeira	Individual	Senior Masculino	55:08	+22:18	05:31
192	574	Rui Baptista	Individual	Senior Masculino	55:13	+22:23	05:31
193	577	Santiago Maia	Individual	Senior Masculino	55:26	+22:36	05:33
194	526	José Morgado	Individual	Senior Masculino	55:27	+22:37	05:33

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## Prova Principal

## 10 KM

### OFFICIAL RESULT

195	542	Manuel Lima	Individual	Senior Masculino	55:33	+22:44	05:33
196	1073	Francisco Cerda	R5 Engineers	Senior Masculino	55:38	+22:48	05:34
197	67	Leandro Costa	Batina Raicng	Senior Masculino	55:46	+22:57	05:35
198	979	José santos	JuveRun Team	Senior Masculino	55:57	+23:07	05:36
199	1145	Paulo Vieira	Sporting Clube Vila Maria	Senior Masculino	56:09	+23:19	05:37
200	1046	EDUARDO CYSNE	OS CYSNES	Senior Masculino	56:10	+23:21	05:37
201	1193	Daniel Silva	Individual	Senior Masculino	56:30	+23:40	05:39
202	490	Fabio Oliveira	Individual	Senior Masculino	56:40	+23:50	05:40
203	493	Filipe Henriques Ferreira da Rocha	Individual	Senior Masculino	56:49	+23:59	05:41
204	158	João Coimbra	CFA, SROC, LDA.	Senior Masculino	56:57	+24:07	05:42
205	456	Andrés Vieira	Individual	Senior Masculino	57:03	+24:14	05:42
206	95	Gonçalo Estima	Caetano Baviera	Senior Masculino	57:04	+24:15	05:42
207	45	Pedro Duarte Macedo Afonso	ArquiPedros	Senior Masculino	57:06	+24:17	05:43
208	352	Pedro Santos	Hut Runner's Aveiro	Senior Masculino	57:23	+24:33	05:44
209	86	Ricardo Branco	BRANCOS	Senior Masculino	57:23	+24:34	05:44
210	1175	Luis Santos	WeGoRun	Senior Masculino	57:39	+24:49	05:46
211	1176	Rui Oliveira	WeGoRun	Senior Masculino	57:39	+24:49	05:46
212	556	Pedro Cunha	Individual	Senior Masculino	57:49	+24:59	05:47
213	448	Alexandre Daniel Tavares Dias	Individual	Senior Masculino	58:02	+25:12	05:48
214	1194	kristian Borda	Individual	Senior Masculino	58:15	+25:26	05:50
215	288	Francisco Boia	Extrusal	Senior Masculino	58:15	+25:26	05:50
216	1020	Nuno Rocha	MCDonalds	Senior Masculino	58:30	+25:41	05:51
217	100	Pedro Jorge	Carro Vassoura	Senior Masculino	59:00	+26:11	05:54
218	1207	Bavieche Samgi	Individual	Senior Masculino	59:03	+26:13	05:54
219	510	Henrique Rocha de Moura	Individual	Senior Masculino	59:20	+26:30	05:56
220	584	Tiago Gonçalves	Individual	Senior Masculino	59:20	+26:30	05:56
221	559	Rafael Almeida	Individual	Senior Masculino	59:20	+26:31	05:56
222	38	José Rego	ARCO RUNNING TEAM	Senior Masculino	59:27	+26:37	05:57
223	520	João Paulo Alves Coelho da Silva	Individual	Senior Masculino	59:47	+26:57	05:59
224	1005	Fábio Alves Faneca	Lobitos BikeTeam	Senior Masculino	59:56	+27:06	06:00
225	562	Renato Machado	Individual	Senior Masculino	01:00:14	+27:24	06:01
226	572	Rodrigo Tavares Ribeiro	Individual	Senior Masculino	01:00:17	+27:28	06:02
227	96	Gonçalo Pedrosa Pinto	Caetano Baviera	Senior Masculino	01:00:18	+27:29	06:02
228	97	Pedro Manuel Pedrosa Pinto	Caetano Baviera	Senior Masculino	01:00:19	+27:29	06:02
229	452	André Fernandes	Individual	Senior Masculino	01:00:59	+28:09	06:06
230	504	Gonçalo Pimentel	Individual	Senior Masculino	01:01:20	+28:31	06:08
231	579	Simão Mariano	Individual	Senior Masculino	01:01:23	+28:34	06:08
232	551	Nuno Miguel Pereira Alves Coimbra	Individual	Senior Masculino	01:01:26	+28:37	06:09
233	1072	Élio Maia	R5 Engineers	Senior Masculino	01:01:40	+28:50	06:10
234	1089	Guilherme Pimentel	Remax Universal	Senior Masculino	01:01:43	+28:53	06:10
235	522	João Samuel Ferreira da Silva	Individual	Senior Masculino	01:01:48	+28:59	06:11
236	1174	Gleverson Carvalho	WeGoRun	Senior Masculino	01:02:13	+29:23	06:13
237	56	Júlio Souto	ARSENAL DE CANELAS	Senior Masculino	01:02:18	+29:28	06:14
238	279	Lucas Silva	EVOXFIT	Senior Masculino	01:02:22	+29:32	06:14
239	55	José Souto	ARSENAL DE CANELAS	Senior Masculino	01:03:19	+30:29	06:20
240	593	Tibério Baptista	Individual	Senior Masculino	01:03:26	+30:37	06:21



## Prova Principal

10 KM

### OFFICIAL RESULT

241	463	Bruno Teixeira	Individual	Senior Masculino	01:04:02	+31:13	06:24
242	451	André Bastos Coelho	Individual	Senior Masculino	01:04:23	+31:33	06:26
243	532	Luís Castro	Individual	Senior Masculino	01:04:29	+31:39	06:27
244	472	Daniel Ferraz	Individual	Senior Masculino	01:04:31	+31:41	06:27
245	450	André Amorim	Individual	Senior Masculino	01:04:51	+32:02	06:29
246	459	Bruno Araujo Acioli Lins	Individual	Senior Masculino	01:05:14	+32:25	06:31
247	569	Rodrigo Affonso Guarinho Silva	Individual	Senior Masculino	01:05:41	+32:52	06:34
248	339	Luis Bastos	Hot Waters	Senior Masculino	01:05:49	+33:00	06:35
249	476	Diogo Alturas	Individual	Senior Masculino	01:05:51	+33:02	06:35
250	567	Ricardo Pinto	Individual	Senior Masculino	01:05:56	+33:06	06:36
251	54	António Souto	ARSENAL DE CANELAS	Senior Masculino	01:06:15	+33:26	06:38
252	89	Loner Tebús	Bússola Partilhada	Senior Masculino	01:06:51	+34:01	06:41
253	1190	Rodrigo Braga	Individual	Senior Masculino	01:09:51	+37:02	06:59
254	205	MANUEL GONZALEZ SAENZ	CR7 FITNESS CRUNCH AVEIRO	Senior Masculino	01:10:34	+37:44	07:03
255	474	David Fontes	Individual	Senior Masculino	01:11:04	+38:14	07:06
256	540	luiz henrique teixeira de oliveira	Individual	Senior Masculino	01:11:08	+38:19	07:07
257	523	José castelhano	Individual	Senior Masculino	01:13:22	+40:32	07:20
258	159	Marcio Fernandes	CFA, SROC, LDA.	Senior Masculino	01:17:26	+44:37	07:45
259	1093	Marco Mota	Remax Universal	Senior Masculino	01:19:34	+46:44	07:57

## Veterana F35

1	353	Teresa Martins	HUT RUNNER'S AVEIRO	Veterana F35	47:23		04:44
2	968	Daniela Onofre	JOBRA	Veterana F35	47:43	+00:20	04:46
3	242	Maribel Cardoso	DAR - Desportivo atlético de Recardães	Veterana F35	48:07	+00:43	04:49
4	637	Rita Marques	Individual	Veterana F35	48:26	+01:02	04:51
5	627	Lúcia Cândido	Individual	Veterana F35	49:46	+02:22	04:59
6	641	Sandra Mota	Individual	Veterana F35	50:16	+02:53	05:02
7	305	Paula Rocha	Nuno Troia	Veterana F35	50:53	+03:29	05:05
8	631	Mariana Pinho	Individual	Veterana F35	51:10	+03:46	05:07
9	1127	jacqueline Fernandes	Run The World	Veterana F35	51:15	+03:51	05:07
10	647	Sónia Isabel Gomes RAMOS	Individual	Veterana F35	51:19	+03:55	05:08
11	3	Maria Varandas	10 A	Veterana F35	51:20	+03:56	05:08
12	240	Elizabeth Lopes	DAR - Desportivo atlético de Recardães	Veterana F35	51:22	+03:58	05:08
13	606	Ana Rita Esteves Martins dos Santos	Individual	Veterana F35	51:35	+04:11	05:10
14	91	Rakell Santos	C.D.C. Paradela do Vouga	Veterana F35	51:42	+04:18	05:10
15	634	Nádia Rocha	Individual	Veterana F35	51:55	+04:31	05:12
16	621	Florabela Araujo	Individual	Veterana F35	52:07	+04:43	05:13
17	26	Susana Flores	ADREP	Veterana F35	52:25	+05:01	05:15
18	1014	Diana Menino	M&M	Veterana F35	52:54	+05:30	05:17
19	615	Catarina fernandes	Individual	Veterana F35	53:32	+06:08	05:21
20	1016	Ana Bontempo	MarquesCartaxo X Bontempo	Veterana F35	53:36	+06:12	05:22
21	265	Elisabete Maria Soutulho Coelho Alves	Embarca Running	Veterana F35	54:04	+06:40	05:24
22	600	Ana Luísa Marta	Individual	Veterana F35	54:04	+06:41	05:24
23	619	Cláudia Silva	Individual	Veterana F35	54:08	+06:44	05:25

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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

24	642	Sandrina Nóbrega Pereira	Individual	Veterana F35	54:34	+07:10	05:27
25	604	Ana Pinho	Individual	Veterana F35	55:25	+08:01	05:32
26	32	Ana Alves	Alves Costa	Veterana F35	55:54	+08:30	05:35
27	649	Sónia Oliveira	Individual	Veterana F35	55:56	+08:33	05:36
28	618	Cláudia Griné	Individual	Veterana F35	55:58	+08:34	05:36
29	636	Raissa Rocha	Individual	Veterana F35	56:09	+08:45	05:37
30	624	IZABEL COSTA	Individual	Veterana F35	56:22	+08:58	05:38
31	610	Ana Sofia Vidal Picado	Individual	Veterana F35	56:27	+09:03	05:39
32	629	Margarida Rosa	Individual	Veterana F35	56:51	+09:27	05:41
33	1063	Sara Duarte Goncalves Gomes	porpol rain	Veterana F35	57:00	+09:36	05:42
34	290	Catarina Marques	Extrusal	Veterana F35	57:24	+10:00	05:44
35	43	Helena Silva	ARESTAL TEAM	Veterana F35	57:55	+10:31	05:48
36	333	Dinora Bastos	Happy Mind	Veterana F35	58:20	+10:56	05:50
37	620	Eva Morais	Individual	Veterana F35	58:31	+11:08	05:51
38	632	Mariana Ribeiro	Individual	Veterana F35	58:33	+11:09	05:51
39	622	Helena Pires	Individual	Veterana F35	58:36	+11:12	05:52
40	211	KELLY YELITZA CORREDOR PEREZ	CR7 FITNESS CRUNCH AVEIRO	Veterana F35	58:37	+11:13	05:52
41	644	Sara Santos	Individual	Veterana F35	58:42	+11:18	05:52
42	648	Sónia Marisa Marques Almeida	Individual	Veterana F35	59:12	+11:48	05:55
43	609	Ana Sofia José Montez	Individual	Veterana F35	59:12	+11:49	05:55
44	1062	Katarzyna Pozniak	porpol rain	Veterana F35	59:23	+11:59	05:56
45	212	LIDIA DA SILVA PINHO	CR7 FITNESS CRUNCH AVEIRO	Veterana F35	59:24	+12:00	05:56
46	614	Carla Cristina Filipe Sérvolo Brás	Individual	Veterana F35	59:26	+12:02	05:57
47	625	Lídia Ladeira Antunes	Individual	Veterana F35	59:41	+12:17	05:58
48	613	Carina Isabel Filipe Sérvolo	Individual	Veterana F35	59:51	+12:27	05:59
49	984	Isabel Neno	JuveRun Team	Veterana F35	59:55	+12:32	06:00
50	635	Otilia Maria Neves Rodrigues	Individual	Veterana F35	01:00:58	+13:34	06:06
51	81	Vânia Costa	Montanha Clube Trail Running / EFAPEL	Veterana F35	01:01:19	+13:55	06:08
52	646	Sílvia Joana Bidarra Santos Lourenço	Individual	Veterana F35	01:01:27	+14:03	06:09
53	1126	ana filipa rodrigues freire	Run The World	Veterana F35	01:02:01	+14:37	06:12
54	138	Aida Raquel Ferreira de Almeida	Censi_run	Veterana F35	01:02:32	+15:08	06:15
55	210	Claudia Alves	CR7 FITNESS CRUNCH AVEIRO	Veterana F35	01:02:38	+15:15	06:16
56	640	SANDRA CRISTINA MORAIS COSTA	Individual	Veterana F35	01:03:09	+15:45	06:19
57	599	Ana Luísa Bastos Santos	Individual	Veterana F35	01:03:10	+15:46	06:19
58	1183	Vânia Freitas	Xucros	Veterana F35	01:03:12	+15:49	06:19
59	651	Susana Isabel Ferreira Ganito	Individual	Veterana F35	01:03:24	+16:00	06:20
60	209	Catarina Isidoro	CR7 FITNESS CRUNCH AVEIRO	Veterana F35	01:03:25	+16:01	06:20
61	616	Catarina Pereira Creoulo	Individual	Veterana F35	01:04:12	+16:49	06:25
62	630	Maria Teresa Lopes Martins	Individual	Veterana F35	01:04:26	+17:02	06:27
63	1107	Andreia Flávia Marques Simões	Reumáticos & Etc	Veterana F35	01:04:33	+17:09	06:27
64	241	Joana Campos	DAR - Desportivo atlético de Recardães	Veterana F35	01:05:04	+17:40	06:30
65	602	Ana Oliveira	Individual	Veterana F35	01:05:26	+18:02	06:33
66	214	RACHEL BORBA	CR7 FITNESS CRUNCH AVEIRO	Veterana F35	01:05:31	+18:07	06:33
67	643	Sara Martins	Individual	Veterana F35	01:05:46	+18:22	06:35
68	603	Ana Oliveira Dias	Individual	Veterana F35	01:05:48	+18:24	06:35

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

69	238	Ana Castro	DAR - Desportivo atlético de Recardães	Veterana F35	01:05:53	+18:29	06:35
70	239	Daniela Santos	DAR - Desportivo atlético de Recardães	Veterana F35	01:05:53	+18:29	06:35
71	612	Bruna Santos	Individual	Veterana F35	01:05:53	+18:29	06:35
72	1017	Tânia Marques	MarquesCartaxo X Bontempo	Veterana F35	01:06:03	+18:39	06:36
73	605	Ana Raquel Almeida	Individual	Veterana F35	01:06:32	+19:09	06:39
74	90	Carla Marçalo	Bússola Partilhada	Veterana F35	01:06:53	+19:29	06:41
75	280	Juliana Fresco	EVOXFIT	Veterana F35	01:07:42	+20:19	06:46
76	1166	Rosa Polanco	Walk&Run4Fun	Veterana F35	01:08:13	+20:49	06:49
77	1033	Maria de Fátima LAVOURA Dias	NAR-Nucleo de Atletismo de Requeixo	Veterana F35	01:08:22	+20:58	06:50
78	1027	Patrícia Santos	Minis & Bifanas	Veterana F35	01:08:55	+21:31	06:53
79	607	Ana Rita Pinto Azevedo	Individual	Veterana F35	01:09:01	+21:37	06:54
80	633	Marina Leitão	Individual	Veterana F35	01:09:05	+21:41	06:55
81	46	Cristina Maria Monteiro dos Santos	Arroz de Carril	Veterana F35	01:09:45	+22:21	06:58
82	638	Rosivania Ferreira da Silva	Individual	Veterana F35	01:09:53	+22:29	06:59
83	273	Inês Oliveira Santos	Espaço P	Veterana F35	01:10:39	+23:15	07:04
84	623	Hortênsia Cristina da Silva Oliveira	Individual	Veterana F35	01:10:50	+23:26	07:05
85	323	Carla Sofia Maia Morgado	Grupo Desportivo Eixense	Veterana F35	01:11:17	+23:54	07:08
86	1032	Carla Patrícia Tavares Ferreira	NAR-Nucleo de Atletismo de Requeixo	Veterana F35	01:11:54	+24:30	07:11
87	1034	Paula Alexandra Tavares Ferreira	NAR-Nucleo de Atletismo de Requeixo	Veterana F35	01:11:54	+24:30	07:11
88	140	Joana Nogueira	Censi_run	Veterana F35	01:13:41	+26:18	07:22
89	47	Maria João Gomes Couto	Arroz de Carril	Veterana F35	01:15:01	+27:37	07:30
90	650	Sónia Patrícia Rodrigues Ferreira	Individual	Veterana F35	01:16:23	+28:59	07:38
91	39	Fátima Almeida	ARCO RUNNING TEAM	Veterana F35	01:18:25	+31:01	07:50
92	49	Sofia Raquel Sousa Azevedo	Arroz de Carril	Veterana F35	01:20:14	+32:50	08:01
93	48	Mariana Ferreira da Silva Loureiro Pais	Arroz de Carril	Veterana F35	01:27:31	+40:07	08:45

Veterana F45

1	166	Lígia Casimiro	CIRES Running Team	Veterana F45	42:05		04:12
2	177	MARISA JOÃO	Clube Atletismo de Ovar	Veterana F45	47:50	+05:45	04:47
3	65	carla isabel santos	Barra B	Veterana F45	47:51	+05:46	04:47
4	1012	Carla Susana Marques Fontoura	Luxaflex	Veterana F45	48:38	+06:33	04:52
5	1152	Eduarda Vinagre	Tainadas Run Team	Veterana F45	49:09	+07:04	04:55
6	13	Vanessa Borja	ACADEMIA FERNANDA RIBEIRO	Veterana F45	50:12	+08:07	05:01
7	661	Cristina Coelho	Individual	Veterana F45	51:16	+09:11	05:08
8	355	Maria Melo	Hut Runner's Aveiro	Veterana F45	51:17	+09:12	05:08
9	656	Aurora Pires	Individual	Veterana F45	51:21	+09:16	05:08
10	1153	Rosabell Santos	Tainadas Run Team	Veterana F45	51:45	+09:40	05:11
11	253	SANDRA CARVALHO	Diario Aveiro	Veterana F45	51:52	+09:47	05:11
12	667	Ines Almeida	Individual	Veterana F45	52:07	+10:02	05:13
13	28	Susana Cerqueira	Agarrados ao btt irbal	Veterana F45	52:08	+10:03	05:13
14	660	Celeste Dias	Individual	Veterana F45	52:09	+10:04	05:13
15	218	HELENA AMARO	CR7 FITNESS CRUNCH AVEIRO	Veterana F45	52:30	+10:24	05:15

Official Timekeeper: Lap2Go	11 / 25	generate 02-Dec-2023 20:19
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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 - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

27	244	Frederico Félix	DAR - Desportivo atlético de Recardães	Veterano M35	39:55	+05:53	04:00
28	146	Hélio Ferreira	Centro Atlético Póvoa Pacense - CENAP - Cacia	Veterano M35	40:05	+06:03	04:01
29	714	Diogo Pratas	Individual	Veterano M35	40:18	+06:16	04:02
30	743	João Margarido	Individual	Veterano M35	40:42	+06:40	04:04
31	783	Nuno Ribeiro	Individual	Veterano M35	40:53	+06:51	04:05
32	129	Pedro Miguel Dias da Silva	CDCCamarneira	Veterano M35	40:54	+06:52	04:05
33	19	Luis Miguel Martins Dias	ADF/Bike Riders	Veterano M35	41:08	+07:06	04:07
34	732	Hugo Manuel Pontes Antunes	Individual	Veterano M35	41:11	+07:09	04:07
35	781	Nuno Miguel Moura Cachulo	Individual	Veterano M35	41:12	+07:10	04:07
36	713	Diogo Carvalho	Individual	Veterano M35	41:20	+07:18	04:08
37	697	Armando Peixoto	Individual	Veterano M35	41:21	+07:19	04:08
38	703	carlos manuel martins marçalo	Individual	Veterano M35	41:24	+07:22	04:08
39	186	Pedro Cruz	Correr Fermelã ACADOF	Veterano M35	41:27	+07:25	04:09
40	130	Ricardo Noémio Mendes Cruz	CDCCamarneira	Veterano M35	41:46	+07:43	04:11
41	221	ANDRÉ GONÇALO GOUVEI BAILA FERREIRA VITOR	CR7 FITNESS CRUNCH AVEIRO	Veterano M35	41:51	+07:48	04:11
42	245	Gonçalo Vieira	DAR - Desportivo atlético de Recardães	Veterano M35	41:53	+07:51	04:11
43	120	Joaquim Mota	CATEX 22.2	Veterano M35	42:15	+08:13	04:14
44	990	Juan Jesus	JuveRun Team	Veterano M35	42:16	+08:14	04:14
45	767	Marco Almeida	Individual	Veterano M35	42:22	+08:19	04:14
46	92	Filipe Mota	C.D.C. Paradela do Vouga	Veterano M35	42:23	+08:21	04:14
47	1209	Nelson Muga	Clube Atlético Macedo de Cavaleiros	Veterano M35	42:26	+08:24	04:15
48	794	Pedro Teles	Individual	Veterano M35	42:27	+08:25	04:15
49	1015	Mário Morgado	M&M	Veterano M35	42:29	+08:27	04:15
50	1210	Valter Silva	Individual	Veterano M35	42:31	+08:29	04:15
51	76	Ricardo Patrício	BOAVISTA TRAIL	Veterano M35	42:35	+08:33	04:15
52	756	José Correia	Individual	Veterano M35	42:35	+08:33	04:15
53	770	Marco Henriques	Individual	Veterano M35	42:40	+08:37	04:16
54	1077	JOSE FIGUEIRAS	RBTeam	Veterano M35	42:56	+08:54	04:18
55	1186	Rafael Lima	Individual	Veterano M35	43:01	+08:59	04:18
56	771	Marco Leite	Individual	Veterano M35	43:03	+09:01	04:18
57	169	Daniel Viera	Civilria	Veterano M35	43:16	+09:14	04:20
58	170	Hugo Justica	Civilria	Veterano M35	43:29	+09:27	04:21
59	25	Rui Silveira	ADI	Veterano M35	43:37	+09:35	04:22
60	61	Tiago Gomes	ARSENAL DE CANELAS	Veterano M35	43:40	+09:38	04:22
61	800	Ricardo José Neves Moreira	Individual	Veterano M35	43:42	+09:40	04:22
62	701	Bruno Silva	Individual	Veterano M35	43:59	+09:56	04:24
63	1037	Ricardo Branquinho	NAR-Nucleo de Atletismo de Requeixo	Veterano M35	44:02	+10:00	04:24
64	723	Filipe Monteiro	Individual	Veterano M35	44:05	+10:02	04:24
65	724	Filipe Rodrigues	Individual	Veterano M35	44:14	+10:12	04:25
66	361	Pedro Neves	Hut Runner's Aveiro	Veterano M35	44:18	+10:16	04:26
67	93	Jil Coelho	C.D.C. Paradela do Vouga	Veterano M35	44:24	+10:22	04:26
68	820	Vasco Santos	Individual	Veterano M35	44:25	+10:23	04:27



**Prova Principal**
**10 KM**
**OFFICIAL RESULT**

69	1049	Vitor Moreira	Papagaios	Veterano M35	44:29	+10:26	04:27
70	1119	André Assena	RM Runners	Veterano M35	44:30	+10:28	04:27
71	795	Rafael Dias	Individual	Veterano M35	44:31	+10:29	04:27
72	776	Maxim Mironov	Individual	Veterano M35	44:33	+10:30	04:27
73	806	Rui Silva	Individual	Veterano M35	44:34	+10:32	04:27
74	82	Bruno Aires	Bosch Runners	Veterano M35	44:35	+10:33	04:27
75	707	Daniel Filipe Rodrigues Almeida	Individual	Veterano M35	44:45	+10:42	04:28
76	313	João Gonçalo de Vasconcelos Cabral Monteiro	Glicinias Plaza	Veterano M35	45:03	+11:00	04:30
77	749	João Paulo Serôdio	Individual	Veterano M35	45:05	+11:03	04:30
78	735	Jimmy Silva	Individual	Veterano M35	45:07	+11:05	04:31
79	1155	Paulo Alexandre Simões da Costa	Tainadas Run Team	Veterano M35	45:12	+11:10	04:31
80	792	Pedro Pimentel	Individual	Veterano M35	45:23	+11:21	04:32
81	51	Ricardo Filipe Nunes Vicente	Arroz de Carril	Veterano M35	45:26	+11:24	04:33
82	757	José Fernando Cubal	Individual	Veterano M35	45:33	+11:31	04:33
83	751	Joao Pintado	Individual	Veterano M35	45:40	+11:38	04:34
84	249	Fábio Vaz	DBL BIKE	Veterano M35	45:49	+11:47	04:35
85	108	Miguel Cruz	CASCI	Veterano M35	45:55	+11:52	04:35
86	1154	Miguel santos	Tainadas Run Team	Veterano M35	45:58	+11:56	04:36
87	148	Olivério Baptista	Centro Atlético Póvoa Pacense - CENAP - Cacia	Veterano M35	46:00	+11:58	04:36
88	246	Ivo Gonçalves	DAR - Desportivo atlético de Recardães	Veterano M35	46:02	+12:00	04:36
89	773	Marco Tavares	Individual	Veterano M35	46:03	+12:01	04:36
90	704	Carlos Nogueira	Individual	Veterano M35	46:06	+12:04	04:37
91	359	Jorge Martins	Hut Runner's Aveiro	Veterano M35	46:10	+12:08	04:37
92	127	José Manuel dos Santos Quinta	CDCamarneira	Veterano M35	46:12	+12:10	04:37
93	764	Luís Cipriano	Individual	Veterano M35	46:13	+12:11	04:37
94	1122	Rui Cainé	RM Runners	Veterano M35	46:16	+12:13	04:38
95	1139	Paulo Cruz	Sosense trail team Braga e Fernandes	Veterano M35	46:19	+12:17	04:38
96	798	Ricardo Abreu	Individual	Veterano M35	46:21	+12:19	04:38
97	796	Rafael Gomes	Individual	Veterano M35	46:27	+12:24	04:39
98	805	Rui Quintinha	Individual	Veterano M35	46:31	+12:29	04:39
99	301	Adão Antunes	GD CAMPIA	Veterano M35	46:34	+12:31	04:39
100	1009	Roberto Rodrigues	Lobitos BikeTeam	Veterano M35	46:34	+12:32	04:39
101	310	Diogo Filipe Ferreira Filipe	Glicinias Plaza	Veterano M35	46:37	+12:34	04:40
102	991	Nuno Costa	JuveRun Team	Veterano M35	46:48	+12:46	04:41
103	726	Francisco Manuel Teixeira Marques	Individual	Veterano M35	46:51	+12:49	04:41
104	986	Cristiano Faneca	JuveRun Team	Veterano M35	46:56	+12:54	04:42
105	1075	Daniel Rocha	R5 Engineers	Veterano M35	46:56	+12:54	04:42
106	83	Evandro Amorim	Bosch Runners	Veterano M35	46:56	+12:54	04:42
107	788	Paulo Silva	Individual	Veterano M35	46:56	+12:54	04:42
108	722	Filipe dinis	Individual	Veterano M35	47:01	+12:58	04:42
109	1188	Tiago Matias	Individual	Veterano M35	47:06	+13:04	04:43
110	698	Arsélio Santos	Individual	Veterano M35	47:11	+13:08	04:43
111	1050	Vitor Pais	Papagaios	Veterano M35	47:22	+13:20	04:44
112	715	Elisio Reis	Individual	Veterano M35	47:31	+13:28	04:45

Official Timekeeper: Lap2Go	15 / 25	generate 02-Dec-2023 20:19
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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 - 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

113	331	Hugo Sousa	Grupo Juvenil Pinheiro da Bemposta	Veterano M35	47:34	+13:32	04:45
114	329	António Martins	Grupo Juvenil Pinheiro da Bemposta	Veterano M35	47:34	+13:32	04:45
115	357	Fábio Pizarro	Hut Runner's Aveiro	Veterano M35	47:37	+13:35	04:46
116	733	HUGO MOURÃO	Individual	Veterano M35	47:40	+13:38	04:46
117	691	Álvaro Martín González	Individual	Veterano M35	47:48	+13:46	04:47
118	765	Luis Filipe Gordinho da Silva	Individual	Veterano M35	47:54	+13:52	04:47
119	778	Nelson Silva	Individual	Veterano M35	47:58	+13:56	04:48
120	727	Frederico da Costa Barros	Individual	Veterano M35	47:58	+13:56	04:48
121	709	Daniel Pedrosa	Individual	Veterano M35	47:59	+13:57	04:48
122	694	Ângelo Capitão da Silva	Individual	Veterano M35	48:02	+14:00	04:48
123	116	Bruno Santos	CATEX 22.2	Veterano M35	48:03	+14:00	04:48
124	358	Hector Fernandes	Hut Runner's Aveiro	Veterano M35	48:07	+14:05	04:49
125	53	Valter Pereira Silva Rodrigues	Arroz de Carril	Veterano M35	48:09	+14:07	04:49
126	1074	Bruno Rocha	R5 Engineers	Veterano M35	48:18	+14:15	04:50
127	745	João Miguel Neves	Individual	Veterano M35	48:18	+14:16	04:50
128	731	Hugo Cabral	Individual	Veterano M35	48:22	+14:20	04:50
129	793	Pedro Santos	Individual	Veterano M35	48:26	+14:24	04:51
130	699	Bruno Miguel Bernardes de Jesus	Individual	Veterano M35	48:31	+14:28	04:51
131	779	Nuno Fernandes	Individual	Veterano M35	48:49	+14:47	04:53
132	808	Senna Sales	Individual	Veterano M35	48:51	+14:49	04:53
133	801	Ricardo Oliveira	Individual	Veterano M35	48:52	+14:50	04:53
134	789	Paulo Tavares	Individual	Veterano M35	48:54	+14:52	04:53
135	813	Tiago Daniel Gonçalves dos Santos	Individual	Veterano M35	48:57	+14:55	04:54
136	1113	Ricardo Miguel Oliveira Neves	Reumáticos & Etc	Veterano M35	49:01	+14:58	04:54
137	696	Antonio Silva	Individual	Veterano M35	49:06	+15:04	04:55
138	343	Ricardo Figueira	Hot Waters	Veterano M35	49:07	+15:05	04:55
139	104	Joel Oliveira	CASA VERA CRUZ	Veterano M35	49:08	+15:06	04:55
140	1043	Nuno Velha	Nem velozes nem furiosos	Veterano M35	49:09	+15:06	04:55
141	790	Paulo Teixeira	Individual	Veterano M35	49:09	+15:07	04:55
142	1042	Nuno Santos	Nem velozes nem furiosos	Veterano M35	49:10	+15:08	04:55
143	274	Emanuel Tiago Santos Heleno	Espaço P	Veterano M35	49:12	+15:09	04:55
144	1120	Luís Ferreira	RM Runners	Veterano M35	49:12	+15:10	04:55
145	223	JOSÉ NUNES	CR7 FITNESS CRUNCH AVEIRO	Veterano M35	49:13	+15:11	04:55
146	748	João Paulo	Individual	Veterano M35	49:18	+15:15	04:56
147	812	Stephen James Parker	Individual	Veterano M35	49:23	+15:21	04:56
148	1002	Pedro Alexandre Farreca Loureiro	Lacticoop	Veterano M35	49:25	+15:22	04:56
149	254	ANSELMO BAPTISTA	Diario Aveiro	Veterano M35	49:28	+15:26	04:57
150	312	Henrique Almeida	Glicínias Plaza	Veterano M35	49:28	+15:26	04:57
151	1112	Ricardo Miguel Ferreira Maia	Reumáticos & Etc	Veterano M35	49:29	+15:27	04:57
152	1007	Micael Santos	Lobitos BikeTeam	Veterano M35	49:39	+15:37	04:58
153	775	Mário Gabriel Mendes Ferreira	Individual	Veterano M35	49:41	+15:39	04:58
154	766	Manuel ventura da Silva Marques	Individual	Veterano M35	49:54	+15:51	04:59
155	362	Tiago Baptista	Hut Runner's Aveiro	Veterano M35	49:56	+15:54	05:00
156	1111	José Francisco Silva Rodrigues	Reumáticos & Etc	Veterano M35	50:02	+16:00	05:00
157	1010	Rogério Barreira	Lobitos BikeTeam	Veterano M35	50:06	+16:04	05:01

## Prova Principal

## 10 KM

### OFFICIAL RESULT

158	1008	Ricardo Santos	Lobitos BikeTeam	Veterano M35	50:10	+16:08	05:01
159	1134	Vítor Fernandes	Sobrinhos do Ti Cristo	Veterano M35	50:21	+16:19	05:02
160	791	Pedro Marques	Individual	Veterano M35	50:22	+16:20	05:02
161	755	José Carlos Pereira Almeida	Individual	Veterano M35	50:24	+16:22	05:02
162	768	Marco costa	Individual	Veterano M35	50:52	+16:50	05:05
163	295	João Marques	Extrusal	Veterano M35	51:04	+17:01	05:06
164	360	Pedro Couto	HUT RUNNER'S AVEIRO	Veterano M35	51:11	+17:09	05:07
165	1146	Bruno Esteves	Supras	Veterano M35	51:13	+17:10	05:07
166	802	Ricardo Ramos	Individual	Veterano M35	51:19	+17:17	05:08
167	777	Miguel Ribeiro	Individual	Veterano M35	51:19	+17:17	05:08
168	4	Luís Dias	10 A	Veterano M35	51:20	+17:18	05:08
169	1147	Hugo Miguel Castro Laranjeira	Supras	Veterano M35	51:22	+17:19	05:08
170	1148	João Esteves	Supras	Veterano M35	51:22	+17:19	05:08
171	1068	António Moreira	Pura Terra / Febol	Veterano M35	51:35	+17:33	05:09
172	330	Carlos Teixeira	Grupo Juvenil Pinheiro da Bemposta	Veterano M35	51:36	+17:34	05:10
173	718	Fabio Pitarma Matos	Individual	Veterano M35	51:43	+17:41	05:10
174	328	Amândio Silva	Grupo Juvenil Pinheiro da Bemposta	Veterano M35	51:48	+17:46	05:11
175	784	Patrick Mendonça	Individual	Veterano M35	51:50	+17:48	05:11
176	742	João Ladeira	Individual	Veterano M35	51:52	+17:49	05:11
177	736	João António dos Santos	Individual	Veterano M35	51:55	+17:53	05:12
178	988	Jean Rocha	JuveRun Team	Veterano M35	52:02	+18:00	05:12
179	987	Gruzé de Jesus	JuveRun Team	Veterano M35	52:15	+18:13	05:14
180	2	José Fernando Mendes dos Santos	..	Veterano M35	52:25	+18:22	05:14
181	14	Luis Novo	ACAIL GAS	Veterano M35	52:28	+18:26	05:15
182	1177	Rui Rebelo	WeGoRun	Veterano M35	52:34	+18:32	05:15
183	762	Luís Alves	Individual	Veterano M35	52:35	+18:33	05:15
184	50	António Manuel de Pinho Gerales	Arroz de Carril	Veterano M35	52:52	+18:50	05:17
185	341	Eurico Couto	Hot Waters	Veterano M35	53:02	+19:00	05:18
186	1133	Miguel Silva	Sobrinhos do Ti Cristo	Veterano M35	53:27	+19:25	05:21
187	816	Tiago Santiago	Individual	Veterano M35	53:34	+19:32	05:21
188	1018	David Cartaxo	MarquesCartaxo X Bontempo	Veterano M35	53:42	+19:40	05:22
189	117	Eurico Pinto	CATEX 22.2	Veterano M35	53:42	+19:40	05:22
190	118	Hugo Chaves	CATEX 22.2	Veterano M35	53:45	+19:43	05:23
191	119	João Andrade	CATEX 22.2	Veterano M35	53:45	+19:43	05:23
192	114	Anselmo Marques	CATEX 22.2	Veterano M35	53:46	+19:44	05:23
193	115	Bruno Pinto	CATEX 22.2	Veterano M35	54:02	+20:00	05:24
194	266	Vítor Manuel Dias Gonçalves	Embarca Running	Veterano M35	54:04	+20:02	05:24
195	126	Carlos Alexandre Ferreira Figueiredo	CDCamarneira	Veterano M35	54:07	+20:05	05:25
196	128	Pedro Alexandre Baptista Lusitano	CDCamarneira	Veterano M35	54:07	+20:05	05:25
197	782	Nuno Ribeiro	Individual	Veterano M35	54:08	+20:06	05:25
198	759	Jose Miguel Felix ferreira	Individual	Veterano M35	54:08	+20:06	05:25
199	1135	Ze "Nights"	Sobrinhos do Ti Cristo	Veterano M35	54:09	+20:06	05:25
200	1132	Carlos Cunha	Sobrinhos do Ti Cristo	Veterano M35	54:09	+20:06	05:25
201	785	Paulo Alves	Individual	Veterano M35	54:10	+20:08	05:25
202	744	João Martins	Individual	Veterano M35	54:14	+20:12	05:25

## 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

## 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

203	728	Gil Rodrigues	Individual	Veterano M35	54:18	+20:16	05:26
204	787	Paulo Oliveira	Individual	Veterano M35	54:24	+20:22	05:26
205	720	Fernando Mesquita	Individual	Veterano M35	54:30	+20:28	05:27
206	1142	Diogo Esteves	Sport Club Paradelas	Veterano M35	54:54	+20:52	05:29
207	225	ROBSON OLIVEIRA DE MORAES JUNIOR	CR7 FITNESS CRUNCH AVEIRO	Veterano M35	55:07	+21:05	05:31
208	754	JORGE FERREIRA	Individual	Veterano M35	55:10	+21:08	05:31
209	750	João Pedro Magano Bastião	Individual	Veterano M35	55:44	+21:42	05:34
210	282	Carlos Casimiro	EVOXFIT	Veterano M35	55:50	+21:48	05:35
211	693	André Rui Garcia Nércio	Individual	Veterano M35	55:54	+21:51	05:35
212	716	Emanuel Freitas	Individual	Veterano M35	55:59	+21:57	05:36
213	1121	Ricardo Mingatos	RM Runners	Veterano M35	56:21	+22:19	05:38
214	172	Renato França	Civilria	Veterano M35	56:32	+22:30	05:39
215	758	José Génio	Individual	Veterano M35	56:41	+22:39	05:40
216	738	JOÃO BARROS	Individual	Veterano M35	56:42	+22:40	05:40
217	143	Luis Pereira	Censi_run	Veterano M35	56:45	+22:42	05:40
218	1064	Bernardo Duarte Goncalves Gomes	porpol rain	Veterano M35	57:00	+22:58	05:42
219	712	Diogo Amaral	Individual	Veterano M35	57:03	+23:01	05:42
220	1181	Ricardo Ferreira	XPTO	Veterano M35	57:23	+23:21	05:44
221	1199	José Nuno Carvalho	Individual	Veterano M35	57:27	+23:25	05:45
222	706	Cleber Alves Antunes	Individual	Veterano M35	57:34	+23:32	05:45
223	811	Sérgio Vinagre	Individual	Veterano M35	57:51	+23:49	05:47
224	1117	Ricardo Guerra	Ricky e Tininha	Veterano M35	58:22	+24:20	05:50
225	1022	Jonathan Colas	MCDonalds	Veterano M35	58:24	+24:22	05:50
226	1019	Pedro Bontempo	MarquesCartaxo X Bontempo	Veterano M35	58:24	+24:22	05:50
227	797	Rafael Santos	Individual	Veterano M35	58:36	+24:34	05:52
228	224	JOSE SIMÕES	CR7 FITNESS CRUNCH AVEIRO	Veterano M35	58:37	+24:35	05:52
229	296	Rafael Almeida	Extrusal	Veterano M35	59:02	+25:00	05:54
230	1065	Przemyslaw Pozniak	porpol rain	Veterano M35	59:24	+25:22	05:56
231	705	Carlos Pereira	Individual	Veterano M35	59:39	+25:37	05:58
232	294	Henrique Tavares	Extrusal	Veterano M35	01:00:26	+26:23	06:03
233	786	Paulo Nuno Gabriel Matos	Individual	Veterano M35	01:00:57	+26:55	06:06
234	121	Tiago cruz	CATEX 22.2	Veterano M35	01:00:57	+26:55	06:06
235	284	Mário Lobeiro	EVOXFIT	Veterano M35	01:01:00	+26:58	06:06
236	730	Gonçalo Melo da Cruz Lourenço	Individual	Veterano M35	01:01:27	+27:25	06:09
237	1197	Joao Rui Sousa Campos	Individual	Veterano M35	01:01:33	+27:31	06:09
238	803	Rui Duarte Oliveira Pinto	Individual	Veterano M35	01:01:33	+27:31	06:09
239	818	Tiago Teixeira	Individual	Veterano M35	01:01:33	+27:31	06:09
240	772	Marco Paulo	Individual	Veterano M35	01:01:42	+27:40	06:10
241	695	ANTONIO CARLOS DOS SANTOS FILHO	Individual	Veterano M35	01:02:45	+28:43	06:17
242	729	Gonçalo Almeida	Individual	Veterano M35	01:03:18	+29:16	06:20
243	40	Luís Almeida	ARCO RUNNING TEAM	Veterano M35	01:03:23	+29:21	06:20
244	700	Bruno Santos	Individual	Veterano M35	01:03:24	+29:22	06:20
245	243	André Lucas	DAR - Desportivo atlético de Recardães	Veterano M35	01:05:05	+31:02	06:30
246	711	Davide Miguel Rocha da Costa	Individual	Veterano M35	01:05:07	+31:04	06:31

## 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

247	819	TIAGO TRINDADE	Individual	Veterano M35	01:06:44	+32:42	06:40
248	283	Ivo Batista	EVOXFIT	Veterano M35	01:07:43	+33:40	06:46
249	324	Marco Morgado	Grupo Desportivo Eixense	Veterano M35	01:11:19	+37:16	07:08
250	815	Tiago Roiçado	Individual	Veterano M35	01:11:53	+37:51	07:11
251	804	Rui Emanuel Gonçalves Vieira	Individual	Veterano M35	01:13:33	+39:31	07:21
252	1098	Dinis Lopes	Remax Universal	Veterano M35	01:19:34	+45:32	07:57
253	52	Valter Correia Lima	Arroz de Carril	Veterano M35	01:20:14	+46:12	08:01

## Veterano M45

1	1082	Hugo Ramalho	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M45	34:03		03:24
2	1081	Alberto Fonte	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M45	35:42	+01:39	03:34
3	110	Luís Miguel Martins	CASCI	Veterano M45	37:22	+03:19	03:44
4	302	Rui Pedro Jesus de Almeida	GDC Codal	Veterano M45	37:27	+03:24	03:45
5	835	Bruno Miguel Godinho Pontes	Individual	Veterano M45	37:34	+03:31	03:45
6	70	Rui Machado	Beira Mar	Veterano M45	37:54	+03:51	03:47
7	843	Didier de Jesus	Individual	Veterano M45	38:03	+04:00	03:48
8	261	José Cruz	Dura-F1 Raceteam	Veterano M45	38:33	+04:30	03:51
9	886	Mario Ferreira	Individual	Veterano M45	39:06	+05:03	03:55
10	903	Pedro Canha	Individual	Veterano M45	39:19	+05:16	03:56
11	152	Rui Silva	Centro Atlético Póvoa Pacense - CENAP - Cacia	Veterano M45	39:20	+05:17	03:56
12	248	Nuno Silva	DAR - Desportivo atlético de Recardães	Veterano M45	39:21	+05:18	03:56
13	871	José Coutinho	Individual	Veterano M45	39:36	+05:32	03:58
14	830	António moreira	Individual	Veterano M45	39:45	+05:42	03:59
15	895	Paulo César Silva	Individual	Veterano M45	39:51	+05:48	03:59
16	854	Filipe Silva Fonseca	Dura-F1 Raceteam	Veterano M45	40:13	+06:10	04:01
17	970	Paulo Moca	JOBRA	Veterano M45	40:15	+06:12	04:02
18	823	Américo Martins	Individual	Veterano M45	40:36	+06:33	04:04
19	180	Armindo Henriques Antunes	Coimbra Trail Running	Veterano M45	40:50	+06:47	04:05
20	900	Paulo lares	Individual	Veterano M45	41:03	+07:00	04:06
21	969	João Neves	JOBRA	Veterano M45	41:22	+07:19	04:08
22	149	Hernani Laranja	Centro Atlético Póvoa Pacense - CENAP - Cacia	Veterano M45	41:37	+07:34	04:10
23	897	Manuel Ferreira	Individual	Veterano M45	41:48	+07:44	04:11
24	260	João Portugal	Dura-F1 Raceteam	Veterano M45	42:16	+08:13	04:14
25	29	Jorge Rodrigues	Agarrados ao btt irbal	Veterano M45	42:22	+08:19	04:14
26	257	Paulo Joaquim Moreira Gomes	Dragões	Veterano M45	42:29	+08:26	04:15
27	364	Artur Jorge Paiva	Hut Runner's Aveiro	Veterano M45	42:46	+08:43	04:17
28	1185	Paulo Marques	Zoss Vog	Veterano M45	42:48	+08:45	04:17
29	1184	Francisco Fernandes	Zoss Vog	Veterano M45	42:49	+08:46	04:17
30	865	João garranas	Individual	Veterano M45	42:54	+08:51	04:17
31	904	Pedro Cardoso	Individual	Veterano M45	43:19	+09:16	04:20
32	366	Jorge Branco	Hut Runner's Aveiro	Veterano M45	43:47	+09:44	04:23







**Prova Principal**

**10 KM**

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

75	7	Luís Pessoa	5 de Outubro	Veterano M45	48:47	+14:44	04:53
76	837	Carlos Ferreira	Individual	Veterano M45	49:01	+14:58	04:54
77	226	Carlos Marques	CR7 FITNESS CRUNCH AVEIRO	Veterano M45	49:07	+15:04	04:55
78	367	Pedro Ruano de Castro	HUT RUNNER'S AVEIRO	Veterano M45	49:11	+15:08	04:55
79	297	João Madail	Extrusal	Veterano M45	49:21	+15:18	04:56
80	291	Pedro Madail	Extrusal	Veterano M45	49:21	+15:18	04:56
81	1067	Luís Mouro	primos	Veterano M45	49:23	+15:20	04:56
82	1170	António Amaral	Walk&Run4Fun	Veterano M45	49:25	+15:22	04:57
83	173	Diogo Barbosa	Civilria	Veterano M45	49:27	+15:24	04:57
84	839	CARLOS RODRIGUES	Individual	Veterano M45	49:27	+15:24	04:57
85	1038	Helder Jorge Ferreira Ribeiro	NAR-Nucleo de Atletismo de Requeixo	Veterano M45	49:30	+15:27	04:57
86	1045	Miguel Pimentel	oiarunners	Veterano M45	49:36	+15:33	04:58
87	850	Fernando Manuel Silva Mónica	Individual	Veterano M45	49:38	+15:35	04:58
88	878	Julio junior	Individual	Veterano M45	49:47	+15:44	04:59
89	1076	Carlos Neto	R5 Engineers	Veterano M45	49:52	+15:49	04:59
90	881	Luis Ferreira	Individual	Veterano M45	50:02	+15:59	05:00
91	1187	Jean François Rodrigues	Individual	Veterano M45	50:03	+16:00	05:00
92	847	Fernando de Sousa	Individual	Veterano M45	50:14	+16:10	05:01
93	1052	Miguel Pinto	Papagaios	Veterano M45	50:14	+16:11	05:01
94	164	Aventino Lima	CFA, SROC, LDA.	Veterano M45	50:17	+16:14	05:02
95	844	Élio Figueiredo	Individual	Veterano M45	50:37	+16:34	05:04
96	996	Sergio Pinho	JuveRun Team	Veterano M45	50:39	+16:36	05:04
97	8	Luís Sampaio	5 de Outubro	Veterano M45	50:39	+16:36	05:04
98	1054	Sérgio Ferraz	Penta Clube da Covilhã	Veterano M45	50:52	+16:49	05:05
99	894	Paulo Cardoso	Individual	Veterano M45	50:57	+16:54	05:06
100	1011	Fernando Mineiro	Lobitos BikeTeam	Veterano M45	51:00	+16:57	05:06
101	879	Kara Melo	Individual	Veterano M45	51:09	+17:06	05:07
102	887	Miguel Gandara	Individual	Veterano M45	51:14	+17:11	05:07
103	1051	Miguel Marques	Papagaios	Veterano M45	51:33	+17:30	05:09
104	910	Rogério Santos	Individual	Veterano M45	51:35	+17:32	05:10
105	874	José Oliveira	Individual	Veterano M45	51:41	+17:38	05:10
106	909	Ricardo Ventura da Cruz	Individual	Veterano M45	51:43	+17:40	05:10
107	905	Pedro Manuel Almeida	Individual	Veterano M45	52:03	+18:00	05:12
108	827	ANDRE PEÑA TÁVORA	Individual	Veterano M45	52:17	+18:14	05:14
109	853	Filipe Rocha	Individual	Veterano M45	52:43	+18:40	05:16
110	1066	Gustavo Vasconcelos	primos	Veterano M45	52:43	+18:40	05:16
111	1131	César Silvestre	Silvestres	Veterano M45	52:45	+18:42	05:16
112	1105	Rui Fartura	Remax Universal	Veterano M45	52:52	+18:49	05:17
113	1101	Francisco Sarmiento	Remax Universal	Veterano M45	52:54	+18:51	05:17
114	884	Manuel Romeiro	Individual	Veterano M45	53:02	+18:59	05:18
115	836	Carlos Couto	Individual	Veterano M45	53:27	+19:24	05:21
116	875	Jose Pedro Ribeiro Pereira	Individual	Veterano M45	53:29	+19:26	05:21
117	62	Paulo Viana	ARSENAL DE CANELAS	Veterano M45	53:34	+19:31	05:21
118	893	Paulo Bela	Individual	Veterano M45	53:41	+19:37	05:22
119	1136	Hugo Sa	Sobrinhos do Ti Cristo	Veterano M45	54:09	+20:05	05:25
120	1137	José Gonçalves	Sobrinhos do Ti Cristo	Veterano M45	54:09	+20:06	05:25

**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

121	363	Álvaro Barbosa	HUT RUNNER'S AVEIRO	Veterano M45	54:15	+20:12	05:26
122	873	Nuno Clemente	Individual	Veterano M45	54:17	+20:14	05:26
123	995	Luis Santos	JuveRun Team	Veterano M45	54:27	+20:24	05:27
124	228	PEDRO LISBOA	CR7 FITNESS CRUNCH AVEIRO	Veterano M45	54:39	+20:36	05:28
125	914	Rui Teixeira	Individual	Veterano M45	54:55	+20:52	05:29
126	842	Dalton Marins	Individual	Veterano M45	55:19	+21:16	05:32
127	911	Rui Filipe Gomes	Individual	Veterano M45	55:21	+21:18	05:32
128	901	Paulo Maia	Individual	Veterano M45	55:25	+21:22	05:33
129	906	Ricardo Dinis Marques da Fonte	Individual	Veterano M45	55:55	+21:51	05:35
130	858	Hugo Morais	Individual	Veterano M45	56:06	+22:03	05:37
131	821	Adriano Carreira	Individual	Veterano M45	56:06	+22:03	05:37
132	888	Nel Zola	Individual	Veterano M45	56:06	+22:03	05:37
133	869	João Silva	Individual	Veterano M45	56:28	+22:25	05:39
134	863	João Ferreira	Individual	Veterano M45	56:29	+22:26	05:39
135	919	Valter Ferreira	Individual	Veterano M45	56:41	+22:38	05:40
136	866	João Génio	Individual	Veterano M45	56:42	+22:39	05:40
137	1200	Eduardo Neira	Individual	Veterano M45	57:18	+23:15	05:44
138	87	José Branco	BRANCOS	Veterano M45	57:24	+23:21	05:44
139	825	André Luz Silva	Individual	Veterano M45	57:29	+23:26	05:45
140	849	Fernando Manuel Pinto Laia	Individual	Veterano M45	57:37	+23:34	05:46
141	1172	José Lopes	Walk&Run4Fun	Veterano M45	57:41	+23:38	05:46
142	1159	João Jorge Marques Laranjeiro	Uma espécie de atleta	Veterano M45	58:05	+24:02	05:49
143	1160	Sérgio Carlos	Uma espécie de atleta	Veterano M45	58:06	+24:03	05:49
144	882	Luís Lourenço	Individual	Veterano M45	58:33	+24:30	05:51
145	165	João Paulo Marques	CFA, SROC, LDA.	Veterano M45	58:35	+24:32	05:52
146	918	SÉRGIO MANUEL DOS SANTOS OLIVEIRA	Individual	Veterano M45	59:23	+25:20	05:56
147	334	Miguel Gorgulho	Happy Mind	Veterano M45	59:23	+25:20	05:56
148	315	José Alexandre Ferreira da Silva	Glicínias Plaza	Veterano M45	59:23	+25:20	05:56
149	332	PAULO RAMOS	Grupo Juvenil Pinheiro da Bemposta	Veterano M45	59:32	+25:29	05:57
150	327	Rui Fernandes	Grupo Desportivo Eixense	Veterano M45	59:50	+25:47	05:59
151	1085	Carlos Alves	Rei e Príncipes	Veterano M45	01:00:25	+26:22	06:03
152	6	Hugo Sousa	5 de Outubro	Veterano M45	01:00:33	+26:30	06:03
153	9	Pedro Miranda	5 de Outubro	Veterano M45	01:00:36	+26:33	06:04
154	1196	Stephen Estima Sampaio	Individual	Veterano M45	01:00:59	+26:56	06:06
155	1198	Rui Miguel Campos	Individual	Veterano M45	01:01:32	+27:29	06:09
156	885	Marcello Costa	Individual	Veterano M45	01:01:50	+27:47	06:11
157	857	Hugo Costa	Individual	Veterano M45	01:02:05	+28:01	06:12
158	1104	Nuno Filipe Tavares Madail	Remax Universal	Veterano M45	01:02:35	+28:32	06:15
159	133	José Carlos Marques dos Santos	CDS BERNARDO	Veterano M45	01:02:45	+28:42	06:17
160	833	Artur Jorge Cristino de Oliveira	Individual	Veterano M45	01:02:47	+28:44	06:17
161	824	André Antunes	Individual	Veterano M45	01:03:02	+28:59	06:18
162	1024	Sérgio Nogueira	MCDonalds	Veterano M45	01:03:39	+29:36	06:22
163	1171	Carlos Rodrigues	Walk&Run4Fun	Veterano M45	01:03:41	+29:38	06:22
164	912	Rui Silva	Individual	Veterano M45	01:04:25	+30:22	06:26
165	1157	Paulo Antunes	Tribalistas de Aveiro	Veterano M45	01:04:26	+30:23	06:27

**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 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

166	877	Juan Ferreira	Individual	Veterano M45	01:05:01	+30:58	06:30
167	898	Paulo Jorge Martins da Silva	Individual	Veterano M45	01:05:14	+31:11	06:31
168	1114	Francisco José Silva Gomes	Reumáticos & Etc	Veterano M45	01:05:22	+31:19	06:32
169	1115	João Alberto Rodrigues de Pinho	Reumáticos & Etc	Veterano M45	01:05:22	+31:19	06:32
170	891	Nuno Santos	Individual	Veterano M45	01:05:30	+31:27	06:33
171	862	Joao Dias	Individual	Veterano M45	01:07:45	+33:42	06:47
172	286	Ricardo Ferreira	EVOXFIT	Veterano M45	01:08:47	+34:44	06:53
173	870	Jorge Mota	Individual	Veterano M45	01:08:47	+34:44	06:53
174	1028	Rui Furtado	Minis & Bifanas	Veterano M45	01:08:55	+34:52	06:54
175	846	Pedro Manuel Rocha	Individual	Veterano M45	01:08:56	+34:53	06:54
176	822	Adriano Manuel Cirne Salgueiro	Individual	Veterano M45	01:11:06	+37:03	07:07
177	851	Fernando Ribeiro	Individual	Veterano M45	01:11:19	+37:16	07:08
178	856	Heraldo Correa da Silva	Individual	Veterano M45	01:19:30	+45:27	07:57
179	880	Leonardo Rorato	Individual	Veterano M45	01:19:30	+45:27	07:57
180	838	Carlos Matos	Individual	Veterano M45	01:31:26	+57:23	09:09

**Veterano M55**

1	1165	Paulo Costa	Viriathvs Runners Viseu	Veterano M55	36:35		03:39
2	252	Vitor Oliveira	DCI/Trilhos Luso Bussaco	Veterano M55	37:09	+00:33	03:43
3	123	Fernando Antunes	CDC Macieira de Cambra	Veterano M55	38:25	+01:50	03:50
4	236	João Vinha	CRE	Veterano M55	39:53	+03:18	03:59
5	936	Dinis Tavares	Individual	Veterano M55	40:14	+03:39	04:01
6	923	Antônio amado	Individual	Veterano M55	40:51	+04:16	04:05
7	958	Nelson Ramos	Individual	Veterano M55	41:17	+04:42	04:08
8	931	Carlos Amorim	Individual	Veterano M55	42:30	+05:55	04:15
9	1164	Manuel Campos	Viriathvs Runners Viseu	Veterano M55	42:37	+06:02	04:16
10	103	Carlos Almeida	CASA DO POVO DE MANGUALDE	Veterano M55	43:22	+06:46	04:20
11	319	Fernando Marques	GM TEAM	Veterano M55	44:30	+07:54	04:27
12	304	Adérito Curto	Gira Sol	Veterano M55	44:37	+08:02	04:28
13	94	Custódio Coutinho	C.D.C. Paradela do Vouga	Veterano M55	46:03	+09:28	04:36
14	371	Paulo Costa	Hut Runner's Aveiro	Veterano M55	46:34	+09:59	04:39
15	369	ABÍLIO MADAIL	HUT RUNNER'S AVEIRO	Veterano M55	46:47	+10:12	04:41
16	965	Vasco Ladeiro	Individual	Veterano M55	46:56	+10:21	04:42
17	27	João Almada	ADT	Veterano M55	47:03	+10:28	04:42
18	942	João Isidoro dos Santos	Individual	Veterano M55	47:12	+10:37	04:43
19	947	José Campos	Individual	Veterano M55	47:16	+10:41	04:44
20	275	João Pedro Matias	Espaço P	Veterano M55	47:57	+11:21	04:48
21	175	Carlos Varum	Civilria	Veterano M55	48:01	+11:26	04:48
22	300	João Dono	Extrusal	Veterano M55	48:02	+11:27	04:48
23	98	Manuel Santos	Caetano Baviera	Veterano M55	48:08	+11:33	04:49
24	946	Joaquim da silva costa	Individual	Veterano M55	48:44	+12:08	04:52
25	961	PEDRO ROCHA	Individual	Veterano M55	48:47	+12:11	04:53
26	971	Paulo Açafão	JOVASE Trail Running	Veterano M55	49:21	+12:46	04:56
27	960	Octavio Sergio Rodrigues Linhares	Individual	Veterano M55	49:22	+12:46	04:56

## Prova Principal

10 KM

### OFFICIAL RESULT

28	929	CARLOS ALBERTO FERREIRA	Individual	Veterano M55	50:02	+13:27	05:00
29	956	Mário Simões	Individual	Veterano M55	50:07	+13:32	05:01
30	71	Celso Coelho	BESJOGING	Veterano M55	50:10	+13:34	05:01
31	1083	José Matos	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M55	51:07	+14:32	05:07
32	845	Manuel Tavares	Individual	Veterano M55	51:16	+14:41	05:08
33	370	Marcos Oliveira	Hut Runner's Aveiro	Veterano M55	51:17	+14:41	05:08
34	954	Manuel Pina	Individual	Veterano M55	51:19	+14:44	05:08
35	734	Jorge Manuel Alexandre	Individual	Veterano M55	51:21	+14:46	05:08
36	951	Luís António Jesus Carvalheiro	Individual	Veterano M55	52:26	+15:51	05:15
37	66	José Tavares	Barra B	Veterano M55	52:36	+16:01	05:16
38	941	João Capelôa	Individual	Veterano M55	53:23	+16:47	05:20
39	953	Manuel Matos	Individual	Veterano M55	53:24	+16:49	05:20
40	229	Albano Torres	CR7 FITNESS CRUNCH AVEIRO	Veterano M55	53:31	+16:55	05:21
41	924	António Apolínario Silva Carvalho Saraiva	Individual	Veterano M55	53:33	+16:58	05:21
42	964	Reinaldo Manuel Rodrigues Rocha	Individual	Veterano M55	53:38	+17:03	05:22
43	948	José Luís Oliveira Alves	Individual	Veterano M55	53:40	+17:05	05:22
44	926	ANTONIO TEIXEIRA	Individual	Veterano M55	53:56	+17:21	05:24
45	932	Carlos Barroso	Individual	Veterano M55	53:58	+17:23	05:24
46	1087	Jorge Girão	Rei e Príncipes	Veterano M55	54:10	+17:34	05:25
47	927	Armindo Ferreira Dias	Individual	Veterano M55	54:18	+17:42	05:26
48	34	Victor Costa	APAR - Associação de Pais de Aradas	Veterano M55	54:54	+18:19	05:29
49	928	Basilio Lopes	Individual	Veterano M55	55:09	+18:33	05:31
50	998	Paulo Caetano	Juverun Team	Veterano M55	55:12	+18:37	05:31
51	317	Fernando Manuel da Loura Cabral Monteiro	Glicínias Plaza	Veterano M55	55:28	+18:53	05:33
52	12	Rui Amaral	A.C. D. Dornelas do vouga	Veterano M55	55:30	+18:55	05:33
53	234	RICARDO NABUCO DE ARAUJO PONCE PASINI	CR7 FITNESS CRUNCH AVEIRO	Veterano M55	55:41	+19:06	05:34
54	945	Joaquim Anselmo	Individual	Veterano M55	56:27	+19:51	05:39
55	230	ARTUR TORRES	CR7 FITNESS CRUNCH AVEIRO	Veterano M55	56:45	+20:10	05:41
56	925	António Manuel de Jesus Moitalta	Individual	Veterano M55	56:51	+20:16	05:41
57	944	Joaquim Amieiro	Individual	Veterano M55	56:52	+20:16	05:41
58	957	Martyn Pillinger	Individual	Veterano M55	57:02	+20:27	05:42
59	263	Eduardo Tavares Rebelo	Eduart-Componentes Calçado.	Veterano M55	57:13	+20:38	05:43
60	950	Luís Afonso Araújo de Pina	Individual	Veterano M55	57:44	+21:08	05:46
61	1048	ALEXANDRE CYSNE	OS CYSNES	Veterano M55	57:51	+21:16	05:47
62	959	Nuno Borrvalho	Individual	Veterano M55	58:17	+21:42	05:50
63	997	Jorge Manuel dos Santos Neto	JuveRun Team	Veterano M55	58:25	+21:50	05:50
64	1	Ribau Esteves	Individual	Veterano M55	59:01	+22:25	05:54
65	1086	Hernâni Amaral	Rei e Príncipes	Veterano M55	01:00:24	+23:49	06:02
66	255	PEDRO TEIXEIRA	Diario Aveiro	Veterano M55	01:00:48	+24:13	06:05
67	935	César Faustino da Silva Bastos	Individual	Veterano M55	01:02:54	+26:18	06:17
68	268	Ervin Triana	Emeteclasse	Veterano M55	01:03:37	+27:02	06:22
69	231	JOSÉ Barreiro	CR7 FITNESS CRUNCH AVEIRO	Veterano M55	01:03:54	+27:18	06:23
70	1158	José Carlos Trindade	Tribalistas de Aveiro	Veterano M55	01:04:26	+27:51	06:27

Official Timekeeper: Lap2Go	24 / 25	generate 02-Dec-2023 20:19
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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

**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

71	934	Carlos Ferreira Pereira	Individual	Veterano M55	01:05:04	+28:29	06:30
72	10	Ricardo Bastos	A A Lebres do Sado	Veterano M55	01:08:11	+31:36	06:49
73	939	Gilson José de Oliveira	Individual	Veterano M55	01:11:08	+34:33	07:07
74	1059	José Pires Lima	Pernas Inertes lentos desde 2017	Veterano M55	01:11:15	+34:40	07:08
75	937	Fernando Olímpio Marques Castilho	Individual	Veterano M55	01:12:16	+35:41	07:14
76	949	José Vieira	Individual	Veterano M55	01:13:00	+36:25	07:18
77	962	RAYNALD JOLY	Individual	Veterano M55	01:13:53	+37:18	07:23
78	943	João Luís Frade Cajeira	Individual	Veterano M55	01:14:30	+37:55	07:27