

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	CAT	RESULT	DIFF	t/KM
131	304	José Fernando Oliveira Costa	lousada runners	Veterano M40	45:36	+15:43	04:34
132	256	César Nogueira	individual	Veterano M45	45:41	+15:47	04:34
133	179	Joaquim Malheiro	individual	Senior Masculino	45:41	+15:47	04:34
134	214	Tony Lopes	individual	Senior Masculino	45:41	+15:48	04:34
135	74	NUNO DAVID	ev/peraltafil	Senior Masculino	45:46	+15:52	04:35
136	82	LUIS CRUZ	ev/peraltafil	Veterano M55	45:46	+15:52	04:35
137	83	JOAQUIM PEREIRA	ev/peraltafil	Veterano M60	45:46	+15:52	04:35
138	55	FERNANDO SANTOS	clube do pessoal das águas de gaia	Veterano M50	45:49	+15:55	04:35
139	196	Pedro Correia	individual	Senior Masculino	45:50	+15:57	04:35
140	271	Miguel Leitão	individual	Veterano M50	45:53	+15:59	04:35
141	263	Pedro Nuno Cruz Coelho Silva	individual	Veterano M45	45:53	+15:59	04:35
142	53	Sergio Castro	clube do pessoal das águas de gaia	Veterano M40	45:58	+16:05	04:36
143	8	Pedro Poças	a team ageas	Veterano M40	46:02	+16:08	04:36
144	110	Beu Ribeiro	individual	Senior Feminino	46:03	+16:10	04:36
145	198	Pedro Leitão	individual	Senior Masculino	46:11	+16:17	04:37
146	234	Andre Leal Coelho dos Santos	individual	Veterano M40	46:13	+16:19	04:37
147	152	Daniel Soares Matos	individual	Senior Masculino	46:15	+16:22	04:38
148	299	David Dias	legionários runners team	Senior Masculino	46:21	+16:27	04:38
149	347	José Pereira	nascidos para correr	Veterano M55	46:25	+16:31	04:39
150	270	Michel Silva	individual	Veterano M50	46:30	+16:37	04:39
151	168	Hugo Teixeira	individual	Senior Masculino	46:31	+16:37	04:39
152	157	Fábio Oliveira	individual	Senior Masculino	46:34	+16:41	04:39
153	362	MANUEL GOMES	os flechinhas	Veterano M55	46:35	+16:41	04:40
154	418	Nuno Cautela	stone bridge runners	Veterano M40	46:36	+16:42	04:40
155	422	Rui Cunha	stone bridge runners	Veterano M50	46:36	+16:43	04:40
156	279	Mário Vinhas	individual	Veterano M55	46:48	+16:54	04:41
157	252	Telmo Alves	individual	Veterano M40	46:50	+16:57	04:41
158	217	Ana Gandra	individual	Veterana F40	46:54	+17:00	04:41
159	242	João Ricardo Da Silva Dias	individual	Veterano M40	46:56	+17:02	04:42
160	379	António Brás Simões	plmj runners porto	Senior Masculino	46:59	+17:05	04:42
161	390	Timm Leibfried	porto expat runners	Senior Masculino	47:01	+17:08	04:42
162	387	Benjamin Seebach	porto expat runners	Senior Masculino	47:02	+17:08	04:42
163	354	Manuel Carriço	nascidos para correr	Veterano M60	47:07	+17:13	04:43
164	197	Pedro Ferreira	individual	Senior Masculino	47:08	+17:14	04:43
165	204	Ricardo Oliveira	individual	Senior Masculino	47:08	+17:14	04:43
166	353	Emanuel Madureira	nascidos para correr	Veterano M60	47:11	+17:17	04:43
167	202	Rafael sezino	individual	Senior Masculino	47:12	+17:18	04:43
168	338	Marco Almeida	nascidos para correr	Veterano M50	47:24	+17:30	04:44
169	352	Eduardo Pinto	nascidos para correr	Veterano M60	47:24	+17:30	04:44
170	411	Paulo Reis	sporting clube de espinho / antónio leitão	Veterano M55	47:25	+17:31	04:45
171	343	Isaque Pinto	nascidos para correr	Veterano M55	47:26	+17:33	04:45
172	381	Diogo Neves	plmj runners porto	Senior Masculino	47:27	+17:34	04:45
173	6	Pedro Miguel Mesquita Felgueiras	#numdóijoca	Senior Masculino	47:30	+17:36	04:45
174	35	Ricardo Ferreira	centro cultural d. t. da stcp	Senior Masculino	47:30	+17:36	04:45
175	392	Evan Feldman	porto expat runners	Veterano M55	47:30	+17:36	04:45

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
176	406	Tiago Sousa	sport comércio e salgueiros	Senior Masculino	47:32	+17:39	04:45
177	312	Alberto Vitelo	mss grupo desportivo de gondomar	Veterano M40	47:35	+17:41	04:46
178	26	António Sá	beatriz dos panos	Veterano M45	47:50	+17:56	04:47
179	148	Christofer Santos	individual	Senior Masculino	47:52	+17:58	04:47
180	219	Carla Lourenço	individual	Veterana F40	47:52	+17:58	04:47
181	397	Ricardo Ribeiro	run4free	Senior Masculino	47:56	+18:02	04:48
182	423	Paulo Ribeiro	stone bridge runners	Veterano M55	48:05	+18:12	04:49
183	199	Pedro Nuno Urzal Freitas Alves Pimenta	individual	Senior Masculino	48:09	+18:15	04:49
184	213	Tiago Urzal Freitas Alves Pimenta	individual	Senior Masculino	48:09	+18:15	04:49
185	215	Valter Alves	individual	Senior Masculino	48:13	+18:20	04:49
186	240	Jacinto Pereira	individual	Veterano M40	48:17	+18:23	04:50
187	14	FERNANDA RAMALHO	a.d.grijó a correr	Veterana F50	48:31	+18:38	04:51
188	374	André Soares	páu pra toda'obra!	Senior Masculino	48:35	+18:41	04:52
189	41	Fernanda Isabel leitão Correia	clube atletismo vila boa bispo	Senior Feminino	48:39	+18:45	04:52
190	416	Cláudia Parodi	stone bridge runners	Veterana F40	48:42	+18:49	04:52
191	192	Miguel Santos	individual	Senior Masculino	48:43	+18:49	04:52
192	420	Hugo Rodrigues	stone bridge runners	Veterano M45	48:43	+18:50	04:52
193	38	Elisabete Martins	centro de juventude de malta	Veterana F40	48:46	+18:52	04:53
194	155	Diogo Ribeiro	individual	Senior Masculino	48:48	+18:54	04:53
195	34	Abel Santos	caldas de s. jorge sport clube	Veterano M60	48:50	+18:57	04:53
196	253	Valter Barbosa	individual	Veterano M40	49:00	+19:06	04:54
197	437	Ricardino martins dos santos	goodshape	Veterano M45	49:05	+19:12	04:55
198	249	Ricardo Martins	individual	Veterano M40	49:17	+19:24	04:56
199	98	Pedro Neves	impar running team	Veterano M40	49:17	+19:24	04:56
200	257	Henoque Emanuel Almeida Duarte	individual	Veterano M45	49:20	+19:27	04:56
201	177	João Rafael Jacinto Piteira	individual	Senior Masculino	49:26	+19:32	04:57
202	46	José Sousa Soares Pessoa	clube atletismo vila boa bispo	Veterano M55	49:29	+19:35	04:57
203	373	Maria Joana Pinto	páu pra toda'obra!	Senior Feminino	49:36	+19:43	04:58
204	316	Manuel Pereira	mss grupo desportivo de gondomar	Veterano M60	49:39	+19:46	04:58
205	332	Albino Silva	nascidos para correr	Veterano M45	49:42	+19:48	04:58
206	419	Pedro Magalhães	stone bridge runners	Veterano M40	49:53	+19:59	04:59
207	421	Ricardo Coelho	stone bridge runners	Veterano M45	49:54	+20:00	04:59
208	426	Rui Aires	ternurentos	Veterano M45	49:55	+20:01	05:00
209	205	Ricardo Pinto	individual	Senior Masculino	50:00	+20:06	05:00
210	235	Bruno Cardoso	individual	Veterano M40	50:04	+20:10	05:00
211	146	Carlos Sousa	individual	Senior Masculino	50:15	+20:21	05:02
212	107	Andreia Vanessa Pinto Ramos	individual	Senior Feminino	50:15	+20:22	05:02
213	165	Henrique Mendes	individual	Senior Masculino	50:25	+20:31	05:03
214	169	Igor Meinedo	individual	Senior Masculino	50:26	+20:33	05:03
215	370	Marco Belo de Sousa	os pernas de pau	Veterano M40	50:29	+20:36	05:03
216	367	André Filipe Barbosa da Silva	os pernas de pau	Senior Masculino	50:30	+20:36	05:03
217	11	Alvaro Pinto	a team ageas	Veterano M50	50:35	+20:41	05:04
218	25	Bruno Pereira	beatriz dos panos	Senior Masculino	50:39	+20:46	05:04
219	172	João Alves	individual	Senior Masculino	50:41	+20:47	05:04

PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
265	239	Hugo Teixeira	individual	Veterano M40	53:12	+23:19	05:19
266	229	sofia ferreira	individual	Veterana F40	53:13	+23:19	05:19
267	255	Antonio Pereira	individual	Veterano M45	53:23	+23:29	05:20
268	141	Bruno Filipe Silva Tavares	individual	Senior Masculino	53:25	+23:32	05:21
269	151	Daniel Serralva	individual	Senior Masculino	53:30	+23:37	05:21
270	51	MARINA SOUSA	clube do pessoal das águas de gaia	Veterana F40	53:31	+23:37	05:21
271	431	João Carlos Carvalho da Silva	união académica de avintes	Senior Masculino	53:34	+23:40	05:21
272	280	Afonso José Maia Tavares	individual	Veterano M60	53:34	+23:41	05:21
273	247	Pedro Rocha	individual	Veterano M40	53:36	+23:42	05:22
274	102	Ana Ferreira	individual	Senior Feminino	53:49	+23:56	05:23
275	396	Sónia Teixeira	run4free	Senior Feminino	53:51	+23:57	05:23
276	188	Josemanuel Barbosa	individual	Senior Masculino	54:10	+24:16	05:25
277	356	Rui Dias	nascidos para correr	Veterano M60	54:12	+24:18	05:25
278	340	António Gabriel Santos	nascidos para correr	Veterano M55	54:12	+24:19	05:25
279	244	Nuno Alexandre Vieira Paiva	individual	Veterano M40	54:25	+24:31	05:27
280	200	Pedro Pinto	individual	Senior Masculino	54:26	+24:33	05:27
281	108	Anna Piankova	individual	Senior Feminino	54:28	+24:35	05:27
282	369	Teresa Reis	os pernas de pau	Veterana F50	54:41	+24:48	05:28
283	218	Angela Novais Gomes	individual	Veterana F40	54:41	+24:48	05:28
284	427	Hugo Morais	tomé morais	Veterano M45	54:55	+25:02	05:30
285	398	José Moreira	salgueiros running	Senior Masculino	55:07	+25:13	05:31
286	359	Carlos Vieira	os cachos	Veterano M55	55:09	+25:15	05:31
287	32	LUCIDIO DIAS	cal - clube atletismo de lamas	Veterano M60	55:09	+25:16	05:31
288	361	Manuel Carneiro	os cachos	Veterano M55	55:16	+25:22	05:32
289	307	Paula Melo	magic runners	Veterana F50	55:17	+25:23	05:32
290	105	Ana Sofia Oliveira	individual	Senior Feminino	55:22	+25:28	05:32
291	180	Joaquim Neves	individual	Senior Masculino	55:30	+25:36	05:33
292	245	Nuno Marcelo	individual	Veterano M40	55:34	+25:40	05:33
293	269	Manuel Alberto Pinto Carvalhal	individual	Veterano M50	55:42	+25:49	05:34
294	265	António Eusébio Pinto Carvalhal	individual	Veterano M50	55:42	+25:49	05:34
295	183	Jorge Manuel Pereira Triães0211	individual	Senior Masculino	55:47	+25:53	05:35
296	143	Bruno Jesus	individual	Senior Masculino	55:55	+26:01	05:36
297	137	André Soares	individual	Senior Masculino	55:55	+26:01	05:36
298	18	Joana Fernandes	amigos do trail oaz	Senior Feminino	55:57	+26:03	05:36
299	19	Marco Nora	amigos do trail oaz	Senior Masculino	55:57	+26:03	05:36
300	227	Paula José Gaio de Araújo Araújo	individual	Veterana F40	56:16	+26:22	05:38
301	237	Ezequiel Duarte	individual	Veterano M40	56:18	+26:24	05:38
302	48	José António Moura Pinto	clube atletismo vila boa bispo	Veterano M60	56:25	+26:31	05:39
303	243	Luciano Rodrigues	individual	Veterano M40	56:43	+26:50	05:40
304	93	Catarina Gouveia	goodshape	Senior Feminino	57:00	+27:07	05:42
305	328	Guilhermina Amaral	nascidos para correr	Veterana F50	57:09	+27:15	05:43
306	97	Bartolomeu Mota	grupo desportivo limpeza urbana	Veterano M60	57:23	+27:29	05:44
307	339	Rui Santos	nascidos para correr	Veterano M50	57:31	+27:38	05:45
308	305	Margarida Caldeira	m.e.s.a. running	Senior Feminino	57:47	+27:53	05:47

PROVA PRINCIPAL - STAGE 1

10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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	CAT	RESULT	DIFF	t/KM
353	123	Patrícia Daniela Pereira Soares	individual	Senior Feminino	01:02:28	+32:34	06:15
354	429	Filipa Ferreira	união académica de avintes	Senior Feminino	01:02:29	+32:36	06:15
355	223	Joana Oliveira	individual	Veterana F40	01:02:47	+32:53	06:17
356	290	Orlando Oliveira	individual	Veterano M60	01:02:47	+32:54	06:17
357	27	Patrícia Costa	bluebrothers chamusca	Senior Feminino	01:03:33	+33:39	06:21
358	412	Joel Bicho	sr vitores	Senior Masculino	01:03:44	+33:50	06:22
359	413	José Magalhães	sr vitores	Senior Masculino	01:03:44	+33:51	06:22
360	414	Pierre Quintaneiro	sr vitores	Senior Masculino	01:03:44	+33:51	06:22
361	221	Cíntia Esteves	individual	Veterana F40	01:03:56	+34:02	06:24
362	251	Rui Paiva	individual	Veterano M40	01:03:56	+34:02	06:24
363	300	Tatiana Cosme	let's run	Veterana F40	01:04:22	+34:29	06:26
364	289	Luís Abreu	individual	Veterano M60	01:04:29	+34:36	06:27
365	232	Conceição Mota	individual	Veterana F50	01:04:32	+34:38	06:27
366	56	Jorge da Encarnação	clube do pessoal das águas de gaia	Veterano M55	01:04:32	+34:39	06:27
367	66	José Manuel Magalhães Gomes Dara	clube pessoal edp-porto	Veterano M60	01:04:32	+34:39	06:27
368	113	Fernanda Soares Rodrigues	individual	Senior Feminino	01:04:33	+34:39	06:27
369	125	Sandra Fernandes	individual	Senior Feminino	01:05:16	+35:22	06:32
370	126	Sofia Oliveira	individual	Senior Feminino	01:05:16	+35:22	06:32
371	301	Ricardo Castelo Branco	let's run	Veterano M45	01:06:46	+36:53	06:41
372	246	Paulo Eiras	individual	Veterano M40	01:07:31	+37:38	06:45
373	285	Francisco Gomes Martins	individual	Veterano M60	01:07:36	+37:42	06:46
374	314	José António Freitas	mss grupo desportivo de gondomar	Veterano M55	01:08:11	+38:17	06:49
375	349	Adão Dias	nascidos para correr	Veterano M60	01:08:45	+38:51	06:53
376	64	Alberto Ferreira	clube pessoal edp-porto	Veterano M60	01:09:16	+39:23	06:56
377	365	Ana Teixeira	os pernas de pau	Senior Feminino	01:09:24	+39:30	06:56
378	134	Andre Giacomini Dias Carmona	individual	Senior Masculino	01:10:54	+41:01	07:05
379	128	Soraia Moura	individual	Senior Feminino	01:15:00	+45:06	07:30
380	439	José Neves	nascidos para correr	Veterano M60	01:15:01	+45:08	07:30
381	120	Maria Salgueiro	individual	Senior Feminino	01:15:16	+45:22	07:32
382	109	Bárbara Névoa	individual	Senior Feminino	01:17:35	+47:41	07:46
383	233	Heloíza Marcovecchio da Cruz	individual	Veterana F50	01:22:06	+52:12	08:13
384	115	Inês Isabel Menezes Torres	individual	Senior Feminino	01:24:00	+54:06	08:24

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

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120	161	Francisco Manuel Barbosa Ribeiro	Individual	Senior Masculino	01:01:44	+31:50	06:10
121	412	Joel Bicho	Sr vitores	Senior Masculino	01:03:44	+33:50	06:22
122	413	José Magalhães	Sr vitores	Senior Masculino	01:03:44	+33:51	06:22
123	414	Pierre Quintaneiro	Sr vitores	Senior Masculino	01:03:44	+33:51	06:22
124	134	Andre Giacomini Dias Carmona	Individual	Senior Masculino	01:10:54	+41:01	07:05

Veterana F40

1	70	Liliana Oliveira Gonçalves	CR Candoso	Veterana F40	41:22	+11:28	04:08
2	324	Sara Nunes	Nascidos para Correr	Veterana F40	43:17	+13:23	04:20
3	220	Catarina de Castro	Individual	Veterana F40	44:12	+14:18	04:25
4	224	Liliana Sofia dias da Silva Maia	Individual	Veterana F40	44:34	+14:41	04:27
5	217	Ana Gandra	Individual	Veterana F40	46:54	+17:00	04:41
6	219	Carla Lourenço	Individual	Veterana F40	47:52	+17:58	04:47
7	416	Cláudia Parodi	STONE BRIDGE RUNNERS	Veterana F40	48:42	+18:49	04:52
8	38	Elisabete Martins	Centro de Juventude de Malta	Veterana F40	48:46	+18:52	04:53
9	230	Sónia Queirós	Individual	Veterana F40	50:47	+20:54	05:05
10	400	Liliana Pereira	Shots International Runners	Veterana F40	51:11	+21:17	05:07
11	323	Patrícia Pinho	Nascidos para Correr	Veterana F40	52:28	+22:34	05:15
12	228	Sandra Cristina Guedes Cardoso	Individual	Veterana F40	52:30	+22:37	05:15
13	21	Sandra Galveia	Athlon Runners	Veterana F40	52:49	+22:55	05:17
14	229	sofia ferreira	Individual	Veterana F40	53:13	+23:19	05:19
15	51	MARINA SOUSA	Clube do Pessoal das Águas de Gaia	Veterana F40	53:31	+23:37	05:21
16	218	Angela Novais Gomes	Individual	Veterana F40	54:41	+24:48	05:28
17	227	Paula José Gaio de Araújo Araújo	Individual	Veterana F40	56:16	+26:22	05:38
18	226	Padua Joana	Individual	Veterana F40	58:53	+28:59	05:53
19	325	Teresinha Castro	Nascidos para Correr	Veterana F40	59:30	+29:36	05:57
20	222	Estela Pinheiro de Abreu	Individual	Veterana F40	59:59	+30:06	06:00
21	368	Ana Lopes	Os Pernas de Pau	Veterana F40	01:00:48	+30:54	06:05
22	231	Susana Maria Lemos Costa	Individual	Veterana F40	01:01:29	+31:36	06:09
23	297	Liliana Sousa	Lebres	Veterana F40	01:01:34	+31:41	06:09
24	94	Andreia Monteiri	Goodshape	Veterana F40	01:01:42	+31:49	06:10
25	223	Joana Oliveira	Individual	Veterana F40	01:02:47	+32:53	06:17
26	221	Cíntia Esteves	Individual	Veterana F40	01:03:56	+34:02	06:24
27	300	Tatiana Cosme	Let's Run	Veterana F40	01:04:22	+34:29	06:26

Veterana F50

1	357	Regina Maria Gilvaz	Núcleo de Atletismo de Cucujães	Veterana F50	41:42	+11:49	04:10
2	329	Rosa Pinto	Nascidos para Correr	Veterana F50	45:08	+15:14	04:31
3	14	FERNANDA RAMALHO	A.D.GRIJÓ A CORRER	Veterana F50	48:31	+18:38	04:51
4	29	AnaPaula Castro	CAL - Clube Atletismo de Lamas	Veterana F50	52:57	+23:03	05:18
5	302	Deolinda Camarinha Silva	Ligeirinhos	Veterana F50	53:09	+23:15	05:19
6	369	Teresa Reis	Os Pernas de Pau	Veterana F50	54:41	+24:48	05:28
7	307	Paula Melo	Magic Runners	Veterana F50	55:17	+25:23	05:32

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Prova Principal

10 KM

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32	239	Hugo Teixeira	Individual	Veterano M40	53:12	+23:19	05:19
33	247	Pedro Rocha	Individual	Veterano M40	53:36	+23:42	05:22
34	244	Nuno Alexandre Vieira Paiva	Individual	Veterano M40	54:25	+24:31	05:27
35	245	Nuno Marcelo	Individual	Veterano M40	55:34	+25:40	05:33
36	237	Ezequiel Duarte	Individual	Veterano M40	56:18	+26:24	05:38
37	243	Luciano Rodrigues	Individual	Veterano M40	56:43	+26:50	05:40
38	393	João Teixeira	Quenianos	Veterano M40	01:01:21	+31:27	06:08
39	251	Rui Paiva	Individual	Veterano M40	01:03:56	+34:02	06:24
40	246	Paulo Eiras	Individual	Veterano M40	01:07:31	+37:38	06:45

Veterano M45

1	80	VITOR SANTOS	EV/PERALTAFIL	Veterano M45	31:36	+01:42	03:10
2	409	Nelson Lopes	Sporting Clube de Espinho / António Leitão	Veterano M45	34:09	+04:15	03:25
3	23	patricio castro	Atlético clube vale sao Martinho	Veterano M45	34:41	+04:48	03:28
4	79	MANUEL BESSA	EV/PERALTAFIL	Veterano M45	35:39	+05:45	03:34
5	334	Sérgio Santos	Nascidos para Correr	Veterano M45	36:08	+06:14	03:37
6	395	Nuno Cunha Santos	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M45	36:27	+06:34	03:39
7	39	Filipe Martins	Centro de Juventude de Malta	Veterano M45	37:39	+07:45	03:46
8	90	ADERITO TORRES	GDCTCASA DA MOEDA	Veterano M45	38:38	+08:44	03:52
9	9	Hugo Santos Pereira	A TEAM AGEAS	Veterano M45	38:57	+09:04	03:54
10	261	Paulo Resende	Individual	Veterano M45	39:25	+09:31	03:57
11	61	Miguel Lagrifa	Clube Pessoal EDP-Porto	Veterano M45	41:44	+11:50	04:10
12	335	Virgilio Vieira	Nascidos para Correr	Veterano M45	42:07	+12:14	04:13
13	424	Erasmo Alves	Taylors	Veterano M45	42:50	+12:56	04:17
14	63	Vitor Correia	Clube Pessoal EDP-Porto	Veterano M45	42:57	+13:03	04:18
15	60	Carlos Pinto	Clube Pessoal EDP-Porto	Veterano M45	43:39	+13:45	04:22
16	92	Rui Santos	GDCTCASA DA MOEDA	Veterano M45	44:22	+14:28	04:26
17	333	Henrique Coelho	Nascidos para Correr	Veterano M45	45:02	+15:08	04:30
18	10	Luis Filipe Ferreira	A TEAM AGEAS	Veterano M45	45:04	+15:10	04:30
19	434	Artur Manuel Rego	União Académica de Avintes	Veterano M45	45:22	+15:28	04:32
20	256	César Nogueira	Individual	Veterano M45	45:41	+15:47	04:34
21	263	Pedro Nuno Cruz Coelho Silva	Individual	Veterano M45	45:53	+15:59	04:35
22	26	António Sá	Beatriz dos Panos	Veterano M45	47:50	+17:56	04:47
23	420	Hugo Rodrigues	STONE BRIDGE RUNNERS	Veterano M45	48:43	+18:50	04:52
24	437	Ricardino martins dos santos	Goodshape	Veterano M45	49:05	+19:12	04:55
25	257	Henoque Emanuel Almeida Duarte	Individual	Veterano M45	49:20	+19:27	04:56
26	332	Albino Silva	Nascidos para Correr	Veterano M45	49:42	+19:48	04:58
27	421	Ricardo Coelho	STONE BRIDGE RUNNERS	Veterano M45	49:54	+20:00	04:59
28	426	Rui Aires	Ternurentos	Veterano M45	49:55	+20:01	05:00
29	91	Marco batista	GDCTCASA DA MOEDA	Veterano M45	50:42	+20:48	05:04
30	62	Paulo Vasconcelos	Clube Pessoal EDP-Porto	Veterano M45	51:17	+21:23	05:08
31	264	Vitor Manuel da Costa Alves	Individual	Veterano M45	52:51	+22:57	05:17
32	260	Nelson miguel ribeiro	Individual	Veterano M45	52:51	+22:57	05:17
33	255	Antonio Pereira	Individual	Veterano M45	53:23	+23:29	05:20

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Prova Principal

10 KM

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OFFICIAL RESULT

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9	341	Domingos Presas	Nascidos para Correr	Veterano M55	43:16	+13:23	04:20
10	274	Adao bessa	Individual	Veterano M55	43:18	+13:24	04:20
11	81	LEONEL SILVA	EV/PERALTAFIL	Veterano M55	43:21	+13:27	04:20
12	360	Joaquim Vieira	OS CACHOS	Veterano M55	45:16	+15:22	04:32
13	342	Fernando Rocha	Nascidos para Correr	Veterano M55	45:27	+15:34	04:33
14	82	LUIS CRUZ	EV/PERALTAFIL	Veterano M55	45:46	+15:52	04:35
15	347	José Pereira	Nascidos para Correr	Veterano M55	46:25	+16:31	04:39
16	362	MANUEL GOMES	OS FLECHINHAS	Veterano M55	46:35	+16:41	04:40
17	279	Mário Vinhas	Individual	Veterano M55	46:48	+16:54	04:41
18	411	Paulo Reis	Sporting Clube de Espinho / António Leitão	Veterano M55	47:25	+17:31	04:45
19	343	Isaque Pinto	Nascidos para Correr	Veterano M55	47:26	+17:33	04:45
20	392	Evan Feldman	Porto Expat Runners	Veterano M55	47:30	+17:36	04:45
21	423	Paulo Ribeiro	STONE BRIDGE RUNNERS	Veterano M55	48:05	+18:12	04:49
22	46	José Sousa Soares Pessoa	Clube Atletismo Vila Boa Bispo	Veterano M55	49:29	+19:35	04:57
23	57	Manuel Santiago	Clube do Pessoal das Águas de Gaia	Veterano M55	51:54	+22:01	05:11
24	22	Eurico Inocêncio	Athlon Runners	Veterano M55	52:47	+22:53	05:17
25	85	ANTÓNIO L CARVALHO	Família Carvalho	Veterano M55	52:57	+23:04	05:18
26	340	António Gabriel Santos	Nascidos para Correr	Veterano M55	54:12	+24:19	05:25
27	359	Carlos Vieira	OS CACHOS	Veterano M55	55:09	+25:15	05:31
28	361	Manuel Carneiro	OS CACHOS	Veterano M55	55:16	+25:22	05:32
29	298	Serafim Soares	Lebres	Veterano M55	01:01:34	+31:41	06:09
30	56	Jorge da Encarnação	Clube do Pessoal das Águas de Gaia	Veterano M55	01:04:32	+34:39	06:27
31	314	José António Freitas	MSS Grupo Desportivo de Gondomar	Veterano M55	01:08:11	+38:17	06:49

Veterano M60

1	283	Belmiro Rodrigues	Individual	Veterano M60	37:03	+07:09	03:42
2	444	Mário Carvalho	Grupo Vilarinho de Cima	Veterano M60	38:03	+08:10	03:48
3	296	José Reis	JUVENTUDE ATLÉTICA MOZELENSE	Veterano M60	39:36	+09:42	03:58
4	292	Sebastião Cardoso	Individual	Veterano M60	40:25	+10:31	04:03
5	288	José Santos	Individual	Veterano M60	41:23	+11:29	04:08
6	65	Carlos Domingos Ferreira Alves	Clube Pessoal EDP-Porto	Veterano M60	41:44	+11:50	04:10
7	399	Carlos Alves	Salgueiros Running	Veterano M60	42:27	+12:33	04:15
8	47	João Célio Coutinho Ribeiro	Clube Atletismo Vila Boa Bispo	Veterano M60	43:05	+13:11	04:19
9	350	António Nascimento	Nascidos para Correr	Veterano M60	43:13	+13:20	04:19
10	363	Luís Martins	OS FLECHINHAS	Veterano M60	43:21	+13:27	04:20
11	282	António Mota	Individual	Veterano M60	43:39	+13:45	04:22
12	294	Silvério Guedes	Individual	Veterano M60	44:05	+14:12	04:25
13	287	José Manuel Silva	Individual	Veterano M60	44:38	+14:44	04:28
14	351	António Pereira	Nascidos para Correr	Veterano M60	45:03	+15:09	04:30
15	83	JOAQUIM PEREIRA	EV/PERALTAFIL	Veterano M60	45:46	+15:52	04:35
16	354	Manuel Carriço	Nascidos para Correr	Veterano M60	47:07	+17:13	04:43
17	353	Emanuel Madureira	Nascidos para Correr	Veterano M60	47:11	+17:17	04:43

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