

**PROVA PRINCIPAL - STAGE 1**

**8 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

	Time	Temperature	Humidity
Start	18:30	18,5°C	81%
End	19:43	18,5°C	81%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1	TOZE CASTRO	Grupo Desportivo e Cultural do Guilhovai	27:03		03:23	
2	2	ANDRE ADRIANO	CLUBE ATLETISMO DE OVAR/KIRCHHOFF	27:12	+00:09	03:24	
3	65	Pedro Miguel Vieira Magalhães	EV/PERALTAFIL	27:25	+00:22	03:26	
4	67	Mário João da Silva Ibarra	G.D.A Ronda	27:44	+00:41	03:28	
5	3	Artur Rodrigues	Individual	28:06	+01:03	03:31	
6	11	Tiago Rosas	Sporting Clube de Espinho / António Leitão	28:52	+01:49	03:36	
7	68	Pedro Cerdeirinha	G.D.A Ronda	29:58	+02:55	03:45	
8	117	Márcio André Jesus Melo	NS TRAIL TEAM	30:45	+03:42	03:51	
9	12	Tiago Silva	Individual	31:16	+04:13	03:55	
10	79	Rúben Fonseca	Individual	31:34	+04:31	03:57	
11	415	Rui Teixeira	Bravos e bravitas	31:44	+04:41	03:58	
12	30	Mariana Machado	Associação Moinho Vermoim	32:04	+05:01	04:00	
13	26	Orlando Ferreira Valente	Lourosa em Movimento	32:10	+05:07	04:01	
14	97	Ricardo Seromenho	JAM - Juventude Atlético Mozelenso	32:11	+05:08	04:01	
15	4	Cristiana Ferreira	Individual	32:22	+05:19	04:03	
16	87	Filipe Marques	Individual	32:23	+05:20	04:03	
17	76	João Zacarias	Individual	32:42	+05:39	04:05	
18	70	Sandra Cristina Oliveira Ferreira	Grupo Desportivo e Cultural do Guilhovai	32:46	+05:43	04:06	
19	401	Ricardo Sérgio Feiteira Magalhães	Individual	32:54	+05:51	04:07	
20	27	Manuel Bastos	G.D.A Ronda	32:58	+05:55	04:07	
21	13	Fábio Almeida	Family4syte	33:07	+06:04	04:08	
22	60	Augusto Ferreira	Carcavelos Caravela Seguros	33:18	+06:15	04:10	
23	111	Ricardo Moreira	Lourosa em Movimento	34:10	+07:07	04:16	
24	412	Bruno Ferreira	Boa onda	34:49	+07:46	04:21	
25	48	Alcides Relvas	Bravos e bravitas	35:12	+08:09	04:24	
26	112	Luís Silva	Lusitânia de Lourosa FC - Secção de Atletismo	35:27	+08:24	04:26	
27	32	BENJAMIM SOARES	Carcavelos Caravela Seguros	35:27	+08:24	04:26	
28	78	Paulo Correia	Individual	35:37	+08:34	04:27	
29	104	Vitor Moreira	Lourosa em Movimento	35:53	+08:50	04:29	
30	106	Ricardo Pereira Ramos	Lourosa em Movimento	36:16	+09:13	04:32	
31	406	CLÁUDIO SANTOS	Artevasi	36:48	+09:45	04:36	
32	411	SÉRGIO JÚNIOR	Artevasi	36:48	+09:45	04:36	
33	92	Vitor Correia	Individual	37:01	+09:58	04:38	
34	34	Nelson Pais	Atletas do caneco	37:07	+10:04	04:38	
35	17	Nuno Costa	JAM - Juventude Atlético Mozelenso	37:09	+10:06	04:39	
36	125	Vasco Lino	Pernas de Pau Velozes	37:17	+10:14	04:40	
37	110	Max Oliveira	Lourosa em Movimento	37:28	+10:25	04:41	
38	84	Edgar Gomes	Individual	37:33	+10:30	04:42	
39	414	João Santos	Grupo de Corrida de Argoncilhe	37:39	+10:36	04:42	
40	49	Jorge Martins	ARSM - Associação Recreativa de S. Miguel	37:52	+10:49	04:44	
41	6	MATILDE BAPTISTA	JAM - Juventude Atlético Mozelenso	37:58	+10:55	04:45	
42	59	Bruno Santos	C.I.Argoncilhe	37:58	+10:55	04:45	

## PROVA PRINCIPAL - STAGE 1

## 8 KM

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

## OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	130	Sergio Melo	Tainadas team	38:11	+11:08	04:46	
44	93	Antonio Silva	Individual	38:32	+11:29	04:49	
45	118	Pedro Rocha	Pernas de Pau	38:33	+11:30	04:49	
46	14	José Sousa	Associação de atletismo Lebres do sado	38:33	+11:30	04:49	
47	407	ANDRÉ MOTA	Artevasi	38:35	+11:32	04:49	
48	47	José Manuel Silva	Individual	38:48	+11:45	04:51	
49	55	João Sousa	Bravos e bravitas	38:57	+11:54	04:52	
50	100	Justino Soares	JUVENTUDE ATLÉTICA MOZELENSE	39:13	+12:10	04:54	
51	54	Carlos Duarte	Bravos e bravitas	39:27	+12:24	04:56	
52	5	ANA OLIVEIRA	Grijó a Correr	39:49	+12:46	04:59	
53	56	Marcelo Fernandes	Bravos e bravitas	40:07	+13:04	05:01	
54	101	Manuel Oliveira	JUVENTUDE ATLÉTICA MOZELENSE	40:18	+13:15	05:02	
55	62	Rita Alves	Cheio chega	40:41	+13:38	05:05	
56	405	ANDRÉ ALÃO	Artevasi	40:46	+13:43	05:06	
57	124	Rui Gonçalves	Pernas de Pau Velozes	40:48	+13:45	05:06	
58	107	Célia Santos	Lourosa em Movimento	41:04	+14:01	05:08	
59	115	João Silva	Maqser	41:15	+14:12	05:09	
60	10	Gil Ferreira	Individual	41:15	+14:12	05:09	
61	114	Alexandre Zacarias	Maqser	41:40	+14:37	05:13	
62	58	Carlos Silva	C&M	41:40	+14:37	05:13	
63	45	António Carmo	Individual	41:56	+14:53	05:14	
64	71	Lisa Robalinho	Individual	42:03	+15:00	05:15	
65	42	Fernando Silva	Grupo de Corrida de Argoncilhe	42:32	+15:29	05:19	
66	75	Gustavo Marques	Individual	42:32	+15:29	05:19	
67	404	ILIDIO MATOS	Artevasi	42:33	+15:30	05:19	
68	52	Vera Leite	Bravos e bravitas	42:52	+15:49	05:21	
69	7	Fernanda Ramalho	A. D. GRIJÓ A CORRER	43:35	+16:32	05:27	
70	80	Simão Pereira	Individual	43:51	+16:48	05:29	
71	73	Diogo Alves Rocha	Individual	44:03	+17:00	05:30	
72	61	António Vinha	CDC Macieira de Cambra	44:12	+17:09	05:32	
73	94	Domingos Fonseca	Individual	44:29	+17:26	05:34	
74	410	Rafael Oliveira	Artevasi	45:16	+18:13	05:40	
75	82	Andreia Susana Silva Ramos	Individual	45:27	+18:24	05:41	
76	85	Fernando Moreira Santos	Individual	46:03	+19:00	05:45	
77	77	José Pedro Pinto	Individual	46:05	+19:02	05:46	
78	72	Rose do Nascimento Souza Moreira	Individual	46:06	+19:03	05:46	
79	53	Fatinha Lopes	Bravos e bravitas	46:21	+19:18	05:48	
80	39	Adriano Ferreira	Boa onda	46:40	+19:37	05:50	
81	20	Mónica Silva	Boa onda	46:40	+19:37	05:50	
82	24	Maria do Céu Melo	Tainadas Team	46:46	+19:43	05:51	
83	36	Iolanda Oliveira	Boa onda	46:55	+19:52	05:52	
84	16	Inês Vieira	Boa onda	46:55	+19:52	05:52	
85	15	Alexandra Gomes Ramos	Individual	46:55	+19:52	05:52	
86	41	Aires Moreira	Grupo de Corrida de Argoncilhe	47:08	+20:05	05:54	
87	96	Rui Tavares	Individual	47:16	+20:13	05:54	
88	409	Diogo Afonso	Artevasi	47:26	+20:23	05:56	

PROVA PRINCIPAL - STAGE 1

8 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
89	408	DANIEL PARDILHÓ	Artevasi	47:34	+20:31	05:57	
90	40	Rui Oliveira	Grupo de Corrida de Argoncilhe	47:54	+20:51	05:59	
91	69	Miguel Santos	Grupo de Corrida de Argoncilhe	48:10	+21:07	06:01	
92	86	Filipe José Martins Carvalho	Individual	48:10	+21:07	06:01	
93	29	Sandra Ferreira	Clube Desportivo Feirense-Trail	48:20	+21:17	06:03	
94	83	Cristiana Branco	Individual	48:46	+21:43	06:06	
95	43	Fernando Vale	Grupo de Corrida de Argoncilhe	49:02	+21:59	06:08	
96	28	Rosalina pais	Grupo de Corrida de Argoncilhe	49:03	+22:00	06:08	
97	128	Marlene Couto	Tainadas tean	49:06	+22:03	06:08	
98	108	Ana Teixeira	Lourosa em Movimento	49:12	+22:09	06:09	
99	120	Teresa Reis	Pernas de Pau	49:40	+22:37	06:13	
100	50	Sílvia Ferreira	Bravos e bravitas	49:40	+22:37	06:13	
101	46	Paula Soares	Bravos e bravitas	50:34	+23:31	06:19	
102	38	Maria Ferreira	Lourosa em Movimento	50:40	+23:37	06:20	
103	413	Edrys Laleska	Grupo de Corrida de Argoncilhe	50:46	+23:43	06:21	
104	66	Ana Almeida	Family4syte	51:39	+24:36	06:27	
105	109	Palmira Pereira Fontes	Lourosa em Movimento	52:42	+25:39	06:35	
106	51	Sónia Oliveira	Bravos e bravitas	52:42	+25:40	06:35	
107	127	Cristiana Reis	Tainadas tean	53:06	+26:03	06:38	
108	119	Ana Lopes	Pernas de Pau	53:15	+26:12	06:39	
109	74	Fábio Silva	Individual	53:26	+26:23	06:41	
110	21	Vera Sá	Boa onda	54:39	+27:36	06:50	
111	35	Joana Fonseca	Boa onda	54:39	+27:36	06:50	
112	9	Ana Catarina Lei	Artevasi	55:52	+28:49	06:59	
113	57	Mariana Monteiro	C&M	56:10	+29:07	07:01	
114	90	Rogério Henriques	Individual	56:14	+29:11	07:02	
115	37	Virgínia Moreira	Family4syte	56:48	+29:45	07:06	
116	44	Fernando Maia	Lourosa em Movimento	57:13	+30:10	07:09	
117	129	Carlos Teixeira	Tainadas tean	57:28	+30:25	07:11	
118	113	Filipa Costa	Maqser	58:18	+31:15	07:17	
119	403	Catarina Silva	Individual	58:57	+31:54	07:22	
120	123	Joana Rodrigues	Pernas de Pau Velozes	01:00:44	+33:41	07:36	
121	122	Catarina Rodríguez	Pernas de Pau Velozes	01:00:45	+33:42	07:36	
122	102	Luana Rodrigues	Las Turbinadas	01:02:34	+35:31	07:49	
123	103	Mariana Paiva	Las Turbinadas	01:02:35	+35:32	07:49	
124	105	Pedro Matos	Lourosa em Movimento	01:03:19	+36:16	07:55	

**Prova Principal**

**8 KM**

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

**OFFICIAL RESULT**

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

Time	Temperature	Humidity	
Start	18:30	18,5°C	81%
End	19:43	18,5°C	81%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
------	-----	------	------	-----	--------	------	------

**Senior Feminino**

1	30	Mariana Machado	Associação Moinho Vermoim	Senior Feminino	32:04		04:00
2	4	Cristiana Ferreira	Individual	Senior Feminino	32:22	+00:18	04:03
3	62	Rita Alves	Cheio chega	Senior Feminino	40:41	+08:37	05:05
4	71	Lisa Robalinho	Individual	Senior Feminino	42:03	+09:58	05:15
5	72	Rose do Nascimento Souza Moreira	Individual	Senior Feminino	46:06	+14:02	05:46
6	16	Inês Vieira	Boa onda	Senior Feminino	46:55	+14:51	05:52
7	15	Alexandra Gomes Ramos	Individual	Senior Feminino	46:55	+14:51	05:52
8	413	Edrys Laleska	Grupo de Corrida de Argoncilhe	Senior Feminino	50:46	+18:41	06:21
9	66	Ana Almeida	Family4syte	Senior Feminino	51:39	+19:35	06:27
10	21	Vera Sá	Boa onda	Senior Feminino	54:39	+22:35	06:50
11	35	Joana Fonseca	Boa onda	Senior Feminino	54:39	+22:35	06:50
12	9	Ana Catarina Lei	Artevasi	Senior Feminino	55:52	+23:48	06:59
13	57	Mariana Monteiro	C&M	Senior Feminino	56:10	+24:06	07:01
14	113	Filipa Costa	Maqser	Senior Feminino	58:18	+26:14	07:17
15	123	Joana Rodrigues	Pernas de Pau Velozes	Senior Feminino	01:00:44	+28:40	07:36
16	122	Catarina Rodríguez	Pernas de Pau Velozes	Senior Feminino	01:00:45	+28:40	07:36
17	102	Luana Rodrigues	Las Turbinadas	Senior Feminino	01:02:34	+30:30	07:49
18	103	Mariana Paiva	Las Turbinadas	Senior Feminino	01:02:35	+30:30	07:49

**Senior Masculino**

1	65	Pedro Miguel Vieira Magalhães	EV/PERALTAFIL	Senior Masculino	27:25		03:26
2	67	Mário João da Silva Ibarra	G.D.A Ronda	Senior Masculino	27:44	+00:18	03:28
3	11	Tiago Rosas	Sporting Clube de Espinho / António Leitão	Senior Masculino	28:52	+01:26	03:36
4	68	Pedro Cerdeirinha	G.D.A Ronda	Senior Masculino	29:58	+02:33	03:45
5	12	Tiago Silva	Individual	Senior Masculino	31:16	+03:51	03:55
6	79	Rúben Fonseca	Individual	Senior Masculino	31:34	+04:09	03:57
7	415	Rui Teixeira	Bravos e bravitas	Senior Masculino	31:44	+04:18	03:58
8	76	João Zacarias	Individual	Senior Masculino	32:42	+05:16	04:05
9	13	Fábio Almeida	Family4syte	Senior Masculino	33:07	+05:41	04:08
10	412	Bruno Ferreira	Boa onda	Senior Masculino	34:49	+07:23	04:21
11	112	Luís Silva	Lusitânia de Lourosa FC - Secção de Atletismo	Senior Masculino	35:27	+08:01	04:26
12	78	Paulo Correia	Individual	Senior Masculino	35:37	+08:12	04:27
13	106	Ricardo Pereira Ramos	Lourosa em Movimento	Senior Masculino	36:16	+08:50	04:32
14	17	Nuno Costa	JAM - Juventude Atlético Mozelense	Senior Masculino	37:09	+09:43	04:39
15	125	Vasco Lino	Pernas de Pau Velozes	Senior Masculino	37:17	+09:51	04:40
16	414	João Santos	Grupo de Corrida de Argoncilhe	Senior Masculino	37:39	+10:13	04:42

Official Timekeeper: Lap2Go	1 / 4	generate 29-jun.-2024 19:45
-----------------------------	-------	-----------------------------

### Prova Principal

**8 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

17	118	Pedro Rocha	Pernas de Pau	Senior Masculino	38:33	+11:07	04:49
18	407	ANDRÉ MOTA	Artevasi	Senior Masculino	38:35	+11:09	04:49
19	405	ANDRÉ ALÃO	Artevasi	Senior Masculino	40:46	+13:20	05:06
20	124	Rui Gonçalves	Pernas de Pau Velozes	Senior Masculino	40:48	+13:22	05:06
21	115	João Silva	Maqser	Senior Masculino	41:15	+13:49	05:09
22	114	Alexandre Zacarias	Maqser	Senior Masculino	41:40	+14:14	05:13
23	58	Carlos Silva	C&M	Senior Masculino	41:40	+14:15	05:13
24	75	Gustavo Marques	Individual	Senior Masculino	42:32	+15:07	05:19
25	80	Simão Pereira	Individual	Senior Masculino	43:51	+16:25	05:29
26	73	Diogo Alves Rocha	Individual	Senior Masculino	44:03	+16:37	05:30
27	410	Rafael Oliveira	Artevasi	Senior Masculino	45:16	+17:51	05:40
28	77	José Pedro Pinto	Individual	Senior Masculino	46:05	+18:40	05:46
29	409	Diogo Afonso	Artevasi	Senior Masculino	47:26	+20:01	05:56
30	408	DANIEL PARDILHÓ	Artevasi	Senior Masculino	47:34	+20:09	05:57
31	74	Fábio Silva	Individual	Senior Masculino	53:26	+26:01	06:41
32	105	Pedro Matos	Lourosa em Movimento	Senior Masculino	01:03:19	+35:53	07:55

### Veterana F40

1	70	Sandra Cristina Oliveira Ferreira	Grupo Desportivo e Cultural do Guilhovai	Veterana F40	32:46		04:06
2	5	ANA OLIVEIRA	Grijó a Correr	Veterana F40	39:49	+07:02	04:59
3	107	Célia Santos	Lourosa em Movimento	Veterana F40	41:04	+08:17	05:08
4	52	Vera Leite	Bravos e bravitas	Veterana F40	42:52	+10:05	05:21
5	82	Andreia Susana Silva Ramos	Individual	Veterana F40	45:27	+12:40	05:41
6	20	Mónica Silva	Boa onda	Veterana F40	46:40	+13:53	05:50
7	24	Maria do Céu Melo	Tainadas Team	Veterana F40	46:46	+13:59	05:51
8	36	Iolanda Oliveira	Boa onda	Veterana F40	46:55	+14:08	05:52
9	83	Cristiana Branco	Individual	Veterana F40	48:46	+15:59	06:06
10	128	Marlene Couto	Tainadas team	Veterana F40	49:06	+16:19	06:08
11	50	Sílvia Ferreira	Bravos e bravitas	Veterana F40	49:40	+16:54	06:13
12	46	Paula Soares	Bravos e bravitas	Veterana F40	50:34	+17:47	06:19
13	51	Sónia Oliveira	Bravos e bravitas	Veterana F40	52:42	+19:56	06:35
14	127	Cristiana Reis	Tainadas team	Veterana F40	53:06	+20:20	06:38
15	119	Ana Lopes	Pernas de Pau	Veterana F40	53:15	+20:28	06:39
16	403	Catarina Silva	Individual	Veterana F40	58:57	+26:10	07:22

### Veterana F50

1	6	MATILDE BAPTISTA	JAM - Juventude Atlético Mozelense	Veterana F50	37:58		04:45
2	7	Fernanda Ramalho	A. D. GRIJÓ A CORRER	Veterana F50	43:35	+05:37	05:27
3	53	Fatinha Lopes	Bravos e bravitas	Veterana F50	46:21	+08:23	05:48
4	29	Sandra Ferreira	Clube Desportivo Feirense-Trail	Veterana F50	48:20	+10:22	06:03
5	28	Rosalina pais	Grupo de Corrida de Argoncilhe	Veterana F50	49:03	+11:05	06:08
6	108	Ana Teixeira	Lourosa em Movimento	Veterana F50	49:12	+11:14	06:09

**Prova Principal****8 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

7	120	Teresa Reis	Pernas de Pau	Veterana F50	49:40	+11:42	06:13
8	109	Palmira Pereira Fontes	Lourosa em Movimento	Veterana F50	52:42	+14:44	06:35

**Veterana F60**

1	38	Maria Ferreira	Lourosa em Movimento	Veterana F60	50:40		06:20
2	37	Virgínia Moreira	Family4syte	Veterana F60	56:48	+06:08	07:06

**Veterano M40**

1	1	TOZE CASTRO	Grupo Desportivo e Cultural do Guilhovai	Veterano M40	27:03		03:23
2	2	ANDRE ADRIANO	CLUBE ATLETISMO DE OVAR/KIRCHHOFF	Veterano M40	27:12	+00:08	03:24
3	3	Artur Rodrigues	Individual	Veterano M40	28:06	+01:03	03:31
4	117	Márcio André Jesus Melo	NS TRAIL TEAM	Veterano M40	30:45	+03:41	03:51
5	97	Ricardo Seromenho	JAM - Juventude Atlético Mozelense	Veterano M40	32:11	+05:07	04:01
6	87	Filipe Marques	Individual	Veterano M40	32:23	+05:19	04:03
7	401	Ricardo Sérgio Feiteira Magalhães	Individual	Veterano M40	32:54	+05:51	04:07
8	111	Ricardo Moreira	Lourosa em Movimento	Veterano M40	34:10	+07:06	04:16
9	104	Vitor Moreira	Lourosa em Movimento	Veterano M40	35:53	+08:49	04:29
10	406	CLÁUDIO SANTOS	Artevasi	Veterano M40	36:48	+09:44	04:36
11	411	SÉRGIO JÚNIOR	Artevasi	Veterano M40	36:48	+09:44	04:36
12	92	Vitor Correia	Individual	Veterano M40	37:01	+09:57	04:38
13	34	Nelson Pais	Atletas do caneco	Veterano M40	37:07	+10:03	04:38
14	110	Max Oliveira	Lourosa em Movimento	Veterano M40	37:28	+10:25	04:41
15	84	Edgar Gomes	Individual	Veterano M40	37:33	+10:29	04:42
16	59	Bruno Santos	C.I.Argoncilhe	Veterano M40	37:58	+10:54	04:45
17	130	Sergio Melo	Tainadas tean	Veterano M40	38:11	+11:07	04:46
18	10	Gil Ferreira	Individual	Veterano M40	41:15	+14:12	05:09
19	404	ILIDIO MATOS	Artevasi	Veterano M40	42:33	+15:29	05:19
20	61	António Vinha	CDC Macieira de Cambra	Veterano M40	44:12	+17:08	05:32
21	85	Fernando Moreira Santos	Individual	Veterano M40	46:03	+19:00	05:45
22	69	Miguel Santos	Grupo de Corrida de Argoncilhe	Veterano M40	48:10	+21:06	06:01
23	86	Filipe José Martins Carvalho	Individual	Veterano M40	48:10	+21:07	06:01
24	90	Rogério Henriques	Individual	Veterano M40	56:14	+29:10	07:02
25	129	Carlos Teixeira	Tainadas tean	Veterano M40	57:28	+30:24	07:11

**Veterano M50**

1	26	Orlando Ferreira Valente	Lourosa em Movimento	Veterano M50	32:10		04:01
2	27	Manuel Bastos	G.D.A Ronda	Veterano M50	32:58	+00:48	04:07
3	60	Augusto Ferreira	Carcavelos Caravela Seguros	Veterano M50	33:18	+01:07	04:10
4	93	Antonio Silva	Individual	Veterano M50	38:32	+06:22	04:49

## Prova Principal

8 KM

### OFFICIAL RESULT

5	14	José Sousa	Associação de atletismo Lebres do sado	Veterano M50	38:33	+06:23	04:49
6	55	João Sousa	Bravos e bravitas	Veterano M50	38:57	+06:47	04:52
7	100	Justino Soares	JUVENTUDE ATLÉTICA MOZELENSE	Veterano M50	39:13	+07:03	04:54
8	54	Carlos Duarte	Bravos e bravitas	Veterano M50	39:27	+07:17	04:56
9	56	Marcelo Fernandes	Bravos e bravitas	Veterano M50	40:07	+07:56	05:01
10	101	Manuel Oliveira	JUVENTUDE ATLÉTICA MOZELENSE	Veterano M50	40:18	+08:07	05:02
11	94	Domingos Fonseca	Individual	Veterano M50	44:29	+12:18	05:34
12	39	Adriano Ferreira	Boa onda	Veterano M50	46:40	+14:29	05:50
13	96	Rui Tavares	Individual	Veterano M50	47:16	+15:06	05:54

## Veterano M60

1	48	Alcides Relvas	Bravos e bravitas	Veterano M60	35:12		04:24
2	32	BENJAMIM SOARES	Carcavelos Caravela Seguros	Veterano M60	35:27	+00:14	04:26
3	49	Jorge Martins	ARSM - Associação Recreativa de S. Miguel	Veterano M60	37:52	+02:39	04:44
4	47	José Manuel Silva	Individual	Veterano M60	38:48	+03:35	04:51
5	45	António Carmo	Individual	Veterano M60	41:56	+06:43	05:14
6	42	Fernando Silva	Grupo de Corrida de Argoncilhe	Veterano M60	42:32	+07:19	05:19
7	41	Aires Moreira	Grupo de Corrida de Argoncilhe	Veterano M60	47:08	+11:55	05:54
8	40	Rui Oliveira	Grupo de Corrida de Argoncilhe	Veterano M60	47:54	+12:42	05:59
9	43	Fernando Vale	Grupo de Corrida de Argoncilhe	Veterano M60	49:02	+13:50	06:08
10	44	Fernando Maia	Lourosa em Movimento	Veterano M60	57:13	+22:00	07:09