





































**Prova Principal**

**10 KM**

**OFFICIAL RESULT**

25	493	Rodrigo Ramos de Almeida	Individual	Senior Masculino	42:08	+09:39	04:13
26	214	Modesto Rodrigues	Cooperativa ARGELIANA	Senior Masculino	42:11	+09:42	04:13
27	182	Manuel Domingos Lopes Gomes	A.D.Carvalho	Senior Masculino	42:16	+09:47	04:14
28	129	Bruno Filipe da Silva Pereira	"Os Académicos" Running	Senior Masculino	42:25	+09:56	04:15
29	434	Jorge Guilherme Lopes Brito	Individual	Senior Masculino	42:41	+10:12	04:16
30	416	SÉRGIO FILIPE GOMES PEIXOTO	Individual	Senior Masculino	42:41	+10:12	04:16
31	198	António Miguel Silva Domingues	Lebres Minhotas	Senior Masculino	42:43	+10:14	04:16
32	46	Pedro Filipe Matos Gomes	Individual	Senior Masculino	42:50	+10:21	04:17
33	343	Pedro Miguel Matos Torres	M.O.VE	Senior Masculino	42:59	+10:30	04:18
34	114	Paulo Jorge Gomes Peixoto	Individual	Senior Masculino	43:00	+10:31	04:18
35	461	Helder Filipe Vieira da Silva	Team EL_Comandante	Senior Masculino	43:20	+10:51	04:20
36	230	Jorge Domingues	Lebres Minhotas	Senior Masculino	43:25	+10:56	04:21
37	186	Rui Manuel Araújo da cunha	Individual	Senior Masculino	43:32	+11:03	04:21
38	436	Hugo Vieira	Individual	Senior Masculino	43:35	+11:06	04:22
39	498	Miguel Filipe Gonçalves de Carvalho Soares	Individual	Senior Masculino	43:36	+11:07	04:22
40	132	Mário Torres	"Os Académicos" Running	Senior Masculino	43:37	+11:08	04:22
41	184	José Miguel Santos Costa	Individual	Senior Masculino	43:46	+11:17	04:23
42	335	Diogo António Correia Torres Lopes	.	Senior Masculino	43:53	+11:24	04:23
43	98	Pedro Machado Fernandes	Miles & Vibes	Senior Masculino	44:00	+11:31	04:24
44	130	Ricardo Pereira	"Os Académicos" Running	Senior Masculino	44:05	+11:36	04:25
45	355	JOAQUIM MANUEL ARAÚJO BARBOSA	OS ISABELINHAS	Senior Masculino	44:07	+11:39	04:25
46	131	Nuno Loureiro	"Os Académicos" Running	Senior Masculino	44:28	+12:00	04:27
47	323	Marcelo Teixeira	The Newbies	Senior Masculino	44:28	+12:00	04:27
48	205	Paulo Jorge Barbosa Fernandes	Individual	Senior Masculino	44:29	+12:01	04:27
49	456	Rui Vieira	Individual	Senior Masculino	44:30	+12:01	04:27
50	157	João Carlos Vieira Teixeira dos Santos	Individual	Senior Masculino	44:34	+12:06	04:27
51	344	DUARTE MANUEL PIRES FONSECA	M.O.VE	Senior Masculino	44:50	+12:21	04:29
52	266	LUIS PEDRO DA SILVA TORRES	P&R TEXTEIS	Senior Masculino	45:00	+12:31	04:30
53	99	Ricardo Américo Eiras Ribeiro Capitão	Individual	Senior Masculino	45:00	+12:31	04:30
54	496	Thomas Reis Ramalho	Individual	Senior Masculino	45:09	+12:40	04:31
55	279	Fabio Joao Batista Carvalho	Individual	Senior Masculino	45:16	+12:47	04:32
56	405	Candido Oliveira	Individual	Senior Masculino	45:17	+12:48	04:32
57	52	António Silva	FERREIROLUX	Senior Masculino	45:18	+12:49	04:32
58	272	DAVID RIBEIRO PILAR	P&R TEXTEIS	Senior Masculino	45:22	+12:53	04:32
59	179	Miguel Marques	Individual	Senior Masculino	45:24	+12:55	04:32
60	177	Miguel Lopes	Individual	Senior Masculino	45:24	+12:55	04:32
61	209	Jorge Manuel Quaresma Seabra	KeMedo Team ADN	Senior Masculino	45:25	+12:56	04:33
62	327	Sérgio Vilas Boas	Individual	Senior Masculino	45:34	+13:05	04:33
63	244	Jose Sousa	Amigos da Corrida Brito	Senior Masculino	45:52	+13:23	04:35
64	83	Davide Silva	Bota&Siga	Senior Masculino	46:00	+13:31	04:36
65	96	Vasco Miranda	Individual	Senior Masculino	46:05	+13:36	04:37
66	22	Hugo Freitas	Malhos team	Senior Masculino	46:12	+13:43	04:37
67	410	Tiago Miguel Peixoto Carvalho	Município de Barcelos	Senior Masculino	46:14	+13:45	04:37
68	100	Miguel Macedo Oliveira	Individual	Senior Masculino	46:16	+13:47	04:38
69	300	Albino Fernandes	Amigos da Corrida Brito	Senior Masculino	46:21	+13:53	04:38

Official Timekeeper: Lap2Go	5 / 10	generate 14-jul.-2024 00:42
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Prova Principal

10 KM

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OFFICIAL RESULT

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70	81	Paulo Gomes	Bota&Siga	Senior Masculino	46:22	+13:53	04:38
71	401	Manuel António Carvalhosa Alves	GTMB	Senior Masculino	46:34	+14:05	04:39
72	59	PAULO JOSÉ MOREIRA DA COSTA REGO	Individual	Senior Masculino	46:43	+14:15	04:40
73	47	Roberto Carlos Silva Rodrigues	Individual	Senior Masculino	46:59	+14:30	04:42
74	487	Ernestas Raugala	Individual	Senior Masculino	47:04	+14:35	04:42
75	234	Pedro Tiago Pinto Fernandes	PT STORE	Senior Masculino	47:07	+14:38	04:43
76	232	Carlos Daniel Ribeiro Vale	Individual	Senior Masculino	47:08	+14:39	04:43
77	163	Eduardo Mendes Silva	Individual	Senior Masculino	47:24	+14:56	04:44
78	202	Manuel João Ferreira Perestrelo	Individual	Senior Masculino	47:35	+15:06	04:46
79	84	Carlos Fernandes	Individual	Senior Masculino	47:38	+15:09	04:46
80	315	Jorge Emanuel Barbosa Jaques	Rafa Team/ BestMove Running	Senior Masculino	47:40	+15:11	04:46
81	303	Santi Silva	Individual	Senior Masculino	47:42	+15:14	04:46
82	256	Rodrigo Araújo Moura de Sá	Lombardi	Senior Masculino	47:52	+15:23	04:47
83	414	Joaquim Augusto da Costa Pereira	Individual	Senior Masculino	47:53	+15:24	04:47
84	415	LUÍS FILIPE VILAS BOAS CAMPOS	Individual	Senior Masculino	47:55	+15:26	04:48
85	105	Luis Miguel Neco	Individual	Senior Masculino	47:59	+15:30	04:48
86	488	Carlos Vilas Boas	Individual	Senior Masculino	47:59	+15:31	04:48
87	104	José Carlos Cardoso	Individual	Senior Masculino	48:00	+15:31	04:48
88	390	Luís Manuel Oliveira Barbosa	Individual	Senior Masculino	48:01	+15:32	04:48
89	162	João Afonso Macedo Carmo	Individual	Senior Masculino	48:10	+15:41	04:49
90	475	Vasco Fonseca Costa	Individual	Senior Masculino	48:10	+15:41	04:49
91	398	Diogo António Apolinário Costa	GTMB	Senior Masculino	48:14	+15:45	04:49
92	11	João Ribeiro	Individual	Senior Masculino	48:16	+15:47	04:50
93	393	Fernando Acuña Trabazo	C.D.PINARIUM	Senior Masculino	48:16	+15:47	04:50
94	417	CARLOS ANTÓNIO ANTUNES FERREIRA	Individual	Senior Masculino	48:26	+15:57	04:51
95	476	João Pedro Manhente Simões	Individual	Senior Masculino	48:30	+16:01	04:51
96	210	António Manuel Ferreira Novais	Miles & Vibes	Senior Masculino	48:38	+16:09	04:52
97	306	Manuel Esteves	Pafil Running	Senior Masculino	48:45	+16:16	04:53
98	495	Mário Rui Rosas	Individual	Senior Masculino	48:46	+16:17	04:53
99	215	Marcelo Silva	Individual	Senior Masculino	48:49	+16:20	04:53
100	261	Jose Leite	Individual	Senior Masculino	48:57	+16:28	04:54
101	480	Miguel Tiago da Cunha Correia	Individual	Senior Masculino	49:06	+16:37	04:55
102	207	Marco Araújo	Individual	Senior Masculino	49:10	+16:41	04:55
103	328	Carlos Alberto da Cunha Pereira	Individual	Senior Masculino	49:10	+16:41	04:55
104	257	Ricardo Francisco Alves Silva Araújo	Lombardi	Senior Masculino	49:15	+16:46	04:56
105	453	João Nuno Lobarinhas da Silva Eiras	Individual	Senior Masculino	49:17	+16:48	04:56
106	171	Sérgio Filipe Machado da Silva	ÁGUIAS DE ALVELOS	Senior Masculino	49:17	+16:48	04:56
107	172	Jonas Dantas	Jonas Team	Senior Masculino	49:23	+16:54	04:56
108	294	Afonso Rebelo Caleiro Da Costa	Individual	Senior Masculino	49:24	+16:55	04:56
109	139	Gualter Torcato Gomes Simões	Freitas Turismo / Alfacoop	Senior Masculino	49:28	+16:59	04:57
110	89	Tiago Freitas	Alfacoop& Freitas Turismo	Senior Masculino	49:32	+17:03	04:57
111	444	Diogo Amorim Fontes	RicGoTeam	Senior Masculino	49:48	+17:19	04:59
112	329	Nuno Miguel da Costa Santos	Individual	Senior Masculino	49:55	+17:26	05:00
113	399	André Manuel Apolinário Costa	GTMB	Senior Masculino	50:15	+17:46	05:02
114	57	FABIO COSTA	ONTRISPORTS	Senior Masculino	50:24	+17:55	05:02

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### Prova Principal

**10 KM**

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### OFFICIAL RESULT

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115	271	FERNANDO RIBEIRO PILAR	P&R TEXTEIS	Senior Masculino	50:40	+18:11	05:04
116	140	Wellington Alves	Individual	Senior Masculino	50:46	+18:17	05:05
117	370	Manuel Barroso	Spin & Run Esposende	Senior Masculino	50:59	+18:30	05:06
118	356	António Longras	Impetus Team	Senior Masculino	50:59	+18:30	05:06
119	17	Fábio André Soares da Silva	Team Lion's	Senior Masculino	51:00	+18:31	05:06
120	374	Sergio Paulo Leitão Fernandes	Individual	Senior Masculino	51:04	+18:35	05:06
121	452	Hugo Martins Ribeiro	Miles & Vibes	Senior Masculino	51:05	+18:36	05:07
122	142	Paulo Jorge Novo de Araújo Gonçalves	Individual	Senior Masculino	51:14	+18:45	05:07
123	64	Vitor Manuel Fernandes Rodrigues da Silva	Individual	Senior Masculino	51:24	+18:55	05:08
124	200	Hélder silva	Metalgemeos Id <sup>a</sup>	Senior Masculino	51:26	+18:57	05:09
125	51	Edu Sousa	FERREIROLUX	Senior Masculino	51:26	+18:57	05:09
126	151	Vitor Martins	Renasce	Senior Masculino	51:45	+19:16	05:11
127	192	Ricardo Cordeiro	Individual	Senior Masculino	51:55	+19:26	05:12
128	421	Sérgio Rodolfo Reis de Castro	Individual	Senior Masculino	51:57	+19:28	05:12
129	188	José António Alves Figueiredo	Eu Vou	Senior Masculino	51:59	+19:30	05:12
130	309	HÉLDER RIBEIRO	Individual	Senior Masculino	52:03	+19:34	05:12
131	113	Andre Correia	Individual	Senior Masculino	52:03	+19:34	05:12
132	296	CARLOS LEANDRO PINHEIRO RIBEIRO	B.T.M.	Senior Masculino	52:04	+19:35	05:12
133	62	Marcos Cunha Novo	Individual	Senior Masculino	52:05	+19:36	05:13
134	316	Bruno Ricardo Cardoso Miranda	Individual	Senior Masculino	52:06	+19:37	05:13
135	388	Hélder Alexandre Linhares Faria	Individual	Senior Masculino	52:08	+19:39	05:13
136	146	Domingos Francisco Costa Eiras	Individual	Senior Masculino	52:08	+19:39	05:13
137	152	Bruno Loureiro	Renasce	Senior Masculino	52:12	+19:43	05:13
138	185	Nelson Diogo Dias Silva	Individual	Senior Masculino	52:17	+19:48	05:14
139	165	Carlos Pinheiro	Individual	Senior Masculino	52:21	+19:52	05:14
140	167	Vitor Hugo Rodrigues da Silva	Individual	Senior Masculino	52:24	+19:55	05:14
141	166	Frederico Ferreira Ribeiro	Individual	Senior Masculino	52:24	+19:55	05:14
142	321	Manuel Araújo Brito	Lebres Minhotas	Senior Masculino	52:33	+20:04	05:15
143	53	Luciano Silva	FERREIROLUX	Senior Masculino	52:41	+20:12	05:16
144	48	Rodrigo Silva	ÁGUIAS DE ALVELOS	Senior Masculino	52:42	+20:13	05:16
145	478	Vitor Hugo Dourado Rocha	Individual	Senior Masculino	52:47	+20:18	05:17
146	196	Pedro Ferreira	Individual	Senior Masculino	52:58	+20:29	05:18
147	189	Pedro Nuno Gonçalves Policiano	A.C.Alfenense	Senior Masculino	52:58	+20:29	05:18
148	424	Carlos Tiago Araújo de Sousa	Individual	Senior Masculino	53:01	+20:32	05:18
149	79	Joel Abreu	Bota&Siga	Senior Masculino	53:05	+20:36	05:19
150	280	Pedro Roseta	Individual	Senior Masculino	53:09	+20:40	05:19
151	483	Nuno Miguel Gonçalves	Individual	Senior Masculino	53:09	+20:41	05:19
152	69	Candido Rafael Pacheco Silva Santos	Individual	Senior Masculino	53:14	+20:45	05:19
153	78	Gonçalo Gomes	Bota&Siga	Senior Masculino	53:29	+21:00	05:21
154	65	Pedro Jorge Neves Sardo Leite Santos	Individual	Senior Masculino	53:31	+21:02	05:21
155	91	Tiago Andre Araujo Pereira	Alfacoop & Freitas Turismo	Senior Masculino	53:39	+21:10	05:22
156	18	Samuel Gonçalves Quezado	Individual	Senior Masculino	53:41	+21:12	05:22
157	262	Fabio Daniel Martins Barbosa	RUILHE RUNNERS/FREITAS TURISMO/ALFACOOOP	Senior Masculino	53:41	+21:12	05:22
158	58	Tiago Andre Teixeira Portas Salgado	NeloFamily	Senior Masculino	53:51	+21:23	05:23

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