

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

	Time	Temperature	Humidity
Start	18:00	19°C	68%
End	19:19	17°C	72%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	649	Ricardo Pereira	peraltafil	Senior Masculino	30:46		03:05
2	193	Vitor Oliveira	grupo desportivo e cultural de guilhovai	Veterano M40	30:50	+00:04	03:05
3	190	Tomás Silva	greacas - vagos	Senior Masculino	31:44	+00:58	03:10
4	171	Pedro Cerdeirinha	g.d.a ronda	Veterano M40	31:54	+01:08	03:11
5	54	Filipe Ferreira	acr vale de cambra	Senior Masculino	32:01	+01:15	03:12
6	189	Eduardo Beça	greacas - vagos	Senior Masculino	32:22	+01:36	03:14
7	641	Helder Pires	peraltafil	Senior Masculino	32:29	+01:43	03:15
8	644	Pedro Magalhães	peraltafil	Senior Masculino	32:59	+02:12	03:18
9	438	Artur Rodrigues	individual	Veterano M45	33:11	+02:25	03:19
10	307	João Alegria	individual	Senior Masculino	33:13	+02:27	03:19
11	541	Fábio Barbosa	clube desportivo feirense	Senior Masculino	33:26	+02:39	03:21
12	642	Marco Marques	peraltafil	Senior Masculino	33:29	+02:43	03:21
13	126	CELSO LEITE	clube atletismo de ovar	Senior Masculino	33:51	+03:04	03:23
14	30	Sandro Silva	academia de boxe victor sa	Senior Masculino	34:05	+03:19	03:25
15	173	Antonio Cristóvão	g.d.c guilhovai	Veterano M45	34:11	+03:24	03:25
16	646	Carla Martinho	recreio desportivo de águeda	Veterana F45	34:12	+03:26	03:25
17	661	Luís Martins	recreio desportivo de agueda	Veterano M45	34:13	+03:26	03:25
18	61	José Costa	afis	Senior Masculino	34:19	+03:33	03:26
19	90	Fernando Lima	núcleo de atletismo de cucujães	Veterano M45	34:58	+04:11	03:30
20	55	Marco Pinho	acr vale de cambra	Senior Masculino	34:59	+04:13	03:30
21	31	Tiago Maia	academia de boxe victor sa	Senior Masculino	35:01	+04:15	03:30
22	94	JORGE VALENTE	arvor associação recreativa os veteranos d'ovar	Senior Masculino	35:10	+04:24	03:31
23	660	Ricardo Andrade	recreio desportivo de agueda	Senior Masculino	35:10	+04:24	03:31
24	457	Manuel Bessa	individual	Veterano M45	35:14	+04:27	03:31
25	279	Diogo Barge	individual	Senior Masculino	35:16	+04:30	03:32
26	59	Fernando Silva	acr vale de cambra	Veterano M50	35:24	+04:38	03:32
27	124	Daniel Peixoto	club campismo são João da madeira	Veterano M40	35:30	+04:44	03:33
28	725	Nuno Pais	sporting clube de espinho / antónio leitão	Veterano M40	35:34	+04:48	03:33
29	545	Marco Oliveira	clube desportivo feirense	Senior Masculino	35:42	+04:56	03:34
30	724	Ricardo Pereira	sporting clube de espinho / antónio leitão	Senior Masculino	35:46	+05:00	03:35
31	748	Joana Nunes	individual	Senior Feminino	36:12	+05:26	03:37
32	159	Orlando Neves	ea trofa	Veterano M50	36:13	+05:27	03:37
33	168	André Melo	g.d.a ronda	Senior Masculino	36:30	+05:44	03:39
34	116	Miguel Silva	carregosa lowlanders	Veterano M40	36:37	+05:51	03:40
35	726	Augusto Aluai	sporting clube de espinho / antónio leitão	Veterano M55	36:38	+05:52	03:40
36	114	Ivan Silva	caldas de sao jorge sport clube secção atletismo	Veterano M45	36:48	+06:01	03:41
37	543	Leandro Coelho	clube desportivo feirense	Senior Masculino	36:48	+06:02	03:41
38	615	João Dias	núcleo de atletismo de cucujães	Veterano M40	36:50	+06:04	03:41
39	566	Daniel Jose Silva Barros	juventude cortegacense	Veterano M40	36:53	+06:07	03:41
40	21	Daniel Fernando Rocha Cardoso	academia de boxe victor sa	Senior Masculino	37:00	+06:14	03:42







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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
173	293	Francisco Santos	individual	Senior Masculino	43:42	+12:56	04:22
174	148	Armando Sá	coporunners	Veterano M45	43:57	+13:11	04:24
175	329	Marco Oliveira	individual	Senior Masculino	44:02	+13:15	04:24
176	28	Ricardo Jorge Coelho Mendonça	academia de boxe victor sa	Senior Masculino	44:03	+13:17	04:24
177	46	Inês Gonçalves	acail gas	Senior Feminino	44:05	+13:19	04:25
178	356	RENATO BASTOS	individual	Senior Masculino	44:10	+13:24	04:25
179	419	Márcio Oliveira	individual	Veterano M40	44:11	+13:24	04:25
180	616	Renato Tavares	núcleo de atletismo de cucujães	Veterano M50	44:17	+13:31	04:26
181	347	Pedro Miguel Barbosa Silva	individual	Senior Masculino	44:18	+13:32	04:26
182	226	Heloísa Manuela Morais Reis Braga	individual	Senior Feminino	44:19	+13:32	04:26
183	295	Gabriel Silva	individual	Senior Masculino	44:26	+13:39	04:27
184	335	Myke santos	individual	Senior Masculino	44:28	+13:42	04:27
185	283	Edgar Fernando Abelha e Sousa	individual	Senior Masculino	44:33	+13:47	04:27
186	435	Alexandre Soares	individual	Veterano M45	44:36	+13:49	04:28
187	99	Mário Saxe	barrinha surf school	Veterano M45	44:38	+13:51	04:28
188	513	Daniel Gomes	individual	Veterano M55	44:38	+13:51	04:28
189	368	Thonny Suarez	arrifana running	Senior Masculino	44:38	+13:52	04:28
190	270	Bruno Emanuel Rocha Fileno	individual	Senior Masculino	44:39	+13:52	04:28
191	286	Eduardo Leite	individual	Senior Masculino	44:39	+13:53	04:28
192	589	Célia Santos	lourosa em movimento	Veterana F45	44:40	+13:54	04:28
193	638	Luis Gomes	pastello runners	Veterano M45	44:40	+13:54	04:28
194	440	Carlos Silva	individual	Veterano M45	44:45	+13:59	04:29
195	57	Clotilde Santos	acr vale de cambra	Veterana F50	44:46	+14:00	04:29
196	320	Leandro Caetano	individual	Senior Masculino	44:47	+14:00	04:29
197	717	João Miguel Henriques	running sleepers	Senior Masculino	44:47	+14:01	04:29
198	413	Joel Vilar Silva	individual	Veterano M40	44:54	+14:07	04:29
199	663	Luis matos	reumaticos	Veterano M45	44:55	+14:09	04:30
200	775	Paulo Gregorio	individual	Senior Masculino	44:55	+14:09	04:30
201	353	Pedro Valente	individual	Senior Masculino	44:59	+14:13	04:30
202	170	Celso Silva	g.d.a ronda	Veterano M40	45:00	+14:14	04:30
203	172	Paulo Mota	g.d.a ronda	Veterano M50	45:00	+14:14	04:30
204	313	Joao Filipe Santos	individual	Senior Masculino	45:02	+14:15	04:30
205	27	Pedro Miguel Soares Silva	academia de boxe victor sa	Senior Masculino	45:05	+14:18	04:31
206	284	Edgar Silva	individual	Senior Masculino	45:05	+14:19	04:31
207	294	Frederico de Gusmão Calheiros Nunes da Silva	individual	Senior Masculino	45:06	+14:20	04:31
208	150	Joaquim Rego	coporunners	Veterano M50	45:06	+14:20	04:31
209	473	Ricky Matias	individual	Veterano M45	45:06	+14:20	04:31
210	210	Beu Ribeiro	individual	Senior Feminino	45:11	+14:25	04:31
211	429	Ricardo Queiros	individual	Veterano M40	45:13	+14:27	04:31
212	297	Gonçalo Martins	individual	Senior Masculino	45:14	+14:28	04:31
213	343	Paulo Ricardo Pereira Costa	individual	Senior Masculino	45:15	+14:28	04:32
214	708	Nuno	running esmoriz	Veterano M50	45:19	+14:33	04:32
215	443	Filipe Ribeiro	individual	Veterano M45	45:23	+14:37	04:32







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10 KM

### OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
305	282	Eder Jesus	individual	Senior Masculino	48:51	+18:05	04:53
306	36	Emanuel Pinheiro	academia de boxe victor sa	Veterano M40	48:56	+18:09	04:54
307	277	Daniel Santos	individual	Senior Masculino	48:56	+18:10	04:54
308	444	Firmino Gomes	individual	Veterano M45	48:56	+18:10	04:54
309	497	Miguel Ramalho	individual	Veterano M50	48:59	+18:12	04:54
310	510	Artur Pedro Enes	individual	Veterano M55	49:02	+18:16	04:54
311	144	Jéssica Andrade	coporunners	Senior Feminino	49:03	+18:16	04:54
312	147	Bruno Pereira	coporunners	Veterano M40	49:05	+18:19	04:55
313	82	Tiago Oliveira	arrifana running	Senior Masculino	49:08	+18:21	04:55
314	132	Vitorino Silvo	clube campismo	Veterano M55	49:10	+18:23	04:55
315	197	Frederico Martins	h-raky	Veterano M45	49:12	+18:26	04:55
316	371	Vasco Almeida	individual	Senior Masculino	49:12	+18:26	04:55
317	699	Tino Silva	running esmoriz	Veterano M45	49:13	+18:27	04:55
318	336	Nuno Correia	individual	Senior Masculino	49:23	+18:37	04:56
319	18	francisco viera	academia de boxe victor sa	Senior Masculino	49:24	+18:37	04:56
320	34	Perpetua Silva	academia de boxe victor sa	Veterana F45	49:25	+18:39	04:57
321	324	Luís Pedro Preto Vicente	individual	Senior Masculino	49:33	+18:47	04:57
322	433	Tiago Cruz	individual	Veterano M40	49:34	+18:48	04:57
323	640	Simão Machado	peixinhos do rio	Senior Masculino	49:35	+18:49	04:58
324	639	Rui Araujo	peixinhos do rio	Senior Masculino	49:37	+18:51	04:58
325	257	Afonso Fonseca	individual	Senior Masculino	49:40	+18:54	04:58
326	321	Leonardo Pereira	individual	Senior Masculino	49:40	+18:54	04:58
327	474	Ricky Matias	individual	Veterano M45	49:42	+18:56	04:58
328	710	Álvaro Silva	running esmoriz	Veterano M55	49:42	+18:56	04:58
329	241	Margarida Sousa	individual	Senior Feminino	49:44	+18:58	04:58
330	65	Manuel Gomes	afis	Veterano M55	49:44	+18:58	04:58
331	702	Carlos Rocha	running esmoriz	Veterano M50	49:45	+18:58	04:59
332	372	Vasco Vicente	individual	Senior Masculino	49:49	+19:03	04:59
333	394	Taís Alberta Cordeiro Aita	individual	Veterana F45	49:49	+19:03	04:59
334	449	João Miguel Correia	individual	Veterano M45	49:49	+19:03	04:59
335	255	Thais Azevedo	individual	Senior Feminino	49:51	+19:05	04:59
336	239	Mafalda Cardoso	individual	Senior Feminino	49:51	+19:05	04:59
337	697	César Sousa	running esmoriz	Veterano M45	49:55	+19:09	05:00
338	454	José Manuel Costa Pinto	individual	Veterano M45	49:56	+19:09	05:00
339	704	João Neves	running esmoriz	Veterano M50	49:59	+19:13	05:00
340	387	Anabela Barata	individual	Veterana F45	49:59	+19:13	05:00
341	665	Paulo ramos	reumaticos	Veterano M50	50:03	+19:17	05:00
342	122	Oscar Magolo	cirac - circulo de recreio arte e cultura	Veterano M55	50:03	+19:17	05:00
343	256	Vera Ferreira	individual	Senior Feminino	50:04	+19:17	05:00
344	651	Luís Cruz	peraltafil	Veterano M55	50:04	+19:18	05:00
345	648	Sérgio Gomes	peraltafil	Veterano M50	50:04	+19:18	05:00
346	496	Mateus Silva	individual	Veterano M50	50:05	+19:19	05:01
347	382	Sofia Ferreira	individual	Veterana F40	50:05	+19:19	05:01
348	232	Joana Filipa Rocha Tavares	individual	Senior Feminino	50:06	+19:20	05:01
349	490	Jorge Vasconcelos	individual	Veterano M50	50:08	+19:22	05:01
350	301	Hugo Fonseca Ferreira	individual	Senior Masculino	50:11	+19:25	05:01



**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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	tkm
351	713	Rui Godinho	running esmoriz	Veterano M55	50:12	+19:26	05:01
352	280	Diogo Prates	individual	Senior Masculino	50:12	+19:26	05:01
353	395	Anabela Fernandes Coelho da Silva	individual	Veterana F50	50:17	+19:31	05:02
354	504	Pedro Rola	individual	Veterano M50	50:18	+19:32	05:02
355	245	Mariana Amaral Ventura Borges	individual	Senior Feminino	50:20	+19:33	05:02
356	467	Pedro costa	individual	Veterano M45	50:21	+19:35	05:02
357	727	Luís Conceição	sprint final	Veterano M55	50:27	+19:41	05:03
358	424	Pedro Santos	individual	Veterano M40	50:28	+19:42	05:03
359	109	Amadeu Pinto	bouça alta - running	Veterano M55	50:31	+19:44	05:03
360	234	Joana Patrícia Costa Silva	individual	Senior Feminino	50:31	+19:45	05:03
361	138	Sónia Beleza	clube desportivo feirense	Veterana F45	50:34	+19:47	05:03
362	310	João Amaral	individual	Senior Masculino	50:37	+19:51	05:04
363	263	André Guilherme Moreira Gomes	individual	Senior Masculino	50:39	+19:53	05:04
364	681	Andreia Ramos	running esmoriz	Veterana F45	50:40	+19:54	05:04
365	225	Helena Vasques	individual	Senior Feminino	50:42	+19:56	05:04
366	456	Luís Vasques	individual	Veterano M45	50:45	+19:59	05:05
367	712	Maurício Lins	running esmoriz	Veterano M55	50:45	+19:59	05:05
368	360	Ricardo Silva	individual	Senior Masculino	50:51	+20:05	05:05
369	475	Rony Sentoa	individual	Veterano M45	50:51	+20:05	05:05
370	81	Mária Calmeiro	arrifana running	Senior Feminino	50:58	+20:11	05:06
371	420	Nuno Jorge Martins da Silva	individual	Veterano M40	51:01	+20:14	05:06
372	487	Jorge Amaral	individual	Veterano M50	51:02	+20:15	05:06
373	516	João Teixeira Barbosa	individual	Veterano M55	51:04	+20:17	05:06
374	441	EMANUEL FONTE	individual	Veterano M45	51:04	+20:18	05:06
375	140	Nuno Cardoso	clube desportivo feirense	Veterano M45	51:05	+20:19	05:07
376	137	Graça Beleza	clube desportivo feirense	Veterana F45	51:05	+20:19	05:07
377	215	CÁTIA COSTA	individual	Senior Feminino	51:09	+20:22	05:07
378	511	Carlos Manuel da Silva Rama	individual	Veterano M55	51:13	+20:26	05:07
379	527	Vitor Marques	individual	Veterano M55	51:22	+20:36	05:08
380	69	Daniel Fernando da Silva	alegres desafios	Veterano M40	51:27	+20:40	05:09
381	68	Alexandra de Castro e Silva	alegres desafios	Veterana F50	51:27	+20:41	05:09
382	258	Afonso Manuel Jorge e Cardoso	individual	Senior Masculino	51:30	+20:43	05:09
383	346	Pedro Manuel Borges da Costa	individual	Senior Masculino	51:30	+20:43	05:09
384	108	Pedro Cardoso	bouça alta - running	Veterano M50	51:32	+20:45	05:09
385	625	Vitor José Pinto Loureiro Rente	os falta d' ar	Veterano M50	51:33	+20:47	05:09
386	349	Pedro Ramalho	individual	Senior Masculino	51:37	+20:51	05:10
387	745	Adriano Tavares Cardoso	individual	Senior Masculino	51:39	+20:52	05:10
388	222	Filipa Soares	individual	Senior Feminino	51:39	+20:52	05:10
389	529	CÁTIA BAPTISTA	jam juventude atlética mozelense	Senior Feminino	51:39	+20:53	05:10
390	675	João Salvador	running esmoriz	Senior Masculino	51:42	+20:56	05:10
391	298	Guilherme Brito	individual	Senior Masculino	51:48	+21:01	05:11
392	476	Rúben Ferreira	individual	Veterano M45	51:48	+21:02	05:11
393	439	Carlos Marques	individual	Veterano M45	51:49	+21:03	05:11

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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	CAT	RESULT	DIFF	t/KM
394	97	Artur Silva	barrinha surf school	Veterano M40	51:49	+21:03	05:11
395	688	Fernanda Rocha	running esmoriz	Veterana F50	51:50	+21:04	05:11
396	337	Nuno Fernandes	individual	Senior Masculino	51:59	+21:13	05:12
397	290	Fábio Soares	individual	Senior Masculino	52:01	+21:15	05:12
398	123	Cláudio Caldas	cláudio caldas	Veterano M45	52:10	+21:24	05:13
399	732	Rui Fardilha	sunday morning	Veterano M50	52:10	+21:24	05:13
400	729	Ricardo Resende	sunday morning	Veterano M40	52:11	+21:24	05:13
401	341	Paulino César Sala	individual	Senior Masculino	52:15	+21:29	05:14
402	600	João Martinho Pereira Pinto	miglas	Senior Masculino	52:17	+21:30	05:14
403	627	Pedro Monteiro	os justinhos..	Veterano M40	52:17	+21:31	05:14
404	32	Tomás Rodrigues	academia de boxe victor sa	Senior Masculino	52:18	+21:31	05:14
405	206	Ana Sofia Chipelo	individual	Senior Feminino	52:24	+21:38	05:14
406	426	Renato Espírito Santo	individual	Veterano M40	52:35	+21:49	05:16
407	465	Paulo Silva	individual	Veterano M45	52:36	+21:50	05:16
408	152	Márcio Pereira	corredores de fim de semana	Veterano M40	52:38	+21:52	05:16
409	224	helen beatriz correia da silva	individual	Senior Feminino	52:43	+21:57	05:16
410	296	Gonçalo Cardoso	individual	Senior Masculino	52:48	+22:02	05:17
411	176	Liliana Rocha	gangue do parque	Veterana F40	52:51	+22:05	05:17
412	385	Vera Silva	individual	Veterana F40	52:53	+22:07	05:17
413	399	Sandra Moreira	individual	Veterana F50	52:55	+22:08	05:18
414	604	David Martins	moelas atlético clube	Senior Masculino	52:58	+22:11	05:18
415	522	Manuel Oliveira	individual	Veterano M55	53:04	+22:18	05:18
416	693	Carmo Marinho	running esmoriz	Veterana F55	53:07	+22:20	05:19
417	174	Sara Moutinho	gangue do parque	Senior Feminino	53:09	+22:23	05:19
418	75	Arnaldo Cardoso	arada atlético clube	Veterano M45	53:11	+22:24	05:19
419	731	Leonardo Marques	sunday morning	Veterano M45	53:15	+22:29	05:20
420	315	Joao santos	individual	Senior Masculino	53:22	+22:36	05:20
421	653	Sandra Pereira	pereira gonçaves	Veterana F45	53:23	+22:37	05:20
422	459	Marco Rodrigues Costa	individual	Veterano M45	53:24	+22:38	05:20
423	209	Angela Silva	individual	Senior Feminino	53:33	+22:47	05:21
424	12	Vladimir Andronachi	#mirras	Senior Masculino	53:34	+22:47	05:21
425	317	Jorge Maciel	individual	Senior Masculino	53:34	+22:48	05:21
426	11	Alexandra Mouta	#mirras	Senior Feminino	53:34	+22:48	05:21
427	478	RUI PINHÃO	individual	Veterano M45	53:34	+22:48	05:21
428	355	Rafael Ferraz	individual	Senior Masculino	53:35	+22:48	05:22
429	673	Diogo Dias	running esmoriz	Senior Masculino	53:35	+22:49	05:22
430	408	Hélder Silva	individual	Veterano M40	53:35	+22:49	05:22
431	84	Sandra Gomes	arrifana running	Veterana F45	53:36	+22:50	05:22
432	91	Paulo Fonseca	arrifana running	Veterano M50	53:37	+22:50	05:22
433	92	José Beleza	arrifana running	Veterano M55	53:37	+22:51	05:22
434	212	Catarina Almeida	individual	Senior Feminino	53:39	+22:53	05:22
435	455	Leandro Resende	individual	Veterano M45	53:42	+22:56	05:22
436	617	Luis Tavares	os cabras	Senior Masculino	53:44	+22:57	05:22
437	531	AUGUSTO BAPTISTA	jam juventude atlética mozelense	Veterano M55	53:44	+22:58	05:22
438	534	Ines Gomes Cardoso	juventude cortegacense	Senior Feminino	53:47	+23:01	05:23
439	574	Paulo Daniel Rola	juventude cortegacense	Veterano M45	53:47	+23:01	05:23

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
440	582	Domingos Fernando Oliveira Camboa	juventude cortegacense	Veterano M55	53:48	+23:01	05:23
441	312	Joao Correia	individual	Senior Masculino	53:50	+23:04	05:23
442	342	Paulo Oliveira	individual	Senior Masculino	53:58	+23:12	05:24
443	332	Mauro Lamelas	individual	Senior Masculino	54:04	+23:18	05:24
444	14	Eduarda Gouveia	academia de boxe victor sa	Senior Feminino	54:05	+23:19	05:25
445	696	Sergio Menezes	running esmoriz	Veterano M40	54:07	+23:21	05:25
446	412	João Martins	individual	Veterano M40	54:08	+23:22	05:25
447	512	Claudio José Bastos Lopes	individual	Veterano M55	54:09	+23:22	05:25
448	85	Paula Martins	arrifana running	Veterana F50	54:12	+23:26	05:25
449	88	Susana Gomes	arrifana running	Veterana F50	54:13	+23:26	05:25
450	698	Paulo Reis	running esmoriz	Veterano M45	54:14	+23:28	05:25
451	679	Nádia Oliveira	running esmoriz	Veterana F40	54:14	+23:28	05:25
452	228	Ivana Barata	individual	Senior Feminino	54:16	+23:30	05:26
453	462	Paulo Jorge	individual	Veterano M45	54:24	+23:38	05:26
454	254	Sofia Oliveira	individual	Senior Feminino	54:24	+23:38	05:26
455	274	Carlos Pereira	individual	Senior Masculino	54:25	+23:39	05:27
456	110	BRUNA REIS	cal - clube atletismo de lamas	Senior Feminino	54:33	+23:47	05:27
457	217	Daniela Silva	individual	Senior Feminino	54:46	+24:00	05:29
458	322	Leonel Cardoso	individual	Senior Masculino	54:50	+24:04	05:29
459	391	Mónica Pereira	individual	Veterana F45	54:52	+24:05	05:29
460	111	AnaPaula Castro	cal - clube atletismo de lamas	Veterana F55	54:53	+24:07	05:29
461	205	Ana Rita	individual	Senior Feminino	54:56	+24:10	05:30
462	711	Joaquim Pinto	running esmoriz	Veterano M55	55:00	+24:13	05:30
463	398	Orquídea Gomes	individual	Veterana F50	55:00	+24:14	05:30
464	728	João Valente	sunday morning	Veterano M40	55:00	+24:14	05:30
465	213	Cátia Coelho	individual	Senior Feminino	55:01	+24:15	05:30
466	93	José Santos	arrifana running	Veterano M55	55:06	+24:20	05:31
467	392	Rossana Ferreira	individual	Veterana F45	55:09	+24:22	05:31
468	358	Ricardo Figueiredo Reis	individual	Senior Masculino	55:13	+24:26	05:31
469	339	Nuno Reis	individual	Senior Masculino	55:14	+24:28	05:31
470	656	Francisco Gonçalves	pereira goncalves	Veterano M55	55:15	+24:28	05:32
471	484	Eduardo Azevedo	individual	Veterano M50	55:18	+24:32	05:32
472	259	Afonso Rodrigues	individual	Senior Masculino	55:29	+24:42	05:33
473	700	Amândio Mendes	running esmoriz	Veterano M50	55:32	+24:46	05:33
474	624	RUI SANTOS	os falta d' ar	Veterano M50	55:44	+24:57	05:34
475	777	Ana Almeida	individual	Senior Feminino	55:44	+24:58	05:34
476	451	José Brandão	individual	Veterano M45	55:51	+25:05	05:35
477	468	Pedro Gomes	individual	Veterano M45	55:51	+25:05	05:35
478	691	Sandra Aguiar	running esmoriz	Veterana F50	55:53	+25:07	05:35
479	630	Xavier Barros	os três mosqueteiros	Senior Masculino	55:54	+25:07	05:35
480	446	Helder Gabriel	individual	Veterano M45	55:55	+25:09	05:36
481	631	Carla Duraes	os três mosqueteiros	Veterana F45	55:55	+25:09	05:36
482	179	Hélder Aguiar	gangue do parque	Veterano M40	55:58	+25:11	05:36
483	196	Renato Familiar	h-raky	Veterano M40	56:00	+25:13	05:36
484	393	Sandra Gomes	individual	Veterana F45	56:00	+25:14	05:36

**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 - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
485	694	Margarida Machado	running esmoriz	Veterana F55	56:02	+25:16	05:36
486	16	Ana Sousa	academia de boxe victor sa	Senior Feminino	56:03	+25:17	05:36
487	29	Rodrigo Santos	academia de boxe victor sa	Senior Masculino	56:03	+25:17	05:36
488	42	Urbino Santos	academia de boxe victor sa	Veterano M45	56:03	+25:17	05:36
489	220	Elisabete Pereira	individual	Senior Feminino	56:04	+25:18	05:36
490	292	Francisco Neves	individual	Senior Masculino	56:04	+25:18	05:36
491	687	Clara Oliveira	running esmoriz	Veterana F50	56:06	+25:19	05:37
492	201	Adelaide Marques	individual	Senior Feminino	56:08	+25:22	05:37
493	556	Marcia Almeida Rola	juventude cortegacense	Veterana F45	56:10	+25:23	05:37
494	544	Leandro José Lima Rocha	juventude cortegacense	Senior Masculino	56:11	+25:24	05:37
495	151	Vitor M Cardoso	corre são João	Veterano M55	56:11	+25:25	05:37
496	579	Nelson Sergil Carvalho Azevedo	juventude cortegacense	Veterano M50	56:11	+25:25	05:37
497	749	Bianca Bernard	individual	Veterana F40	56:11	+25:25	05:37
498	249	Oriana Silva	individual	Senior Feminino	56:12	+25:25	05:37
499	508	Amílcar José da Fonseca Teresinho	individual	Veterano M55	56:17	+25:31	05:38
500	381	Joana Manuela Vieira Barbosa	individual	Veterana F40	56:17	+25:31	05:38
501	389	FILIPA RIBEIRO	individual	Veterana F45	56:24	+25:38	05:38
502	425	Quimanel Ribeiro	individual	Veterano M40	56:24	+25:38	05:38
503	164	ABILIO SOARES	familia soares	Veterano M55	56:28	+25:42	05:39
504	364	Rodrigo Duarte	individual	Senior Masculino	56:29	+25:43	05:39
505	655	Filipe Gonçalves	pereira gonçaves	Veterano M40	56:30	+25:44	05:39
506	73	Sónia Silva	arada atlético clube	Veterana F45	56:36	+25:50	05:40
507	593	Margarida Caldeira	m.e.s.a. running	Senior Feminino	56:38	+25:52	05:40
508	223	Francisca Ferreira Costa e Silva	individual	Senior Feminino	56:42	+25:56	05:40
509	253	Sara Castro Sousa	individual	Senior Feminino	56:42	+25:56	05:40
510	233	Joana Oliveira Fonseca	individual	Senior Feminino	56:42	+25:56	05:40
511	771	Emanuel Coelho	individual	Senior Masculino	56:47	+26:01	05:41
512	366	Rui Ferreira	individual	Senior Masculino	56:49	+26:03	05:41
513	718	António Pinheiro	running sleepers	Veterano M50	56:50	+26:04	05:41
514	146	Sandra Silva	coporunners	Veterana F45	56:51	+26:05	05:41
515	469	Pedro Matos	individual	Veterano M45	56:52	+26:06	05:41
516	626	António Augusto Sá Ferreira Godinho	os falta d' ar	Veterano M55	56:57	+26:11	05:42
517	236	Juliana Almeida	individual	Senior Feminino	56:58	+26:12	05:42
518	20	Basílio Dias	academia de boxe victor sa	Senior Masculino	56:58	+26:12	05:42
519	503	paulo santos	individual	Veterano M50	56:58	+26:12	05:42
520	411	Ivo Brás	individual	Veterano M40	56:59	+26:12	05:42
521	519	José Nunes	individual	Veterano M55	57:01	+26:14	05:42
522	481	Americo Oliveira	individual	Veterano M50	57:02	+26:16	05:42
523	221	Fabiana Pinto Monteiro	individual	Senior Feminino	57:04	+26:18	05:42
524	690	Maria Manuel Soares	running esmoriz	Veterana F50	57:05	+26:19	05:43
525	62	Susana Pinto	afis	Veterana F45	57:16	+26:29	05:44
526	396	Carina Pereira	individual	Veterana F50	57:16	+26:30	05:44
527	63	Cláudia Gomes	afis	Veterana F50	57:17	+26:31	05:44

### 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	tkm
528	64	Joaquim Ferreira	afis	Veterano M55	57:17	+26:31	05:44
529	288	Emanuel Ferreira	individual	Senior Masculino	57:18	+26:32	05:44
530	58	Fernanda Almeida	acr vale de cambra	Veterana F55	57:18	+26:32	05:44
531	235	Joana Ribeiro	individual	Senior Feminino	57:20	+26:34	05:44
532	445	Hélder Freitas	individual	Veterano M45	57:21	+26:34	05:44
533	659	António Brandão	ratos do asfalto	Veterano M55	57:21	+26:35	05:44
534	658	Maria Inês Brandão	ratos do asfalto	Senior Feminino	57:21	+26:35	05:44
535	305	Jhonatan Nogueira	individual	Senior Masculino	57:25	+26:39	05:45
536	587	Ana Pinho	kirchhoff - konect running team	Veterana F40	57:25	+26:39	05:45
537	596	BRUNO ALMEIDA	marretas da caneca	Veterano M40	57:28	+26:42	05:45
538	178	Sandra Bem	gangue do parque	Veterana F45	57:31	+26:45	05:45
539	471	Pedro Vieira	individual	Veterano M45	57:34	+26:48	05:45
540	404	Carlos Rodrigues	individual	Veterano M40	57:35	+26:49	05:46
541	654	Francisca Pereira	pereira gonçalves	Veterana F50	57:48	+27:01	05:47
542	525	Óscar Miguel Duarte Ferreira Pinto	individual	Veterano M55	57:48	+27:01	05:47
543	1	Ana Catarina	individual	Senior Feminino	57:51	+27:05	05:47
544	397	Marta Alves	individual	Veterana F50	57:53	+27:07	05:47
545	578	Helder Cesar Gomes Candal Correia	juventude cortegacense	Veterano M50	58:03	+27:17	05:48
546	74	Isabel Santos	arada atlético clube	Veterana F50	58:05	+27:18	05:49
547	680	Alexandra Ferreira	running esmoriz	Veterana F45	58:10	+27:24	05:49
548	350	Pedro Resende	individual	Senior Masculino	58:19	+27:33	05:50
549	87	Rosa Silva	arrifana running	Veterana F50	58:20	+27:34	05:50
550	287	Eduardo Silva	individual	Senior Masculino	58:22	+27:36	05:50
551	177	Maria João Almeida	gangue do parque	Veterana F45	58:23	+27:36	05:50
552	248	Marta Moura	individual	Senior Feminino	58:24	+27:37	05:50
553	683	Cristiana Branco	running esmoriz	Veterana F45	58:25	+27:39	05:51
554	553	Vera Lúcia Sousa Ferreira	juventude cortegacense	Veterana F40	58:26	+27:40	05:51
555	552	Silvana Rocha	juventude cortegacense	Veterana F40	58:27	+27:40	05:51
556	605	Pedro Marques	moelas atlético clube	Senior Masculino	58:30	+27:43	05:51
557	231	Joana Duarte Sousa Cardoso	individual	Senior Feminino	58:31	+27:45	05:51
558	370	Tomás Castro	individual	Senior Masculino	58:31	+27:45	05:51
559	204	Ana Correia Andrade	individual	Senior Feminino	58:38	+27:52	05:52
560	442	Fernando Guimarães	individual	Veterano M45	58:39	+27:53	05:52
561	325	Luís Rocha	individual	Senior Masculino	58:43	+27:56	05:52
562	505	Raul Loureiro	individual	Veterano M50	58:46	+27:59	05:53
563	202	Alexandra Marques Alves de Sá	individual	Senior Feminino	58:46	+28:00	05:53
564	66	Marta Oliveira	agora vai	Senior Feminino	58:50	+28:03	05:53
565	670	Elvira Bento	running esmoriz	Senior Feminino	58:58	+28:12	05:54
566	182	Paulo José Sampaio de Almeida	gazelas...	Veterano M45	58:58	+28:12	05:54
567	181	Helder Matos	gazelas...	Veterano M40	58:58	+28:12	05:54
568	635	Ricardo Resende	oscacer	Veterano M40	59:08	+28:22	05:55
569	500	Paulo Gomes	individual	Veterano M50	59:18	+28:32	05:56
570	746	João Cruz Silva	individual	Senior Masculino	59:21	+28:34	05:56







## Prova Principal

10 KM

### OFFICIAL RESULT

	Time	Temperature	Humidity
Start	18:00	19°C	68%
End	19:19	17°C	72%

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

1	748	Joana Nunes	Individual	Senior Feminino	36:12	+05:26	03:37
2	187	Mara Resende	GRECAS - Vagos	Senior Feminino	37:37	+06:51	03:46
3	133	Margarida Oliveira	Clube Desportivo Feirense	Senior Feminino	38:36	+07:49	03:52
4	125	Carla de Almeida	Clube Atletismo de Ovar	Senior Feminino	38:56	+08:09	03:54
5	71	Lara Costa	ARADA ATLÉTICO CLUBE	Senior Feminino	39:38	+08:52	03:58
6	70	Ema Oliveira	ARADA ATLÉTICO CLUBE	Senior Feminino	39:40	+08:54	03:58
7	188	Raquel Cirne	GRECAS - Vagos	Senior Feminino	40:32	+09:46	04:03
8	60	Fátima Maria Soares Pinho	AFIS	Senior Feminino	42:18	+11:32	04:14
9	46	Inês Gonçalves	ACAIL GAS	Senior Feminino	44:05	+13:19	04:25
10	226	Heloísa Manuela Morais Reis Braga	Individual	Senior Feminino	44:19	+13:32	04:26
11	210	Beu Ribeiro	Individual	Senior Feminino	45:11	+14:25	04:31
12	238	Lusa Sofia Oliveira Tarujo	Individual	Senior Feminino	45:33	+14:47	04:33
13	45	Florbela Araujo	ACAIL GAS	Senior Feminino	46:17	+15:31	04:38
14	95	Inês Correia	Barrinha Surf School	Senior Feminino	46:22	+15:36	04:38
15	237	Liliana Oliveira Guerra	Individual	Senior Feminino	46:44	+15:58	04:40
16	207	Ana Vargas	Individual	Senior Feminino	48:44	+17:58	04:52
17	211	Carina Gouveia	Individual	Senior Feminino	48:49	+18:03	04:53
18	144	Jéssica Andrade	CopoRunners	Senior Feminino	49:03	+18:16	04:54
19	241	Margarida Sousa	Individual	Senior Feminino	49:44	+18:58	04:58
20	255	Thais Azevedo	Individual	Senior Feminino	49:51	+19:05	04:59
21	239	Mafalda Cardoso	Individual	Senior Feminino	49:51	+19:05	04:59
22	256	Vera Ferreira	Individual	Senior Feminino	50:04	+19:17	05:00
23	232	Joana Filipa Rocha Tavares	Individual	Senior Feminino	50:06	+19:20	05:01
24	245	Mariana Amaral Ventura Borges	Individual	Senior Feminino	50:20	+19:33	05:02
25	234	Joana Patrícia Costa Silva	Individual	Senior Feminino	50:31	+19:45	05:03
26	225	Helena Vasques	Individual	Senior Feminino	50:42	+19:56	05:04
27	81	Mária Calmeiro	Arrifana Running	Senior Feminino	50:58	+20:11	05:06
28	215	CÁTIA COSTA	Individual	Senior Feminino	51:09	+20:22	05:07
29	222	Filipa Soares	Individual	Senior Feminino	51:39	+20:52	05:10
30	529	CÁTIA BAPTISTA	JAM JUVENTUDE ATLÉTICA MOZELENSE	Senior Feminino	51:39	+20:53	05:10
31	206	Ana Sofia Chipelo	Individual	Senior Feminino	52:24	+21:38	05:14
32	224	helen beatriz correia da silva	Individual	Senior Feminino	52:43	+21:57	05:16
33	174	Sara Moutinho	Gangue do Parque	Senior Feminino	53:09	+22:23	05:19
34	209	Angela Silva	Individual	Senior Feminino	53:33	+22:47	05:21
35	11	Alexandra Mouta	#MIRRAS	Senior Feminino	53:34	+22:48	05:21
36	212	Catarina Almeida	Individual	Senior Feminino	53:39	+22:53	05:22
37	534	Ines Gomes Cardoso	Juventude Cortegacense	Senior Feminino	53:47	+23:01	05:23
38	14	Eduarda Gouveia	Academia de boxe victor sa	Senior Feminino	54:05	+23:19	05:25
39	228	Ivana Barata	Individual	Senior Feminino	54:16	+23:30	05:26

Official Timekeeper: Lap2Go	1 / 16	generate 01-dez.-2024 19:30
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## Prova Principal

## 10 KM

### OFFICIAL RESULT

40	254	Sofia Oliveira	Individual	Senior Feminino	54:24	+23:38	05:26
41	110	BRUNA REIS	CAL - Clube Atletismo de Lamas	Senior Feminino	54:33	+23:47	05:27
42	217	Daniela Silva	Individual	Senior Feminino	54:46	+24:00	05:29
43	205	Ana Rita	Individual	Senior Feminino	54:56	+24:10	05:30
44	213	Cátia Coelho	Individual	Senior Feminino	55:01	+24:15	05:30
45	777	Ana Almeida	Individual	Senior Feminino	55:44	+24:58	05:34
46	16	Ana Sousa	Academia de boxe victor sa	Senior Feminino	56:03	+25:17	05:36
47	220	Elisabete Pereira	Individual	Senior Feminino	56:04	+25:18	05:36
48	201	Adelaide Marques	Individual	Senior Feminino	56:08	+25:22	05:37
49	249	Oriana Silva	Individual	Senior Feminino	56:12	+25:25	05:37
50	593	Margarida Caldeira	M.E.S.A. Running	Senior Feminino	56:38	+25:52	05:40
51	223	Francisca Ferreira Costa e Silva	Individual	Senior Feminino	56:42	+25:56	05:40
52	253	Sara Castro Sousa	Individual	Senior Feminino	56:42	+25:56	05:40
53	233	Joana Oliveira Fonseca	Individual	Senior Feminino	56:42	+25:56	05:40
54	236	Juliana Almeida	Individual	Senior Feminino	56:58	+26:12	05:42
55	221	Fabiana Pinto Monteiro	Individual	Senior Feminino	57:04	+26:18	05:42
56	235	Joana Ribeiro	Individual	Senior Feminino	57:20	+26:34	05:44
57	658	Maria Inês Brandão	Ratos do Asfalto	Senior Feminino	57:21	+26:35	05:44
58	1	Ana Catarina	Individual	Senior Feminino	57:51	+27:05	05:47
59	248	Marta Moura	Individual	Senior Feminino	58:24	+27:37	05:50
60	231	Joana Duarte Sousa Cardoso	Individual	Senior Feminino	58:31	+27:45	05:51
61	204	Ana Correia Andrade	Individual	Senior Feminino	58:38	+27:52	05:52
62	202	Alexandra Marques Alves de Sá	Individual	Senior Feminino	58:46	+28:00	05:53
63	66	Marta Oliveira	Agora vai	Senior Feminino	58:50	+28:03	05:53
64	670	Elvira Bento	Running Esmoriz	Senior Feminino	58:58	+28:12	05:54
65	216	CATIA FERREIRA	Individual	Senior Feminino	59:24	+28:38	05:56
66	243	Maria Eduarda Pereira	Individual	Senior Feminino	59:26	+28:40	05:57
67	594	Teresa Caldeira	M.E.S.A. Running	Senior Feminino	59:28	+28:42	05:57
68	671	Joana Ramos	Running Esmoriz	Senior Feminino	01:01:17	+30:31	06:08
69	601	Diana Ferreira	Moelas Atlético Clube	Senior Feminino	01:01:56	+31:09	06:12
70	598	Bruna Filipa silva Bessa	Miglas	Senior Feminino	01:02:45	+31:59	06:17
71	599	Sofia Alexandra Pereira Pinto	Miglas	Senior Feminino	01:02:46	+32:00	06:17
72	714	Dulce Ferreira	RUNNING ESPINHO	Senior Feminino	01:02:55	+32:09	06:18
73	240	Manuela Leite	Individual	Senior Feminino	01:04:06	+33:20	06:25
74	214	Cátia Correia	Individual	Senior Feminino	01:04:07	+33:20	06:25
75	203	Ana Almeida	Individual	Senior Feminino	01:04:07	+33:20	06:25
76	242	Maria Borges	Individual	Senior Feminino	01:05:20	+34:34	06:32
77	244	Maria João Ramalho	Individual	Senior Feminino	01:05:55	+35:09	06:36
78	219	Daniela Soares	Individual	Senior Feminino	01:05:56	+35:09	06:36
79	672	Sandra Grave	Running Esmoriz	Senior Feminino	01:06:36	+35:50	06:40
80	230	Jéssica Oliveira Quintinha	Individual	Senior Feminino	01:08:02	+37:16	06:48
81	251	Paula Isabel Teixeira Pinto	Individual	Senior Feminino	01:08:33	+37:47	06:51
82	669	Beatriz Carvalhas	Running Esmoriz	Senior Feminino	01:08:58	+38:12	06:54
83	4	Virginia Costa	Individual	Senior Feminino	01:09:08	+38:21	06:55
84	772	Máric Esteves	Running Esmoriz	Senior Feminino	01:09:08	+38:22	06:55
85	229	Jenifer Carvalho	Individual	Senior Feminino	01:09:17	+38:31	06:56





**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

34	50	André Santos	ACD Os Ilhavos	Senior Masculino	38:28	+07:42	03:51
35	264	André Pinto	Individual	Senior Masculino	38:29	+07:43	03:51
36	153	William Caetano	DCI/Trilhos Luso Bussaco	Senior Masculino	38:34	+07:48	03:51
37	192	Jorge Cubal	Grupo Desportivo e Cultural de Guilhovai	Senior Masculino	38:36	+07:50	03:52
38	117	André Nunes	CASA DO POVO DE MANGUALDE	Senior Masculino	39:04	+08:18	03:54
39	542	Filipe Jesus Costa Pereira	Juventude Cortegacense	Senior Masculino	39:10	+08:24	03:55
40	741	Pedro Gomes	Individual	Senior Masculino	39:12	+08:25	03:55
41	502	Filipe Marques	Individual	Senior Masculino	39:15	+08:29	03:56
42	612	Samuel Leal	Núcleo de Atletismo de Cucujães	Senior Masculino	39:25	+08:39	03:57
43	352	Pedro Teles	Individual	Senior Masculino	39:38	+08:52	03:58
44	611	Claúdio Resende	Núcleo de Atletismo de Cucujães	Senior Masculino	39:44	+08:58	03:58
45	361	Ricardo Silva	Individual	Senior Masculino	39:46	+09:00	03:59
46	304	Ivo Soares	Individual	Senior Masculino	39:46	+09:00	03:59
47	618	Tiago Bartolomeu	Os Cabras	Senior Masculino	39:50	+09:04	03:59
48	302	Ivo Pais	Individual	Senior Masculino	39:57	+09:11	04:00
49	739	Paulo Jorge Florim Nunes de Sá Camboa	Zero2hero	Senior Masculino	40:01	+09:15	04:00
50	134	Carlos Rodrigues	Clube Desportivo Feirense	Senior Masculino	40:07	+09:20	04:01
51	306	JOÃO ADÉRITO	Individual	Senior Masculino	40:39	+09:53	04:04
52	275	Carlos Resende	Individual	Senior Masculino	40:45	+09:59	04:05
53	67	Helder Faria	Agora vai	Senior Masculino	40:49	+10:03	04:05
54	184	NUNO PINTO	GDC Codal	Senior Masculino	40:50	+10:03	04:05
55	143	Tiago Faria	Clube Spiridon de Gaia	Senior Masculino	40:52	+10:06	04:05
56	142	António Pereira	Clube Spiridon de Gaia	Senior Masculino	40:53	+10:07	04:05
57	374	Xavier Freitas	Individual	Senior Masculino	41:11	+10:25	04:07
58	674	Gonçalo Silva	Running Esmoriz	Senior Masculino	41:13	+10:26	04:07
59	330	Marco Pinto	Individual	Senior Masculino	41:28	+10:42	04:09
60	276	Daniel Castro	Individual	Senior Masculino	41:33	+10:47	04:09
61	53	André Aniceto	ACR Vale de Cambra	Senior Masculino	41:37	+10:51	04:10
62	165	Fábio Almeida	Family4syte	Senior Masculino	41:39	+10:52	04:10
63	26	Miguel Medeiros	Academia de boxe victor sa	Senior Masculino	41:40	+10:54	04:10
64	333	Miguel Sanches	Individual	Senior Masculino	41:48	+11:02	04:11
65	720	Clemente Santos	SPC	Senior Masculino	41:56	+11:09	04:12
66	721	Fernando Resende	SPC	Senior Masculino	42:01	+11:15	04:12
67	619	Hugo Antunes	Os Estiga	Senior Masculino	42:01	+11:15	04:12
68	191	Carlos Osório Duarte Moreira	Grupo Desportivo e Cultural de Castelo de Paiva	Senior Masculino	42:01	+11:15	04:12
69	620	Miguel Santos	Os Estiga	Senior Masculino	42:01	+11:15	04:12
70	586	Cristiano Tavares	KIRCHHOFF - KONECT Running team	Senior Masculino	42:14	+11:28	04:13
71	722	Nuno Dias	SPC	Senior Masculino	42:23	+11:37	04:14
72	633	Josué Neves	OSCACER	Senior Masculino	42:27	+11:40	04:15
73	261	André Almeida	Individual	Senior Masculino	42:44	+11:57	04:16
74	266	André Silva	Individual	Senior Masculino	42:50	+12:04	04:17
75	345	Pedro Manta de Almeida	Individual	Senior Masculino	42:53	+12:06	04:17
76	101	Pedro Dias Teresinho	Beatriz dos Panos	Senior Masculino	42:55	+12:09	04:18

**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

77	308	João Alves	Individual	Senior Masculino	42:57	+12:11	04:18
78	357	Renato Cardoso	Individual	Senior Masculino	43:00	+12:13	04:18
79	340	Nuno Vendeira	Individual	Senior Masculino	43:03	+12:17	04:18
80	262	André Barbosa	Individual	Senior Masculino	43:07	+12:21	04:19
81	309	João Alves	Individual	Senior Masculino	43:24	+12:38	04:20
82	291	Fernando Sá	Individual	Senior Masculino	43:29	+12:42	04:21
83	550	Samuel da Silva Rocha	Juventude Cortegacense	Senior Masculino	43:29	+12:43	04:21
84	293	Francisco Santos	Individual	Senior Masculino	43:42	+12:56	04:22
85	329	Marco Oliveira	Individual	Senior Masculino	44:02	+13:15	04:24
86	28	Ricardo Jorge Coelho Mendonça	Academia de boxe victor sa	Senior Masculino	44:03	+13:17	04:24
87	356	RENATO BASTOS	Individual	Senior Masculino	44:10	+13:24	04:25
88	347	Pedro Miguel Barbosa Silva	Individual	Senior Masculino	44:18	+13:32	04:26
89	295	Gabriel Silva	Individual	Senior Masculino	44:26	+13:39	04:27
90	335	Myke santos	Individual	Senior Masculino	44:28	+13:42	04:27
91	283	Edgar Fernando Abelha e Sousa	Individual	Senior Masculino	44:33	+13:47	04:27
92	368	Thonny Suarez	Arrifana Running	Senior Masculino	44:38	+13:52	04:28
93	270	Bruno Emanuel Rocha Fileno	Individual	Senior Masculino	44:39	+13:52	04:28
94	286	Eduardo Leite	Individual	Senior Masculino	44:39	+13:53	04:28
95	320	Leandro Caetano	Individual	Senior Masculino	44:47	+14:00	04:29
96	717	João Miguel Henriques	Running Sleepers	Senior Masculino	44:47	+14:01	04:29
97	775	Paulo Gregorio	Individual	Senior Masculino	44:55	+14:09	04:30
98	353	Pedro Valente	Individual	Senior Masculino	44:59	+14:13	04:30
99	313	Joao Filipe Santos	Individual	Senior Masculino	45:02	+14:15	04:30
100	27	Pedro Miguel Soares Silva	Academia de boxe victor sa	Senior Masculino	45:05	+14:18	04:31
101	284	Edgar Silva	Individual	Senior Masculino	45:05	+14:19	04:31
102	294	Frederico de Gusmão Calheiros Nunes da Silva	Individual	Senior Masculino	45:06	+14:20	04:31
103	297	Gonçalo Martins	Individual	Senior Masculino	45:14	+14:28	04:31
104	343	Paulo Ricardo Pereira Costa	Individual	Senior Masculino	45:15	+14:28	04:32
105	265	André Silva	Individual	Senior Masculino	45:29	+14:43	04:33
106	17	Danilo Gluhu	Academia de boxe victor sa	Senior Masculino	45:37	+14:51	04:34
107	23	Joao manuel braga moreira	Academia de boxe victor sa	Senior Masculino	45:39	+14:53	04:34
108	369	Tiago Pereira	Individual	Senior Masculino	45:44	+14:58	04:34
109	273	Carlos Alves	Individual	Senior Masculino	45:58	+15:11	04:36
110	645	Rafael Jesus	Peraltafil	Senior Masculino	46:00	+15:14	04:36
111	318	José Garrido	Individual	Senior Masculino	46:01	+15:15	04:36
112	715	Telmo Nunes	RUNNING ESPINHO	Senior Masculino	46:18	+15:31	04:38
113	354	Pierre Silva	Individual	Senior Masculino	46:18	+15:32	04:38
114	334	Miguel Santos	Individual	Senior Masculino	46:27	+15:41	04:39
115	331	Martim Patricio	Individual	Senior Masculino	46:30	+15:44	04:39
116	367	Samuel Silva	Individual	Senior Masculino	46:30	+15:44	04:39
117	539	Americo Jorge Pereira da Costa	Juventude Cortegacense	Senior Masculino	46:40	+15:54	04:40
118	773	Fábio Azevedo	Running Esmoriz	Senior Masculino	46:41	+15:55	04:40
119	373	Vitor Silva	Individual	Senior Masculino	46:57	+16:11	04:42
120	47	Luis Novo	ACAIL GAS	Senior Masculino	47:10	+16:24	04:43
121	540	Diogo Alberto Santos Silva	Juventude Cortegacense	Senior Masculino	47:16	+16:30	04:44
122	643	Nuno David	Peraltafil	Senior Masculino	47:18	+16:32	04:44

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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 - LAP2GO - TIMING SOLUTION

123	338	Nuno Miguel Rios de Pinho	Individual	Senior Masculino	47:23	+16:37	04:44
124	348	Pedro Oliveira	Individual	Senior Masculino	47:35	+16:48	04:46
125	326	Lunmar Alejandro Dias Resende Varas Campillay	Individual	Senior Masculino	47:40	+16:54	04:46
126	145	Eurico Tavares	CopoRunners	Senior Masculino	47:42	+16:56	04:46
127	676	José Almeida	Running Esmoriz	Senior Masculino	47:49	+17:03	04:47
128	327	Manuel Gomes	Individual	Senior Masculino	47:53	+17:07	04:47
129	268	Anthony Borges	Individual	Senior Masculino	48:04	+17:18	04:48
130	271	Bruno Silva	Individual	Senior Masculino	48:16	+17:29	04:50
131	267	Angelo Fonseca	Individual	Senior Masculino	48:17	+17:30	04:50
132	613	Vasco Silva Correia Alves	Núcleo de Atletismo de Cucujães	Senior Masculino	48:19	+17:33	04:50
133	289	Fabio Oliveira	Individual	Senior Masculino	48:27	+17:41	04:51
134	747	Ricardo Cruz Silva	Individual	Senior Masculino	48:28	+17:41	04:51
135	548	Ricardo Carvas Lisboa Varanda	Juventude Cortegacense	Senior Masculino	48:34	+17:48	04:51
136	282	Eder Jesus	Individual	Senior Masculino	48:51	+18:05	04:53
137	277	Daniel Santos	Individual	Senior Masculino	48:56	+18:10	04:54
138	82	Tiago Oliveira	Arrifana Running	Senior Masculino	49:08	+18:21	04:55
139	371	Vasco Almeida	Individual	Senior Masculino	49:12	+18:26	04:55
140	336	Nuno Correia	Individual	Senior Masculino	49:23	+18:37	04:56
141	18	francisco viera	Academia de boxe victor sa	Senior Masculino	49:24	+18:37	04:56
142	324	Luís Pedro Preto Vicente	Individual	Senior Masculino	49:33	+18:47	04:57
143	640	Simão Machado	Peixinhos do Rio	Senior Masculino	49:35	+18:49	04:58
144	639	Rui Araujo	Peixinhos do Rio	Senior Masculino	49:37	+18:51	04:58
145	257	Afonso Fonseca	Individual	Senior Masculino	49:40	+18:54	04:58
146	321	Leonardo Pereira	Individual	Senior Masculino	49:40	+18:54	04:58
147	372	Vasco Vicente	Individual	Senior Masculino	49:49	+19:03	04:59
148	301	Hugo Fonseca Ferreira	Individual	Senior Masculino	50:11	+19:25	05:01
149	280	Diogo Prates	Individual	Senior Masculino	50:12	+19:26	05:01
150	310	João Amaral	Individual	Senior Masculino	50:37	+19:51	05:04
151	263	André Guilherme Moreira Gomes	Individual	Senior Masculino	50:39	+19:53	05:04
152	360	Ricardo Silva	Individual	Senior Masculino	50:51	+20:05	05:05
153	258	Afonso Manuel Jorge e Cardoso	Individual	Senior Masculino	51:30	+20:43	05:09
154	346	Pedro Manuel Borges da Costa	Individual	Senior Masculino	51:30	+20:43	05:09
155	349	Pedro Ramalho	Individual	Senior Masculino	51:37	+20:51	05:10
156	745	Adriano Tavares Cardoso	Individual	Senior Masculino	51:39	+20:52	05:10
157	675	João Salvador	Running Esmoriz	Senior Masculino	51:42	+20:56	05:10
158	298	Guilherme Brito	Individual	Senior Masculino	51:48	+21:01	05:11
159	337	Nuno Fernandes	Individual	Senior Masculino	51:59	+21:13	05:12
160	290	Fábio Soares	Individual	Senior Masculino	52:01	+21:15	05:12
161	341	Paulino César Sala	Individual	Senior Masculino	52:15	+21:29	05:14
162	600	João Martinho Pereira Pinto	Miglas	Senior Masculino	52:17	+21:30	05:14
163	32	Tomás Rodrigues	Academia de boxe victor sa	Senior Masculino	52:18	+21:31	05:14
164	296	Gonçalo Cardoso	Individual	Senior Masculino	52:48	+22:02	05:17
165	604	David Martins	Moelas Atlético Clube	Senior Masculino	52:58	+22:11	05:18
166	315	Joao santos	Individual	Senior Masculino	53:22	+22:36	05:20
167	12	Vladimir Andronachi	#MIRRAS	Senior Masculino	53:34	+22:47	05:21
168	317	Jorge Maciel	Individual	Senior Masculino	53:34	+22:48	05:21

Official Timekeeper: Lap2Go	6 / 16	generate 01-dez.-2024 19:30
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