



PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
41	177	Ricardo Duarte	NAF Cávado	42:52	+11:21	04:17	
42	74	João Miguel Ferreira Lopes	Individual	42:56	+11:25	04:18	
43	112	André Veloso	Individual	42:57	+11:26	04:18	
44	273	Flavio Caldas	BoxRM	43:10	+11:39	04:19	
45	85	Marco Correia	Individual	43:15	+11:44	04:20	
46	139	José Antunes	Individual	43:16	+11:45	04:20	
47	217	Ricardo Peixoto	Vila Verde a Correr	43:31	+12:00	04:21	
48	25	André Almeida	CDRC Amarense	43:37	+12:06	04:22	
49	180	Ricardo António Vieira Ferreira	NAF Cávado	43:53	+12:22	04:23	
50	154	Ricardo Ferreira	MOVIMENTO DE JUVENTUDE DE MERELIM	44:00	+12:29	04:24	
51	169	João Dias	MOVIMENTO DE JUVENTUDE DE MERELIM	44:19	+12:48	04:26	
52	97	BELA FERRAZ	Individual	44:32	+13:01	04:27	
53	258	Pedro Pinheiro	Arenaxxii	44:33	+13:02	04:27	
54	164	Miguel Domingues	LEBRES MINHOTAS	44:43	+13:12	04:28	
55	142	Jose Lopes	Individual	44:52	+13:21	04:29	
56	145	Jose Ramalho	Individual	44:59	+13:28	04:30	
57	163	Jorge Domingues	LEBRES MINHOTAS	44:59	+13:28	04:30	
58	176	Paulo Alves	NAF Cávado	44:59	+13:28	04:30	
59	215	Filipe Alves	Vila Verde a Correr	45:06	+13:35	04:31	
60	124	Domingos Guiomar Silva Afonso	Individual	45:07	+13:36	04:31	
61	249	Miguel Simões	Individual	45:08	+13:37	04:31	
62	218	Catarina Borges	VITÓRIA SPORT CLUBE	45:09	+13:38	04:31	
63	212	José maia	Vila Verde a Correr	45:31	+14:00	04:33	
64	138	Joaquim Manuel Araújo Barbosa	Individual	45:37	+14:06	04:34	
65	76	João Sousa	Individual	45:43	+14:12	04:34	
66	182	Rodrigo Faria	Os empatas	45:48	+14:17	04:35	
67	113	António Borges	Individual	45:51	+14:20	04:35	
68	209	João Vieira	URBAN ACADEMY	45:58	+14:27	04:36	
69	188	Samuel Sousa	participar	45:59	+14:28	04:36	
70	167	Cândido Soares Lima	Moveis Lima	46:03	+14:32	04:36	
71	88	Nelson Silva	Individual	46:18	+14:47	04:38	
72	157	Sérgio Pereira	Individual	46:24	+14:53	04:38	
73	265	Carlos névoa	Individual	46:25	+14:54	04:39	
74	61	Dinis Oliveira Vieira	Individual	46:26	+14:55	04:39	
75	134	João Esteves	Individual	46:29	+14:58	04:39	
76	262	Antonio Jose Fernandes	Individual	46:31	+15:00	04:39	
77	288	Alexandre Silva Ribeiro	Vila Verde a Correr	46:36	+15:05	04:40	
78	100	Carla Ferreira	Vila Verde a Correr	46:36	+15:05	04:40	
79	29	Filipe Soares	CDRC Amarense	46:38	+15:07	04:40	
80	294	Miguel Rocha	Snatchless	46:47	+15:16	04:41	
81	57	Marta Guimarães Ferreira	Individual	46:53	+15:22	04:41	
82	185	Vítor Faria	Palmeira Runners	46:54	+15:23	04:41	
83	128	Filipe Ribeiro	Individual	47:26	+15:55	04:45	
84	259	Marco Oliveira	Arenaxxii	47:27	+15:56	04:45	
85	148	Maxim Mironov	Individual	47:46	+16:15	04:47	
86	83	Marcelo Gonçalves	Individual	47:50	+16:19	04:47	

PROVA PRINCIPAL - STAGE 1

10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
87	59	André Mendes	Individual	47:51	+16:20	04:47	
88	297	NUNO SOUSA	100 Espaço Trail Team	47:55	+16:24	04:47	
89	183	Sérgio Faria	Os empatas	48:10	+16:39	04:49	
90	136	João Oliveira	Individual	48:12	+16:41	04:49	
91	119	Carlos Fernando Esperança	Individual	48:12	+16:41	04:49	
92	257	Tomás Campos Martins	Individual	48:14	+16:43	04:49	
93	172	José Fernandes	MOVIMENTO DE JUVENTUDE DE MERELIM	48:49	+17:18	04:53	
94	268	David Azevedo	Individual	48:57	+17:26	04:54	
95	96	Adriana Lopes Da Silva	Individual	49:05	+17:34	04:55	
96	90	Ricardo Silva	Individual	49:23	+17:52	04:56	
97	71	João Carlos Pereira Esteves	Individual	49:24	+17:53	04:56	
98	175	Leonardo Lopes Imperadeiro	NAF Cávado	49:27	+17:56	04:57	
99	110	Telma Filipa Costa Sousa	Individual	50:01	+18:30	05:00	
100	213	Luís Talina	Vila Verde a Correr	50:18	+18:47	05:02	
101	305	Tânia Araújo	RIBEITRAIL	50:19	+18:48	05:02	
102	254	Pedro Ferreira Carvalho	Individual	50:23	+18:52	05:02	
103	193	FILIPE ASCENCAO	SOLE BROTHERS	50:39	+19:08	05:04	
104	99	CARLA CRISTINA AZEVEDO MOREIRA	Individual	50:46	+19:15	05:05	
105	36	Oswaldo Oliveira	Cluve	50:53	+19:22	05:05	
106	104	Gladys Latidine	Individual	51:01	+19:30	05:06	
107	203	Laura Lopes	URBAN ACADEMY	51:07	+19:36	05:07	
108	120	Carlos Rodrigues	Individual	51:09	+19:38	05:07	
109	267	Célio Costa Pereira	Individual	51:13	+19:42	05:07	
110	308	Ricardo Castro	Individual	51:13	+19:42	05:07	
111	95	Valdir Costa	Individual	51:17	+19:46	05:08	
112	143	José Manuel dos Santos Faria	Individual	51:18	+19:47	05:08	
113	156	Rui Mário Miranda Alves	Individual	51:32	+20:01	05:09	
114	173	Rita Mota Ferreira	NAF Cávado	51:33	+20:02	05:09	
115	191	Ricardo Alves	PCRrunners	51:34	+20:03	05:09	
116	247	Paulo Santos	Fujacal Team	51:41	+20:10	05:10	
117	248	Miguel Esteves	Fujacal Team	51:41	+20:10	05:10	
118	310	José Luís Costa	Individual	51:42	+20:11	05:10	
119	187	Amaro Fernandes	participar	51:44	+20:13	05:10	
120	280	José Rodrigues	Individual	51:44	+20:13	05:10	
121	271	Fábio Pereira	Individual	51:44	+20:13	05:10	
122	158	Simão Peixoto	Individual	51:53	+20:22	05:11	
123	72	João Carlos Pires Fernandes	Individual	51:53	+20:22	05:11	
124	77	João Viana	Individual	51:54	+20:23	05:11	
125	263	António Luis Rodrigues Sousa	Moveis Lima	51:57	+20:26	05:12	
126	320	João Pinheiro e Fernandes	Individual	52:02	+20:31	05:12	
127	241	João Manuel Peixoto Magalhães	Individual	52:12	+20:41	05:13	
128	78	José Anastácio Barbosa Pereira	Individual	52:12	+20:41	05:13	
129	92	Simão Valente	Individual	52:12	+20:41	05:13	
130	245	Sara Esteves	Individual	52:17	+20:46	05:14	
131	39	Olinda Rosa Viana Barbosa Esteves	DROP SET	52:17	+20:46	05:14	

**PROVA PRINCIPAL - STAGE 1**

**10 KM**

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
132	32	Manuel Brito	CDRC Amarense	52:38	+21:07	05:16	
133	278	Joaquim Malheiro	Individual	52:42	+21:11	05:16	
134	79	José Antunes	Individual	52:43	+21:12	05:16	
135	98	Carina Silva	Individual	52:57	+21:26	05:18	
136	206	Rodrigo Oliveira	URBAN ACADEMY	53:00	+21:29	05:18	
137	244	João Emanuel	Individual	53:00	+21:29	05:18	
138	103	EUFEMIA LANDEIRA	Individual	53:14	+21:43	05:19	
139	60	Carlos Pinheiro	Individual	53:17	+21:46	05:20	
140	253	Maria João Rodrigues Barbosa Soares	Vila Verde a Correr	53:19	+21:48	05:20	
141	251	Inês Machado Oliveira	Vila Verde a Correr	53:19	+21:48	05:20	
142	252	Sérgio José Barbosa Araújo Soares	Vila Verde a Correr	53:20	+21:49	05:20	
143	303	VELOSO cecile	Individual	53:20	+21:49	05:20	
144	285	Lugat Jean	Individual	53:21	+21:50	05:20	
145	152	Paulo Machado	Individual	53:25	+21:54	05:21	
146	89	Pedro Brás	Individual	53:26	+21:55	05:21	
147	38	Maria Daniela Lago da Silva	DROP SET	53:29	+21:58	05:21	
148	198	Silvina Esteves	TRAIL ME	53:37	+22:06	05:22	
149	178	Raquel Ferreira	NAF Cávado	53:45	+22:14	05:23	
150	141	José Gonçalves	Individual	54:04	+22:33	05:24	
151	93	Thomas Sousa	Individual	54:09	+22:38	05:25	
152	144	Jose Peixoto	Individual	54:15	+22:44	05:26	
153	250	JOSE PEDRO MARTINS SILVA	Individual	54:29	+22:58	05:27	
154	28	Bruno Antunes	CDRC Amarense	54:41	+23:10	05:28	
155	27	Vania Cerqueira	CDRC Amarense	54:42	+23:11	05:28	
156	246	Nuno Ricardo Carvalho Martins	Individual	54:54	+23:23	05:29	
157	174	Guilherme José de Sousa Barbosa	NAF Cávado	54:56	+23:25	05:30	
158	270	Edgar Gonçalves	Batistas	55:00	+23:29	05:30	
159	299	Pedro Gonçalves	Batistas	55:00	+23:29	05:30	
160	314	José Martins	Individual	55:04	+23:33	05:30	
161	300	Pedro Silva	Snatchless	55:07	+23:36	05:31	
162	242	MARCELO J G RIBEIRO	Individual	55:14	+23:43	05:31	
163	70	João Adriano Gonçalves Ribeiro	Individual	55:44	+24:13	05:34	
164	133	João Batista Vieira Ribeiro	Individual	55:44	+24:13	05:34	
165	21	Nelson Vieira	Associação de Goães	55:45	+24:14	05:34	
166	106	isabel maria alves	MOVIMENTO DE JUVENTUDE DE MERELIM	55:48	+24:17	05:35	
167	37	Cláudia Pona Marinho	DROP SET	55:55	+24:24	05:35	
168	40	Vitor Manuel Rocha Fabião	DROP SET	55:56	+24:25	05:36	
169	194	LUDOVIC ASCENCAO	SOLE BROTHERS	56:11	+24:40	05:37	
170	309	Luís Paulo Sousa	Individual	56:21	+24:50	05:38	
171	135	João Marco Matos	Individual	56:27	+24:56	05:39	
172	319	Helena Martins	Individual	56:35	+25:04	05:39	
173	162	Mónica Martins	LEBRES MINHOTAS	56:35	+25:04	05:40	
174	165	Isabel Maria Barbosa Fernandes	Moveis Lima	56:36	+25:05	05:40	
175	170	Carla Soares	MOVIMENTO DE JUVENTUDE DE MERELIM	56:50	+25:19	05:41	
176	151	Paulo Carvalho	Individual	57:01	+25:30	05:42	

## PROVA PRINCIPAL - STAGE 1

10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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
177	211	Thiago Cardoso	URBAN ACADEMY	57:11	+25:40	05:43	
178	214	Paula Costa	Vila Verde a Correr	57:49	+26:18	05:47	
179	159	Vasco Alves	Individual	57:57	+26:26	05:48	
180	207	Alexandra Machado	URBAN ACADEMY	58:00	+26:29	05:48	
181	311	Atleta 311	Individual	58:03	+26:32	05:48	
182	260	Margarida Rocha	Arenaxii	58:03	+26:32	05:48	
183	298	Paulo Sousa	Individual	58:06	+26:35	05:49	
184	240	Alda Ribeiro	braguinhasrunners	58:14	+26:43	05:49	
185	23	José Carlos Soares	Associação Desportiva Recreativa Académico de Belém	58:26	+26:55	05:51	
186	302	Sérgio Sepúlveda	Individual	58:42	+27:11	05:52	
187	315	Gabriel Fernandes	Individual	58:51	+27:20	05:53	
188	86	Misaél Vieira	Individual	59:50	+28:19	05:59	
189	65	Emanuel Paredes	Individual	59:50	+28:19	05:59	
190	118	Bruno Grilo	Individual	01:00:37	+29:06	06:04	
191	147	Marco José Almeida da Costa	Individual	01:01:54	+30:23	06:11	
192	108	Maria Inês Pereira e Sousa	Individual	01:01:57	+30:26	06:12	
193	296	Nelson Miguel Costa Antunes	Individual	01:01:58	+30:27	06:12	
194	287	Luís Carvalho	Individual	01:02:13	+30:42	06:13	
195	47	Ana Maria Menino Bacalhau	Individual	01:02:17	+30:46	06:14	
196	45	Ana Beatriz Travassos Cavaleiro	Individual	01:02:19	+30:48	06:14	
197	200	Júlia Costa	Tri-Unidos	01:02:33	+31:02	06:15	
198	202	Miguel Pereira	Tri-Unidos	01:02:34	+31:03	06:15	
199	201	Sandra Costa	Tri-Unidos	01:02:34	+31:03	06:15	
200	210	Paulo Lopes	URBAN ACADEMY	01:02:44	+31:13	06:16	
201	48	Ana Silva	Individual	01:02:50	+31:19	06:17	
202	105	Irene Gomes	Individual	01:03:02	+31:31	06:18	
203	266	Carolina Silva	Vila Verde a Correr	01:03:03	+31:32	06:18	
204	150	Pascal guygniec	Individual	01:03:16	+31:45	06:20	
205	107	Maria da Conceição soares	Individual	01:03:17	+31:46	06:20	
206	91	Samuel mota	Individual	01:04:00	+32:29	06:24	
207	306	Pedro Rocha	RIBEITRAIL	01:04:00	+32:29	06:24	
208	58	Vanessa Sousa Pereira	Individual	01:04:02	+32:31	06:24	
209	44	Ana Araújo	Individual	01:04:02	+32:31	06:24	
210	51	Cátia Marques	Individual	01:04:02	+32:31	06:24	
211	87	Narciso Magalhaes	Individual	01:04:03	+32:32	06:24	
212	52	Diliana Oliveira	Individual	01:04:24	+32:53	06:26	
213	317	Margarida Silva	Individual	01:04:32	+33:01	06:27	
214	155	Ricardo Rodrigues	Individual	01:05:48	+34:17	06:35	
215	312	Alexandre Manuel Fernandes	Individual	01:05:56	+34:25	06:36	
216	208	Alfredo Vieira	URBAN ACADEMY	01:05:56	+34:25	06:36	
217	114	António Silva Anjos	Individual	01:05:57	+34:26	06:36	
218	286	LUIS CARVALHO	100 Espaço Trail Team	01:05:58	+34:27	06:36	
219	56	Mariana Goncalves	Individual	01:06:32	+35:01	06:39	
220	46	Ana Isabel Gomes	Individual	01:06:32	+35:01	06:39	
221	264	Carlos Costa	Individual	01:06:38	+35:07	06:40	

**PROVA PRINCIPAL - STAGE 1**

**10 KM**

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
222	130	Francisco Pinheiro	Individual	01:08:36	+37:05	06:52	
223	197	Olga Gonçalves	Team seniores frescas e boas	01:08:46	+37:15	06:53	
224	256	Margarida Roriz	Individual	01:11:29	+39:58	07:09	
225	255	Ricardo Malheiro	Individual	01:11:31	+40:00	07:09	
226	307	Sofia Costa	Vila Verde a Correr	01:12:06	+40:35	07:13	
227	318	Maria Martins	Individual	01:12:12	+40:41	07:13	
228	282	JU GOMES	100 Espaço Trail Team	01:12:17	+40:46	07:14	
229	295	NATÁLIA SOUSA	100 Espaço Trail Team	01:12:31	+41:00	07:15	
230	269	DOMINGOS MIRANDA	100 Espaço Trail Team	01:12:32	+41:01	07:15	
231	274	GRAÇA FERREIRA	100 Espaço Trail Team	01:12:33	+41:02	07:15	
232	82	Leonel Filipe Santos Patrício	Individual	01:13:01	+41:30	07:18	
233	81	José Lopes	Individual	01:13:56	+42:25	07:24	
234	55	Liliana Almeida	Individual	01:13:56	+42:25	07:24	
235	126	Eduardo Mendes	Individual	01:13:56	+42:25	07:24	
236	50	Catarina Mendes	Individual	01:13:56	+42:25	07:24	
237	196	Mónica Susana Ribeiro Maia	Team seniores frescas e boas	01:16:29	+44:58	07:39	
238	195	Filipa Joana Ferreira Rodrigues	Team seniores frescas e boas	01:16:29	+44:58	07:39	
239	146	Luís Peixoto	Individual	01:20:06	+48:35	08:01	
240	243	Nuno Miguel Coelho Pereira	Individual	01:23:46	+52:15	08:23	



## Prova Principal

## 10 KM

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

### 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

11	177	Ricardo Duarte	NAF Cávado	Senior Masculino	42:52	+11:20	04:17
12	74	João Miguel Ferreira Lopes	Individual	Senior Masculino	42:56	+11:25	04:18
13	85	Marco Correia	Individual	Senior Masculino	43:15	+11:44	04:20
14	25	André Almeida	CDRC Amarense	Senior Masculino	43:37	+12:06	04:22
15	169	João Dias	MOVIMENTO DE JUVENTUDE DE MERELIM	Senior Masculino	44:19	+12:48	04:26
16	176	Paulo Alves	NAF Cávado	Senior Masculino	44:59	+13:28	04:30
17	249	Miguel Simões	Individual	Senior Masculino	45:08	+13:37	04:31
18	212	José maia	Vila Verde a Correr	Senior Masculino	45:31	+14:00	04:33
19	76	João Sousa	Individual	Senior Masculino	45:43	+14:12	04:34
20	182	Rodrigo Faria	Os empatas	Senior Masculino	45:48	+14:17	04:35
21	88	Nelson Silva	Individual	Senior Masculino	46:18	+14:47	04:38
22	61	Dinis Oliveira Vieira	Individual	Senior Masculino	46:26	+14:55	04:39
23	288	Alexandre Silva Ribeiro	Vila Verde a Correr	Senior Masculino	46:36	+15:04	04:40
24	294	Miguel Rocha	Snatchless	Senior Masculino	46:47	+15:15	04:41
25	83	Marcelo Gonçalves	Individual	Senior Masculino	47:50	+16:19	04:47
26	59	André Mendes	Individual	Senior Masculino	47:51	+16:19	04:47
27	257	Tomás Campos Martins	Individual	Senior Masculino	48:14	+16:42	04:49
28	90	Ricardo Silva	Individual	Senior Masculino	49:23	+17:52	04:56
29	71	João Carlos Pereira Esteves	Individual	Senior Masculino	49:24	+17:53	04:56
30	175	Leonardo Lopes Imperadeiro	NAF Cávado	Senior Masculino	49:27	+17:56	04:57
31	213	Luís Talina	Vila Verde a Correr	Senior Masculino	50:18	+18:47	05:02
32	254	Pedro Ferreira Carvalho	Individual	Senior Masculino	50:23	+18:51	05:02
33	95	Valdir Costa	Individual	Senior Masculino	51:17	+19:46	05:08
34	280	José Rodrigues	Individual	Senior Masculino	51:44	+20:13	05:10
35	271	Fábio Pereira	Individual	Senior Masculino	51:44	+20:13	05:10
36	72	João Carlos Pires Fernandes	Individual	Senior Masculino	51:53	+20:22	05:11
37	77	João Viana	Individual	Senior Masculino	51:54	+20:22	05:11
38	320	João Pinheiro e Fernandes	Individual	Senior Masculino	52:02	+20:31	05:12
39	78	José Anastácio Barbosa Pereira	Individual	Senior Masculino	52:12	+20:41	05:13
40	92	Simão Valente	Individual	Senior Masculino	52:12	+20:41	05:13
41	79	José Antunes	Individual	Senior Masculino	52:43	+21:11	05:16
42	206	Rodrigo Oliveira	URBAN ACADEMY	Senior Masculino	53:00	+21:28	05:18
43	244	João Emanuel	Individual	Senior Masculino	53:00	+21:29	05:18
44	60	Carlos Pinheiro	Individual	Senior Masculino	53:17	+21:45	05:20
45	89	Pedro Brás	Individual	Senior Masculino	53:26	+21:55	05:21
46	93	Thomas Sousa	Individual	Senior Masculino	54:09	+22:37	05:25
47	250	JOSE PEDRO MARTINS SILVA	Individual	Senior Masculino	54:29	+22:58	05:27
48	246	Nuno Ricardo Carvalho Martins	Individual	Senior Masculino	54:54	+23:23	05:29
49	174	Guilherme José de Sousa Barbosa	NAF Cávado	Senior Masculino	54:56	+23:25	05:30
50	300	Pedro Silva	Snatchless	Senior Masculino	55:07	+23:35	05:31
51	70	João Adriano Gonçalves Ribeiro	Individual	Senior Masculino	55:44	+24:13	05:34
52	315	Gabriel Fernandes	Individual	Senior Masculino	58:51	+27:19	05:53
53	86	Misaél Vieira	Individual	Senior Masculino	59:50	+28:19	05:59
54	65	Emanuel Paredes	Individual	Senior Masculino	59:50	+28:19	05:59
55	91	Samuel mota	Individual	Senior Masculino	01:04:00	+32:29	06:24
56	306	Pedro Rocha	RIBEITRAIL	Senior Masculino	01:04:00	+32:29	06:24

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**Prova Principal**

**10 KM**

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

**OFFICIAL RESULT**

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35	215	Filipe Alves	Vila Verde a Correr	Veterano M35	45:06	+09:52	04:31
36	124	Domingos Guiomar Silva Afonso	Individual	Veterano M35	45:07	+09:53	04:31
37	138	Joaquim Manuel Araújo Barbosa	Individual	Veterano M35	45:37	+10:23	04:34
38	113	António Borges	Individual	Veterano M35	45:51	+10:37	04:35
39	209	João Vieira	URBAN ACADEMY	Veterano M35	45:58	+10:44	04:36
40	188	Samuel Sousa	participar	Veterano M35	45:59	+10:45	04:36
41	167	Cândido Soares Lima	Moveis Lima	Veterano M35	46:03	+10:49	04:36
42	157	Sérgio Pereira	Individual	Veterano M35	46:24	+11:10	04:38
43	265	Carlos névoa	Individual	Veterano M35	46:25	+11:11	04:39
44	134	João Esteves	Individual	Veterano M35	46:29	+11:15	04:39
45	262	Antonio Jose Fernandes	Individual	Veterano M35	46:31	+11:17	04:39
46	29	Filipe Soares	CDRC Amarense	Veterano M35	46:38	+11:24	04:40
47	185	Vítor Faria	Palmeira Runners	Veterano M35	46:54	+11:40	04:41
48	128	Filipe Ribeiro	Individual	Veterano M35	47:26	+12:12	04:45
49	259	Marco Oliveira	Arenaxxii	Veterano M35	47:27	+12:13	04:45
50	148	Maxim Mironov	Individual	Veterano M35	47:46	+12:32	04:47
51	297	NUNO SOUSA	100 Espaço Trail Team	Veterano M35	47:55	+12:41	04:47
52	183	Sérgio Faria	Os empatas	Veterano M35	48:10	+12:56	04:49
53	136	João Oliveira	Individual	Veterano M35	48:12	+12:58	04:49
54	119	Carlos Fernando Esperança	Individual	Veterano M35	48:12	+12:58	04:49
55	172	José Fernandes	MOVIMENTO DE JUVENTUDE DE MERELIM	Veterano M35	48:49	+13:35	04:53
56	268	David Azevedo	Individual	Veterano M35	48:57	+13:43	04:54
57	193	FILIFE ASCENCAO	SOLE BROTHERS	Veterano M35	50:39	+15:25	05:04
58	36	Oswaldo Oliveira	Cluve	Veterano M35	50:53	+15:39	05:05
59	120	Carlos Rodrigues	Individual	Veterano M35	51:09	+15:55	05:07
60	267	Célio Costa Pereira	Individual	Veterano M35	51:13	+15:59	05:07
61	308	Ricardo Castro	Individual	Veterano M35	51:13	+16:00	05:07
62	143	José Manuel dos Santos Faria	Individual	Veterano M35	51:18	+16:04	05:08
63	156	Rui Mário Miranda Alves	Individual	Veterano M35	51:32	+16:18	05:09
64	191	Ricardo Alves	PCRrunners	Veterano M35	51:34	+16:20	05:09
65	247	Paulo Santos	Fujacal Team	Veterano M35	51:41	+16:27	05:10
66	248	Miguel Esteves	Fujacal Team	Veterano M35	51:41	+16:27	05:10
67	310	José Luís Costa	Individual	Veterano M35	51:42	+16:28	05:10
68	187	Amaro Fernandes	participar	Veterano M35	51:44	+16:30	05:10
69	158	Simão Peixoto	Individual	Veterano M35	51:53	+16:39	05:11
70	263	António Luis Rodrigues Sousa	Moveis Lima	Veterano M35	51:57	+16:44	05:12
71	241	João Manuel Peixoto Magalhães	Individual	Veterano M35	52:12	+16:58	05:13
72	32	Manuel Brito	CDRC Amarense	Veterano M35	52:38	+17:24	05:16
73	278	Joaquim Malheiro	Individual	Veterano M35	52:42	+17:28	05:16
74	252	Sérgio José Barbosa Araújo Soares	Vila Verde a Correr	Veterano M35	53:20	+18:06	05:20
75	285	Lugat Jean	Individual	Veterano M35	53:21	+18:07	05:20
76	152	Paulo Machado	Individual	Veterano M35	53:25	+18:11	05:21
77	141	José Gonçalves	Individual	Veterano M35	54:04	+18:50	05:24
78	144	Jose Peixoto	Individual	Veterano M35	54:15	+19:01	05:26
79	28	Bruno Antunes	CDRC Amarense	Veterano M35	54:41	+19:27	05:28
80	270	Edgar Gonçalves	Batistas	Veterano M35	55:00	+19:46	05:30

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**Prova Principal**
**10 KM**

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

**OFFICIAL RESULT**

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81	299	Pedro Gonçalves	Batistas	Veterano M35	55:00	+19:46	05:30
82	314	José Martins	Individual	Veterano M35	55:04	+19:50	05:30
83	242	MARCELO J G RIBEIRO	Individual	Veterano M35	55:14	+20:00	05:31
84	133	João Batista Vieira Ribeiro	Individual	Veterano M35	55:44	+20:30	05:34
85	21	Nelson Vieira	Associação de Goães	Veterano M35	55:45	+20:31	05:34
86	40	Vitor Manuel Rocha Fabião	DROP SET	Veterano M35	55:56	+20:42	05:36
87	194	LUDOVIC ASCENCAO	SOLE BROTHERS	Veterano M35	56:11	+20:57	05:37
88	309	Luís Paulo Sousa	Individual	Veterano M35	56:21	+21:08	05:38
89	135	João Marco Matos	Individual	Veterano M35	56:27	+21:13	05:39
90	151	Paulo Carvalho	Individual	Veterano M35	57:01	+21:47	05:42
91	211	Thiago Cardoso	URBAN ACADEMY	Veterano M35	57:11	+21:57	05:43
92	159	Vasco Alves	Individual	Veterano M35	57:57	+22:43	05:48
93	311	Atleta 311	Individual	Veterano M35	58:03	+22:49	05:48
94	298	Paulo Sousa	Individual	Veterano M35	58:06	+22:52	05:49
95	23	José Carlos Soares	Associação Desportiva Recreativa Académico de Belém	Veterano M35	58:26	+23:12	05:51
96	302	Sérgio Sepúlveda	Individual	Veterano M35	58:42	+23:28	05:52
97	118	Bruno Grilo	Individual	Veterano M35	01:00:37	+25:23	06:04
98	147	Marco José Almeida da Costa	Individual	Veterano M35	01:01:54	+26:40	06:11
99	296	Nelson Miguel Costa Antunes	Individual	Veterano M35	01:01:58	+26:44	06:12
100	287	Luís Carvalho	Individual	Veterano M35	01:02:13	+26:59	06:13
101	202	Miguel Pereira	Tri-Unidos	Veterano M35	01:02:34	+27:20	06:15
102	210	Paulo Lopes	URBAN ACADEMY	Veterano M35	01:02:44	+27:30	06:16
103	150	Pascal guygniec	Individual	Veterano M35	01:03:16	+28:02	06:20
104	155	Ricardo Rodrigues	Individual	Veterano M35	01:05:48	+30:34	06:35
105	312	Alexandre Manuel Fernandes	Individual	Veterano M35	01:05:56	+30:42	06:36
106	208	Alfredo Vieira	URBAN ACADEMY	Veterano M35	01:05:56	+30:43	06:36
107	114	António Silva Anjos	Individual	Veterano M35	01:05:57	+30:43	06:36
108	286	LUIS CARVALHO	100 Espaço Trail Team	Veterano M35	01:05:58	+30:44	06:36
109	130	Francisco Pinheiro	Individual	Veterano M35	01:08:36	+33:22	06:52
110	269	DOMINGOS MIRANDA	100 Espaço Trail Team	Veterano M35	01:12:32	+37:18	07:15
111	126	Eduardo Mendes	Individual	Veterano M35	01:13:56	+38:42	07:24
112	146	Luís Peixoto	Individual	Veterano M35	01:20:06	+44:52	08:01

