

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

	Time	Temperature	Humidity
Start	10:00	6,6°C	65%
End	11:24	8,4°C	89%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	12	Nuno lopes	VITORIA FUTEBOL CLUBE	30:37		03:04	
2	11	Ricardo Pereira	EV/PERALTAFIL	30:41	+00:04	03:04	
3	18	João Almeida	RECREIO DESPORTIVO DE ÁGUEDA	30:44	+00:07	03:04	
4	10	Vitor Oliveira	G.D.Guilhovai	31:02	+00:25	03:06	
5	25	Avelino sangahanle	VITORIA FUTEBOL CLUBE	31:06	+00:29	03:07	
6	26	Filipe Ferreira	ACR de Vale de Cambra	31:41	+01:04	03:10	
7	127	Tiago Silva	CAP - Centro de Atletismo do Porto	31:56	+01:19	03:12	
8	22	Tiago Madureira	Vitória	32:02	+01:25	03:12	
9	7	Gil Maia	S.c.Espinho/António Leitão	32:13	+01:36	03:13	
10	81	Fabio Barbosa	AD Marco 09	32:24	+01:47	03:14	
11	78	Steven Sá	Running Doctors	32:31	+01:54	03:15	
12	64	VITOR SANTOS	EV/PERALTAFIL	32:37	+02:00	03:16	
13	52	Angelo Pereira	S.c.Espinho/António Leitão	32:37	+02:00	03:16	
14	62	SERGIO PAIVA	Clube Atletismo de Ovar	32:41	+02:04	03:16	
15	57	Artur Rodrigues	G.D.Guilhovai	32:43	+02:06	03:16	
16	70	RENATO SOUSA	EV/PERALTAFIL	33:10	+02:33	03:19	
17	909	Guilherme Martins	CCSJM	33:22	+02:45	03:20	
18	44	Mário Ibarra	G.D.A RONDA	33:38	+03:01	03:22	
19	35	Jorge Cubal	G.D.Guilhovai	33:42	+03:05	03:22	
20	36	Paulo pinto	Individual	33:49	+03:12	03:23	
21	58	António Fernandes	G.D.Guilhovai	33:55	+03:18	03:23	
22	71	PEDRO MAGALHÃES	EV/PERALTAFIL	34:00	+03:23	03:24	
23	41	Tiago Oliveira	S.c.Espinho/António Leitão	34:06	+03:29	03:25	
24	6	Carla Martinho	RECREIO DESPORTIVO DE ÁGUEDA	34:12	+03:35	03:25	
25	66	JOSE ALMEIDA	EV/PERALTAFIL	34:14	+03:37	03:25	
26	48	Rui Ferreira	S.c.Espinho/António Leitão	34:16	+03:39	03:26	
27	43	Hugo Silva	G.D.A RONDA	34:20	+03:43	03:26	
28	51	João Sousa	S.c.Espinho/António Leitão	34:21	+03:44	03:26	
29	80	Rui Pedro Pinto	Individual	34:29	+03:52	03:27	
30	50	Tiago Rosas	S.c.Espinho/António Leitão	34:30	+03:53	03:27	
31	13	Andreia Santos	CSRDC Santiago	34:30	+03:53	03:27	
32	47	Hugo Moreira	S.c.Espinho/António Leitão	34:30	+03:53	03:27	
33	60	Helder Costa	Individual	34:33	+03:56	03:27	
34	53	Nelson Lopes	S.c.Espinho/António Leitão	34:35	+03:58	03:28	
35	1554	Alberto Fonte	RECREIO DESPORTIVO DE ÁGUEDA	34:45	+04:08	03:29	
36	1200	Ricardo Vieira	Individual	34:46	+04:09	03:29	
37	275	André Almeida	Individual	34:46	+04:09	03:29	
38	990	Fernando Lima	Fidalguinha	34:51	+04:14	03:29	
39	39	Rui Manuel Santos	S.c.Espinho/António Leitão	34:52	+04:15	03:29	
40	37	Daniel Silva	RunRiver - Escola Atletismo de Rio Tinto	34:56	+04:19	03:30	
41	1551	Daniel Peixoto	RECREIO DESPORTIVO DE ÁGUEDA	35:07	+04:30	03:31	
42	49	Paulo Reis	S.c.Espinho/António Leitão	35:10	+04:33	03:31	

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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
43	1150	João Freitas	Individual	35:13	+04:36	03:31	
44	56	Ricardo Gomes	Clube Desportivo Feirense	35:18	+04:41	03:32	
45	28	Nuno Silva	CAL - Clube Atletismo de Lamas	35:19	+04:42	03:32	
46	42	João Trigueiros	S.c.Espinho/António Leitão	35:25	+04:48	03:33	
47	1033	Luís Santos	Grupo Desportivo e Cultural de Castelo de Paiva	35:29	+04:52	03:33	
48	1003	Hugo Ferreira	G.D.A RONDA	35:32	+04:55	03:33	
49	4	Hugo Daniel Santos	S.C.SALGUEIROS	35:38	+05:01	03:34	
50	1130	Eusébio Oliveira	Individual	35:38	+05:01	03:34	
51	82	Fernando Silva	ACR de Vale de Cambra	35:41	+05:04	03:34	
52	54	Hernani Furtado	S.c.Espinho/António Leitão	35:45	+05:08	03:35	
53	27	Marco Pinho	ACR de Vale de Cambra	35:47	+05:10	03:35	
54	20	Tiago Maia	Sporting Club Espinho Triatlo	35:47	+05:10	03:35	
55	1142	igor khrupin	Individual	35:50	+05:13	03:35	
56	32	António Cristovão	G.D.Guilhovai	35:52	+05:15	03:35	
57	1401	MANUEL ALVES	Individual	36:00	+05:23	03:36	
58	1314	filipe ismael maia rocha	Individual	36:03	+05:26	03:36	
59	104	Ricardo Marafuz	ARVOR ASSOCIAÇÃO RECREATIVA OS VETERANOS D'OVAR	36:04	+05:27	03:36	
60	72	Marco André Bernardes Marques	Individual	36:05	+05:28	03:36	
61	30	Tiago Ferreira	Clube Spiridon de Gaia	36:08	+05:31	03:37	
62	1610	Ivan Silva	Caldas S. Jorge Sport Clube	36:14	+05:37	03:37	
63	694	António Jesus	Nascidos para Correr - Associação Desportiva	36:16	+05:39	03:38	
64	470	André oliveira	Individual	36:22	+05:45	03:38	
65	575	Telmo oliveira	Individual	36:22	+05:45	03:38	
66	615	José Loureiro	Individual	36:24	+05:47	03:38	
67	1193	Pedro de Sousa Martins	Individual	36:25	+05:48	03:38	
68	1611	Augusto Aluai	S.c.Espinho/António Leitão	36:26	+05:49	03:39	
69	103	Jorge Valente	ARVOR ASSOCIAÇÃO RECREATIVA OS VETERANOS D'OVAR	36:44	+06:07	03:40	
70	1191	Pedro Alves	Individual	36:50	+06:13	03:41	
71	1552	Nuno Santos	RECREIO DESPORTIVO DE ÁGUEDA	36:51	+06:14	03:41	
72	310	Fabio Sousa	Individual	36:54	+06:17	03:41	
73	609	Joaquim Oliveira	Individual	36:55	+06:18	03:42	
74	1017	Rui Almeida	GDC Codal Vale de Cambra	36:57	+06:20	03:42	
75	1031	Marcelo Prata	Grupo Desportivo e Cultural de Castelo de Paiva	36:57	+06:20	03:42	
76	1207	Rui Pedro Ferreira Gala	Individual	36:58	+06:21	03:42	
77	83	António Pinto	ACR de Vale de Cambra	37:00	+06:23	03:42	
78	29	NUNO PAIS	CAL - Clube Atletismo de Lamas	37:03	+06:26	03:42	
79	1035	Rui Rodrigues	Grupo Desportivo e Cultural de Castelo de Paiva	37:04	+06:27	03:42	
80	1404	Manuel Oliveira	Individual	37:11	+06:34	03:43	
81	31	José Costa	G.D.A RONDA	37:11	+06:34	03:43	
82	1144	lúri Silva	Individual	37:24	+06:47	03:44	
83	24	Joana Nunes	RECREIO DESPORTIVO DE ÁGUEDA	37:29	+06:52	03:45	
84	312	Filipe Barros	Individual	37:30	+06:53	03:45	
85	1615	Bruno Simões	Saca Trilhos de Anadia	37:31	+06:54	03:45	
86	1625	Carlos Silva	Sport Clube Freamunde	37:32	+06:55	03:45	
87	827	ANDRÉ PINA	A.D.GRIJÓ A CORRER	37:32	+06:55	03:45	

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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
88	729	JOÃO MIGUEL PEREIRA LEITE	RUNNING ESPINHO	37:32	+06:55	03:45	
89	928	CARLOS SEQUEIRA	Clube Atletismo de Ovar	37:34	+06:57	03:45	
90	832	RUI TAVARES	A.D.GRIJÓ A CORRER	37:38	+07:01	03:46	
91	930	PEDRO SILVA	Clube Atletismo de Ovar	37:40	+07:03	03:46	
92	934	ROGERIO CAMPOS	Clube Atletismo de Ovar	37:41	+07:04	03:46	
93	1198	Ricardo Areias	Individual	37:42	+07:05	03:46	
94	747	Américo Valente	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	37:42	+07:05	03:46	
95	21	Sandra Ferreira	G.D.Guilhovai	37:43	+07:06	03:46	
96	316	Francisco Dias	Individual	37:44	+07:07	03:46	
97	850	José Figueiredo	AFISOVAR	37:45	+07:09	03:47	
98	33	André Santos	GDC Codal Vale de Cambra	37:46	+07:09	03:47	
99	84	Telma Pinho	Individual	37:47	+07:10	03:47	
100	328	Igor André Almeida Ribeiro	Individual	37:48	+07:11	03:47	
101	1628	Rui Freitas	Sport Comércio e Salgueiros	37:55	+07:18	03:48	
102	1605	Márcio Dias	S.c.Espinho/António Leitão	37:56	+07:19	03:48	
103	559	Ricardo Parada	Individual	37:57	+07:20	03:48	
104	1516	José Teixeira	Núcleo de Atletismo de Cucujães	37:58	+07:21	03:48	
105	897	Ricardo Pais	Caldas S. Jorge Sport Clube	38:00	+07:23	03:48	
106	68	MANUEL BESSA	EV/PERALTAFIL	38:15	+07:38	03:49	
107	14	Marta Martins	G.D.Guilhovai	38:15	+07:38	03:49	
108	17	Luis Mendes	G.D.Guilhovai	38:15	+07:38	03:49	
109	1006	Manuel Ferreira	G.D.A RONDA	38:16	+07:39	03:50	
110	899	Tiago Oliveira	Caldas S. Jorge Sport Clube	38:16	+07:39	03:50	
111	79	Jorge Filipe Santos Gonçalves	Individual	38:20	+07:43	03:50	
112	142	António Silva	Clube Independente de Argoncilhe	38:22	+07:45	03:50	
113	1043	Emanuel Silva	HMS	38:26	+07:49	03:51	
114	1036	Sérgio Azevedo	Grupo Desportivo e Cultural de Castelo de Paiva	38:27	+07:50	03:51	
115	1294	António Palhares	Individual	38:27	+07:50	03:51	
116	1632	Paulo Costa	Sporting Club Espinho Triatlo	38:29	+07:52	03:51	
117	1602	Pedro Cardoso	S.c.Espinho/António Leitão	38:32	+07:55	03:51	
118	315	Flávio Cunha	Individual	38:35	+07:58	03:51	
119	911	Fernando Antunes	CDC Macieira de Cambra	38:35	+07:58	03:52	
120	1361	Pedro Alves	Individual	38:35	+07:58	03:52	
121	985	Fábio Almeida	Family4syte	38:35	+07:58	03:52	
122	856	Lara Costa	ARADA ATLÉTICO CLUBE	38:42	+08:05	03:52	
123	771	Vitor Pinho	TEN TEAM	38:42	+08:05	03:52	
124	723	Rui Pedro Silva	Run4Pancakes	38:42	+08:06	03:52	
125	1326	João Sá	Individual	38:44	+08:07	03:52	
126	1681	Jorge Costa	RUNNING ESPINHO	38:44	+08:07	03:52	
127	1671	CAMILO GUEDES	Clube do Pessoal das Águas de Gaia	38:49	+08:12	03:53	
128	1475	Ernesto Marques Alves	Juventude Cortegacense	38:52	+08:15	03:53	
129	1504	José Conceição	MSS Grupo Desportivo de Gondomar	38:52	+08:15	03:53	
130	958	Filipe Coelho	COPO RUNNERS	39:00	+08:23	03:54	
131	67	CLAUDIO COSTA	EV/PERALTAFIL	39:01	+08:24	03:54	
132	851	José Godinho	AFISOVAR	39:02	+08:25	03:54	

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LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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
178	1008	Carlos Fazendeiro	G.D.A RONDA	39:59	+09:22	04:00	
179	1601	Patricia Ferreira	S.c.Espinho/António Leitão	39:59	+09:22	04:00	
180	618	José silva reis	Individual	40:00	+09:23	04:00	
181	1524	Pedro Pinto	Pastello Runners	40:01	+09:24	04:00	
182	389	Samuel cunha	Individual	40:02	+09:25	04:00	
183	317	Francisco Travssos	Individual	40:04	+09:27	04:00	
184	1021	Raquel Cirne	GRECAS - Vagos	40:04	+09:27	04:00	
185	910	Tomé Rodrigues	CDC Macieira de Cambra	40:04	+09:27	04:00	
186	290	Daniel Cardoso	Individual	40:05	+09:28	04:01	
187	424	Rodrigo Fernandes Pinhal	Individual	40:06	+09:29	04:01	
188	1608	Diogo Migueis	S.c.Espinho/António Leitão	40:07	+09:30	04:01	
189	1469	Cecilio Manuel Silva Ferreira	Juventude Cortegacense	40:12	+09:35	04:01	
190	870	Pedro Peneda	Bankinter	40:13	+09:36	04:01	
191	23	Justyna Wojcik	ATLÉTICO DA PÓVOA	40:16	+09:39	04:02	
192	1184	Nuno Albergaria	Individual	40:16	+09:39	04:02	
193	1126	Diogo Gonçalves	Individual	40:19	+09:42	04:02	
194	1123	David Maia	Individual	40:22	+09:45	04:02	
195	402	Vitor Santos	Individual	40:23	+09:46	04:02	
196	837	Jose Luis Martins de Oliveira	A.E.J. Triatlo	40:28	+09:51	04:03	
197	656	Benjamin Soares	Individual	40:37	+10:00	04:04	
198	102	Daniel Vieira	ARVOR ASSOCIAÇÃO RECREATIVA OS VETERANOS D'OVAR	40:39	+10:02	04:04	
199	1627	Ricardo Machado	Sport Clube Freamunde	40:40	+10:03	04:04	
200	492	Filipe José Soares Marques	Individual	40:40	+10:03	04:04	
201	1185	nuno costa	Individual	40:41	+10:04	04:04	
202	614	José Correia	Individual	40:41	+10:04	04:04	
203	581	Xavier Miranda	Individual	40:43	+10:06	04:04	
204	950	Salvador Silva	CLUBE NOVO BANCO	40:45	+10:08	04:05	
205	1408	Nelson Ramos	Individual	40:55	+10:18	04:06	
206	595	Carlos Lancha	Individual	40:58	+10:21	04:06	
207	1106	André Correia	Individual	40:59	+10:22	04:06	
208	1511	David Silva	NIGHT Runners Feira	41:03	+10:26	04:06	
209	573	Sérgio Lopes	Individual	41:04	+10:27	04:06	
210	996	Afonso Silva	Fogaças com Malapos	41:05	+10:28	04:06	
211	898	Samuel Marques	Caldas S. Jorge Sport Clube	41:05	+10:28	04:06	
212	378	Rafael Bravo	Individual	41:10	+10:33	04:07	
213	473	Antonio Pires	Individual	41:11	+10:34	04:07	
214	1657	Milton Silva	URIAH	41:14	+10:37	04:07	
215	869	Paulo Bandalho	Bandalhos running	41:16	+10:39	04:08	
216	38	Paulo Oliveira	S.c.Espinho/António Leitão	41:16	+10:39	04:08	
217	1553	Valter Silva	RECREIO DESPORTIVO DE ÁGUEDA	41:17	+10:40	04:08	
218	933	Pedro Leal	Clube Atletismo de Ovar	41:20	+10:43	04:08	
219	1614	Manuel Rodrigues	S.c.Espinho/António Leitão	41:20	+10:43	04:08	
220	1146	Ivo Petiz	Individual	41:22	+10:45	04:08	
221	338	João Campos	Individual	41:23	+10:46	04:08	
222	918	Fernando Cruz	Cirac - Circulo de Recreio Arte e Cultura	41:25	+10:48	04:08	

PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
223	522	Marco Henriques	Individual	41:25	+10:48	04:09	
224	89	Vitor Santos	ACAIL GAS	41:26	+10:49	04:09	
225	1575	Carlos Jesus	RUNNING ESPINHO	41:27	+10:50	04:09	
226	298	Diogo Barge	Individual	41:28	+10:51	04:09	
227	1578	Tiago Rosa	RUNNING ESPINHO	41:28	+10:51	04:09	
228	931	ANTONIO LEITÃO	Clube Atletismo de Ovar	41:32	+10:55	04:09	
229	767	Tiago Neto	TEN TEAM	41:33	+10:56	04:09	
230	1358	Paulo Sousa	Individual	41:35	+10:58	04:10	
231	505	João Costa	Individual	41:36	+10:59	04:10	
232	1588	Noel Valadão	RUNNING ESPINHO	41:39	+11:02	04:10	
233	1649	Nuno Silva	The Newbies	41:39	+11:02	04:10	
234	750	Joaquim Leal	Sport Clube Freamunde	41:40	+11:03	04:10	
235	61	CELSO LEITE	Clube Atletismo de Ovar	41:41	+11:04	04:10	
236	1427	Zé Tó Machado	Individual	41:42	+11:05	04:10	
237	1482	DUARTE Eira	Lobos do Brunheiro de Chaves/Anteros	41:42	+11:05	04:10	
238	924	José Luis Santos	Cirac - Circulo de Recreio Arte e Cultura	41:43	+11:06	04:10	
239	1393	Fernando Sacramento	Individual	41:43	+11:06	04:10	
240	1664	Rosa Mota	Individual	41:43	+11:06	04:10	
241	1331	Jorge Filipe Guedes Simoes Ramos	Individual	41:43	+11:06	04:10	
242	959	Carlos Jorge da Costa Carvalho	Corre São João	41:45	+11:08	04:11	
243	355	Luis Miguel Quintas Alves Alves	Individual	41:47	+11:10	04:11	
244	1197	Renato Seara	Individual	41:50	+11:13	04:11	
245	1128	Eduardo Cunha	Individual	41:51	+11:14	04:11	
246	1173	Marco Almeida	Individual	41:52	+11:15	04:11	
247	1563	Cláudio Santos	Run & Fun	41:53	+11:16	04:11	
248	1171	Luís Santiago	Individual	41:56	+11:19	04:12	
249	69	HELDER PIRES	EV/PERALTAFIL	41:57	+11:20	04:12	
250	1600	Cristiana Santos	S.c.Espinho/António Leitão	41:58	+11:21	04:12	
251	691	Francelino Resende	Nascidos para Correr - Associação Desportiva	41:59	+11:22	04:12	
252	561	Ricardo Teixeira	Individual	42:00	+11:23	04:12	
253	1176	Marco Campos	Individual	42:00	+11:23	04:12	
254	350	jose mendes	Individual	42:03	+11:26	04:12	
255	1354	Paulo Alexandre Monteiro Moreira	Individual	42:04	+11:27	04:12	
256	1201	Ricardo Wang	Individual	42:05	+11:28	04:12	
257	563	Rogério Dinis Fernandes Vicente	Individual	42:08	+11:31	04:13	
258	5	Isabel Silva	Team Isabel Silva	42:08	+11:31	04:13	
259	1192	Pedro Conceição	Individual	42:09	+11:32	04:13	
260	1032	Simão Mendes	Grupo Desportivo e Cultural de Castelo de Paiva	42:10	+11:33	04:13	
261	1147	Jaime Fernando Almeida Ferreira	Individual	42:10	+11:33	04:13	
262	681	Ricardo Moreira	Lourosa Em Movimento	42:11	+11:34	04:13	
263	1382	Vitor Correia	Individual	42:13	+11:36	04:13	
264	845	Inês Gonçalves	AFISOVAR	42:16	+11:39	04:14	
265	1297	Bruno Alexandre Oliveira da Silva	Individual	42:21	+11:44	04:14	
266	301	Diogo José da Rocha Coelho	Individual	42:21	+11:44	04:14	
267	1472	Nuno Miguel Gonçalves Araújo	Juventude Cortegacense	42:23	+11:46	04:14	
268	1483	Nuno Santos	Lourosa Em Movimento	42:25	+11:48	04:15	

PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
269	687	Filipe Silva	MC Running	42:26	+11:49	04:15	
270	130	JOSÉ PINTO	Clube Atletismo de Ovar	42:27	+11:50	04:15	
271	1016	Roland Sousa	GDC Codal Vale de Cambra	42:28	+11:51	04:15	
272	280	Armando Peixoto	Individual	42:28	+11:51	04:15	
273	775	Catarina Filipa da Silva Pinhal	THE BELIEVERS - LS FITNESS	42:28	+11:51	04:15	
274	919	Paulo Oliceira	Cirac - Circulo de Recreio Arte e Cultura	42:29	+11:52	04:15	
275	1175	Marco Balsinha	Individual	42:30	+11:53	04:15	
276	591	António Ribeiro	Individual	42:31	+11:54	04:15	
277	1320	Jacinto Manuel Rodrigues Oliveira	Individual	42:37	+12:00	04:16	
278	1338	José Pinho	Individual	42:37	+12:00	04:16	
279	1395	Jaime Castro	Individual	42:39	+12:02	04:16	
280	349	José Magalhães	Individual	42:41	+12:04	04:16	
281	795	JOAQUIM JORGE PEREIRA CARDOSO	THE BELIEVERS - LS FITNESS	42:44	+12:07	04:16	
282	503	Ivo Santos	Individual	42:45	+12:08	04:16	
283	468	ALEXANDRE MENESES	Individual	42:46	+12:09	04:17	
284	1661	Paulo Camboa	Zero2hero	42:47	+12:10	04:17	
285	129	David Camelo	Cinfães a Correr	42:48	+12:11	04:17	
286	1535	Pedro Machado	PM studio	42:51	+12:14	04:17	
287	1514	Regina Maria Gilvaz	Núcleo de Atletismo de Cucujães	42:52	+12:15	04:17	
288	1160	José Alves	Individual	42:56	+12:19	04:18	
289	341	João Fernandes	Individual	42:57	+12:20	04:18	
290	126	Joaquim Lobato	Caldas S. Jorge Sport Clube	42:58	+12:21	04:18	
291	1203	Rúben Araújo	Individual	42:59	+12:22	04:18	
292	1539	José Pereira	Qxuno	43:01	+12:24	04:18	
293	974	Miguel Magalhães	Douroconta- Gabinete de Apoio e Contabilidade, Lda	43:06	+12:29	04:19	
294	1309	Diogo Cruz	Individual	43:06	+12:29	04:19	
295	682	Ricardo Ramos	Lourosa Em Movimento	43:06	+12:29	04:19	
296	638	Paulo Jorge Fernandes Pereira	Individual	43:08	+12:31	04:19	
297	1487	Luis Silva	Lusitânia de Lourosa FC- Secção de Atletismo	43:08	+12:31	04:19	
298	1214	Tiago Reitor	Individual	43:09	+12:32	04:19	
299	1188	Nuno Reis	Individual	43:12	+12:35	04:19	
300	1489	HELDER MOTA	MC Running	43:12	+12:35	04:19	
301	831	CARLOS PINA	A.D.GRIJÓ A CORRER	43:12	+12:35	04:19	
302	1679	Pablo Neves	Individual	43:13	+12:36	04:19	
303	343	João Martins	Individual	43:14	+12:37	04:19	
304	1468	Marlene Silva Ferreira	Juventude Cortegacense	43:17	+12:40	04:20	
305	380	Renato Silva	Individual	43:18	+12:41	04:20	
306	1626	Daniel Machado	Sport Clube Freamunde	43:18	+12:41	04:20	
307	1648	Marcelo Teixeira	The Newbies	43:18	+12:41	04:20	
308	1623	Rui Santos	Sport Clube Freamunde	43:18	+12:41	04:20	
309	136	PEPE NOGUEIRA	Clube Desportivo Feirense	43:19	+12:42	04:20	
310	982	Júlia Conceição	F.C.Penafiel	43:19	+12:42	04:20	
311	1364	Pedro Pinto	Individual	43:19	+12:42	04:20	
312	884	Bruno Ferreira	Boa Onda	43:21	+12:44	04:20	
313	46	Ricardo Barros	S.c.Espinho/António Leitão	43:21	+12:44	04:20	

PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
314	1020	Miguel Coimbra	GR EIRENSE	43:22	+12:45	04:20	
315	717	Luis Gomes	Pastello Runners	43:23	+12:46	04:20	
316	1167	José Sousa	Individual	43:23	+12:46	04:20	
317	1352	Nuno Miguel Pereira Matias	Individual	43:27	+12:50	04:21	
318	391	Sérgio Mendes	Individual	43:28	+12:51	04:21	
319	1417	Pedro Rola	Individual	43:28	+12:51	04:21	
320	253	Maria Manuela Alves dos Santos	Individual	43:29	+12:52	04:21	
321	423	Ricardo Guedes	Individual	43:32	+12:55	04:21	
322	642	Porfírio Martins	Individual	43:34	+12:57	04:21	
323	132	DORA SÁ	Clube Desportivo Feirense	43:35	+12:58	04:21	
324	314	Filipe Pereira	Individual	43:39	+13:02	04:22	
325	530	Miguel Pinto	Individual	43:42	+13:05	04:22	
326	1418	PEDRO VICENTE	Individual	43:43	+13:06	04:22	
327	1609	Teresa Amorim	S.c.Espinho/António Leitão	43:47	+13:10	04:23	
328	1340	Luís Madureira	Individual	43:48	+13:11	04:23	
329	288	Carlos Rocha	Individual	43:50	+13:13	04:23	
330	551	PEDRO SANTOS	Individual	43:51	+13:14	04:23	
331	1015	António JF Silva	GDC Codal Vale de Cambra	43:51	+13:14	04:23	
332	557	Ricardo Jorge Borges Doria Duarte	Individual	43:52	+13:15	04:23	
333	164	RICARDO BASTOS DOS SANTOS	FAMILIA BORGES E BASTOS	43:52	+13:15	04:23	
334	1400	José Sá	Individual	43:53	+13:16	04:23	
335	838	Marcio Oliveira	A.E.J. Triatlo	43:56	+13:19	04:24	
336	1454	JUSTINO ANTÓNIO ANTUNES SOARES	JAM - Juventude Atlético Mozelenso	43:58	+13:21	04:24	
337	153	RAFAEL JESUS	EV/PERALTAFIL	44:00	+13:23	04:24	
338	366	Paulo Ricardo Pereira da Costa	Individual	44:00	+13:23	04:24	
339	748	David Cruz	Silgueiros Runners	44:01	+13:24	04:24	
340	1293	António Guimarães	Individual	44:01	+13:24	04:24	
341	927	MARISA JOAO	Clube Atletismo de Ovar	44:03	+13:26	04:24	
342	278	André Pinho	Individual	44:04	+13:27	04:24	
343	524	marco soares	Individual	44:04	+13:27	04:24	
344	91	Marco António da Silva Soares	ACR de Vale de Cambra	44:06	+13:29	04:25	
345	1195	Pedro Walgode	Individual	44:09	+13:32	04:25	
346	1586	Damásio Pereira	RUNNING ESPINHO	44:11	+13:34	04:25	
347	901	Hugo Santos	Caldas S. Jorge Sport Clube	44:11	+13:34	04:25	
348	1373	Rui Manuel Pinto	Individual	44:11	+13:34	04:25	
349	1488	Fátima Santos	Lusitânia de Lourosa FC- Secção de Atletismo	44:13	+13:36	04:25	
350	1367	Ricardo Gonçalves	Individual	44:15	+13:38	04:25	
351	968	Joaquim Cunha	Cunha	44:15	+13:38	04:26	
352	1310	Eduardo Ferreira	Individual	44:15	+13:38	04:26	
353	966	Bruno Cunha	Cunha	44:16	+13:39	04:26	
354	1107	André Rocha	Individual	44:16	+13:39	04:26	
355	1419	Rui Felgueiras	Individual	44:16	+13:39	04:26	
356	1061	Carla Sofia Gonçalves Pinto	Individual	44:17	+13:40	04:26	
357	521	Márcio Oliveira	Individual	44:17	+13:40	04:26	
358	1129	Eduardo Gonçalves de Souza	Individual	44:19	+13:42	04:26	

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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
359	1288	Alcides Rocha	Individual	44:21	+13:44	04:26	
360	1138	Helder de Oliveira Mendes	Individual	44:21	+13:44	04:26	
361	73	Catarina Coito	Team Isabel Silva	44:22	+13:45	04:26	
362	413	Edgar Oliveira da Silva	Individual	44:22	+13:45	04:26	
363	975	Tânia Julião	DT17	44:22	+13:45	04:26	
364	1044	Pedro Sá	HMS	44:23	+13:46	04:26	
365	1105	Álvaro Alexandre Ferreira Duarte	Individual	44:24	+13:47	04:26	
366	1597	ZE MOUTINHO	RUNNING ESPINHO	44:25	+13:48	04:27	
367	1328	Joaquim Pinto	Individual	44:25	+13:48	04:27	
368	1683	Manuel Silva	RUNNING ESPINHO	44:25	+13:48	04:27	
369	1169	Luís Claro	Individual	44:26	+13:49	04:27	
370	696	POTIER Jean Luc	Natixis Triathlon	44:31	+13:54	04:27	
371	289	Carlos Rodrigues	Individual	44:32	+13:55	04:27	
372	780	MAFALDA SILVA	THE BELIEVERS - LS FITNESS	44:32	+13:55	04:27	
373	603	Fernando costa	Individual	44:33	+13:56	04:27	
374	770	Ricardo Trigo	TEN TEAM	44:33	+13:56	04:27	
375	372	Pedro Miguel Santos Monteiro	Individual	44:33	+13:56	04:27	
376	690	Rosa Pinto	Nascidos para Correr - Associação Desportiva	44:34	+13:57	04:27	
377	917	Isabel Costa	Cirac - Circulo de Recreio Arte e Cultura	44:38	+14:01	04:28	
378	1230	Tiago Oliveira	Individual	44:39	+14:02	04:28	
379	1629	Bruno Filipe Cardoso Pereira	Sporting Club Espinho Triatlo	44:39	+14:02	04:28	
380	568	Rui Ferreira	Individual	44:40	+14:03	04:28	
381	137	Carlos Pinto	Clube do Pessoal EDP - Delegação Porto	44:41	+14:04	04:28	
382	138	Miguel Lagrifa	Clube do Pessoal EDP - Delegação Porto	44:41	+14:04	04:28	
383	1590	Nuno Teixeira	RUNNING ESPINHO	44:41	+14:04	04:28	
384	973	Leandro Alberto Monteiro da Silva	Domingueiros On Tour	44:42	+14:05	04:28	
385	1182	Mike Paiva	Individual	44:43	+14:06	04:28	
386	161	JOAQUIM PEREIRA	EV/PERALTAFIL	44:46	+14:09	04:29	
387	151	BRUNO CABRAL	EV/PERALTAFIL	44:46	+14:09	04:29	
388	158	LUIS CRUZ	EV/PERALTAFIL	44:46	+14:09	04:29	
389	1459	Fernando Gonçalves	Jorsat Runners	44:48	+14:11	04:29	
390	1322	Joao Mangericao	Individual	44:54	+14:17	04:29	
391	1402	Manuel Ferreira	Individual	44:55	+14:18	04:29	
392	488	Edgar Ruben Queirós	Individual	44:56	+14:19	04:30	
393	599	Daniel Gomes	Individual	44:57	+14:20	04:30	
394	297	Diogo Alves	Individual	44:57	+14:20	04:30	
395	1100	Vanessa Oliveira	Individual	44:58	+14:21	04:30	
396	1598	Marta Caeiro	RunRiver - Escola Atletismo de Rio Tinto	45:00	+14:23	04:30	
397	672	MATILDE BAPTISTA	JAM - Juventude Atlético Mozelense	45:02	+14:25	04:30	
398	454	carla maria reis de sa cardoso	Individual	45:03	+14:26	04:30	
399	941	Manuel Sousa	Clube de Atletismo os Gaienses/Toyota	45:04	+14:27	04:30	
400	926	LIGIA TORRES	Clube Atletismo de Ovar	45:07	+14:30	04:31	
401	85	Tiago Neves	42RUN	45:08	+14:31	04:31	
402	1330	joice jesus	Individual	45:08	+14:31	04:31	
403	1290	Álvaro Vilar	Individual	45:09	+14:32	04:31	
404	922	Fernando Gonçalves	Cirac - Circulo de Recreio Arte e Cultura	45:09	+14:32	04:31	

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	RESULT	DIFF	t/KM	CARD
405	1057	Bárbara Bastos	Individual	45:09	+14:32	04:31	
406	515	Leandro filipe costa Ferreira	Individual	45:11	+14:34	04:31	
407	1139	Helder Sousa	Individual	45:11	+14:34	04:31	
408	295	Daniel Silva	Individual	45:12	+14:35	04:31	
409	764	Erasmus Alves	Taylors	45:12	+14:35	04:31	
410	1296	Bruno Albergaria	Individual	45:13	+14:36	04:31	
411	107	Nuno Figueiredo	As Lesmas	45:16	+14:39	04:32	
412	785	DIOGO MANUEL DIAS RODRIGUES	THE BELIEVERS - LS FITNESS	45:16	+14:39	04:32	
413	1647	André Loureiro Vieira de Castro	THE BELIEVERS - LS FITNESS	45:17	+14:40	04:32	
414	1385	Antonio Silva	Individual	45:18	+14:41	04:32	
415	586	António José Assunção Valente	Individual	45:20	+14:43	04:32	
416	1097	Susana Calhau	Individual	45:21	+14:44	04:32	
417	365	Nuno Pinho	Individual	45:22	+14:45	04:32	
418	1232	Vítor Daniel Pereira de Castro	Individual	45:24	+14:47	04:32	
419	319	Gonçalo Pedrosa Pinto	Individual	45:26	+14:49	04:33	
420	482	Carlos Miguel Moço	Individual	45:28	+14:51	04:33	
421	92	Rui Almeida	ACR de Vale de Cambra	45:32	+14:55	04:33	
422	1165	José Pinho	Individual	45:35	+14:58	04:33	
423	398	Tiago Vaz	Individual	45:36	+14:59	04:34	
424	486	Daniel Silva	Individual	45:37	+15:00	04:34	
425	604	Fernando Magalhães	Individual	45:40	+15:03	04:34	
426	600	Domingos Sousa Soares	Individual	45:40	+15:03	04:34	
427	532	Nelson Silva	Individual	45:42	+15:05	04:34	
428	1168	Luis Alves	Individual	45:44	+15:07	04:34	
429	1120	Claudio Seixas	Individual	45:46	+15:09	04:35	
430	722	Nuno Duarte	Run4Pancakes	45:47	+15:10	04:35	
431	862	Renato Tavares	Arrifana Running	45:48	+15:11	04:35	
432	1644	Iuri Soares	Team Barro	45:49	+15:12	04:35	
433	574	Sérgio Maia	Individual	45:49	+15:12	04:35	
434	602	Fausto Carlos da Silva Tavares	Individual	45:50	+15:13	04:35	
435	801	Bruno Gil	Toupeirinhas	45:50	+15:13	04:35	
436	118	Miguel Pedrosa Ferreira de Oliveira	Black & White R.C.	45:51	+15:14	04:35	
437	1612	José Pereira	S.c.Espinho/António Leitão	45:52	+15:15	04:35	
438	1292	André Rocha	Individual	45:52	+15:15	04:35	
439	157	LEONEL SILVA	EV/PERALTAFIL	45:53	+15:16	04:35	
440	1135	Francisco Torres	Individual	45:53	+15:16	04:35	
441	1164	José Oliveira	Individual	45:54	+15:17	04:35	
442	1027	Tiago Oliveira	Grupo de Corrida de Argoncilhe	45:55	+15:18	04:35	
443	87	Sandro Filipe	A.E.J. Triatlo	45:59	+15:22	04:36	
444	86	Marco Leite	A.E.J. Triatlo	45:59	+15:22	04:36	
445	414	Fábio Ferreira	Individual	46:03	+15:26	04:36	
446	1156	João Ricardo de Sá Chambel	Individual	46:05	+15:28	04:37	
447	1012	Lúisa Jervell	Gazelles	46:05	+15:28	04:37	
448	499	Helder Pinto	Individual	46:06	+15:29	04:37	
449	1114	Bruno Ribeiro	Individual	46:07	+15:30	04:37	

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
496	587	António Martins	Individual	47:00	+16:23	04:42	
497	635	Paulo Alexandre Pereira da Silva	Individual	47:02	+16:25	04:42	
498	1301	Bruno Ricardo de Ferraz Moreira	Individual	47:02	+16:25	04:42	
499	356	Luis Pereira	Individual	47:06	+16:29	04:43	
500	100	PAULO GRILO	ARCORUN	47:08	+16:31	04:43	
501	293	Daniel Pereira	Individual	47:08	+16:31	04:43	
502	857	José Correia	ARCORUN	47:08	+16:31	04:43	
503	287	Carlos Manuel Silva Oliveira	Individual	47:08	+16:31	04:43	
504	1587	Eduardo Pinto	RUNNING ESPINHO	47:09	+16:32	04:43	
505	135	MARCO GONÇALVES	Clube Desportivo Feirense	47:09	+16:32	04:43	
506	849	Pedro Necho	AFISOVAR	47:09	+16:32	04:43	
507	299	Diogo Castro Ferreira de Lima Lourosa	Individual	47:12	+16:35	04:43	
508	1593	Marco Pinho	RUNNING ESPINHO	47:13	+16:36	04:43	
509	728	Eddy Costa	RUNNING ESPINHO	47:15	+16:38	04:43	
510	1304	Carlos Marques	Individual	47:18	+16:41	04:44	
511	1321	João Amorim	Individual	47:18	+16:41	04:44	
512	173	Luis Costa	G.D.A RONDA	47:21	+16:44	04:44	
513	176	Luis Guimarães	G.D.A RONDA	47:21	+16:44	04:44	
514	1345	Marco Pinto	Individual	47:23	+16:46	04:44	
515	1485	Célia Santos	Lourosa Em Movimento	47:23	+16:46	04:44	
516	1403	Manuel Oliveira	Individual	47:24	+16:47	04:44	
517	1599	Helena Santos	RunRiver - Escola Atletismo de Rio Tinto	47:25	+16:48	04:44	
518	446	Sandra Rodrigues	Individual	47:26	+16:49	04:45	
519	636	Paulo Alexandre Vilares Neto Pinhal	Individual	47:29	+16:52	04:45	
520	693	Jose Pereira	Nascidos para Correr - Associação Desportiva	47:29	+16:52	04:45	
521	304	Edgar Rodrigues	Individual	47:29	+16:52	04:45	
522	1450	Ana Maria Barbosa	Invicta Runners Team	47:31	+16:54	04:45	
523	117	Êndryl Santos Rodrigues	Black & White R.C.	47:31	+16:54	04:45	
524	1359	Pedro Monteiro	Individual	47:34	+16:57	04:45	
525	1444	Manuel Cardoso	Individual	47:37	+17:00	04:46	
526	531	Nelson Gomes	Individual	47:37	+17:00	04:46	
527	1335	José Fernando Tavares Silva	Individual	47:37	+17:00	04:46	
528	829	PAULA OLIVEIRA	A.D.GRIJÓ A CORRER	47:38	+17:01	04:46	
529	835	ELISIO SILVA	A.D.GRIJÓ A CORRER	47:38	+17:01	04:46	
530	34	Tozé Castro	G.D.Guilhovai	47:38	+17:01	04:46	
531	1211	Tiago Coelho	Individual	47:39	+17:02	04:46	
532	222	Carolina Ferraz Neto Pinhal	Individual	47:39	+17:02	04:46	
533	936	JOAQUIM COSTA	Clube Atletismo de Ovar	47:41	+17:04	04:46	
534	1617	Helder Pereira	Serviços Sociais Montepio	47:42	+17:05	04:46	
535	921	Alcides Sales	Cirac - Circulo de Recreio Arte e Cultura	47:42	+17:05	04:46	
536	1434	António Silva	Individual	47:42	+17:05	04:46	
537	752	Abel Azevedo	Sunday Morning	47:43	+17:06	04:46	
538	1424	VITOR MANUEL RODRIGUES GUERRA	Individual	47:43	+17:06	04:46	
539	1572	Carla Costa	RUNNING ESPINHO	47:43	+17:06	04:46	
540	525	Marcos Carvalho	Individual	47:43	+17:06	04:46	

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
541	159	SERGIO GOMES	EV/PERALTAFIL	47:44	+17:07	04:46	
542	1217	Valter Andrade	Individual	47:44	+17:07	04:46	
543	611	Jorge Costa	Individual	47:45	+17:08	04:46	
544	797	PAULO EMANUEL ABREU FONSECA ALVES	THE BELIEVERS - LS FITNESS	47:46	+17:09	04:47	
545	348	José Carlos Almeida	Individual	47:47	+17:10	04:47	
546	1429	Américo Mendes de Sousa	Individual	47:47	+17:10	04:47	
547	1503	Alberto Vitelo	MSS Grupo Desportivo de Gondomar	47:51	+17:14	04:47	
548	385	Ricardo Santos	Individual	47:52	+17:15	04:47	
549	680	Ricardo Duarte	Lourosa Em Movimento	47:53	+17:16	04:47	
550	956	Jéssica Andrade	COPO RUNNERS	47:54	+17:17	04:47	
551	1125	Diogo Freitas	Individual	47:54	+17:17	04:47	
552	1259	Sandra Pereira	Individual	47:55	+17:18	04:47	
553	1378	Tiago de Almeida Ferreira	Individual	47:55	+17:18	04:48	
554	1559	Marcelo Daneil Dias da Silva	RMPC Team	47:56	+17:19	04:48	
555	1348	Miguel Valente	Individual	47:57	+17:20	04:48	
556	576	Tiago Resende	Individual	47:59	+17:22	04:48	
557	1405	Marcelo Fernandes	Individual	48:00	+17:23	04:48	
558	1333	Jorge torrão	Individual	48:00	+17:23	04:48	
559	510	Jorge Filipe Moreira Ramos	Individual	48:02	+17:25	04:48	
560	697	Manuel Anjos	Núcleo de Atletismo de Cucujães	48:03	+17:26	04:48	
561	790	RODRIGO FERNANDES PINHAL	THE BELIEVERS - LS FITNESS	48:04	+17:27	04:48	
562	1038	Paula Andrade	GRUPO DESPORTIVO FERROVIÁRIOS CAMPANHÃ	48:06	+17:29	04:49	
563	123	Joel Santos	CAL - Clube Atletismo de Lamas	48:07	+17:30	04:49	
564	1436	Assis Azevedo	Individual	48:08	+17:31	04:49	
565	880	Rui Faria	BIGODES DE TINTO	48:10	+17:33	04:49	
566	542	Paulo Costa	Individual	48:12	+17:35	04:49	
567	940	Jose Silva	Clube de Atletismo os Gaienses/Toyota	48:15	+17:38	04:49	
568	1116	Carlos Fortes	Individual	48:19	+17:42	04:50	
569	939	Rui Sousa	Clube de Atletismo os Gaienses/Toyota	48:20	+17:43	04:50	
570	616	José Manuel Moreira	Individual	48:22	+17:45	04:50	
571	1497	Jorge Oliveira	MICS	48:22	+17:45	04:50	
572	1228	Nuno Cassiano Gouveia de Sá Couto	Individual	48:22	+17:45	04:50	
573	1133	Filipe Fonseca	Individual	48:23	+17:46	04:50	
574	1390	Carlos Rocha	Individual	48:24	+17:47	04:50	
575	1073	Inês Pinhal	Individual	48:25	+17:48	04:50	
576	367	Pedro Alexandre Fernandes Teixeira	Individual	48:25	+17:48	04:51	
577	1561	Céu Vilar	Run & Fun	48:27	+17:50	04:51	
578	401	Vicente i	Individual	48:28	+17:51	04:51	
579	357	Luís Roberto Iglésias	Individual	48:28	+17:51	04:51	
580	1513	Sara Costa	Núcleo de Atletismo de Cucujães	48:29	+17:52	04:51	
581	134	HELDER TEIXEIRA	Clube Desportivo Feirense	48:29	+17:52	04:51	
582	1317	Francisco Santos	Individual	48:29	+17:52	04:51	
583	1646	BEATRIZ CARDOSO	THE BELIEVERS - LS FITNESS	48:32	+17:55	04:51	

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	RESULT	DIFF	t/KM	CARD
629	746	Maria Costa	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	49:17	+18:40	04:56	
630	1134	Francisco Manuel Teixeira Marques	Individual	49:20	+18:43	04:56	
631	625	Manuel Coelho	Individual	49:21	+18:44	04:56	
632	1104	Alexandre Cruz	Individual	49:24	+18:47	04:56	
633	1271	Fernanda Ramalho	Individual	49:26	+18:49	04:57	
634	1170	Luís Correia	Individual	49:28	+18:51	04:57	
635	1110	António Gaioso	Individual	49:29	+18:52	04:57	
636	477	Bruno Filipe Fernandes Rodrigues	Individual	49:29	+18:52	04:57	
637	1013	Francisca Sampaio Freitas	Gazelles	49:30	+18:53	04:57	
638	808	Nuno Santos Rocha	77 team	49:33	+18:56	04:57	
639	1374	Rui Vitória	Individual	49:33	+18:56	04:57	
640	1651	Porfírio Martins	TO NA PISTA	49:36	+18:59	04:58	
641	526	Marcos Mendes	Individual	49:37	+19:00	04:58	
642	823	Rui Silva	A. D. RIO LARGO C. ESPINHO	49:38	+19:01	04:58	
643	709	André Pinto	Os Pintos	49:38	+19:01	04:58	
644	122	Joaquim Pereira	C.F.O.Douro	49:39	+19:02	04:58	
645	396	Tiago Rodrigues	Individual	49:43	+19:06	04:58	
646	1161	José Garrido	Individual	49:44	+19:07	04:58	
647	1149	Joao Figueiredo	Individual	49:44	+19:07	04:58	
648	1642	Liliana Ribeiro	Team Barro	49:45	+19:08	04:58	
649	1512	Joaquim Moreira	NIGHT Runners Feira	49:45	+19:08	04:59	
650	75	Carla Ferreira	Team Isabel Silva	49:47	+19:10	04:59	
651	1662	MARIA DA CONCEIÇÃO MOTA	Individual	49:48	+19:11	04:59	
652	1213	Tiago Oliveira	Individual	49:49	+19:12	04:59	
653	839	Rui Oliveira	A.E.J. Triatlo	49:51	+19:14	04:59	
654	334	Jamisson Ramos Ferreira	Individual	49:56	+19:19	05:00	
655	99	David Nogueira	ARCORUN	49:56	+19:19	05:00	
656	198	Hugo Sousa	Grupo Juvenil Pinheiro da Bemposta	49:56	+19:19	05:00	
657	469	Amandio Silva	Individual	49:56	+19:19	05:00	
658	196	Antonio Martins	Grupo Juvenil Pinheiro da Bemposta	49:56	+19:19	05:00	
659	306	Elder Alexander Pepino Neves	Individual	49:57	+19:20	05:00	
660	1565	Helder Ferreira	Run4Him	49:57	+19:20	05:00	
661	858	Rui Maia	ARCORUN	49:57	+19:20	05:00	
662	195	Pedro Jerónimo	Grupo Desportivo dos Outeiros	49:59	+19:22	05:00	
663	258	Rita Augusto	Individual	50:00	+19:23	05:00	
664	1430	António Carmo	Individual	50:00	+19:23	05:00	
665	387	Rodrigo Alves dos Santos	Individual	50:01	+19:24	05:00	
666	420	Nelson Alves	Individual	50:03	+19:26	05:00	
667	322	Helder Rodrigues	Individual	50:03	+19:26	05:00	
668	543	Paulo Fernando Domingues Oliveira	Individual	50:05	+19:28	05:00	
669	650	Abel Santos	Caldas S. Jorge Sport Clube	50:05	+19:28	05:00	
670	584	António Augusto Silva	Individual	50:05	+19:28	05:00	
671	1353	Nuno Teixeira	Individual	50:05	+19:28	05:00	
672	1118	Carlos Mora	Individual	50:06	+19:29	05:01	
673	943	Sónia Beleza	Clube Desportivo Feirense	50:07	+19:30	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	RESULT	DIFF	t/KM	CARD
674	300	Diogo Daniel Lopes Almeida	Individual	50:09	+19:32	05:01	
675	1494	Tiago Silva	McDonald's	50:10	+19:33	05:01	
676	248	Lúcia Cândido	Individual	50:14	+19:37	05:01	
677	916	Helena Silva	Cirac - Circulo de Recreio Arte e Cultura	50:15	+19:38	05:02	
678	920	Jorge Silva	Cirac - Circulo de Recreio Arte e Cultura	50:15	+19:38	05:02	
679	1643	Francisca Araújo	Team Barro	50:17	+19:40	05:02	
680	1447	Rui AmaralBastos	Individual	50:17	+19:40	05:02	
681	1181	Miguel Pinto	Individual	50:18	+19:41	05:02	
682	286	Carlos José Magalhães e Silva	Individual	50:20	+19:43	05:02	
683	1636	Isaac Costa	SUPERMOUTI	50:22	+19:45	05:02	
684	565	Rui Alves	Individual	50:23	+19:46	05:02	
685	1592	João Neves	RUNNING ESPINHO	50:25	+19:48	05:03	
686	1307	Cláudio Mendes	Individual	50:26	+19:49	05:03	
687	1455	Domingos silva	Jesus Runners	50:28	+19:51	05:03	
688	992	Carlos Costa	Fidalguinha	50:29	+19:52	05:03	
689	762	Diogo Magalhães	Taylor's	50:29	+19:52	05:03	
690	471	André Silva	Individual	50:31	+19:54	05:03	
691	902	Carlos Sousa	Caldas S. Jorge Sport Clube	50:32	+19:55	05:03	
692	1102	Vanessa Sofia Guimarães Catarino Nuno	Individual	50:34	+19:57	05:03	
693	144	André Filipe dos Santos Rebelo	Eduart-. Componentes Calçado.	50:34	+19:57	05:03	
694	655	Arménio Neves	Individual	50:35	+19:58	05:03	
695	818	Susana Monteiro	A. D. RIO LARGO C. ESPINHO	50:35	+19:58	05:04	
696	481	Bruno Quintela	Individual	50:36	+19:59	05:04	
697	627	Marcos Roberto Correa	Individual	50:36	+19:59	05:04	
698	466	Alberto Puerta	Individual	50:38	+20:01	05:04	
699	879	Bruno Marante	BIGODES DE TINTO	50:38	+20:01	05:04	
700	400	Ulisses Oliveira	Individual	50:38	+20:01	05:04	
701	1199	Ricardo Sousa	Individual	50:39	+20:02	05:04	
702	1655	Rui Silva	Toupeirinhas	50:39	+20:02	05:04	
703	1076	Joana Fortuna	Individual	50:40	+20:03	05:04	
704	1638	Tiago Moutinho	SUPERMOUTI	50:40	+20:03	05:04	
705	925	Oscar Magolo	Cirac - Circulo de Recreio Arte e Cultura	50:40	+20:03	05:04	
706	708	Pedro Manuel Dias de Azevedo	Os Marretas	50:42	+20:05	05:04	
707	216	Carina Maciel	Individual	50:43	+20:06	05:04	
708	374	Pedro Peniche	Individual	50:43	+20:06	05:04	
709	1443	Manuel António Silva Pereira	Individual	50:46	+20:09	05:05	
710	1219	Victor Manuel dos Santos Silva	Individual	50:46	+20:09	05:05	
711	1589	Nuno Silva	RUNNING ESPINHO	50:47	+20:10	05:05	
712	1462	Americo Jorge Pereira da Costa	Juventude Cortegacense	50:49	+20:12	05:05	
713	394	Tiago Cruz	Individual	50:49	+20:12	05:05	
714	490	Fernando marques	Individual	50:49	+20:12	05:05	
715	1674	ANTÓNIO SANTOS	Clube do Pessoal das Águas de Gaia	50:51	+20:14	05:05	
716	1194	Pedro Miguel Loureiro Mourão	Individual	50:52	+20:15	05:05	
717	816	Alvaro Pinto	A TEAM AGEAS	50:52	+20:15	05:05	
718	1227	João Pereira	Individual	50:58	+20:21	05:06	

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	RESULT	DIFF	t/KM	CARD
719	1463	Ivo Jose Moreira Valente	Juventude Cortegacense	50:59	+20:22	05:06	
720	657	Carlos Alberto Ferreira	Individual	50:59	+20:22	05:06	
721	194	Valter de Miranda Jacinto	GRUPO DESPORTIVO ASSEMPARK	51:01	+20:24	05:06	
722	1289	Alexandre Vax	Individual	51:01	+20:24	05:06	
723	610	Joaquim rego	Individual	51:01	+20:24	05:06	
724	1606	Ricardo Oliveira	S.c.Espinho/António Leitão	51:04	+20:27	05:06	
725	96	Pedro Amorim	amorins	51:04	+20:27	05:06	
726	97	Jorge Amorim	amorins	51:04	+20:27	05:06	
727	944	Manuel Monteiro	Clube Desportivo Feirense	51:05	+20:28	05:06	
728	718	André Pais	Rodelo Running Team	51:05	+20:28	05:07	
729	1603	Maria Monteiro	S.c.Espinho/António Leitão	51:06	+20:30	05:07	
730	1215	Tony Lopes	Individual	51:07	+20:30	05:07	
731	472	Antonio Jose Moreira de Sousa	Individual	51:10	+20:33	05:07	
732	915	Paulo Gonçalves	Centro Cultural D. T. da STCP	51:10	+20:33	05:07	
733	427	Simao Mikheev	Individual	51:11	+20:34	05:07	
734	1425	Vítor Neto	Individual	51:12	+20:35	05:07	
735	776	Cátia Patrícia dos Santos Costa	THE BELIEVERS - LS FITNESS	51:12	+20:35	05:07	
736	1464	Mario Fonseca	Juventude Cortegacense	51:12	+20:35	05:07	
737	757	Cristina Tavares	Tartarugas de Seixezelo	51:14	+20:37	05:07	
738	191	Fernando Silva	Grupo de Corrida de Argoncilhe	51:15	+20:38	05:07	
739	1363	Pedro Neves	Individual	51:19	+20:42	05:08	
740	913	Domingos Faustino	Centro Cultural D. T. da STCP	51:20	+20:43	05:08	
741	1380	Valter Barbosa	Individual	51:21	+20:44	05:08	
742	1344	Marco batista	Individual	51:21	+20:44	05:08	
743	1396	Joao Carlos Freitas Jorge	Individual	51:21	+20:44	05:08	
744	1052	Ana Tavares	Individual	51:22	+20:45	05:08	
745	113	Lillana Bastos	Bankinter	51:22	+20:45	05:08	
746	425	Rúben Carvalho	Individual	51:24	+20:47	05:08	
747	570	Rui Pimenta	Individual	51:26	+20:49	05:09	
748	302	Diogo Machado	Individual	51:27	+20:50	05:09	
749	162	Vera Freitas	Famiglia	51:29	+20:52	05:09	
750	695	António Pereira	Nascidos para Correr - Associação Desportiva	51:29	+20:52	05:09	
751	1537	Nuno Goncalves	PM studio	51:30	+20:53	05:09	
752	1538	Rui Ferreirinha	PM studio	51:31	+20:54	05:09	
753	846	Paula Cruz	AFISOVAR	51:31	+20:54	05:09	
754	737	Bernardino Fernandes	RUNNING ESPINHO	51:32	+20:55	05:09	
755	1356	Paulo Julião	Individual	51:33	+20:56	05:09	
756	1028	Marta Senos	GRUPO DESPORTIVO ASSEMPARK	51:33	+20:56	05:09	
757	379	Raúl Vivas	Individual	51:33	+20:56	05:09	
758	279	André Silva	Individual	51:38	+21:01	05:10	
759	1618	Manuel Guedes	Serviços Sociais Montepio	51:38	+21:01	05:10	
760	1159	Jorge Miguel Ventura Faria	Individual	51:41	+21:04	05:10	
761	983	João Dias	Família	51:43	+21:06	05:10	
762	189	Ricardino Santos	Goodshape	51:44	+21:07	05:10	
763	847	Cláudia Gomes	AFISOVAR	51:45	+21:08	05:10	
764	1099	Vanessa M Santos	Individual	51:46	+21:09	05:11	

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	RESULT	DIFF	t/KM	CARD
900	1336	José M Quintas	Individual	54:34	+23:57	05:27	
901	1360	Pedro Almeida	Individual	54:35	+23:58	05:27	
902	265	Sofia Oliveira	Individual	54:35	+23:58	05:28	
903	112	Tiago Gomes	Atletas SAP	54:35	+23:58	05:28	
904	110	Filipe Gonçalves	Atletas SAP	54:36	+23:59	05:28	
905	313	Filipe Ferreira	Individual	54:37	+24:00	05:28	
906	1053	Andreia Neves	Individual	54:37	+24:00	05:28	
907	1672	Manuel Santiago	Clube do Pessoal das Águas de Gaia	54:41	+24:04	05:28	
908	800	Carolina Silva	Toupeirinhas	54:41	+24:04	05:28	
909	1029	Filomena Santos	GRUPO DESPORTIVO ASSEMPARK	54:43	+24:06	05:28	
910	294	Daniel Serralva	Individual	54:47	+24:10	05:29	
911	725	Filipa Soares	RUNNING ESPINHO	54:50	+24:13	05:29	
912	1143	Igor Meinedo	Individual	54:53	+24:16	05:29	
913	187	Afonso Monteiro	Goodshape	54:54	+24:17	05:29	
914	580	William Martinez	Individual	54:55	+24:18	05:29	
915	753	Cláudio Caldas	Sunday Morning	54:56	+24:19	05:30	
916	1633	Rui Fardilha	Sunday Morning	54:56	+24:19	05:30	
917	720	Diana Ribeiro	Run4Pancakes	54:58	+24:21	05:30	
918	578	Vítor Campos	Individual	54:58	+24:21	05:30	
919	706	Rita Costa	Os Marretas	54:59	+24:22	05:30	
920	246	Liliana Fernandes	Individual	55:05	+24:28	05:31	
921	203	Ana Garrido	Individual	55:05	+24:28	05:31	
922	617	José Silva	Individual	55:08	+24:31	05:31	
923	719	Ana Garcia	Run4Pancakes	55:08	+24:31	05:31	
924	888	António Matos	BoraBora, Vamos Lá!	55:09	+24:32	05:31	
925	416	Gonçalo Pinho	Individual	55:13	+24:36	05:31	
926	1049	Ana Pereira	Individual	55:14	+24:37	05:31	
927	1115	Bruno Seada	Individual	55:14	+24:37	05:31	
928	1319	Gregorio pereira	Individual	55:17	+24:40	05:32	
929	710	Daniel Faria	Par Trovão	55:18	+24:41	05:32	
930	778	LILIANA PATROCINIO DA SILVA	THE BELIEVERS - LS FITNESS	55:21	+24:44	05:32	
931	1624	Joaquina Silva	Sport Clube Freamunde	55:22	+24:45	05:32	
932	769	Andre Martins	TEN TEAM	55:23	+24:46	05:32	
933	519	Marcelo teixeira da Mota	Individual	55:25	+24:48	05:32	
934	1505	António Costa	MSS Grupo Desportivo de Gondomar	55:26	+24:49	05:33	
935	895	LUCIDIO DIAS	CAL - Clube Atletismo de Lamas	55:28	+24:51	05:33	
936	756	Céu Melo	Tartarugas de Seixezelo	55:29	+24:52	05:33	
937	447	Sofia Ferreira	Individual	55:30	+24:53	05:33	
938	598	Claudio Lopes	Individual	55:30	+24:53	05:33	
939	1666	MARINA SOUSA	Clube do Pessoal das Águas de Gaia	55:31	+24:54	05:33	
940	506	João Martins	Individual	55:31	+24:54	05:33	
941	1092	Saete Lourenço	Individual	55:31	+24:55	05:33	
942	267	Tânia Dias	Individual	55:33	+24:56	05:33	
943	418	José Afonso	Individual	55:34	+24:57	05:33	
944	368	Pedro Alves	Individual	55:35	+24:58	05:34	
945	659	FERNANDO ALVES SILVA	Individual	55:35	+24:58	05:34	

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	RESULT	DIFF	t/KM	CARD
946	1568	Orquídea Gomes	Running Esmoriz	55:35	+24:58	05:34	
947	952	Bruno Galiano	Compras Zegurit	55:36	+24:59	05:34	
948	1558	Carlos Amado Lopes Fernandes	RMPC Team	55:37	+25:00	05:34	
949	813	Andre Ferreira	A TEAM AGEAS	55:38	+25:01	05:34	
950	815	Pedro Poças	A TEAM AGEAS	55:38	+25:01	05:34	
951	1545	Filipe Laranjeira	RE3	55:41	+25:04	05:34	
952	1549	Ricardo Coelho	RE3	55:41	+25:04	05:34	
953	1546	Pedro Silva	RE3	55:41	+25:05	05:34	
954	1548	Rafael Gonçalves	RE3	55:43	+25:06	05:34	
955	1279	Paula Melo	Individual	55:43	+25:06	05:34	
956	843	Liliana Silva	ADR4 Estações	55:44	+25:07	05:34	
957	404	Daniela Soares	Individual	55:47	+25:10	05:35	
958	540	Paulo Amorim	Individual	55:48	+25:11	05:35	
959	451	Susana Tavares	Individual	55:50	+25:13	05:35	
960	307	Emanuel Ricardo Coimbra Quintas Brioso	Individual	55:50	+25:13	05:35	
961	967	Paula Cunha	Cunha	55:59	+25:22	05:36	
962	1523	Hélder Pinto	Os Pintos	56:00	+25:23	05:36	
963	476	Artem Polygalin	Individual	56:00	+25:23	05:36	
964	1183	Nelson Lopes	Individual	56:02	+25:25	05:36	
965	914	Heldeberto Santos	Centro Cultural D. T. da STCP	56:02	+25:25	05:36	
966	408	Juliana Bastos Costa	Individual	56:03	+25:26	05:36	
967	227	Cristiana Mota	Individual	56:03	+25:26	05:36	
968	955	Tiago Moreira	Confessionário	56:04	+25:27	05:36	
969	1387	Artur Enes	Individual	56:04	+25:27	05:36	
970	963	Filipa Oliveir	Crossfit Feira	56:04	+25:27	05:36	
971	953	José Pinhal	Compras Zegurit	56:05	+25:28	05:37	
972	552	Pedro Silva	Individual	56:05	+25:28	05:37	
973	241	Joana Isabel de Tomaz Pinho Vieira	Individual	56:06	+25:29	05:37	
974	1518	Nuno Ribeiro	Os Cansados	56:07	+25:30	05:37	
975	700	Catarina Sapage	Os Cansados	56:08	+25:31	05:37	
976	1616	Joaquim Melo	Serviços Sociais Montepio	56:09	+25:32	05:37	
977	485	Daniel Costa	Individual	56:12	+25:35	05:37	
978	340	João Cerqueria	Individual	56:16	+25:39	05:38	
979	373	Pedro Miguel Sousa Alves Carvalho	Individual	56:20	+25:43	05:38	
980	1148	Joao Bayer	Individual	56:23	+25:46	05:38	
981	1018	Eduarda Braga	GINASIO CLUBE DE BRAGANÇA	56:23	+25:46	05:38	
982	1557	Patrícia Isabel Ramalho dos Santos	RMPC Team	56:24	+25:47	05:38	
983	886	Mónica Silva	Boa Onda	56:24	+25:47	05:38	
984	887	Adriano Ferreira	Boa Onda	56:25	+25:48	05:38	
985	1437	Domingos Cardoso Baptista	Individual	56:25	+25:48	05:39	
986	670	Rufino Tavares	Individual	56:27	+25:50	05:39	
987	712	Rui Miguel Melo Coelho	Partimpim	56:28	+25:51	05:39	
988	713	Márcia Sofia Casal Henriques dos Santos	Partimpim	56:28	+25:51	05:39	
989	345	João Vilaça	Individual	56:29	+25:52	05:39	
990	257	Rebeca Santos	Individual	56:31	+25:54	05:39	

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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
991	1152	João Palmeiro	Individual	56:32	+25:55	05:39	
992	1407	Miguel Duarte Valente	Individual	56:32	+25:55	05:39	
993	462	Maria João Fernandes	Individual	56:33	+25:56	05:39	
994	224	Catarina Lopes	Individual	56:34	+25:57	05:39	
995	208	Ana Tavares	Individual	56:35	+25:58	05:39	
996	190	Aires Moreira	Grupo de Corrida de Argoncilhe	56:35	+25:58	05:39	
997	445	Rosa Rodrigues	Individual	56:38	+26:01	05:40	
998	783	SÓNIA PATRÍCIA DE OLIVEIRA MONTEIRO	THE BELIEVERS - LS FITNESS	56:40	+26:03	05:40	
999	957	Daniela Silva	COPO RUNNERS	56:41	+26:04	05:40	
1000	455	Dalila duarte	Individual	56:46	+26:09	05:41	
1001	247	Liliana Miranda	Individual	56:51	+26:14	05:41	
1002	528	Marcos Santos	Individual	56:51	+26:14	05:41	
1003	324	Henrique Pires	Individual	57:00	+26:23	05:42	
1004	755	Catarina Silva	Tartarugas de Seixezelo	57:02	+26:25	05:42	
1005	760	Sérgio Melo	Tartarugas de Seixezelo	57:02	+26:25	05:42	
1006	431	Carla Manuela Pinto Lourenço	Individual	57:04	+26:27	05:42	
1007	1253	Márcia Manuela Saraiva Pereira da Silva	Individual	57:06	+26:29	05:43	
1008	1268	Augusta Zenha	Individual	57:07	+26:30	05:43	
1009	577	Vítor Andrade	Individual	57:07	+26:30	05:43	
1010	711	Pedro Santos	Par Trovão	57:08	+26:31	05:43	
1011	1656	António Carvalho	URIAH	57:09	+26:32	05:43	
1012	1090	Melanie Petiz	Individual	57:10	+26:33	05:43	
1013	514	José Milheiro	Individual	57:12	+26:35	05:43	
1014	256	Raquel Sousa	Individual	57:13	+26:36	05:43	
1015	1634	Filipa Moutinho	SUPERMOUTI	57:13	+26:36	05:43	
1016	716	Ivo Sá	Pastello Runners	57:14	+26:37	05:43	
1017	419	Leonardo vila nova	Individual	57:14	+26:37	05:43	
1018	106	Mónia Oliveira	As Lesmas	57:14	+26:37	05:43	
1019	683	André Coimbra	Manquinhos	57:15	+26:38	05:43	
1020	684	Joel Teixeira	Manquinhos	57:16	+26:39	05:44	
1021	1467	Marcia Almeida Rola	Juventude Cortegacense	57:18	+26:41	05:44	
1022	1283	Silvia Baptista	Individual	57:24	+26:47	05:44	
1023	949	Cláudia Pimentel	CLUBE NOVO BANCO	57:26	+26:49	05:45	
1024	802	Catarina Pinheiro	Vim só ver	57:27	+26:50	05:45	
1025	866	NUNO AMC SOUSA	Auto 19	57:31	+26:54	05:45	
1026	555	Ricardo Fernandes	Individual	57:31	+26:54	05:45	
1027	736	Toninho Ventura	RUNNING ESPINHO	57:31	+26:54	05:45	
1028	320	Heberth Nascimento	Individual	57:34	+26:57	05:45	
1029	504	Jean Carlos Sabença	Individual	57:35	+26:58	05:45	
1030	1567	Luís Oliveira	Running Esmoriz	57:36	+26:59	05:46	
1031	1582	Fernanda Rocha	RUNNING ESPINHO	57:36	+26:59	05:46	
1032	513	José Miguel Pinto Barbosa	Individual	57:36	+26:59	05:46	
1033	1306	Carlos Silva	Individual	57:40	+27:03	05:46	
1034	223	Catarina Amorim	Individual	57:40	+27:03	05:46	
1035	668	Mário João Alves Rodrigues	Individual	57:41	+27:04	05:46	

PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1036	460	Graça leite	Individual	57:44	+27:07	05:46	
1037	1386	António Sousa	Individual	57:49	+27:12	05:47	
1038	464	Maria silva	Individual	57:49	+27:12	05:47	
1039	1653	Vasco Custódio	Toupeirinhas	57:51	+27:14	05:47	
1040	1620	Vitor Oliveira	Serviços Sociais Montepio	57:51	+27:14	05:47	
1041	702	António Augusto de Sá Ferreira Godinho	Os Falta D`ar	57:52	+27:15	05:47	
1042	397	Tiago Teles	Individual	57:52	+27:15	05:47	
1043	437	FILIPA RIBEIRO	Individual	57:54	+27:17	05:47	
1044	533	Nuno Almeida	Individual	57:56	+27:19	05:48	
1045	1122	Daniel Peixoto Tavares	Individual	57:56	+27:19	05:48	
1046	146	Carla Lucas	EscapeTOP	57:57	+27:20	05:48	
1047	1262	Sofia Martins	Individual	57:58	+27:21	05:48	
1048	549	PEDRO MORENO	Individual	57:59	+27:22	05:48	
1049	180	Joaquim Almeida	Gaia Running	58:01	+27:24	05:48	
1050	182	Pedro Costa	Gaia Running	58:01	+27:24	05:48	
1051	1011	Ana coelho	Gaia Running	58:01	+27:24	05:48	
1052	181	José António	Gaia Running	58:01	+27:24	05:48	
1053	1435	Antonio Tafula	Individual	58:01	+27:24	05:48	
1054	589	António Pereira	Individual	58:06	+27:29	05:49	
1055	1675	EDUARDO FERREIRA	Individual	58:07	+27:30	05:49	
1056	145	Eduardo Tavares Rebelo	Eduart-. Componentes Calçado.	58:10	+27:33	05:49	
1057	479	Bruno Maciel da Costa Mendes	Individual	58:11	+27:34	05:49	
1058	998	Antero Barbosa	Fogaças com Malapos	58:11	+27:34	05:49	
1059	624	Luís Pinho	Individual	58:12	+27:35	05:49	
1060	1087	Mariana Mendes Alves da Costa	Individual	58:12	+27:35	05:49	
1061	1085	Mariana Cardoso Pinto	Individual	58:12	+27:35	05:49	
1062	782	SÓNIA BARROS	THE BELIEVERS - LS FITNESS	58:14	+27:37	05:49	
1063	1573	Filipa Silva	RUNNING ESPINHO	58:15	+27:38	05:49	
1064	1370	Rúben Aires	Individual	58:21	+27:44	05:50	
1065	399	Tiago Vieira	Individual	58:22	+27:45	05:50	
1066	152	NUNO DAVID	EV/PERALTAFIL	58:22	+27:45	05:50	
1067	1650	Pedro Martins	TO NA PISTA	58:22	+27:45	05:50	
1068	1077	Joana Mota	Individual	58:27	+27:50	05:51	
1069	376	Pedro Queirós	Individual	58:27	+27:50	05:51	
1070	836	MANUEL COUTO	A.D.GRIJÓ A CORRER	58:29	+27:52	05:51	
1071	1257	Paula José Gaio de Araújo Araújo	Individual	58:29	+27:52	05:51	
1072	236	Gaby Wolferink	Individual	58:30	+27:53	05:51	
1073	553	Rene Woferink	Individual	58:30	+27:53	05:51	
1074	1258	Rossana Ferreira	Individual	58:32	+27:55	05:51	
1075	1241	Diana Sousa	Individual	58:33	+27:56	05:51	
1076	271	Victória Todero Martinelli Cerqueira	Individual	58:37	+28:00	05:52	
1077	74	Fernanda Prim	Team Isabel Silva	58:37	+28:00	05:52	
1078	1040	PAULO RAMOS	Grupo Juvenil Pinheiro da Bemposta	58:37	+28:00	05:52	
1079	685	Fernando Teixeira	Manquinhos	58:38	+28:01	05:52	
1080	498	Helder Marques	Individual	58:41	+28:04	05:52	

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
1081	885	Iolanda Oliveira	Boa Onda	58:42	+28:05	05:52	
1082	1479	Rosa Lidia Silva	Ligeirinhos	58:43	+28:06	05:52	
1083	1334	José da Silva Rabelo Neto	Individual	58:45	+28:08	05:53	
1084	140	Carlos Domingos Ferreira Alves	Clube do Pessoal EDP - Delegação Porto	58:48	+28:11	05:53	
1085	95	Monica Sousa	All Swedish no Finnish	58:48	+28:11	05:53	
1086	415	Gonçalo José Neves Lopes	Individual	58:50	+28:13	05:53	
1087	1456	Catarina Pires	Jorsat Runners	58:51	+28:14	05:53	
1088	1260	Sílvia Arminda Cardoso da Rocha	Individual	58:53	+28:16	05:53	
1089	569	Rui Manuel Freitas Neves	Individual	58:53	+28:16	05:53	
1090	1272	Fernanda Sousa Monteiro	Individual	58:56	+28:19	05:54	
1091	763	Anabela Machado	Taylors	58:56	+28:19	05:54	
1092	1466	Catarina Rodrigues Sa Ferreira	Juventude Cortegacense	58:57	+28:20	05:54	
1093	954	Ricardo Freitas	Confessionário	58:59	+28:22	05:54	
1094	1446	Manuel Oliveira	Individual	59:01	+28:24	05:54	
1095	538	Nuno Sá Couto	Individual	59:04	+28:27	05:54	
1096	1074	Íris Brandão	Individual	59:05	+28:28	05:55	
1097	1282	Sandra Moreira	Individual	59:08	+28:31	05:55	
1098	1324	João Paulo Pinheiro Fernandes	Individual	59:10	+28:33	05:55	
1099	688	Emanuel Silva	Milk Brothers	59:13	+28:36	05:55	
1100	848	Susana Pinto	AFISOVAR	59:15	+28:38	05:56	
1101	183	Catarina Gouveia	Goodshape	59:21	+28:44	05:56	
1102	889	Margarida Neves	Bravos e Bravitas	59:22	+28:45	05:56	
1103	1055	Ângela Reis	Individual	59:23	+28:46	05:56	
1104	1278	Olga Brandão	Individual	59:25	+28:48	05:56	
1105	358	Manuel Alves	Individual	59:26	+28:49	05:57	
1106	789	MARTA BARROS FERREIRA	THE BELIEVERS - LS FITNESS	59:27	+28:50	05:57	
1107	738	Ernesto Silva	RUNNING ESPINHO	59:29	+28:52	05:57	
1108	386	Richard Ferreira	Individual	59:31	+28:54	05:57	
1109	993	Cátia Costa	FisioZen	59:32	+28:55	05:57	
1110	1530	Teresa Reis	Pernas de Pau	59:32	+28:55	05:57	
1111	204	Ana Isabel Bento Rodrigues	Individual	59:32	+28:55	05:57	
1112	864	Inês Cigarro Rua	Auto 19	59:37	+29:00	05:58	
1113	822	Zé Rodrigo	A. D. RIO LARGO C. ESPINHO	59:38	+29:01	05:58	
1114	1604	Rui Pinto		59:39	+29:02	05:58	
1115	781	SOFIA ALEXANDRA ALMEIDA DA SILVA	THE BELIEVERS - LS FITNESS	59:42	+29:05	05:58	
1116	249	Lúcia Manuela Gomes Ribeiro	Individual	59:42	+29:05	05:58	
1117	417	Hugo Silva	Individual	59:42	+29:05	05:58	
1118	1273	Maria Manuel	Individual	59:43	+29:06	05:58	
1119	1570	Joaquim Pinto	Running Esmoriz	59:43	+29:06	05:58	
1120	658	Carlos Ramos	Individual	59:43	+29:06	05:58	
1121	622	Luís Filipe Martins Soares	Individual	59:43	+29:06	05:58	
1122	877	Pedro Medina	Beatriz dos Panos	59:45	+29:08	05:59	
1123	1346	Miguel Bastos	Individual	59:47	+29:10	05:59	
1124	1088	Marta Monteirinho	Individual	59:48	+29:11	05:59	
1125	660	Gaspar Cadete	Individual	59:51	+29:14	05:59	

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	RESULT	DIFF	t/KM	CARD
1126	703	Clara da Conceição de Sousa Alves	Os Marretas	59:51	+29:14	05:59	
1127	994	Sara Pinho	FisioZen	59:55	+29:18	05:59	
1128	995	Daniel Barge	FisioZen	59:55	+29:18	05:59	
1129	677	Filipa Pinho	Kirchhoff-Konect Running Team	59:56	+29:19	06:00	
1130	489	Fernando Guimarães	Individual	59:57	+29:20	06:00	
1131	185	Jorge Monteiro	Goodshape	59:59	+29:22	06:00	
1132	566	Rui Coelho	Individual	01:00:00	+29:23	06:00	
1133	344	João Pedro pereira	Individual	01:00:08	+29:31	06:01	
1134	961	Carolina China	Crossfit Feira	01:00:10	+29:33	06:01	
1135	631	Mauricio Accioly Lins	Individual	01:00:10	+29:33	06:01	
1136	861	Susana Gomes	Arrifana Running	01:00:12	+29:35	06:01	
1137	1103	Vera Ferreira	Individual	01:00:13	+29:36	06:01	
1138	860	Paula Martins	Arrifana Running	01:00:13	+29:36	06:01	
1139	859	Maria Calmeiro	Arrifana Running	01:00:14	+29:37	06:01	
1140	654	António Matos	Individual	01:00:18	+29:41	06:02	
1141	1663	ANTONIO CARLOS MOTA	Individual	01:00:23	+29:46	06:02	
1142	412	Bernardo Miguel Ramalho Lopes	Individual	01:00:26	+29:49	06:03	
1143	585	António Campos	Individual	01:00:27	+29:50	06:03	
1144	392	Simão Pedro Costa Pereira	Individual	01:00:28	+29:51	06:03	
1145	155	GUILHERME SOUSA	EV/PERALTAFIL	01:00:35	+29:58	06:03	
1146	651	ABILIO SOARES	Individual	01:00:41	+30:04	06:04	
1147	230	Daniela Filipa Pereira Lima	Individual	01:00:43	+30:06	06:04	
1148	308	Everaldo Crispim Ribeiro Junior	Individual	01:00:43	+30:06	06:04	
1149	1266	Susana Maria Oliveira	Individual	01:00:48	+30:11	06:05	
1150	268	Teresa Aguiar	Individual	01:00:52	+30:15	06:05	
1151	90	Luis Oliveira	ACAIL GAS	01:00:58	+30:21	06:06	
1152	981	Renato Ramos	Eram para ir...	01:01:01	+30:24	06:06	
1153	980	Mauro Pinheiro	Eram para ir...	01:01:01	+30:24	06:06	
1154	1280	Raquel Pedrosa	Individual	01:01:03	+30:26	06:06	
1155	749	Salvador lima ramos	Silviarebelo/Fisioterapeuta	01:01:10	+30:33	06:07	
1156	1174	Marco André do Ourô Carvalho	Individual	01:01:11	+30:34	06:07	
1157	1574	Márcia Oliveira	RUNNING ESPINHO	01:01:19	+30:42	06:08	
1158	804	Andreia almeida	@corredoresderua@	01:01:19	+30:42	06:08	
1159	805	Nádia Pinho	@corredoresderua@	01:01:19	+30:42	06:08	
1160	644	Ruí silva	Individual	01:01:22	+30:45	06:08	
1161	463	Maria Pinto	Individual	01:01:27	+30:50	06:09	
1162	220	Carla Teixeira	Individual	01:01:28	+30:51	06:09	
1163	124	FRANCISCO COSTA	CAL - Clube Atletismo de Lamas	01:01:30	+30:53	06:09	
1164	284	Caio Henrique de Oliveira Silva	Individual	01:01:30	+30:53	06:09	
1165	165	Cristina Carvalho	FIDELIDADE GDC	01:01:38	+31:01	06:10	
1166	200	Ana Capela	Individual	01:01:40	+31:03	06:10	
1167	1046	Alice Cunha	Individual	01:01:41	+31:04	06:10	
1168	251	Maria Francisca Costa de Lima	Individual	01:01:54	+31:17	06:11	
1169	855	Miguel Couto	All Swedish no Finnish	01:02:00	+31:23	06:12	
1170	1531	Jorge Santos	Pernas de Pau	01:02:05	+31:28	06:13	
1171	1071	Filipa Araújo	Individual	01:02:09	+31:32	06:13	

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
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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1172	1080	Laura Valente	Individual	01:02:11	+31:34	06:13	
1173	362	Miguel Pereira	Individual	01:02:11	+31:34	06:13	
1174	262	Rute Gil	Individual	01:02:14	+31:37	06:13	
1175	444	Rita Sousa	Individual	01:02:27	+31:50	06:15	
1176	272	Afonso Miguel Magalhães Henriques	Individual	01:02:27	+31:50	06:15	
1177	250	Luciana Gabrielly Dos Anjos de Jesus	Individual	01:02:27	+31:50	06:15	
1178	270	Vera Pinhal	Individual	01:02:32	+31:55	06:15	
1179	733	Cristina Couto	RUNNING ESPINHO	01:02:35	+31:58	06:15	
1180	1302	Bruno Santos	Individual	01:02:36	+31:59	06:16	
1181	1265	Susana Ganito	Individual	01:02:36	+31:59	06:16	
1182	1247	Joana Marques	Individual	01:02:39	+32:02	06:16	
1183	101	PEDRO MELO	ARCORUN	01:02:39	+32:02	06:16	
1184	904	Catarina Queirós	Cantabria Labs Running Team	01:02:39	+32:02	06:16	
1185	1069	eduarda autran	Individual	01:02:42	+32:05	06:16	
1186	964	Rita Micaela Fonseca Oliveira Castro	Crossfit Feira	01:02:42	+32:05	06:16	
1187	1311	Eduardo Oliveira	Individual	01:02:43	+32:06	06:16	
1188	1137	Gabriel Duarte	Individual	01:02:43	+32:06	06:16	
1189	1058	Belinda Raquel Almeida Marques	Individual	01:02:46	+32:09	06:17	
1190	1673	JOSÉ BARBOSA	Clube do Pessoal das Águas de Gaia	01:02:49	+32:12	06:17	
1191	1677	Jorge da Encarnação	Clube do Pessoal das Águas de Gaia	01:02:49	+32:12	06:17	
1192	1056	Anna Ilinska	Individual	01:02:50	+32:13	06:17	
1193	1543	Bruno Cardoso	RE3	01:02:50	+32:13	06:17	
1194	1580	Maria João Sá	RUNNING ESPINHO	01:02:59	+32:22	06:18	
1195	168	Antonio Sousa	Fitness Factory Espinho	01:02:59	+32:22	06:18	
1196	1595	Paulo Alexandre Bispo Lage Ladeira	RUNNING ESPINHO	01:03:03	+32:26	06:18	
1197	221	Carolina Capela	Individual	01:03:04	+32:27	06:18	
1198	458	Monica Corvaceira	Individual	01:03:10	+32:33	06:19	
1199	1536	Susana Costa	PM studio	01:03:10	+32:33	06:19	
1200	567	Rui Fernando Passos de Sousa	Individual	01:03:10	+32:33	06:19	
1201	1619	Paulo Silva	Serviços Sociais Montepio	01:03:12	+32:35	06:19	
1202	1119	Christofer Santos	Individual	01:03:13	+32:36	06:19	
1203	497	Hélder Freitas	Individual	01:03:13	+32:36	06:19	
1204	759	Mário Silva	Tartarugas de Seixezelo	01:03:17	+32:40	06:20	
1205	360	Matheus Soares	Individual	01:03:17	+32:40	06:20	
1206	612	Jorge Ventura	Individual	01:03:18	+32:41	06:20	
1207	894	SERAFIM SOUSA	CAL - Clube Atletismo de Lamas	01:03:18	+32:41	06:20	
1208	359	Manuel Valente	Individual	01:03:20	+32:43	06:20	
1209	1127	Diogo Vieira	Individual	01:03:25	+32:48	06:20	
1210	456	Herminia Oliveira	Individual	01:03:29	+32:52	06:21	
1211	1496	Carla Novais	MICS	01:03:29	+32:52	06:21	
1212	1438	Ernesto Santos	Individual	01:03:30	+32:53	06:21	
1213	663	Joaquim Fernando de Oliveira Castro	Individual	01:03:30	+32:53	06:21	
1214	1665	Ana Caralinda	Individual	01:03:34	+32:57	06:21	

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1215	883	Joana Fonseca	Boa Onda	01:03:38	+33:01	06:22	
1216	1433	ANTONIO SERAFIM MARQUES DE OLIVEIRA	Individual	01:03:40	+33:03	06:22	
1217	1529	Viviana Pinho	Pernas de Pau	01:03:41	+33:04	06:22	
1218	1491	Diogo Silva	McDonald's	01:03:41	+33:04	06:22	
1219	649	William Pinto Pedrosa	Individual	01:03:47	+33:10	06:23	
1220	1098	Susana Oliveira	Individual	01:03:51	+33:14	06:23	
1221	754	Vânia Alves	Tartarugas de Seixezelo	01:03:51	+33:14	06:23	
1222	984	Ana Almeida	Family4syte	01:03:52	+33:15	06:23	
1223	1639	Cristiana Reis	Tartarugas de Seixezelo	01:03:52	+33:15	06:23	
1224	900	Maria valente	Caldas S. Jorge Sport Clube	01:03:52	+33:15	06:23	
1225	583	Antonino Armando Rodrigues Meireles	Individual	01:04:04	+33:27	06:24	
1226	1131	Fábio Longo	Individual	01:04:08	+33:31	06:25	
1227	791	CARLA MARIA DA SILVA PEREIRA	THE BELIEVERS - LS FITNESS	01:04:13	+33:36	06:25	
1228	811	Sonia Martins	A TEAM AGEAS	01:04:15	+33:38	06:25	
1229	874	Isabel Ventura	Beatriz dos Panos	01:04:19	+33:42	06:26	
1230	202	Ana Filipa Alves Félix	Individual	01:04:21	+33:44	06:26	
1231	1312	FERNANDO GOMES	Individual	01:04:22	+33:45	06:26	
1232	1365	Pedro Pinto	Individual	01:04:23	+33:46	06:26	
1233	731	Alexandra Soares	RUNNING ESPINHO	01:04:24	+33:47	06:26	
1234	1023	Liliana Monteiro	Grifagem J. Pedro	01:04:24	+33:47	06:26	
1235	240	Joana Ferreira	Individual	01:04:30	+33:53	06:27	
1236	701	João Pedro Alves Guedes	Os Falta D`ar	01:04:30	+33:53	06:27	
1237	209	Aracelys revette	Individual	01:04:35	+33:58	06:28	
1238	1054	Andreia Pereira de Oliveira	Individual	01:04:40	+34:03	06:28	
1239	960	Beatriz Filipa Cardoso Costa	Crossfit Feira	01:04:40	+34:03	06:28	
1240	1022	Andreia Barbosa	Grifagem J. Pedro	01:04:43	+34:06	06:28	
1241	1026	Vasco Monteiro	Grifagem J. Pedro	01:04:43	+34:06	06:28	
1242	1441	José Castro	Individual	01:04:47	+34:10	06:29	
1243	1162	José Lirio Castro	Individual	01:04:47	+34:10	06:29	
1244	154	RAQUEL PINHO	EV/PERALTAFIL	01:04:51	+34:14	06:29	
1245	188	Andreia Monteiro	Goodshape	01:04:51	+34:14	06:29	
1246	511	José Antonio Silva	Individual	01:04:52	+34:15	06:29	
1247	1070	Elisabete Sá Couto da Silva	Individual	01:04:53	+34:16	06:29	
1248	1532	Rosa Bispo	Pernas Inertes lentos desde 2017	01:04:54	+34:17	06:29	
1249	1522	Helena Ferreira	Os Marretas	01:04:55	+34:18	06:29	
1250	1521	Diana Costa	Os Marretas	01:04:55	+34:18	06:30	
1251	1256	Patrícia Laranjeira	Individual	01:04:55	+34:18	06:30	
1252	705	Margarida Marques	Os Marretas	01:05:04	+34:27	06:30	
1253	1284	Cristina Romariz	Individual	01:05:12	+34:35	06:31	
1254	806	Carlos Marques	@corredoresderua@	01:05:15	+34:38	06:32	
1255	228	Cristiana Ribeiro	Individual	01:05:18	+34:41	06:32	
1256	243	Karen Miyuki Tamura	Individual	01:05:18	+34:41	06:32	
1257	395	Tiago Pinho	Individual	01:05:20	+34:43	06:32	
1258	1332	Jorge Oliveira	Individual	01:05:22	+34:45	06:32	
1259	1267	Verónica Sampaio	Individual	01:05:23	+34:46	06:32	

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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1260	817	Daniel Lopes	A. D. RIO LARGO C. ESPINHO	01:05:23	+34:46	06:32	
1261	457	Maria Celeste Magalhães Sousa	Individual	01:05:26	+34:50	06:33	
1262	803	Serafim Coutinho	Zero2hero	01:05:30	+34:53	06:33	
1263	179	Helena Correia	Gaia Running	01:05:32	+34:55	06:33	
1264	1660	Teresa Coutinho	Zero2hero	01:05:39	+35:02	06:34	
1265	773	ANA FILIPA FERREIRA GUIMARÃES	THE BELIEVERS - LS FITNESS	01:05:57	+35:20	06:36	
1266	906	Hélder Maia	Cantabria Labs Running Team	01:06:05	+35:28	06:36	
1267	1637	Carolina Moutinho	SUPERMOUTI	01:06:09	+35:32	06:37	
1268	326	Hugo Machado	Individual	01:06:17	+35:40	06:38	
1269	730	Sandra santos	RUNNING ESPINHO	01:06:23	+35:46	06:38	
1270	352	Leonel Filipe Santos Patrício	Individual	01:06:23	+35:46	06:38	
1271	1081	Liliana Resende	Individual	01:06:25	+35:48	06:39	
1272	1300	Bruno Moreira	Individual	01:06:32	+35:55	06:39	
1273	689	Catarina Leite	Milk Brothers	01:06:39	+36:02	06:40	
1274	421	Pedro Henrique Costa Teixeira	Individual	01:06:42	+36:05	06:40	
1275	186	Ricardo Gouveia	Goodshape	01:06:44	+36:07	06:40	
1276	794	MARIA MADALENA FORTUNA PINTO GUEDES	THE BELIEVERS - LS FITNESS	01:06:46	+36:09	06:41	
1277	779	LUISA CAMPOS SILVA	THE BELIEVERS - LS FITNESS	01:06:46	+36:09	06:41	
1278	1583	Paula Fernandes	RUNNING ESPINHO	01:06:55	+36:18	06:42	
1279	453	Ana Paula Rodrigues	Individual	01:07:01	+36:24	06:42	
1280	978	Leandro Filipe Fernandes Costa	Ecobike	01:07:11	+36:34	06:43	
1281	977	Cristina Alexandra Gaspar da silva Pinto	Ecobike	01:07:11	+36:34	06:43	
1282	1264	Susana Ferreira	Individual	01:07:15	+36:38	06:44	
1283	261	Rita Vilaça	Individual	01:07:16	+36:39	06:44	
1284	1285	Isabel Duarte	Individual	01:07:19	+36:42	06:44	
1285	865	José Alexandre dos Santos Moreira	Auto 19	01:07:20	+36:43	06:44	
1286	863	Claudia Ferrão	Auto 19	01:07:21	+36:44	06:44	
1287	263	Rute Martinho	Individual	01:07:25	+36:48	06:44	
1288	448	Sónia Almeida	Individual	01:07:26	+36:49	06:45	
1289	465	Alberto Almeida	Individual	01:07:26	+36:49	06:45	
1290	1449	Alice Guimarães	Invicta Runners Team	01:07:31	+36:54	06:45	
1291	215	Bianka Campos Antunes	Individual	01:07:39	+37:02	06:46	
1292	441	Maria Elisabete de Sousa Teixeira	Individual	01:07:43	+37:06	06:46	
1293	383	Ricardo Luís Pinto Basto Alves	Individual	01:07:45	+37:08	06:47	
1294	665	José Salvador Pinto da Silva	Individual	01:07:58	+37:21	06:48	
1295	1242	Elena Nikolaeva	Individual	01:07:59	+37:22	06:48	
1296	772	AINHOA DELGADO	THE BELIEVERS - LS FITNESS	01:08:00	+37:23	06:48	
1297	212	Beatriz Lacerda do Rego Pimentel	Individual	01:08:02	+37:25	06:48	
1298	825	José Falcão	A. D. RIO LARGO C. ESPINHO	01:08:04	+37:27	06:48	
1299	1059	Carina Isabel Filipe Sérvolo	Individual	01:08:08	+37:31	06:49	
1300	1236	Carla Cristina Filipe Sérvolo Brás	Individual	01:08:08	+37:31	06:49	
1301	450	Sonia Silva	Individual	01:08:31	+37:54	06:51	
1302	1448	Adelaide Horta	Invicta Runners Team	01:08:36	+37:59	06:52	
1303	742	Catarina Rocha	S.c.Espinho/António Leitão	01:08:45	+38:08	06:53	

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

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	RESULT	DIFF	t/KM	CARD
1304	743	Antonio Neves	S.c.Espinho/António Leitão	01:08:46	+38:09	06:53	
1305	1252	Lucybell Moreira	Individual	01:08:47	+38:10	06:53	
1306	434	Daniela Rodrigues Costa	Individual	01:08:49	+38:12	06:53	
1307	768	Armanda Queiroz	TEN TEAM	01:08:54	+38:17	06:53	
1308	282	Bruno Oliveira	Individual	01:09:09	+38:32	06:55	
1309	1094	Sara Pardilhó	Individual	01:09:15	+38:38	06:55	
1310	1166	José Santos	Individual	01:09:15	+38:38	06:56	
1311	1315	Filipe Magalhães	Individual	01:09:34	+38:57	06:57	
1312	707	José Taborda	Os Marretas	01:10:14	+39:37	07:01	
1313	229	Cristina da Graça Winzheimer Pinheiro	Individual	01:10:23	+39:46	07:02	
1314	428	ANA FERNANDES	Individual	01:10:23	+39:46	07:02	
1315	210	Bárbara Casquinha Azevedo Soares	Individual	01:10:23	+39:46	07:02	
1316	1579	Flávia Catarino	RUNNING ESPINHO	01:10:25	+39:48	07:03	
1317	1577	Nuno Garcia	RUNNING ESPINHO	01:10:25	+39:48	07:03	
1318	207	Ana Marques	Individual	01:10:28	+39:51	07:03	
1319	1584	Sofia Martins	RUNNING ESPINHO	01:10:39	+40:02	07:04	
1320	139	Alberto Ferreira	Clube do Pessoal EDP - Delegação Porto	01:10:41	+40:04	07:04	
1321	77	Joana Ferreira	Team Isabel Silva	01:10:45	+40:08	07:05	
1322	276	André Matos	Individual	01:11:15	+40:38	07:07	
1323	942	Karla Oliveira	Clube Desportivo Feirense	01:11:15	+40:38	07:08	
1324	1000	Paulo Costa	Fogaças com Malapos	01:11:16	+40:39	07:08	
1325	923	Joaquim Oliveira	Cirac - Circulo de Recreio Arte e Cultura	01:11:17	+40:40	07:08	
1326	1004	Deolinda Ferreira	G.D.A RONDA	01:11:20	+40:43	07:08	
1327	997	Hélder Matos	Fogaças com Malapos	01:11:21	+40:44	07:08	
1328	242	Joana Isabel Silva Almeida	Individual	01:11:24	+40:47	07:08	
1329	727	Francisca Rodrigues	RUNNING ESPINHO	01:11:32	+40:55	07:09	
1330	1084	Maria Miguel Vaz	Individual	01:11:34	+40:57	07:09	
1331	1206	Rui Manuel Valente Rodrigues Nunes	Individual	01:11:37	+41:00	07:10	
1332	903	Ivo Palma	Caldas S. Jorge Sport Clube	01:11:51	+41:14	07:11	
1333	673	MIGUEL TEIXEIRA	JAM - Juventude Atlético Mozelense	01:12:02	+41:25	07:12	
1334	872	ADRIANO FELIX BRAGA DE QUEIROZ	BBMP	01:12:03	+41:26	07:12	
1335	1445	Manuel Carvalho	Individual	01:12:07	+41:30	07:13	
1336	1426	Vitor Pinto	Individual	01:12:58	+42:21	07:18	
1337	500	Herlander Correia	Individual	01:13:13	+42:36	07:19	
1338	461	Maria Fátima Pereira	Individual	01:13:15	+42:38	07:20	
1339	819	Margarida Machado	A. D. RIO LARGO C. ESPINHO	01:13:16	+42:39	07:20	
1340	1275	Maribel Cardoso	Individual	01:13:16	+42:39	07:20	
1341	1347	Miguel Silva	Individual	01:13:16	+42:39	07:20	
1342	667	Manuel Cruz	Individual	01:13:16	+42:39	07:20	
1343	628	Mário Lino	Individual	01:13:18	+42:41	07:20	
1344	647	Vicente Pinto	Individual	01:13:19	+42:42	07:20	
1345	342	João Filipe Pinto	Individual	01:13:19	+42:42	07:20	
1346	641	Pedro Moura	Individual	01:13:19	+42:42	07:20	
1347	1250	Liliana Azevedo	Individual	01:13:19	+42:42	07:20	

Prova Principal

10 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	10:00	6,6°C	65%
End	11:24	8,4°C	89%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Senior Feminino

1	13	Andreia Santos	CSRDC Santiago	Senior Feminino	34:30		03:27
2	24	Joana Nunes	RECREIO DESPORTIVO DE ÁGUEDA	Senior Feminino	37:29	+02:59	03:45
3	14	Marta Martins	G.D.Guilhovai	Senior Feminino	38:15	+03:44	03:49
4	1601	Patricia Ferreira	S.c.Espinho/António Leitão	Senior Feminino	39:59	+05:28	04:00
5	1021	Raquel Cirne	GRECAS - Vagos	Senior Feminino	40:04	+05:33	04:00
6	23	Justyna Wojcik	ATLÉTICO DA PÓVOA	Senior Feminino	40:16	+05:46	04:02
7	1600	Cristiana Santos	S.c.Espinho/António Leitão	Senior Feminino	41:58	+07:28	04:12
8	5	Isabel Silva	Team Isabel Silva	Senior Feminino	42:08	+07:38	04:13
9	845	Inês Gonçalves	AFISOVAR	Senior Feminino	42:16	+07:45	04:14
10	775	Catarina Filipa da Silva Pinhal	THE BELIEVERS - LS FITNESS	Senior Feminino	42:28	+07:57	04:15
11	253	Maria Manuela Alves dos Santos	Individual	Senior Feminino	43:29	+08:58	04:21
12	1061	Carla Sofia Gonçalves Pinto	Individual	Senior Feminino	44:17	+09:46	04:26
13	975	Tânia Julião	DT17	Senior Feminino	44:22	+09:51	04:26
14	780	MAFALDA SILVA	THE BELIEVERS - LS FITNESS	Senior Feminino	44:32	+10:02	04:27
15	1100	Vanessa Oliveira	Individual	Senior Feminino	44:58	+10:27	04:30
16	1598	Marta Caeiro	RunRiver - Escola Atletismo de Rio Tinto	Senior Feminino	45:00	+10:29	04:30
17	1057	Bárbara Bastos	Individual	Senior Feminino	45:09	+10:39	04:31
18	1097	Susana Calhau	Individual	Senior Feminino	45:21	+10:51	04:32
19	88	Inês Gonçalves	ACAIL GAS	Senior Feminino	46:30	+11:59	04:39
20	1542	Catarina Magalhães	RE3	Senior Feminino	46:43	+12:12	04:40
21	826	BEATRIZ BASTOS	A.D.GRIJÓ A CORRER	Senior Feminino	46:51	+12:20	04:41
22	222	Carolina Ferraz Neto Pinhal	Individual	Senior Feminino	47:39	+13:08	04:46
23	1572	Carla Costa	RUNNING ESPINHO	Senior Feminino	47:43	+13:12	04:46
24	956	Jéssica Andrade	COPO RUNNERS	Senior Feminino	47:54	+13:24	04:47
25	1073	Inês Pinhal	Individual	Senior Feminino	48:25	+13:54	04:50
26	1646	BEATRIZ CARDOSO	THE BELIEVERS - LS FITNESS	Senior Feminino	48:32	+14:01	04:51
27	841	Armanda Cunha	ACR de Vale de Cambra	Senior Feminino	48:33	+14:02	04:51
28	260	Rita Seara	Individual	Senior Feminino	48:41	+14:10	04:52
29	844	Fátima Pinho	AFISOVAR	Senior Feminino	48:51	+14:20	04:53
30	1060	Carina Vieira	Individual	Senior Feminino	48:56	+14:26	04:54
31	232	Diana Isabel Leite de Almeida	Individual	Senior Feminino	49:03	+14:32	04:54
32	1082	Liudmila Silenina	Individual	Senior Feminino	49:15	+14:44	04:55
33	1642	Liliana Ribeiro	Team Barro	Senior Feminino	49:45	+15:14	04:58
34	258	Rita Augusto	Individual	Senior Feminino	50:00	+15:29	05:00
35	248	Lúcia Cândido	Individual	Senior Feminino	50:14	+15:43	05:01
36	1102	Vanessa Sofia Guimarães Catarino Nuno	Individual	Senior Feminino	50:34	+16:03	05:03
37	1076	Joana Fortuna	Individual	Senior Feminino	50:40	+16:09	05:04

Prova Principal

10 KM

OFFICIAL RESULT

38	216	Carina Maciel	Individual	Senior Feminino	50:43	+16:13	05:04
39	776	Cátia Patrícia dos Santos Costa	THE BELIEVERS - LS FITNESS	Senior Feminino	51:12	+16:41	05:07
40	1052	Ana Tavares	Individual	Senior Feminino	51:22	+16:51	05:08
41	113	Lillana Bastos	Bankinter	Senior Feminino	51:22	+16:52	05:08
42	846	Paula Cruz	AFISOVAR	Senior Feminino	51:31	+17:00	05:09
43	1028	Marta Senos	GRUPO DESPORTIVO ASSEMPARK	Senior Feminino	51:33	+17:03	05:09
44	1099	Vanessa M Santos	Individual	Senior Feminino	51:46	+17:15	05:11
45	881	Alexandra Ramos	Boa Onda	Senior Feminino	51:57	+17:26	05:12
46	167	Manuela Silva	Fitness Factory Espinho	Senior Feminino	52:09	+17:39	05:13
47	969	Filipa Maria da Costa Almeida Cardoso Campos	DF	Senior Feminino	52:10	+17:40	05:13
48	264	Sara Castro Duarte	Individual	Senior Feminino	52:23	+17:52	05:14
49	679	Vera Oliveira	Lourosa Em Movimento	Senior Feminino	52:30	+17:59	05:15
50	252	Maria João Barbosa	Individual	Senior Feminino	52:58	+18:27	05:18
51	1095	Sílvia Almeida	Individual	Senior Feminino	52:59	+18:28	05:18
52	254	Mariana Amaral Ventura Borges	Individual	Senior Feminino	53:27	+18:56	05:21
53	244	Leonor Lopes	Individual	Senior Feminino	53:39	+19:09	05:22
54	1096	Sofia Cristina Azevedo Peixoto	Individual	Senior Feminino	53:42	+19:12	05:22
55	1509	Cláudia Alexandra Sousa Reis	NIGHT Runners Feira	Senior Feminino	53:42	+19:12	05:22
56	1067	Daniela Couto	Individual	Senior Feminino	53:47	+19:16	05:23
57	1075	Joana Araújo	Individual	Senior Feminino	53:55	+19:25	05:24
58	1645	Alexandra Filipa Soares Pinto Marinhão	THE BELIEVERS - LS FITNESS	Senior Feminino	54:17	+19:46	05:26
59	205	Ana Isabel Bernardes Romeiro	Individual	Senior Feminino	54:31	+20:01	05:27
60	1078	Joana Ramalho	Individual	Senior Feminino	54:32	+20:01	05:27
61	211	Beatriz Hortelão	Individual	Senior Feminino	54:33	+20:02	05:27
62	265	Sofia Oliveira	Individual	Senior Feminino	54:35	+20:05	05:28
63	1053	Andreia Neves	Individual	Senior Feminino	54:37	+20:06	05:28
64	800	Carolina Silva	Toupeirinhas	Senior Feminino	54:41	+20:10	05:28
65	725	Filipa Soares	RUNNING ESPINHO	Senior Feminino	54:50	+20:20	05:29
66	706	Rita Costa	Os Marretas	Senior Feminino	54:59	+20:28	05:30
67	246	Liliana Fernandes	Individual	Senior Feminino	55:05	+20:35	05:31
68	203	Ana Garrido	Individual	Senior Feminino	55:05	+20:35	05:31
69	719	Ana Garcia	Run4Pancakes	Senior Feminino	55:08	+20:38	05:31
70	1049	Ana Pereira	Individual	Senior Feminino	55:14	+20:44	05:31
71	778	LILIANA PATROCINIO DA SILVA	THE BELIEVERS - LS FITNESS	Senior Feminino	55:21	+20:51	05:32
72	1092	Saete Lourenço	Individual	Senior Feminino	55:31	+21:01	05:33
73	267	Tânia Dias	Individual	Senior Feminino	55:33	+21:03	05:33
74	227	Cristiana Mota	Individual	Senior Feminino	56:03	+21:32	05:36
75	963	Filipa Oliveir	Crossfit Feira	Senior Feminino	56:04	+21:34	05:36
76	241	Joana Isabel de Tomaz Pinho Vieira	Individual	Senior Feminino	56:06	+21:35	05:37
77	1557	Patrícia Isabel Ramalho dos Santos	RMPC Team	Senior Feminino	56:24	+21:54	05:38
78	257	Rebeca Santos	Individual	Senior Feminino	56:31	+22:01	05:39
79	224	Catarina Lopes	Individual	Senior Feminino	56:34	+22:03	05:39
80	208	Ana Tavares	Individual	Senior Feminino	56:35	+22:04	05:39
81	783	SÓNIA PATRÍCIA DE OLIVEIRA MONTEIRO	THE BELIEVERS - LS FITNESS	Senior Feminino	56:40	+22:10	05:40

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 - 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

82	957	Daniela Silva	COPO RUNNERS	Senior Feminino	56:41	+22:10	05:40
83	247	Liliana Miranda	Individual	Senior Feminino	56:51	+22:20	05:41
84	1090	Melanie Petiz	Individual	Senior Feminino	57:10	+22:39	05:43
85	256	Raquel Sousa	Individual	Senior Feminino	57:13	+22:42	05:43
86	1634	Filipa Moutinho	SUPERMOUTI	Senior Feminino	57:13	+22:42	05:43
87	802	Catarina Pinheiro	Vim só ver	Senior Feminino	57:27	+22:57	05:45
88	223	Catarina Amorim	Individual	Senior Feminino	57:40	+23:09	05:46
89	146	Carla Lucas	EscapeTOP	Senior Feminino	57:57	+23:27	05:48
90	1087	Mariana Mendes Alves da Costa	Individual	Senior Feminino	58:12	+23:42	05:49
91	1085	Mariana Cardoso Pinto	Individual	Senior Feminino	58:12	+23:42	05:49
92	782	SÓNIA BARROS	THE BELIEVERS - LS FITNESS	Senior Feminino	58:14	+23:43	05:49
93	1573	Filipa Silva	RUNNING ESPINHO	Senior Feminino	58:15	+23:44	05:49
94	1077	Joana Mota	Individual	Senior Feminino	58:27	+23:56	05:51
95	236	Gaby Wolferink	Individual	Senior Feminino	58:30	+23:59	05:51
96	271	Victória Todero Martinelli Cerqueira	Individual	Senior Feminino	58:37	+24:06	05:52
97	1074	Íris Brandão	Individual	Senior Feminino	59:05	+24:35	05:55
98	183	Catarina Gouveia	Goodshape	Senior Feminino	59:21	+24:50	05:56
99	1055	Ângela Reis	Individual	Senior Feminino	59:23	+24:52	05:56
100	993	Cátia Costa	FisioZen	Senior Feminino	59:32	+25:01	05:57
101	204	Ana Isabel Bento Rodrigues	Individual	Senior Feminino	59:32	+25:02	05:57
102	781	SOFIA ALEXANDRA ALMEIDA DA SILVA	THE BELIEVERS - LS FITNESS	Senior Feminino	59:42	+25:11	05:58
103	249	Lúcia Manuela Gomes Ribeiro	Individual	Senior Feminino	59:42	+25:11	05:58
104	1088	Marta Monteiro	Individual	Senior Feminino	59:48	+25:17	05:59
105	703	Clara da Conceição de Sousa Alves	Os Marretas	Senior Feminino	59:51	+25:21	05:59
106	994	Sara Pinho	FisioZen	Senior Feminino	59:55	+25:24	05:59
107	677	Filipa Pinho	Kirchhoff-Konect Running Team	Senior Feminino	59:56	+25:25	06:00
108	961	Carolina China	Crossfit Feira	Senior Feminino	01:00:10	+25:39	06:01
109	1103	Vera Ferreira	Individual	Senior Feminino	01:00:13	+25:42	06:01
110	859	Maria Calmeiro	Arrifana Running	Senior Feminino	01:00:14	+25:43	06:01
111	230	Daniela Filipa Pereira Lima	Individual	Senior Feminino	01:00:43	+26:12	06:04
112	268	Teresa Aguiar	Individual	Senior Feminino	01:00:52	+26:22	06:05
113	1574	Márcia Oliveira	RUNNING ESPINHO	Senior Feminino	01:01:19	+26:48	06:08
114	220	Carla Teixeira	Individual	Senior Feminino	01:01:28	+26:57	06:09
115	200	Ana Capela	Individual	Senior Feminino	01:01:40	+27:09	06:10
116	1046	Alice Cunha	Individual	Senior Feminino	01:01:41	+27:10	06:10
117	251	Maria Francisca Costa de Lima	Individual	Senior Feminino	01:01:54	+27:23	06:11
118	1071	Filipa Araújo	Individual	Senior Feminino	01:02:09	+27:38	06:13
119	1080	Laura Valente	Individual	Senior Feminino	01:02:11	+27:40	06:13
120	262	Rute Gil	Individual	Senior Feminino	01:02:14	+27:44	06:13
121	250	Luciana Gabrielly Dos Anjos de Jesus	Individual	Senior Feminino	01:02:27	+27:56	06:15
122	270	Vera Pinhal	Individual	Senior Feminino	01:02:32	+28:02	06:15
123	904	Catarina Queirós	Cantabria Labs Running Team	Senior Feminino	01:02:39	+28:08	06:16
124	1069	eduarda autran	Individual	Senior Feminino	01:02:42	+28:11	06:16
125	964	Rita Micaela Fonseca Oliveira Castro	Crossfit Feira	Senior Feminino	01:02:42	+28:11	06:16
126	1058	Belinda Raquel Almeida Marques	Individual	Senior Feminino	01:02:46	+28:15	06:17
127	1056	Anna Ilinska	Individual	Senior Feminino	01:02:50	+28:19	06:17

Official Timekeeper: Lap2Go	3 / 33	generate 07-jan.-2024 11:28
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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

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

128	221	Carolina Capela	Individual	Senior Feminino	01:03:04	+28:33	06:18
129	883	Joana Fonseca	Boa Onda	Senior Feminino	01:03:38	+29:07	06:22
130	1098	Susana Oliveira	Individual	Senior Feminino	01:03:51	+29:20	06:23
131	754	Vânia Alves	Tartarugas de Seixezelo	Senior Feminino	01:03:51	+29:21	06:23
132	984	Ana Almeida	Family4syte	Senior Feminino	01:03:52	+29:21	06:23
133	1639	Cristiana Reis	Tartarugas de Seixezelo	Senior Feminino	01:03:52	+29:21	06:23
134	202	Ana Filipa Alves Félix	Individual	Senior Feminino	01:04:21	+29:50	06:26
135	240	Joana Ferreira	Individual	Senior Feminino	01:04:30	+29:59	06:27
136	209	Aracelys revette	Individual	Senior Feminino	01:04:35	+30:05	06:28
137	1054	Andreia Pereira de Oliveira	Individual	Senior Feminino	01:04:40	+30:09	06:28
138	960	Beatriz Filipa Cardoso Costa	Crossfit Feira	Senior Feminino	01:04:40	+30:10	06:28
139	1070	Elisabete Sá Couto da Silva	Individual	Senior Feminino	01:04:53	+30:23	06:29
140	1521	Diana Costa	Os Marretas	Senior Feminino	01:04:55	+30:24	06:30
141	705	Margarida Marques	Os Marretas	Senior Feminino	01:05:04	+30:33	06:30
142	228	Cristiana Ribeiro	Individual	Senior Feminino	01:05:18	+30:47	06:32
143	243	Karen Miyuki Tamura	Individual	Senior Feminino	01:05:18	+30:47	06:32
144	1660	Teresa Coutinho	Zero2hero	Senior Feminino	01:05:39	+31:08	06:34
145	773	ANA FILIPA FERREIRA GUIMARÃES	THE BELIEVERS - LS FITNESS	Senior Feminino	01:05:57	+31:26	06:36
146	1081	Liliana Resende	Individual	Senior Feminino	01:06:25	+31:54	06:39
147	779	LUISA CAMPOS SILVA	THE BELIEVERS - LS FITNESS	Senior Feminino	01:06:46	+32:15	06:41
148	261	Rita Vilaça	Individual	Senior Feminino	01:07:16	+32:45	06:44
149	263	Rute Martinho	Individual	Senior Feminino	01:07:25	+32:54	06:44
150	215	Bianka Campos Antunes	Individual	Senior Feminino	01:07:39	+33:09	06:46
151	772	AINHOA DELGADO	THE BELIEVERS - LS FITNESS	Senior Feminino	01:08:00	+33:29	06:48
152	212	Beatriz Lacerda do Rego Pimentel	Individual	Senior Feminino	01:08:02	+33:31	06:48
153	1059	Carina Isabel Filipe Sérvolo	Individual	Senior Feminino	01:08:08	+33:37	06:49
154	1094	Sara Pardilhó	Individual	Senior Feminino	01:09:15	+34:44	06:55
155	229	Cristina da Graça Winzheimer Pinheiro	Individual	Senior Feminino	01:10:23	+35:52	07:02
156	210	Bárbara Casquinha Azevedo Soares	Individual	Senior Feminino	01:10:23	+35:53	07:02
157	207	Ana Marques	Individual	Senior Feminino	01:10:28	+35:57	07:03
158	77	Joana Ferreira	Team Isabel Silva	Senior Feminino	01:10:45	+36:14	07:05
159	942	Karla Oliveira	Clube Desportivo Feirense	Senior Feminino	01:11:15	+36:45	07:08
160	242	Joana Isabel Silva Almeida	Individual	Senior Feminino	01:11:24	+36:54	07:08
161	727	Francisca Rodrigues	RUNNING ESPINHO	Senior Feminino	01:11:32	+37:02	07:09
162	1084	Maria Miguel Vaz	Individual	Senior Feminino	01:11:34	+37:04	07:09
163	704	Lara Gonçalves	Os Marretas	Senior Feminino	01:14:10	+39:39	07:25
164	1540	Maria Inês Brandão	Ratos do Asfalto	Senior Feminino	01:15:47	+41:16	07:35
165	166	Jennifer Oliveira	Fitness Factory Espinho	Senior Feminino	01:18:39	+44:08	07:52
166	726	Flávia Tinoco	RUNNING ESPINHO	Senior Feminino	01:19:53	+45:22	07:59
167	269	Vanessa Sofia Fernandes Brito Lopes Peixoto	Individual	Senior Feminino	01:20:13	+45:42	08:01
168	1072	Inês Coutinho	Individual	Senior Feminino	01:20:47	+46:16	08:05
169	201	Ana Cristina Pereira	Individual	Senior Feminino	01:23:02	+48:32	08:18
170	724	Alice Rosario Cantarrilha Apolonia	RUNNING ESPINHO	Senior Feminino	01:23:03	+48:32	08:18
171	217	Carla Lopes	Individual	Senior Feminino	01:23:36	+49:05	08:22

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

172	1051	Ana Rita Sousa	Individual	Senior Feminino	01:24:10	+49:40	08:25
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Senior Masculino

1	12	Nuno lopes	VITORIA FUTEBOL CLUBE	Senior Masculino	30:37		03:04
2	11	Ricardo Pereira	EV/PERALTAFIL	Senior Masculino	30:41	+00:04	03:04
3	18	João Almeida	RECREIO DESPORTIVO DE ÁGUEDA	Senior Masculino	30:44	+00:06	03:04
4	25	Avelino sangahanle	VITORIA FUTEBOL CLUBE	Senior Masculino	31:06	+00:28	03:07
5	26	Filipe Ferreira	ACR de Vale de Cambra	Senior Masculino	31:41	+01:04	03:10
6	22	Tiago Madureira	Vitória	Senior Masculino	32:02	+01:25	03:12
7	7	Gil Maia	S.c.Espinho/António Leitão	Senior Masculino	32:13	+01:35	03:13
8	81	Fabio Barbosa	AD Marco 09	Senior Masculino	32:24	+01:46	03:14
9	78	Steven Sá	Running Doctors	Senior Masculino	32:31	+01:53	03:15
10	52	Angelo Pereira	S.c.Espinho/António Leitão	Senior Masculino	32:37	+02:00	03:16
11	62	SERGIO PAIVA	Clube Atletismo de Ovar	Senior Masculino	32:41	+02:04	03:16
12	70	RENATO SOUSA	EV/PERALTAFIL	Senior Masculino	33:10	+02:33	03:19
13	44	Mário Ibarra	G.D.A RONDA	Senior Masculino	33:38	+03:01	03:22
14	35	Jorge Cubal	G.D.Guilhovai	Senior Masculino	33:42	+03:05	03:22
15	71	PEDRO MAGALHÃES	EV/PERALTAFIL	Senior Masculino	34:00	+03:22	03:24
16	51	João Sousa	S.c.Espinho/António Leitão	Senior Masculino	34:21	+03:44	03:26
17	47	Hugo Moreira	S.c.Espinho/António Leitão	Senior Masculino	34:30	+03:53	03:27
18	1200	Ricardo Vieira	Individual	Senior Masculino	34:46	+04:08	03:29
19	275	André Almeida	Individual	Senior Masculino	34:46	+04:08	03:29
20	37	Daniel Silva	RunRiver - Escola Atletismo de Rio Tinto	Senior Masculino	34:56	+04:18	03:30
21	1150	João Freitas	Individual	Senior Masculino	35:13	+04:36	03:31
22	56	Ricardo Gomes	Clube Desportivo Feirense	Senior Masculino	35:18	+04:40	03:32
23	42	João Trigueiros	S.c.Espinho/António Leitão	Senior Masculino	35:25	+04:48	03:33
24	1003	Hugo Ferreira	G.D.A RONDA	Senior Masculino	35:32	+04:54	03:33
25	4	Hugo Daniel Santos	S.C.SALGUEIROS	Senior Masculino	35:38	+05:00	03:34
26	1130	Eusébio Oliveira	Individual	Senior Masculino	35:38	+05:00	03:34
27	27	Marco Pinho	ACR de Vale de Cambra	Senior Masculino	35:47	+05:09	03:35
28	20	Tiago Maia	Sporting Club Espinho Triatlo	Senior Masculino	35:47	+05:09	03:35
29	1142	igor khрупin	Individual	Senior Masculino	35:50	+05:13	03:35
30	104	Ricardo Marafuz	ARVOR ASSOCIAÇÃO RECREATIVA OS VETERANOS D 'OVAR	Senior Masculino	36:04	+05:26	03:36
31	72	Marco André Bernardes Marques	Individual	Senior Masculino	36:05	+05:27	03:36
32	30	Tiago Ferreira	Clube Spiridon de Gaia	Senior Masculino	36:08	+05:30	03:37
33	1193	Pedro de Sousa Martins	Individual	Senior Masculino	36:25	+05:47	03:38
34	103	Jorge Valente	ARVOR ASSOCIAÇÃO RECREATIVA OS VETERANOS D 'OVAR	Senior Masculino	36:44	+06:07	03:40
35	1191	Pedro Alves	Individual	Senior Masculino	36:50	+06:12	03:41
36	310	Fabio Sousa	Individual	Senior Masculino	36:54	+06:17	03:41

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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37	1031	Marcelo Prata	Grupo Desportivo e Cultural de Castelo de Paiva	Senior Masculino	36:57	+06:20	03:42
38	1207	Rui Pedro Ferreira Gala	Individual	Senior Masculino	36:58	+06:21	03:42
39	1144	Lúri Silva	Individual	Senior Masculino	37:24	+06:46	03:44
40	312	Filipe Barros	Individual	Senior Masculino	37:30	+06:52	03:45
41	827	ANDRÉ PINA	A.D.GRIJÓ A CORRER	Senior Masculino	37:32	+06:55	03:45
42	729	JOÃO MIGUEL PEREIRA LEITE	RUNNING ESPINHO	Senior Masculino	37:32	+06:55	03:45
43	1198	Ricardo Areias	Individual	Senior Masculino	37:42	+07:05	03:46
44	316	Francisco Dias	Individual	Senior Masculino	37:44	+07:07	03:46
45	33	André Santos	GDC Codal Vale de Cambra	Senior Masculino	37:46	+07:08	03:47
46	328	Igor André Almeida Ribeiro	Individual	Senior Masculino	37:48	+07:10	03:47
47	1628	Rui Freitas	Sport Comércio e Salgueiros	Senior Masculino	37:55	+07:18	03:48
48	897	Ricardo Pais	Caldas S. Jorge Sport Clube	Senior Masculino	38:00	+07:23	03:48
49	17	Luis Mendes	G.D.Guilhovai	Senior Masculino	38:15	+07:37	03:49
50	899	Tiago Oliveira	Caldas S. Jorge Sport Clube	Senior Masculino	38:16	+07:39	03:50
51	79	Jorge Filipe Santos Gonçalves	Individual	Senior Masculino	38:20	+07:43	03:50
52	1043	Emanuel Silva	HMS	Senior Masculino	38:26	+07:48	03:51
53	1602	Pedro Cardoso	S.c.Espinho/António Leitão	Senior Masculino	38:32	+07:54	03:51
54	315	Flávio Cunha	Individual	Senior Masculino	38:35	+07:57	03:51
55	985	Fábio Almeida	Family4syte	Senior Masculino	38:35	+07:58	03:52
56	1158	Jorge Lima	Individual	Senior Masculino	39:06	+08:29	03:55
57	1109	Anton Silenin	Individual	Senior Masculino	39:07	+08:30	03:55
58	1210	Sérgio Pereira	Individual	Senior Masculino	39:11	+08:34	03:55
59	1576	Jorge Nunes	RUNNING ESPINHO	Senior Masculino	39:16	+08:38	03:56
60	1566	Marco Pires	Running Doctors	Senior Masculino	39:17	+08:40	03:56
61	1484	Pedro Matos	Lourosa Em Movimento	Senior Masculino	39:24	+08:47	03:56
62	336	João Andrade	Individual	Senior Masculino	39:28	+08:50	03:57
63	1151	João Oliveira	Individual	Senior Masculino	39:31	+08:53	03:57
64	363	Nuno Miguel Martins	Individual	Senior Masculino	39:34	+08:56	03:57
65	1132	Fernando Marinho	Individual	Senior Masculino	39:37	+08:59	03:58
66	1001	Daniel Ferreira	G. D. S. Oleiros	Senior Masculino	39:39	+09:01	03:58
67	274	André Aires	Individual	Senior Masculino	39:41	+09:03	03:58
68	309	Fábio Correia	Individual	Senior Masculino	39:51	+09:13	03:59
69	329	Igor Gaio	Individual	Senior Masculino	39:52	+09:14	03:59
70	1111	António Gonçalves	Individual	Senior Masculino	39:53	+09:15	03:59
71	1186	Nuno Fernandes	Individual	Senior Masculino	39:54	+09:16	03:59
72	325	Hugo Fernandes	Individual	Senior Masculino	39:54	+09:16	03:59
73	1180	Miguel Rodrigues	Individual	Senior Masculino	39:58	+09:21	04:00
74	1524	Pedro Pinto	Pastello Runners	Senior Masculino	40:01	+09:24	04:00
75	389	Samuel cunha	Individual	Senior Masculino	40:02	+09:24	04:00
76	317	Francisco Travssos	Individual	Senior Masculino	40:04	+09:26	04:00
77	910	Tomé Rodrigues	CDC Macieira de Cambra	Senior Masculino	40:04	+09:27	04:00
78	290	Daniel Cardoso	Individual	Senior Masculino	40:05	+09:28	04:01
79	1608	Diogo Migueis	S.c.Espinho/António Leitão	Senior Masculino	40:07	+09:29	04:01
80	1184	Nuno Albergaria	Individual	Senior Masculino	40:16	+09:39	04:02
81	1126	Diogo Gonçalves	Individual	Senior Masculino	40:19	+09:42	04:02
82	1123	David Maia	Individual	Senior Masculino	40:22	+09:44	04:02

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 - 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

83	402	Vitor Santos	Individual	Senior Masculino	40:23	+09:45	04:02
84	837	Jose Luis Martins de Oliveira	A.E.J. Triatlo	Senior Masculino	40:28	+09:51	04:03
85	102	Daniel Vieira	ARVOR ASSOCIAÇÃO RECREATIVA OS VETERANOS D 'OVAR	Senior Masculino	40:39	+10:01	04:04
86	1185	nuno costa	Individual	Senior Masculino	40:41	+10:04	04:04
87	1106	André Correia	Individual	Senior Masculino	40:59	+10:21	04:06
88	996	Afonso Silva	Fogaças com Malapos	Senior Masculino	41:05	+10:27	04:06
89	898	Samuel Marques	Caldas S. Jorge Sport Clube	Senior Masculino	41:05	+10:27	04:06
90	378	Rafael Bravo	Individual	Senior Masculino	41:10	+10:33	04:07
91	1657	Milton Silva	URIAH	Senior Masculino	41:14	+10:37	04:07
92	1146	Ivo Petiz	Individual	Senior Masculino	41:22	+10:44	04:08
93	338	João Campos	Individual	Senior Masculino	41:23	+10:45	04:08
94	1575	Carlos Jesus	RUNNING ESPINHO	Senior Masculino	41:27	+10:49	04:09
95	298	Diogo Barge	Individual	Senior Masculino	41:28	+10:50	04:09
96	1578	Tiago Rosa	RUNNING ESPINHO	Senior Masculino	41:28	+10:50	04:09
97	767	Tiago Neto	TEN TEAM	Senior Masculino	41:33	+10:56	04:09
98	1649	Nuno Silva	The Newbies	Senior Masculino	41:39	+11:02	04:10
99	61	CELSO LEITE	Clube Atletismo de Ovar	Senior Masculino	41:41	+11:04	04:10
100	1482	DUARTE Eira	Lobos do Brunheiro de Chaves/Anteros	Senior Masculino	41:42	+11:05	04:10
101	355	Luis Miguel Quintas Alves Alves	Individual	Senior Masculino	41:47	+11:10	04:11
102	1197	Renato Seara	Individual	Senior Masculino	41:50	+11:13	04:11
103	1128	Eduardo Cunha	Individual	Senior Masculino	41:51	+11:14	04:11
104	1173	Marco Almeida	Individual	Senior Masculino	41:52	+11:14	04:11
105	1171	Luís Santiago	Individual	Senior Masculino	41:56	+11:18	04:12
106	69	HELDER PIRES	EV/PERALTAFIL	Senior Masculino	41:57	+11:20	04:12
107	1176	Marco Campos	Individual	Senior Masculino	42:00	+11:23	04:12
108	350	jose mendes	Individual	Senior Masculino	42:03	+11:25	04:12
109	1201	Ricardo Wang	Individual	Senior Masculino	42:05	+11:27	04:12
110	1192	Pedro Conceição	Individual	Senior Masculino	42:09	+11:31	04:13
111	1147	Jaime Fernando Almeida Ferreira	Individual	Senior Masculino	42:10	+11:33	04:13
112	681	Ricardo Moreira	Lourosa Em Movimento	Senior Masculino	42:11	+11:34	04:13
113	301	Diogo José da Rocha Coelho	Individual	Senior Masculino	42:21	+11:44	04:14
114	1483	Nuno Santos	Lourosa Em Movimento	Senior Masculino	42:25	+11:47	04:15
115	280	Armando Peixoto	Individual	Senior Masculino	42:28	+11:50	04:15
116	1175	Marco Balsinha	Individual	Senior Masculino	42:30	+11:53	04:15
117	349	José Magalhães	Individual	Senior Masculino	42:41	+12:04	04:16
118	1661	Paulo Camboa	Zero2hero	Senior Masculino	42:47	+12:09	04:17
119	1535	Pedro Machado	PM studio	Senior Masculino	42:51	+12:13	04:17
120	1160	José Alves	Individual	Senior Masculino	42:56	+12:18	04:18
121	341	João Fernandes	Individual	Senior Masculino	42:57	+12:20	04:18
122	1203	Rúben Araújo	Individual	Senior Masculino	42:59	+12:21	04:18
123	1539	José Pereira	Qxuno	Senior Masculino	43:01	+12:23	04:18
124	974	Miguel Magalhães	Douroconta- Gabinete de Apoio e Contabilidade, Lda	Senior Masculino	43:06	+12:28	04:19
125	682	Ricardo Ramos	Lourosa Em Movimento	Senior Masculino	43:06	+12:29	04:19
126	1214	Tiago Reitor	Individual	Senior Masculino	43:09	+12:32	04:19

Official Timekeeper: Lap2Go	7 / 33	generate 07-jan.-2024 11:28
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Prova Principal

10 KM

OFFICIAL RESULT

127	1188	Nuno Reis	Individual	Senior Masculino	43:12	+12:34	04:19
128	343	João Martins	Individual	Senior Masculino	43:14	+12:36	04:19
129	380	Renato Silva	Individual	Senior Masculino	43:18	+12:40	04:20
130	1648	Marcelo Teixeira	The Newbies	Senior Masculino	43:18	+12:41	04:20
131	1623	Rui Santos	Sport Clube Freamunde	Senior Masculino	43:18	+12:41	04:20
132	884	Bruno Ferreira	Boa Onda	Senior Masculino	43:21	+12:43	04:20
133	46	Ricardo Barros	S.c.Espinho/António Leitão	Senior Masculino	43:21	+12:44	04:20
134	1167	José Sousa	Individual	Senior Masculino	43:23	+12:46	04:20
135	391	Sérgio Mendes	Individual	Senior Masculino	43:28	+12:50	04:21
136	314	Filipe Pereira	Individual	Senior Masculino	43:39	+13:02	04:22
137	288	Carlos Rocha	Individual	Senior Masculino	43:50	+13:13	04:23
138	164	RICARDO BASTOS DOS SANTOS	FAMILIA BORGES E BASTOS	Senior Masculino	43:52	+13:14	04:23
139	153	RAFAEL JESUS	EV/PERALTAFIL	Senior Masculino	44:00	+13:22	04:24
140	366	Paulo Ricardo Pereira da Costa	Individual	Senior Masculino	44:00	+13:23	04:24
141	748	David Cruz	Silgueiros Runners	Senior Masculino	44:01	+13:23	04:24
142	278	André Pinho	Individual	Senior Masculino	44:04	+13:26	04:24
143	91	Marco António da Silva Soares	ACR de Vale de Cambra	Senior Masculino	44:06	+13:29	04:25
144	1195	Pedro Walgode	Individual	Senior Masculino	44:09	+13:32	04:25
145	966	Bruno Cunha	Cunha	Senior Masculino	44:16	+13:38	04:26
146	1107	André Rocha	Individual	Senior Masculino	44:16	+13:38	04:26
147	1129	Eduardo Gonçalves de Souza	Individual	Senior Masculino	44:19	+13:41	04:26
148	1138	Helder de Oliveira Mendes	Individual	Senior Masculino	44:21	+13:44	04:26
149	1044	Pedro Sá	HMS	Senior Masculino	44:23	+13:46	04:26
150	1105	Álvaro Alexandre Ferreira Duarte	Individual	Senior Masculino	44:24	+13:47	04:26
151	1169	Luís Claro	Individual	Senior Masculino	44:26	+13:48	04:27
152	289	Carlos Rodrigues	Individual	Senior Masculino	44:32	+13:54	04:27
153	372	Pedro Miguel Santos Monteiro	Individual	Senior Masculino	44:33	+13:55	04:27
154	1629	Bruno Filipe Cardoso Pereira	Sporting Club Espinho Triatlo	Senior Masculino	44:39	+14:02	04:28
155	1182	Mike Paiva	Individual	Senior Masculino	44:43	+14:05	04:28
156	151	BRUNO CABRAL	EV/PERALTAFIL	Senior Masculino	44:46	+14:09	04:29
157	297	Diogo Alves	Individual	Senior Masculino	44:57	+14:19	04:30
158	85	Tiago Neves	42RUN	Senior Masculino	45:08	+14:30	04:31
159	1139	Helder Sousa	Individual	Senior Masculino	45:11	+14:34	04:31
160	295	Daniel Silva	Individual	Senior Masculino	45:12	+14:34	04:31
161	785	DIOGO MANUEL DIAS RODRIGUES	THE BELIEVERS - LS FITNESS	Senior Masculino	45:16	+14:38	04:32
162	1647	André Loureiro Vieira de Castro	THE BELIEVERS - LS FITNESS	Senior Masculino	45:17	+14:39	04:32
163	365	Nuno Pinho	Individual	Senior Masculino	45:22	+14:44	04:32
164	319	Gonçalo Pedrosa Pinto	Individual	Senior Masculino	45:26	+14:48	04:33
165	1165	José Pinho	Individual	Senior Masculino	45:35	+14:57	04:33
166	398	Tiago Vaz	Individual	Senior Masculino	45:36	+14:59	04:34
167	1168	Luis Alves	Individual	Senior Masculino	45:44	+15:06	04:34
168	1120	Claudio Seixas	Individual	Senior Masculino	45:46	+15:08	04:35
169	801	Bruno Gil	Toupeirinhas	Senior Masculino	45:50	+15:13	04:35
170	1135	Francisco Torres	Individual	Senior Masculino	45:53	+15:15	04:35
171	1164	José Oliveira	Individual	Senior Masculino	45:54	+15:16	04:35
172	1156	João Ricardo de Sá Chambel	Individual	Senior Masculino	46:05	+15:28	04:37

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

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

173	1114	Bruno Ribeiro	Individual	Senior Masculino	46:07	+15:29	04:37
174	384	Ricardo Nogueira Filho	Individual	Senior Masculino	46:13	+15:35	04:37
175	1544	Carlos Reis	RE3	Senior Masculino	46:19	+15:41	04:38
176	128	Rui Camelo	Cinfães a Correr	Senior Masculino	46:19	+15:41	04:38
177	1187	Nuno Fernandes	Individual	Senior Masculino	46:25	+15:47	04:38
178	807	José Soares	77 team	Senior Masculino	46:25	+15:48	04:39
179	1002	Helder Robalinho	G.D.A RONDA	Senior Masculino	46:27	+15:50	04:39
180	331	Ivo Pais	Individual	Senior Masculino	46:30	+15:53	04:39
181	354	Luís Miguel Oliveira da Silva	Individual	Senior Masculino	46:31	+15:53	04:39
182	912	Ricardo Ferreira	Centro Cultural D. T. da STCP	Senior Masculino	46:36	+15:59	04:40
183	332	Ivo Soares	Individual	Senior Masculino	46:47	+16:10	04:41
184	784	Carlos Pinho	THE BELIEVERS - LS FITNESS	Senior Masculino	46:49	+16:12	04:41
185	388	Rodrigo Gonzaga	Individual	Senior Masculino	47:00	+16:22	04:42
186	356	Luís Pereira	Individual	Senior Masculino	47:06	+16:29	04:43
187	293	Daniel Pereira	Individual	Senior Masculino	47:08	+16:30	04:43
188	287	Carlos Manuel Silva Oliveira	Individual	Senior Masculino	47:08	+16:30	04:43
189	299	Diogo Castro Ferreira de Lima Lourosa	Individual	Senior Masculino	47:12	+16:35	04:43
190	728	Eddy Costa	RUNNING ESPINHO	Senior Masculino	47:15	+16:37	04:43
191	173	Luis Costa	G.D.A RONDA	Senior Masculino	47:21	+16:44	04:44
192	304	Edgar Rodrigues	Individual	Senior Masculino	47:29	+16:52	04:45
193	1211	Tiago Coelho	Individual	Senior Masculino	47:39	+17:01	04:46
194	1217	Valter Andrade	Individual	Senior Masculino	47:44	+17:07	04:46
195	348	José Carlos Almeida	Individual	Senior Masculino	47:47	+17:09	04:47
196	385	Ricardo Santos	Individual	Senior Masculino	47:52	+17:14	04:47
197	680	Ricardo Duarte	Lourosa Em Movimento	Senior Masculino	47:53	+17:16	04:47
198	1125	Diogo Freitas	Individual	Senior Masculino	47:54	+17:17	04:47
199	1559	Marcelo Daneil Dias da Silva	RMPC Team	Senior Masculino	47:56	+17:18	04:48
200	1116	Carlos Fortes	Individual	Senior Masculino	48:19	+17:42	04:50
201	1133	Filipe Fonseca	Individual	Senior Masculino	48:23	+17:45	04:50
202	367	Pedro Alexandre Fernandes Teixeira	Individual	Senior Masculino	48:25	+17:48	04:51
203	401	Vicente i	Individual	Senior Masculino	48:28	+17:50	04:51
204	357	Luís Roberto Iglésias	Individual	Senior Masculino	48:28	+17:51	04:51
205	986	Fábio Almeida	Family4syte	Senior Masculino	48:36	+17:59	04:52
206	1684	Gerson Marques	RUNNING ESPINHO	Senior Masculino	48:38	+18:01	04:52
207	305	Edgar Silva	Individual	Senior Masculino	48:40	+18:02	04:52
208	765	Bernardo Neves	Team Isabel Silva	Senior Masculino	48:41	+18:04	04:52
209	1526	Carlos Resende	Pernas de Pau	Senior Masculino	48:43	+18:05	04:52
210	976	Daniel Ferraz	DT17	Senior Masculino	48:50	+18:12	04:53
211	761	António Moreira	Taylor's	Senior Masculino	48:50	+18:13	04:53
212	1527	Pedro Rocha	Pernas de Pau	Senior Masculino	48:51	+18:14	04:53
213	150	Pedro Silva	EscapeTOP	Senior Masculino	48:53	+18:16	04:53
214	149	José Silva	EscapeTOP	Senior Masculino	48:53	+18:16	04:53
215	353	Lucas Silva	Individual	Senior Masculino	48:54	+18:16	04:53
216	1163	José Oliveira	Individual	Senior Masculino	48:54	+18:17	04:53
217	333	Jacinto Pereira	Individual	Senior Masculino	48:55	+18:17	04:53
218	327	Hugo Teixeira	Individual	Senior Masculino	48:59	+18:21	04:54

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

219	1124	Diogo Alves	Individual	Senior Masculino	49:00	+18:22	04:54
220	285	Carlos Filipe Meira Ramos	Individual	Senior Masculino	49:00	+18:22	04:54
221	1134	Francisco Manuel Teixeira Marques	Individual	Senior Masculino	49:20	+18:42	04:56
222	1104	Alexandre Cruz	Individual	Senior Masculino	49:24	+18:47	04:56
223	1170	Luís Correia	Individual	Senior Masculino	49:28	+18:50	04:57
224	1110	António Gaioso	Individual	Senior Masculino	49:29	+18:51	04:57
225	808	Nuno Santos Rocha	77 team	Senior Masculino	49:33	+18:55	04:57
226	709	André Pinto	Os Pintos	Senior Masculino	49:38	+19:01	04:58
227	396	Tiago Rodrigues	Individual	Senior Masculino	49:43	+19:06	04:58
228	1161	José Garrido	Individual	Senior Masculino	49:44	+19:06	04:58
229	1149	Joao Figueiredo	Individual	Senior Masculino	49:44	+19:07	04:58
230	1213	Tiago Oliveira	Individual	Senior Masculino	49:49	+19:12	04:59
231	334	Jamisson Ramos Ferreira	Individual	Senior Masculino	49:56	+19:18	05:00
232	196	Antonio Martins	Grupo Juvenil Pinheiro da Bemposta	Senior Masculino	49:56	+19:19	05:00
233	306	Elder Alexander Pepino Neves	Individual	Senior Masculino	49:57	+19:19	05:00
234	195	Pedro Jerónimo	Grupo Desportivo dos Outeiros	Senior Masculino	49:59	+19:22	05:00
235	387	Rodrigo Alves dos Santos	Individual	Senior Masculino	50:01	+19:24	05:00
236	322	Helder Rodrigues	Individual	Senior Masculino	50:03	+19:25	05:00
237	1118	Carlos Mora	Individual	Senior Masculino	50:06	+19:28	05:01
238	300	Diogo Daniel Lopes Almeida	Individual	Senior Masculino	50:09	+19:31	05:01
239	1181	Miguel Pinto	Individual	Senior Masculino	50:18	+19:40	05:02
240	286	Carlos José Magalhães e Silva	Individual	Senior Masculino	50:20	+19:43	05:02
241	1636	Isaac Costa	SUPERMOUTI	Senior Masculino	50:22	+19:44	05:02
242	762	Diogo Magalhães	Taylors	Senior Masculino	50:29	+19:52	05:03
243	144	André Filipe dos Santos Rebelo	Eduart-. Componentes Calçado.	Senior Masculino	50:34	+19:56	05:03
244	400	Ulisses Oliveira	Individual	Senior Masculino	50:38	+20:01	05:04
245	1199	Ricardo Sousa	Individual	Senior Masculino	50:39	+20:01	05:04
246	708	Pedro Manuel Dias de Azevedo	Os Marretas	Senior Masculino	50:42	+20:04	05:04
247	374	Pedro Peniche	Individual	Senior Masculino	50:43	+20:06	05:04
248	1219	Victor Manuel dos Santos Silva	Individual	Senior Masculino	50:46	+20:09	05:05
249	1462	Americo Jorge Pereira da Costa	Juventude Cortegacense	Senior Masculino	50:49	+20:11	05:05
250	394	Tiago Cruz	Individual	Senior Masculino	50:49	+20:12	05:05
251	1194	Pedro Miguel Loureiro Mourão	Individual	Senior Masculino	50:52	+20:15	05:05
252	1463	Ivo Jose Moreira Valente	Juventude Cortegacense	Senior Masculino	50:59	+20:21	05:06
253	96	Pedro Amorim	amorins	Senior Masculino	51:04	+20:26	05:06
254	1215	Tony Lopes	Individual	Senior Masculino	51:07	+20:30	05:07
255	1464	Mario Fonseca	Juventude Cortegacense	Senior Masculino	51:12	+20:34	05:07
256	302	Diogo Machado	Individual	Senior Masculino	51:27	+20:50	05:09
257	379	Raúl Vivas	Individual	Senior Masculino	51:33	+20:56	05:09
258	279	André Silva	Individual	Senior Masculino	51:38	+21:01	05:10
259	1159	Jorge Miguel Ventura Faria	Individual	Senior Masculino	51:41	+21:04	05:10
260	347	Jorge Pedro Lourenço Gonçalves	Individual	Senior Masculino	51:46	+21:09	05:11
261	339	João Carvalho	Individual	Senior Masculino	52:02	+21:24	05:12
262	346	Jorge Daniel Lopes de Almeida	Individual	Senior Masculino	52:02	+21:25	05:12
263	303	Diogo Miguel Dinis Goncalves	Individual	Senior Masculino	52:02	+21:25	05:12
264	1179	Micael Martins	Individual	Senior Masculino	52:02	+21:25	05:12

Official Timekeeper: Lap2Go	10 / 33	generate 07-jan.-2024 11:28
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Prova Principal
10 KM
OFFICIAL RESULT

265	369	Pedro Araujo	Individual	Senior Masculino	52:07	+21:29	05:13
266	970	Diogo Filipe Costa Pinho	DF	Senior Masculino	52:10	+21:32	05:13
267	1113	Artur Ferreira	Individual	Senior Masculino	52:11	+21:33	05:13
268	1155	João Ribeiro	Individual	Senior Masculino	52:11	+21:33	05:13
269	364	Nuno Monteiro	Individual	Senior Masculino	52:17	+21:40	05:14
270	390	Sergio Daniel Almeida	Individual	Senior Masculino	52:35	+21:58	05:16
271	1451	Ricardo Reis	JAM - Juventude Atlética Mouselense	Senior Masculino	52:47	+22:09	05:17
272	1189	Nuno Sousa	Individual	Senior Masculino	52:47	+22:09	05:17
273	335	João Adolpho Bredariol Maron	Individual	Senior Masculino	52:48	+22:10	05:17
274	1140	Hugo Filipe Rodrigues de Ataíde	Individual	Senior Masculino	52:57	+22:20	05:18
275	878	Jonas Maia	BIGODES DE TINTO	Senior Masculino	53:05	+22:27	05:18
276	370	Pedro Campos	Individual	Senior Masculino	53:12	+22:34	05:19
277	184	André Machado	Goodshape	Senior Masculino	53:21	+22:43	05:20
278	273	Alvaro Miguel Nunes Ferreira	Individual	Senior Masculino	53:25	+22:47	05:20
279	1510	António Carneiro	NIGHT Runners Feira	Senior Masculino	53:42	+23:05	05:22
280	381	Ricardo Castro	Individual	Senior Masculino	53:49	+23:11	05:23
281	292	Daniel Marques	Individual	Senior Masculino	53:53	+23:15	05:23
282	1465	Pedro Nuno Sousa Gomes	Juventude Cortegacense	Senior Masculino	53:58	+23:20	05:24
283	1519	Nuno Pereira	Os Margaridinhas	Senior Masculino	53:59	+23:21	05:24
284	119	Tiago Sousa	Boa Onda	Senior Masculino	54:00	+23:22	05:24
285	281	Bruno André Quintais Pinto	Individual	Senior Masculino	54:05	+23:27	05:24
286	1121	DANIEL COUTO	Individual	Senior Masculino	54:09	+23:31	05:25
287	828	RICARDO NEVES	A.D.GRIJÓ A CORRER	Senior Masculino	54:24	+23:46	05:26
288	1205	Rui Manuel Ribeiro Gonçalves	Individual	Senior Masculino	54:26	+23:49	05:27
289	786	JOEL SOUZA	THE BELIEVERS - LS FITNESS	Senior Masculino	54:28	+23:50	05:27
290	1218	Valter Miguel Pinto Alves	Individual	Senior Masculino	54:28	+23:51	05:27
291	120	José Rodrigues	Btt Alegria//Tubani	Senior Masculino	54:32	+23:54	05:27
292	110	Filipe Gonçalves	Atletas SAP	Senior Masculino	54:36	+23:58	05:28
293	313	Filipe Ferreira	Individual	Senior Masculino	54:37	+23:59	05:28
294	294	Daniel Serralva	Individual	Senior Masculino	54:47	+24:10	05:29
295	1143	Igor Meinedo	Individual	Senior Masculino	54:53	+24:15	05:29
296	1115	Bruno Seada	Individual	Senior Masculino	55:14	+24:37	05:31
297	710	Daniel Faria	Par Trovão	Senior Masculino	55:18	+24:40	05:32
298	368	Pedro Alves	Individual	Senior Masculino	55:35	+24:57	05:34
299	1558	Carlos Amado Lopes Fernandes	RMPC Team	Senior Masculino	55:37	+24:59	05:34
300	1545	Filipe Laranjeira	RE3	Senior Masculino	55:41	+25:04	05:34
301	1546	Pedro Silva	RE3	Senior Masculino	55:41	+25:04	05:34
302	307	Emanuel Ricardo Coimbra Quintas Brioso	Individual	Senior Masculino	55:50	+25:13	05:35
303	1523	Hélder Pinto	Os Pintos	Senior Masculino	56:00	+25:22	05:36
304	1183	Nelson Lopes	Individual	Senior Masculino	56:02	+25:24	05:36
305	955	Tiago Moreira	Confessionário	Senior Masculino	56:04	+25:26	05:36
306	1616	Joaquim Melo	Serviços Sociais Montepio	Senior Masculino	56:09	+25:32	05:37
307	340	João Cerqueira	Individual	Senior Masculino	56:16	+25:38	05:38
308	373	Pedro Miguel Sousa Alves Carvalho	Individual	Senior Masculino	56:20	+25:43	05:38
309	1148	Joao Bayer	Individual	Senior Masculino	56:23	+25:45	05:38

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

310	712	Rui Miguel Melo Coelho	Partimpim	Senior Masculino	56:28	+25:50	05:39
311	345	João Vilaça	Individual	Senior Masculino	56:29	+25:52	05:39
312	1152	João Palmeiro	Individual	Senior Masculino	56:32	+25:54	05:39
313	324	Henrique Pires	Individual	Senior Masculino	57:00	+26:23	05:42
314	711	Pedro Santos	Par Trovão	Senior Masculino	57:08	+26:31	05:43
315	1656	António Carvalho	URIAH	Senior Masculino	57:09	+26:31	05:43
316	320	Heberth Nascimento	Individual	Senior Masculino	57:34	+26:56	05:45
317	1567	Luís Oliveira	Running Esmoriz	Senior Masculino	57:36	+26:58	05:46
318	1653	Vasco Custódio	Toupeirinhas	Senior Masculino	57:51	+27:13	05:47
319	397	Tiago Teles	Individual	Senior Masculino	57:52	+27:15	05:47
320	1122	Daniel Peixoto Tavares	Individual	Senior Masculino	57:56	+27:18	05:48
321	399	Tiago Vieira	Individual	Senior Masculino	58:22	+27:44	05:50
322	152	NUNO DAVID	EV/PERALTAFIL	Senior Masculino	58:22	+27:45	05:50
323	1650	Pedro Martins	TO NA PISTA	Senior Masculino	58:22	+27:45	05:50
324	376	Pedro Queirós	Individual	Senior Masculino	58:27	+27:49	05:51
325	954	Ricardo Freitas	Confessionário	Senior Masculino	58:59	+28:21	05:54
326	688	Emanuel Silva	Milk Brothers	Senior Masculino	59:13	+28:35	05:55
327	358	Manuel Alves	Individual	Senior Masculino	59:26	+28:49	05:57
328	386	Richard Ferreira	Individual	Senior Masculino	59:31	+28:53	05:57
329	1604	Rui Pinto		Senior Masculino	59:39	+29:02	05:58
330	995	Daniel Barge	FisioZen	Senior Masculino	59:55	+29:17	05:59
331	185	Jorge Monteiro	Goodshape	Senior Masculino	59:59	+29:21	06:00
332	344	João Pedro pereira	Individual	Senior Masculino	01:00:08	+29:30	06:01
333	392	Simão Pedro Costa Pereira	Individual	Senior Masculino	01:00:28	+29:50	06:03
334	308	Everaldo Crispim Ribeiro Junior	Individual	Senior Masculino	01:00:43	+30:06	06:04
335	981	Renato Ramos	Eram para ir...	Senior Masculino	01:01:01	+30:24	06:06
336	980	Mauro Pinheiro	Eram para ir...	Senior Masculino	01:01:01	+30:24	06:06
337	1174	Marco André do Ourô Carvalho	Individual	Senior Masculino	01:01:11	+30:34	06:07
338	284	Caio Henrique de Oliveira Silva	Individual	Senior Masculino	01:01:30	+30:53	06:09
339	362	Miguel Pereira	Individual	Senior Masculino	01:02:11	+31:34	06:13
340	272	Afonso Miguel Magalhães Henriques	Individual	Senior Masculino	01:02:27	+31:49	06:15
341	1137	Gabriel Duarte	Individual	Senior Masculino	01:02:43	+32:05	06:16
342	1543	Bruno Cardoso	RE3	Senior Masculino	01:02:50	+32:12	06:17
343	1119	Christofer Santos	Individual	Senior Masculino	01:03:13	+32:35	06:19
344	360	Matheus Soares	Individual	Senior Masculino	01:03:17	+32:40	06:20
345	359	Manuel Valente	Individual	Senior Masculino	01:03:20	+32:43	06:20
346	1127	Diogo Vieira	Individual	Senior Masculino	01:03:25	+32:47	06:20
347	1491	Diogo Silva	McDonald's	Senior Masculino	01:03:41	+33:03	06:22
348	1131	Fábio Longo	Individual	Senior Masculino	01:04:08	+33:30	06:25
349	1162	José Lírio Castro	Individual	Senior Masculino	01:04:47	+34:10	06:29
350	395	Tiago Pinho	Individual	Senior Masculino	01:05:20	+34:42	06:32
351	817	Daniel Lopes	A. D. RIO LARGO C. ESPINHO	Senior Masculino	01:05:23	+34:46	06:32
352	906	Hélder Maia	Cantabria Labs Running Team	Senior Masculino	01:06:05	+35:27	06:36
353	326	Hugo Machado	Individual	Senior Masculino	01:06:17	+35:39	06:38
354	352	Leonel Filipe Santos Patrício	Individual	Senior Masculino	01:06:23	+35:46	06:38
355	186	Ricardo Gouveia	Goodshape	Senior Masculino	01:06:44	+36:07	06:40

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

356	383	Ricardo Luís Pinto Basto Alves	Individual	Senior Masculino	01:07:45	+37:07	06:47
357	282	Bruno Oliveira	Individual	Senior Masculino	01:09:09	+38:31	06:55
358	1166	José Santos	Individual	Senior Masculino	01:09:15	+38:38	06:56
359	707	José Taborda	Os Marretas	Senior Masculino	01:10:14	+39:36	07:01
360	1577	Nuno Garcia	RUNNING ESPINHO	Senior Masculino	01:10:25	+39:48	07:03
361	276	André Matos	Individual	Senior Masculino	01:11:15	+40:37	07:07
362	997	Hélder Matos	Fogaças com Malapos	Senior Masculino	01:11:21	+40:43	07:08
363	1206	Rui Manuel Valente Rodrigues Nunes	Individual	Senior Masculino	01:11:37	+41:00	07:10
364	342	João Filipe Pinto	Individual	Senior Masculino	01:13:19	+42:41	07:20
365	1177	Marco Couto	Individual	Senior Masculino	01:13:27	+42:49	07:21
366	907	Rui Santos	Cantabria Labs Running Team	Senior Masculino	01:17:44	+47:06	07:46
367	1108	André Silva	Individual	Senior Masculino	01:20:46	+50:08	08:05
368	296	Daniel Solaja	Individual	Senior Masculino	01:20:47	+50:09	08:05
369	337	João Caetano da Silva	Individual	Senior Masculino	01:21:27	+50:50	08:09

Sub 23 Feminino

1	84	Telma Pinho	Individual	Sub 23 Feminino	37:47		03:47
2	856	Lara Costa	ARADA ATLÉTICO CLUBE	Sub 23 Feminino	38:42	+00:55	03:52
3	131	INÉS CORREIA	Clube Desportivo Feirense	Sub 23 Feminino	46:27	+08:40	04:39
4	1643	Francisca Araújo	Team Barro	Sub 23 Feminino	50:17	+12:30	05:02
5	1603	Maria Monteiro	S.c.Espinho/António Leitão	Sub 23 Feminino	51:06	+13:19	05:07
6	405	Débora Filipa Cunha Costa	Individual	Sub 23 Feminino	54:23	+16:36	05:26
7	409	Laura Nave Carvalho	Individual	Sub 23 Feminino	54:34	+16:47	05:27
8	404	Daniela Soares	Individual	Sub 23 Feminino	55:47	+17:59	05:35
9	408	Juliana Bastos Costa	Individual	Sub 23 Feminino	56:03	+18:15	05:36
10	789	MARTA BARROS FERREIRA	THE BELIEVERS - LS FITNESS	Sub 23 Feminino	59:27	+21:40	05:57
11	1529	Viviana Pinho	Pernas de Pau	Sub 23 Feminino	01:03:41	+25:53	06:22
12	1637	Carolina Moutinho	SUPERMOUTI	Sub 23 Feminino	01:06:09	+28:21	06:37
13	742	Catarina Rocha	S.c.Espinho/António Leitão	Sub 23 Feminino	01:08:45	+30:58	06:53
14	1579	Flávia Catarino	RUNNING ESPINHO	Sub 23 Feminino	01:10:25	+32:38	07:03
15	1220	Mafalda Pereira dos Santos	Individual	Sub 23 Feminino	01:14:19	+36:31	07:26
16	1222	Sofia Coutinho	Individual	Sub 23 Feminino	01:20:47	+42:59	08:05

Sub 23 Masculino

1	127	Tiago Silva	CAP - Centro de Atletismo do Porto	Sub 23 Masculino	31:56		03:12
2	909	Guilherme Martins	CCSJM	Sub 23 Masculino	33:22	+01:25	03:20
3	48	Rui Ferreira	S.c.Espinho/António Leitão	Sub 23 Masculino	34:16	+02:20	03:26
4	50	Tiago Rosas	S.c.Espinho/António Leitão	Sub 23 Masculino	34:30	+02:33	03:27
5	1605	Márcio Dias	S.c.Espinho/António Leitão	Sub 23 Masculino	37:56	+05:59	03:48
6	424	Rodrigo Fernandes Pinhal	Individual	Sub 23 Masculino	40:06	+08:10	04:01
7	1032	Simão Mendes	Grupo Desportivo e Cultural de Castelo de Paiva	Sub 23 Masculino	42:10	+10:14	04:13

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 - 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

12	1485	Célia Santos	Lourosa Em Movimento	Veterana F40	47:23	+13:11	04:44
13	446	Sandra Rodrigues	Individual	Veterana F40	47:26	+13:13	04:45
14	829	PAULA OLIVEIRA	A.D.GRIJÓ A CORRER	Veterana F40	47:38	+13:25	04:46
15	1259	Sandra Pereira	Individual	Veterana F40	47:55	+13:42	04:47
16	1561	Céu Vilar	Run & Fun	Veterana F40	48:27	+14:14	04:51
17	1513	Sara Costa	Núcleo de Atletismo de Cucujães	Veterana F40	48:29	+14:16	04:51
18	1581	Orquídea Sousa	RUNNING ESPINHO	Veterana F40	48:34	+14:22	04:51
19	721	Sofia Miranda	Run4Pancakes	Veterana F40	48:49	+14:37	04:53
20	1238	Clara Gonçalves	Individual	Veterana F40	48:53	+14:40	04:53
21	75	Carla Ferreira	Team Isabel Silva	Veterana F40	49:47	+15:34	04:59
22	943	Sónia Beleza	Clube Desportivo Feirense	Veterana F40	50:07	+15:54	05:01
23	818	Susana Monteiro	A. D. RIO LARGO C. ESPINHO	Veterana F40	50:35	+16:22	05:04
24	757	Cristina Tavares	Tartarugas de Seixezelo	Veterana F40	51:14	+17:01	05:07
25	162	Vera Freitas	Familgia	Veterana F40	51:29	+17:16	05:09
26	847	Cláudia Gomes	AFISOVAR	Veterana F40	51:45	+17:32	05:10
27	868	Beta Santos	Bandalhos running	Veterana F40	51:51	+17:38	05:11
28	433	Cristiana Macedo	Individual	Veterana F40	51:56	+17:43	05:12
29	429	Anabela Barata	Individual	Veterana F40	51:57	+17:44	05:12
30	1263	Sónia Coelho	Individual	Veterana F40	52:01	+17:48	05:12
31	449	Sónia Isabel Gomes RAMOS	Individual	Veterana F40	52:31	+18:18	05:15
32	432	Carla Santos	Individual	Veterana F40	52:58	+18:45	05:18
33	1255	Maria João Freitas Varela	Individual	Veterana F40	53:13	+19:00	05:19
34	1239	Cláudia Pais	Individual	Veterana F40	53:19	+19:06	05:20
35	1243	Emília Ferreira	Individual	Veterana F40	53:19	+19:06	05:20
36	1041	Sonia Almeida	Guisande Trail Running	Veterana F40	53:36	+19:23	05:22
37	133	GRAÇA BELEZA	Clube Desportivo Feirense	Veterana F40	53:42	+19:29	05:22
38	439	Isabel Carvalho	Individual	Veterana F40	54:33	+20:20	05:27
39	720	Diana Ribeiro	Run4Pancakes	Veterana F40	54:58	+20:45	05:30
40	1624	Joaquina Silva	Sport Clube Freamunde	Veterana F40	55:22	+21:09	05:32
41	756	Céu Melo	Tartarugas de Seixezelo	Veterana F40	55:29	+21:16	05:33
42	447	Sofia Ferreira	Individual	Veterana F40	55:30	+21:17	05:33
43	1666	MARINA SOUSA	Clube do Pessoal das Águas de Gaia	Veterana F40	55:31	+21:18	05:33
44	843	Liliana Silva	ADR4 Estações	Veterana F40	55:44	+21:31	05:34
45	451	Susana Tavares	Individual	Veterana F40	55:50	+21:38	05:35
46	700	Catarina Sapage	Os Cansados	Veterana F40	56:08	+21:55	05:37
47	886	Mónica Silva	Boa Onda	Veterana F40	56:24	+22:12	05:38
48	713	Mércia Sofia Casal Henriques dos Santos	Partimpim	Veterana F40	56:28	+22:15	05:39
49	445	Rosa Rodrigues	Individual	Veterana F40	56:38	+22:25	05:40
50	755	Catarina Silva	Tartarugas de Seixezelo	Veterana F40	57:02	+22:49	05:42
51	431	Carla Manuela Pinto Lourenço	Individual	Veterana F40	57:04	+22:51	05:42
52	1253	Mércia Manuela Saraiva Pereira da Silva	Individual	Veterana F40	57:06	+22:53	05:43
53	106	Mónia Oliveira	As Lesmas	Veterana F40	57:14	+23:02	05:43
54	1467	Marcia Almeida Rola	Juventude Cortegacense	Veterana F40	57:18	+23:05	05:44
55	437	FILIPA RIBEIRO	Individual	Veterana F40	57:54	+23:41	05:47

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

OFFICIAL RESULT

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102	1250	Liliana Azevedo	Individual	Veterana F40	01:13:19	+39:06	07:20
103	1501	Alexandra Nicola	MN FITNESS STUDIO	Veterana F40	01:13:42	+39:29	07:22
104	792	Dora Alexandra da Silva Pinheiro	THE BELIEVERS - LS FITNESS	Veterana F40	01:15:33	+41:20	07:33
105	438	Helena Silva	Individual	Veterana F40	01:17:27	+43:14	07:45
106	1245	Iolanda Oliveira	Individual	Veterana F40	01:23:42	+49:30	08:22
107	842	Ana Ferreira	ADM-OriMondego	Veterana F40	01:23:43	+49:30	08:22

Veterana F50

1	1514	Regina Maria Gilvaz	Núcleo de Atletismo de Cucujães	Veterana F50	42:52		04:17
2	982	Júlia Conceição	F.C.Penafiel	Veterana F50	43:19	+00:26	04:20
3	1488	Fátima Santos	Lusitânia de Lourosa FC- Secção de Atletismo	Veterana F50	44:13	+01:20	04:25
4	917	Isabel Costa	Cirac - Circulo de Recreio Arte e Cultura	Veterana F50	44:38	+01:45	04:28
5	672	MATILDE BAPTISTA	JAM - Juventude Atlético Mozelense	Veterana F50	45:02	+02:09	04:30
6	454	carla maria reis de sa cardoso	Individual	Veterana F50	45:03	+02:10	04:30
7	1599	Helena Santos	RunRiver - Escola Atletismo de Rio Tinto	Veterana F50	47:25	+04:32	04:44
8	1654	Fernanda Rocha	Toupeirinhas	Veterana F50	49:06	+06:13	04:55
9	1271	Fernanda Ramalho	Individual	Veterana F50	49:26	+06:33	04:57
10	1013	Francisca Sampaio Freitas	Gazelles	Veterana F50	49:30	+06:37	04:57
11	916	Helena Silva	Cirac - Circulo de Recreio Arte e Cultura	Veterana F50	50:15	+07:22	05:02
12	121	Ana Pereira	C.F.O.Douro	Veterana F50	52:03	+09:10	05:12
13	820	Maria do Carmo Machado	A. D. RIO LARGO C. ESPINHO	Veterana F50	52:37	+09:44	05:16
14	890	ANA CASTRO	CAL - Clube Atletismo de Lamas	Veterana F50	53:10	+10:17	05:19
15	1569	Virgínia Costa	Running Esmoriz	Veterana F50	53:14	+10:22	05:19
16	979	Rosa Maria Oliveira Guedes Sousa Ferreira	EQUIPA A	Veterana F50	53:16	+10:23	05:20
17	452	Ana Leite	Individual	Veterana F50	54:07	+11:15	05:25
18	170	Nilda Magalhães	Foxs Runners Team	Veterana F50	54:20	+11:27	05:26
19	1568	Orquídea Gomes	Running Esmoriz	Veterana F50	55:35	+12:42	05:34
20	1279	Paula Melo	Individual	Veterana F50	55:43	+12:50	05:34
21	967	Paula Cunha	Cunha	Veterana F50	55:59	+13:06	05:36
22	1018	Eduarda Braga	GINASIO CLUBE DE BRAGANÇA	Veterana F50	56:23	+13:30	05:38
23	455	Dalila duarte	Individual	Veterana F50	56:46	+13:53	05:41
24	1268	Augusta Zenha	Individual	Veterana F50	57:07	+14:14	05:43
25	1283	Silvia Baptista	Individual	Veterana F50	57:24	+14:31	05:44
26	949	Cláudia Pimentel	CLUBE NOVO BANCO	Veterana F50	57:26	+14:33	05:45
27	1582	Fernanda Rocha	RUNNING ESPINHO	Veterana F50	57:36	+14:43	05:46
28	1479	Rosa Lidia Silva	Ligeirinhos	Veterana F50	58:43	+15:50	05:52
29	1272	Fernanda Sousa Monteiro	Individual	Veterana F50	58:56	+16:03	05:54
30	1282	Sandra Moreira	Individual	Veterana F50	59:08	+16:15	05:55
31	889	Margarida Neves	Bravos e Bravitas	Veterana F50	59:22	+16:29	05:56
32	1278	Olga Brandão	Individual	Veterana F50	59:25	+16:32	05:56
33	1273	Maria Manuel	Individual	Veterana F50	59:43	+16:50	05:58

Prova Principal**10 KM****OFFICIAL RESULT**

34	861	Susana Gomes	Arrifana Running	Veterana F50	01:00:12	+17:19	06:01
35	860	Paula Martins	Arrifana Running	Veterana F50	01:00:13	+17:20	06:01
36	1280	Raquel Pedrosa	Individual	Veterana F50	01:01:03	+18:10	06:06
37	733	Cristina Couto	RUNNING ESPINHO	Veterana F50	01:02:35	+19:42	06:15
38	458	Monica Corvaceira	Individual	Veterana F50	01:03:10	+20:17	06:19
39	1536	Susana Costa	PM studio	Veterana F50	01:03:10	+20:17	06:19
40	456	Herminia Oliveira	Individual	Veterana F50	01:03:29	+20:36	06:21
41	900	Maria valente	Caldas S. Jorge Sport Clube	Veterana F50	01:03:52	+20:59	06:23
42	874	Isabel Ventura	Beatriz dos Panos	Veterana F50	01:04:19	+21:26	06:26
43	731	Alexandra Soares	RUNNING ESPINHO	Veterana F50	01:04:24	+21:31	06:26
44	457	Maria Celeste Magalhães Sousa	Individual	Veterana F50	01:05:26	+22:34	06:33
45	179	Helena Correia	Gaia Running	Veterana F50	01:05:32	+22:40	06:33
46	794	MARIA MADALENA FORTUNA PINTO GUEDES	THE BELIEVERS - LS FITNESS	Veterana F50	01:06:46	+23:53	06:41
47	1583	Paula Fernandes	RUNNING ESPINHO	Veterana F50	01:06:55	+24:02	06:42
48	453	Ana Paula Rodrigues	Individual	Veterana F50	01:07:01	+24:08	06:42
49	768	Armanda Queiroz	TEN TEAM	Veterana F50	01:08:54	+26:01	06:53
50	1584	Sofia Martins	RUNNING ESPINHO	Veterana F50	01:10:39	+27:46	07:04
51	1004	Deolinda Ferreira	G.D.A RONDA	Veterana F50	01:11:20	+28:27	07:08
52	819	Margarida Machado	A. D. RIO LARGO C. ESPINHO	Veterana F50	01:13:16	+30:23	07:20
53	1275	Maribel Cardoso	Individual	Veterana F50	01:13:16	+30:23	07:20
54	1270	Dulce Correia	Individual	Veterana F50	01:13:20	+30:27	07:20
55	1281	Rosa Conceição	Individual	Veterana F50	01:13:22	+30:29	07:20
56	812	Margarida Quintela Santos	A TEAM AGEAS	Veterana F50	01:16:56	+34:03	07:42

Veterana F60

1	1664	Rosa Mota	Individual	Veterana F60	41:43		04:10
2	690	Rosa Pinto	Nascidos para Correr - Associação Desportiva	Veterana F60	44:34	+02:51	04:27
3	1450	Ana Maria Barbosa	Invicta Runners Team	Veterana F60	47:31	+05:48	04:45
4	1038	Paula Andrade	GRUPO DESPORTIVO FERROVIÁRIOS CAMPANHÃ	Veterana F60	48:06	+06:23	04:49
5	746	Maria Costa	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	Veterana F60	49:17	+07:34	04:56
6	1662	MARIA DA CONCEIÇÃO MOTA	Individual	Veterana F60	49:48	+08:05	04:59
7	1480	Deolinda Rosa Camarinha	Ligeirinhos	Veterana F60	52:50	+11:07	05:17
8	1029	Filomena Santos	GRUPO DESPORTIVO ASSEMPARK	Veterana F60	54:43	+13:00	05:28
9	462	Maria João Fernandes	Individual	Veterana F60	56:33	+14:50	05:39
10	460	Graça leite	Individual	Veterana F60	57:44	+16:01	05:46
11	464	Maria silva	Individual	Veterana F60	57:49	+16:06	05:47
12	463	Maria Pinto	Individual	Veterana F60	01:01:27	+19:44	06:09
13	1532	Rosa Bispo	Pernas Inertes lentos desde 2017	Veterana F60	01:04:54	+23:11	06:29
14	1284	Cristina Romariz	Individual	Veterana F60	01:05:12	+23:29	06:31
15	1285	Isabel Duarte	Individual	Veterana F60	01:07:19	+25:36	06:44
16	1449	Alice Guimarães	Invicta Runners Team	Veterana F60	01:07:31	+25:48	06:45

Prova Principal

10 KM

OFFICIAL RESULT

17	1448	Adelaide Horta	Invicta Runners Team	Veterana F60	01:08:36	+26:53	06:52
18	461	Maria Fátima Pereira	Individual	Veterana F60	01:13:15	+31:32	07:20
19	1286	Maria Alcina Moura	Individual	Veterana F60	01:14:33	+32:50	07:27

Veterano M40

1	10	Vitor Oliveira	G.D.Guilhovai	Veterano M40	31:02		03:06
2	64	VITOR SANTOS	EV/PERALTAFIL	Veterano M40	32:37	+01:34	03:16
3	57	Artur Rodrigues	G.D.Guilhovai	Veterano M40	32:43	+01:40	03:16
4	36	Paulo pinto	Individual	Veterano M40	33:49	+02:46	03:23
5	41	Tiago Oliveira	S.c.Espinho/António Leitão	Veterano M40	34:06	+03:04	03:25
6	66	JOSE ALMEIDA	EV/PERALTAFIL	Veterano M40	34:14	+03:12	03:25
7	43	Hugo Silva	G.D.A RONDA	Veterano M40	34:20	+03:17	03:26
8	80	Rui Pedro Pinto	Individual	Veterano M40	34:29	+03:27	03:27
9	60	Helder Costa	Individual	Veterano M40	34:33	+03:31	03:27
10	53	Nelson Lopes	S.c.Espinho/António Leitão	Veterano M40	34:35	+03:33	03:28
11	990	Fernando Lima	Fidalguinha	Veterano M40	34:51	+03:48	03:29
12	1551	Daniel Peixoto	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M40	35:07	+04:05	03:31
13	28	Nuno Silva	CAL - Clube Atletismo de Lamas	Veterano M40	35:19	+04:16	03:32
14	1033	Luís Santos	Grupo Desportivo e Cultural de Castelo de Paiva	Veterano M40	35:29	+04:26	03:33
15	54	Hernani Furtado	S.c.Espinho/António Leitão	Veterano M40	35:45	+04:43	03:35
16	32	António Cristovão	G.D.Guilhovai	Veterano M40	35:52	+04:50	03:35
17	1314	filipe ismael maia rocha	Individual	Veterano M40	36:03	+05:00	03:36
18	1610	Ivan Silva	Caldas S. Jorge Sport Clube	Veterano M40	36:14	+05:11	03:37
19	470	André oliveira	Individual	Veterano M40	36:22	+05:20	03:38
20	575	Telmo oliveira	Individual	Veterano M40	36:22	+05:20	03:38
21	1552	Nuno Santos	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M40	36:51	+05:48	03:41
22	1017	Rui Almeida	GDC Codal Vale de Cambra	Veterano M40	36:57	+05:54	03:42
23	29	NUNO PAIS	CAL - Clube Atletismo de Lamas	Veterano M40	37:03	+06:00	03:42
24	1035	Rui Rodrigues	Grupo Desportivo e Cultural de Castelo de Paiva	Veterano M40	37:04	+06:01	03:42
25	31	José Costa	G.D.A RONDA	Veterano M40	37:11	+06:09	03:43
26	1615	Bruno Simões	Saca Trilhos de Anadia	Veterano M40	37:31	+06:29	03:45
27	1625	Carlos Silva	Sport Clube Freamunde	Veterano M40	37:32	+06:29	03:45
28	928	CARLOS SEQUEIRA	Clube Atletismo de Ovar	Veterano M40	37:34	+06:31	03:45
29	832	RUI TAVARES	A.D.GRIJÓ A CORRER	Veterano M40	37:38	+06:36	03:46
30	930	PEDRO SILVA	Clube Atletismo de Ovar	Veterano M40	37:40	+06:37	03:46
31	559	Ricardo Parada	Individual	Veterano M40	37:57	+06:55	03:48
32	1516	José Teixeira	Núcleo de Atletismo de Cucujães	Veterano M40	37:58	+06:55	03:48
33	68	MANUEL BESSA	EV/PERALTAFIL	Veterano M40	38:15	+07:12	03:49
34	1036	Sérgio Azevedo	Grupo Desportivo e Cultural de Castelo de Paiva	Veterano M40	38:27	+07:24	03:51
35	1294	António Palhares	Individual	Veterano M40	38:27	+07:24	03:51
36	1361	Pedro Alves	Individual	Veterano M40	38:35	+07:33	03:52
37	723	Rui Pedro Silva	Run4Pancakes	Veterano M40	38:42	+07:40	03:52

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Prova Principal

10 KM

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OFFICIAL RESULT

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38	1326	João Sá	Individual	Veterano M40	38:44	+07:41	03:52
39	1504	José Conceição	MSS Grupo Desportivo de Gondomar	Veterano M40	38:52	+07:50	03:53
40	958	Filipe Coelho	COPO RUNNERS	Veterano M40	39:00	+07:57	03:54
41	67	CLAUDIO COSTA	EV/PERALTAFIL	Veterano M40	39:01	+07:58	03:54
42	1366	Ricardo Ferreira	Individual	Veterano M40	39:06	+08:03	03:55
43	1341	Luís Oliveira	Individual	Veterano M40	39:07	+08:04	03:55
44	1473	Nuno Miguel Silva Ferreira	Juventude Cortegacense	Veterano M40	39:07	+08:04	03:55
45	545	Pedro Canha	Individual	Veterano M40	39:08	+08:05	03:55
46	1515	João Dias	Núcleo de Atletismo de Cucujães	Veterano M40	39:08	+08:05	03:55
47	929	MARCO SILVA	Clube Atletismo de Ovar	Veterano M40	39:16	+08:14	03:56
48	63	RUI COSTA	Clube Atletismo de Ovar	Veterano M40	39:26	+08:23	03:57
49	1034	Nuno Silva	Grupo Desportivo e Cultural de Castelo de Paiva	Veterano M40	39:34	+08:31	03:57
50	496	Helder Cunha	Individual	Veterano M40	39:37	+08:34	03:58
51	45	Ricardo Sérgio	G.D.A RONDA	Veterano M40	39:38	+08:35	03:58
52	1453	Ricardo Seromenho	JAM - Juventude Atlético Mozelense	Veterano M40	39:49	+08:46	03:59
53	972	firminio Cruz	Domingueiros On Tour	Veterano M40	39:50	+08:47	03:59
54	1469	Cecilio Manuel Silva Ferreira	Juventude Cortegacense	Veterano M40	40:12	+09:09	04:01
55	870	Pedro Peneda	Bankinter	Veterano M40	40:13	+09:10	04:01
56	492	Filipe José Soares Marques	Individual	Veterano M40	40:40	+09:37	04:04
57	581	Xavier Miranda	Individual	Veterano M40	40:43	+09:40	04:04
58	573	Sérgio Lopes	Individual	Veterano M40	41:04	+10:01	04:06
59	473	Antonio Pires	Individual	Veterano M40	41:11	+10:09	04:07
60	1553	Valter Silva	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M40	41:17	+10:14	04:08
61	918	Fernando Cruz	Cirac - Circulo de Recreio Arte e Cultura	Veterano M40	41:25	+10:22	04:08
62	522	Marco Henriques	Individual	Veterano M40	41:25	+10:23	04:09
63	1358	Paulo Sousa	Individual	Veterano M40	41:35	+10:33	04:10
64	505	João Costa	Individual	Veterano M40	41:36	+10:33	04:10
65	1588	Noel Valadão	RUNNING ESPINHO	Veterano M40	41:39	+10:36	04:10
66	750	Joaquim Leal	Sport Clube Freamunde	Veterano M40	41:40	+10:38	04:10
67	1331	Jorge Filipe Guedes Simoes Ramos	Individual	Veterano M40	41:43	+10:40	04:10
68	959	Carlos Jorge da Costa Carvalho	Corre São João	Veterano M40	41:45	+10:43	04:11
69	1563	Cláudio Santos	Run & Fun	Veterano M40	41:53	+10:51	04:11
70	561	Ricardo Teixeira	Individual	Veterano M40	42:00	+10:57	04:12
71	1354	Paulo Alexandre Monteiro Moreira	Individual	Veterano M40	42:04	+11:01	04:12
72	563	Rogério Dinis Fernandes Vicente	Individual	Veterano M40	42:08	+11:05	04:13
73	1382	Vitor Correia	Individual	Veterano M40	42:13	+11:10	04:13
74	1297	Bruno Alexandre Oliveira da Silva	Individual	Veterano M40	42:21	+11:18	04:14
75	1472	Nuno Miguel Gonçalves Araújo	Juventude Cortegacense	Veterano M40	42:23	+11:21	04:14
76	687	Filipe Silva	MC Running	Veterano M40	42:26	+11:23	04:15
77	1016	Roland Sousa	GDC Codal Vale de Cambra	Veterano M40	42:28	+11:25	04:15
78	919	Paulo Oliceira	Cirac - Circulo de Recreio Arte e Cultura	Veterano M40	42:29	+11:26	04:15
79	1320	Jacinto Manuel Rodrigues Oliveira	Individual	Veterano M40	42:37	+11:34	04:16

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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

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

80	1338	José Pinho	Individual	Veterano M40	42:37	+11:35	04:16
81	795	JOAQUIM JORGE PEREIRA CARDOSO	THE BELIEVERS - LS FITNESS	Veterano M40	42:44	+11:41	04:16
82	503	Ivo Santos	Individual	Veterano M40	42:45	+11:42	04:16
83	468	ALEXANDRE MENESES	Individual	Veterano M40	42:46	+11:43	04:17
84	129	David Camelo	Cinfães a Correr	Veterano M40	42:48	+11:45	04:17
85	1309	Diogo Cruz	Individual	Veterano M40	43:06	+12:03	04:19
86	1489	HELDER MOTA	MC Running	Veterano M40	43:12	+12:09	04:19
87	831	CARLOS PINA	A.D.GRIJÓ A CORRER	Veterano M40	43:12	+12:09	04:19
88	1626	Daniel Machado	Sport Clube Freamunde	Veterano M40	43:18	+12:15	04:20
89	136	PEPE NOGUEIRA	Clube Desportivo Feirense	Veterano M40	43:19	+12:16	04:20
90	1364	Pedro Pinto	Individual	Veterano M40	43:19	+12:17	04:20
91	717	Luis Gomes	Pastello Runners	Veterano M40	43:23	+12:20	04:20
92	1352	Nuno Miguel Pereira Matias	Individual	Veterano M40	43:27	+12:24	04:21
93	530	Miguel Pinto	Individual	Veterano M40	43:42	+12:39	04:22
94	1340	Luís Madureira	Individual	Veterano M40	43:48	+12:46	04:23
95	551	PEDRO SANTOS	Individual	Veterano M40	43:51	+12:48	04:23
96	1015	António JF Silva	GDC Codal Vale de Cambra	Veterano M40	43:51	+12:48	04:23
97	557	Ricardo Jorge Borges Doria Duarte	Individual	Veterano M40	43:52	+12:49	04:23
98	838	Marcio Oliveira	A.E.J. Triatlo	Veterano M40	43:56	+12:53	04:24
99	1293	António Guimarães	Individual	Veterano M40	44:01	+12:59	04:24
100	524	marco soares	Individual	Veterano M40	44:04	+13:02	04:24
101	1586	Damáσιο Pereira	RUNNING ESPINHO	Veterano M40	44:11	+13:08	04:25
102	901	Hugo Santos	Caldas S. Jorge Sport Clube	Veterano M40	44:11	+13:08	04:25
103	1373	Rui Manuel Pinto	Individual	Veterano M40	44:11	+13:09	04:25
104	1367	Ricardo Gonçalves	Individual	Veterano M40	44:15	+13:12	04:25
105	1310	Eduardo Ferreira	Individual	Veterano M40	44:15	+13:13	04:26
106	521	Márcio Oliveira	Individual	Veterano M40	44:17	+13:15	04:26
107	1288	Alcides Rocha	Individual	Veterano M40	44:21	+13:18	04:26
108	1328	Joaquim Pinto	Individual	Veterano M40	44:25	+13:23	04:27
109	1683	Manuel Silva	RUNNING ESPINHO	Veterano M40	44:25	+13:23	04:27
110	770	Ricardo Trigo	TEN TEAM	Veterano M40	44:33	+13:30	04:27
111	568	Rui Ferreira	Individual	Veterano M40	44:40	+13:37	04:28
112	137	Carlos Pinto	Clube do Pessoal EDP - Delegação Porto	Veterano M40	44:41	+13:38	04:28
113	138	Miguel Lagrifa	Clube do Pessoal EDP - Delegação Porto	Veterano M40	44:41	+13:38	04:28
114	1590	Nuno Teixeira	RUNNING ESPINHO	Veterano M40	44:41	+13:39	04:28
115	973	Leandro Alberto Monteiro da Silva	Domingueiros On Tour	Veterano M40	44:42	+13:40	04:28
116	1322	Joao Mangericao	Individual	Veterano M40	44:54	+13:51	04:29
117	488	Edgar Ruben Queirós	Individual	Veterano M40	44:56	+13:53	04:30
118	1330	joice jesus	Individual	Veterano M40	45:08	+14:05	04:31
119	1290	Álvaro Vilar	Individual	Veterano M40	45:09	+14:06	04:31
120	515	Leandro filipe costa Ferreira	Individual	Veterano M40	45:11	+14:08	04:31
121	764	Erasmoo Alves	Taylor's	Veterano M40	45:12	+14:10	04:31
122	1296	Bruno Albergaria	Individual	Veterano M40	45:13	+14:11	04:31
123	107	Nuno Figueiredo	As Lesmas	Veterano M40	45:16	+14:13	04:32

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

124	482	Carlos Miguel Moço	Individual	Veterano M40	45:28	+14:25	04:33
125	92	Rui Almeida	ACR de Vale de Cambra	Veterano M40	45:32	+14:29	04:33
126	486	Daniel Silva	Individual	Veterano M40	45:37	+14:35	04:34
127	532	Nelson Silva	Individual	Veterano M40	45:42	+14:39	04:34
128	722	Nuno Duarte	Run4Pancakes	Veterano M40	45:47	+14:44	04:35
129	574	Sérgio Maia	Individual	Veterano M40	45:49	+14:47	04:35
130	1292	André Rocha	Individual	Veterano M40	45:52	+14:49	04:35
131	1027	Tiago Oliveira	Grupo de Corrida de Argoncilhe	Veterano M40	45:55	+14:52	04:35
132	87	Sandro Filipe	A.E.J. Triatlo	Veterano M40	45:59	+14:57	04:36
133	86	Marco Leite	A.E.J. Triatlo	Veterano M40	45:59	+14:57	04:36
134	499	Helder Pinto	Individual	Veterano M40	46:06	+15:04	04:37
135	547	Pedro Leitao	Individual	Veterano M40	46:12	+15:09	04:37
136	544	Paulo Jorge	Individual	Veterano M40	46:12	+15:10	04:37
137	1621	Luís Madeira	Silgueiros Runners	Veterano M40	46:13	+15:10	04:37
138	1534	Ricardo Loureiro	Pés cansados	Veterano M40	46:16	+15:14	04:38
139	174	Celso Silva	G.D.A RONDA	Veterano M40	46:26	+15:23	04:39
140	875	António Sá	Beatriz dos Panos	Veterano M40	46:27	+15:25	04:39
141	512	José Manuel Andrade Gomes	Individual	Veterano M40	46:29	+15:26	04:39
142	1452	Manuel Pereira	JAM - Juventude Atlético Mozelense	Veterano M40	46:38	+15:36	04:40
143	535	Nuno Guedes	Individual	Veterano M40	46:42	+15:39	04:40
144	814	Luis Filipe Ferreira	A TEAM AGEAS	Veterano M40	46:43	+15:40	04:40
145	1357	Paulo Matos	Individual	Veterano M40	46:44	+15:42	04:40
146	520	Márcio Campelo	Individual	Veterano M40	46:49	+15:47	04:41
147	1299	Bruno Costa	Individual	Veterano M40	46:50	+15:47	04:41
148	1470	Joao Paulo da Costa Oliveira	Juventude Cortegacense	Veterano M40	46:56	+15:53	04:42
149	536	Nuno Milheiro	Individual	Veterano M40	46:56	+15:54	04:42
150	125	Manuel Almeida	Caldas S. Jorge Sport Clube	Veterano M40	46:57	+15:54	04:42
151	1560	António Rafael Dias da Silva	RMPC Team	Veterano M40	46:57	+15:54	04:42
152	484	César Nogueira	Individual	Veterano M40	46:58	+15:55	04:42
153	1301	Bruno Ricardo de Ferraz Moreira	Individual	Veterano M40	47:02	+16:00	04:42
154	857	José Correia	ARCORUN	Veterano M40	47:08	+16:05	04:43
155	1587	Eduardo Pinto	RUNNING ESPINHO	Veterano M40	47:09	+16:06	04:43
156	135	MARCO GONÇALVES	Clube Desportivo Feirense	Veterano M40	47:09	+16:06	04:43
157	849	Pedro Necho	AFISOVAR	Veterano M40	47:09	+16:07	04:43
158	1304	Carlos Marques	Individual	Veterano M40	47:18	+16:15	04:44
159	1321	João Amorim	Individual	Veterano M40	47:18	+16:16	04:44
160	176	Luis Guimarães	G.D.A RONDA	Veterano M40	47:21	+16:19	04:44
161	1345	Marco Pinto	Individual	Veterano M40	47:23	+16:20	04:44
162	1359	Pedro Monteiro	Individual	Veterano M40	47:34	+16:32	04:45
163	531	Nelson Gomes	Individual	Veterano M40	47:37	+16:34	04:46
164	1335	José Fernando Tavares Silva	Individual	Veterano M40	47:37	+16:34	04:46
165	34	Tozé Castro	G.D.Guilhovai	Veterano M40	47:38	+16:35	04:46
166	1617	Helder Pereira	Serviços Sociais Montepio	Veterano M40	47:42	+16:39	04:46
167	752	Abel Azevedo	Sunday Morning	Veterano M40	47:43	+16:40	04:46
168	525	Marcos Carvalho	Individual	Veterano M40	47:43	+16:40	04:46

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

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

169	1503	Alberto Vitelo	MSS Grupo Desportivo de Gondomar	Veterano M40	47:51	+16:49	04:47
170	1378	Tiago de Almeida Ferreira	Individual	Veterano M40	47:55	+16:53	04:48
171	1348	Miguel Valente	Individual	Veterano M40	47:57	+16:54	04:48
172	576	Tiago Resende	Individual	Veterano M40	47:59	+16:57	04:48
173	1333	Jorge torrão	Individual	Veterano M40	48:00	+16:57	04:48
174	510	Jorge Filipe Moreira Ramos	Individual	Veterano M40	48:02	+16:59	04:48
175	123	Joel Santos	CAL - Clube Atletismo de Lamas	Veterano M40	48:07	+17:05	04:49
176	880	Rui Faria	BIGODES DE TINTO	Veterano M40	48:10	+17:08	04:49
177	542	Paulo Costa	Individual	Veterano M40	48:12	+17:09	04:49
178	1497	Jorge Oliveira	MICS	Veterano M40	48:22	+17:19	04:50
179	134	HELDER TEIXEIRA	Clube Desportivo Feirense	Veterano M40	48:29	+17:27	04:51
180	1317	Francisco Santos	Individual	Veterano M40	48:29	+17:27	04:51
181	1375	Sérgio Guimbra	Individual	Veterano M40	48:32	+17:29	04:51
182	1329	Joaquim Sousa	Individual	Veterano M40	48:38	+17:36	04:52
183	1350	Nelo Julião	Individual	Veterano M40	48:39	+17:36	04:52
184	493	Firmino Gomes	Individual	Veterano M40	48:41	+17:39	04:52
185	539	Paulo Alberto de Castro Penarroias	Individual	Veterano M40	48:42	+17:39	04:52
186	1327	Joao Silva	Individual	Veterano M40	48:42	+17:39	04:52
187	548	Pedro Miguel da Costa Ferreira	Individual	Veterano M40	48:56	+17:53	04:54
188	1379	Valdemar Lopes	Individual	Veterano M40	49:06	+18:03	04:55
189	999	Luis Miguel Rodrigues Cunha	Fogaças com Malapos	Veterano M40	49:12	+18:09	04:55
190	830	BRUNO NEVES	A.D.GRIJÓ A CORRER	Veterano M40	49:12	+18:10	04:55
191	1316	Filipe Silva	Individual	Veterano M40	49:13	+18:11	04:55
192	477	Bruno Filipe Fernandes Rodrigues	Individual	Veterano M40	49:29	+18:27	04:57
193	1374	Rui Vitória	Individual	Veterano M40	49:33	+18:31	04:57
194	526	Marcos Mendes	Individual	Veterano M40	49:37	+18:34	04:58
195	839	Rui Oliveira	A.E.J. Triatlo	Veterano M40	49:51	+18:48	04:59
196	198	Hugo Sousa	Grupo Juvenil Pinheiro da Bemposta	Veterano M40	49:56	+18:53	05:00
197	469	Amandio Silva	Individual	Veterano M40	49:56	+18:54	05:00
198	1565	Helder Ferreira	Run4Him	Veterano M40	49:57	+18:55	05:00
199	858	Rui Maia	ARCORUN	Veterano M40	49:57	+18:55	05:00
200	543	Paulo Fernando Domingues Oliveira	Individual	Veterano M40	50:05	+19:02	05:00
201	1353	Nuno Teixeira	Individual	Veterano M40	50:05	+19:02	05:00
202	565	Rui Alves	Individual	Veterano M40	50:23	+19:20	05:02
203	1307	Cláudio Mendes	Individual	Veterano M40	50:26	+19:24	05:03
204	471	André Silva	Individual	Veterano M40	50:31	+19:28	05:03
205	481	Bruno Quintela	Individual	Veterano M40	50:36	+19:33	05:04
206	466	Alberto Puerta	Individual	Veterano M40	50:38	+19:35	05:04
207	879	Bruno Marante	BIGODES DE TINTO	Veterano M40	50:38	+19:35	05:04
208	1589	Nuno Silva	RUNNING ESPINHO	Veterano M40	50:47	+19:44	05:05
209	490	Fernando marques	Individual	Veterano M40	50:49	+19:47	05:05
210	1289	Alexandre Vax	Individual	Veterano M40	51:01	+19:58	05:06
211	718	André Pais	Rodelo Running Team	Veterano M40	51:05	+20:03	05:07
212	472	Antonio Jose Moreira de Sousa	Individual	Veterano M40	51:10	+20:07	05:07
213	1363	Pedro Neves	Individual	Veterano M40	51:19	+20:16	05:08

Official Timekeeper: Lap2Go	23 / 33	generate 07-jan.-2024 11:28
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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

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

214	1380	Valter Barbosa	Individual	Veterano M40	51:21	+20:18	05:08
215	1344	Marco batista	Individual	Veterano M40	51:21	+20:18	05:08
216	570	Rui Pimenta	Individual	Veterano M40	51:26	+20:24	05:09
217	1356	Paulo Julião	Individual	Veterano M40	51:33	+20:30	05:09
218	1618	Manuel Guedes	Serviços Sociais Montepio	Veterano M40	51:38	+20:36	05:10
219	983	João Dias	Família	Veterano M40	51:43	+20:41	05:10
220	189	Ricardino Santos	Goodshape	Veterano M40	51:44	+20:41	05:10
221	501	Hugo Moreira	Individual	Veterano M40	51:53	+20:51	05:11
222	1585	António Pinheiro	RUNNING ESPINHO	Veterano M40	51:54	+20:52	05:11
223	821	Zé Bolt	A. D. RIO LARGO C. ESPINHO	Veterano M40	51:55	+20:52	05:11
224	1339	Luís Cadete	Individual	Veterano M40	52:01	+20:59	05:12
225	1305	Carlos Rocha	Individual	Veterano M40	52:16	+21:13	05:14
226	537	Nuno morais da Silva	Individual	Veterano M40	52:24	+21:22	05:14
227	494	Gil Rodrigues	Individual	Veterano M40	52:31	+21:28	05:15
228	467	Alcides Rocha	Individual	Veterano M40	52:33	+21:30	05:15
229	550	Pedro Mota	Individual	Veterano M40	52:33	+21:31	05:15
230	509	Joel Lebre	Individual	Veterano M40	52:34	+21:32	05:15
231	1024	Nelson Fernandes	Grifagem J. Pedro	Veterano M40	52:52	+21:50	05:17
232	478	Bruno Gonçalves	Individual	Veterano M40	53:04	+22:01	05:18
233	495	Gonçalo Costeira	Individual	Veterano M40	53:05	+22:02	05:18
234	971	Helder Ribeiro	Diversey	Veterano M40	53:24	+22:21	05:20
235	1555	José Correia	Restaurante Casarão do Emigrante	Veterano M40	53:25	+22:22	05:20
236	40	Pedro Simão Santos	S.c.Espinho/António Leitão	Veterano M40	53:27	+22:25	05:21
237	1369	Rony Santos	Individual	Veterano M40	53:28	+22:25	05:21
238	541	Paulo Borges	Individual	Veterano M40	53:30	+22:27	05:21
239	951	Bruno Carvalho	Compras Zegurit	Veterano M40	53:33	+22:30	05:21
240	487	Edgar Ramos Gomes Pires	Individual	Veterano M40	53:38	+22:35	05:22
241	480	Bruno Oliveira	Individual	Veterano M40	53:48	+22:45	05:23
242	766	Joao Miranda	TeamCabral	Veterano M40	53:51	+22:48	05:23
243	796	JOSÉ SILVA	THE BELIEVERS - LS FITNESS	Veterano M40	53:56	+22:53	05:24
244	758	Jorge Magalhães	Tartarugas de Seixezelo	Veterano M40	54:01	+22:58	05:24
245	1368	Rodrigo Miguel Santos Silva	Individual	Veterano M40	54:06	+23:03	05:25
246	891	Armando Carragoso	CAL - Clube Atletismo de Lamas	Veterano M40	54:07	+23:04	05:25
247	1042	Raimundo Almeida	Guisande Trail Running	Veterano M40	54:11	+23:08	05:25
248	171	Nuno Martins	Foxs Runners Team	Veterano M40	54:20	+23:18	05:26
249	507	João Miguel Correia	Individual	Veterano M40	54:33	+23:31	05:27
250	1336	José M Quintas	Individual	Veterano M40	54:34	+23:32	05:27
251	1360	Pedro Almeida	Individual	Veterano M40	54:35	+23:32	05:27
252	580	William Martinez	Individual	Veterano M40	54:55	+23:52	05:29
253	753	Cláudio Caldas	Sunday Morning	Veterano M40	54:56	+23:53	05:30
254	578	Vítor Campos	Individual	Veterano M40	54:58	+23:55	05:30
255	1319	Gregorio pereira	Individual	Veterano M40	55:17	+24:14	05:32
256	769	Andre Martins	TEN TEAM	Veterano M40	55:23	+24:20	05:32
257	519	Marcelo teixeira da Mota	Individual	Veterano M40	55:25	+24:22	05:32
258	506	João Martins	Individual	Veterano M40	55:31	+24:28	05:33
259	952	Bruno Galiano	Compras Zegurit	Veterano M40	55:36	+24:34	05:34

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

306	567	Rui Fernando Passos de Sousa	Individual	Veterano M40	01:03:10	+32:08	06:19
307	1619	Paulo Silva	Serviços Sociais Montepio	Veterano M40	01:03:12	+32:09	06:19
308	497	Hélder Freitas	Individual	Veterano M40	01:03:13	+32:10	06:19
309	759	Mário Silva	Tartarugas de Seixezelo	Veterano M40	01:03:17	+32:14	06:20
310	1312	FERNANDO GOMES	Individual	Veterano M40	01:04:22	+33:19	06:26
311	1365	Pedro Pinto	Individual	Veterano M40	01:04:23	+33:20	06:26
312	1026	Vasco Monteiro	Grifagem J. Pedro	Veterano M40	01:04:43	+33:40	06:28
313	511	José Antonio Silva	Individual	Veterano M40	01:04:52	+33:50	06:29
314	1332	Jorge Oliveira	Individual	Veterano M40	01:05:22	+34:20	06:32
315	1300	Bruno Moreira	Individual	Veterano M40	01:06:32	+35:29	06:39
316	978	Leandro Filipe Fernandes Costa	Ecobike	Veterano M40	01:07:11	+36:09	06:43
317	865	José Alexandre dos Santos Moreira	Auto 19	Veterano M40	01:07:20	+36:18	06:44
318	465	Alberto Almeida	Individual	Veterano M40	01:07:26	+36:24	06:45
319	1315	Filipe Magalhães	Individual	Veterano M40	01:09:34	+38:31	06:57
320	1000	Paulo Costa	Fogaças com Malapos	Veterano M40	01:11:16	+40:14	07:08
321	673	MIGUEL TEIXEIRA	JAM - Juventude Atlético Mozelense	Veterano M40	01:12:02	+41:00	07:12
322	500	Herlander Correia	Individual	Veterano M40	01:13:13	+42:10	07:19
323	1347	Miguel Silva	Individual	Veterano M40	01:13:16	+42:13	07:20
324	1384	Vitor Neves	Individual	Veterano M40	01:13:20	+42:17	07:20
325	1502	Miguel Nicola	MN FITNESS STUDIO	Veterano M40	01:13:42	+42:39	07:22
326	714	Luis Carlos de Castro Quesada Abreu Fernandes	Partimpim	Veterano M40	01:14:33	+43:31	07:27
327	1520	Paulo Pereira	Os Margaridinhas	Veterano M40	01:18:31	+47:28	07:51

Veterano M50

1	58	António Fernandes	G.D.Guilhovai	Veterano M50	33:55		03:23
2	1554	Alberto Fonte	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M50	34:45	+00:50	03:29
3	39	Rui Manuel Santos	S.c.Espinho/António Leitão	Veterano M50	34:52	+00:57	03:29
4	49	Paulo Reis	S.c.Espinho/António Leitão	Veterano M50	35:10	+01:15	03:31
5	82	Fernando Silva	ACR de Vale de Cambra	Veterano M50	35:41	+01:46	03:34
6	1401	MANUEL ALVES	Individual	Veterano M50	36:00	+02:05	03:36
7	615	José Loureiro	Individual	Veterano M50	36:24	+02:29	03:38
8	1611	Augusto Aluai	S.c.Espinho/António Leitão	Veterano M50	36:26	+02:31	03:39
9	609	Joaquim Oliveira	Individual	Veterano M50	36:55	+03:00	03:42
10	83	António Pinto	ACR de Vale de Cambra	Veterano M50	37:00	+03:05	03:42
11	1404	Manuel Oliveira	Individual	Veterano M50	37:11	+03:16	03:43
12	934	ROGERIO CAMPOS	Clube Atletismo de Ovar	Veterano M50	37:41	+03:46	03:46
13	850	José Figueiredo	AFISOVAR	Veterano M50	37:45	+03:50	03:47
14	1006	Manuel Ferreira	G.D.A RONDA	Veterano M50	38:16	+04:21	03:50
15	142	António Silva	Clube Independente de Argoncilhe	Veterano M50	38:22	+04:27	03:50
16	1632	Paulo Costa	Sporting Club Espinho Triatlo	Veterano M50	38:29	+04:34	03:51
17	911	Fernando Antunes	CDC Macieira de Cambra	Veterano M50	38:35	+04:40	03:52
18	771	Vitor Pinho	TEN TEAM	Veterano M50	38:42	+04:47	03:52
19	1681	Jorge Costa	RUNNING ESPINHO	Veterano M50	38:44	+04:49	03:52

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

20	1671	CAMILO GUEDES	Clube do Pessoal das Águas de Gaia	Veterano M50	38:49	+04:54	03:53
21	1475	Ernesto Marques Alves	Juventude Cortegacense	Veterano M50	38:52	+04:57	03:53
22	851	José Godinho	AFISOVAR	Veterano M50	39:02	+05:07	03:54
23	692	Jorge Luz	Nascidos para Correr - Associação Desportiva	Veterano M50	39:12	+05:17	03:55
24	597	Carlos Silva	Individual	Veterano M50	39:14	+05:19	03:55
25	833	JOSÉ SILVA	A.D.GRIJÓ A CORRER	Veterano M50	39:16	+05:21	03:56
26	619	Juan sicilia Barci	Individual	Veterano M50	39:23	+05:28	03:56
27	633	MIGUEL NUNO MIRANDA DE OLIVEIRA MADEIRA	Individual	Veterano M50	39:25	+05:30	03:56
28	1486	Orlando Valente	Lourosa Em Movimento	Veterano M50	39:26	+05:31	03:57
29	1594	Nuno Sousa	RUNNING ESPINHO	Veterano M50	39:27	+05:32	03:57
30	1389	CARLOS LOPES	Individual	Veterano M50	39:28	+05:33	03:57
31	932	DINIS BATISTA	Clube Atletismo de Ovar	Veterano M50	39:42	+05:47	03:58
32	1411	Paulo moca	Individual	Veterano M50	39:46	+05:51	03:59
33	637	Paulo Dias	Individual	Veterano M50	39:49	+05:54	03:59
34	1391	Dinis Tavares	Individual	Veterano M50	39:49	+05:54	03:59
35	871	Rui Pereira	Bankinter	Veterano M50	39:55	+06:00	04:00
36	937	Jose Miguel	Clube de Atletismo os Gaienses/Toyota	Veterano M50	39:57	+06:02	04:00
37	1005	Manuel Bastos	G.D.A RONDA	Veterano M50	39:57	+06:02	04:00
38	618	José silva reis	Individual	Veterano M50	40:00	+06:05	04:00
39	614	José Correia	Individual	Veterano M50	40:41	+06:46	04:04
40	950	Salvador Silva	CLUBE NOVO BANCO	Veterano M50	40:45	+06:50	04:05
41	1408	Nelson Ramos	Individual	Veterano M50	40:55	+07:00	04:06
42	595	Carlos Lancha	Individual	Veterano M50	40:58	+07:03	04:06
43	1511	David Silva	NIGHT Runners Feira	Veterano M50	41:03	+07:08	04:06
44	869	Paulo Bandalho	Bandalhos running	Veterano M50	41:16	+07:21	04:08
45	38	Paulo Oliveira	S.c.Espinho/António Leitão	Veterano M50	41:16	+07:21	04:08
46	933	Pedro Leal	Clube Atletismo de Ovar	Veterano M50	41:20	+07:25	04:08
47	89	Vitor Santos	ACAIL GAS	Veterano M50	41:26	+07:31	04:09
48	931	ANTONIO LEITÃO	Clube Atletismo de Ovar	Veterano M50	41:32	+07:37	04:09
49	1427	Zé Tó Machado	Individual	Veterano M50	41:42	+07:47	04:10
50	1393	Fernando Sacramento	Individual	Veterano M50	41:43	+07:47	04:10
51	691	Francelino Resende	Nascidos para Correr - Associação Desportiva	Veterano M50	41:59	+08:04	04:12
52	130	JOSÉ PINTO	Clube Atletismo de Ovar	Veterano M50	42:27	+08:32	04:15
53	591	António Ribeiro	Individual	Veterano M50	42:31	+08:36	04:15
54	1395	Jaime Castro	Individual	Veterano M50	42:39	+08:44	04:16
55	126	Joaquim Lobato	Caldas S. Jorge Sport Clube	Veterano M50	42:58	+09:03	04:18
56	638	Paulo Jorge Fernandes Pereira	Individual	Veterano M50	43:08	+09:13	04:19
57	1679	Pablo Neves	Individual	Veterano M50	43:13	+09:18	04:19
58	1020	Miguel Coimbra	GR EIRENSE	Veterano M50	43:22	+09:27	04:20
59	1417	Pedro Rola	Individual	Veterano M50	43:28	+09:33	04:21
60	642	Porfírio Martins	Individual	Veterano M50	43:34	+09:39	04:21
61	1418	PEDRO VICENTE	Individual	Veterano M50	43:43	+09:48	04:22
62	1400	José Sá	Individual	Veterano M50	43:53	+09:58	04:23

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 - LAP2GO - TIMING SOLUTION

63	1454	JUSTINO ANTÓNIO ANTUNES SOARES	JAM - Juventude Atlética Mozelense	Veterano M50	43:58	+10:02	04:24
64	968	Joaquim Cunha	Cunha	Veterano M50	44:15	+10:20	04:26
65	1419	Rui Felgueiras	Individual	Veterano M50	44:16	+10:21	04:26
66	696	POTIER Jean Luc	Natixis Triathlon	Veterano M50	44:31	+10:36	04:27
67	603	Fernando costa	Individual	Veterano M50	44:33	+10:38	04:27
68	158	LUIS CRUZ	EV/PERALTAFIL	Veterano M50	44:46	+10:51	04:29
69	1459	Fernando Gonçalves	Jorsat Runners	Veterano M50	44:48	+10:53	04:29
70	1402	Manuel Ferreira	Individual	Veterano M50	44:55	+11:00	04:29
71	599	Daniel Gomes	Individual	Veterano M50	44:57	+11:01	04:30
72	1385	Antonio Silva	Individual	Veterano M50	45:18	+11:22	04:32
73	586	António José Assunção Valente	Individual	Veterano M50	45:20	+11:25	04:32
74	604	Fernando Magalhães	Individual	Veterano M50	45:40	+11:45	04:34
75	600	Domingos Sousa Soares	Individual	Veterano M50	45:40	+11:45	04:34
76	862	Renato Tavares	Arrifana Running	Veterano M50	45:48	+11:53	04:35
77	602	Fausto Carlos da Silva Tavares	Individual	Veterano M50	45:50	+11:55	04:35
78	1612	José Pereira	S.c.Espinho/António Leitão	Veterano M50	45:52	+11:57	04:35
79	157	LEONEL SILVA	EV/PERALTAFIL	Veterano M50	45:53	+11:58	04:35
80	1476	Manuel constantino silva 22/02/1965	Juventude Cortegacense	Veterano M50	46:10	+12:15	04:37
81	1007	Paulo Mota	G.D.A RONDA	Veterano M50	46:27	+12:32	04:39
82	876	Henrique Neves	Beatriz dos Panos	Veterano M50	46:28	+12:33	04:39
83	893	NUNO PEREIRA	CAL - Clube Atletismo de Lamas	Veterano M50	46:28	+12:33	04:39
84	645	Sérgio Pereira	Individual	Veterano M50	46:33	+12:38	04:39
85	739	Rui Fernandes	RUNNING ESPINHO	Veterano M50	46:51	+12:56	04:41
86	587	António Martins	Individual	Veterano M50	47:00	+13:05	04:42
87	635	Paulo Alexandre Pereira da Silva	Individual	Veterano M50	47:02	+13:07	04:42
88	100	PAULO GRILO	ARCORUN	Veterano M50	47:08	+13:13	04:43
89	1593	Marco Pinho	RUNNING ESPINHO	Veterano M50	47:13	+13:18	04:43
90	1403	Manuel Oliveira	Individual	Veterano M50	47:24	+13:29	04:44
91	636	Paulo Alexandre Vilares Neto Pinhal	Individual	Veterano M50	47:29	+13:34	04:45
92	693	Jose Pereira	Nascidos para Correr - Associação Desportiva	Veterano M50	47:29	+13:34	04:45
93	1424	VITOR MANUEL RODRIGUES GUERRA	Individual	Veterano M50	47:43	+13:48	04:46
94	159	SERGIO GOMES	EV/PERALTAFIL	Veterano M50	47:44	+13:49	04:46
95	611	Jorge Costa	Individual	Veterano M50	47:45	+13:50	04:46
96	797	PAULO EMANUEL ABREU FONSECA ALVES	THE BELIEVERS - LS FITNESS	Veterano M50	47:46	+13:51	04:47
97	1405	Marcelo Fernandes	Individual	Veterano M50	48:00	+14:05	04:48
98	939	Rui Sousa	Clube de Atletismo os Gaienses/Toyota	Veterano M50	48:20	+14:25	04:50
99	616	José Manuel Moreira	Individual	Veterano M50	48:22	+14:27	04:50
100	1390	Carlos Rocha	Individual	Veterano M50	48:24	+14:29	04:50
101	1571	Jorge Guerra	Running Esmoriz	Veterano M50	48:34	+14:39	04:51
102	1682	Jose Marques	RUNNING ESPINHO	Veterano M50	48:42	+14:47	04:52
103	94	Paulo Almeida	AFISOVAR	Veterano M50	48:47	+14:52	04:53
104	93	Américo Oliveira	AFISOVAR	Veterano M50	48:48	+14:53	04:53
105	740	Rui Ferreira	RUNNING ESPINHO	Veterano M50	48:51	+14:56	04:53

Official Timekeeper: Lap2Go	28 / 33	generate 07-jan.-2024 11:28
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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

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

151	646	Siarhei Hanchar	Individual	Veterano M50	53:56	+20:01	05:24
152	588	António Moura	Individual	Veterano M50	54:13	+20:18	05:25
153	1672	Manuel Santiago	Clube do Pessoal das Águas de Gaia	Veterano M50	54:41	+20:45	05:28
154	1633	Rui Fardilha	Sunday Morning	Veterano M50	54:56	+21:01	05:30
155	617	José Silva	Individual	Veterano M50	55:08	+21:13	05:31
156	888	António Matos	BoraBora, Vamos Lá!	Veterano M50	55:09	+21:14	05:31
157	598	Claudio Lopes	Individual	Veterano M50	55:30	+21:35	05:33
158	914	Heldeberto Santos	Centro Cultural D. T. da STCP	Veterano M50	56:02	+22:07	05:36
159	1387	Artur Enes	Individual	Veterano M50	56:04	+22:09	05:36
160	953	José Pinhal	Compras Zegurit	Veterano M50	56:05	+22:10	05:37
161	1407	Miguel Duarte Valente	Individual	Veterano M50	56:32	+22:37	05:39
162	1386	António Sousa	Individual	Veterano M50	57:49	+23:54	05:47
163	180	Joaquim Almeida	Gaia Running	Veterano M50	58:01	+24:06	05:48
164	182	Pedro Costa	Gaia Running	Veterano M50	58:01	+24:06	05:48
165	181	José António	Gaia Running	Veterano M50	58:01	+24:06	05:48
166	589	António Pereira	Individual	Veterano M50	58:06	+24:11	05:49
167	624	Luís Pinho	Individual	Veterano M50	58:12	+24:17	05:49
168	1040	PAULO RAMOS	Grupo Juvenil Pinheiro da Bemposta	Veterano M50	58:37	+24:42	05:52
169	738	Ernesto Silva	RUNNING ESPINHO	Veterano M50	59:29	+25:34	05:57
170	1570	Joaquim Pinto	Running Esmoriz	Veterano M50	59:43	+25:48	05:58
171	622	Luís Filipe Martins Soares	Individual	Veterano M50	59:43	+25:48	05:58
172	877	Pedro Medina	Beatriz dos Panos	Veterano M50	59:45	+25:50	05:59
173	631	Mauricio Accioly Lins	Individual	Veterano M50	01:00:10	+26:15	06:01
174	585	António Campos	Individual	Veterano M50	01:00:27	+26:32	06:03
175	749	Salvador lima ramos	Silviarebelo/Fisioterapeuta	Veterano M50	01:01:10	+27:15	06:07
176	644	Rui silva	Individual	Veterano M50	01:01:22	+27:27	06:08
177	1531	Jorge Santos	Pernas de Pau	Veterano M50	01:02:05	+28:10	06:13
178	101	PEDRO MELO	ARCORUN	Veterano M50	01:02:39	+28:44	06:16
179	1677	Jorge da Encarnação	Clube do Pessoal das Águas de Gaia	Veterano M50	01:02:49	+28:54	06:17
180	1595	Paulo Alexandre Bispo Lage Ladeira	RUNNING ESPINHO	Veterano M50	01:03:03	+29:08	06:18
181	612	Jorge Ventura	Individual	Veterano M50	01:03:18	+29:23	06:20
182	894	SERAFIM SOUSA	CAL - Clube Atletismo de Lamas	Veterano M50	01:03:18	+29:23	06:20
183	649	William Pinto Pedrosa	Individual	Veterano M50	01:03:47	+29:52	06:23
184	583	Antonino Armando Rodrigues Meireles	Individual	Veterano M50	01:04:04	+30:09	06:24
185	701	João Pedro Alves Guedes	Os Falta D'ar	Veterano M50	01:04:30	+30:35	06:27
186	872	ADRIANO FELIX BRAGA DE QUEIROZ	BBMP	Veterano M50	01:12:03	+38:08	07:12
187	1426	Vitor Pinto	Individual	Veterano M50	01:12:58	+39:03	07:18
188	628	Mário Lino	Individual	Veterano M50	01:13:18	+39:23	07:20
189	647	Vicente Pinto	Individual	Veterano M50	01:13:19	+39:24	07:20
190	641	Pedro Moura	Individual	Veterano M50	01:13:19	+39:24	07:20
191	1525	José Manuel Gomes	Pastello Runners	Veterano M50	01:13:22	+39:27	07:20
192	621	Luís Albuquerque	Individual	Veterano M50	01:17:27	+43:32	07:45

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

Veterano M60

1	694	António Jesus	Nascidos para Correr - Associação Desportiva	Veterano M60	36:16		03:38
2	747	Américo Valente	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	Veterano M60	37:42	+01:26	03:46
3	1008	Carlos Fazendeiro	G.D.A RONDA	Veterano M60	39:59	+03:43	04:00
4	656	Benjamin Soares	Individual	Veterano M60	40:37	+04:21	04:04
5	1627	Ricardo Machado	Sport Clube Freamunde	Veterano M60	40:40	+04:23	04:04
6	1614	Manuel Rodrigues	S.c.Espinho/António Leitão	Veterano M60	41:20	+05:03	04:08
7	924	José Luis Santos	Cirac - Circulo de Recreio Arte e Cultura	Veterano M60	41:43	+05:26	04:10
8	1597	ZE MOUTINHO	RUNNING ESPINHO	Veterano M60	44:25	+08:09	04:27
9	161	JOAQUIM PEREIRA	EV/PERALTAFIL	Veterano M60	44:46	+08:29	04:29
10	941	Manuel Sousa	Clube de Atletismo os Gaienses/Toyota	Veterano M60	45:04	+08:48	04:30
11	922	Fernando Gonçalves	Cirac - Circulo de Recreio Arte e Cultura	Veterano M60	45:09	+08:53	04:31
12	1481	José Carlos Gomes	Ligeirinhos	Veterano M60	46:07	+09:51	04:37
13	744	RAMIRO PINHO	S.c.Espinho/António Leitão	Veterano M60	46:25	+10:08	04:38
14	834	CARLOS RIPOLINS	A.D.GRIJÓ A CORRER	Veterano M60	46:25	+10:09	04:39
15	1444	Manuel Cardoso	Individual	Veterano M60	47:37	+11:20	04:46
16	835	ELISIO SILVA	A.D.GRIJÓ A CORRER	Veterano M60	47:38	+11:22	04:46
17	936	JOAQUIM COSTA	Clube Atletismo de Ovar	Veterano M60	47:41	+11:25	04:46
18	921	Alcides Sales	Cirac - Circulo de Recreio Arte e Cultura	Veterano M60	47:42	+11:26	04:46
19	1434	António Silva	Individual	Veterano M60	47:42	+11:26	04:46
20	1429	Américo Mendes de Sousa	Individual	Veterano M60	47:47	+11:30	04:47
21	697	Manuel Anjos	Núcleo de Atletismo de Cucujães	Veterano M60	48:03	+11:47	04:48
22	1436	Assis Azevedo	Individual	Veterano M60	48:08	+11:51	04:49
23	940	Jose Silva	Clube de Atletismo os Gaienses/Toyota	Veterano M60	48:15	+11:58	04:49
24	1651	Porfírio Martins	TO NA PISTA	Veterano M60	49:36	+13:20	04:58
25	1430	António Carmo	Individual	Veterano M60	50:00	+13:44	05:00
26	650	Abel Santos	Caldas S. Jorge Sport Clube	Veterano M60	50:05	+13:48	05:00
27	1447	Rui AmaralBastos	Individual	Veterano M60	50:17	+14:01	05:02
28	1455	Domingos silva	Jesus Runners	Veterano M60	50:28	+14:12	05:03
29	655	Arménio Neves	Individual	Veterano M60	50:35	+14:18	05:03
30	925	Oscar Magolo	Cirac - Circulo de Recreio Arte e Cultura	Veterano M60	50:40	+14:24	05:04
31	1443	Manuel António Silva Pereira	Individual	Veterano M60	50:46	+14:29	05:05
32	657	Carlos Alberto Ferreira	Individual	Veterano M60	50:59	+14:42	05:06
33	194	Valter de Miranda Jacinto	GRUPO DESPORTIVO ASSEMPARK	Veterano M60	51:01	+14:44	05:06
34	97	Jorge Amorim	amorins	Veterano M60	51:04	+14:48	05:06
35	191	Fernando Silva	Grupo de Corrida de Argoncilhe	Veterano M60	51:15	+14:59	05:07
36	695	António Pereira	Nascidos para Correr - Associação Desportiva	Veterano M60	51:29	+15:13	05:09
37	1432	António Santos	Individual	Veterano M60	51:47	+15:30	05:11

Prova Principal

10 KM

OFFICIAL RESULT

38	653	António Armando Santos	Individual	Veterano M60	51:56	+15:40	05:12
39	798	ABÍLIO SANTOS	THE BELIEVERS - LS FITNESS	Veterano M60	52:04	+15:48	05:12
40	824	Adriano Queiroz	A. D. RIO LARGO C. ESPINHO	Veterano M60	52:20	+16:03	05:14
41	799	Luís Santos	THE BELIEVERS - LS FITNESS	Veterano M60	52:41	+16:25	05:16
42	1010	David Fernandes	G.D.Guilhovai	Veterano M60	52:57	+16:41	05:18
43	193	Albano Jacinto	GRUPO DESPORTIVO ASSEMPARK	Veterano M60	53:06	+16:49	05:19
44	1431	Antonio Jorge Longo	Individual	Veterano M60	53:13	+16:57	05:19
45	1039	Fernando Andrade	GRUPO DESPORTIVO FERROVIÁRIOS CAMPANHÃ	Veterano M60	53:20	+17:03	05:20
46	935	ARLINDO SILVA	Clube Atletismo de Ovar	Veterano M60	53:33	+17:17	05:21
47	192	Rui Oliveira	Grupo de Corrida de Argoncilhe	Veterano M60	53:45	+17:28	05:22
48	1517	serafim fonseca	OS BENGALINHAS	Veterano M60	53:57	+17:41	05:24
49	1505	António Costa	MSS Grupo Desportivo de Gondomar	Veterano M60	55:26	+19:09	05:33
50	895	LUCIDIO DIAS	CAL - Clube Atletismo de Lamas	Veterano M60	55:28	+19:12	05:33
51	659	FERNANDO ALVES SILVA	Individual	Veterano M60	55:35	+19:19	05:34
52	1437	Domingos Cardoso Baptista	Individual	Veterano M60	56:25	+20:09	05:39
53	670	Rufino Tavares	Individual	Veterano M60	56:27	+20:10	05:39
54	190	Aires Moreira	Grupo de Corrida de Argoncilhe	Veterano M60	56:35	+20:19	05:39
55	668	Mário João Alves Rodrigues	Individual	Veterano M60	57:41	+21:24	05:46
56	702	António Augusto de Sá Ferreira Godinho	Os Falta D`ar	Veterano M60	57:52	+21:36	05:47
57	1435	Antonio Tafula	Individual	Veterano M60	58:01	+21:45	05:48
58	145	Eduardo Tavares Rebelo	Eduart-. Componentes Calçado.	Veterano M60	58:10	+21:54	05:49
59	836	MANUEL COUTO	A.D.GRIJÓ A CORRER	Veterano M60	58:29	+22:13	05:51
60	685	Fernando Teixeira	Manquinhos	Veterano M60	58:38	+22:21	05:52
61	140	Carlos Domingos Ferreira Alves	Clube do Pessoal EDP - Delegação Porto	Veterano M60	58:48	+22:32	05:53
62	1446	Manuel Oliveira	Individual	Veterano M60	59:01	+22:45	05:54
63	658	Carlos Ramos	Individual	Veterano M60	59:43	+23:27	05:58
64	660	Gaspar Cadete	Individual	Veterano M60	59:51	+23:34	05:59
65	654	António Matos	Individual	Veterano M60	01:00:18	+24:02	06:02
66	1663	ANTONIO CARLOS MOTA	Individual	Veterano M60	01:00:23	+24:06	06:02
67	651	ABILIO SOARES	Individual	Veterano M60	01:00:41	+24:25	06:04
68	90	Luis Oliveira	ACAIL GAS	Veterano M60	01:00:58	+24:41	06:06
69	124	FRANCISCO COSTA	CAL - Clube Atletismo de Lamas	Veterano M60	01:01:30	+25:13	06:09
70	1673	JOSÉ BARBOSA	Clube do Pessoal das Águas de Gaia	Veterano M60	01:02:49	+26:33	06:17
71	1438	Ernesto Santos	Individual	Veterano M60	01:03:30	+27:13	06:21
72	663	Joaquim Fernando de Oliveira Castro	Individual	Veterano M60	01:03:30	+27:14	06:21
73	1433	ANTONIO SERAFIM MARQUES DE OLIVEIRA	Individual	Veterano M60	01:03:40	+27:24	06:22
74	1441	José Castro	Individual	Veterano M60	01:04:47	+28:31	06:29
75	806	Carlos Marques	@corredoresderua@	Veterano M60	01:05:15	+28:59	06:32
76	803	Serafim Coutinho	Zero2hero	Veterano M60	01:05:30	+29:14	06:33
77	665	José Salvador Pinto da Silva	Individual	Veterano M60	01:07:58	+31:42	06:48
78	825	José Falcão	A. D. RIO LARGO C. ESPINHO	Veterano M60	01:08:04	+31:48	06:48
79	743	Antonio Neves	S.c.Espinho/António Leitão	Veterano M60	01:08:46	+32:29	06:53

