

**10KM - 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

	Time	Temperature	Humidity
Start	18:00	13°C	88%
End	19:29	13°C	88%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	62	Tiago Madureira	G. D. 3. Santos Populares	36:21		03:38	
2	139	Carlos Manuel Teixeira Gomes	Individual	36:40	+00:19	03:40	
3	234	João Oliveira	Nascidos para Correr - Associação Desportiva	37:08	+00:47	03:43	
4	64	Mário Ibarra	G.D.A Ronda	38:09	+01:48	03:49	
5	54	João Sousa	EDL	38:21	+02:00	03:50	
6	207	Francisco PEreira	Ativate	38:28	+02:07	03:51	
7	98	Diogo Barge	Individual	39:15	+02:54	03:56	
8	13	Fernando Lima	Núcleo atletismo Cucujães	39:41	+03:20	03:58	
9	61	HUGO FERREIRA	G.D.A Ronda	39:51	+03:30	03:59	
10	42	Leandro Coelho	Clube Desportivo Feirense	41:11	+04:50	04:07	
11	77	Pedro Jorge	GRUPO VILARINHO CIMA	42:05	+05:44	04:13	
12	75	Alberto Valente	GRUPO DESPORTIVO SANTANDER TOTTA	42:23	+06:02	04:14	
13	160	Fabio Sufiatti	Individual	42:26	+06:05	04:15	
14	165	Manuel Ferreira	Peraltafilite	42:42	+06:21	04:16	
15	115	Marcelo Sousa	Individual	43:02	+06:41	04:18	
16	249	Fábio Almeida	NIGHT RUNNERS FEIRA	43:04	+06:43	04:18	
17	198	Ricardo Seromenho	JAM - Juventude Atlético Mozelense	43:07	+06:46	04:19	
18	67	Manuel Bastos	G.D.A Ronda	43:11	+06:50	04:19	
19	265	Filipe Silva	Run For Fun Laranjinhas	43:17	+06:56	04:20	
20	189	Vitor Resende	Individual	43:45	+07:24	04:22	
21	256	Pedro Serrano	Pastello Runners	43:47	+07:26	04:23	
22	237	Domingos Silva	Nascidos para Correr - Associação Desportiva	43:53	+07:32	04:23	
23	181	Norberto Manuel Almeida da Silva	Individual	44:02	+07:41	04:24	
24	49	Cristiana Ferreira	DCI/Trilhos Luso Bussaco	44:04	+07:43	04:24	
25	257	Manuel Silva	Pés Doridos	44:13	+07:52	04:25	
26	108	João Campos	Individual	44:18	+07:57	04:26	
27	266	Américo pinho	Run For Fun Laranjinhas	44:53	+08:32	04:29	
28	244	Jorge Luz	Nascidos para Correr - Associação Desportiva	44:53	+08:32	04:29	
29	48	José Macedo	Damira trail team	45:09	+08:48	04:31	
30	18	Fernando Cruz	Brandoenses Running	45:15	+08:54	04:32	
31	43	João Moreira	Clube Desportivo Feirense	45:27	+09:06	04:33	
32	82	Helder Oliveira	Guisande Trail Running	45:29	+09:08	04:33	
33	19	Paulo Oliveira	Brandoenses Running	45:57	+09:36	04:36	
34	66	Liliana Cardoso	Runners do Demo	46:02	+09:41	04:36	
35	2	Vitor Santos	ACAIL GAS	46:06	+09:45	04:37	
36	4	Paula Santos	Allabout	46:12	+09:51	04:37	
37	44	Tozé Amorim	Clube Desportivo Feirense	46:14	+09:53	04:37	
38	30	Alcides Relvas	Bravos e bravitas	46:17	+09:56	04:38	
39	63	Carlos Fazendeiro	G.D.A Ronda	46:19	+09:58	04:38	
40	151	Ludgero Couto	Individual	46:25	+10:04	04:39	
41	292	Hugo Bastos	RUNNING4FUN Team Viseu	46:28	+10:07	04:39	
42	190	Carlos Alves	Individual	46:32	+10:11	04:39	

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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

<b>RANK</b>	<b>BIB</b>	<b>NAME</b>	<b>TEAM</b>	<b>RESULT</b>	<b>DIFF</b>	<b>t/KM</b>	<b>CARD</b>
43	255	Pedro Alves	Pastello Runners	46:47	+10:26	04:41	
44	158	Xavier Miranda	Individual	46:51	+10:30	04:41	
45	258	António Silva	Pés Doridos	46:55	+10:34	04:42	
46	141	Marco André Cardoso Marques	Individual	46:57	+10:36	04:42	
47	267	Tony bri	Run For Fun Laranjinhos	47:05	+10:44	04:43	
48	196	Francisco Fernandes	JAM - Juventude Atlético Mozelense	47:14	+10:53	04:43	
49	247	Sebastião Cardoso	Nascidos para Correr - Associação Desportiva	47:17	+10:56	04:44	
50	23	Vitor Paulino	Brandoenses Running	47:19	+10:58	04:44	
51	222	Ricardo José Neves Moreira	Lourosa em Movimento	47:22	+11:01	04:44	
52	10	Diogo Lopes	Arrifana Running	47:40	+11:19	04:46	
53	24	José Luís Santos	Brandoenses Running	47:41	+11:20	04:46	
54	254	Paulo Grilo	Individual	47:45	+11:24	04:47	
55	174	Carlos Lancha	Individual	47:51	+11:30	04:47	
56	223	Vitor Moreira	Lourosa em Movimento	47:52	+11:31	04:47	
57	210	José Carlos Gomes	Ligeirinhos	47:54	+11:33	04:47	
58	241	Joaquim Silva	Nascidos para Correr - Associação Desportiva	48:00	+11:39	04:48	
59	262	Júlio Fontes	Pior que g... a decidir	48:12	+11:51	04:49	
60	289	Telmo Nunes	RUNNING ESPINHO	48:20	+11:59	04:50	
61	228	Luis Silva	Lusitânia de Lourosa FC- secção de Atletismo	48:22	+12:01	04:50	
62	72	Joaquim Ribeiro	Grupo Corrida de Argoncilhe	48:29	+12:08	04:51	
63	164	Luis gomes	Individual	48:32	+12:11	04:51	
64	21	Carlos santod	Brandoenses Running	48:37	+12:16	04:52	
65	273	Nelson Pais	RUN&FUN	48:45	+12:24	04:52	
66	195	Matilde Baptista	JAM - Juventude Atlético Mozelense	49:07	+12:46	04:55	
67	28	Hugo Teixeira	Bravos e bravitas	49:11	+12:50	04:55	
68	230	MARA CELIA	MC	49:25	+13:04	04:57	
69	231	PEDRO ROCHA	MC	49:27	+13:06	04:57	
70	36	Vasco Rocha	Caldas de São Jorge Sport Clube	49:30	+13:09	04:57	
71	272	Tino Pais	RUN&FUN	49:49	+13:28	04:59	
72	186	Daniel Gomes	Individual	49:54	+13:33	04:59	
73	298	Diogo Magalhães	Taylors	50:04	+13:43	05:00	
74	192	Joaquim Teixeira	Individual	50:05	+13:44	05:01	
75	295	Tiago Sousa	Sport Comércio e Salgueiros	50:14	+13:53	05:01	
76	161	Filipe Ribeiro	Individual	50:17	+13:56	05:02	
77	55	José Almeida	EV PERALTAFIL	50:19	+13:58	05:02	
78	105	Gonçalo Ribeiro	Individual	50:32	+14:11	05:03	
79	233	Paulo Silva	Miguel Santos santos	50:51	+14:30	05:05	
80	204	Carlos Seixas	Junta Freguesia Lourosa	50:59	+14:38	05:06	
81	185	Antonio Silva	Individual	51:04	+14:43	05:06	
82	80	Diana Pinho	Guisande Trail Running	51:09	+14:48	05:07	
83	307	Vitor Alves	Individual	51:09	+14:48	05:07	
84	3	Américo Lei	Agência Lei	51:11	+14:50	05:07	
85	109	João Miguel Pereira Silva	Individual	51:13	+14:52	05:07	
86	243	António Nascimento	Nascidos para Correr - Associação Desportiva	51:16	+14:55	05:08	
87	281	André Mota	Running Esmoriz	51:27	+15:06	05:09	
88	29	Sérgio Costa	Bravos e bravitas	51:30	+15:09	05:09	

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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
89	290	JOÃO MIGUEL PEREIRA LEITE	RUNNING ESPINHO	51:35	+15:14	05:09	
90	37	Armando Santos	Caldas de São Jorge Sport Clube	51:38	+15:17	05:10	
91	130	Helena Silva	Run For Fun Laranjinhas	51:45	+15:24	05:11	
92	261	Fábio Silva	Pior que g... a decidir	51:51	+15:30	05:11	
93	170	Samuel Rebelo	Individual	51:51	+15:30	05:11	
94	277	Ze Moutinho	RUN&FUN	51:53	+15:32	05:11	
95	121	Rodrigo Alexandre Dias Lopes	Individual	52:01	+15:40	05:12	
96	305	João Diogo	Yellow Barn Brothers	52:03	+15:42	05:12	
97	304	João Diogo	Yellow Barn Brothers	52:04	+15:43	05:12	
98	78	Leonel Neves	GRUPO VILARINHO CIMA	52:06	+15:45	05:13	
99	106	Henrique L. Sousa	Individual	52:11	+15:50	05:13	
100	97	Daniel Silva	Individual	52:12	+15:51	05:13	
101	101	Francisco Fonseca	Individual	52:12	+15:51	05:13	
102	217	Jorge Dias	Lourosa em Movimento	52:13	+15:52	05:13	
103	146	Daniel Fonseca Marques	Individual	52:17	+15:56	05:14	
104	236	Rosa Pinto	Nascidos para Correr - Associação Desportiva	52:24	+16:03	05:14	
105	144	Bruno Miguel Vilar Da Rocha	Individual	52:32	+16:11	05:15	
106	278	Eduardo Ferreira	RUNFORFEST #cadapassoconta	52:41	+16:20	05:16	
107	269	Sara Mota	RUN&FUN	52:46	+16:25	05:17	
108	182	João Gomes	Bravos e bravitas	53:05	+16:44	05:19	
109	138	Bruno Ramalho	Individual	53:12	+16:51	05:19	
110	79	Paulo Sousa	GRUPO VILARINHO CIMA	53:19	+16:58	05:20	
111	215	Ricardo Guedes	Lourosa em Movimento	53:22	+17:01	05:20	
112	22	Constantino Mota	Brandoenses Running	53:24	+17:03	05:20	
113	199	Justino Soares	JAM - Juventude Atlético Mozelense	53:26	+17:05	05:21	
114	71	Antonio Prata	Grupo Corrida de Argoncilhe	53:28	+17:07	05:21	
115	284	Jorge Guerra	Running Esmoriz	53:28	+17:07	05:21	
116	69	Nuno Pereira	Grupo Corrida de Argoncilhe	53:33	+17:12	05:21	
117	175	Carlos Rocha	Individual	53:33	+17:12	05:21	
118	145	Bruno Silva	Individual	53:49	+17:28	05:23	
119	264	Sandra Silva	Run For Fun Laranjinhas	53:52	+17:31	05:23	
120	20	António Espinheira	Brandoenses Running	53:55	+17:34	05:24	
121	40	Luis santos	CLTT Clinica Litoral Trail Team	53:59	+17:38	05:24	
122	180	Miguel Maia	Individual	54:00	+17:39	05:24	
123	176	Emanuel Mota	Individual	54:05	+17:44	05:24	
124	53	Carlos Ribeiro	Duarte e Companhia	54:10	+17:49	05:25	
125	17	Perpétua Silva	Brandoenses Running	54:13	+17:52	05:25	
126	197	Pedro Leitao	JAM - Juventude Atlético Mozelense	54:13	+17:52	05:25	
127	118	Pedro Lima	Individual	54:18	+17:57	05:26	
128	286	Maurício Lins	Running Esmoriz	54:18	+17:57	05:26	
129	74	Ricardo Pereira	Individual	54:20	+17:59	05:26	
130	224	Manuel Silva	Lourosa em Movimento	54:30	+18:09	05:27	
131	246	Rogério Sarmiento	Nascidos para Correr - Associação Desportiva	54:34	+18:13	05:27	
132	81	Sónia Almeida	Guisande Trail Running	55:01	+18:40	05:30	
133	299	Cláudia Pimpapel	Team Shark	55:12	+18:51	05:31	
134	300	Paula Andrade	Team Shark	55:12	+18:51	05:31	

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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
135	303	José Neves	TrepaTrilhos Treal Team	55:21	+19:00	05:32	
136	99	Filipe Évora	Individual	55:22	+19:01	05:32	
137	216	Rúben Lima Silva	Lourosa em Movimento	55:35	+19:14	05:34	
138	92	Alexandre Sousa	Individual	55:45	+19:24	05:35	
139	166	marco santos	Individual	55:49	+19:28	05:35	
140	268	Elsa Mota	RUN&FUN	55:50	+19:29	05:35	
141	270	Céu Vilar	RUN&FUN	55:50	+19:29	05:35	
142	226	Joaquim Sá	Lourosa em Movimento	55:52	+19:31	05:35	
143	250	Carla Cardoso	NIGHT RUNNERS FEIRA	55:53	+19:32	05:35	
144	232	Miguel Santos	Miguel Santos santos	56:01	+19:40	05:36	
145	162	Joaquim Maia	Individual	56:13	+19:52	05:37	
146	283	Paulo Reis	Running Esmoriz	56:16	+19:55	05:38	
147	288	Orquídea Sousa	RUNNING ESPINHO	56:16	+19:55	05:38	
148	143	Victor Silva	Individual	56:23	+20:02	05:38	
149	203	Miguel Silva	Junta Freguesia Lourosa	56:28	+20:07	05:39	
150	214	Michelangelo Lopes	Lourosa em Movimento	56:53	+20:32	05:41	
151	274	Tino Silva	RUN&FUN	57:00	+20:39	05:42	
152	202	Álvaro Silva	MSS	57:06	+20:45	05:43	
153	168	Paulo Costa	Individual	57:17	+20:56	05:44	
154	33	PAULO NEVES	CAL - Clube Atletismo de Lamas	57:21	+21:00	05:44	
155	238	Albino Silva	Nascidos para Correr - Associação Desportiva	57:22	+21:01	05:44	
156	150	Igor Santos	Individual	57:22	+21:01	05:44	
157	153	Marco Aurélio Oliveira Santos	Individual	57:32	+21:11	05:45	
158	188	Paulo Ferreira	Individual	57:43	+21:22	05:46	
159	177	GIL SOUSA	Individual	57:46	+21:25	05:47	
160	45	Vítor M Cardoso	Corre São João	57:55	+21:34	05:47	
161	171	Toze Jesus	Individual	58:07	+21:46	05:49	
162	291	Raquel Caracitas	RUNNING4FUN Team Viseu	58:11	+21:50	05:49	
163	95	Cristiano Silva	Individual	58:15	+21:54	05:50	
164	46	Cristina moura	CTM VILA POUCA DE AGUIAR	58:31	+22:10	05:51	
165	193	Manuel Ferreira	Individual	58:38	+22:17	05:52	
166	8	Mária Calmeiro	Arrifana Running	58:47	+22:26	05:53	
167	142	Rafael Ferraz	Individual	58:55	+22:34	05:53	
168	73	Fernando Silva	Grupo Corrida de Argoncilhe	59:02	+22:41	05:54	
169	15	José Beleza	Arrifana Running	59:07	+22:46	05:55	
170	302	Fernando Andrade	Team Shark	59:10	+22:49	05:55	
171	152	Marcelo Teixeira da mota	Individual	59:14	+22:53	05:55	
172	116	Michel Benigno Bizarro	Individual	59:23	+23:02	05:56	
173	85	Ana Silva	Individual	59:27	+23:06	05:57	
174	96	Daniel Pereira	Individual	59:27	+23:06	05:57	
175	134	Palmira Ferreira	Individual	59:27	+23:06	05:57	
176	154	Nuno Jorge Martins da Silva	Individual	59:32	+23:11	05:57	
177	70	António Moura	Grupo Corrida de Argoncilhe	59:37	+23:16	05:58	
178	242	Adão Dias	Nascidos para Correr - Associação Desportiva	59:40	+23:19	05:58	
179	132	Raquel Brito	Individual	59:47	+23:26	05:59	
180	221	Manuela Sousa	Grupo Corrida de Argoncilhe	59:50	+23:29	05:59	

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**OFFICIAL RESULT**

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
181	301	Fernando Mendes	Team Shark	59:51	+23:30	05:59	
182	38	José Manuel Monteiro	Cirac - Circulo de Recreio Arte e Cultura	59:56	+23:35	06:00	
183	93	Bernardo Maia	Individual	59:56	+23:35	06:00	
184	111	José António Teixeira da Silva Francisco	Individual	01:00:03	+23:42	06:00	
185	50	Vera Leite	Duarte e Companhia	01:00:05	+23:44	06:00	
186	11	Vitor Dias	Arrifana Running	01:00:05	+23:44	06:01	
187	125	Sofia Alexandra Da Silva Oliveira	Individual	01:00:05	+23:44	06:01	
188	173	Andre Castro	Individual	01:00:07	+23:46	06:01	
189	293	Bruno Miguel Lopes Bastos	RUNNING4FUN Team Viseu	01:00:12	+23:51	06:01	
190	240	António Santos	Nascidos para Correr - Associação Desportiva	01:00:14	+23:53	06:01	
191	137	Bruno André da Silva Ribeiro	Individual	01:00:15	+23:54	06:02	
192	227	Ernesto Silva	Lourosa em Movimento	01:00:25	+24:04	06:02	
193	209	Deolinda Camarinha	Ligeirinhos	01:00:29	+24:08	06:03	
194	94	Bruno Sousa	Individual	01:01:02	+24:41	06:06	
195	127	Sandra santos	Individual	01:01:20	+24:59	06:08	
196	285	Joaquim Pinto	Running Esmoriz	01:01:20	+24:59	06:08	
197	112	Júlio Macedo	Individual	01:01:27	+25:06	06:09	
198	218	Emília Ferreira	Lourosa em Movimento	01:01:36	+25:15	06:10	
199	229	SANDRA ALMEIDAS	MC	01:01:51	+25:30	06:11	
200	27	Margarida Neves	Bravos e bravitas	01:02:05	+25:44	06:13	
201	68	Sónia Lei	Grupo Corrida de Argoncilhe	01:02:09	+25:48	06:13	
202	119	Pedro Teixeira	Individual	01:02:16	+25:55	06:14	
203	102	Francisco Neves	Individual	01:02:19	+25:58	06:14	
204	87	Fabiana da Silva Pinto	Individual	01:02:20	+25:59	06:14	
205	86	Bárbara Baptista Freitas	Individual	01:02:20	+25:59	06:14	
206	122	Valter Santos	Individual	01:02:20	+25:59	06:14	
207	184	Adriano Oliveira	Individual	01:02:22	+26:01	06:14	
208	191	Helder de Jesus Paulo	Individual	01:02:37	+26:16	06:16	
209	113	Leandro Silva	Individual	01:02:47	+26:26	06:17	
210	104	Gabriel Lima Alcântara	Individual	01:02:51	+26:30	06:17	
211	279	Virgínia Costa	Running Esmoriz	01:02:57	+26:36	06:18	
212	9	Paula Martins	Arrifana Running	01:03:01	+26:40	06:18	
213	136	Andrés Yepes	Individual	01:03:18	+26:57	06:20	
214	219	Ana Paula Teixeira	Lourosa em Movimento	01:03:19	+26:58	06:20	
215	83	Paulo Jesus	Guisande Trail Running	01:03:33	+27:12	06:21	
216	25	Paula Soares	Bravos e bravitas	01:03:34	+27:13	06:21	
217	135	Maria Adelina Pinto Ferreira	Individual	01:03:35	+27:14	06:22	
218	14	Paulo Fonseca	Arrifana Running	01:03:51	+27:30	06:23	
219	253	Casimiro Fernandes	NIGHT RUNNERS FEIRA	01:03:52	+27:31	06:23	
220	114	Luís Carlos Pereira Pinto	Individual	01:03:54	+27:33	06:23	
221	26	Fatinha Gomes	Bravos e bravitas	01:03:55	+27:34	06:23	
222	6	Hélder Silva	Armada Lusitânia	01:04:03	+27:42	06:24	
223	107	Ivo Assunção	Individual	01:04:28	+28:07	06:27	
224	120	Ricardo Alves	Individual	01:04:28	+28:07	06:27	
225	259	Emanuel Costa	PIMOK	01:04:29	+28:08	06:27	

## 10KM - 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

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
226	7	António Pereira	Armada Lusitânia	01:04:37	+28:16	06:28	
227	208	Rosa Lúcia Silva	Ligeirinhos	01:05:01	+28:40	06:30	
228	248	Ana Almeida	NIGHT RUNNERS FEIRA	01:05:09	+28:48	06:31	
229	252	Joaquim Moreira	NIGHT RUNNERS FEIRA	01:05:09	+28:48	06:31	
230	260	Miguel Marques	PIMOK	01:05:12	+28:51	06:31	
231	183	Rui Filipe Oliveira Tavares	Individual	01:05:46	+29:25	06:35	
232	297	Reinaldo Miranda	TAM Aurora Cunha	01:06:07	+29:46	06:37	
233	296	Paula Miranda	TAM Aurora Cunha	01:06:08	+29:47	06:37	
234	16	Patrícia Laranjeira	Brandoenses Running	01:06:14	+29:53	06:37	
235	51	Pedro Ribeiro	Duarte e Companhia	01:06:29	+30:08	06:39	
236	169	Pedro Amorim	Individual	01:06:29	+30:08	06:39	
237	172	Abílio Sousa	Individual	01:06:52	+30:31	06:41	
238	225	Toninho Ventura	Lourosa em Movimento	01:07:35	+31:14	06:45	
239	131	Margarida Ribeiro	Individual	01:07:49	+31:28	06:47	
240	117	Miguel Neves	Individual	01:08:02	+31:41	06:48	
241	263	Helder Santos	Projecto Sexto Sentido	01:08:14	+31:53	06:49	
242	84	Ana Eduarda Silva	Individual	01:08:14	+31:53	06:49	
243	235	Alexandra Reboredo	Nascidos para Correr - Associação Desportiva	01:08:47	+32:26	06:53	
244	76	Marta Sousa	GRUPO VILARINHO CIMA	01:08:57	+32:36	06:54	
245	89	Joana Teixeira	Individual	01:08:59	+32:38	06:54	
246	110	João Teixeira	Individual	01:09:00	+32:39	06:54	
247	282	Luís Oliveira	Running Esmoriz	01:09:09	+32:48	06:55	
248	280	Ana Oliveira	Running Esmoriz	01:09:09	+32:48	06:55	
249	34	Miguel Santos	Caldas de São Jorge Sport Clube	01:10:19	+33:58	07:02	
250	211	Ana Alves	Lourosa em Movimento	01:10:19	+33:58	07:02	
251	178	João Sousa	Individual	01:10:23	+34:02	07:02	
252	128	Sónia Oliveira	Individual	01:10:23	+34:02	07:02	
253	187	Jorge Xavier	Individual	01:10:42	+34:21	07:04	
254	239	Rui Santos	Nascidos para Correr - Associação Desportiva	01:12:11	+35:50	07:13	
255	65	Rita Baptista	Individual	01:12:40	+36:19	07:16	
256	206	Mário Fonseca	Juventude Cortegacense	01:12:42	+36:21	07:16	
257	201	Luis Morais	javalis100limites	01:12:42	+36:21	07:16	
258	200	Monica Morais	javalis100limites	01:12:43	+36:22	07:16	
259	309	Sandra Alves	Individual	01:12:54	+36:33	07:17	
260	287	Dulce Ferreira	RUNNING ESPINHO	01:13:28	+37:07	07:21	
261	90	Núria Rebelo	Individual	01:16:28	+40:07	07:39	
262	39	Joaquim Oliveira	Cirac - Circulo de Recreio Arte e Cultura	01:17:05	+40:44	07:42	
263	133	Carla Chezorim da Conceição	Individual	01:18:03	+41:42	07:48	
264	103	Gabriel Chezorim Pinho da Conceição	Individual	01:18:08	+41:47	07:49	
265	212	Bea Sá	Lourosa em Movimento	01:21:29	+45:08	08:09	
266	213	Iris Sá	Lourosa em Movimento	01:21:29	+45:08	08:09	
267	163	Joel Gomes Casal Ribeiro	Individual	01:25:10	+48:49	08:31	



## 10KM

## 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

	Time	Temperature	Humidity
Start	18:00	13°C	88%
End	19:29	13°C	88%

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

1	291	Raquel Caracitas	RUNNING4FUN Team Viseu	Senior Feminino	58:11		05:49
2	8	Mária Calmeiro	Arrifana Running	Senior Feminino	58:47	+00:36	05:53
3	85	Ana Silva	Individual	Senior Feminino	59:27	+01:15	05:57
4	87	Fabiana da Silva Pinto	Individual	Senior Feminino	01:02:20	+04:08	06:14
5	86	Bárbara Baptista Freitas	Individual	Senior Feminino	01:02:20	+04:08	06:14
6	248	Ana Almeida	NIGHT RUNNERS FEIRA	Senior Feminino	01:05:09	+06:57	06:31
7	84	Ana Eduarda Silva	Individual	Senior Feminino	01:08:14	+10:03	06:49
8	89	Joana Teixeira	Individual	Senior Feminino	01:08:59	+10:47	06:54
9	211	Ana Alves	Lourosa em Movimento	Senior Feminino	01:10:19	+12:08	07:02
10	200	Monica Moraes	javalis100limites	Senior Feminino	01:12:43	+14:31	07:16
11	90	Núria Rebelo	Individual	Senior Feminino	01:16:28	+18:17	07:39
12	212	Bea Sá	Lourosa em Movimento	Senior Feminino	01:21:29	+23:17	08:09
13	213	Iris Sá	Lourosa em Movimento	Senior Feminino	01:21:29	+23:17	08:09

### Senior Masculino

1	62	Tiago Madureira	G. D. 3. Santos Populares	Senior Masculino	36:21		03:38
2	234	João Oliveira	Nascidos para Correr - Associação Desportiva	Senior Masculino	37:08	+00:47	03:43
3	207	Francisco PEreira	Ativate	Senior Masculino	38:28	+02:06	03:51
4	98	Diogo Barge	Individual	Senior Masculino	39:15	+02:54	03:56
5	115	Marcelo Sousa	Individual	Senior Masculino	43:02	+06:40	04:18
6	249	Fábio Almeida	NIGHT RUNNERS FEIRA	Senior Masculino	43:04	+06:43	04:18
7	108	João Campos	Individual	Senior Masculino	44:18	+07:57	04:26
8	292	Hugo Bastos	RUNNING4FUN Team Viseu	Senior Masculino	46:28	+10:07	04:39
9	255	Pedro Alves	Pastello Runners	Senior Masculino	46:47	+10:26	04:41
10	262	Júlio Fontes	Pior que g... a decidir	Senior Masculino	48:12	+11:50	04:49
11	228	Luis Silva	Lusitânia de Lourosa FC- secção de Atletismo	Senior Masculino	48:22	+12:01	04:50
12	295	Tiago Sousa	Sport Comércio e Salgueiros	Senior Masculino	50:14	+13:52	05:01
13	105	Gonçalo Ribeiro	Individual	Senior Masculino	50:32	+14:10	05:03
14	307	Vitor Alves	Individual	Senior Masculino	51:09	+14:48	05:07
15	109	João Miguel Pereira Silva	Individual	Senior Masculino	51:13	+14:52	05:07
16	261	Fábio Silva	Pior que g... a decidir	Senior Masculino	51:51	+15:30	05:11
17	121	Rodrigo Alexandre Dias Lopes	Individual	Senior Masculino	52:01	+15:39	05:12
18	305	João Diogo	Yellow Barn Brothers	Senior Masculino	52:03	+15:42	05:12
19	304	João Diogo	Yellow Barn Brothers	Senior Masculino	52:04	+15:42	05:12
20	106	Henrique L. Sousa	Individual	Senior Masculino	52:11	+15:50	05:13
21	97	Daniel Silva	Individual	Senior Masculino	52:12	+15:51	05:13
22	101	Francisco Fonseca	Individual	Senior Masculino	52:12	+15:51	05:13

Official Timekeeper: Lap2Go	1 / 8	generate 21-dez.-2024 19:33
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## 10KM

## 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

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23	217	Jorge Dias	Lourosa em Movimento	Senior Masculino	52:13	+15:51	05:13
24	215	Ricardo Guedes	Lourosa em Movimento	Senior Masculino	53:22	+17:01	05:20
25	118	Pedro Lima	Individual	Senior Masculino	54:18	+17:56	05:26
26	99	Filipe Évora	Individual	Senior Masculino	55:22	+19:01	05:32
27	216	Rúben Lima Silva	Lourosa em Movimento	Senior Masculino	55:35	+19:14	05:34
28	92	Alexandre Sousa	Individual	Senior Masculino	55:45	+19:24	05:35
29	203	Miguel Silva	Junta Freguesia Lourosa	Senior Masculino	56:28	+20:07	05:39
30	214	Michelangelo Lopes	Lourosa em Movimento	Senior Masculino	56:53	+20:31	05:41
31	95	Cristiano Silva	Individual	Senior Masculino	58:15	+21:54	05:50
32	116	Michel Benigno Bizarro	Individual	Senior Masculino	59:23	+23:02	05:56
33	96	Daniel Pereira	Individual	Senior Masculino	59:27	+23:06	05:57
34	93	Bernardo Maia	Individual	Senior Masculino	59:56	+23:35	06:00
35	111	José António Teixeira da Silva Francisco	Individual	Senior Masculino	01:00:03	+23:41	06:00
36	94	Bruno Sousa	Individual	Senior Masculino	01:01:02	+24:40	06:06
37	112	Júlio Macedo	Individual	Senior Masculino	01:01:27	+25:06	06:09
38	119	Pedro Teixeira	Individual	Senior Masculino	01:02:16	+25:55	06:14
39	102	Francisco Neves	Individual	Senior Masculino	01:02:19	+25:57	06:14
40	122	Valter Santos	Individual	Senior Masculino	01:02:20	+25:59	06:14
41	113	Leandro Silva	Individual	Senior Masculino	01:02:47	+26:26	06:17
42	104	Gabriel Lima Alcântara	Individual	Senior Masculino	01:02:51	+26:30	06:17
43	114	Luís Carlos Pereira Pinto	Individual	Senior Masculino	01:03:54	+27:33	06:23
44	107	Ivo Assunção	Individual	Senior Masculino	01:04:28	+28:07	06:27
45	120	Ricardo Alves	Individual	Senior Masculino	01:04:28	+28:07	06:27
46	259	Emanuel Costa	PIMOK	Senior Masculino	01:04:29	+28:07	06:27
47	260	Miguel Marques	PIMOK	Senior Masculino	01:05:12	+28:51	06:31
48	51	Pedro Ribeiro	Duarte e Companhia	Senior Masculino	01:06:29	+30:07	06:39
49	117	Miguel Neves	Individual	Senior Masculino	01:08:02	+31:41	06:48
50	110	João Teixeira	Individual	Senior Masculino	01:09:00	+32:38	06:54
51	103	Gabriel Chezorim Pinho da Conceição	Individual	Senior Masculino	01:18:08	+41:46	07:49

## Veterana F35

1	49	Cristiana Ferreira	DCI/Trilhos Luso Bussaco	Veterana F35	44:04		04:24
2	80	Diana Pinho	Guisande Trail Running	Veterana F35	51:09	+07:04	05:07
3	125	Sofia Alexandra Da Silva Oliveira	Individual	Veterana F35	01:00:05	+16:01	06:01
4	229	SANDRA ALMEIDAS	MC	Veterana F35	01:01:51	+17:46	06:11
5	309	Sandra Alves	Individual	Veterana F35	01:12:54	+28:49	07:17
6	287	Dulce Ferreira	RUNNING ESPINHO	Veterana F35	01:13:28	+29:23	07:21

## Veterana F40

1	66	Liliana Cardoso	Runners do Demo	Veterana F40	46:02		04:36
2	230	MARA CELIA	MC	Veterana F40	49:25	+03:23	04:57
3	269	Sara Mota	RUN&FUN	Veterana F40	52:46	+06:43	05:17
4	264	Sandra Silva	Run For Fun Laranjinhas	Veterana F40	53:52	+07:49	05:23

Official Timekeeper: Lap2Go	2 / 8	generate 21-dez.-2024 19:33
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**10KM****10 KM**

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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

5	81	Sónia Almeida	Guisande Trail Running	Veterana F40	55:01	+08:59	05:30
6	268	Elsa Mota	RUN&FUN	Veterana F40	55:50	+09:47	05:35
7	50	Vera Leite	Duarte e Companhia	Veterana F40	01:00:05	+14:02	06:00
8	127	Sandra santos	Individual	Veterana F40	01:01:20	+15:17	06:08
9	65	Rita Baptista	Individual	Veterana F40	01:12:40	+26:37	07:16

**Veterana F45**

1	17	Perpétua Silva	Brandoenses Running	Veterana F45	54:13		05:25
2	270	Céu Vilar	RUN&FUN	Veterana F45	55:50	+01:37	05:35
3	288	Orquídea Sousa	RUNNING ESPINHO	Veterana F45	56:16	+02:03	05:38
4	218	Emília Ferreira	Lourosa em Movimento	Veterana F45	01:01:36	+07:22	06:10
5	68	Sónia Lei	Grupo Corrida de Argoncilhe	Veterana F45	01:02:09	+07:56	06:13
6	25	Paula Soares	Bravos e bravitas	Veterana F45	01:03:34	+09:21	06:21
7	16	Patrícia Laranjeira	Brandoenses Running	Veterana F45	01:06:14	+12:00	06:37
8	76	Marta Sousa	GRUPO VILARINHO CIMA	Veterana F45	01:08:57	+14:44	06:54
9	128	Sónia Oliveira	Individual	Veterana F45	01:10:23	+16:10	07:02

**Veterana F50**

1	4	Paula Santos	Allabout	Veterana F50	46:12		04:37
2	130	Helena Silva	Run For Fun Laranjinhas	Veterana F50	51:45	+05:33	05:11
3	299	Cláudia Pimparel	Team Shark	Veterana F50	55:12	+08:59	05:31
4	250	Carla Cardoso	NIGHT RUNNERS FEIRA	Veterana F50	55:53	+09:41	05:35
5	132	Raquel Brito	Individual	Veterana F50	59:47	+13:34	05:59
6	279	Virgínia Costa	Running Esmoriz	Veterana F50	01:02:57	+16:45	06:18
7	9	Paula Martins	Arrifana Running	Veterana F50	01:03:01	+16:49	06:18
8	219	Ana Paula Teixeira	Lourosa em Movimento	Veterana F50	01:03:19	+17:06	06:20
9	26	Fatinha Gomes	Bravos e bravitas	Veterana F50	01:03:55	+17:42	06:23
10	296	Paula Miranda	TAM Aurora Cunha	Veterana F50	01:06:08	+19:55	06:37
11	131	Margarida Ribeiro	Individual	Veterana F50	01:07:49	+21:37	06:47

**Veterana F55**

1	195	Matilde Baptista	JAM - Juventude Atlético Mozelense	Veterana F55	49:07		04:55
2	134	Palmira Ferreira	Individual	Veterana F55	59:27	+10:20	05:57
3	221	Manuela Sousa	Grupo Corrida de Argoncilhe	Veterana F55	59:50	+10:42	05:59
4	27	Margarida Neves	Bravos e bravitas	Veterana F55	01:02:05	+12:58	06:13
5	208	Rosa Lúcia Silva	Ligeirinhos	Veterana F55	01:05:01	+15:54	06:30
6	235	Alexandra Reboredo	Nascidos para Correr - Associação Desportiva	Veterana F55	01:08:47	+19:39	06:53
7	133	Carla Chezorim da Conceição	Individual	Veterana F55	01:18:03	+28:56	07:48

10KM

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

Veterana F60

1	236	Rosa Pinto	Nascidos para Correr - Associação Desportiva	Veterana F60	52:24		05:14
2	300	Paula Andrade	Team Shark	Veterana F60	55:12	+02:47	05:31
3	46	Cristina moura	CTM VILA POUCA DE AGUIAR	Veterana F60	58:31	+06:07	05:51
4	209	Deolinda Camarinha	Ligeirinhos	Veterana F60	01:00:29	+08:05	06:03
5	135	Maria Adelina Pinto Ferreira	Individual	Veterana F60	01:03:35	+11:11	06:22
6	280	Ana Oliveira	Running Esmoriz	Veterana F60	01:09:09	+16:45	06:55

Veterano M35

1	139	Carlos Manuel Teixeira Gomes	Individual	Veterano M35	36:40		03:40
2	64	Mário Ibarra	G.D.A Ronda	Veterano M35	38:09	+01:28	03:49
3	54	João Sousa	EDL	Veterano M35	38:21	+01:41	03:50
4	42	Leandro Coelho	Clube Desportivo Feirense	Veterano M35	41:11	+04:31	04:07
5	77	Pedro Jorge	GRUPO VILARINHO CIMA	Veterano M35	42:05	+05:25	04:13
6	141	Marco André Cardoso Marques	Individual	Veterano M35	46:57	+10:17	04:42
7	289	Telmo Nunes	RUNNING ESPINHO	Veterano M35	48:20	+11:39	04:50
8	298	Diogo Magalhães	Taylor's	Veterano M35	50:04	+13:23	05:00
9	204	Carlos Seixas	Junta Freguesia Lourosa	Veterano M35	50:59	+14:19	05:06
10	281	André Mota	Running Esmoriz	Veterano M35	51:27	+14:46	05:09
11	138	Bruno Ramalho	Individual	Veterano M35	53:12	+16:32	05:19
12	40	Luis santos	CLTT Clinica Litoral Trail Team	Veterano M35	53:59	+17:19	05:24
13	74	Ricardo Pereira	Individual	Veterano M35	54:20	+17:39	05:26
14	143	Victor Silva	Individual	Veterano M35	56:23	+19:43	05:38
15	142	Rafael Ferraz	Individual	Veterano M35	58:55	+22:14	05:53
16	38	José Manuel Monteiro	Cirac - Circulo de Recreio Arte e Cultura	Veterano M35	59:56	+23:15	06:00
17	293	Bruno Miguel Lopes Bastos	RUNNING4FUN Team Viseu	Veterano M35	01:00:12	+23:32	06:01
18	137	Bruno André da Silva Ribeiro	Individual	Veterano M35	01:00:15	+23:35	06:02
19	136	Andrés Yepes	Individual	Veterano M35	01:03:18	+26:38	06:20
20	282	Luís Oliveira	Running Esmoriz	Veterano M35	01:09:09	+32:28	06:55
21	34	Miguel Santos	Caldas de São Jorge Sport Clube	Veterano M35	01:10:19	+33:38	07:02
22	206	Mário Fonseca	Juventude Cortegacense	Veterano M35	01:12:42	+36:01	07:16

Veterano M40

1	61	HUGO FERREIRA	G.D.A Ronda	Veterano M40	39:51		03:59
2	265	Filipe Silva	Run For Fun Laranjinhas	Veterano M40	43:17	+03:26	04:20
3	237	Domingos Silva	Nascidos para Correr - Associação Desportiva	Veterano M40	43:53	+04:01	04:23
4	82	Helder Oliveira	Guisande Trail Running	Veterano M40	45:29	+05:37	04:33
5	151	Ludgero Couto	Individual	Veterano M40	46:25	+06:34	04:39
6	158	Xavier Miranda	Individual	Veterano M40	46:51	+06:59	04:41
7	196	Francisco Fernandes	JAM - Juventude Atlético Mouselense	Veterano M40	47:14	+07:23	04:43

Official Timekeeper: Lap2Go	4 / 8	generate 21-dez.-2024 19:33
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## 10KM

## 10 KM

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### OFFICIAL RESULT

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8	222	Ricardo José Neves Moreira	Lourosa em Movimento	Veterano M40	47:22	+07:31	04:44
9	10	Diogo Lopes	Arrifana Running	Veterano M40	47:40	+07:49	04:46
10	223	Vitor Moreira	Lourosa em Movimento	Veterano M40	47:52	+08:01	04:47
11	28	Hugo Teixeira	Bravos e bravitas	Veterano M40	49:11	+09:20	04:55
12	231	PEDRO ROCHA	MC	Veterano M40	49:27	+09:36	04:57
13	272	Tino Pais	RUN&FUN	Veterano M40	49:49	+09:57	04:59
14	55	José Almeida	EV PERALTAFIL	Veterano M40	50:19	+10:28	05:02
15	290	JOÃO MIGUEL PEREIRA LEITE	RUNNING ESPINHO	Veterano M40	51:35	+11:43	05:09
16	146	Daniel Fonseca Marques	Individual	Veterano M40	52:17	+12:25	05:14
17	144	Bruno Miguel Vilar Da Rocha	Individual	Veterano M40	52:32	+12:41	05:15
18	145	Bruno Silva	Individual	Veterano M40	53:49	+13:58	05:23
19	150	Igor Santos	Individual	Veterano M40	57:22	+17:31	05:44
20	153	Marco Aurélio Oliveira Santos	Individual	Veterano M40	57:32	+17:40	05:45
21	152	Marcelo Teixeira da mota	Individual	Veterano M40	59:14	+19:22	05:55
22	154	Nuno Jorge Martins da Silva	Individual	Veterano M40	59:32	+19:41	05:57
23	11	Vitor Dias	Arrifana Running	Veterano M40	01:00:05	+20:14	06:01
24	6	Hélder Silva	Armada Lusitânia	Veterano M40	01:04:03	+24:12	06:24

## Veterano M45

1	75	Alberto Valente	GRUPO DESPORTIVO SANTANDER TOTTA	Veterano M45	42:23		04:14
2	160	Fabio Sufiatti	Individual	Veterano M45	42:26	+00:03	04:15
3	198	Ricardo Seromenho	JAM - Juventude Atlético Mozelense	Veterano M45	43:07	+00:44	04:19
4	256	Pedro Serrano	Pastello Runners	Veterano M45	43:47	+01:24	04:23
5	18	Fernando Cruz	Brandoenses Running	Veterano M45	45:15	+02:52	04:32
6	43	João Moreira	Clube Desportivo Feirense	Veterano M45	45:27	+03:04	04:33
7	19	Paulo Oliveira	Brandoenses Running	Veterano M45	45:57	+03:34	04:36
8	164	Luis gomes	Individual	Veterano M45	48:32	+06:09	04:51
9	273	Nelson Pais	RUN&FUN	Veterano M45	48:45	+06:22	04:52
10	36	Vasco Rocha	Caldas de São Jorge Sport Clube	Veterano M45	49:30	+07:07	04:57
11	161	Filipe Ribeiro	Individual	Veterano M45	50:17	+07:54	05:02
12	29	Sérgio Costa	Bravos e bravitas	Veterano M45	51:30	+09:07	05:09
13	170	Samuel Rebelo	Individual	Veterano M45	51:51	+09:28	05:11
14	78	Leonel Neves	GRUPO VILARINHO CIMA	Veterano M45	52:06	+09:42	05:13
15	79	Paulo Sousa	GRUPO VILARINHO CIMA	Veterano M45	53:19	+10:56	05:20
16	69	Nuno Pereira	Grupo Corrida de Argoncilhe	Veterano M45	53:33	+11:10	05:21
17	197	Pedro Leitao	JAM - Juventude Atlético Mozelense	Veterano M45	54:13	+11:50	05:25
18	224	Manuel Silva	Lourosa em Movimento	Veterano M45	54:30	+12:07	05:27
19	166	marco santos	Individual	Veterano M45	55:49	+13:26	05:35
20	232	Miguel Santos	Miguel Santos santos	Veterano M45	56:01	+13:38	05:36
21	162	Joaquim Maia	Individual	Veterano M45	56:13	+13:50	05:37
22	283	Paulo Reis	Running Esmoriz	Veterano M45	56:16	+13:53	05:38
23	274	Tino Silva	RUN&FUN	Veterano M45	57:00	+14:37	05:42
24	168	Paulo Costa	Individual	Veterano M45	57:17	+14:54	05:44

## 10KM

## 10 KM

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## OFFICIAL RESULT

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25	238	Albino Silva	Nascidos para Correr - Associação Desportiva	Veterano M45	57:22	+14:59	05:44
26	171	Toze Jesus	Individual	Veterano M45	58:07	+15:44	05:49
27	83	Paulo Jesus	Guisande Trail Running	Veterano M45	01:03:33	+21:10	06:21
28	169	Pedro Amorim	Individual	Veterano M45	01:06:29	+24:06	06:39
29	225	Toninho Ventura	Lourosa em Movimento	Veterano M45	01:07:35	+25:12	06:45
30	263	Helder Santos	Projecto Sexto Sentido	Veterano M45	01:08:14	+25:51	06:49
31	163	Joel Gomes Casal Ribeiro	Individual	Veterano M45	01:25:10	+42:47	08:31

## Veterano M50

1	13	Fernando Lima	Núcleo atletismo Cucujães	Veterano M50	39:41		03:58
2	165	Manuel Ferreira	Peraltafilte	Veterano M50	42:42	+03:01	04:16
3	67	Manuel Bastos	G.D.A Ronda	Veterano M50	43:11	+03:30	04:19
4	181	Norberto Manuel Almeida da Silva	Individual	Veterano M50	44:02	+04:20	04:24
5	257	Manuel Silva	Pés Doridos	Veterano M50	44:13	+04:32	04:25
6	266	Américo pinho	Run For Fun Laranjinhãs	Veterano M50	44:53	+05:12	04:29
7	48	José Macedo	Damira trail team	Veterano M50	45:09	+05:28	04:31
8	2	Vítor Santos	ACAIL GAS	Veterano M50	46:06	+06:25	04:37
9	44	Tozé Amorim	Clube Desportivo Feirense	Veterano M50	46:14	+06:32	04:37
10	267	Tony bri	Run For Fun Laranjinhãs	Veterano M50	47:05	+07:24	04:43
11	23	Vitor Paulino	Brandoenses Running	Veterano M50	47:19	+07:37	04:44
12	254	Paulo Grilo	Individual	Veterano M50	47:45	+08:04	04:47
13	174	Carlos Lancha	Individual	Veterano M50	47:51	+08:09	04:47
14	21	Carlos santod	Brandoenses Running	Veterano M50	48:37	+08:56	04:52
15	233	Paulo Silva	Miguel Santos santos	Veterano M50	50:51	+11:10	05:05
16	278	Eduardo Ferreira	RUNFORFEST #cadapassoconta	Veterano M50	52:41	+12:59	05:16
17	182	João Gomes	Bravos e bravitas	Veterano M50	53:05	+13:24	05:19
18	22	Constantino Mota	Brandoenses Running	Veterano M50	53:24	+13:43	05:20
19	284	Jorge Guerra	Running Esmoriz	Veterano M50	53:28	+13:47	05:21
20	175	Carlos Rocha	Individual	Veterano M50	53:33	+13:52	05:21
21	20	António Espinheira	Brandoenses Running	Veterano M50	53:55	+14:14	05:24
22	180	Miguel Maia	Individual	Veterano M50	54:00	+14:18	05:24
23	176	Emanuel Mota	Individual	Veterano M50	54:05	+14:23	05:24
24	53	Carlos Ribeiro	Duarte e Companhia	Veterano M50	54:10	+14:28	05:25
25	303	José Neves	TrepaTrilhos Treal Team	Veterano M50	55:21	+15:39	05:32
26	226	Joaquim Sá	Lourosa em Movimento	Veterano M50	55:52	+16:11	05:35
27	177	GIL SOUSA	Individual	Veterano M50	57:46	+18:04	05:47
28	70	António Moura	Grupo Corrida de Argoncilhe	Veterano M50	59:37	+19:56	05:58
29	301	Fernando Mendes	Team Shark	Veterano M50	59:51	+20:10	05:59
30	173	Andre Castro	Individual	Veterano M50	01:00:07	+20:25	06:01
31	14	Paulo Fonseca	Arrišana Running	Veterano M50	01:03:51	+24:10	06:23
32	7	António Pereira	Armada Lusitânia	Veterano M50	01:04:37	+24:55	06:28
33	183	Rui Filipe Oliveira Tavares	Individual	Veterano M50	01:05:46	+26:04	06:35
34	172	Abílio Sousa	Individual	Veterano M50	01:06:52	+27:10	06:41
35	178	João Sousa	Individual	Veterano M50	01:10:23	+30:41	07:02



