





19K

19 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	10:00	8,8°C	65%
End	12:16	8,8°C	65%

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

1	36	Isabel Neno	JuveRunTeam	Senior Feminino	01:43:13		05:26
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### Senior Masculino

1	11	RUI PEDRO FERREIRA GALA	GRECAS - Vagos	Senior Masculino	01:13:56		03:53
2	24	Luis Silvestre	Individual	Senior Masculino	01:22:07	+08:11	04:19
3	20	Bruno Casal	Individual	Senior Masculino	01:22:48	+08:52	04:21
4	49	LUIS FERREIRA	Os Ílhavos	Senior Masculino	01:22:51	+08:55	04:22
5	22	Gualter Barros	Individual	Senior Masculino	01:24:51	+10:55	04:28
6	27	Tiago Gandarez	Individual	Senior Masculino	01:28:48	+14:51	04:40
7	26	Paulo Pires	Individual	Senior Masculino	01:29:57	+16:01	04:44
8	46	Bruno santos	Saca Trilhos	Senior Masculino	01:31:29	+17:33	04:49
9	25	Mauro Leite	Individual	Senior Masculino	01:33:35	+19:39	04:56
10	10	Bruno Coelho	GD Castelense	Senior Masculino	01:35:58	+22:02	05:03
11	23	José Rocha	Individual	Senior Masculino	01:39:24	+25:27	05:14
12	51	Alexandre Oliveira	Domus Trail	Senior Masculino	02:01:56	+47:59	06:25
13	44	Luis Duarte	Oiãrunners	Senior Masculino	02:10:46	+56:49	06:53

### Sub 23 Masculino

1	28	Francisco da Rocha Ribeiro	Individual	Sub 23 Masculino	01:25:16		04:29
2	12	Tiago Silvestre	GRECAS - Vagos	Sub 23 Masculino	01:26:00	+00:43	04:32

### Veterana F40

1	50	Fátima Ribeiro	Individual	Veterana F40	02:10:48		06:53
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### Veterana F45

1	13	CARINA DOMINGUES DA SILVA	GRECAS - Vagos	Veterana F45	02:12:49		06:59
2	42	Marta Mateus	Marta&João	Veterana F45	02:15:50	+03:01	07:09

### Veterana F50

1	14	Suzete Marco	GRECAS - Vagos	Veterana F50	01:55:22		06:04
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19K

19 KM

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

**OFFICIAL RESULT**

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### Veterana F55

1	15	Lídia Pereira	GRECAS - Vagos	Veterana F55	01:25:11	04:29
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### Veterano M40

1	16	Nuno Costa	GRECAS - Vagos	Veterano M40	01:03:33	03:21
2	29	Nelson santos	Individual	Veterano M40	01:18:13	+14:40 04:07
3	6	João Pedro	CLTT Clínica Litoral Trail Team	Veterano M40	01:20:33	+17:00 04:14
4	38	Tiago Capela	JuveRunTeam	Veterano M40	01:22:42	+19:09 04:21
5	17	Vítor Santos	GRECAS - Vagos	Veterano M40	01:26:35	+23:02 04:33
6	41	Ricardo Santos	Lobitos	Veterano M40	01:31:02	+27:29 04:47

### Veterano M45

1	30	Jose margarido	Individual	Veterano M45	01:22:11	04:20
2	1	Fernando Silva	ADCP PEDRALVA	Veterano M45	01:31:00	+08:48 04:47
3	39	Sérgio Pinho	JuveRunTeam	Veterano M45	01:37:12	+15:00 05:07
4	48	Narciso José da Silva Pinho	Vamos a Pé - Taboeira	Veterano M45	01:40:12	+18:01 05:16
5	32	Paulo Julião	Individual	Veterano M45	01:43:31	+21:19 05:27
6	47	Pedro TEK	TRILHOS DA BAGA / K RUN TEAM	Veterano M45	02:03:18	+41:06 06:29
7	31	Nuno Gabriel Vaz Ribeiro	Individual	Veterano M45	02:12:50	+50:38 06:59
8	43	João Teixeira	Marta&João	Veterano M45	02:15:48	+53:37 07:09

### Veterano M50

1	52	ALberto FOnTe	Recreio Desportivo de Agueda	Veterano M50	01:12:24	03:49
2	19	PEDRO SARABANDO	GRECAS - Vagos	Veterano M50	01:13:24	+01:00 03:52
3	7	Pedro capela	CLTT Clínica Litoral Trail Team	Veterano M50	01:18:14	+05:49 04:07
4	4	Manuel Vicente	BiciARCA run team	Veterano M50	01:23:15	+10:51 04:23
5	18	HILÁRIO DOS REIS ESPADILHA	GRECAS - Vagos	Veterano M50	01:27:22	+14:57 04:36
6	33	Jonathan Correa	Individual	Veterano M50	01:36:57	+24:32 05:06
7	34	Nelo Juliao	Individual	Veterano M50	01:40:50	+28:25 05:18

### Veterano M55

1	2	Antonio Nunes	Arada atletico clube	Veterano M55	01:16:36	04:02
2	35	Pedro Peralta	Individual	Veterano M55	01:26:29	+09:53 04:33
3	8	Mário Manuel de Oliveira Simões	CLTT Clínica Litoral Trail Team	Veterano M55	01:49:05	+32:29 05:44

**12K - STAGE 1**

**12 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

	Time	Temperature	Humidity
Start	10:00	8,8°C	65%
End	12:13	8,8°C	65%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	353	André Fonte	Recreio Desportivo de Agueda	45:11			03:46
2	234	Marco Melo	GRECAS - Vagos	45:38	+00:27		03:48
3	357	nelson maia	Bustos Runners	48:55	+03:44		04:05
4	232	Vicente Julião	GRECAS - Vagos	49:41	+04:30		04:08
5	205	Rafael Moreira	ASCR MOSTEIRINHO RUNNERS	51:57	+06:46		04:20
6	264	João Valente	Individual	53:48	+08:37		04:29
7	322	Luis Miguel Silva Oliveira	JuveRunTeam	55:09	+09:58		04:36
8	260	Filipe Silva	Individual	56:11	+11:00		04:41
9	313	João Barbosa	Javalis 100 Limites	56:25	+11:14		04:42
10	335	Rúben Martins	Tainadas run team somengil	57:01	+11:50		04:45
11	350	Diogo Veiga	Veigafit	57:07	+11:56		04:46
12	292	Ricardo rumor	Individual	57:46	+12:35		04:49
13	213	Miguel Vieira	CCR Alqueidão da Serra	57:49	+12:38		04:49
14	341	Rui Miguel	Unidos Run Team/ Oliveira	57:51	+12:40		04:49
15	210	Rodrigo Gouveia	BiciARCA run team	58:07	+12:56		04:51
16	273	Simão Sobreiro da Silva	Individual	58:24	+13:13		04:52
17	230	Sérgio Silva	Família e amigos	58:53	+13:42		04:54
18	214	Luis Santos	CLTT Clínica Litoral Trail Team	58:53	+13:42		04:54
19	274	Tiago Mesquita	Individual	58:54	+13:43		04:55
20	331	Bruno Rumor	Sosense Trail - Corind/ Braga&Fernandes	58:55	+13:44		04:55
21	283	Danny Mateus	Individual	59:15	+14:04		04:56
22	320	Agostinho Oliveira	JuveRunTeam	59:54	+14:43		04:59
23	327	Arcanjo Martins	Santo André	01:00:20	+15:09		05:02
24	219	Tomás Andrade Soares	Clube Desportivo Feirense	01:00:27	+15:16		05:02
25	314	Daniel Gomes	Javalis 100 Limites	01:00:39	+15:28		05:03
26	256	Carlos Nogueira	Individual	01:01:31	+16:20		05:08
27	269	Nuno Alves	Individual	01:01:54	+16:43		05:10
28	284	Diogo Figueiredo	Individual	01:01:55	+16:44		05:10
29	334	Tibério Santos	Sosense Trail - Corind/ Braga&Fernandes	01:02:23	+17:12		05:12
30	222	MISTER PR	Espigueiros runners-caparrosinha	01:02:35	+17:24		05:13
31	215	Maria Fatima Teixeira da Silva Pinho	CLTT Clínica Litoral Trail Team	01:02:42	+17:31		05:14
32	289	Nuno Martinho	Individual	01:02:43	+17:32		05:14
33	354	João Tiago Silva	AAM Runners	01:02:45	+17:34		05:14
34	332	Francisco Raimundo	Sosense Trail - Corind/ Braga&Fernandes	01:02:53	+17:42		05:14
35	233	BEATRIZ ESTRELA DOMINGUES PEQUENO	GRECAS - Vagos	01:03:16	+18:05		05:16
36	228	Paulo Rocha	Família e amigos	01:03:29	+18:18		05:17
37	258	David Marques	Individual	01:03:31	+18:20		05:18
38	236	MARTA NUNES GOUVEIA LOUREIRO	GRECAS - Vagos	01:03:33	+18:22		05:18
39	319	Marquilandro Gonçalves Ferreira	JuveRunTeam	01:03:45	+18:34		05:19
40	302	Rui Simões	Individual	01:03:57	+18:46		05:20

**12K - STAGE 1****12 KM**

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
41	303	Sérgio Ascensão	Individual	01:04:24	+19:13	05:22	
42	254	André Silva	Individual	01:04:33	+19:22	05:23	
43	238	JOÃO MANUEL DE MIRANDA ARRAES	GRECAS - Vagos	01:04:45	+19:34	05:24	
44	255	Carlos Almeida	Individual	01:04:52	+19:41	05:24	
45	267	Mauricio Rodrigues Pedreiras	Individual	01:05:06	+19:55	05:26	
46	330	André Amador	Sosense Trail - Corind/ Braga&Fernandes	01:05:47	+20:36	05:29	
47	333	João Brito	Sosense Trail - Corind/ Braga&Fernandes	01:05:50	+20:39	05:29	
48	229	Henrique Silva	Família e amigos	01:05:56	+20:45	05:30	
49	235	Ana Estrela	GRECAS - Vagos	01:05:57	+20:46	05:30	
50	272	Diogo Simões	Individual	01:07:19	+22:08	05:37	
51	312	Joao Capela	GRECAS - Vagos	01:07:25	+22:14	05:37	
52	316	Miriam Henriques	JuveRunTeam	01:07:34	+22:23	05:38	
53	355	Sandro Maia	Tainadas Run Team - Somengil	01:08:22	+23:11	05:42	
54	298	NUNO MIGUEL MARTINS LOPES	Individual	01:08:25	+23:14	05:42	
55	321	Celso Alves	JuveRunTeam	01:08:32	+23:21	05:43	
56	259	Fábio Santos	Individual	01:08:35	+23:24	05:43	
57	237	Sandra Vieira	GRECAS - Vagos	01:09:11	+24:00	05:46	
58	212	Marco Santiago	Casa Benfica Bairrada	01:09:28	+24:17	05:47	
59	224	Eloi Silva	Família e amigos	01:09:34	+24:23	05:48	
60	270	Ana Camilo	Individual	01:09:58	+24:47	05:50	
61	299	paulo Cardoso	Individual	01:10:14	+25:03	05:51	
62	262	João Bernardes	Individual	01:10:37	+25:26	05:53	
63	225	Filipe Lopes	Família e amigos	01:10:48	+25:37	05:54	
64	226	Miguel Ângelo	Família e amigos	01:10:52	+25:41	05:54	
65	352	Wilson Oliveira	Individual	01:11:10	+25:59	05:56	
66	295	Joaquim Miranda	Individual	01:11:13	+26:02	05:56	
67	211	Cristina Silva	Casa Benfica Bairrada	01:11:31	+26:20	05:58	
68	227	Rui Paiva	Família e amigos	01:11:38	+26:27	05:58	
69	246	Ketleen paz	Individual	01:11:44	+26:33	05:59	
70	358	João Robaina	Tainadas Run Team - Somengil	01:12:00	+26:49	06:00	
71	325	Paulo Ferreira	Os Naufragos	01:12:39	+27:28	06:03	
72	240	Ana Sofia Chipelo	Individual	01:14:00	+28:49	06:10	
73	257	Cristiano Bispo	Individual	01:14:17	+29:06	06:11	
74	307	Williams Simões	Individual	01:14:25	+29:15	06:12	
75	293	Bruno Santos	Individual	01:14:57	+29:46	06:15	
76	304	FERNANDO LIMA FERREIRA	Individual	01:15:02	+29:51	06:15	
77	309	PEDRO ANTONIO LOPES DA SILVA	Individual	01:15:38	+30:27	06:18	
78	239	Hélder Rodrigues	GRECAS - Vagos	01:15:47	+30:36	06:19	
79	342	Tiago Gomes	Unidos Run Team/ Oliveirinhas	01:15:52	+30:41	06:19	
80	300	Pedro Carvalho	Individual	01:16:03	+30:52	06:20	
81	351	Amandio Brites	GRECAS - Vagos	01:16:09	+30:58	06:21	
82	243	Daniela Mendes	Individual	01:16:32	+31:21	06:23	
83	217	Francisco Gonçalves	Clube Atlético Javalinense	01:16:37	+31:26	06:23	
84	218	Eduardo Pereira	Clube Atlético Javalinense	01:16:39	+31:28	06:23	
85	268	Micael Castro	Individual	01:16:52	+31:41	06:24	



**12K - STAGE 1****12 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

<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>
131	328	Joana Vieira	Señor Backpack	01:43:29	+58:18	08:37	
132	241	Ana Vargas	Individual	01:43:29	+58:18	08:37	
133	348	Susy Fernandes	Unidos Run Team/ Oliveirinhas	01:44:52	+59:41	08:44	
134	204	Mariana Ferreira	ASCR MOSTEIRINHO RUNNERS	01:46:21	+01:01:10	08:52	
135	250	Stephanie Cavaco	Individual	01:49:02	+01:03:51	09:05	
136	223	Maria Albuquerque Ferreira Batista Lopes	Família e amigos	01:49:35	+01:04:24	09:08	
137	207	Maria de Fátima Ferreira	ASCR MOSTEIRINHO RUNNERS	01:55:16	+01:10:05	09:36	



**12K**
**12 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
**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

	Time	Temperature	Humidity
Start	10:00	8,8°C	65%
End	12:13	8,8°C	65%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
<b>Senior Feminino</b>							
1	316	Miriam Henriques	JuveRunTeam	Senior Feminino	01:07:34		05:38
2	246	Ketleen paz	Individual	Senior Feminino	01:11:44	+04:10	05:59
3	240	Ana Sofia Chipelo	Individual	Senior Feminino	01:14:00	+06:26	06:10
4	243	Daniela Mendes	Individual	Senior Feminino	01:16:32	+08:58	06:23
5	248	Lucia Silva	Individual	Senior Feminino	01:17:28	+09:54	06:27
6	242	Betina Beirão	Individual	Senior Feminino	01:17:32	+09:58	06:28
7	203	Ana Colaço	ASCR MOSTEIRINHO RUNNERS	Senior Feminino	01:22:37	+15:03	06:53
8	249	Oriana Silva	Individual	Senior Feminino	01:25:03	+17:29	07:05
9	244	Diana Rito	Individual	Senior Feminino	01:32:43	+25:09	07:44
10	251	Vânia Freitas	Individual	Senior Feminino	01:36:56	+29:22	08:05
11	247	Liliana Colaço	Individual	Senior Feminino	01:38:04	+30:30	08:10
12	245	Fabiana couto	Individual	Senior Feminino	01:38:04	+30:30	08:10
13	328	Joana Vieira	Señor Backpack	Senior Feminino	01:43:29	+35:55	08:37
14	241	Ana Vargas	Individual	Senior Feminino	01:43:29	+35:55	08:37
15	204	Mariana Ferreira	ASCR MOSTEIRINHO RUNNERS	Senior Feminino	01:46:21	+38:47	08:52
16	250	Stephanie Cavaco	Individual	Senior Feminino	01:49:02	+41:28	09:05
17	223	Maria Albuquerque Ferreira Batista Lopes	Família e amigos	Senior Feminino	01:49:35	+42:01	09:08

**Senior Masculino**

1	232	Vicente Julião	GRECAS - Vagos	Senior Masculino	49:41		04:08
2	205	Rafael Moreira	ASCR MOSTEIRINHO RUNNERS	Senior Masculino	51:57	+02:15	04:20
3	264	João Valente	Individual	Senior Masculino	53:48	+04:06	04:29
4	260	Filipe Silva	Individual	Senior Masculino	56:11	+06:30	04:41
5	213	Miguel Vieira	CCR Alqueidão da Serra	Senior Masculino	57:49	+08:08	04:49
6	341	Rui Miguel	Unidos Run Team/ Oliveirinhas	Senior Masculino	57:51	+08:10	04:49
7	214	Luis Santos	CLTT Clínica Litoral Trail Team	Senior Masculino	58:53	+09:12	04:54
8	331	Bruno Rumor	Sosense Trail - Corind/ Braga&Fernandes	Senior Masculino	58:55	+09:13	04:55
9	256	Carlos Nogueira	Individual	Senior Masculino	01:01:31	+11:50	05:08
10	269	Nuno Alves	Individual	Senior Masculino	01:01:54	+12:13	05:10
11	354	João Tiago Silva	AAM Runners	Senior Masculino	01:02:45	+13:04	05:14
12	332	Francisco Raimundo	Sosense Trail - Corind/ Braga&Fernandes	Senior Masculino	01:02:53	+13:11	05:14
13	258	David Marques	Individual	Senior Masculino	01:03:31	+13:49	05:18
14	254	André Silva	Individual	Senior Masculino	01:04:33	+14:51	05:23
15	255	Carlos Almeida	Individual	Senior Masculino	01:04:52	+15:10	05:24
16	267	Mauricio Rodrigues Pedreiras	Individual	Senior Masculino	01:05:06	+15:25	05:26

Official Timekeeper: Lap2Go	1 / 5	generate 15-dez.-2024 12:37
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12K

12 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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17	330	André Amador	Sosense Trail - Corind/ Braga&Fernandes	Senior Masculino	01:05:47	+16:06	05:29
18	355	Sandro Maia	Tainadas Run Team - Somengil	Senior Masculino	01:08:22	+18:40	05:42
19	259	Fábio Santos	Individual	Senior Masculino	01:08:35	+18:53	05:43
20	224	Eloi Silva	Família e amigos	Senior Masculino	01:09:34	+19:52	05:48
21	262	João Bernardes	Individual	Senior Masculino	01:10:37	+20:56	05:53
22	225	Filipe Lopes	Família e amigos	Senior Masculino	01:10:48	+21:07	05:54
23	226	Miguel Ângelo	Família e amigos	Senior Masculino	01:10:52	+21:10	05:54
24	227	Rui Paiva	Família e amigos	Senior Masculino	01:11:38	+21:56	05:58
25	257	Cristiano Bispo	Individual	Senior Masculino	01:14:17	+24:35	06:11
26	342	Tiago Gomes	Unidos Run Team/ Oliveirinhas	Senior Masculino	01:15:52	+26:10	06:19
27	217	Francisco Gonçalves	Clube Atlético Javalinense	Senior Masculino	01:16:37	+26:56	06:23
28	268	Micael Castro	Individual	Senior Masculino	01:16:52	+27:11	06:24
29	265	José Gandarez	Individual	Senior Masculino	01:18:52	+29:10	06:34
30	261	Hugo Russo	Individual	Senior Masculino	01:23:24	+33:43	06:57
31	323	Adélio Guenda	Leve Leve	Senior Masculino	01:23:39	+33:57	06:58
32	317	José Rafael Santos	JuveRunTeam	Senior Masculino	01:28:11	+38:29	07:21
33	339	Henrique Feiteirinha	Unidos Run Team/ Oliveirinhas	Senior Masculino	01:33:56	+44:14	07:50
34	252	Américo Soares Ribeiro	Individual	Senior Masculino	01:36:55	+47:14	08:05
35	266	Manuel Santos	Individual	Senior Masculino	01:38:26	+48:44	08:12

**Sub 23 Feminino**

1	233	BEATRIZ ESTRELA DOMINGUES PEQUENO	GRECAS - Vagos	Sub 23 Feminino	01:03:16		05:16
2	270	Ana Camilo	Individual	Sub 23 Feminino	01:09:58	+06:41	05:50
3	271	Carolina Rocha	Individual	Sub 23 Feminino	01:23:23	+20:06	06:57

**Sub 23 Masculino**

1	353	André Fonte	Recreio Desportivo de Agueda	Sub 23 Masculino	45:11		03:46
2	234	Marco Melo	GRECAS - Vagos	Sub 23 Masculino	45:38	+00:26	03:48
3	335	Rúben Martins	Tainadas run team somengil	Sub 23 Masculino	57:01	+11:50	04:45
4	273	Simão Sobreiro da Silva	Individual	Sub 23 Masculino	58:24	+13:13	04:52
5	274	Tiago Mesquita	Individual	Sub 23 Masculino	58:54	+13:43	04:55
6	219	Tomás Andrade Soares	Clube Desportivo Feirense	Sub 23 Masculino	01:00:27	+15:16	05:02
7	333	João Brito	Sosense Trail - Corind/ Braga&Fernandes	Sub 23 Masculino	01:05:50	+20:39	05:29
8	272	Diogo Simões	Individual	Sub 23 Masculino	01:07:19	+22:07	05:37
9	358	João Robaina	Tainadas Run Team - Somengil	Sub 23 Masculino	01:12:00	+26:48	06:00

**Veterana F40**

1	236	MARTA NUNES GOUVEIA LOUREIRO	GRECAS - Vagos	Veterana F40	01:03:33		05:18
2	235	Ana Estrela	GRECAS - Vagos	Veterana F40	01:05:57	+02:23	05:30
3	211	Cristina Silva	Casa Benfica Bairrada	Veterana F40	01:11:31	+07:57	05:58



**12K**

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**OFFICIAL RESULT**

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10	218	Eduardo Pereira	Clube Atlético Javalinense	Veterano M40	01:16:39	+27:43	06:23
11	287	JORGE ALEXANDER FERREIRA SERENO	Individual	Veterano M40	01:18:05	+29:09	06:30
12	286	Hugo Santos	Individual	Veterano M40	01:19:40	+30:44	06:38
13	337	Jorge Martins	Tainadas run team somengil	Veterano M40	01:27:42	+38:47	07:19
14	324	Ludimar GUENDA	Leve Leve	Veterano M40	01:32:00	+43:04	07:40

**Veterano M45**

1	322	Luis Miguel Silva Oliveira	JuveRunTeam	Veterano M45	55:09		04:36
2	230	Sérgio Silva	Família e amigos	Veterano M45	58:53	+03:43	04:54
3	320	Agostinho Oliveira	JuveRunTeam	Veterano M45	59:54	+04:45	04:59
4	222	MISTER PR	Espigueiros runners-caparrosinha	Veterano M45	01:02:35	+07:26	05:13
5	302	Rui Simões	Individual	Veterano M45	01:03:57	+08:47	05:20
6	303	Sérgio Ascensão	Individual	Veterano M45	01:04:24	+09:15	05:22
7	229	Henrique Silva	Família e amigos	Veterano M45	01:05:56	+10:47	05:30
8	298	NUNO MIGUEL MARTINS LOPES	Individual	Veterano M45	01:08:25	+13:16	05:42
9	321	Celso Alves	JuveRunTeam	Veterano M45	01:08:32	+13:23	05:43
10	212	Marco Santiago	Casa Benfica Bairrada	Veterano M45	01:09:28	+14:18	05:47
11	299	paulo Cardoso	Individual	Veterano M45	01:10:14	+15:04	05:51
12	295	Joaquim Miranda	Individual	Veterano M45	01:11:13	+16:04	05:56
13	325	Paulo Ferreira	Os Naufragos	Veterano M45	01:12:39	+17:30	06:03
14	293	Bruno Santos	Individual	Veterano M45	01:14:57	+19:47	06:15
15	300	Pedro Carvalho	Individual	Veterano M45	01:16:03	+20:54	06:20
16	208	Rui Leandro Rodrigues Ferreira	ASCR MOSTEIRINHO RUNNERS	Veterano M45	01:18:38	+23:29	06:33
17	297	Nelson Oliveira	Individual	Veterano M45	01:23:23	+28:14	06:57
18	315	Jordao Laranja	Judo Barroca	Veterano M45	01:28:55	+33:45	07:25
19	301	Rui Kalssas	Individual	Veterano M45	01:32:00	+36:50	07:40
20	294	Francisco Abel Pelicano Mesquita	Individual	Veterano M45	01:33:22	+38:13	07:47
21	296	Miguel Brites	Individual	Veterano M45	01:35:53	+40:44	07:59

**Veterano M50**

1	313	João Barbosa	Javalis 100 Limites	Veterano M50	56:25		04:42
2	334	Tibério Santos	Sosense Trail - Corind/ Braga&Fernandes	Veterano M50	01:02:23	+05:58	05:12
3	238	JOÃO MANUEL DE MIRANDA ARRAES	GRECAS - Vagos	Veterano M50	01:04:45	+08:19	05:24
4	307	Williams Simões	Individual	Veterano M50	01:14:25	+18:00	06:12
5	304	FERNANDO LIMA FERREIRA	Individual	Veterano M50	01:15:02	+18:36	06:15
6	305	Luís Lourenço	Individual	Veterano M50	01:19:15	+22:50	06:36
7	306	RUI ROCHA	Individual	Veterano M50	01:23:34	+27:09	06:58

**Veterano M55**

1	327	Arcanjo Martins	Santo André	Veterano M55	01:00:20		05:02
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Official Timekeeper: Lap2Go	4 / 5	generate 15-dez.-2024 12:37
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**12K**

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2	314	Daniel Gomes	Javalis 100 Limites	Veterano M55	01:00:39	+00:18	05:03
3	309	PEDRO ANTONIO LOPES DA SILVA	Individual	Veterano M55	01:15:38	+15:17	06:18
4	310	Pedro Martins	Individual	Veterano M55	01:41:12	+40:51	08:26

**Veterano M60**

1	312	Joao Capela	GRECAS - Vagos	Veterano M60	01:07:25		05:37
2	352	Wilson Oliveira	Individual	Veterano M60	01:11:10	+03:44	05:56
3	239	Hélder Rodrigues	GRECAS - Vagos	Veterano M60	01:15:47	+08:21	06:19
4	351	Amandio Brites	GRECAS - Vagos	Veterano M60	01:16:09	+08:43	06:21