

10 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	21:00	18°C	71%
End	22:32	16.9°C	75%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	26	Miguel Mascarenhas	grupo desportivo do estreito	Senior Masculino	32:01		03:12
2	23	Tomas Nobre	escola de atletismo do cartaxo	Junior Masculino	32:05	+00:04	03:13
3	67	Paulo Pereira	individual	Senior Masculino	34:19	+02:17	03:26
4	39	Patricia Alexandra Cabral da Silva	individual	Senior Feminino	34:47	+02:46	03:29
5	185	Hermano Ferreira	individual	Veterano M40	34:48	+02:46	03:29
6	182	Pedro Monteiro	individual	Senior Masculino	35:45	+03:43	03:34
7	183	Diana Fernandes	individual	Senior Feminino	35:45	+03:43	03:34
8	136	Carlos Oliveira	maxprog	Veterano M55	36:44	+04:43	03:40
9	97	Márcio Coelho	individual	Veterano M35	37:00	+04:59	03:42
10	50	Dmytro Alexandre	individual	Senior Masculino	37:15	+05:14	03:44
11	7	Diogo Ângelo	cap clube académico penafirme	Veterano M40	37:52	+05:50	03:47
12	112	Fernando Gaspar	individual	Veterano M45	38:35	+06:34	03:52
13	142	João Teixeira	nozes velozes	Senior Masculino	38:41	+06:39	03:52
14	109	Pedro Duarte	individual	Veterano M40	40:01	+08:00	04:00
15	28	Dulio Parreira	hostel d&c edgar loreti	Veterano M45	40:24	+08:22	04:02
16	94	Gonçalo Moleiro	individual	Veterano M35	40:31	+08:30	04:03
17	70	Telmo Marques	individual	Senior Masculino	40:47	+08:45	04:05
18	96	Luis Cardoso	individual	Veterano M35	40:55	+08:53	04:05
19	63	Marco Pinto	individual	Senior Masculino	40:55	+08:53	04:06
20	64	Mauro Gonçalves	individual	Senior Masculino	41:22	+09:20	04:08
21	116	Paulo Ferreira	individual	Veterano M45	41:30	+09:28	04:09
22	143	José Ferreira	nozes velozes	Senior Masculino	41:33	+09:31	04:09
23	22	Samuel Lopes	escola de atletismo do cartaxo	Junior Masculino	41:37	+09:36	04:10
24	113	Márcio Nunes	individual	Veterano M45	42:24	+10:23	04:14
25	5	Tiago Quina LP	bombeiros municipais do cartaxo	Senior Masculino	42:32	+10:30	04:15
26	114	Nélio Cordeiro	individual	Veterano M45	42:33	+10:32	04:15
27	11	PEDRO ALEXANDRE LOURENCO SA	clube millennium bcp	Veterano M50	42:36	+10:34	04:16
28	95	Helder Machado	individual	Veterano M35	43:04	+11:02	04:18
29	115	paulo andrade	individual	Veterano M45	43:54	+11:53	04:23
30	13	Márcio Rosa	cork trail team	Veterano M35	44:14	+12:13	04:25
31	25	Carla Susana da Silva Ribeiro	gfd running	Veterana F40	44:17	+12:15	04:26
32	102	Rui Pereira	individual	Veterano M35	44:20	+12:19	04:26
33	9	Manuel António	casa do benfica em abrantes	Veterano M55	44:34	+12:33	04:27
34	134	Ruben Pereira	m m street	Veterano M35	44:37	+12:36	04:28
35	69	Pedro Capão	individual	Senior Masculino	44:57	+12:56	04:30
36	46	Cláudio Silva	individual	Senior Masculino	44:59	+12:57	04:30
37	125	Nuno Gonçalo Pires Silvério Nobre	individual	Veterano M50	45:02	+13:00	04:30
38	122	João Martins	individual	Veterano M50	45:03	+13:01	04:30
39	101	Rodolfo Colhe	individual	Veterano M35	45:27	+13:25	04:33
40	149	Alexandra Portela	run tejo - prevent sprain	Veterana F50	45:28	+13:26	04:33

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	53	Filipe Miguel Areias das Neves	individual	Senior Masculino	45:56	+13:54	04:36
42	66	Nuno Torres	individual	Senior Masculino	46:03	+14:02	04:36
43	8	Aníbal Godinho	caracol trail team	Veterano M60	46:18	+14:16	04:38
44	179	Paulo Tavares	individual	Veterano M45	46:32	+14:31	04:39
45	45	Bernardo Miguel Ferreira Nobre	individual	Senior Masculino	46:33	+14:31	04:39
46	107	Nuno Costa	individual	Veterano M40	47:17	+15:15	04:44
47	62	Manuel Vicente	individual	Senior Masculino	47:23	+15:21	04:44
48	173	Pedro Costa	individual	Veterano M35	47:30	+15:29	04:45
49	127	Rui Henriques	individual	Veterano M50	47:32	+15:31	04:45
50	108	Nuno Ramos	individual	Veterano M40	47:51	+15:50	04:47
51	162	Daniel Costa	sartim	Veterano M35	48:11	+16:10	04:49
52	144	Tânia Rodrigues	ortobest running team	Veterana F35	48:19	+16:17	04:50
53	52	Filipe Loureiro	individual	Senior Masculino	48:46	+16:45	04:53
54	29	Afonso Cruz	individual	Junior Masculino	49:15	+17:13	04:55
55	121	João Manuel Ferreira Ribeiro	individual	Veterano M50	49:15	+17:13	04:55
56	17	Rui Manuel Carvalho Moreira	diabetes team portugal	Veterano M40	49:16	+17:14	04:56
57	119	Vasco Carvalho	individual	Veterano M45	49:41	+17:39	04:58
58	124	Miguel Loureiro	individual	Veterano M50	49:47	+17:46	04:59
59	126	Pedro Neves	individual	Veterano M50	50:05	+18:04	05:01
60	176	Miguel Bento	individual	Veterano M35	50:31	+18:30	05:03
61	27	Sónia Parreira	hostel d&c edgar loreti	Veterana F45	50:37	+18:35	05:04
62	93	Carlos Filipe Vieira Caria	individual	Veterano M35	50:51	+18:49	05:05
63	141	Rui Godinho	mss grupo desportivo de gondomar	Veterano M55	50:53	+18:51	05:05
64	158	Vítor serra	runners by balanceuro	Veterano M50	50:59	+18:58	05:06
65	71	Tiago Manuel Franco Da Silva	individual	Senior Masculino	51:03	+19:02	05:06
66	151	Tiago Brito	runners by balanceuro	Veterano M40	51:11	+19:09	05:07
67	131	Vasco Camoez	individual	Veterano M55	51:18	+19:16	05:08
68	16	Alexandre Silva	diabetes team portugal	Veterano M40	51:34	+19:33	05:09
69	68	Paulo Pinheiro	individual	Senior Masculino	51:43	+19:42	05:10
70	169	miguel costa	vintage motoclub e sarzedo	Veterano M50	51:55	+19:53	05:11
71	172	José Lopes	zth	Veterano M55	51:59	+19:57	05:12
72	80	Magda Vieira Ribeiro	individual	Veterana F40	51:59	+19:58	05:12
73	123	Josué Francisco	individual	Veterano M50	52:00	+19:59	05:12
74	79	Luzilene Luz	individual	Veterana F40	52:07	+20:05	05:13
75	65	Miguel Oliveira	individual	Senior Masculino	52:16	+20:14	05:14
76	135	Luis Marcelino	m m street	Veterano M45	52:18	+20:16	05:14
77	157	Nuno Guerra	runners by balanceuro	Veterano M50	52:19	+20:17	05:14
78	186	Ana Barata	individual	Veterana F45	52:28	+20:27	05:15
79	92	Sandra Marques	individual	Veterana F50	52:39	+20:37	05:16
80	133	José Garraão	individual	Veterano M60	52:43	+20:41	05:16
81	98	Nuno Miguel Silva pinheiro	individual	Veterano M35	52:44	+20:43	05:16
82	110	Pedro Miguel Pereira	individual	Veterano M40	53:23	+21:22	05:20
83	111	Pedro Moita	individual	Veterano M40	53:23	+21:22	05:20
84	6	Vítor Mexieiro	c.c.d. "o alvitejo "	Veterano M60	53:37	+21:35	05:22
85	36	Mariana Cunha	individual	Senior Feminino	53:38	+21:36	05:22

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
86	56	João Diogo	individual	Senior Masculino	53:58	+21:57	05:24
87	14	Blisa Simao	desafios positivos d+	Veterana F40	54:00	+21:59	05:24
88	145	Marta Berneaud	ortobest running team	Veterana F40	54:12	+22:11	05:25
89	44	Alcino Martins	individual	Senior Masculino	54:16	+22:15	05:26
90	140	Sandra Aguiar	mss grupo desportivo de gondomar	Veterana F50	54:25	+22:24	05:27
91	85	Patrícia Pato	individual	Veterana F45	54:43	+22:42	05:28
92	15	Ana Marques	desafios positivos d+	Veterana F45	54:51	+22:49	05:29
93	180	Matilde Gomes	individual	Senior Feminino	55:03	+23:02	05:30
94	118	Telmo Marques	individual	Veterano M45	55:05	+23:03	05:30
95	171	Ruth Lopes	zth	Veterana F50	55:51	+23:49	05:35
96	30	Miguel Vieira Isidro	individual	Junior Masculino	56:02	+24:01	05:36
97	155	Marco Alexandre Silva	runners by balanceuro	Veterano M50	56:31	+24:30	05:39
98	156	NUNO FORTES	runners by balanceuro	Veterano M50	56:32	+24:30	05:39
99	57	João Diogo Vieira	individual	Senior Masculino	56:39	+24:37	05:40
100	54	Filipe Nogueira	individual	Senior Masculino	56:39	+24:37	05:40
101	20	Sara Fernandes	escola de atletismo do cartaxo	Junior Feminino	56:42	+24:40	05:40
102	35	Margarida Gomes	individual	Senior Feminino	56:42	+24:40	05:40
103	170	Michel Rodrigues de Carvalho Perroti	vp	Veterano M40	56:42	+24:40	05:40
104	175	Madalena Narciso	individual	Senior Feminino	56:42	+24:41	05:40
105	59	João Miguel Lourenço de Jesus	individual	Senior Masculino	56:48	+24:46	05:41
106	75	Susana Vitorino	individual	Veterana F35	56:51	+24:49	05:41
107	47	Daniel Lopes	individual	Senior Masculino	56:59	+24:58	05:42
108	48	David Nunes	individual	Senior Masculino	56:59	+24:58	05:42
109	167	Laura Paulos	trilho perdido eventos / imporlux	Veterana F40	57:03	+25:02	05:42
110	24	Fernando Barros	escola de atletismo do cartaxo	Veterano M55	57:03	+25:02	05:42
111	152	Alexandre Campanacho	runners by balanceuro	Veterano M45	57:06	+25:04	05:43
112	161	Rui Caeiro	runners by balanceuro	Veterano M55	57:06	+25:04	05:43
113	174	Pedro Ferreira	individual	Veterano M40	57:12	+25:10	05:43
114	72	Ana serrao	individual	Veterana F35	57:23	+25:21	05:44
115	104	Filipe José Pontes Martins	individual	Veterano M40	57:24	+25:22	05:44
116	90	Manuela Dos Santos Machado-Friel	individual	Veterana F50	57:50	+25:49	05:47
117	37	Mariana Ferraz	individual	Senior Feminino	57:56	+25:55	05:48
118	1	Beatriz Verissimo	atletas do setil	Senior Feminino	57:56	+25:55	05:48
119	3	Rafaela Silva	atletas do setil	Senior Feminino	57:57	+25:55	05:48
120	2	Marta Verissimo	atletas do setil	Senior Feminino	57:57	+25:55	05:48
121	21	Teresa Prates	escola de atletismo do cartaxo	Junior Feminino	58:13	+26:11	05:49
122	154	Fernando Ribeiro	runners by balanceuro	Veterano M50	58:33	+26:31	05:51
123	181	João Vieira	individual	Senior Masculino	59:06	+27:04	05:55
124	178	Ana Antunes	individual	Veterana F40	59:07	+27:05	05:55
125	177	André Rocha	individual	Veterano M35	59:07	+27:06	05:55
126	184	Pedro Nogueira	individual	Junior Masculino	59:37	+27:36	05:58
127	160	Pedro Mesquita Lopes	runners by balanceuro	Veterano M55	01:00:35	+28:34	06:04
128	159	João Fortes	runners by balanceuro	Veterano M55	01:00:38	+28:36	06:04
129	91	PATRÍCIA MIRANDA	individual	Veterana F50	01:00:54	+28:53	06:05

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
130	41	Rute Inês Santos Vidal	individual	Senior Feminino	01:00:58	+28:56	06:06
131	76	Ana Ribeiro	individual	Veterana F40	01:01:00	+28:58	06:06
132	74	Sofia Chaveiro Carvalho	individual	Veterana F35	01:01:00	+28:58	06:06
133	33	Inês Ferreira	individual	Senior Feminino	01:01:30	+29:29	06:09
134	103	Camillo Lopes	individual	Veterano M40	01:01:56	+29:54	06:12
135	132	Joaquim Pinheiro	individual	Veterano M60	01:01:58	+29:56	06:12
136	78	Cátia Morais	individual	Veterana F40	01:02:26	+30:24	06:15
137	153	Nuno Gonçalves	runners by balanceuro	Veterano M45	01:03:46	+31:44	06:23
138	43	Tânia Rafaela Gomes Neves	individual	Senior Feminino	01:04:05	+32:03	06:24
139	139	Joaquim Martins	miles & vibes	Veterano M55	01:04:25	+32:24	06:27
140	166	Paulo Ribeiro	trilho dos cágados	Veterano M55	01:04:37	+32:35	06:28
141	88	Esperança Maria Faria Alfaiate	individual	Veterana F50	01:05:09	+33:08	06:31
142	34	Joana Vanessa Cachado Vassalo	individual	Senior Feminino	01:05:15	+33:13	06:31
143	42	Sara Henriques	individual	Senior Feminino	01:06:23	+34:22	06:38
144	165	Carlos Ricardo	tartarugas velozes	Veterano M40	01:06:25	+34:24	06:39
145	31	Andrea Badia	individual	Senior Feminino	01:06:58	+34:57	06:42
146	99	Paulo Falcão	individual	Veterano M35	01:06:59	+34:57	06:42
147	55	Francisco Feliciano	individual	Senior Masculino	01:07:19	+35:18	06:44
148	82	Mirian Cipriano	individual	Veterana F40	01:09:26	+37:25	06:57
149	84	Vanessa Sanches	individual	Veterana F40	01:09:38	+37:37	06:58
150	105	Gonçalo Caseiro	individual	Veterano M40	01:09:40	+37:38	06:58
151	137	Inês Nobre	miles & vibes	Senior Feminino	01:10:59	+38:58	07:06
152	138	Pedro Martins	miles & vibes	Senior Masculino	01:11:00	+38:59	07:06
153	40	Rute Antunes	individual	Senior Feminino	01:14:54	+42:52	07:29
154	130	José Reais	individual	Veterano M55	01:16:10	+44:08	07:37
155	86	Carla Portugal	individual	Veterana F50	01:16:10	+44:09	07:37
156	83	Misrraim Maia	individual	Veterana F40	01:16:12	+44:11	07:37
157	38	Mariana Gonçalves da Cunha	individual	Senior Feminino	01:18:49	+46:48	07:53

Obs

BIB	NOTE	NAME	TEAM	CAT
4	DQ	Vitor Manuel Ferreira Prata	Aza -Azambuja com alma	Veterano M60
81	DQ	Marina Rocha	Individual	Veterana F40
128	DQ	Joaquim Manuel Santana Batista	Individual	Veterano M55
150	DQ	Diana Oliveira	Runners by Balanceuro	Senior Feminino
187	DQ	Sara Costa	Individual	Veterana F50
188	DQ	Custodia Martins	Individual	Veterana F50
51	DNF	Erwin Vanderplancke	Individual	Senior Masculino
77	DNF	Bruna Caetano	Individual	Veterana F40
87	DNF	Daniela Dos Santos Rodrigues	Individual	Veterana F50
89	DNF	Hardip kaur biriah	Individual	Veterana F50

10 KM

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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1	20	Sara Fernandes	ESCOLA DE ATLETISMO DO CARTAXO	Junior Feminino	56:41	+24:40	05:40
2	21	Teresa Prates	ESCOLA DE ATLETISMO DO CARTAXO	Junior Feminino	58:12	+26:11	05:49

1	23	Tomas Nobre	ESCOLA DE ATLETISMO DO CARTAXO	Junior Masculino	32:05	+00:04	03:13
2	22	Samuel Lopes	ESCOLA DE ATLETISMO DO CARTAXO	Junior Masculino	41:37	+09:36	04:10
3	29	Afonso Cruz	Individual	Junior Masculino	49:14	+17:13	04:55
4	30	Miguel Vieira Isidro	Individual	Junior Masculino	56:02	+24:01	05:36
5	184	Pedro Nogueira	Individual	Junior Masculino	59:37	+27:36	05:58

1	39	Patricia Alexandra Cabral da Silva	Individual	Senior Feminino	34:47	+02:46	03:29:46
2	183	Diana Fernandes	Individual	Senior Feminino	35:44	+03:43	03:34:43
3	36	Mariana Cunha	Individual	Senior Feminino	53:37	+21:36	05:22:36
4	180	Matilde Gomes	Individual	Senior Feminino	55:03	+23:02	05:30:02
5	35	Margarida Gomes	Individual	Senior Feminino	56:41	+24:40	05:40:40
6	175	Madalena Narciso	Individual	Senior Feminino	56:42	+24:41	05:40:41
7	37	Mariana Ferraz	Individual	Senior Feminino	57:56	+25:55	05:48:55
8	1	Beatriz Verissimo	Atletas do Setil	Senior Feminino	57:56	+25:55	05:48:55
9	3	Rafaela Silva	Atletas do Setil	Senior Feminino	57:56	+25:55	05:48:55
10	2	Marta Verissimo	Atletas do Setil	Senior Feminino	57:56	+25:55	05:48:55
11	41	Rute Inês Santos Vidal	Individual	Senior Feminino	01:00:57	+28:56	06:06:56
12	33	Inês Ferreira	Individual	Senior Feminino	01:01:30	+29:29	06:09:29
13	43	Tânia Rafaela Gomes Neves	Individual	Senior Feminino	01:04:04	+32:03	06:24:03
14	34	Joana Vanessa Cachado Vassalo	Individual	Senior Feminino	01:05:14	+33:13	06:31:13
15	42	Sara Henriques	Individual	Senior Feminino	01:06:23	+34:22	06:38:22
16	31	Andrea Badia	Individual	Senior Feminino	01:06:58	+34:57	06:42:57
17	137	Inês Nobre	Miles & Vibes	Senior Feminino	01:10:59	+38:58	07:06:58
18	40	Rute Antunes	Individual	Senior Feminino	01:14:53	+42:52	07:29:52
19	38	Mariana Gonçalves da Cunha	Individual	Senior Feminino	01:18:49	+46:48	07:53:48

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

Senior Masculino

1	26	Miguel Mascarenhas	GRUPO DESPORTIVO DO ESTREITO	Senior Masculino	32:01	03:12
2	67	Paulo Pereira	Individual	Senior Masculino	34:18	+02:17 03:26
3	182	Pedro Monteiro	Individual	Senior Masculino	35:44	+03:43 03:34
4	50	Dmytro Alexandre	Individual	Senior Masculino	37:15	+05:14 03:44
5	142	João Teixeira	Nozes Velozes	Senior Masculino	38:40	+06:39 03:52
6	70	Telmo Marques	Individual	Senior Masculino	40:46	+08:45 04:05
7	63	Marco Pinto	Individual	Senior Masculino	40:54	+08:53 04:06
8	64	Mauro Gonçalves	Individual	Senior Masculino	41:21	+09:20 04:08
9	143	José Ferreira	Nozes Velozes	Senior Masculino	41:32	+09:31 04:09
10	5	Tiago Quina LP	Bombeiros Municipais do Cartaxo	Senior Masculino	42:32	+10:30 04:15
11	69	Pedro Capão	Individual	Senior Masculino	44:57	+12:56 04:30
12	46	Cláudio Silva	Individual	Senior Masculino	44:58	+12:57 04:30
13	53	Filipe Miguel Areias das Neves	Individual	Senior Masculino	45:56	+13:54 04:36
14	66	Nuno Torres	Individual	Senior Masculino	46:03	+14:02 04:36
15	45	Bernardo Miguel Ferreira Nobre	Individual	Senior Masculino	46:32	+14:31 04:39
16	62	Manuel Vicente	Individual	Senior Masculino	47:22	+15:21 04:44
17	52	Filipe Loureiro	Individual	Senior Masculino	48:46	+16:45 04:53
18	71	Tiago Manuel Franco Da Silva	Individual	Senior Masculino	51:03	+19:02 05:06
19	68	Paulo Pinheiro	Individual	Senior Masculino	51:43	+19:42 05:10
20	65	Miguel Oliveira	Individual	Senior Masculino	52:15	+20:14 05:14
21	56	João Diogo	Individual	Senior Masculino	53:58	+21:57 05:24
22	44	Alcino Martins	Individual	Senior Masculino	54:16	+22:15 05:26
23	57	João Diogo Vieira	Individual	Senior Masculino	56:38	+24:37 05:40
24	54	Filipe Nogueira	Individual	Senior Masculino	56:38	+24:37 05:40
25	59	João Miguel Lourenço de Jesus	Individual	Senior Masculino	56:47	+24:46 05:41
26	47	Daniel Lopes	Individual	Senior Masculino	56:59	+24:58 05:42
27	48	David Nunes	Individual	Senior Masculino	56:59	+24:58 05:42
28	181	João Vieira	Individual	Senior Masculino	59:05	+27:04 05:55
29	55	Francisco Feliciano	Individual	Senior Masculino	01:07:19	+35:18 06:44
30	138	Pedro Martins	Miles & Vibes	Senior Masculino	01:11:00	+38:59 07:06

Veterana F35

1	144	Tânia Rodrigues	ORTOBEST RUNNING TEAM	Veterana F35	48:18	+16:17	04:50
2	75	Susana Vitorino	Individual	Veterana F35	56:51	+24:49	05:41
3	72	Ana serra	Individual	Veterana F35	57:22	+25:21	05:44
4	74	Sofia Chaveiro Carvalho	Individual	Veterana F35	01:01:00	+28:58	06:06

Veterana F40

1	25	Carla Susana da Silva Ribeiro	GFD Running	Veterana F40	44:16	+12:15	04:26
2	80	Magda Vieira Ribeiro	Individual	Veterana F40	51:59	+19:58	05:12
3	79	Luzilene Luz	Individual	Veterana F40	52:07	+20:05	05:13

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OFFICIAL RESULT

4	14	Blisa Simao	Desafios Positivos D+	Veterana F40	54:00	+21:59	05:24
5	145	Marta Berneaud	ORTOBEST RUNNING TEAM	Veterana F40	54:12	+22:11	05:25
6	167	Laura Paulos	Trilho Perdido Eventos / Imporlux	Veterana F40	57:03	+25:02	05:42
7	178	Ana Antunes	Individual	Veterana F40	59:06	+27:05	05:55
8	76	Ana Ribeiro	Individual	Veterana F40	01:00:59	+28:58	06:06
9	78	Cátia Morais	Individual	Veterana F40	01:02:25	+30:24	06:15
10	82	Mirian Cipriano	Individual	Veterana F40	01:09:26	+37:25	06:57
11	84	Vanessa Sanches	Individual	Veterana F40	01:09:38	+37:37	06:58
12	83	Misrraima Maia	Individual	Veterana F40	01:16:12	+44:11	07:37

1	27	Sónia Parreira	Hostel D&C Edgar Loreti	Veterana F45	50:36	+18:35	05:04
2	186	Ana Barata	Individual	Veterana F45	52:28	+20:27	05:15
3	85	Patrícia Pato	Individual	Veterana F45	54:43	+22:42	05:28
4	15	Ana Marques	Desafios Positivos D+	Veterana F45	54:50	+22:49	05:29

1	149	Alexandra Portela	Run Tejo - Prevent Sprain	Veterana F50	45:27	+13:26	04:33
2	92	Sandra Marques	Individual	Veterana F50	52:38	+20:37	05:16
3	140	Sandra Aguiar	MSS Grupo Desportivo de Gondomar	Veterana F50	54:25	+22:24	05:27
4	171	Ruth Lopes	ZTH	Veterana F50	55:50	+23:49	05:35
5	90	Manuela Dos Santos Machado-Friel	Individual	Veterana F50	57:50	+25:49	05:47
6	91	PATRÍCIA MIRANDA	Individual	Veterana F50	01:00:54	+28:53	06:05
7	88	Esperança Maria Faria Alfaiate	Individual	Veterana F50	01:05:09	+33:08	06:31
8	86	Carla Portugal	Individual	Veterana F50	01:16:10	+44:09	07:37

1	97	Márcio Coelho	Individual	Veterano M35	37:00	+04:59	03:42
2	94	Gonçalo Moleiro	Individual	Veterano M35	40:31	+08:30	04:03
3	96	Luis Cardoso	Individual	Veterano M35	40:54	+08:53	04:05
4	95	Helder Machado	Individual	Veterano M35	43:03	+11:02	04:18
5	13	Márcio Rosa	CORK TRAIL TEAM	Veterano M35	44:14	+12:13	04:25
6	102	Rui Pereira	Individual	Veterano M35	44:20	+12:19	04:26
7	134	Ruben Pereira	M M Street	Veterano M35	44:37	+12:36	04:28
8	101	Rodolfo Colhe	Individual	Veterano M35	45:26	+13:25	04:33
9	173	Pedro Costa	Individual	Veterano M35	47:30	+15:29	04:45
10	162	Daniel Costa	SARTIM	Veterano M35	48:11	+16:10	04:49
11	176	Miguel Bento	Individual	Veterano M35	50:31	+18:30	05:03
12	93	Carlos Filipe Vieira Caria	Individual	Veterano M35	50:50	+18:49	05:05
13	98	Nuno Miguel Silva pinheiro	Individual	Veterano M35	52:44	+20:43	05:16
14	177	André Rocha	Individual	Veterano M35	59:07	+27:06	05:55

Prova Principal

10 KM

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OFFICIAL RESULT

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15	99	Paulo Falcão	Individual	Veterano M35	01:06:58	+34:57	06:42
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Veterano M40

1	185	Hermano Ferreira	Individual	Veterano M40	34:47	+02:46	03:29
2	7	Diogo Ângelo	CAP Clube académico penafirme	Veterano M40	37:51	+05:50	03:47
3	109	Pedro Duarte	Individual	Veterano M40	40:01	+08:00	04:00
4	107	Nuno Costa	Individual	Veterano M40	47:16	+15:15	04:44
5	108	Nuno Ramos	Individual	Veterano M40	47:51	+15:50	04:47
6	17	Rui Manuel Carvalho Moreira	Diabetes Team Portugal	Veterano M40	49:15	+17:14	04:56
7	151	Tiago Brito	Runners by Balanceuro	Veterano M40	51:10	+19:09	05:07
8	16	Alexandre Silva	Diabetes Team Portugal	Veterano M40	51:34	+19:33	05:09
9	110	Pedro Miguel Pereira	Individual	Veterano M40	53:23	+21:22	05:20
10	111	Pedro Moita	Individual	Veterano M40	53:23	+21:22	05:20
11	170	Michel Rodrigues de Carvalho Perroti	VP	Veterano M40	56:42	+24:40	05:40
12	174	Pedro Ferreira	Individual	Veterano M40	57:12	+25:10	05:43
13	104	Filipe José Pontes Martins	Individual	Veterano M40	57:23	+25:22	05:44
14	103	Camillo Lopes	Individual	Veterano M40	01:01:55	+29:54	06:12
15	165	Carlos Ricardo	Tartarugas Velozes	Veterano M40	01:06:25	+34:24	06:39
16	105	Gonçalo Caseiro	Individual	Veterano M40	01:09:39	+37:38	06:58

Veterano M45

1	112	Fernando Gaspar	Individual	Veterano M45	38:35	+06:34	03:52
2	28	Dulio Parreira	Hostel D&C Edgar Loreti	Veterano M45	40:23	+08:22	04:02
3	116	Paulo Ferreira	Individual	Veterano M45	41:30	+09:28	04:09
4	113	Márcio Nunes	Individual	Veterano M45	42:24	+10:23	04:14
5	114	Nélio Cordeiro	Individual	Veterano M45	42:33	+10:32	04:15
6	115	paulo andrade	Individual	Veterano M45	43:54	+11:53	04:23
7	179	Paulo Tavares	Individual	Veterano M45	46:32	+14:31	04:39
8	119	Vasco Carvalho	Individual	Veterano M45	49:40	+17:39	04:58
9	135	Luis Marcelino	M M Street	Veterano M45	52:17	+20:16	05:14
10	118	Telmo Marques	Individual	Veterano M45	55:04	+23:03	05:30
11	152	Alexandre Campanacho	Runners by Balanceuro	Veterano M45	57:05	+25:04	05:43
12	153	Nuno Gonçalves	Runners by Balanceuro	Veterano M45	01:03:45	+31:44	06:23

Veterano M50

1	11	PEDRO ALEXANDRE LOURENCO SA	Clube Millennium BCP	Veterano M50	42:35	+10:34	04:16
2	125	Nuno Gonalo Pires Silv�rio Nobre	Individual	Veterano M50	45:01	+13:00	04:30
3	122	Jo�o Martins	Individual	Veterano M50	45:02	+13:01	04:30
4	127	Rui Henriques	Individual	Veterano M50	47:32	+15:31	04:45
5	121	Jo�o Manuel Ferreira Ribeiro	Individual	Veterano M50	49:14	+17:13	04:55
6	124	Miguel Loureiro	Individual	Veterano M50	49:47	+17:46	04:59

Prova Principal

10 KM

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OFFICIAL RESULT

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7	126	Pedro Neves	Individual	Veterano M50	50:05	+18:04	05:01
8	158	Vítor serra	Runners by Balanceuro	Veterano M50	50:59	+18:58	05:06
9	169	miguel costa	Vintage Motoclube Sarzedo	Veterano M50	51:54	+19:53	05:11
10	123	Josué Francisco	Individual	Veterano M50	52:00	+19:59	05:12
11	157	Nuno Guerra	Runners by Balanceuro	Veterano M50	52:19	+20:17	05:14
12	155	Marco Alexandre Silva	Runners by Balanceuro	Veterano M50	56:31	+24:30	05:39
13	156	NUNO FORTES	Runners by Balanceuro	Veterano M50	56:31	+24:30	05:39
14	154	Fernando Ribeiro	Runners by Balanceuro	Veterano M50	58:32	+26:31	05:51

Veterano M55

1	136	Carlos Oliveira	Maxprog	Veterano M55	36:44	+04:43	03:40
2	9	Manuel António	CASA DO BENFICA EM ABRANTES	Veterano M55	44:34	+12:33	04:27
3	141	Rui Godinho	MSS Grupo Desportivo de Gondomar	Veterano M55	50:52	+18:51	05:05
4	131	Vasco Camoez	Individual	Veterano M55	51:17	+19:16	05:08
5	172	José Lopes	ZTH	Veterano M55	51:59	+19:57	05:12
6	24	Fernando Barros	ESCOLA DE ATLETISMO DO CARTAXO	Veterano M55	57:03	+25:02	05:42
7	161	Rui Caeiro	Runners by Balanceuro	Veterano M55	57:06	+25:04	05:43
8	160	Pedro Mesquita Lopes	Runners by Balanceuro	Veterano M55	01:00:35	+28:34	06:04
9	159	João Fortes	Runners by Balanceuro	Veterano M55	01:00:37	+28:36	06:04
10	139	Joaquim Martins	Miles & Vibes	Veterano M55	01:04:25	+32:24	06:27
11	166	Paulo Ribeiro	TRILHO DOS CÁGADOS	Veterano M55	01:04:36	+32:35	06:28
12	130	José Reais	Individual	Veterano M55	01:16:09	+44:08	07:37

Veterano M60

1	8	Aníbal Godinho	Caracol Trail Team	Veterano M60	46:17	+14:16	04:38
2	133	José Garraão	Individual	Veterano M60	52:42	+20:41	05:16
3	6	Vítor Mexieiro	C.C.D. "O ALVITEJO "	Veterano M60	53:36	+21:35	05:22
4	132	Joaquim Pinheiro	Individual	Veterano M60	01:01:58	+29:56	06:12