

Prova Principal

8 KM

R

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[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:00	24,2°C	70%
End	11:20	29,2°C	68%

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

1	537	Maria Marques	CAPGE	Senior Feminino	36:25	+08:25	04:33
2	550	Inês Isabel Ribeiro Gomes	Civilria RunClub	Senior Feminino	36:27	+08:27	04:33
3	636	Carolina Pedro Ribeiro	Individual	Senior Feminino	37:20	+09:20	04:40
4	593	Katerin Oliveira	É só até ali	Senior Feminino	38:02	+10:03	04:45
5	897	Helena silva	Reumaticos	Senior Feminino	39:37	+11:38	04:57
6	594	Liliane Liliane	É só até ali	Senior Feminino	42:17	+14:17	05:17
7	645	Fatima Carvalho	Individual	Senior Feminino	42:20	+14:20	05:18
8	667	Mélanie Quintela	Individual	Senior Feminino	42:36	+14:36	05:20
9	658	Liliana Santos	Individual	Senior Feminino	42:40	+14:40	05:20
10	673	Renata Silva	Individual	Senior Feminino	43:22	+15:23	05:25
11	538	Cristina Silva	Casa do Benfica da Bairrada	Senior Feminino	43:57	+15:57	05:30
12	604	Gissell Andrade	Gi e Tânia	Senior Feminino	44:15	+16:16	05:32
13	655	Joana Oliveira	Individual	Senior Feminino	44:33	+16:33	05:34
14	633	Beatriz Matos	Individual	Senior Feminino	44:37	+16:37	05:35
15	650	Gabriela Neves	Individual	Senior Feminino	44:42	+16:42	05:35
16	660	Lucie Militão	Individual	Senior Feminino	44:45	+16:46	05:36
17	956	Sara Tschumi	WE CAN RUN AVEIRO	Senior Feminino	44:49	+16:49	05:36
18	654	Joana Macedo	Individual	Senior Feminino	44:51	+16:51	05:36
19	674	Rita Cruz	Individual	Senior Feminino	44:51	+16:52	05:36
20	671	Raquel Lopes	Individual	Senior Feminino	44:59	+16:59	05:37
21	628	Andreia Vieira	Individual	Senior Feminino	45:04	+17:04	05:38
22	664	Marta Pereira	Individual	Senior Feminino	45:28	+17:29	05:41
23	602	Rita Fardilha	FAJE	Senior Feminino	45:39	+17:40	05:42
24	668	Michelly camara	Individual	Senior Feminino	46:10	+18:10	05:46
25	865	Margarida Malaquias	Municipio de Ilhavo	Senior Feminino	46:10	+18:11	05:46
26	631	Beatriz Antunes Santos	Individual	Senior Feminino	46:11	+18:11	05:46
27	933	Stephanie Espadilha	Sosense Trail- Corind/ Braga&Fernandes	Senior Feminino	46:38	+18:39	05:50
28	635	Carla Neves	Individual	Senior Feminino	46:42	+18:43	05:50
29	626	Andreia Margarida Mendes Silva	Individual	Senior Feminino	46:45	+18:45	05:51
30	870	Catia Almeida	R5 Engenharia	Senior Feminino	46:55	+18:55	05:52
31	666	Melanie Oliveira	Individual	Senior Feminino	47:08	+19:09	05:54
32	669	Patricia Martins	Individual	Senior Feminino	47:12	+19:13	05:54
33	648	Filipa Silva	Individual	Senior Feminino	47:13	+19:13	05:54
34	651	Iara Silva	Individual	Senior Feminino	47:49	+19:50	05:59
35	881	Maiva Costa	Remax Universal	Senior Feminino	48:03	+20:04	06:00
36	670	Patrícia Silva	Individual	Senior Feminino	48:10	+20:10	06:01
37	646	Filipa Freire	Individual	Senior Feminino	48:58	+20:58	06:07
38	853	Cristina Ferreira	KO Runners	Senior Feminino	49:00	+21:00	06:08
39	657	Liliana Santos	Individual	Senior Feminino	49:10	+21:11	06:09

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OFFICIAL RESULT

40	882	Tânia Lopes	Remax Universal	Senior Feminino	49:25	+21:26	06:11
41	508	Fabiana Sarabando	Barra Ocean Runners	Senior Feminino	50:01	+22:01	06:15
42	680	Sofia Ventura	Individual	Senior Feminino	50:07	+22:07	06:16
43	507	Daniela Gomes	Barra Ocean Runners	Senior Feminino	50:27	+22:27	06:18
44	653	Jéssica Santos	Individual	Senior Feminino	50:30	+22:30	06:19
45	687	Vanessa Oliveira Brandão	Individual	Senior Feminino	50:35	+22:35	06:19
46	906	Vânia Sofia Francisco Almeida Costa	Reumáticos & Etc.	Senior Feminino	50:42	+22:43	06:20
47	852	Catarina Campos	KO Runners	Senior Feminino	50:45	+22:45	06:21
48	854	Diana Lopes	KO Runners	Senior Feminino	50:52	+22:53	06:22
49	665	Marta Sofia Ferreira Dias	Individual	Senior Feminino	51:02	+23:02	06:23
50	682	Stephanie Sommer	Individual	Senior Feminino	51:07	+23:07	06:23
51	641	Cláudia Almeida	Individual	Senior Feminino	51:09	+23:09	06:24
52	904	Andreia Simões	Reumáticos & Etc.	Senior Feminino	51:26	+23:26	06:26
53	642	Diana Raquel	Individual	Senior Feminino	51:26	+23:27	06:26
54	905	Maria Antónia Carneiro Marques	Reumáticos & Etc.	Senior Feminino	51:27	+23:27	06:26
55	936	Mariana Ferreira	Super Bock	Senior Feminino	51:29	+23:29	06:26
56	659	Lúcia Santos	Individual	Senior Feminino	51:30	+23:30	06:26
57	613	Maria João Dôno	GRUPO DESPORTIVO ASSEMPARK	Senior Feminino	51:57	+23:57	06:30
58	915	Bárbara Raquel Marques Pereira	RIS 2048	Senior Feminino	52:33	+24:33	06:34
59	661	Mafalda Machado Martins	Individual	Senior Feminino	52:46	+24:46	06:36
60	955	SABINE BRITO	WE CAN RUN AVEIRO	Senior Feminino	52:48	+24:48	06:36
61	549	Beatriz Seabra Torres Pinto Varum	Civilria RunClub	Senior Feminino	52:58	+24:58	06:37
62	686	Thais Rocha	Individual	Senior Feminino	53:05	+25:05	06:38
63	552	Jana Stefunkova	Civilria RunClub	Senior Feminino	53:39	+25:40	06:42
64	506	Ana Cerca	Barra Ocean Runners	Senior Feminino	53:49	+25:50	06:44
65	677	Rute João Cirino da Silva	Individual	Senior Feminino	54:21	+26:22	06:48
66	685	Tassia Iino	Individual	Senior Feminino	54:45	+26:45	06:51
67	954	Estéfani Laux	WE CAN RUN AVEIRO	Senior Feminino	55:09	+27:09	06:54
68	533	Susana Ganito	BTSusy	Senior Feminino	55:22	+27:22	06:55
69	662	Mariana Carramão	Individual	Senior Feminino	55:35	+27:35	06:57
70	676	Rita Vicente	Individual	Senior Feminino	55:36	+27:36	06:57
71	591	Catarina Santos Costa	É só até ali	Senior Feminino	55:47	+27:47	06:58
72	883	Vânia Valente	Remax Universal	Senior Feminino	55:58	+27:58	07:00
73	681	Soraia Duarte	Individual	Senior Feminino	56:18	+28:18	07:02
74	675	Rita Teresa Simões	Individual	Senior Feminino	57:31	+29:31	07:11
75	969	Mariana Eufrásio	Civilria RunClub	Senior Feminino	57:34	+29:34	07:12
76	584	Catarina Resende	Correr Fermelã ACADOF	Senior Feminino	57:56	+29:57	07:15
77	917	Mariana Gaspar Coelho Dias	RIS 2048	Senior Feminino	58:05	+30:05	07:16
78	637	Catarina Marabuto	Individual	Senior Feminino	59:37	+31:37	07:27
79	647	Filipa Lemos Ferreira	Individual	Senior Feminino	01:00:29	+32:30	07:34
80	678	Salome Gordinho	Individual	Senior Feminino	01:00:32	+32:33	07:34
81	605	Tânia Inácio	Gi e Tânia	Senior Feminino	01:01:27	+33:27	07:41
82	656	Juliana D'abreu	Individual	Senior Feminino	01:02:25	+34:25	07:48
83	629	Anne Elise Netto	Individual	Senior Feminino	01:02:25	+34:25	07:48
84	663	Mariana frade Santos	Individual	Senior Feminino	01:02:33	+34:33	07:49
85	548	Ana Nunes	Civilria RunClub	Senior Feminino	01:02:35	+34:35	07:49

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86	684	Susana Catarina Rios Almeida	Individual	Senior Feminino	01:03:47	+35:48	07:58
87	509	INES CRUZ	Barra Ocean Runners	Senior Feminino	01:03:53	+35:53	07:59
88	683	Suelen Sousa	Individual	Senior Feminino	01:04:43	+36:43	08:05
89	625	Andreia Craveiro	Individual	Senior Feminino	01:04:44	+36:44	08:06
90	553	Mariana Velado Bela	Civilria RunClub	Senior Feminino	01:05:26	+37:26	08:11
91	630	Anouk Eggen	Individual	Senior Feminino	01:05:41	+37:42	08:13
92	652	Irene Amaral	Individual	Senior Feminino	01:05:42	+37:42	08:13
93	672	Raquel Rocha	Individual	Senior Feminino	01:05:42	+37:43	08:13
94	535	Maria Silva	Cai Mas Levanta	Senior Feminino	01:08:57	+40:57	08:37
95	643	Ericka Osuna	Individual	Senior Feminino	01:09:18	+41:18	08:40
96	640	Cátia Matos	Individual	Senior Feminino	01:09:59	+42:00	08:45
97	940	Carolina Limas	Team Dartação	Senior Feminino	01:10:30	+42:30	08:49
98	634	Beatriz Simões	Individual	Senior Feminino	01:10:37	+42:38	08:50
99	624	Adália Almeida	Individual	Senior Feminino	01:10:39	+42:40	08:50

Senior Masculino

1	611	Nuno Miguel	GRECAS	Senior Masculino	27:59		03:30
2	860	Luís Diogo	Luis Manuel Pinho Diogo	Senior Masculino	28:56	+00:56	03:37
3	935	João Mouro	Sport Clube Beira Mar	Senior Masculino	29:20	+01:20	03:40
4	949	João Mano	Trepanelas/Prifer	Senior Masculino	30:58	+02:58	03:52
5	501	Rui Costa	ACD Os Ilhavos	Senior Masculino	31:11	+03:12	03:54
6	560	João Freitas	Civilria RunClub	Senior Masculino	31:32	+03:32	03:57
7	735	João Ricardo	Individual	Senior Masculino	32:07	+04:07	04:01
8	721	Francisco Lóio	Individual	Senior Masculino	32:29	+04:29	04:04
9	565	Miguel Neto Gonçalves	Civilria RunClub	Senior Masculino	32:32	+04:32	04:04
10	723	Fred Lamas	Individual	Senior Masculino	32:45	+04:46	04:06
11	873	Diogo Almeida Oliveira	R5 Engenharia	Senior Masculino	32:55	+04:55	04:07
12	739	Josué Marques	Individual	Senior Masculino	33:26	+05:26	04:11
13	729	Hugo Almeida	Individual	Senior Masculino	33:30	+05:30	04:11
14	612	Tiago Silvestre	GRECAS	Senior Masculino	33:30	+05:31	04:11
15	519	Luis Aular	Barra Ocean Runners	Senior Masculino	33:44	+05:44	04:13
16	544	Tiago Marcelino	CENAP	Senior Masculino	33:48	+05:48	04:14
17	522	Oliveiros Garrelhas	Barra Ocean Runners	Senior Masculino	34:00	+06:00	04:15
18	850	Alex Franco	JuveRun Team	Senior Masculino	34:34	+06:34	04:19
19	707	Diogo Areias	Individual	Senior Masculino	34:38	+06:39	04:20
20	960	Kevin Amoeod	WE CAN RUN AVEIRO	Senior Masculino	34:46	+06:46	04:21
21	884	Bruno Saraiva	Remax Universal	Senior Masculino	35:04	+07:05	04:23
22	886	Márcio Salgado	Remax Universal	Senior Masculino	35:10	+07:10	04:24
23	957	Daniel Chipelo	WE CAN RUN AVEIRO	Senior Masculino	35:12	+07:12	04:24
24	705	David Marques	Individual	Senior Masculino	35:14	+07:14	04:24
25	948	Fabio Silva	Trepanelas/Prifer	Senior Masculino	35:31	+07:31	04:26
26	716	Felipe Araujo	Individual	Senior Masculino	35:44	+07:44	04:28
27	748	Mário Marques	Individual	Senior Masculino	36:07	+08:07	04:31
28	889	Rafael Teixeira	Remax Universal	Senior Masculino	36:56	+08:56	04:37
29	512	António José Santos	Barra Ocean Runners	Senior Masculino	36:59	+09:00	04:37

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30	727	Guy Filipe Bela Sauce	Individual	Senior Masculino	37:05	+09:05	04:38
31	521	Nuno Paiva	Barra Ocean Runners	Senior Masculino	37:15	+09:15	04:39
32	689	Abel Fernandes	Individual	Senior Masculino	37:16	+09:17	04:40
33	744	Luís Gomes	Individual	Senior Masculino	37:19	+09:19	04:40
34	772	Tiago Jesus	Individual	Senior Masculino	37:24	+09:24	04:41
35	526	Tiago Oliveira	Barra Ocean Runners	Senior Masculino	37:25	+09:25	04:41
36	734	João Leirião	Individual	Senior Masculino	37:29	+09:30	04:41
37	715	Fábio Figueiredo	Individual	Senior Masculino	37:30	+09:30	04:41
38	720	Filipe Nogueira	Individual	Senior Masculino	37:32	+09:33	04:42
39	692	Andre Ferreira	Individual	Senior Masculino	37:35	+09:35	04:42
40	568	Rodrigo Lousada	Civilria RunClub	Senior Masculino	37:44	+09:45	04:43
41	718	Fernando Pontes Da Silva	Individual	Senior Masculino	37:48	+09:48	04:44
42	737	Joel Vicente	Individual	Senior Masculino	37:50	+09:50	04:44
43	697	Bruno Antunes	Individual	Senior Masculino	37:59	+10:00	04:45
44	708	Diogo Filipe	Individual	Senior Masculino	38:28	+10:28	04:49
45	864	Joao Victor Diniz	MONRUN	Senior Masculino	38:29	+10:29	04:49
46	555	Diogo Fernandes Custódio	Civilria RunClub	Senior Masculino	38:33	+10:33	04:49
47	516	João Conde	Barra Ocean Runners	Senior Masculino	38:57	+10:57	04:52
48	520	Miguel Cruz	Barra Ocean Runners	Senior Masculino	38:59	+10:59	04:52
49	703	Claudio sousa	Individual	Senior Masculino	39:15	+11:15	04:54
50	776	Vitor Silva	Individual	Senior Masculino	39:16	+11:17	04:55
51	513	Bryan Valério	Barra Ocean Runners	Senior Masculino	39:17	+11:18	04:55
52	564	Miguel Duarte	Civilria RunClub	Senior Masculino	39:22	+11:23	04:55
53	730	Hugo Coelho	Individual	Senior Masculino	39:23	+11:23	04:55
54	760	Rafael Quinta	Individual	Senior Masculino	39:25	+11:25	04:56
55	862	Carlos Simoes	Manos Simões	Senior Masculino	39:28	+11:28	04:56
56	690	André Costa	Individual	Senior Masculino	39:30	+11:30	04:56
57	863	Luís Simões	Manos Simões	Senior Masculino	39:34	+11:34	04:57
58	714	Emanuel Almeyda	Individual	Senior Masculino	39:38	+11:39	04:57
59	755	Nuno Sarabando	Individual	Senior Masculino	39:42	+11:42	04:58
60	740	Júlio Tomás Gomes Teixeira	Individual	Senior Masculino	40:00	+12:00	05:00
61	518	Lucas Silva	Barra Ocean Runners	Senior Masculino	40:03	+12:04	05:00
62	757	Pedro Teixeira	Individual	Senior Masculino	40:04	+12:04	05:01
63	562	José Duarte	Civilria RunClub	Senior Masculino	40:08	+12:09	05:01
64	859	Ricardo Santos	Lobitos BikeTeam	Senior Masculino	40:12	+12:12	05:02
65	620	Francisco Martins	Hut Runners	Senior Masculino	40:14	+12:14	05:02
66	856	Rui Pedro Marques Saraiva	KO Runners	Senior Masculino	40:18	+12:19	05:02
67	747	Marcos Roldão	Individual	Senior Masculino	40:21	+12:22	05:03
68	523	Pedro Inácio	Barra Ocean Runners	Senior Masculino	40:24	+12:24	05:03
69	966	Leandro Marinho Viana	Civilria RunClub	Senior Masculino	40:43	+12:43	05:05
70	570	Tiago Cardoso	Civilria RunClub	Senior Masculino	40:45	+12:45	05:06
71	699	Bruno Leite	Individual	Senior Masculino	41:04	+13:04	05:08
72	736	João Sousa	Individual	Senior Masculino	41:09	+13:09	05:09
73	775	Vasco Castanhas	Individual	Senior Masculino	41:14	+13:14	05:09
74	586	José Rocha	Correr Fermelã ACADOF	Senior Masculino	41:15	+13:15	05:09
75	920	João Pedro Monteiro de Jesus	RIS 2048	Senior Masculino	41:24	+13:25	05:11

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Prova Principal

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OFFICIAL RESULT

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76	769	Simão Pedro Tomaz da Costa Duarte	Individual	Senior Masculino	41:29	+13:29	05:11
77	696	Bernardo Pereira	Individual	Senior Masculino	41:34	+13:35	05:12
78	872	Daniel Rocha	R5 Engenharia	Senior Masculino	41:39	+13:39	05:12
79	750	Miguel Ferreira Valente	Individual	Senior Masculino	41:45	+13:46	05:13
80	524	Ricardo Oliveira	Barra Ocean Runners	Senior Masculino	41:49	+13:49	05:14
81	921	João Pedro Panão Balseiro	RIS 2048	Senior Masculino	42:20	+14:20	05:18
82	567	Ricardo José Barbosa Dias	Civilria RunClub	Senior Masculino	42:26	+14:26	05:18
83	751	Miguel Pinho	Individual	Senior Masculino	42:33	+14:34	05:19
84	952	Ricardo Cardoso Ramos	Civilria RunClub	Senior Masculino	42:40	+14:40	05:20
85	887	Pedro Abelha	Remax Universal	Senior Masculino	42:44	+14:45	05:21
86	569	Tiago Cardoso	Civilria RunClub	Senior Masculino	42:54	+14:54	05:22
87	693	André Martins	Individual	Senior Masculino	43:03	+15:03	05:23
88	733	JOÃO FERREIRA	Individual	Senior Masculino	43:13	+15:14	05:24
89	753	Nuno Correia	Individual	Senior Masculino	43:18	+15:18	05:25
90	621	Jorge Martins	Hut Runners	Senior Masculino	43:20	+15:21	05:25
91	726	Guilherme Henrique alves silva	Individual	Senior Masculino	43:22	+15:23	05:25
92	732	HUGO MATOS	Individual	Senior Masculino	43:24	+15:24	05:26
93	503	Henrique Diniz	AFIPRE Team	Senior Masculino	43:29	+15:29	05:26
94	619	BRUNO SILVEIRA	Hut Runners	Senior Masculino	43:58	+15:59	05:30
95	745	Luis Lopes	Individual	Senior Masculino	44:15	+16:15	05:32
96	717	Fernando Mesquita	Individual	Senior Masculino	44:21	+16:22	05:33
97	701	Carlos Cunha	Individual	Senior Masculino	44:30	+16:30	05:34
98	867	Daniel Ferreira Pinhal	Municipio de Ilhavo	Senior Masculino	44:31	+16:31	05:34
99	561	Joao Moreira	Civilria RunClub	Senior Masculino	44:38	+16:38	05:35
100	722	Francisco Natal	Individual	Senior Masculino	44:42	+16:43	05:35
101	749	Martim Ferreira Santos	Individual	Senior Masculino	44:47	+16:47	05:36
102	961	Leandro Klauck	WE CAN RUN AVEIRO	Senior Masculino	44:49	+16:50	05:36
103	959	João Esteves	WE CAN RUN AVEIRO	Senior Masculino	44:50	+16:51	05:36
104	774	Tiago Moura	Individual	Senior Masculino	44:58	+16:58	05:37
105	958	DIOGO MACIEIRA	WE CAN RUN AVEIRO	Senior Masculino	45:05	+17:05	05:38
106	766	Sérgio Estima	Individual	Senior Masculino	45:31	+17:31	05:41
107	702	Carlos Filipe Marques Monteiro	Individual	Senior Masculino	45:32	+17:33	05:42
108	515	Guilherme Martins	Barra Ocean Runners	Senior Masculino	45:32	+17:33	05:42
109	589	Rui Monteiro	D'Rastos	Senior Masculino	45:37	+17:38	05:42
110	603	Diogo Pereira	FAJE	Senior Masculino	45:38	+17:38	05:42
111	758	Rafael Ferreira	Individual	Senior Masculino	45:43	+17:44	05:43
112	855	Pedro Duarte	KO Runners	Senior Masculino	45:48	+17:49	05:44
113	885	Cristiano Araújo	Remax Universal	Senior Masculino	46:05	+18:05	05:46
114	695	André Silva	Individual	Senior Masculino	46:06	+18:07	05:46
115	743	Luís Carlos Jesus Cruz	Individual	Senior Masculino	46:08	+18:08	05:46
116	871	Celso Conceição	R5 Engenharia	Senior Masculino	46:08	+18:08	05:46
117	875	Francisco Cerda	R5 Engenharia	Senior Masculino	46:09	+18:10	05:46
118	764	Rui Vieira	Individual	Senior Masculino	46:12	+18:12	05:47
119	738	José Carvalho	Individual	Senior Masculino	46:24	+18:25	05:48
120	759	Rafael José Alves Vieira	Individual	Senior Masculino	46:34	+18:34	05:49
121	719	Filipe Gonçalves	Individual	Senior Masculino	46:39	+18:39	05:50

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OFFICIAL RESULT

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122	934	Paulo Santos	Sosense Trail- Corind/ Braga&Fernandes	Senior Masculino	46:39	+18:40	05:50
123	756	Óscar Baptista	Individual	Senior Masculino	46:47	+18:47	05:51
124	773	Tiago Macieira	Individual	Senior Masculino	46:48	+18:48	05:51
125	713	Eduardo Seabra	Individual	Senior Masculino	46:48	+18:48	05:51
126	907	João Carlos Marçalo Pereira	Reumáticos & Etc.	Senior Masculino	46:54	+18:54	05:52
127	874	Fabio Teixeira	R5 Engenharia	Senior Masculino	46:56	+18:56	05:52
128	698	Bruno Ferreira	Individual	Senior Masculino	47:03	+19:03	05:53
129	563	Luis Pedro Oliveira	Civilria RunClub	Senior Masculino	47:11	+19:11	05:54
130	566	Nuno Alexandre Novo Medeiros da Silva	Civilria RunClub	Senior Masculino	47:12	+19:12	05:54
131	556	Diogo Miguel Martins Rodrigues	Civilria RunClub	Senior Masculino	47:24	+19:24	05:56
132	525	Rui Rodrigues	Barra Ocean Runners	Senior Masculino	47:26	+19:27	05:56
133	712	Edgar Silva	Individual	Senior Masculino	47:39	+19:39	05:57
134	763	Rui Santos	Individual	Senior Masculino	47:39	+19:40	05:57
135	754	Nuno Pina	Individual	Senior Masculino	48:19	+20:19	06:02
136	962	Tiago Martinho	WE CAN RUN AVEIRO	Senior Masculino	48:23	+20:24	06:03
137	741	leandro carvalho	Individual	Senior Masculino	48:25	+20:25	06:03
138	731	Hugo Corria	Individual	Senior Masculino	48:33	+20:33	06:04
139	709	Diogo Filipe Pereira Martins	Individual	Senior Masculino	48:33	+20:33	06:04
140	728	Henrique Almeida	Individual	Senior Masculino	48:57	+20:57	06:07
141	890	Vítor Paiva	Remax Universal	Senior Masculino	48:57	+20:57	06:07
142	517	Jose Fernandes	Barra Ocean Runners	Senior Masculino	49:08	+21:09	06:09
143	866	Bruno Filipe Rodrigues Pinto	Município de Ilhavo	Senior Masculino	49:17	+21:17	06:10
144	765	Samuel lopes	Individual	Senior Masculino	49:29	+21:30	06:11
145	514	Daniel Marques	Barra Ocean Runners	Senior Masculino	50:27	+22:27	06:18
146	974	Pedro Lares	Individual	Senior Masculino	50:29	+22:29	06:19
147	868	João Diogo Semedo	Município de Ilhavo	Senior Masculino	50:30	+22:31	06:19
148	746	Marcelo Moreira	Individual	Senior Masculino	50:55	+22:55	06:22
149	941	Nuno Pereira	Team Dartação	Senior Masculino	51:00	+23:00	06:23
150	851	Paulo oliveira	JuveRun Team	Senior Masculino	51:37	+23:38	06:27
151	557	Fábio Rafael Magalhães Malheiro	Civilria RunClub	Senior Masculino	51:50	+23:50	06:29
152	908	Williams Simões Depablos	Reumáticos & Etc.	Senior Masculino	52:12	+24:12	06:32
153	596	João Pedro Pinto	É só até ali	Senior Masculino	52:30	+24:30	06:34
154	923	Miguel da Mota Rodrigues	RIS 2048	Senior Masculino	52:34	+24:34	06:34
155	918	André Miguel Quental Catalão	RIS 2048	Senior Masculino	52:46	+24:46	06:36
156	558	Gonçalo Almeida	Civilria RunClub	Senior Masculino	52:58	+24:58	06:37
157	588	Hugo Almeida	D'Rastos	Senior Masculino	53:45	+25:46	06:43
158	922	Marcelo Manuel Figueiredo Gomes	RIS 2048	Senior Masculino	54:25	+26:25	06:48
159	771	Tiago Ferreira Martins Mota	Individual	Senior Masculino	54:27	+26:27	06:48
160	595	Filipe Ferreira	É só até ali	Senior Masculino	55:52	+27:52	06:59
161	587	Pedro Cruz	Correr Fermelã ACADOF	Senior Masculino	57:56	+29:56	07:15
162	608	Gustavo Alexandre Gato Moiteiro	GPS Canhoso	Senior Masculino	58:21	+30:22	07:18
163	704	Cristiano Pereira	Individual	Senior Masculino	01:01:17	+33:17	07:40
164	876	Giovani Lombardi	R5 Engenharia	Senior Masculino	01:01:55	+33:56	07:44
165	742	Leandro silva Ferreira	Individual	Senior Masculino	01:02:34	+34:35	07:49

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Prova Principal

8 KM



OFFICIAL RESULT

166 554 Afonso Varum Civilria RunClub Senior Masculino 01:10:08 +42:08 08:46

Veterana F45

1	781	Mariana Pinho	Individual	Veterana F45	41:19	+13:20	05:10
2	622	MARIA KELRY ABREU DE MELO	Hut Runners	Veterana F45	42:55	+14:55	05:22
3	787	Sonia Oliveira	Individual	Veterana F45	43:07	+15:07	05:23
4	786	Sónia Gama	Individual	Veterana F45	43:23	+15:23	05:25
5	780	Manuela Melo	Individual	Veterana F45	43:51	+15:51	05:29
6	784	Raquel Brito	Individual	Veterana F45	43:52	+15:53	05:29
7	615	Eduarda Vinagre	GRUPO DESPORTIVO ASSEMPARK	Veterana F45	44:02	+16:02	05:30
8	944	Maryna Skliar	Team Dartacão	Veterana F45	44:20	+16:20	05:33
9	938	Elisabete Rodrigues	TD Crédito	Veterana F45	44:59	+16:59	05:37
10	573	Rosabell Dos Santos	Civilria RunClub	Veterana F45	44:59	+16:59	05:37
11	782	PAULA ROCHA	Individual	Veterana F45	46:11	+18:11	05:46
12	857	Juliana dos Santos Garbayo	KO Runners	Veterana F45	47:13	+19:14	05:54
13	893	Marta Mateus	Remax Universal	Veterana F45	47:14	+19:14	05:54
14	597	Marisa Moreira	É só até ali	Veterana F45	48:10	+20:10	06:01
15	911	Virgínia Oliveira Fernandes	Reumáticos & Etc.	Veterana F45	49:48	+21:49	06:14
16	598	Mónica Neves	É só até ali	Veterana F45	50:55	+22:55	06:22
17	942	Angelina Rodrigues	Team Dartacão	Veterana F45	51:01	+23:01	06:23
18	968	Fernanda Marques	Civilria RunClub	Veterana F45	51:10	+23:10	06:24
19	910	Sandra Maria da Costa Francisco	Reumáticos & Etc.	Veterana F45	51:14	+23:14	06:24
20	909	Paula Eduarda Ferreira Pinto	Reumáticos & Etc.	Veterana F45	51:26	+23:26	06:26
21	542	Helena santos	CASCI	Veterana F45	53:04	+25:04	06:38
22	779	Madalena Ferreira	Individual	Veterana F45	54:03	+26:03	06:45
23	571	Carla Torres	Civilria RunClub	Veterana F45	54:12	+26:12	06:47
24	783	Paula rodrigues	Individual	Veterana F45	54:24	+26:25	06:48
25	894	Pedro Carvalho	Remax Universal	Veterana F45	54:50	+26:50	06:51
26	964	Isabel Gonçalves	WE CAN RUN AVEIRO	Veterana F45	55:04	+27:05	06:53
27	785	Sandra Cristina da Silva Gomes Rei	Individual	Veterana F45	55:59	+27:59	07:00
28	891	Júlia Batista	Remax Universal	Veterana F45	58:27	+30:27	07:18
29	892	Maflda Mateus	Remax Universal	Veterana F45	01:00:29	+32:30	07:34
30	572	Rita Tiago Gíria	Civilria RunClub	Veterana F45	01:01:28	+33:28	07:41
31	609	Susana Isabel Moega Gato	GPS Canhoso	Veterana F45	01:03:57	+35:57	08:00
32	967	Sonia simões	Civilria RunClub	Veterana F45	01:10:09	+42:09	08:46
33	943	Marta Limas	Team Dartacão	Veterana F45	01:10:30	+42:31	08:49

Veterana F55

1	583	Maria Fatima Pinho	CLTT - Clínica Litoral Trail Team	Veterana F55	40:33	+12:33	05:04
2	858	Catarina Teixeira	KO Runners	Veterana F55	46:26	+18:26	05:48
3	789	Paula Ferreira	Individual	Veterana F55	51:09	+23:09	06:24
4	539	Cristina Coutinho	Casa do Benfica da Bairrada	Veterana F55	53:49	+25:50	06:44

Prova Principal

8 KM

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5	924	Amália Maria Foitinho de Carvalho Cabral Monteiro	RIS 2048	Veterana F55	58:53	+30:53	07:22
6	617	ROSA DA ROCHA TEIXEIRA FERREIRA	GRUPO DESPORTIVO DA GAFANHA	Veterana F55	01:00:33	+32:33	07:34
7	925	Maria Manuela Vieira da Silva	RIS 2048	Veterana F55	01:05:50	+37:50	08:14
8	791	REGINA RAPACCI IGNACIO	Individual	Veterana F55	01:20:10	+52:10	10:01

Veterano M45

1	543	Luís Miguel Martins	CASCI	Veterano M45	31:53	+03:53	03:59
2	546	Hernani Laranja	CENAP	Veterano M45	33:56	+05:56	04:15
3	901	Paulo pereira	Reumaticos	Veterano M45	34:23	+06:23	04:18
4	820	Nuno Bartolomeu	Individual	Veterano M45	34:55	+06:56	04:22
5	530	Ricardo Vicente	Barra Ocean Runners	Veterano M45	35:06	+07:07	04:23
6	547	rui silva	CENAP	Veterano M45	35:41	+07:42	04:28
7	528	Fernando Mónica	Barra Ocean Runners	Veterano M45	37:25	+09:25	04:41
8	796	André Nova	Individual	Veterano M45	37:37	+09:37	04:42
9	903	Raul teixeira	Reumaticos	Veterano M45	37:53	+09:53	04:44
10	600	João Laranjeiro	É só até ali	Veterano M45	38:02	+10:02	04:45
11	817	Miguel Leao	Individual	Veterano M45	38:28	+10:28	04:49
12	830	Peter Óscar	Individual	Veterano M45	38:36	+10:36	04:50
13	823	Nuno Pereira	Individual	Veterano M45	39:18	+11:18	04:55
14	816	Martin Lund	Individual	Veterano M45	40:06	+12:07	05:01
15	902	Paulo ramos	Reumaticos	Veterano M45	40:07	+12:07	05:01
16	814	Luís Matos	Individual	Veterano M45	40:16	+12:17	05:02
17	1	João Campolargo	Municipio de Ilhavo	Veterano M45	40:19	+12:20	05:02
18	807	Jimmy Silva	Individual	Veterano M45	40:31	+12:31	05:04
19	833	Rui Simoes	Individual	Veterano M45	40:34	+12:34	05:04
20	822	Nuno Miguel de Matos Silva	Individual	Veterano M45	40:38	+12:38	05:05
21	896	João Teixeira	Remax Universal	Veterano M45	40:57	+12:57	05:07
22	836	Vitor Macedo	Individual	Veterano M45	40:58	+12:58	05:07
23	792	Adolfo Andrade	Individual	Veterano M45	41:28	+13:29	05:11
24	825	Paulo Cardoso	Individual	Veterano M45	41:36	+13:36	05:12
25	810	Jorge Serafim Cardoso da Mota	Individual	Veterano M45	41:58	+13:58	05:15
26	811	Jorge Vilela	Individual	Veterano M45	42:07	+14:07	05:16
27	812	José Matos	Individual	Veterano M45	42:11	+14:11	05:16
28	545	Álvaro Barbosa	CENAP	Veterano M45	42:13	+14:14	05:17
29	799	Carlos Martínez Almazán	Individual	Veterano M45	42:53	+14:53	05:22
30	575	Diogo Cardoso	Civilria RunClub	Veterano M45	42:54	+14:54	05:22
31	540	Marco Santiago	Casa do Benfica da Bairrada	Veterano M45	43:16	+15:16	05:25
32	793	Adriano Carreira	Individual	Veterano M45	43:23	+15:23	05:25
33	818	Nelo Julião	Individual	Veterano M45	43:44	+15:44	05:28
34	819	Nelson Nunes	Individual	Veterano M45	43:50	+15:50	05:29
35	532	Nuno Leitão	BTinTos	Veterano M45	44:08	+16:09	05:31
36	502	Luis Santos	ADI-ILHAVO	Veterano M45	44:15	+16:16	05:32
37	801	David Dinis	Individual	Veterano M45	44:16	+16:16	05:32
38	527	Arnaldo Tomás	Barra Ocean Runners	Veterano M45	44:20	+16:20	05:33

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39	946	Luís Rocha	Team Dartação	Veterano M45	44:40	+16:41	05:35
40	828	Paulo Julião	Individual	Veterano M45	44:41	+16:41	05:35
41	804	Fernando de Sousa	Individual	Veterano M45	44:55	+16:55	05:37
42	829	Paulo Oliveira	Individual	Veterano M45	44:58	+16:58	05:37
43	802	Diogo Barbosa	Individual	Veterano M45	45:32	+17:33	05:42
44	826	Paulo Cruz	Individual	Veterano M45	45:54	+17:54	05:44
45	878	Vitor Francsico	R5 Engenharia	Veterano M45	46:12	+18:13	05:47
46	877	Bruno Pereira Rocha	R5 Engenharia	Veterano M45	46:13	+18:13	05:47
47	803	Fernando Cunha	Individual	Veterano M45	46:45	+18:45	05:51
48	815	Manuel Romeiro	Individual	Veterano M45	47:16	+19:16	05:55
49	831	Ricardo Pinheiro	Individual	Veterano M45	48:18	+20:18	06:02
50	805	Gonçalo Almeida	Individual	Veterano M45	48:21	+20:22	06:03
51	577	Renato Filipe Nunes França	Civilria RunClub	Veterano M45	48:39	+20:40	06:05
52	576	Paulo Sérgio Vidal dos Anjos	Civilria RunClub	Veterano M45	49:04	+21:04	06:08
53	534	Bruno Santos	BTSusy	Veterano M45	49:13	+21:13	06:09
54	914	João Laranjeiro	Reumáticos & Etc.	Veterano M45	49:42	+21:43	06:13
55	869	Jordao Laranja	Puro Judo	Veterano M45	49:43	+21:44	06:13
56	813	Juan Gouveia	Individual	Veterano M45	49:57	+21:58	06:15
57	798	Carlos Lourenço	Individual	Veterano M45	50:35	+22:35	06:19
58	912	Francisco José Silva Gomes	Reumáticos & Etc.	Veterano M45	51:26	+23:26	06:26
59	601	José Paulo	É só até ali	Veterano M45	52:33	+24:34	06:34
60	590	Nuno Oliveira	D'Rastos	Veterano M45	53:08	+25:08	06:39
61	800	CARLOS MIGUEL BASTOS RODRIGUES DE PAIVA	Individual	Veterano M45	54:21	+26:22	06:48
62	794	Alexandre Pereira Henriques Sousa de Almeida	Individual	Veterano M45	55:02	+27:02	06:53
63	926	João Fernando Rangel Martins	RIS 2048	Veterano M45	55:18	+27:19	06:55
64	835	Vitor feitos	Individual	Veterano M45	56:13	+28:14	07:02
65	809	Joao Miguel Vasconcelos Tomaz Miranda	Individual	Veterano M45	57:31	+29:31	07:11
66	927	Nuno Miguel Santos Barros Marabuto	RIS 2048	Veterano M45	58:53	+30:53	07:22
67	536	Luis Silva	Cai Mas Levanta	Veterano M45	01:08:57	+40:57	08:37

Veterano M55

1	951	Mário Carvalho	Vilarinho de Cima	Veterano M55	36:18	+08:18	04:32
2	531	Pedro Guimarães	Barra Ocean Runners	Veterano M55	36:32	+08:32	04:34
3	845	José Mário Cordeiro Matos	Individual	Veterano M55	38:00	+10:00	04:45
4	618	PEDRO ROCHA	GRUPO DESPORTIVO DA GAFANHA	Veterano M55	39:30	+11:31	04:56
5	505	Paulo Silva	Atlético Desportivo de Recardães	Veterano M55	41:21	+13:21	05:10
6	581	Francisco Miguel Vitória de Faria de Oliveira Castanhas	Civilria RunClub	Veterano M55	42:29	+14:29	05:19
7	623	MARCOS ALBERTO MAGALHÃES OLIVEIRA	Hut Runners	Veterano M55	43:20	+15:20	05:25
8	879	Jose Ferreira	R5 Engenharia	Veterano M55	43:43	+15:43	05:28
9	953	Teodorico Figueiredo Pais	Civilria RunClub	Veterano M55	44:18	+16:18	05:32
10	504	Antonio Rodrigues	AFIPRE Team	Veterano M55	44:31	+16:31	05:34

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11	843	João Capelôa	Individual	Veterano M55	44:33	+16:34	05:34
12	928	António Fernando Baganha	RIS 2048	Veterano M55	44:35	+16:35	05:34
13	847	Paulo Pereira	Individual	Veterano M55	45:25	+17:25	05:41
14	929	Jorge Amadeu Almeida Viana	RIS 2048	Veterano M55	46:30	+18:30	05:49
15	579	Carlos Varum	Civilria RunClub	Veterano M55	46:35	+18:35	05:49
16	840	Carlos almeida	Individual	Veterano M55	46:42	+18:42	05:50
17	930	Michael Jorge da Costa Leitão	RIS 2048	Veterano M55	47:11	+19:11	05:54
18	841	Cesário Rocha	Individual	Veterano M55	49:20	+21:20	06:10
19	947	Serafim Gouveia	Team Dartação	Veterano M55	49:40	+21:40	06:13
20	913	João Alberto Rodrigues Pinho	Reumáticos & Etc.	Veterano M55	49:49	+21:49	06:14
21	616	João Dôno	GRUPO DESPORTIVO ASSEMPARK	Veterano M55	51:57	+23:57	06:30
22	580	Didier Chetaille	Civilria RunClub	Veterano M55	53:03	+25:03	06:38
23	839	Armando Sousa	Individual	Veterano M55	53:16	+25:17	06:40
24	578	Artur Varum	Civilria RunClub	Veterano M55	53:47	+25:47	06:43
25	848	Rui Cid	Individual	Veterano M55	54:26	+26:26	06:48
26	610	Paulo Jorge Brás Guerra Moiteiro	GPS Canhoso	Veterano M55	01:03:55	+35:55	07:59

Prova Principal

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OFFICIAL RESULT

	Time	Temperature	Humidity
Start	10:00	24,2°C	70%
End	11:20	29,2°C	68%

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

1	537	Maria Marques	CAPGE	Senior Feminino	36:25	+08:25	04:33
2	550	Inês Isabel Ribeiro Gomes	Civilria RunClub	Senior Feminino	36:27	+08:27	04:33
3	636	Carolina Pedro Ribeiro	Individual	Senior Feminino	37:20	+09:20	04:40
4	593	Katerin Oliveira	É só até ali	Senior Feminino	38:02	+10:03	04:45
5	897	Helena silva	Reumaticos	Senior Feminino	39:37	+11:38	04:57
6	594	Liliane Liliane	É só até ali	Senior Feminino	42:17	+14:17	05:17
7	645	Fatima Carvalho	Individual	Senior Feminino	42:20	+14:20	05:18
8	667	Mélanie Quintela	Individual	Senior Feminino	42:36	+14:36	05:20
9	658	Liliana Santos	Individual	Senior Feminino	42:40	+14:40	05:20
10	673	Renata Silva	Individual	Senior Feminino	43:22	+15:23	05:25
11	538	Cristina Silva	Casa do Benfica da Bairrada	Senior Feminino	43:57	+15:57	05:30
12	604	Gissell Andrade	Gi e Tânia	Senior Feminino	44:15	+16:16	05:32
13	655	Joana Oliveira	Individual	Senior Feminino	44:33	+16:33	05:34
14	633	Beatriz Matos	Individual	Senior Feminino	44:37	+16:37	05:35
15	650	Gabriela Neves	Individual	Senior Feminino	44:42	+16:42	05:35
16	660	Lucie Militão	Individual	Senior Feminino	44:45	+16:46	05:36
17	956	Sara Tschumi	WE CAN RUN AVEIRO	Senior Feminino	44:49	+16:49	05:36
18	654	Joana Macedo	Individual	Senior Feminino	44:51	+16:51	05:36
19	674	Rita Cruz	Individual	Senior Feminino	44:51	+16:52	05:36
20	671	Raquel Lopes	Individual	Senior Feminino	44:59	+16:59	05:37
21	628	Andreia Vieira	Individual	Senior Feminino	45:04	+17:04	05:38
22	664	Marta Pereira	Individual	Senior Feminino	45:28	+17:29	05:41
23	602	Rita Fardilha	FAJE	Senior Feminino	45:39	+17:40	05:42
24	668	Michelly camara	Individual	Senior Feminino	46:10	+18:10	05:46
25	865	Margarida Malaquias	Municipio de Ilhavo	Senior Feminino	46:10	+18:11	05:46
26	631	Beatriz Antunes Santos	Individual	Senior Feminino	46:11	+18:11	05:46
27	933	Stephanie Espadilha	Sosense Trail- Corind/ Braga&Fernandes	Senior Feminino	46:38	+18:39	05:50
28	635	Carla Neves	Individual	Senior Feminino	46:42	+18:43	05:50
29	626	Andreia Margarida Mendes Silva	Individual	Senior Feminino	46:45	+18:45	05:51
30	870	Catia Almeida	R5 Engenharia	Senior Feminino	46:55	+18:55	05:52
31	666	Melanie Oliveira	Individual	Senior Feminino	47:08	+19:09	05:54
32	669	Patricia Martins	Individual	Senior Feminino	47:12	+19:13	05:54
33	648	Filipa Silva	Individual	Senior Feminino	47:13	+19:13	05:54
34	651	Iara Silva	Individual	Senior Feminino	47:49	+19:50	05:59
35	881	Maiva Costa	Remax Universal	Senior Feminino	48:03	+20:04	06:00
36	670	Patrícia Silva	Individual	Senior Feminino	48:10	+20:10	06:01
37	646	Filipa Freire	Individual	Senior Feminino	48:58	+20:58	06:07
38	853	Cristina Ferreira	KO Runners	Senior Feminino	49:00	+21:00	06:08
39	657	Liliana Santos	Individual	Senior Feminino	49:10	+21:11	06:09

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Prova Principal

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OFFICIAL RESULT

40	882	Tânia Lopes	Remax Universal	Senior Feminino	49:25	+21:26	06:11
41	508	Fabiana Sarabando	Barra Ocean Runners	Senior Feminino	50:01	+22:01	06:15
42	680	Sofia Ventura	Individual	Senior Feminino	50:07	+22:07	06:16
43	507	Daniela Gomes	Barra Ocean Runners	Senior Feminino	50:27	+22:27	06:18
44	653	Jéssica Santos	Individual	Senior Feminino	50:30	+22:30	06:19
45	687	Vanessa Oliveira Brandão	Individual	Senior Feminino	50:35	+22:35	06:19
46	906	Vânia Sofia Francisco Almeida Costa	Reumáticos & Etc.	Senior Feminino	50:42	+22:43	06:20
47	852	Catarina Campos	KO Runners	Senior Feminino	50:45	+22:45	06:21
48	854	Diana Lopes	KO Runners	Senior Feminino	50:52	+22:53	06:22
49	665	Marta Sofia Ferreira Dias	Individual	Senior Feminino	51:02	+23:02	06:23
50	682	Stephanie Sommer	Individual	Senior Feminino	51:07	+23:07	06:23
51	641	Cláudia Almeida	Individual	Senior Feminino	51:09	+23:09	06:24
52	904	Andreia Simões	Reumáticos & Etc.	Senior Feminino	51:26	+23:26	06:26
53	642	Diana Raquel	Individual	Senior Feminino	51:26	+23:27	06:26
54	905	Maria Antónia Carneiro Marques	Reumáticos & Etc.	Senior Feminino	51:27	+23:27	06:26
55	936	Mariana Ferreira	Super Bock	Senior Feminino	51:29	+23:29	06:26
56	659	Lúcia Santos	Individual	Senior Feminino	51:30	+23:30	06:26
57	613	Maria João Dôno	GRUPO DESPORTIVO ASSEMPARK	Senior Feminino	51:57	+23:57	06:30
58	915	Bárbara Raquel Marques Pereira	RIS 2048	Senior Feminino	52:33	+24:33	06:34
59	661	Mafalda Machado Martins	Individual	Senior Feminino	52:46	+24:46	06:36
60	955	SABINE BRITO	WE CAN RUN AVEIRO	Senior Feminino	52:48	+24:48	06:36
61	549	Beatriz Seabra Torres Pinto Varum	Civilria RunClub	Senior Feminino	52:58	+24:58	06:37
62	686	Thais Rocha	Individual	Senior Feminino	53:05	+25:05	06:38
63	552	Jana Stefunkova	Civilria RunClub	Senior Feminino	53:39	+25:40	06:42
64	506	Ana Cerca	Barra Ocean Runners	Senior Feminino	53:49	+25:50	06:44
65	677	Rute João Cirino da Silva	Individual	Senior Feminino	54:21	+26:22	06:48
66	685	Tassia Iino	Individual	Senior Feminino	54:45	+26:45	06:51
67	954	Estéfani Laux	WE CAN RUN AVEIRO	Senior Feminino	55:09	+27:09	06:54
68	533	Susana Ganito	BTSusy	Senior Feminino	55:22	+27:22	06:55
69	662	Mariana Carramão	Individual	Senior Feminino	55:35	+27:35	06:57
70	676	Rita Vicente	Individual	Senior Feminino	55:36	+27:36	06:57
71	591	Catarina Santos Costa	É só até ali	Senior Feminino	55:47	+27:47	06:58
72	883	Vânia Valente	Remax Universal	Senior Feminino	55:58	+27:58	07:00
73	681	Soraia Duarte	Individual	Senior Feminino	56:18	+28:18	07:02
74	675	Rita Teresa Simões	Individual	Senior Feminino	57:31	+29:31	07:11
75	969	Mariana Eufrásio	Civilria RunClub	Senior Feminino	57:34	+29:34	07:12
76	584	Catarina Resende	Correr Fermelã ACADOF	Senior Feminino	57:56	+29:57	07:15
77	917	Mariana Gaspar Coelho Dias	RIS 2048	Senior Feminino	58:05	+30:05	07:16
78	637	Catarina Marabuto	Individual	Senior Feminino	59:37	+31:37	07:27
79	647	Filipa Lemos Ferreira	Individual	Senior Feminino	01:00:29	+32:30	07:34
80	678	Salome Gordinho	Individual	Senior Feminino	01:00:32	+32:33	07:34
81	605	Tânia Inácio	Gi e Tânia	Senior Feminino	01:01:27	+33:27	07:41
82	656	Juliana D'abreu	Individual	Senior Feminino	01:02:25	+34:25	07:48
83	629	Anne Elise Netto	Individual	Senior Feminino	01:02:25	+34:25	07:48
84	663	Mariana frade Santos	Individual	Senior Feminino	01:02:33	+34:33	07:49
85	548	Ana Nunes	Civilria RunClub	Senior Feminino	01:02:35	+34:35	07:49

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Prova Principal

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OFFICIAL RESULT

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86	684	Susana Catarina Rios Almeida	Individual	Senior Feminino	01:03:47	+35:48	07:58
87	509	INES CRUZ	Barra Ocean Runners	Senior Feminino	01:03:53	+35:53	07:59
88	683	Suelen Sousa	Individual	Senior Feminino	01:04:43	+36:43	08:05
89	625	Andreia Craveiro	Individual	Senior Feminino	01:04:44	+36:44	08:06
90	553	Mariana Velado Bela	Civilria RunClub	Senior Feminino	01:05:26	+37:26	08:11
91	630	Anouk Eggen	Individual	Senior Feminino	01:05:41	+37:42	08:13
92	652	Irene Amaral	Individual	Senior Feminino	01:05:42	+37:42	08:13
93	672	Raquel Rocha	Individual	Senior Feminino	01:05:42	+37:43	08:13
94	535	Maria Silva	Cai Mas Levanta	Senior Feminino	01:08:57	+40:57	08:37
95	643	Ericka Osuna	Individual	Senior Feminino	01:09:18	+41:18	08:40
96	640	Cátia Matos	Individual	Senior Feminino	01:09:59	+42:00	08:45
97	940	Carolina Limas	Team Dartacão	Senior Feminino	01:10:30	+42:30	08:49
98	634	Beatriz Simões	Individual	Senior Feminino	01:10:37	+42:38	08:50
99	624	Adália Almeida	Individual	Senior Feminino	01:10:39	+42:40	08:50

Senior Masculino

1	611	Nuno Miguel	GRECAS	Senior Masculino	27:59		03:30
2	860	Luís Diogo	Luis Manuel Pinho Diogo	Senior Masculino	28:56	+00:56	03:37
3	935	João Mouro	Sport Clube Beira Mar	Senior Masculino	29:20	+01:20	03:40
4	949	João Mano	Trepanelas/Prifer	Senior Masculino	30:58	+02:58	03:52
5	501	Rui Costa	ACD Os Ilhavos	Senior Masculino	31:11	+03:12	03:54
6	560	João Freitas	Civilria RunClub	Senior Masculino	31:32	+03:32	03:57
7	735	João Ricardo	Individual	Senior Masculino	32:07	+04:07	04:01
8	721	Francisco Lóio	Individual	Senior Masculino	32:29	+04:29	04:04
9	565	Miguel Neto Gonçalves	Civilria RunClub	Senior Masculino	32:32	+04:32	04:04
10	723	Fred Lamas	Individual	Senior Masculino	32:45	+04:46	04:06
11	873	Diogo Almeida Oliveira	R5 Engenharia	Senior Masculino	32:55	+04:55	04:07
12	739	Josué Marques	Individual	Senior Masculino	33:26	+05:26	04:11
13	729	Hugo Almeida	Individual	Senior Masculino	33:30	+05:30	04:11
14	612	Tiago Silvestre	GRECAS	Senior Masculino	33:30	+05:31	04:11
15	519	Luis Aular	Barra Ocean Runners	Senior Masculino	33:44	+05:44	04:13
16	544	Tiago Marcelino	CENAP	Senior Masculino	33:48	+05:48	04:14
17	522	Oliveiros Garrelhas	Barra Ocean Runners	Senior Masculino	34:00	+06:00	04:15
18	850	Alex Franco	JuveRun Team	Senior Masculino	34:34	+06:34	04:19
19	707	Diogo Areias	Individual	Senior Masculino	34:38	+06:39	04:20
20	960	Kevin Amoeod	WE CAN RUN AVEIRO	Senior Masculino	34:46	+06:46	04:21
21	884	Bruno Saraiva	Remax Universal	Senior Masculino	35:04	+07:05	04:23
22	886	Márcio Salgado	Remax Universal	Senior Masculino	35:10	+07:10	04:24
23	957	Daniel Chipelo	WE CAN RUN AVEIRO	Senior Masculino	35:12	+07:12	04:24
24	705	David Marques	Individual	Senior Masculino	35:14	+07:14	04:24
25	948	Fabio Silva	Trepanelas/Prifer	Senior Masculino	35:31	+07:31	04:26
26	716	Felipe Araujo	Individual	Senior Masculino	35:44	+07:44	04:28
27	748	Mário Marques	Individual	Senior Masculino	36:07	+08:07	04:31
28	889	Rafael Teixeira	Remax Universal	Senior Masculino	36:56	+08:56	04:37
29	512	António José Santos	Barra Ocean Runners	Senior Masculino	36:59	+09:00	04:37

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30	727	Guy Filipe Bela Sauce	Individual	Senior Masculino	37:05	+09:05	04:38
31	521	Nuno Paiva	Barra Ocean Runners	Senior Masculino	37:15	+09:15	04:39
32	689	Abel Fernandes	Individual	Senior Masculino	37:16	+09:17	04:40
33	744	Luís Gomes	Individual	Senior Masculino	37:19	+09:19	04:40
34	772	Tiago Jesus	Individual	Senior Masculino	37:24	+09:24	04:41
35	526	Tiago Oliveira	Barra Ocean Runners	Senior Masculino	37:25	+09:25	04:41
36	734	João Leirião	Individual	Senior Masculino	37:29	+09:30	04:41
37	715	Fábio Figueiredo	Individual	Senior Masculino	37:30	+09:30	04:41
38	720	Filipe Nogueira	Individual	Senior Masculino	37:32	+09:33	04:42
39	692	Andre Ferreira	Individual	Senior Masculino	37:35	+09:35	04:42
40	568	Rodrigo Lousada	Civilria RunClub	Senior Masculino	37:44	+09:45	04:43
41	718	Fernando Pontes Da Silva	Individual	Senior Masculino	37:48	+09:48	04:44
42	737	Joel Vicente	Individual	Senior Masculino	37:50	+09:50	04:44
43	697	Bruno Antunes	Individual	Senior Masculino	37:59	+10:00	04:45
44	708	Diogo Filipe	Individual	Senior Masculino	38:28	+10:28	04:49
45	864	Joao Victor Diniz	MONRUN	Senior Masculino	38:29	+10:29	04:49
46	555	Diogo Fernandes Custódio	Civilria RunClub	Senior Masculino	38:33	+10:33	04:49
47	516	João Conde	Barra Ocean Runners	Senior Masculino	38:57	+10:57	04:52
48	520	Miguel Cruz	Barra Ocean Runners	Senior Masculino	38:59	+10:59	04:52
49	703	Claudio sousa	Individual	Senior Masculino	39:15	+11:15	04:54
50	776	Vitor Silva	Individual	Senior Masculino	39:16	+11:17	04:55
51	513	Bryan Valério	Barra Ocean Runners	Senior Masculino	39:17	+11:18	04:55
52	564	Miguel Duarte	Civilria RunClub	Senior Masculino	39:22	+11:23	04:55
53	730	Hugo Coelho	Individual	Senior Masculino	39:23	+11:23	04:55
54	760	Rafael Quinta	Individual	Senior Masculino	39:25	+11:25	04:56
55	862	Carlos Simoes	Manos Simões	Senior Masculino	39:28	+11:28	04:56
56	690	André Costa	Individual	Senior Masculino	39:30	+11:30	04:56
57	863	Luís Simões	Manos Simões	Senior Masculino	39:34	+11:34	04:57
58	714	Emanuel Almeyda	Individual	Senior Masculino	39:38	+11:39	04:57
59	755	Nuno Sarabando	Individual	Senior Masculino	39:42	+11:42	04:58
60	740	Júlio Tomás Gomes Teixeira	Individual	Senior Masculino	40:00	+12:00	05:00
61	518	Lucas Silva	Barra Ocean Runners	Senior Masculino	40:03	+12:04	05:00
62	757	Pedro Teixeira	Individual	Senior Masculino	40:04	+12:04	05:01
63	562	José Duarte	Civilria RunClub	Senior Masculino	40:08	+12:09	05:01
64	859	Ricardo Santos	Lobitos BikeTeam	Senior Masculino	40:12	+12:12	05:02
65	620	Francisco Martins	Hut Runners	Senior Masculino	40:14	+12:14	05:02
66	856	Rui Pedro Marques Saraiva	KO Runners	Senior Masculino	40:18	+12:19	05:02
67	747	Marcos Roldão	Individual	Senior Masculino	40:21	+12:22	05:03
68	523	Pedro Inácio	Barra Ocean Runners	Senior Masculino	40:24	+12:24	05:03
69	966	Leandro Marinho Viana	Civilria RunClub	Senior Masculino	40:43	+12:43	05:05
70	570	Tiago Cardoso	Civilria RunClub	Senior Masculino	40:45	+12:45	05:06
71	699	Bruno Leite	Individual	Senior Masculino	41:04	+13:04	05:08
72	736	João Sousa	Individual	Senior Masculino	41:09	+13:09	05:09
73	775	Vasco Castanhas	Individual	Senior Masculino	41:14	+13:14	05:09
74	586	José Rocha	Correr Fermelã ACADOF	Senior Masculino	41:15	+13:15	05:09
75	920	João Pedro Monteiro de Jesus	RIS 2048	Senior Masculino	41:24	+13:25	05:11

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76	769	Simão Pedro Tomaz da Costa Duarte	Individual	Senior Masculino	41:29	+13:29	05:11
77	696	Bernardo Pereira	Individual	Senior Masculino	41:34	+13:35	05:12
78	872	Daniel Rocha	R5 Engenharia	Senior Masculino	41:39	+13:39	05:12
79	750	Miguel Ferreira Valente	Individual	Senior Masculino	41:45	+13:46	05:13
80	524	Ricardo Oliveira	Barra Ocean Runners	Senior Masculino	41:49	+13:49	05:14
81	921	João Pedro Panão Balseiro	RIS 2048	Senior Masculino	42:20	+14:20	05:18
82	567	Ricardo José Barbosa Dias	Civilria RunClub	Senior Masculino	42:26	+14:26	05:18
83	751	Miguel Pinho	Individual	Senior Masculino	42:33	+14:34	05:19
84	952	Ricardo Cardoso Ramos	Civilria RunClub	Senior Masculino	42:40	+14:40	05:20
85	887	Pedro Abelha	Remax Universal	Senior Masculino	42:44	+14:45	05:21
86	569	Tiago Cardoso	Civilria RunClub	Senior Masculino	42:54	+14:54	05:22
87	693	André Martins	Individual	Senior Masculino	43:03	+15:03	05:23
88	733	JOÃO FERREIRA	Individual	Senior Masculino	43:13	+15:14	05:24
89	753	Nuno Correia	Individual	Senior Masculino	43:18	+15:18	05:25
90	621	Jorge Martins	Hut Runners	Senior Masculino	43:20	+15:21	05:25
91	726	Guilherme Henrique alves silva	Individual	Senior Masculino	43:22	+15:23	05:25
92	732	HUGO MATOS	Individual	Senior Masculino	43:24	+15:24	05:26
93	503	Henrique Diniz	AFIPRE Team	Senior Masculino	43:29	+15:29	05:26
94	619	BRUNO SILVEIRA	Hut Runners	Senior Masculino	43:58	+15:59	05:30
95	745	Luis Lopes	Individual	Senior Masculino	44:15	+16:15	05:32
96	717	Fernando Mesquita	Individual	Senior Masculino	44:21	+16:22	05:33
97	701	Carlos Cunha	Individual	Senior Masculino	44:30	+16:30	05:34
98	867	Daniel Ferreira Pinhal	Município de Ilhavo	Senior Masculino	44:31	+16:31	05:34
99	561	Joao Moreira	Civilria RunClub	Senior Masculino	44:38	+16:38	05:35
100	722	Francisco Natal	Individual	Senior Masculino	44:42	+16:43	05:35
101	749	Martim Ferreira Santos	Individual	Senior Masculino	44:47	+16:47	05:36
102	961	Leandro Klauck	WE CAN RUN AVEIRO	Senior Masculino	44:49	+16:50	05:36
103	959	João Esteves	WE CAN RUN AVEIRO	Senior Masculino	44:50	+16:51	05:36
104	774	Tiago Moura	Individual	Senior Masculino	44:58	+16:58	05:37
105	958	DIOGO MACIEIRA	WE CAN RUN AVEIRO	Senior Masculino	45:05	+17:05	05:38
106	766	Sérgio Estima	Individual	Senior Masculino	45:31	+17:31	05:41
107	702	Carlos Filipe Marques Monteiro	Individual	Senior Masculino	45:32	+17:33	05:42
108	515	Guilherme Martins	Barra Ocean Runners	Senior Masculino	45:32	+17:33	05:42
109	589	Rui Monteiro	D'Rastos	Senior Masculino	45:37	+17:38	05:42
110	603	Diogo Pereira	FAJE	Senior Masculino	45:38	+17:38	05:42
111	758	Rafael Ferreira	Individual	Senior Masculino	45:43	+17:44	05:43
112	855	Pedro Duarte	KO Runners	Senior Masculino	45:48	+17:49	05:44
113	885	Cristiano Araújo	Remax Universal	Senior Masculino	46:05	+18:05	05:46
114	695	André Silva	Individual	Senior Masculino	46:06	+18:07	05:46
115	743	Luís Carlos Jesus Cruz	Individual	Senior Masculino	46:08	+18:08	05:46
116	871	Celso Conceição	R5 Engenharia	Senior Masculino	46:08	+18:08	05:46
117	875	Francisco Cerda	R5 Engenharia	Senior Masculino	46:09	+18:10	05:46
118	764	Rui Vieira	Individual	Senior Masculino	46:12	+18:12	05:47
119	738	José Carvalho	Individual	Senior Masculino	46:24	+18:25	05:48
120	759	Rafael José Alves Vieira	Individual	Senior Masculino	46:34	+18:34	05:49
121	719	Filipe Gonçalves	Individual	Senior Masculino	46:39	+18:39	05:50

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122	934	Paulo Santos	Sosense Trail- Corind/ Braga&Fernandes	Senior Masculino	46:39	+18:40	05:50
123	756	Óscar Baptista	Individual	Senior Masculino	46:47	+18:47	05:51
124	773	Tiago Macieira	Individual	Senior Masculino	46:48	+18:48	05:51
125	713	Eduardo Seabra	Individual	Senior Masculino	46:48	+18:48	05:51
126	907	João Carlos Marçalo Pereira	Reumáticos & Etc.	Senior Masculino	46:54	+18:54	05:52
127	874	Fabio Teixeira	R5 Engenharia	Senior Masculino	46:56	+18:56	05:52
128	698	Bruno Ferreira	Individual	Senior Masculino	47:03	+19:03	05:53
129	563	Luis Pedro Oliveira	Civilria RunClub	Senior Masculino	47:11	+19:11	05:54
130	566	Nuno Alexandre Novo Medeiros da Silva	Civilria RunClub	Senior Masculino	47:12	+19:12	05:54
131	556	Diogo Miguel Martins Rodrigues	Civilria RunClub	Senior Masculino	47:24	+19:24	05:56
132	525	Rui Rodrigues	Barra Ocean Runners	Senior Masculino	47:26	+19:27	05:56
133	712	Edgar Silva	Individual	Senior Masculino	47:39	+19:39	05:57
134	763	Rui Santos	Individual	Senior Masculino	47:39	+19:40	05:57
135	754	Nuno Pina	Individual	Senior Masculino	48:19	+20:19	06:02
136	962	Tiago Martinho	WE CAN RUN AVEIRO	Senior Masculino	48:23	+20:24	06:03
137	741	leandro carvalho	Individual	Senior Masculino	48:25	+20:25	06:03
138	731	Hugo Corria	Individual	Senior Masculino	48:33	+20:33	06:04
139	709	Diogo Filipe Pereira Martins	Individual	Senior Masculino	48:33	+20:33	06:04
140	728	Henrique Almeida	Individual	Senior Masculino	48:57	+20:57	06:07
141	890	Vítor Paiva	Remax Universal	Senior Masculino	48:57	+20:57	06:07
142	517	Jose Fernandes	Barra Ocean Runners	Senior Masculino	49:08	+21:09	06:09
143	866	Bruno Filipe Rodrigues Pinto	Municipio de Ilhavo	Senior Masculino	49:17	+21:17	06:10
144	765	Samuel lopes	Individual	Senior Masculino	49:29	+21:30	06:11
145	514	Daniel Marques	Barra Ocean Runners	Senior Masculino	50:27	+22:27	06:18
146	974	Pedro Lares	Individual	Senior Masculino	50:29	+22:29	06:19
147	868	João Diogo Semedo	Municipio de Ilhavo	Senior Masculino	50:30	+22:31	06:19
148	746	Marcelo Moreira	Individual	Senior Masculino	50:55	+22:55	06:22
149	941	Nuno Pereira	Team Dartação	Senior Masculino	51:00	+23:00	06:23
150	851	Paulo oliveira	JuveRun Team	Senior Masculino	51:37	+23:38	06:27
151	557	Fábio Rafael Magalhães Malheiro	Civilria RunClub	Senior Masculino	51:50	+23:50	06:29
152	908	Williams Simões Depablos	Reumáticos & Etc.	Senior Masculino	52:12	+24:12	06:32
153	596	João Pedro Pinto	É só até ali	Senior Masculino	52:30	+24:30	06:34
154	923	Miguel da Mota Rodrigues	RIS 2048	Senior Masculino	52:34	+24:34	06:34
155	918	André Miguel Quental Catalão	RIS 2048	Senior Masculino	52:46	+24:46	06:36
156	558	Gonçalo Almeida	Civilria RunClub	Senior Masculino	52:58	+24:58	06:37
157	588	Hugo Almeida	D'Rastos	Senior Masculino	53:45	+25:46	06:43
158	922	Marcelo Manuel Figueiredo Gomes	RIS 2048	Senior Masculino	54:25	+26:25	06:48
159	771	Tiago Ferreira Martins Mota	Individual	Senior Masculino	54:27	+26:27	06:48
160	595	Filipe Ferreira	É só até ali	Senior Masculino	55:52	+27:52	06:59
161	587	Pedro Cruz	Correr Fermelã ACADOF	Senior Masculino	57:56	+29:56	07:15
162	608	Gustavo Alexandre Gato Moiteiro	GPS Canhoso	Senior Masculino	58:21	+30:22	07:18
163	704	Cristiano Pereira	Individual	Senior Masculino	01:01:17	+33:17	07:40
164	876	Giovani Lombardi	R5 Engenharia	Senior Masculino	01:01:55	+33:56	07:44
165	742	Leandro silva Ferreira	Individual	Senior Masculino	01:02:34	+34:35	07:49

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166 554 Afonso Varum Civilria RunClub Senior Masculino 01:10:08 +42:08 08:46

Veterana F45

1	781	Mariana Pinho	Individual	Veterana F45	41:19	+13:20	05:10
2	622	MARIA KELRY ABREU DE MELO	Hut Runners	Veterana F45	42:55	+14:55	05:22
3	787	Sonia Oliveira	Individual	Veterana F45	43:07	+15:07	05:23
4	786	Sónia Gama	Individual	Veterana F45	43:23	+15:23	05:25
5	780	Manuela Melo	Individual	Veterana F45	43:51	+15:51	05:29
6	784	Raquel Brito	Individual	Veterana F45	43:52	+15:53	05:29
7	615	Eduarda Vinagre	GRUPO DESPORTIVO ASSEMPARK	Veterana F45	44:02	+16:02	05:30
8	944	Maryna Skliar	Team Dartacão	Veterana F45	44:20	+16:20	05:33
9	938	Elisabete Rodrigues	TD Crédito	Veterana F45	44:59	+16:59	05:37
10	573	Rosabell Dos Santos	Civilria RunClub	Veterana F45	44:59	+16:59	05:37
11	782	PAULA ROCHA	Individual	Veterana F45	46:11	+18:11	05:46
12	857	Juliana dos Santos Garbayo	KO Runners	Veterana F45	47:13	+19:14	05:54
13	893	Marta Mateus	Remax Universal	Veterana F45	47:14	+19:14	05:54
14	597	Marisa Moreira	É só até ali	Veterana F45	48:10	+20:10	06:01
15	911	Virgínia Oliveira Fernandes	Reumáticos & Etc.	Veterana F45	49:48	+21:49	06:14
16	598	Mónica Neves	É só até ali	Veterana F45	50:55	+22:55	06:22
17	942	Angelina Rodrigues	Team Dartacão	Veterana F45	51:01	+23:01	06:23
18	968	Fernanda Marques	Civilria RunClub	Veterana F45	51:10	+23:10	06:24
19	910	Sandra Maria da Costa Francisco	Reumáticos & Etc.	Veterana F45	51:14	+23:14	06:24
20	909	Paula Eduarda Ferreira Pinto	Reumáticos & Etc.	Veterana F45	51:26	+23:26	06:26
21	542	Helena santos	CASCI	Veterana F45	53:04	+25:04	06:38
22	779	Madalena Ferreira	Individual	Veterana F45	54:03	+26:03	06:45
23	571	Carla Torres	Civilria RunClub	Veterana F45	54:12	+26:12	06:47
24	783	Paula rodrigues	Individual	Veterana F45	54:24	+26:25	06:48
25	894	Pedro Carvalho	Remax Universal	Veterana F45	54:50	+26:50	06:51
26	964	Isabel Gonçalves	WE CAN RUN AVEIRO	Veterana F45	55:04	+27:05	06:53
27	785	Sandra Cristina da Silva Gomes Rei	Individual	Veterana F45	55:59	+27:59	07:00
28	891	Júlia Batista	Remax Universal	Veterana F45	58:27	+30:27	07:18
29	892	Maflda Mateus	Remax Universal	Veterana F45	01:00:29	+32:30	07:34
30	572	Rita Tiago Gíria	Civilria RunClub	Veterana F45	01:01:28	+33:28	07:41
31	609	Susana Isabel Moega Gato	GPS Canhoso	Veterana F45	01:03:57	+35:57	08:00
32	967	Sonia simões	Civilria RunClub	Veterana F45	01:10:09	+42:09	08:46
33	943	Marta Limas	Team Dartacão	Veterana F45	01:10:30	+42:31	08:49

Veterana F55

1	583	Maria Fatima Pinho	CLTT - Clínica Litoral Trail Team	Veterana F55	40:33	+12:33	05:04
2	858	Catarina Teixeira	KO Runners	Veterana F55	46:26	+18:26	05:48
3	789	Paula Ferreira	Individual	Veterana F55	51:09	+23:09	06:24
4	539	Cristina Coutinho	Casa do Benfica da Bairrada	Veterana F55	53:49	+25:50	06:44

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5	924	Amália Maria Foitinho de Carvalho Cabral Monteiro	RIS 2048	Veterana F55	58:53	+30:53	07:22
6	617	ROSA DA ROCHA TEIXEIRA FERREIRA	GRUPO DESPORTIVO DA GAFANHA	Veterana F55	01:00:33	+32:33	07:34
7	925	Maria Manuela Vieira da Silva	RIS 2048	Veterana F55	01:05:50	+37:50	08:14
8	791	REGINA RAPACCI IGNACIO	Individual	Veterana F55	01:20:10	+52:10	10:01

Veterano M45

1	543	Luís Miguel Martins	CASCI	Veterano M45	31:53	+03:53	03:59
2	546	Hernani Laranja	CENAP	Veterano M45	33:56	+05:56	04:15
3	901	Paulo pereira	Reumaticos	Veterano M45	34:23	+06:23	04:18
4	820	Nuno Bartolomeu	Individual	Veterano M45	34:55	+06:56	04:22
5	530	Ricardo Vicente	Barra Ocean Runners	Veterano M45	35:06	+07:07	04:23
6	547	rui silva	CENAP	Veterano M45	35:41	+07:42	04:28
7	528	Fernando Mónica	Barra Ocean Runners	Veterano M45	37:25	+09:25	04:41
8	796	André Nova	Individual	Veterano M45	37:37	+09:37	04:42
9	903	Raul teixeira	Reumaticos	Veterano M45	37:53	+09:53	04:44
10	600	João Laranjeiro	É só até ali	Veterano M45	38:02	+10:02	04:45
11	817	Miguel Leao	Individual	Veterano M45	38:28	+10:28	04:49
12	830	Peter Óscar	Individual	Veterano M45	38:36	+10:36	04:50
13	823	Nuno Pereira	Individual	Veterano M45	39:18	+11:18	04:55
14	816	Martin Lund	Individual	Veterano M45	40:06	+12:07	05:01
15	902	Paulo ramos	Reumaticos	Veterano M45	40:07	+12:07	05:01
16	814	Luís Matos	Individual	Veterano M45	40:16	+12:17	05:02
17	1	João Campolargo	Municipio de Ilhavo	Veterano M45	40:19	+12:20	05:02
18	807	Jimmy Silva	Individual	Veterano M45	40:31	+12:31	05:04
19	833	Rui Simoes	Individual	Veterano M45	40:34	+12:34	05:04
20	822	Nuno Miguel de Matos Silva	Individual	Veterano M45	40:38	+12:38	05:05
21	896	João Teixeira	Remax Universal	Veterano M45	40:57	+12:57	05:07
22	836	Vitor Macedo	Individual	Veterano M45	40:58	+12:58	05:07
23	792	Adolfo Andrade	Individual	Veterano M45	41:28	+13:29	05:11
24	825	Paulo Cardoso	Individual	Veterano M45	41:36	+13:36	05:12
25	810	Jorge Serafim Cardoso da Mota	Individual	Veterano M45	41:58	+13:58	05:15
26	811	Jorge Vilela	Individual	Veterano M45	42:07	+14:07	05:16
27	812	José Matos	Individual	Veterano M45	42:11	+14:11	05:16
28	545	Álvaro Barbosa	CENAP	Veterano M45	42:13	+14:14	05:17
29	799	Carlos Martínez Almazán	Individual	Veterano M45	42:53	+14:53	05:22
30	575	Diogo Cardoso	Civilria RunClub	Veterano M45	42:54	+14:54	05:22
31	540	Marco Santiago	Casa do Benfica da Bairrada	Veterano M45	43:16	+15:16	05:25
32	793	Adriano Carreira	Individual	Veterano M45	43:23	+15:23	05:25
33	818	Nelo Julião	Individual	Veterano M45	43:44	+15:44	05:28
34	819	Nelson Nunes	Individual	Veterano M45	43:50	+15:50	05:29
35	532	Nuno Leitão	BTinTos	Veterano M45	44:08	+16:09	05:31
36	502	Luis Santos	ADI-ILHAVO	Veterano M45	44:15	+16:16	05:32
37	801	David Dinis	Individual	Veterano M45	44:16	+16:16	05:32
38	527	Arnaldo Tomás	Barra Ocean Runners	Veterano M45	44:20	+16:20	05:33

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39	946	Luís Rocha	Team Dartação	Veterano M45	44:40	+16:41	05:35
40	828	Paulo Julião	Individual	Veterano M45	44:41	+16:41	05:35
41	804	Fernando de Sousa	Individual	Veterano M45	44:55	+16:55	05:37
42	829	Paulo Oliveira	Individual	Veterano M45	44:58	+16:58	05:37
43	802	Diogo Barbosa	Individual	Veterano M45	45:32	+17:33	05:42
44	826	Paulo Cruz	Individual	Veterano M45	45:54	+17:54	05:44
45	878	Vitor Francsico	R5 Engenharia	Veterano M45	46:12	+18:13	05:47
46	877	Bruno Pereira Rocha	R5 Engenharia	Veterano M45	46:13	+18:13	05:47
47	803	Fernando Cunha	Individual	Veterano M45	46:45	+18:45	05:51
48	815	Manuel Romeiro	Individual	Veterano M45	47:16	+19:16	05:55
49	831	Ricardo Pinheiro	Individual	Veterano M45	48:18	+20:18	06:02
50	805	Gonçalo Almeida	Individual	Veterano M45	48:21	+20:22	06:03
51	577	Renato Filipe Nunes França	Civilria RunClub	Veterano M45	48:39	+20:40	06:05
52	576	Paulo Sérgio Vidal dos Anjos	Civilria RunClub	Veterano M45	49:04	+21:04	06:08
53	534	Bruno Santos	BTSusy	Veterano M45	49:13	+21:13	06:09
54	914	João Laranjeiro	Reumáticos & Etc.	Veterano M45	49:42	+21:43	06:13
55	869	Jordao Laranja	Puro Judo	Veterano M45	49:43	+21:44	06:13
56	813	Juan Gouveia	Individual	Veterano M45	49:57	+21:58	06:15
57	798	Carlos Lourenço	Individual	Veterano M45	50:35	+22:35	06:19
58	912	Francisco José Silva Gomes	Reumáticos & Etc.	Veterano M45	51:26	+23:26	06:26
59	601	José Paulo	É só até ali	Veterano M45	52:33	+24:34	06:34
60	590	Nuno Oliveira	D'Rastos	Veterano M45	53:08	+25:08	06:39
61	800	CARLOS MIGUEL BASTOS RODRIGUES DE PAIVA	Individual	Veterano M45	54:21	+26:22	06:48
62	794	Alexandre Pereira Henriques Sousa de Almeida	Individual	Veterano M45	55:02	+27:02	06:53
63	926	João Fernando Rangel Martins	RIS 2048	Veterano M45	55:18	+27:19	06:55
64	835	Vitor feitos	Individual	Veterano M45	56:13	+28:14	07:02
65	809	Joao Miguel Vasconcelos Tomaz Miranda	Individual	Veterano M45	57:31	+29:31	07:11
66	927	Nuno Miguel Santos Barros Marabuto	RIS 2048	Veterano M45	58:53	+30:53	07:22
67	536	Luis Silva	Cai Mas Levanta	Veterano M45	01:08:57	+40:57	08:37

Veterano M55

1	951	Mário Carvalho	Vilarinho de Cima	Veterano M55	36:18	+08:18	04:32
2	531	Pedro Guimarães	Barra Ocean Runners	Veterano M55	36:32	+08:32	04:34
3	845	José Mário Cordeiro Matos	Individual	Veterano M55	38:00	+10:00	04:45
4	618	PEDRO ROCHA	GRUPO DESPORTIVO DA GAFANHA	Veterano M55	39:30	+11:31	04:56
5	505	Paulo Silva	Atlético Desportivo de Recardães	Veterano M55	41:21	+13:21	05:10
6	581	Francisco Miguel Vitória de Faria de Oliveira Castanhas	Civilria RunClub	Veterano M55	42:29	+14:29	05:19
7	623	MARCOS ALBERTO MAGALHÃES OLIVEIRA	Hut Runners	Veterano M55	43:20	+15:20	05:25
8	879	Jose Ferreira	R5 Engenharia	Veterano M55	43:43	+15:43	05:28
9	953	Teodorico Figueiredo Pais	Civilria RunClub	Veterano M55	44:18	+16:18	05:32
10	504	Antonio Rodrigues	AFIPRE Team	Veterano M55	44:31	+16:31	05:34

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11	843	João Capelôa	Individual	Veterano M55	44:33	+16:34	05:34
12	928	António Fernando Baganha	RIS 2048	Veterano M55	44:35	+16:35	05:34
13	847	Paulo Pereira	Individual	Veterano M55	45:25	+17:25	05:41
14	929	Jorge Amadeu Almeida Viana	RIS 2048	Veterano M55	46:30	+18:30	05:49
15	579	Carlos Varum	Civilria RunClub	Veterano M55	46:35	+18:35	05:49
16	840	Carlos almeida	Individual	Veterano M55	46:42	+18:42	05:50
17	930	Michael Jorge da Costa Leitão	RIS 2048	Veterano M55	47:11	+19:11	05:54
18	841	Cesário Rocha	Individual	Veterano M55	49:20	+21:20	06:10
19	947	Serafim Gouveia	Team Dartação	Veterano M55	49:40	+21:40	06:13
20	913	João Alberto Rodrigues Pinho	Reumáticos & Etc.	Veterano M55	49:49	+21:49	06:14
21	616	João Dôno	GRUPO DESPORTIVO ASSEMPARK	Veterano M55	51:57	+23:57	06:30
22	580	Didier Chetaille	Civilria RunClub	Veterano M55	53:03	+25:03	06:38
23	839	Armando Sousa	Individual	Veterano M55	53:16	+25:17	06:40
24	578	Artur Varum	Civilria RunClub	Veterano M55	53:47	+25:47	06:43
25	848	Rui Cid	Individual	Veterano M55	54:26	+26:26	06:48
26	610	Paulo Jorge Brás Guerra Moiteiro	GPS Canhoso	Veterano M55	01:03:55	+35:55	07:59