

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	18:00	16°C	59%
End	19:17	16°C	59%

RANK	BIB	NAME	TEAM	RESULT	DIFF	T/KM	CARD
1	558	Nuno Alves	Clube Desportivo Feirense	32:52		03:17	
2	559	Ricardo Alves	Clube Desportivo Feirense	32:54	+00:02	03:17	
3	571	Rui Alves	Escola de atletismo da Trofa	33:21	+00:29	03:20	
4	580	Toze castro	Guilhovai	33:44	+00:52	03:22	
5	582	Artur Rodrigues	Guilhovai	34:43	+01:51	03:28	
6	575	Mário Ibarra	G.D.A Ronda	34:44	+01:52	03:28	
7	684	Fernando Lima	NAC	34:55	+02:03	03:29	
8	597	André Carvalho	Individual	35:03	+02:11	03:30	
9	581	António Cristóvão	Guilhovai	35:15	+02:23	03:32	
10	570	João sousa	EDL	35:23	+02:31	03:32	
11	539	Bruno Silva	Bravos e Bravitas	35:32	+02:41	03:33	
12	760	Renato Andrade	Teamrena	35:59	+03:07	03:36	
13	573	Manuel Bessa	EV PERALTAFIL	36:24	+03:32	03:38	
14	549	Nuno Silva	CAL - Clube Atletismo de Lamas	37:06	+04:14	03:43	
15	576	André Melo	G.D.A Ronda	37:28	+04:36	03:45	
16	670	Pedro Matos	Lourosa em Movimento	37:44	+04:52	03:46	
17	551	Ivan silva	Caldas de São Jorge Sport Clube	37:49	+04:57	03:47	
18	687	Ricardo Almeida	NS Trail Team	38:33	+05:41	03:51	
19	579	Bruno Silva	Grupo Juvenil Pinheiro da Bemposta	38:46	+05:54	03:53	
20	578	Sandra Ferreira	GDC Guilhovai	38:53	+06:01	03:53	
21	607	João Valente	Individual	39:20	+06:28	03:56	
22	675	Orlando Valente	Lourosa em Movimento	39:41	+06:49	03:58	
23	566	Mário Gonçalves	CPTB Carcavelos Caravela Seguros	39:45	+06:53	03:58	
24	669	Marco André Cardoso Marques	Lourosa em Movimento	39:55	+07:03	03:59	
25	769	Martim Costa Cardoso	União de Lamas	40:04	+07:12	04:00	
26	770	Vitor Resende	União de Lamas	40:04	+07:12	04:00	
27	688	Henrique Silva	NS Trail Team	40:14	+07:22	04:01	
28	723	Moisés Rocha	Team Shark	40:14	+07:22	04:01	
29	709	Filipe Silva	Run For Fun Laranjinhas	40:29	+07:37	04:03	
30	569	Cristiana Ferreira	DCI/Trilhos Luso Bussaco	40:33	+07:41	04:03	
31	577	Manuel Bastos	G.D.A Ronda	40:41	+07:49	04:04	
32	568	José Macedo	Damira trail Team	40:45	+07:53	04:04	
33	686	Jorge Luz	Nascidos para Correr	40:55	+08:03	04:05	
34	585	João Sá	HMC	41:02	+08:10	04:06	
35	557	Margarida Oliveira	Clube Desportivo Feirense	41:03	+08:11	04:06	
36	530	Rui teixeira	Bravos e Bravitas	41:14	+08:22	04:07	
37	505	JOSÉ SILVA	A.D.GRIJÓ A CORRER	41:26	+08:34	04:09	
38	544	Sérgio Costa	Bravos e Bravitas	41:34	+08:42	04:09	
39	673	Vitor Moreira	Lourosa em Movimento	42:08	+09:16	04:13	
40	603	Fernando Resende	Individual	42:13	+09:21	04:13	
41	683	José Pereira	MSS Grupo Desportivo de Gondomar	42:29	+09:37	04:15	
42	556	Joana Santos	Clube Desportivo Feirense	42:31	+09:39	04:15	

Official Timekeeper: Lap2Go	1 / 6	generate 10-mai.-2025 19:21
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PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	668	Bruno Guimarães	JUVENTUDE ATLÉTICA MOZELENSE	42:32	+09:40	04:15	
44	612	Nuno Almeida	Individual	42:39	+09:47	04:16	
45	548	Alcides Relvas	Bravos e Bravitas	42:43	+09:51	04:16	
46	689	Filipe Almeida	Os pupilos do Zé to	42:49	+09:57	04:17	
47	610	Mário Baptista	Individual	42:51	+09:59	04:17	
48	630	Filipe Marques	Individual	43:08	+10:16	04:19	
49	529	Fábio Pereira	Bravos e Bravitas	43:11	+10:19	04:19	
50	541	Raphael Leite	Bravos e Bravitas	43:11	+10:19	04:19	
51	509	Manuel Maria Vieira	ARCORUN	43:18	+10:26	04:20	
52	701	Nelson Pais	Run & Fun	43:21	+10:29	04:20	
53	699	Cláudio Anjinho	Run & Fun	43:21	+10:29	04:20	
54	508	Fátima pinho	AFIS OVAR	43:24	+10:32	04:20	
55	732	Fernando Pinto Barbosa	Team Shark	43:38	+10:46	04:22	
56	665	VÍTOR CARVALHO	JUF ACC	43:50	+10:58	04:23	
57	553	Cláudio Castro	CDC S Martinho da Gândara	44:09	+11:17	04:25	
58	710	José Pinho	Run For Fun Laranjinhas	44:22	+11:30	04:26	
59	598	Anthony Suarez	Individual	44:27	+11:35	04:27	
60	674	Manuel Silva	Lourosa em Movimento	44:48	+11:56	04:29	
61	552	Diogo Martins	CDC S Martinho da Gândara	44:54	+12:02	04:29	
62	523	Manuel Zola	Arrifana Running	45:03	+12:11	04:30	
63	560	Dora Sá	Clube Desportivo Feirense	45:12	+12:20	04:31	
64	620	Vítor Manuel da Silva Alves	Individual	45:17	+12:25	04:32	
65	678	Mara Célia	MC	45:27	+12:35	04:33	
66	679	Pedro Rocha	MC	45:28	+12:36	04:33	
67	768	Óscar Brandão	Teamrena	45:35	+12:43	04:34	
68	649	Valdemar alves	Individual	45:42	+12:50	04:34	
69	752	Diogo Silva	Teamrena	45:44	+12:52	04:34	
70	528	António Silva	Bravos e Bravitas	45:47	+12:55	04:35	
71	540	Hugo Teixeira	Bravos e Bravitas	45:47	+12:55	04:35	
72	645	António Silva	Individual	45:53	+13:01	04:35	
73	602	David Matos	Individual	45:58	+13:06	04:36	
74	764	Eva Pimenta	Teamrena	46:01	+13:09	04:36	
75	705	ZE Moutinho	Run & Fun	46:17	+13:25	04:38	
76	694	Sara Mota	Run & Fun	46:22	+13:30	04:38	
77	637	Vasco Daniel Gomes Zenha da Rocha	Individual	46:28	+13:36	04:39	
78	621	Anabela Pimenta	Individual	46:28	+13:36	04:39	
79	631	Humberto Coelho	Individual	46:28	+13:36	04:39	
80	718	Jorge Augusto Oliveira Guerra	Running Esmoriz	46:58	+14:06	04:42	
81	506	Susana Martins	ACR DE VALE DE CAMBRA	47:08	+14:16	04:43	
82	564	Armando Almeida	Clube Desportivo Feirense	47:12	+14:20	04:43	
83	658	Marco Pereira	JUF ACC	47:12	+14:20	04:43	
84	563	Nuno Cardoso	Clube Desportivo Feirense	47:37	+14:45	04:46	
85	567	Júlio Macedo	Damira trail Team	47:53	+15:01	04:47	
86	634	Paulo Vidal	Individual	48:02	+15:10	04:48	
87	646	Manuel Oliveira	Individual	48:05	+15:13	04:49	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	547	Sérgio Almeida	Bravos e Bravitas	48:07	+15:15	04:49	
89	546	João Gomes	Bravos e Bravitas	48:10	+15:18	04:49	
90	676	Sandra Silva	Lusitânia de Lourosa F.C.	48:11	+15:19	04:49	
91	545	Carlos Duarte	Bravos e Bravitas	48:13	+15:21	04:49	
92	525	Henrique Amorim	Brandoenses Running	48:17	+15:25	04:50	
93	524	Perpétua Silva	Brandoenses Running	48:18	+15:26	04:50	
94	526	Paulo Oliveira	Brandoenses Running	48:18	+15:26	04:50	
95	722	Luís Santos	Salgueiros Running	48:27	+15:35	04:51	
96	574	Joaquim Sa	FIGURINHAS	48:31	+15:39	04:51	
97	756	Jorge Silva	Teamrena	48:35	+15:43	04:51	
98	624	Sofia Ferreira	Individual	48:35	+15:43	04:51	
99	695	Céu Vilar	Run & Fun	48:40	+15:48	04:52	
100	632	Ivo Pinto	Individual	48:52	+16:00	04:53	
101	754	Hélder carvalho	Teamrena	48:52	+16:00	04:53	
102	765	Fátima Sousa	Teamrena	49:01	+16:09	04:54	
103	640	Marco Pinto	Individual	49:06	+16:14	04:55	
104	628	Helena Sandra Tavares Silva	Individual	49:08	+16:16	04:55	
105	693	Elsa Mota	Run & Fun	49:10	+16:18	04:55	
106	726	PAULA ANDRADE	Team Shark	49:13	+16:21	04:55	
107	672	Célia Santos	Lourosa em Movimento	49:17	+16:25	04:56	
108	704	Mário Almeida	Run & Fun	49:17	+16:25	04:56	
109	531	Samuel Adriano	Bravos e Bravitas	49:18	+16:26	04:56	
110	697	Olga gomes	Run & Fun	49:18	+16:26	04:56	
111	762	Ruben Aguiar	Teamrena	49:19	+16:27	04:56	
112	746	Rita Bastos	Teamrena	49:19	+16:27	04:56	
113	707	Teresa Paiva	Run For Fun Laranjinhas	49:22	+16:30	04:56	
114	562	Sónia Beleza	Clube Desportivo Feirense	49:28	+16:36	04:57	
115	720	Orquídea Sousa	Running Espinho	49:33	+16:41	04:57	
116	513	Mária Calmeiro	Arrifana Running	49:33	+16:41	04:57	
117	504	BRUNO NEVES	A.D.GRIJÓ A CORRER	49:45	+16:53	04:58	
118	716	Eduardo Ferreira	RUNFORFEST	49:48	+16:56	04:59	
119	717	Paulo Sá	RUNFORFEST	49:49	+16:57	04:59	
120	680	GERMANO SANTOS	MC	49:50	+16:58	04:59	
121	636	Tiago Pinto	Individual	49:54	+17:02	04:59	
122	655	Tiago Andre Lima Sousa	JUF ACC	50:04	+17:12	05:00	
123	721	Fernanda Rocha	Running Espinho	50:13	+17:21	05:01	
124	671	Ruben Silva	Lourosa em Movimento	50:24	+17:32	05:02	
125	534	Isa Dias	Bravos e Bravitas	50:31	+17:39	05:03	
126	555	José Nunes	CDC S Martinho da Gândara	50:32	+17:40	05:03	
127	538	Virgínia Moreira .	Bravos e Bravitas	50:33	+17:41	05:03	
128	642	Quim Zé	Individual	50:33	+17:41	05:03	
129	712	Norberto Oliveira	Run For Fun Laranjinhas	50:35	+17:43	05:03	
130	507	José Pinho	ACR DE VALE DE CAMBRA	50:37	+17:45	05:04	
131	533	Vera Leite	Bravos e Bravitas	50:40	+17:48	05:04	
132	751	Diogo Costa	Teamrena	50:42	+17:50	05:04	
133	661	FERNANDO OLIVEIRA	JUF ACC	50:44	+17:52	05:04	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
134	741	Mariana Magalhães	Teamrena	50:50	+17:58	05:05	
135	619	Vitor Almeida	Individual	50:54	+18:02	05:05	
136	660	Alberto Ferreira	JUF ACC	51:00	+18:08	05:06	
137	749	André Valente	Teamrena	51:00	+18:08	05:06	
138	729	Clemente Meireles	Team Shark	51:06	+18:14	05:07	
139	758	Leandro Cardoso	Teamrena	51:08	+18:16	05:07	
140	767	Gabriel pinho	Teamrena	51:12	+18:20	05:07	
141	702	Tino silva	Run & Fun	51:29	+18:37	05:09	
142	599	Carlos Mesquita	Individual	51:40	+18:48	05:10	
143	584	Ricardo Cardoso	Half Avengers	51:59	+19:07	05:12	
144	734	Carlos Alves	Team Shark	52:19	+19:27	05:14	
145	561	Graça Beleza	Clube Desportivo Feirense	52:19	+19:27	05:14	
146	591	Mariana Santos Silva	Individual	52:19	+19:27	05:14	
147	763	Tiago Fonseca	Teamrena	52:21	+19:29	05:14	
148	532	Rui Silva	Bravos e Bravitas	52:22	+19:30	05:14	
149	623	Cristiana Moreira	Individual	52:23	+19:31	05:14	
150	617	Tiago Branco	Individual	52:41	+19:49	05:16	
151	614	Nuno Gil	Individual	52:49	+19:57	05:17	
152	503	RICARDO NEVES	A.D.GRIJÓ A CORRER	52:58	+20:06	05:18	
153	627	Rita Pina	Individual	53:01	+20:09	05:18	
154	711	Carlos Bastos	Run For Fun Laranjinhas	53:04	+20:12	05:18	
155	745	Regina Costa	Teamrena	53:10	+20:18	05:19	
156	512	PEDRO MANUEL PEREIRA MELO	ARCORUN	53:20	+20:28	05:20	
157	565	Paulo Renato Oliveira	Clube Desportivo Feirense	53:21	+20:29	05:20	
158	692	Joaquim Mota	Run & Fun	53:22	+20:30	05:20	
159	501	FERNANDA RAMALHO	A.D.GRIJÓ A CORRER	53:29	+20:37	05:21	
160	4	Paulo Sérgio	HMC	53:30	+20:38	05:21	
161	651	CATARINA PEREIRA	JUF ACC	53:40	+20:48	05:22	
162	654	João Oliveira	JUF ACC	53:41	+20:49	05:22	
163	514	Sandra Gomes	Arrifana Running	53:54	+21:02	05:23	
164	667	LUÍS HIGINO	JUF ACC	53:54	+21:02	05:23	
165	633	Marco Oliveira	Individual	54:13	+21:21	05:25	
166	740	Lisbeth Freitas	Teamrena	54:56	+22:04	05:30	
167	728	Bruno Matos	Team Shark	55:03	+22:11	05:30	
168	521	Fernando Silva	Arrifana Running	55:05	+22:13	05:31	
169	733	Rui Fernando	Team Shark	55:06	+22:14	05:31	
170	730	Fernando Mendes	Team Shark	55:28	+22:36	05:33	
171	731	Fernando Andrade	Team Shark	55:28	+22:36	05:33	
172	639	Leandro Resende	Individual	55:45	+22:53	05:34	
173	759	Nelson andrade	Teamrena	55:45	+22:53	05:35	
174	605	João Matos	Individual	55:57	+23:05	05:36	
175	664	TELMO NOGUEIRA	JUF ACC	56:07	+23:15	05:37	
176	698	Fernanda Almeida	Run & Fun	56:07	+23:15	05:37	
177	703	Manuel Soares	Run & Fun	56:07	+23:15	05:37	
178	535	Paula Soares	Bravos e Bravitas	56:32	+23:40	05:39	
179	536	Fatinha Lopes	Bravos e Bravitas	56:32	+23:40	05:39	

PROVA PRINCIPAL - STAGE 1

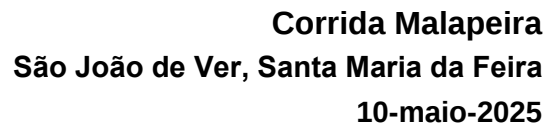
10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
180	522	José Beleza	Arrifana Running	57:06	+24:14	05:43	
181	517	Susana Gomes	Arrifana Running	57:15	+24:23	05:43	
182	515	Paula Martins	Arrifana Running	57:15	+24:23	05:44	
183	609	Marco Alexandre Guerra Alves	Individual	57:35	+24:43	05:46	
184	519	Paulo Fonseca	Arrifana Running	57:37	+24:45	05:46	
185	727	Felismina Pinho	Team Shark	58:26	+25:34	05:51	
186	662	Luis Rocha	JUF ACC	58:28	+25:36	05:51	
187	750	Bernardo Costa	Teamrena	58:37	+25:45	05:52	
188	635	Renato Gil	Individual	58:46	+25:54	05:53	
189	520	Casimiro Fernandes	Arrifana Running	58:48	+25:56	05:53	
190	625	Vânia Costa	Individual	58:56	+26:04	05:54	
191	656	Angélica Lima	JUF ACC	58:57	+26:05	05:54	
192	755	João Cardoso	Teamrena	59:13	+26:21	05:55	
193	706	Dora Bastos	Run For Fun Laranjinhas	59:30	+26:38	05:57	
194	594	Sara Reis	Individual	59:55	+27:03	05:59	
195	593	Sandra Alves	Individual	59:57	+27:05	06:00	
196	724	Claudia Lopes	Team Shark	01:00:13	+27:21	06:01	
197	715	Xavier rasteirinho	RUNFORFEST	01:00:27	+27:35	06:03	
198	587	Ana Freitas	Individual	01:00:41	+27:49	06:04	
199	737	Bianca Tavares da Silva	Teamrena	01:00:59	+28:07	06:06	
200	657	Maria do Rosário	JUF ACC	01:01:01	+28:09	06:06	
201	516	Rosa Silva	Arrifana Running	01:01:06	+28:14	06:07	
202	537	Manuela Adriano	Bravos e Bravitas	01:01:07	+28:15	06:07	
203	518	Fátima Pereira	Arrifana Running	01:01:09	+28:17	06:07	
204	622	Catarina Alexandra Castro Costa	Individual	01:01:54	+29:02	06:11	
205	713	César Luís	Run For Fun Laranjinhas	01:02:03	+29:11	06:12	
206	735	Ana Capela	Teamrena	01:02:05	+29:13	06:13	
207	595	Teresa Maria Cardoso Martins	Individual	01:02:47	+29:55	06:17	
208	583	Marlene Santos	Half Avengers	01:02:59	+30:07	06:18	
209	753	Fábio Ribeiro	Teamrena	01:03:00	+30:08	06:18	
210	550	FRANCISCO COSTA	CAL - Clube Atletismo de Lamas	01:03:05	+30:13	06:19	
211	708	Dulce Maria	Run For Fun Laranjinhas	01:03:31	+30:39	06:21	
212	659	Pedro Custódio	JUF ACC	01:06:48	+33:56	06:41	
213	744	Nídia Silva	Teamrena	01:07:00	+34:08	06:42	
214	747	Zita Silva	Teamrena	01:07:00	+34:08	06:42	
215	652	Cristiana Pinto	JUF ACC	01:07:24	+34:32	06:44	
216	653	FILIPE DIAS	JUF ACC	01:07:25	+34:33	06:44	
217	766	Teresa Magalhães	Teamrena	01:08:44	+35:52	06:52	
218	650	António Sousa	Individual	01:08:44	+35:52	06:52	
219	613	Nuno Araújo	Individual	01:09:28	+36:36	06:57	
220	589	Daniela Sá	Individual	01:09:28	+36:36	06:57	
221	629	Filipe Freitas	Individual	01:11:21	+38:29	07:08	
222	739	Leandra Coelho	Teamrena	01:11:45	+38:53	07:10	
223	648	Carlos Alberto Paiva Novais	Individual	01:12:01	+39:09	07:12	
224	742	Mariana oliveira	Teamrena	01:12:34	+39:42	07:15	
225	714	Joaquim Fernando	Run For Fun Laranjinhas	01:13:29	+40:37	07:21	



10 KM

OFFICIAL RESULT

[illegible]

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	18:00	16°C	59%
End	19:17	16°C	59%

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

1	569	Cristiana Ferreira	DCI/Trilhos Luso Bussaco	Senior Feminino	40:33	04:03
2	557	Margarida Oliveira	Clube Desportivo Feirense	Senior Feminino	41:03	+00:29 04:06
3	556	Joana Santos	Clube Desportivo Feirense	Senior Feminino	42:31	+01:57 04:15
4	508	Fatima pinho	AFIS OVAR	Senior Feminino	43:24	+02:50 04:20
5	746	Rita Bastos	Teamrena	Senior Feminino	49:19	+08:45 04:56
6	513	Mária Calmeiro	Arrifana Running	Senior Feminino	49:33	+08:59 04:57
7	741	Mariana Magalhães	Teamrena	Senior Feminino	50:50	+10:16 05:05
8	591	Mariana Santos Silva	Individual	Senior Feminino	52:19	+11:46 05:14
9	745	Regina Costa	Teamrena	Senior Feminino	53:10	+12:36 05:19
10	651	CATARINA PEREIRA	JUF ACC	Senior Feminino	53:40	+13:07 05:22
11	740	Lisbeth Freitas	Teamrena	Senior Feminino	54:56	+14:23 05:30
12	594	Sara Reis	Individual	Senior Feminino	59:55	+19:21 05:59
13	593	Sandra Alves	Individual	Senior Feminino	59:57	+19:23 06:00
14	587	Ana Freitas	Individual	Senior Feminino	01:00:41	+20:07 06:04
15	737	Bianca Tavares da Silva	Teamrena	Senior Feminino	01:00:59	+20:25 06:06
16	735	Ana Capela	Teamrena	Senior Feminino	01:02:05	+21:31 06:13
17	595	Teresa Maria Cardoso Martins	Individual	Senior Feminino	01:02:47	+22:13 06:17
18	583	Marlene Santos	Half Avengers	Senior Feminino	01:02:59	+22:26 06:18
19	744	Nídia Silva	Teamrena	Senior Feminino	01:07:00	+26:27 06:42
20	747	Zita Silva	Teamrena	Senior Feminino	01:07:00	+26:27 06:42
21	652	Cristiana Pinto	JUF ACC	Senior Feminino	01:07:24	+26:50 06:44
22	589	Daniela Sá	Individual	Senior Feminino	01:09:28	+28:54 06:57
23	739	Leandra Coelho	Teamrena	Senior Feminino	01:11:45	+31:11 07:10
24	742	Mariana oliveira	Teamrena	Senior Feminino	01:12:34	+32:01 07:15

Senior Masculino

1	558	Nuno Alves	Clube Desportivo Feirense	Senior Masculino	32:52	03:17
2	559	Ricardo Alves	Clube Desportivo Feirense	Senior Masculino	32:54	+00:01 03:17
3	571	Rui Alves	Escola de atletismo da Trofa	Senior Masculino	33:21	+00:28 03:20
4	575	Mário Ibarra	G.D.A Ronda	Senior Masculino	34:44	+01:51 03:28
5	597	André Carvalho	Individual	Senior Masculino	35:03	+02:10 03:30
6	570	João sousa	EDL	Senior Masculino	35:23	+02:31 03:32
7	760	Renato Andrade	Teamrena	Senior Masculino	35:59	+03:06 03:36
8	670	Pedro Matos	Lourosa em Movimento	Senior Masculino	37:44	+04:52 03:46
9	607	João Valente	Individual	Senior Masculino	39:20	+06:27 03:56
10	669	Marco André Cardoso Marques	Lourosa em Movimento	Senior Masculino	39:55	+07:02 03:59
11	769	Martim Costa Cardoso	União de Lamas	Senior Masculino	40:04	+07:11 04:00
12	723	Moisés Rocha	Team Shark	Senior Masculino	40:14	+07:21 04:01

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Prova Principal

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OFFICIAL RESULT

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13	530	Rui teixeira	Bravos e Bravitas	Senior Masculino	41:14	+08:21	04:07
14	603	Fernando Resende	Individual	Senior Masculino	42:13	+09:20	04:13
15	668	Bruno Guimarães	JUVENTUDE ATLÉTICA MOZELENSE	Senior Masculino	42:32	+09:39	04:15
16	612	Nuno Almeida	Individual	Senior Masculino	42:39	+09:46	04:16
17	610	Mário Baptista	Individual	Senior Masculino	42:51	+09:58	04:17
18	529	Fábio Pereira	Bravos e Bravitas	Senior Masculino	43:11	+10:18	04:19
19	598	Anthony Suarez	Individual	Senior Masculino	44:27	+11:34	04:27
20	552	Diogo Martins	CDC S Martinho da Gândara	Senior Masculino	44:54	+12:01	04:29
21	620	Vítor Manuel da Silva Alves	Individual	Senior Masculino	45:17	+12:24	04:32
22	752	Diogo Silva	Teamrena	Senior Masculino	45:44	+12:51	04:34
23	528	António Silva	Bravos e Bravitas	Senior Masculino	45:47	+12:54	04:35
24	602	David Matos	Individual	Senior Masculino	45:58	+13:05	04:36
25	567	Júlio Macedo	Damira trail Team	Senior Masculino	47:53	+15:00	04:47
26	756	Jorge Silva	Teamrena	Senior Masculino	48:35	+15:42	04:51
27	754	Hélder carvalho	Teamrena	Senior Masculino	48:52	+15:59	04:53
28	531	Samuel Adriano	Bravos e Bravitas	Senior Masculino	49:18	+16:25	04:56
29	762	Ruben Aguiar	Teamrena	Senior Masculino	49:19	+16:26	04:56
30	655	Tiago Andre Lima Sousa	JUF ACC	Senior Masculino	50:04	+17:11	05:00
31	671	Ruben Silva	Lourosa em Movimento	Senior Masculino	50:24	+17:31	05:02
32	751	Diogo Costa	Teamrena	Senior Masculino	50:42	+17:49	05:04
33	619	Vítor Almeida	Individual	Senior Masculino	50:54	+18:01	05:05
34	749	André Valente	Teamrena	Senior Masculino	51:00	+18:07	05:06
35	758	Leandro Cardoso	Teamrena	Senior Masculino	51:08	+18:15	05:07
36	599	Carlos Mesquita	Individual	Senior Masculino	51:40	+18:47	05:10
37	584	Ricardo Cardoso	Half Avengers	Senior Masculino	51:59	+19:06	05:12
38	763	Tiago Fonseca	Teamrena	Senior Masculino	52:21	+19:28	05:14
39	617	Tiago Branco	Individual	Senior Masculino	52:41	+19:48	05:16
40	614	Nuno Gil	Individual	Senior Masculino	52:49	+19:56	05:17
41	654	João Oliveira	JUF ACC	Senior Masculino	53:41	+20:49	05:22
42	759	Nelson andrade	Teamrena	Senior Masculino	55:45	+22:52	05:35
43	605	João Matos	Individual	Senior Masculino	55:57	+23:04	05:36
44	609	Marco Alexandre Guerra Alves	Individual	Senior Masculino	57:35	+24:42	05:46
45	750	Bernardo Costa	Teamrena	Senior Masculino	58:37	+25:44	05:52
46	755	João Cardoso	Teamrena	Senior Masculino	59:13	+26:20	05:55
47	715	Xavier rasteirinho	RUNFORFEST	Senior Masculino	01:00:27	+27:34	06:03
48	753	Fábio Ribeiro	Teamrena	Senior Masculino	01:03:00	+30:07	06:18
49	653	FILIPE DIAS	JUF ACC	Senior Masculino	01:07:25	+34:32	06:44
50	613	Nuno Araújo	Individual	Senior Masculino	01:09:28	+36:35	06:57

Veterana F40

1	578	Sandra Ferreira	GDC Guilhovai	Veterana F40	38:53	03:53
2	678	Mara Célia	MC	Veterana F40	45:27	+06:34 04:33
3	764	Eva Pimenta	Teamrena	Veterana F40	46:01	+07:08 04:36
4	694	Sara Mota	Run & Fun	Veterana F40	46:22	+07:29 04:38

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5	621	Anabela Pimenta	Individual	Veterana F40	46:28	+07:35	04:39
6	624	Sofia Ferreira	Individual	Veterana F40	48:35	+09:42	04:51
7	765	Fátima Sousa	Teamrena	Veterana F40	49:01	+10:07	04:54
8	693	Elsa Mota	Run & Fun	Veterana F40	49:10	+10:16	04:55
9	533	Vera Leite	Bravos e Bravitas	Veterana F40	50:40	+11:47	05:04
10	532	Rui Silva	Bravos e Bravitas	Veterana F40	52:22	+13:29	05:14
11	623	Cristiana Moreira	Individual	Veterana F40	52:23	+13:29	05:14
12	625	Vânia Costa	Individual	Veterana F40	58:56	+20:03	05:54
13	622	Catarina Alexandra Castro Costa	Individual	Veterana F40	01:01:54	+23:01	06:11

Veterana F45

1	560	Dora Sá	Clube Desportivo Feirense	Veterana F45	45:12		04:31
2	676	Sandra Silva	Lusitânia de Lourosa F.C.	Veterana F45	48:11	+02:58	04:49
3	524	Perpétua Silva	Brandoenses Running	Veterana F45	48:18	+03:05	04:50
4	695	Céu Vilar	Run & Fun	Veterana F45	48:40	+03:27	04:52
5	672	Célia Santos	Lourosa em Movimento	Veterana F45	49:17	+04:04	04:56
6	562	Sónia Beleza	Clube Desportivo Feirense	Veterana F45	49:28	+04:16	04:57
7	720	Orquídea Sousa	Running Espinho	Veterana F45	49:33	+04:20	04:57
8	534	Isa Dias	Bravos e Bravitas	Veterana F45	50:31	+05:19	05:03
9	561	Graça Beleza	Clube Desportivo Feirense	Veterana F45	52:19	+07:07	05:14
10	627	Rita Pina	Individual	Veterana F45	53:01	+07:48	05:18
11	514	Sandra Gomes	Arrifana Running	Veterana F45	53:54	+08:42	05:23
12	535	Paula Soares	Bravos e Bravitas	Veterana F45	56:32	+11:20	05:39
13	724	Claudia Lopes	Team Shark	Veterana F45	01:00:13	+15:00	06:01
14	537	Manuela Adriano	Bravos e Bravitas	Veterana F45	01:01:07	+15:54	06:07

Veterana F50

1	506	Susana Martins	ACR DE VALE DE CAMBRA	Veterana F50	47:08	04:43
2	628	Helena Sandra Tavares Silva	Individual	Veterana F50	49:08	+01:59 04:55
3	707	Teresa Paiva	Run For Fun Laranjinhas	Veterana F50	49:22	+02:14 04:56
4	721	Fernanda Rocha	Running Espinho	Veterana F50	50:13	+03:04 05:01
5	538	Virgínia Moreira .	Bravos e Bravitas	Veterana F50	50:33	+03:24 05:03
6	501	FERNANDA RAMALHO	A.D.GRIJÓ A CORRER	Veterana F50	53:29	+06:20 05:21
7	536	Fatinha Lopes	Bravos e Bravitas	Veterana F50	56:32	+09:24 05:39
8	517	Susana Gomes	Arrifana Running	Veterana F50	57:15	+10:06 05:43
9	515	Paula Martins	Arrifana Running	Veterana F50	57:15	+10:06 05:44
10	656	Angélica Lima	JUF ACC	Veterana F50	58:57	+11:48 05:54
11	706	Dora Bastos	Run For Fun Laranjinhas	Veterana F50	59:30	+12:21 05:57
12	657	Maria do Rosário	JUF ACC	Veterana F50	01:01:01	+13:52 06:06
13	516	Rosa Silva	Arrifana Running	Veterana F50	01:01:06	+13:58 06:07

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Veterana F55

1	697	Olga gomes	Run & Fun	Veterana F55	49:18	04:56
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Veterana F60

1	726	PAULA ANDRADE	Team Shark	Veterana F60	49:13	04:55
2	518	Fátima Pereira	Arrifana Running	Veterana F60	01:01:09	+11:55 06:07
3	708	Dulce Maria	Run For Fun Laranjinhas	Veterana F60	01:03:31	+14:18 06:21
4	766	Teresa Magalhães	Teamrena	Veterana F60	01:08:44	+19:30 06:52

Veterana F65

1	698	Fernanda Almeida	Run & Fun	Veterana F65	56:07	05:37
2	727	Felismina Pinho	Team Shark	Veterana F65	58:26	+02:19 05:51

Veterano M40

1	580	Toze castro	Guilhovai	Veterano M40	33:44	03:22
2	539	Bruno Silva	Bravos e Bravitas	Veterano M40	35:32	+01:48 03:33
3	576	André Melo	G.D.A Ronda	Veterano M40	37:28	+03:43 03:45
4	687	Ricardo Almeida	NS Trail Team	Veterano M40	38:33	+04:48 03:51
5	709	Filipe Silva	Run For Fun Laranjinhas	Veterano M40	40:29	+06:44 04:03
6	673	Vitor Moreira	Lourosa em Movimento	Veterano M40	42:08	+08:23 04:13
7	630	Filipe Marques	Individual	Veterano M40	43:08	+09:23 04:19
8	541	Raphael Leite	Bravos e Bravitas	Veterano M40	43:11	+09:26 04:19
9	509	Manuel Maria Vieira	ARCORUN	Veterano M40	43:18	+09:33 04:20
10	553	Cláudio Castro	CDC S Martinho da Gândara	Veterano M40	44:09	+10:24 04:25
11	710	José Pinho	Run For Fun Laranjinhas	Veterano M40	44:22	+10:37 04:26
12	679	Pedro Rocha	MC	Veterano M40	45:28	+11:43 04:33
13	540	Hugo Teixeira	Bravos e Bravitas	Veterano M40	45:47	+12:02 04:35
14	637	Vasco Daniel Gomes Zenha da Rocha	Individual	Veterano M40	46:28	+12:43 04:39
15	631	Humberto Coelho	Individual	Veterano M40	46:28	+12:43 04:39
16	658	Marco Pereira	JUF ACC	Veterano M40	47:12	+13:27 04:43
17	634	Paulo Vidal	Individual	Veterano M40	48:02	+14:17 04:48
18	632	Ivo Pinto	Individual	Veterano M40	48:52	+15:07 04:53
19	636	Tiago Pinto	Individual	Veterano M40	49:54	+16:09 04:59
20	767	Gabriel pinho	Teamrena	Veterano M40	51:12	+17:27 05:07
21	503	RICARDO NEVES	A.D.GRIJÓ A CORRER	Veterano M40	52:58	+19:13 05:18
22	633	Marco Oliveira	Individual	Veterano M40	54:13	+20:28 05:25
23	728	Bruno Matos	Team Shark	Veterano M40	55:03	+21:18 05:30
24	635	Renato Gil	Individual	Veterano M40	58:46	+25:01 05:53
25	659	Pedro Custódio	JUF ACC	Veterano M40	01:06:48	+33:03 06:41

Prova Principal

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26	629	Filipe Freitas	Individual	Veterano M40	01:11:21	+37:36	07:08
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Veterano M45

1	582	Artur Rodrigues	Guilhovai	Veterano M45	34:43	03:28
2	581	António Cristóvão	Guilhovai	Veterano M45	35:15	+00:31 03:32
3	549	Nuno Silva	CAL - Clube Atletismo de Lamas	Veterano M45	37:06	+02:22 03:43
4	551	Ivan silva	Caldas de São Jorge Sport Clube	Veterano M45	37:49	+03:05 03:47
5	579	Bruno Silva	Grupo Juvenil Pinheiro da Bemposta	Veterano M45	38:46	+04:02 03:53
6	585	João Sá	HMC	Veterano M45	41:02	+06:18 04:06
7	544	Sérgio Costa	Bravos e Bravitas	Veterano M45	41:34	+06:51 04:09
8	701	Nelson Pais	Run & Fun	Veterano M45	43:21	+08:37 04:20
9	699	Cláudio Anjinho	Run & Fun	Veterano M45	43:21	+08:37 04:20
10	665	VÍTOR CARVALHO	JUF ACC	Veterano M45	43:50	+09:06 04:23
11	674	Manuel Silva	Lourosa em Movimento	Veterano M45	44:48	+10:04 04:29
12	563	Nuno Cardoso	Clube Desportivo Feirense	Veterano M45	47:37	+12:54 04:46
13	525	Henrique Amorim	Brandoenses Running	Veterano M45	48:17	+13:33 04:50
14	526	Paulo Oliveira	Brandoenses Running	Veterano M45	48:18	+13:34 04:50
15	722	Luís Santos	Salgueiros Running	Veterano M45	48:27	+13:43 04:51
16	640	Marco Pinto	Individual	Veterano M45	49:06	+14:22 04:55
17	504	BRUNO NEVES	A.D.GRIJÓ A CORRER	Veterano M45	49:45	+15:01 04:58
18	642	Quim Zé	Individual	Veterano M45	50:33	+15:49 05:03
19	661	FERNANDO OLIVEIRA	JUF ACC	Veterano M45	50:44	+16:00 05:04
20	660	Alberto Ferreira	JUF ACC	Veterano M45	51:00	+16:16 05:06
21	702	Tino silva	Run & Fun	Veterano M45	51:29	+16:45 05:09
22	639	Leandro Resende	Individual	Veterano M45	55:45	+21:01 05:34
23	664	TELMO NOGUEIRA	JUF ACC	Veterano M45	56:07	+21:23 05:37
24	662	Luis Rocha	JUF ACC	Veterano M45	58:28	+23:44 05:51

Veterano M50

1	684	Fernando Lima	NAC	Veterano M50	34:55	03:29
2	573	Manuel Bessa	EV PERALTAFIL	Veterano M50	36:24	+01:29 03:38
3	688	Henrique Silva	NS Trail Team	Veterano M50	40:14	+05:19 04:01
4	577	Manuel Bastos	G.D.A Ronda	Veterano M50	40:41	+05:46 04:04
5	505	JOSÉ SILVA	A.D.GRIJÓ A CORRER	Veterano M50	41:26	+06:31 04:09
6	689	Filipe Almeida	Os pupilos do Zé to	Veterano M50	42:49	+07:54 04:17
7	718	Jorge Augusto Oliveira Guerra	Running Esmoriz	Veterano M50	46:58	+12:03 04:42
8	564	Armando Almeida	Clube Desportivo Feirense	Veterano M50	47:12	+12:17 04:43
9	547	Sérgio Almeida	Bravos e Bravitas	Veterano M50	48:07	+13:12 04:49
10	546	João Gomes	Bravos e Bravitas	Veterano M50	48:10	+13:15 04:49
11	545	Carlos Duarte	Bravos e Bravitas	Veterano M50	48:13	+13:18 04:49
12	574	Joaquim Sa	FIGURINHAS	Veterano M50	48:31	+13:35 04:51
13	716	Eduardo Ferreira	RUNFORFEST	Veterano M50	49:48	+14:53 04:59

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14	507	José Pinho	ACR DE VALE DE CAMBRA	Veterano M50	50:37	+15:42	05:04
15	565	Paulo Renato Oliveira	Clube Desportivo Feirense	Veterano M50	53:21	+18:26	05:20
16	519	Paulo Fonseca	Arrifana Running	Veterano M50	57:37	+22:42	05:46

Veterano M55

1	675	Orlando Valente	Lourosa em Movimento	Veterano M55	39:41	03:58
2	770	Vitor Resende	União de Lamas	Veterano M55	40:04	+00:22 04:00
3	568	José Macedo	Damira trail Team	Veterano M55	40:45	+01:03 04:04
4	768	Óscar Brandão	Teamrena	Veterano M55	45:35	+05:54 04:34
5	645	António Silva	Individual	Veterano M55	45:53	+06:11 04:35
6	646	Manuel Oliveira	Individual	Veterano M55	48:05	+08:23 04:49
7	704	Mário Almeida	Run & Fun	Veterano M55	49:17	+09:35 04:56
8	717	Paulo Sá	RUNFORFEST	Veterano M55	49:49	+10:07 04:59
9	555	José Nunes	CDC S Martinho da Gândara	Veterano M55	50:32	+10:51 05:03
10	729	Clemente Meireles	Team Shark	Veterano M55	51:06	+11:24 05:07
11	711	Carlos Bastos	Run For Fun Laranjinhas	Veterano M55	53:04	+13:22 05:18
12	512	PEDRO MANUEL PEREIRA MELO	ARCORUN	Veterano M55	53:20	+13:38 05:20
13	4	Paulo Sérgio	HMC	Veterano M55	53:30	+13:48 05:21
14	667	LUÍS HIGINO	JUF ACC	Veterano M55	53:54	+14:13 05:23
15	730	Fernando Mendes	Team Shark	Veterano M55	55:28	+15:46 05:33
16	703	Manuel Soares	Run & Fun	Veterano M55	56:07	+16:25 05:37

Veterano M60

1	566	Mário Gonçalves	CPTB Carcavelos Caravela Seguros	Veterano M60	39:45	03:58
2	686	Jorge Luz	Nascidos para Correr	Veterano M60	40:55	+01:10 04:05
3	732	Fernando Pinto Barbosa	Team Shark	Veterano M60	43:38	+03:53 04:22
4	649	Valdemar alves	Individual	Veterano M60	45:42	+05:57 04:34
5	680	GERMANO SANTOS	MC	Veterano M60	49:50	+10:05 04:59
6	692	Joaquim Mota	Run & Fun	Veterano M60	53:22	+13:37 05:20
7	733	Rui Fernando	Team Shark	Veterano M60	55:06	+15:21 05:31
8	731	Fernando Andrade	Team Shark	Veterano M60	55:28	+15:43 05:33
9	648	Carlos Alberto Paiva Novais	Individual	Veterano M60	01:12:01	+32:16 07:12

Veterano M65

1	683	José Pereira	MSS Grupo Desportivo de Gondomar	Veterano M65	42:29	04:15
2	548	Alcides Relvas	Bravos e Bravitas	Veterano M65	42:43	+00:14 04:16
3	523	Manuel Zola	Arrifana Running	Veterano M65	45:03	+02:33 04:30
4	705	ZE Moutinho	Run & Fun	Veterano M65	46:17	+03:47 04:38
5	712	Norberto Oliveira	Run For Fun Laranjinhas	Veterano M65	50:35	+08:05 05:03
6	734	Carlos Alves	Team Shark	Veterano M65	52:19	+09:49 05:14
7	521	Fernando Silva	Arrifana Running	Veterano M65	55:05	+12:35 05:31

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8	522	José Belezza	Arrifana Running	Veterano M65	57:06	+14:36	05:43
9	520	Casimiro Fernandes	Arrifana Running	Veterano M65	58:48	+16:18	05:53
10	550	FRANCISCO COSTA	CAL - Clube Atletismo de Lamas	Veterano M65	01:03:05	+20:36	06:19

Veterano M70

1	713	César Luís	Run For Fun Laranjinhas	Veterano M70	01:02:03	06:12
2	650	António Sousa	Individual	Veterano M70	01:08:44	+06:40 06:52
3	714	Joaquim Fernando	Run For Fun Laranjinhas	Veterano M70	01:13:29	+11:25 07:21

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