

CORRIDA - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
41	94	Hugo Panão	Individual	47:38	+14:07	04:46	
42	37	Custodio coutinho	CDC Paradela do Vouga	47:43	+14:12	04:46	
43	32	Tiago Matias	BARRA OCEAN RUNNERS	47:44	+14:13	04:46	
44	106	Nuno Sarabando	Individual	47:44	+14:13	04:46	
45	21	Bernardo Leite	BARRA OCEAN RUNNERS	47:46	+14:15	04:47	
46	46	PEDRO ROCHA	GDG - Grupo Desportivo da Gafanha	47:56	+14:25	04:48	
47	155	Paulo Miguel	Individual	48:08	+14:37	04:49	
48	179	Ricardo Ruas Ferreira	Team el comandante	48:37	+15:06	04:52	
49	31	Hugo Capela	BARRA OCEAN RUNNERS	48:39	+15:08	04:52	
50	105	Nuno Fernandes	Individual	48:53	+15:22	04:53	
51	16	Flávia Pinho	BARRA OCEAN RUNNERS	49:10	+15:39	04:55	
52	150	Arménio Neves	Individual	49:18	+15:47	04:56	
53	162	ABILIO DE JESUS	Pintas e Quico	49:37	+16:06	04:58	
54	172	Helena Silva	Reumáticos	49:58	+16:27	05:00	
55	96	João Gomes	Individual	49:58	+16:27	05:00	
56	146	Marcelo Silva	Individual	50:05	+16:34	05:01	
57	29	Daniela Santos	BARRA OCEAN RUNNERS	50:06	+16:35	05:01	
58	138	Mário Pereira	Individual	50:35	+17:04	05:03	
59	117	Tiago Xavier Pinto Resende	Individual	50:41	+17:10	05:04	
60	180	David Resende	Individual	50:45	+17:14	05:05	
61	104	Milton Silva	Individual	50:46	+17:15	05:05	
62	107	Nuno Silva	Individual	50:59	+17:28	05:06	
63	80	Sara Lau	Individual	51:02	+17:31	05:06	
64	144	José Manuel da costa Resende	Individual	51:04	+17:33	05:06	
65	72	Manuela Margarete Rodrigues Nunes	Individual	51:04	+17:33	05:06	
66	6	Andreia Vieira	ADSS	51:07	+17:36	05:07	
67	128	Paula Oliveira	Individual	51:18	+17:47	05:08	
68	35	Cristina Silva	Casa Benfica Bairrada	51:29	+17:58	05:09	
69	25	Guilherme Martins	BARRA OCEAN RUNNERS	52:34	+19:03	05:15	
70	134	Ivo Jesus	Individual	52:45	+19:14	05:16	
71	102	Maximiano José dos Santos Bastos Gurgo	Individual	52:52	+19:21	05:17	
72	66	Inês Miguel	Individual	52:59	+19:28	05:18	
73	124	Susana Fontoura	Individual	53:04	+19:33	05:18	
74	126	Celeste Dias	Individual	53:11	+19:40	05:19	
75	38	Joana Valente	CENAP	53:15	+19:44	05:20	
76	67	Inês Sá	Individual	53:18	+19:47	05:20	
77	33	José Martins	BARRA OCEAN RUNNERS	53:27	+19:56	05:21	
78	153	Fernando Lopes	Individual	53:33	+20:02	05:21	
79	171	José Matos	RECREIO DESPORTIVO DE ÁGUEDA	53:44	+20:13	05:22	
80	8	Samuel Lopes	ADSS	53:59	+20:28	05:24	
81	49	Sandra Vieira	GRECAS Vagos	54:09	+20:38	05:25	
82	175	Gonçalo Maurício	Sport Clube Beira-Mar	54:11	+20:40	05:25	
83	121	Manuela Melo	Individual	54:18	+20:47	05:26	
84	158	Teresa Almeida	Núcleo de atletismo de cucujaes	54:26	+20:55	05:27	
85	60	Carolina Tavares	Individual	54:28	+20:57	05:27	

CORRIDA - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
86	85	André Amado	Individual	54:29	+20:58	05:27	
87	127	Luciana Fidalgo	Individual	54:56	+21:25	05:30	
88	148	Paulo Pereira	Individual	55:24	+21:53	05:32	
89	84	Alexandre Dias	Individual	55:32	+22:01	05:33	
90	51	Ana Filipa Silva	Individual	55:36	+22:05	05:34	
91	65	Daniela Onofre	Individual	55:44	+22:13	05:34	
92	36	Marco Santiago	Casa Benfica Bairrada	55:46	+22:15	05:35	
93	131	António Dias	Individual	56:26	+22:55	05:39	
94	81	Sofia Dias	Individual	56:41	+23:10	05:40	
95	166	Lúcia Cândido	RECREIO DESPORTIVO DE ÁGUEDA	56:58	+23:27	05:42	
96	30	Pedro Soeiro	BARRA OCEAN RUNNERS	57:20	+23:49	05:44	
97	156	Nuno Rodrigues	Malmeborro	57:21	+23:50	05:44	
98	64	Daniela Neves	Individual	57:46	+24:15	05:47	
99	152	Fernando Faustino	Individual	57:47	+24:16	05:47	
100	123	Susana Cerqueira	Individual	57:51	+24:20	05:47	
101	19	André Pinho	BARRA OCEAN RUNNERS	58:21	+24:50	05:50	
102	50	Helder Rodrigues	GRECAS Vagos	58:26	+24:55	05:51	
103	129	Rosa Lopes	Individual	59:32	+26:01	05:57	
104	163	Gabriela Martins	RECREIO DESPORTIVO DE ÁGUEDA	59:38	+26:07	05:58	
105	120	Joana Macedo	Individual	59:45	+26:14	05:59	
106	47	Vicente Julião	GRECAS Vagos	59:45	+26:14	05:59	
107	125	Vera Leite	Individual	59:59	+26:28	06:00	
108	118	Aida Queirós	Individual	59:59	+26:28	06:00	
109	69	Luísa Pires	Individual	59:59	+26:28	06:00	
110	95	Hugo Pina	Individual	59:59	+26:28	06:00	
111	142	Adérito Justina	Individual	59:59	+26:28	06:00	
112	103	Miguel Oliveira	Individual	01:00:13	+26:42	06:01	
113	61	Cátia Albuquerque	Individual	01:00:18	+26:47	06:02	
114	79	Rose Ramos	Individual	01:00:20	+26:49	06:02	
115	27	João Samúdio	BARRA OCEAN RUNNERS	01:00:40	+27:09	06:04	
116	17	Inês Prata	BARRA OCEAN RUNNERS	01:00:41	+27:10	06:04	
117	178	Paula Julieta Bastos e Santos	Team el comandante	01:00:41	+27:10	06:04	
118	97	João Monteiro	Individual	01:00:52	+27:21	06:05	
119	71	Mafalda Valente	Individual	01:01:13	+27:42	06:07	
120	137	José da Silva Rabelo Neto	Individual	01:01:36	+28:05	06:10	
121	10	Luís Veiga	Aquinfave	01:01:56	+28:25	06:12	
122	108	Pedro Bastos	Individual	01:02:27	+28:56	06:15	
123	9	Simão Lopes	ADSS	01:02:33	+29:02	06:15	
124	73	Maria Almeida	Individual	01:02:36	+29:05	06:16	
125	13	Ivete Marques	As Parceirinhas	01:03:06	+29:35	06:19	
126	119	Aida Valente	Individual	01:03:27	+29:56	06:21	
127	75	Marta Correia	Individual	01:04:06	+30:35	06:25	
128	54	Anabela Jesus Reis	Individual	01:05:11	+31:40	06:31	
129	114	Robson Souza	Individual	01:05:42	+32:11	06:34	
130	78	Rita Monteiro	Individual	01:06:06	+32:35	06:37	
131	14	Rafaela Barquina	As Parceirinhas	01:07:17	+33:46	06:44	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
132	111	Pedro Mendes	Individual	01:07:57	+34:26	06:48	
133	12	Diana Santos	As Parceirinhas	01:08:27	+34:56	06:51	
134	101	Marcelo Monteiro	Individual	01:08:57	+35:26	06:54	
135	87	António Silva	Individual	01:09:08	+35:37	06:55	
136	57	Carla Fernandes	Individual	01:09:36	+36:05	06:58	
137	55	Ayva Jacinto	Individual	01:10:13	+36:42	07:01	
138	58	Carolina Gomes	Individual	01:10:13	+36:42	07:01	
139	112	Ricardo Alves	Individual	01:10:44	+37:13	07:04	
140	11	Miguel valentim	Aquinfave	01:11:22	+37:51	07:08	
141	83	Yara Gazoni	Individual	01:11:47	+38:16	07:11	
142	149	Antonio V4	Individual	01:12:30	+38:59	07:15	
143	56	Beatriz Batista Parreira	Individual	01:13:14	+39:43	07:19	
144	122	Mónica Barbosa	Individual	01:14:29	+40:58	07:27	
145	145	Manuel Silva	Individual	01:14:36	+41:05	07:28	
146	91	Fábio Silva	Individual	01:14:36	+41:05	07:28	
147	74	Maria Barroqueiro	Individual	01:18:09	+44:38	07:49	
148	77	Rita Mendes	Individual	01:18:09	+44:38	07:49	
149	93	Hugo Dias	Individual	01:18:09	+44:38	07:49	
150	63	Daniela Catarina Tavares Branco Silva	Individual	01:18:44	+45:13	07:52	
151	136	Jorge Rodrigues	Individual	01:18:45	+45:14	07:52	
152	7	Daniela Lima	ADSS	01:19:01	+45:30	07:54	
153	62	Cátia Ricarte	Individual	01:19:50	+46:19	07:59	
154	59	Carolina Magalhães	Individual	01:19:52	+46:21	07:59	
155	76	Patricia Teixeira	Individual	01:20:59	+47:28	08:06	
156	100	Manuel Santos Silva	Individual	01:33:58	+01:00:27	09:24	

Corrida

10 KM

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OFFICIAL RESULT

[illegible]

39	76	Patricia Teixeira	Individual	Senior Feminino	01:20:59	+37:04	08:06
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Senior Masculino

1	116	Rui Ferreira	Individual	Senior Masculino	35:25	03:33
2	48	Rui_Pedro Gala	GRECAS Vagos	Senior Masculino	36:58	+01:32 03:42
3	41	Lourenço Ferreira	CLUBE DESPORTIVO SÃO SALVADOR DO CAMPO	Senior Masculino	37:37	+02:11 03:46
4	3	Francisco Silveira	ACD OS ILHAVOS	Senior Masculino	37:43	+02:17 03:46
5	165	Ricardo Andrade	RECREIO DESPORTIVO DE ÁGUEDA	Senior Masculino	37:43	+02:17 03:46
6	177	Tiago Carvalho	Team el comandante	Senior Masculino	38:17	+02:51 03:50
7	39	Luís Pires	CENAP	Senior Masculino	38:27	+03:01 03:51
8	182	Jorge Valente	Individual	Senior Masculino	38:50	+03:25 03:53
9	159	Rafael Miguel	Ori-Estarreja	Senior Masculino	39:02	+03:36 03:54
10	86	António Ratola	Individual	Senior Masculino	40:12	+04:46 04:01
11	40	Tiago Marcelino	CENAP	Senior Masculino	40:23	+04:57 04:02
12	23	Fábio Gonçalves	BARRA OCEAN RUNNERS	Senior Masculino	42:01	+06:36 04:12
13	98	João Paulo Almeida de Pinho e Silva	Individual	Senior Masculino	43:56	+08:31 04:24
14	89	Elton Alves	Individual	Senior Masculino	44:53	+09:28 04:29
15	113	Ricardo Luis Santos Pereira	Individual	Senior Masculino	45:03	+09:38 04:30
16	99	João Sousa	Individual	Senior Masculino	45:37	+10:12 04:34
17	22	Diogo Ramos	BARRA OCEAN RUNNERS	Senior Masculino	46:22	+10:57 04:38
18	92	Francisco Manuel Teixeira Marques	Individual	Senior Masculino	47:38	+12:12 04:46
19	94	Hugo Panão	Individual	Senior Masculino	47:38	+12:13 04:46
20	106	Nuno Sarabando	Individual	Senior Masculino	47:44	+12:19 04:46
21	21	Bernardo Leite	BARRA OCEAN RUNNERS	Senior Masculino	47:46	+12:20 04:47
22	105	Nuno Fernandes	Individual	Senior Masculino	48:53	+13:28 04:53
23	96	João Gomes	Individual	Senior Masculino	49:58	+14:33 05:00
24	117	Tiago Xavier Pinto Resende	Individual	Senior Masculino	50:41	+15:15 05:04
25	180	David Resende	Individual	Senior Masculino	50:45	+15:20 05:05
26	104	Milton Silva	Individual	Senior Masculino	50:46	+15:20 05:05
27	107	Nuno Silva	Individual	Senior Masculino	50:59	+15:34 05:06
28	25	Guilherme Martins	BARRA OCEAN RUNNERS	Senior Masculino	52:34	+17:09 05:15
29	102	Maximiano José dos Santos Bastos Gurgo	Individual	Senior Masculino	52:52	+17:27 05:17
30	8	Samuel Lopes	ADSS	Senior Masculino	53:59	+18:34 05:24
31	175	Gonçalo Maurício	Sport Clube Beira-Mar	Senior Masculino	54:11	+18:45 05:25
32	85	André Amado	Individual	Senior Masculino	54:29	+19:04 05:27
33	84	Alexandre Dias	Individual	Senior Masculino	55:32	+20:07 05:33
34	30	Pedro Soeiro	BARRA OCEAN RUNNERS	Senior Masculino	57:20	+21:54 05:44
35	156	Nuno Rodrigues	Malmeborro	Senior Masculino	57:21	+21:55 05:44
36	19	André Pinho	BARRA OCEAN RUNNERS	Senior Masculino	58:21	+22:55 05:50
37	47	Vicente Julião	GRECAS Vagos	Senior Masculino	59:45	+24:20 05:59
38	95	Hugo Pina	Individual	Senior Masculino	59:59	+24:34 06:00
39	103	Miguel Oliveira	Individual	Senior Masculino	01:00:13	+24:47 06:01

Official Timekeeper: Lap2Go	2 / 5	generate 17-mai.-2025 19:36
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Corrida

10 KM

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OFFICIAL RESULT

[illegible]

40	27	João Samúdio	BARRA OCEAN RUNNERS	Senior Masculino	01:00:40	+25:15	06:04
41	97	João Monteiro	Individual	Senior Masculino	01:00:52	+25:26	06:05
42	10	Luís Veiga	Aquinfave	Senior Masculino	01:01:56	+26:30	06:12
43	108	Pedro Bastos	Individual	Senior Masculino	01:02:27	+27:01	06:15
44	9	Simão Lopes	ADSS	Senior Masculino	01:02:33	+27:08	06:15
45	114	Robson Souza	Individual	Senior Masculino	01:05:42	+30:16	06:34
46	111	Pedro Mendes	Individual	Senior Masculino	01:07:57	+32:31	06:48
47	101	Marcelo Monteiro	Individual	Senior Masculino	01:08:57	+33:32	06:54
48	87	António Silva	Individual	Senior Masculino	01:09:08	+33:43	06:55
49	112	Ricardo Alves	Individual	Senior Masculino	01:10:44	+35:18	07:04
50	11	Miguel valentim	Aquinfave	Senior Masculino	01:11:22	+35:56	07:08
51	91	Fábio Silva	Individual	Senior Masculino	01:14:36	+39:10	07:28
52	93	Hugo Dias	Individual	Senior Masculino	01:18:09	+42:44	07:49
53	100	Manuel Santos Silva	Individual	Senior Masculino	01:33:58	+58:32	09:24

Veterana F40

1	1	Carla Martinho	RECREIO DESPORTIVO DE ÁGUEDA	Veterana F40	37:28	03:45
2	172	Helena Silva	Reumáticos	Veterana F40	49:58	+12:29 05:00
3	35	Cristina Silva	Casa Benfica Bairrada	Veterana F40	51:29	+14:00 05:09
4	124	Susana Fontoura	Individual	Veterana F40	53:04	+15:35 05:18
5	49	Sandra Vieira	GRECAS Vagos	Veterana F40	54:09	+16:40 05:25
6	121	Manuela Melo	Individual	Veterana F40	54:18	+16:50 05:26
7	166	Lúcia Cândido	RECREIO DESPORTIVO DE ÁGUEDA	Veterana F40	56:58	+19:30 05:42
8	123	Susana Cerqueira	Individual	Veterana F40	57:51	+20:22 05:47
9	120	Joana Macedo	Individual	Veterana F40	59:45	+22:17 05:59
10	125	Vera Leite	Individual	Veterana F40	59:59	+22:30 06:00
11	118	Aida Queirós	Individual	Veterana F40	59:59	+22:31 06:00
12	178	Paula Julieta Bastos e Santos	Team el comandante	Veterana F40	01:00:41	+23:12 06:04
13	119	Aida Valente	Individual	Veterana F40	01:03:27	+25:59 06:21
14	122	Mónica Barbosa	Individual	Veterana F40	01:14:29	+37:00 07:27

Veterana F50

1	128	Paula Oliveira	Individual	Veterana F50	51:18	05:08
2	126	Celeste Dias	Individual	Veterana F50	53:11	+01:53 05:19
3	158	Teresa Almeida	Núcleo de atletismo de cucujaes	Veterana F50	54:26	+03:08 05:27
4	127	Luciana Fidalgo	Individual	Veterana F50	54:56	+03:38 05:30
5	129	Rosa Lopes	Individual	Veterana F50	59:32	+08:14 05:57

Veterano M40

1	2	Nuno Miguel	GRECAS Vagos	Veterano M40	33:31	03:21
2	176	Nuno Pais	Sporting Clube de Espinho	Veterano M40	36:27	+02:56 03:39

Official Timekeeper: Lap2Go	3 / 5	generate 17-mai.-2025 19:36
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Corrida

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

3	5	Rui Costa	ACD OS ILHAVOS	Veterano M40	38:09	+04:38	03:49
4	181	Hugo Ramalho	Individual	Veterano M40	39:08	+05:37	03:55
5	141	Tiago Gonçalves	Individual	Veterano M40	40:01	+06:30	04:00
6	132	António Jorge Martins Francisco	Individual	Veterano M40	41:12	+07:41	04:07
7	133	Augusto Oliveira Tavares	Individual	Veterano M40	41:56	+08:24	04:12
8	135	Jorge Costa	Individual	Veterano M40	42:01	+08:29	04:12
9	139	Pedro Canha	Individual	Veterano M40	42:52	+09:20	04:17
10	4	Paulo SILVA	ACD OS ILHAVOS	Veterano M40	44:44	+11:12	04:28
11	140	Rui Silva	Individual	Veterano M40	46:45	+13:14	04:41
12	167	Valter Silva	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M40	47:24	+13:53	04:44
13	32	Tiago Matias	BARRA OCEAN RUNNERS	Veterano M40	47:44	+14:13	04:46
14	179	Ricardo Ruas Ferreira	Team el comandante	Veterano M40	48:37	+15:06	04:52
15	31	Hugo Capela	BARRA OCEAN RUNNERS	Veterano M40	48:39	+15:08	04:52
16	138	Mário Pereira	Individual	Veterano M40	50:35	+17:03	05:03
17	134	Ivo Jesus	Individual	Veterano M40	52:45	+19:13	05:16
18	36	Marco Santiago	Casa Benfica Bairrada	Veterano M40	55:46	+22:14	05:35
19	131	António Dias	Individual	Veterano M40	56:26	+22:55	05:39
20	137	José da Silva Rabelo Neto	Individual	Veterano M40	01:01:36	+28:05	06:10
21	136	Jorge Rodrigues	Individual	Veterano M40	01:18:45	+45:13	07:52

Veterano M50

1	169	Luís Miguel Martins	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M50	36:01	03:36
2	42	Gil Ferreira	CLUBE DESPORTIVO SÃO SALVADOR DO CAMPO	Veterano M50	39:08	+03:06 03:55
3	170	Nuno Santos	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M50	40:04	+04:03 04:00
4	143	António sousa	Individual	Veterano M50	41:17	+05:15 04:08
5	173	Fernando Pinheiro Mendes	SLB	Veterano M50	44:52	+08:51 04:29
6	162	ABILIO DE JESUS	Pintas e Quico	Veterano M50	49:37	+13:36 04:58
7	146	Marcelo Silva	Individual	Veterano M50	50:05	+14:04 05:01
8	144	José Manuel da costa Resende	Individual	Veterano M50	51:04	+15:02 05:06
9	33	José Martins	BARRA OCEAN RUNNERS	Veterano M50	53:27	+17:26 05:21
10	148	Paulo Pereira	Individual	Veterano M50	55:24	+19:23 05:32
11	142	Adérito Justina	Individual	Veterano M50	59:59	+23:58 06:00
12	145	Manuel Silva	Individual	Veterano M50	01:14:36	+38:34 07:28

Veterano M60

1	154	Manuel Luís Silva Faria	Individual	Veterano M60	43:13	04:19
2	44	João Vinha	CRE	Veterano M60	43:36	+00:22 04:22
3	151	Carlos Ferreira Alves	Individual	Veterano M60	47:16	+04:03 04:44
4	37	Custodio coutinho	CDC Paradela do Vouga	Veterano M60	47:43	+04:30 04:46
5	46	PEDRO ROCHA	GDG - Grupo Desportivo da Gafanha	Veterano M60	47:56	+04:42 04:48

Official Timekeeper: Lap2Go	4 / 5	generate 17-mai.-2025 19:36
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Official Timekeeper: Lap2Go	1 / 1	generate 17-mai.-2025 19:36
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