

10KM - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	19:00	26,6°C	71%
End	20:43	26.6°C	71%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1456	João Almeida	RECREIO DESPORTIVO DE ÁGUEDA	30:00		03:00	
2	1454	Alexandre Venâncio	RECREIO DESPORTIVO DE ÁGUEDA	31:57	+01:57	03:12	
3	310	Marco Marques	EV PERALTAFIL	33:07	+03:07	03:19	
4	264	Henrique Moreira	Clube dos Galitos	33:43	+03:43	03:22	
5	343	Licínio Silva	Grupo Alegre Unido Bajouca	34:05	+04:05	03:24	
6	188	Mark Macedo	C.F.OLIVEIRA DO DOURO	34:19	+04:19	03:26	
7	870	Paulo Pereira	Individual	34:26	+04:26	03:27	
8	330	António Fernandes	GDC Guilhovai	34:31	+04:31	03:27	
9	329	Jorge Cubal	GDC Guilhovai	34:33	+04:33	03:27	
10	1546	Tiago Pinto	Sport Clube de Freamunde	34:43	+04:43	03:28	
11	257	CELSO LEITE	Clube Atletismo de Ovar	34:45	+04:45	03:28	
12	337	Rui Gala	GRECAS - Vagos	34:50	+04:50	03:29	
13	265	João Andrade	Clube dos Galitos	35:15	+05:15	03:31	
14	307	Cristiano Oliveira	ESCOLA DE ATLETISMO DE COIMBRA	35:15	+05:15	03:32	
15	684	Daniel da Costa Calvão	Individual	35:19	+05:19	03:32	
16	199	Carlos Nunes	CASA DO POVO DE MANGUALDE	35:25	+05:25	03:32	
17	1461	Luís Martins	RECREIO DESPORTIVO DE ÁGUEDA	35:35	+05:35	03:34	
18	1550	Nuno Pais	Sporting clube de Espinho	35:41	+05:41	03:34	
19	25	Francisco Silveira	ACD Os Ilhavs	35:48	+05:48	03:35	
20	274	Gonçalo Pereira	Clube dos Galitos	35:51	+05:51	03:35	
21	286	DAVIDE SILVA	DAR Recardães	35:54	+05:54	03:35	
22	28	Rui Costa	ACD Os Ilhavs	36:13	+06:13	03:37	
23	27	André Santos	ACD Os Ilhavs	36:18	+06:18	03:38	
24	1459	Carla Martinho	RECREIO DESPORTIVO DE ÁGUEDA	36:29	+06:29	03:39	
25	770	João Fernandes	Individual	36:31	+06:31	03:39	
26	955	Vicente Regalado	Individual	36:31	+06:31	03:39	
27	880	Pedro Miguel da Rocha Santos	Individual	36:31	+06:31	03:39	
28	206	Luís Pires	CENAP	36:33	+06:33	03:39	
29	1624	Rafael Matias	Vilaventura Trail	36:34	+06:34	03:39	
30	1457	Ricardo Andrade	RECREIO DESPORTIVO DE ÁGUEDA	36:38	+06:38	03:40	
31	806	José Guilherme Sá	Individual	36:38	+06:38	03:40	
32	287	NUNO CORREIA	DAR Recardães	36:40	+06:40	03:40	
33	753	Hugo Antunes	Individual	36:41	+06:41	03:40	
34	254	João Margarido	CLTT - CLÍNICA LITORALIS TRAIL TEAM	36:44	+06:44	03:40	
35	752	Henrique Miguel Brandão Gomes	Individual	36:44	+06:44	03:40	
36	1194	Davide Mendes	Individual	36:48	+06:48	03:41	
37	950	Tomás Martins Araújo	Individual	36:49	+06:49	03:41	
38	1176	Tiago Gonçalves	Individual	36:51	+06:51	03:41	
39	338	Vicente Julião	GRECAS - Vagos	37:04	+07:04	03:42	
40	1381	Filipe Monteiro	Molinhos Team	37:06	+07:06	03:43	
41	369	Pedro Emanuel de Oliveira Monteiro	Hut Runners Aveiro	37:13	+07:13	03:43	
42	1587	João Miguel Almeida Mano	TREPANELAS / PRIFER	37:15	+07:15	03:44	

Official Timekeeper: Lap2Go	1 / 30	generate 05-jul.-2025 20:45
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10KM - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	1547	André Pinto	Sport Clube de Freamunde	37:23	+07:23	03:44	
44	645	Abel Andrade	Individual	37:30	+07:30	03:45	
45	173	Sérgio Pires	Bengalas e Muletas	37:36	+07:36	03:46	
46	1085	André Ribeiro	Individual	37:37	+07:37	03:46	
47	1089	Bruno Rodrigues	Individual	37:38	+07:38	03:46	
48	730	Filipe Barros	Individual	37:40	+07:40	03:46	
49	1437	Augusto Lopes	Prado Runners	37:43	+07:43	03:46	
50	207	Ricardo Auxiliar	CENAP	37:50	+07:50	03:47	
51	24	António Veiga	ACD Os Ilhavs	37:53	+07:53	03:47	
52	1109	Fred Lamas Pinheiro	Individual	38:00	+08:00	03:48	
53	1247	Ronald Sarabia	Individual	38:03	+08:03	03:48	
54	864	Nuno Monteiro	Individual	38:07	+08:07	03:49	
55	205	Andre Novais	CENAP	38:08	+08:08	03:49	
56	1466	José Matos	Retorta - Quinta das Arcas	38:14	+08:15	03:49	
57	255	Pedro Capela	CLTT - CLÍNICA LITORALIS TRAIL TEAM	38:17	+08:17	03:50	
58	279	JOAO OLIVEIRA	DAR Recardães	38:24	+08:24	03:50	
59	1174	Tadhg Lyne	Individual	38:24	+08:24	03:50	
60	269	Adão Antunes	Clube dos Galitos	38:30	+08:30	03:51	
61	1616	Bruno Casal	Ups, Trilhei-me!	38:36	+08:36	03:52	
62	37	João Pedro Oliveira	ADI-Ílhavo	38:38	+08:38	03:52	
63	200	Fernando Santos	CASA DO POVO DE MANGUALDE	38:40	+08:40	03:52	
64	725	Fernando Araújo	Individual	38:51	+08:51	03:53	
65	854	Miguel Silva	Individual	38:53	+08:53	03:53	
66	1120	João Dias	Individual	38:55	+08:55	03:53	
67	280	RICARDO TAVARES	DAR Recardães	38:55	+08:55	03:54	
68	1106	Filipe Faria	Individual	38:56	+08:56	03:54	
69	263	GONÇALO ANTONINHO GASPAR	Clube dos Galitos	38:58	+08:58	03:54	
70	1133	Luis Filipe Da Silva Cecilio Marques Ramos	Individual	38:58	+08:58	03:54	
71	1462	Nuno Cunha Santos	RECREIO DESPORTIVO DE ÁGUEDA	38:59	+08:59	03:54	
72	197	André Nunes	CASA DO POVO DE MANGUALDE	39:00	+09:00	03:54	
73	5	Pedro Marques	#É_só_até_alí	39:01	+09:01	03:54	
74	165	Nelson Tavares	BARRA OCEAN RUNNERS	39:03	+09:03	03:54	
75	1083	André nobre	Individual	39:06	+09:06	03:55	
76	699	Diogo Lopes	Individual	39:06	+09:06	03:55	
77	1190	Carlos Miguel Simões Gomes Figueiredo	Individual	39:16	+09:16	03:56	
78	153	David Felizardo	BARRA OCEAN RUNNERS	39:17	+09:17	03:56	
79	677	Carlos Manuel Simões da Silva	Individual	39:17	+09:17	03:56	
80	29	Paulo Renato Correia da Silva	ACD Os Ilhavs	39:20	+09:20	03:56	
81	208	Tiago Marcelino	CENAP	39:25	+09:25	03:56	
82	722	Fábio Gonçalves	Individual	39:26	+09:26	03:57	
83	22	Tiago Urbano	A:D:F:Bike Riders	39:27	+09:27	03:57	
84	266	Jorge Pinho	Clube dos Galitos	39:40	+09:40	03:58	
85	267	Steve Lopes	Clube dos Galitos	39:41	+09:41	03:58	
86	1377	Adriano Magalhães	Mind&Body	39:51	+09:51	03:59	
87	156	Oliveiros Garrelhas	BARRA OCEAN RUNNERS	39:51	+09:51	03:59	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	201	Tomé Rodrigues	CDC Macieira de Cambra	39:54	+09:54	03:59	
89	782	João Matias	Individual	39:57	+09:57	04:00	
90	761	João Andrade	Individual	40:04	+10:04	04:00	
91	4	Pedro Jacinto	#É_só_até_ali	40:09	+10:09	04:01	
92	901	Ricardo Silva	Individual	40:18	+10:18	04:02	
93	819	Lucas Santos	Individual	40:20	+10:20	04:02	
94	1227	Nuno Bartolomeu	Individual	40:25	+10:25	04:03	
95	801	Joel Pereira	Individual	40:28	+10:28	04:03	
96	687	Daniel Mota	Individual	40:28	+10:28	04:03	
97	841	Marco Martins	Individual	40:29	+10:29	04:03	
98	542	Maria Marques	Individual	40:33	+10:33	04:03	
99	1352	PEDRO MIGUEL FONTOURA OLIVEIRA	JOBRA	40:34	+10:34	04:03	
100	654	André Miguel Lameiro Monteiro	Individual	40:37	+10:37	04:04	
101	284	RICARDO ALMEIDA	DAR Recardães	40:37	+10:37	04:04	
102	1181	Vítor Coelho	Individual	40:38	+10:38	04:04	
103	1543	Inês Mendes	Sport Clube de Freamunde	40:47	+10:47	04:05	
104	1545	Marco Cunha	Sport Clube de Freamunde	40:47	+10:47	04:05	
105	1617	Rui Pedro Jesus de Almeida	Valinho	40:54	+10:54	04:05	
106	159	Ricardo Vicente	BARRA OCEAN RUNNERS	40:56	+10:56	04:06	
107	322	Hugo Chumbo	Fresenius Kabi RUNNERS	40:59	+10:59	04:06	
108	1378	Helder Henriques	MIRO TRAIL	41:00	+11:00	04:06	
109	359	Mário Carvalho	GRUPO VILARINHO CIMA	41:03	+11:03	04:06	
110	853	Miguel Pina	Individual	41:04	+11:04	04:06	
111	957	Vítor Costa	Individual	41:07	+11:07	04:07	
112	262	Agnelo André Pinto e Silva	Clube dos Galitos	41:09	+11:09	04:07	
113	21	ANDRÉ PINA	A.D.GRIJÓ A CORRER	41:11	+11:11	04:07	
114	204	Silvia Santos	CENAP	41:12	+11:12	04:07	
115	1586	Fábio Silva	TREPANELAS / PRIFER	41:13	+11:13	04:07	
116	1220	Luís Vilela	Individual	41:24	+11:24	04:08	
117	1134	Luís junior	Individual	41:30	+11:30	04:09	
118	1572	josé carlos santos	Team El Comandante	41:35	+11:35	04:09	
119	278	Ivo Leandro pinto Gonçalves	DAR Recardães	41:36	+11:36	04:10	
120	19	Luis Dias	A.D.Fermentelos/Bike Riders	41:36	+11:36	04:10	
121	133	Daniel Silva	BARRA OCEAN RUNNERS	41:38	+11:38	04:10	
122	1276	Paulo Alexandre de Sousa Carneiro	Individual	41:38	+11:38	04:10	
123	355	Manuel Machado	Grupo Desportivo Assempark	41:40	+11:40	04:10	
124	1302	José Rodrigues	Individual	41:42	+11:42	04:10	
125	259	MONICA FERNANDES	Clube Atletismo de Ovar	41:47	+11:47	04:11	
126	1281	Pedro Miguel Pimentão Cardoso	Individual	41:49	+11:49	04:11	
127	272	Pedro Pimentel	Clube dos Galitos	41:50	+11:50	04:11	
128	138	João Antunes	BARRA OCEAN RUNNERS	41:50	+11:50	04:11	
129	813	Leandro Mota	Individual	41:52	+11:52	04:11	
130	79	Jorge Miguel Pereira	ARCD Venda da Luisa	41:53	+11:53	04:11	
131	1161	Pedro Teles	Individual	41:57	+11:57	04:12	
132	26	Hélio Ferreira	ACD Os Ilhavs	42:00	+12:00	04:12	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
133	510	Joana Marques	Individual	42:01	+12:01	04:12	
134	845	Mauro Conde Salazar	Individual	42:02	+12:02	04:12	
135	1468	Paulo pereira	Reumaticos	42:07	+12:07	04:13	
136	251	Luis Santos	CLTT - CLÍNICA LITORALIS TRAIL TEAM	42:09	+12:09	04:13	
137	180	Mário Félix	Bora Treinar	42:12	+12:12	04:13	
138	270	Daniel Espinhal	Clube dos Galitos	42:13	+12:13	04:13	
139	38	Rafael Castro	ADI-Ílhavo	42:14	+12:14	04:13	
140	258	Ligia Santos	Clube Atletismo de Ovar	42:15	+12:15	04:14	
141	260	Carlos Sequeira	Clube Atletismo de Ovar	42:16	+12:16	04:14	
142	721	Fábio Figueiredo	Individual	42:21	+12:21	04:14	
143	900	Ricardo Rua	Individual	42:21	+12:21	04:14	
144	375	Vitor sencadas	Hut Runners Aveiro	42:21	+12:21	04:14	
145	802	Joel Vicente	Individual	42:24	+12:24	04:14	
146	794	João Teles	Individual	42:26	+12:26	04:15	
147	192	José Pedro Pereira da Silva	Cambra Runners	42:31	+12:31	04:15	
148	336	Joao Carlos da Cunha Silva	Godspeed Runners	42:37	+12:37	04:16	
149	961	Vitor Ribeiro	Individual	42:38	+12:38	04:16	
150	1210	João Fernandes	Individual	42:39	+12:39	04:16	
151	740	Francisco Ribeiro	Individual	42:40	+12:40	04:16	
152	1464	SANTIAGO MIGUEL GRAÇA ALMEIDA	Regisanti	42:41	+12:41	04:16	
153	1164	Ricardo Melo	Individual	42:43	+12:43	04:16	
154	261	JOÃO PAULO RODRIGUES	Clube Atletismo de Ovar	42:44	+12:44	04:16	
155	1185	André Pacheco	Individual	42:47	+12:47	04:17	
156	167	Pedro Guimarães	BARRA OCEAN RUNNERS	42:49	+12:49	04:17	
157	1125	José Almeida	Individual	42:52	+12:52	04:17	
158	904	Rúben Costa	Individual	43:02	+13:02	04:18	
159	68	Paulo Jorge dos Santos Pereira	Altice Labs	43:06	+13:06	04:19	
160	956	Victor Figueiredo	Individual	43:06	+13:06	04:19	
161	1097	Dinis Nunes	Individual	43:07	+13:07	04:19	
162	1092	Daniel Chipelo	Individual	43:14	+13:14	04:19	
163	155	Nelson Araújo	BARRA OCEAN RUNNERS	43:19	+13:19	04:20	
164	308	Rui Freitas	Esgalhada Trail Team	43:21	+13:21	04:20	
165	202	Custodio coutinho	CDC PARADELA DO VOUGA	43:23	+13:23	04:20	
166	851	Miguel Neves	Individual	43:24	+13:24	04:20	
167	1212	Jorge Pereira	Individual	43:25	+13:25	04:21	
168	1306	Luiz Arnaud	Individual	43:25	+13:25	04:21	
169	771	João Ferreira	Individual	43:25	+13:25	04:21	
170	662	Antonio Fardilha	Individual	43:26	+13:26	04:21	
171	298	Vasco Monteiro	DINAMO CLUBE DA ESTAÇÃO	43:27	+13:27	04:21	
172	83	Miguel Fonseca Monteiro	ARSM - Associação Recreativa de São Miguel	43:28	+13:28	04:21	
173	158	Nuno Paiva	BARRA OCEAN RUNNERS	43:29	+13:29	04:21	
174	810	Júlio Pinto	Individual	43:31	+13:31	04:21	
175	877	Pedro Lopes	Individual	43:35	+13:35	04:21	
176	1213	JP Griné	Individual	43:36	+13:36	04:22	
177	1101	Fábio Mestre	Individual	43:37	+13:37	04:22	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
178	1170	Rui Silva	Individual	43:38	+13:38	04:22	
179	356	Manuel Sá	Grupo Desportivo Assempark	43:51	+13:51	04:23	
180	1156	Pedro Coelho	Individual	43:54	+13:54	04:23	
181	350	Paulo Gonçalves	Grupo Desportivo Assempark	43:55	+13:55	04:23	
182	912	Rui Jorge Agostinho Gomes	Individual	44:01	+14:01	04:24	
183	694	Dinarte Silva	Individual	44:08	+14:08	04:25	
184	1561	Jorge Rodrigues	Tartarugas	44:09	+14:09	04:25	
185	186	Andre Ferreira	Bustos Runners	44:11	+14:11	04:25	
186	690	Davi Teixeira	Individual	44:13	+14:13	04:25	
187	1575	Diogo Figueiredo	Tigres do Asfalto	44:14	+14:14	04:25	
188	1117	Ivo Matos	Individual	44:14	+14:14	04:25	
189	665	Arsélio Santos	Individual	44:15	+14:15	04:26	
190	1084	André Nova	Individual	44:20	+14:20	04:26	
191	1118	Ivo Santos	Individual	44:22	+14:22	04:26	
192	1538	Tiago Castro	SosenseTrailTeam-Braga&Fernandes/Corind	44:24	+14:24	04:26	
193	341	Nuno Miguel	GRECAS - Vagos	44:26	+14:26	04:27	
194	367	Francisco Martins	Hut Runners Aveiro	44:26	+14:26	04:27	
195	789	João Pereira	Individual	44:27	+14:27	04:27	
196	923	Sérgio Almeida	Individual	44:27	+14:27	04:27	
197	731	Filipe Campos	Individual	44:29	+14:29	04:27	
198	919	Rui Sobral sousa	Individual	44:31	+14:31	04:27	
199	81	José Basílio Simões	ARCD Venda da Luisa	44:31	+14:31	04:27	
200	700	Diogo Matos	Individual	44:32	+14:32	04:27	
201	767	João Carlos Figueiredo Rosa	Individual	44:33	+14:33	04:27	
202	860	Nuno Gonçalves	Individual	44:36	+14:36	04:28	
203	377	Jorge Branco	Hut Runners Aveiro	44:37	+14:37	04:28	
204	1307	Manuel Ferreira	Individual	44:40	+14:40	04:28	
205	1541	Armando Castro	SosenseTrailTeam-Braga&Fernandes/Corind	44:41	+14:41	04:28	
206	787	João Paulo Neves Seródio	Individual	44:41	+14:41	04:28	
207	1278	Pedro Cardoso	Individual	44:43	+14:43	04:28	
208	164	Miguel Leao	BARRA OCEAN RUNNERS	44:46	+14:46	04:29	
209	1467	Luis matos	Reumaticos	44:47	+14:47	04:29	
210	292	Rúben Fernandes	DCI/Trilhos Luso Bussaco	44:47	+14:47	04:29	
211	283	MARIBEL CARDOSO	DAR Recardães	44:49	+14:49	04:29	
212	277	INÊS TEIXEIRA	DAR Recardães	44:50	+14:50	04:29	
213	289	SERGIO RODRIGUES	DAR Recardães	44:50	+14:50	04:29	
214	909	Rui Filipe Silva Fontoura	Individual	44:50	+14:50	04:29	
215	198	Luís Neves	CASA DO POVO DE MANGUALDE	44:50	+14:50	04:29	
216	891	Renato Daniel Faria Silvério	Individual	44:51	+14:51	04:29	
217	1251	Rui Teixeira	Individual	44:52	+14:52	04:29	
218	720	Erick Santos	Individual	44:53	+14:53	04:29	
219	1275	Miguel Dias.	Individual	44:55	+14:55	04:29	
220	544	Maria Baptista Lopes	Individual	44:57	+14:57	04:30	
221	1182	Albano Filipe Dias Lopes	Individual	44:57	+14:57	04:30	
222	314	Rodrigo Barge Matos	Família Barge Matos	44:58	+14:58	04:30	
223	1644	Paulo Pereira	GDC Guilhovai	45:01	+15:01	04:30	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
224	735	Francisco Almeida	Individual	45:04	+15:04	04:30	
225	161	Fernando Mónica	BARRA OCEAN RUNNERS	45:11	+15:11	04:31	
226	1137	Marcio Silva	Individual	45:12	+15:12	04:31	
227	71	Tiago Delgado	Ameal Trail	45:12	+15:12	04:31	
228	1095	Daniel Vieira	Individual	45:13	+15:13	04:31	
229	1460	Valter Silva	RECREIO DESPORTIVO DE ÁGUEDA	45:13	+15:13	04:31	
230	1230	Nuno Manuel Castilho dos Reis	Individual	45:15	+15:15	04:32	
231	518	Katerin oliveira	Individual	45:22	+15:22	04:32	
232	659	André SãoMarcos	Individual	45:22	+15:22	04:32	
233	1362	Pedro Neves	LAQP - Liga dos Amigos da Quinta do Pecado	45:22	+15:22	04:32	
234	733	Filipe José Ribeiro Andrade	Individual	45:27	+15:27	04:33	
235	328	PEDRO GARRIDO	Garridos	45:29	+15:29	04:33	
236	933	Tiago Bento	Individual	45:30	+15:30	04:33	
237	1332	GIL DA COSTA	Individual	45:34	+15:34	04:33	
238	231	Nuno Bento	Civilria Running Club	45:35	+15:35	04:33	
239	92	Samuel Marques	Associação Académica de Coimbra	45:35	+15:35	04:34	
240	1552	NUNO PEDRO MESQUITA E SILVA MORAIS	StepbyStep	45:37	+15:37	04:34	
241	306	Angelo Sá	Escola de Atletismo Carlos Lopes/Lusitano	45:38	+15:38	04:34	
242	210	Rui silva	CENAP	45:40	+15:40	04:34	
243	54	Francisco José Simões Campos	Altice Labs	45:41	+15:41	04:34	
244	840	Márcio Rasteiro	Individual	45:43	+15:43	04:34	
245	1262	Francisco leite	Individual	45:46	+15:46	04:35	
246	834	Manuel Fardilha	Individual	45:47	+15:47	04:35	
247	657	André Pratas	Individual	45:52	+15:52	04:35	
248	253	Fatima Pinho	CLTT - CLÍNICA LITORALIS TRAIL TEAM	45:54	+15:54	04:35	
249	867	Nuno Sarabando	Individual	45:56	+15:56	04:36	
250	148	Tiago Neves	BARRA OCEAN RUNNERS	45:57	+15:57	04:36	
251	1283	Pedro Santos	Individual	45:59	+15:59	04:36	
252	1502	Rui Cainé	RM RUNNERS	46:02	+16:02	04:36	
253	1277	Paulo Mainha	Individual	46:03	+16:03	04:36	
254	1470	Raul teixeira 2	Reumaticos	46:05	+16:05	04:37	
255	846	Maxim Mironov	Individual	46:06	+16:06	04:37	
256	8	João Laranjeiro	#É_só_até_ali	46:07	+16:07	04:37	
257	1143	Natanael Rodrigues	Individual	46:08	+16:08	04:37	
258	799	Joel Bastos Santos	Individual	46:09	+16:09	04:37	
259	383	Alexandra Mouta	Individual	46:09	+16:09	04:37	
260	765	João Caetano	Individual	46:10	+16:10	04:37	
261	1241	Pedro Óscar	Individual	46:12	+16:12	04:37	
262	1225	Nelson da Silva Auxiliar	Individual	46:12	+16:12	04:37	
263	117	Daniela Santos	BARRA OCEAN RUNNERS	46:13	+16:13	04:37	
264	1294	Vítor Proença	Individual	46:15	+16:15	04:37	
265	271	Frederico Soares Davim Abrantes	Clube dos Galitos	46:16	+16:16	04:38	
266	820	Lucas Silva	Individual	46:16	+16:16	04:38	
267	791	João Rocha	Individual	46:17	+16:17	04:38	
268	723	Fabio Oliveira	Individual	46:20	+16:20	04:38	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
269	1226	Nuno Almeida	Individual	46:24	+16:24	04:38	
270	781	João Martins	Individual	46:28	+16:28	04:39	
271	697	Diogo Dias	Individual	46:30	+16:30	04:39	
272	58	Mário Miguel Rosa Baltazar	Altice Labs	46:39	+16:39	04:40	
273	358	PEDRO ROCHA	GRUPO DESPORTIVO DA GAFANHA	46:41	+16:41	04:40	
274	364	Ana Branco	Hut Runners Aveiro	46:41	+16:41	04:40	
275	995	Marta Loureiro	Individual	46:44	+16:44	04:40	
276	293	LILIANA MARTINHO	DCI/Trilhos Luso Bussaco	46:48	+16:48	04:41	
277	368	Pedro Branco	Hut Runners Aveiro	46:49	+16:49	04:41	
278	129	António Santos	BARRA OCEAN RUNNERS	46:50	+16:50	04:41	
279	1216	Luís Ferrão	Individual	46:50	+16:50	04:41	
280	741	Francisco Silva	Individual	46:52	+16:52	04:41	
281	827	Luis Heinrich	Individual	46:53	+16:53	04:41	
282	759	Jaime Augusto	Individual	46:53	+16:53	04:41	
283	935	Tiago Coelho	Individual	46:56	+16:56	04:42	
284	1370	Miguel da Mota Rodrigues	LoveTiles	46:57	+16:57	04:42	
285	141	Jorge Reis	BARRA OCEAN RUNNERS	46:59	+16:59	04:42	
286	754	Hugo Cabral	Individual	46:59	+16:59	04:42	
287	835	Manuel Freitas	Individual	47:01	+17:01	04:42	
288	709	Eduardo Ferreira	Individual	47:02	+17:02	04:42	
289	889	Rafael Silva	Individual	47:04	+17:04	04:42	
290	1537	Fernando Santos	Sobral Santos	47:04	+17:04	04:42	
291	1308	Marco Monteiro	Individual	47:07	+17:07	04:43	
292	1438	João Parreira	Prison D'Aveiro	47:07	+17:07	04:43	
293	1039	Marta Oliveira	Individual	47:07	+17:07	04:43	
294	814	Leandro Oliveira Pinto	Individual	47:07	+17:07	04:43	
295	716	EMANUEL ALMEIDA	Individual	47:09	+17:09	04:43	
296	1138	Marco Portela	Individual	47:12	+17:12	04:43	
297	1035	Maria de Lurdes Coimbras	Individual	47:15	+17:15	04:43	
298	656	André Pinho	Individual	47:15	+17:15	04:44	
299	655	André Nunes Dias	Individual	47:17	+17:17	04:44	
300	1361	João Silva	LAQP - Liga dos Amigos da Quinta do Pecado	47:17	+17:17	04:44	
301	302	João Martins	EAT - Escola de Atletismo da Trofa	47:17	+17:17	04:44	
302	698	Diogo Filipe	Individual	47:18	+17:18	04:44	
303	886	Rafael Gomes	Individual	47:18	+17:18	04:44	
304	1535	Daniel Almeida	Snupe.	47:18	+17:18	04:44	
305	798	Joaquim Gonçalves	Individual	47:19	+17:19	04:44	
306	288	PEDRO CARVALHO	DAR Recardães	47:19	+17:19	04:44	
307	181	Pedro Inácio	Bora Treinar	47:20	+17:20	04:44	
308	805	José Garrido	Individual	47:20	+17:20	04:44	
309	351	Pedro Lopes	Grupo Desportivo Assempark	47:21	+17:21	04:44	
310	1398	Pedro Gil	Orthia	47:23	+17:23	04:44	
311	778	João Jesus	Individual	47:23	+17:24	04:44	
312	67	Paulo Jorge Costa Gonçalves	Altice Labs	47:24	+17:24	04:44	
313	290	PAULO JORGE	DAR Recardães	47:27	+17:27	04:45	
314	1339	José Alberto Pereira Monteiro	Individual	47:28	+17:28	04:45	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
315	331	Isabel Oliveira	GDR-Granja Trutas do Mau	47:31	+17:31	04:45	
316	332	Fernando Oliveira	GDR-Granja Trutas do Mau	47:32	+17:32	04:45	
317	682	Cristiano Alexandre Almeida Oliveira Rodrigues	Individual	47:32	+17:32	04:45	
318	728	Filipe Almeida	Individual	47:35	+17:35	04:45	
319	1380	Jhonatan Rodriguez	Molinhas Team	47:37	+17:37	04:46	
320	187	Júlia Conceição	C.F.OLIVEIRA DO DOURO	47:38	+17:38	04:46	
321	960	Vítor Hugo Pinto de Sousa	Individual	47:38	+17:38	04:46	
322	1562	Bárbara Almeida	Team almoço	47:39	+17:39	04:46	
323	113	Catarina Pinho	BARRA OCEAN RUNNERS	47:39	+17:39	04:46	
324	335	Adérito Curto	Gira Sol	47:41	+17:41	04:46	
325	1529	Nuno Jorge Correia Brito	Salgueiros Running	47:45	+17:45	04:47	
326	320	Ana Figueiredo	Fresenius Kabi RUNNERS	47:46	+17:46	04:47	
327	1357	Dinis F. Oliveira	Keep Running Forward	47:46	+17:46	04:47	
328	892	Renato Jesus Marques	Individual	47:46	+17:46	04:47	
329	788	João Pedro Capão	Individual	47:47	+17:47	04:47	
330	154	Hugo Capela	BARRA OCEAN RUNNERS	47:49	+17:49	04:47	
331	30	Susana Martins	ACR Vale de Cambra	47:49	+17:49	04:47	
332	312	Joni Campos	Fajó	47:51	+17:51	04:47	
333	1135	Manuel ventura da Silva Marques	Individual	47:52	+17:52	04:47	
334	868	Óscar Lopes	Individual	47:52	+17:52	04:47	
335	1163	Ricardo Figueira	Individual	47:53	+17:53	04:47	
336	1113	Hugo Baptista	Individual	47:53	+17:53	04:47	
337	1601	Guilherme Ramalheira	TUFF RUNNERS	47:54	+17:54	04:47	
338	1205	Hilário Monteiro	Individual	47:55	+17:55	04:48	
339	467	Débora Inês Rocha Pinho	Individual	47:56	+17:56	04:48	
340	1433	João Ferreiro	Play Out	47:56	+17:56	04:48	
341	676	Carlos Coutinho	Individual	47:58	+17:58	04:48	
342	913	Rui Ladeiro	Individual	47:58	+17:58	04:48	
343	134	Diogo Ramos	BARRA OCEAN RUNNERS	47:58	+17:58	04:48	
344	1253	Tiago Costa Amaral	Individual	47:59	+17:59	04:48	
345	1029	Helga Soares	Individual	48:00	+18:00	04:48	
346	803	José Afonso Baião Silva	Individual	48:01	+18:01	04:48	
347	126	Tatiana Oliveira	BARRA OCEAN RUNNERS	48:03	+18:03	04:48	
348	695	Diogo Areias	Individual	48:03	+18:03	04:48	
349	82	Maria João Matos Vieira	ARSM - Associação Recreativa de São Miguel	48:04	+18:04	04:48	
350	1	João Campolargo	Individual	48:08	+18:08	04:49	
351	757	Igor Daniel Silva Azevedo	Individual	48:08	+18:08	04:49	
352	1325	Arménio Neves	Individual	48:09	+18:09	04:49	
353	108	Beatriz Bastos	BARRA OCEAN RUNNERS	48:10	+18:10	04:49	
354	135	Francisco Paiva	BARRA OCEAN RUNNERS	48:10	+18:10	04:49	
355	1255	Tozé Silva	Individual	48:11	+18:11	04:49	
356	436	Catarina Carvalho	Individual	48:11	+18:11	04:49	
357	1526	Carlos Domingues	Saca Trilhos Anadia	48:12	+18:12	04:49	
358	1369	João Pedro Martins Gonçalves	Los Sem Pressa	48:14	+18:14	04:49	
359	1267	João Rodrigues	Individual	48:23	+18:23	04:50	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
360	812	Leandro Marinho Viana	Individual	48:23	+18:23	04:50	
361	1427	Carlos Santos	Passo a Passo	48:23	+18:23	04:50	
362	1327	Carlos Alberto Gomes Lopes	Individual	48:25	+18:25	04:51	
363	185	João Manuel Afonso Domingues	BTTralhos	48:26	+18:26	04:51	
364	460	Daniela Martins	Individual	48:27	+18:27	04:51	
365	1250	Rui Simões	Individual	48:27	+18:27	04:51	
366	879	Pedro Manuel Oliveira Matos	Individual	48:28	+18:28	04:51	
367	1270	Jorge Mota	Individual	48:30	+18:30	04:51	
368	1119	João André Maranhão	Individual	48:30	+18:30	04:51	
369	1132	Luis Dias	Individual	48:31	+18:31	04:51	
370	179	Francisco Agostinho	Bobadelas Running Team	48:32	+18:32	04:51	
371	1105	Fernando pontes da Silva	Individual	48:32	+18:32	04:51	
372	70	Maria Helena Silva Matos	Ameal Trail	48:35	+18:35	04:51	
373	1452	Paulo Providência	R G Levanta Poeira	48:36	+18:36	04:52	
374	303	André Filipe dos Santos Rebelo	Eduart-Componentes Calçado .	48:39	+18:39	04:52	
375	1257	Adérito justina	Individual	48:43	+18:43	04:52	
376	124	Soraia Basílio	BARRA OCEAN RUNNERS	48:44	+18:44	04:52	
377	915	Rui Miguel Ferreira Rodrigues	Individual	48:47	+18:47	04:53	
378	689	Daniel Tavares	Individual	48:47	+18:47	04:53	
379	1175	Tiago Almeida	Individual	48:49	+18:49	04:53	
380	1403	André Silva	Pacemakers	48:50	+18:50	04:53	
381	1129	Jose Veiga	Individual	48:50	+18:50	04:53	
382	729	Filipe Baptista Lopes	Individual	48:51	+18:51	04:53	
383	95	ADRIANO TEIXEIRA	ATHLON RUNNER'S	48:51	+18:51	04:53	
384	653	André Marques	Individual	48:51	+18:51	04:53	
385	1429	Sérgio Ferraz	Penta Clube da Covilhã	48:51	+18:51	04:53	
386	650	André Coelho	Individual	48:52	+18:52	04:53	
387	1149	Nuno Pereira	Individual	48:55	+18:55	04:54	
388	941	Tiago Morais	Individual	48:57	+18:57	04:54	
389	1141	Mark Araujo	Individual	48:58	+18:58	04:54	
390	1390	Ricardo Pinto	Não Custa Nada	48:59	+18:59	04:54	
391	672	Bruno Leite	Individual	49:00	+19:00	04:54	
392	717	Emanuel Heleno	Individual	49:01	+19:01	04:54	
393	1268	João Teixeira	Individual	49:01	+19:01	04:54	
394	431	Carolina Amaral	Individual	49:04	+19:04	04:54	
395	772	João Filipe Costa Merendeiro	Individual	49:06	+19:06	04:55	
396	74	Alex Semichev	Anatata	49:07	+19:07	04:55	
397	1121	João ferreira	Individual	49:08	+19:08	04:55	
398	294	Carla manuela Rodrigues pinto Gonçalves	DCI/Trilhos Luso Bussaco	49:08	+19:08	04:55	
399	924	Sérgio Manuel Gomes Silva	Individual	49:11	+19:11	04:55	
400	282	DINORA BASTOS	DAR Recardães	49:11	+19:11	04:55	
401	349	João Miranda	Grupo Desportivo Assempark	49:12	+19:12	04:55	
402	780	João Marques	Individual	49:14	+19:14	04:55	
403	683	Daniel Berbigão	Individual	49:15	+19:15	04:56	
404	313	Jorge Matos	Família Barge Matos	49:16	+19:16	04:56	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
405	692	David de Sousa Quitério	Individual	49:17	+19:17	04:56	
406	18	João Lino	A.D.C.R. VILAGE	49:17	+19:17	04:56	
407	1343	Juvenal Magueta	Individual	49:20	+19:20	04:56	
408	1099	Diogo Carvalhais	Individual	49:21	+19:21	04:56	
409	1588	Rafael Malta	TREPANELAS / PRIFER	49:21	+19:21	04:56	
410	1271	Jorge Vilela	Individual	49:24	+19:24	04:56	
411	792	João Santos	Individual	49:24	+19:24	04:56	
412	963	Adriana Gomes	Individual	49:24	+19:24	04:56	
413	1232	Nuno Silva	Individual	49:25	+19:25	04:57	
414	703	Diogo Riço	Individual	49:27	+19:27	04:57	
415	1645	Ricardo Gomes	Pacers	49:30	+19:30	04:57	
416	1261	Carlos Ferreira	Individual	49:30	+19:30	04:57	
417	475	Elena Gamozova	Individual	49:30	+19:30	04:57	
418	1463	José Matos	RECREIO DESPORTIVO DE ÁGUEDA	49:37	+19:37	04:58	
419	705	Duarte Santos Ribeiro	Individual	49:38	+19:38	04:58	
420	562	Mariana Sousa	Individual	49:39	+19:39	04:58	
421	888	Rafael Rocha	Individual	49:39	+19:39	04:58	
422	736	Francisco Bica	Individual	49:40	+19:40	04:58	
423	327	Diogo Garrido	Garridos	49:41	+19:41	04:58	
424	975	Claudia Sousa	Individual	49:42	+19:42	04:58	
425	1338	Joaquim silva costa	Individual	49:47	+19:47	04:59	
426	1345	Manuel Oliveira	Individual	49:48	+19:48	04:59	
427	1363	Filipe Silva	LAQP - Liga dos Amigos da Quinta do Pecado	49:48	+19:48	04:59	
428	352	João Dono	Grupo Desportivo Assempark	49:51	+19:51	04:59	
429	756	Humberto Garcia	Individual	49:53	+19:53	04:59	
430	146	Pedro Miguel Marquinhos Soeiro	BARRA OCEAN RUNNERS	49:55	+19:55	04:59	
431	1335	João Almada	Individual	49:59	+19:59	05:00	
432	1585	Rodolfo Bevilaqua	Travão Puxado	49:59	+19:59	05:00	
433	1048	Sónia da Costa Oliveira	Individual	50:02	+20:02	05:00	
434	917	Rui Saraiva	Individual	50:02	+20:02	05:00	
435	370	Rodrigo Monteiro	Hut Runners Aveiro	50:03	+20:03	05:00	
436	1233	Nuno Troia	Individual	50:04	+20:04	05:00	
437	1284	Ricardo Jorge Grilo Marques Senos	Individual	50:05	+20:05	05:00	
438	213	Alexandra Ferro de Pinho Calhau	Civilria Running Club	50:07	+20:07	05:01	
439	203	Joana Valente	CENAP	50:10	+20:10	05:01	
440	1522	André Pereira	RunSanchequias	50:12	+20:12	05:01	
441	1446	PEDRO SARAIVA	PRÓS e CONTRA	50:13	+20:13	05:01	
442	993	Margarida Vidal	Individual	50:14	+20:14	05:01	
443	526	Liliana Almeida Santos	Individual	50:15	+20:15	05:01	
444	366	Sofia Assunção	Hut Runners Aveiro	50:15	+20:15	05:02	
445	444	Cátia Moreira	Individual	50:16	+20:16	05:02	
446	143	Luís Gomes	BARRA OCEAN RUNNERS	50:16	+20:16	05:02	
447	376	João Pedro Oliveira Silva	Hut Runners Aveiro	50:18	+20:18	05:02	
448	712	Eduardo Seabra	Individual	50:18	+20:18	05:02	
449	160	Arnaldo Tomás	BARRA OCEAN RUNNERS	50:20	+20:20	05:02	
450	1217	Luís Nunes	Individual	50:21	+20:21	05:02	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
451	797	João Velinho	Individual	50:22	+20:22	05:02	
452	762	João Anjos	Individual	50:22	+20:22	05:02	
453	928	Severino José Paiva Rocha	Individual	50:23	+20:23	05:02	
454	595	Rita Alves	Individual	50:24	+20:24	05:02	
455	56	José Maria Marques Andrade	Altice Labs	50:25	+20:25	05:02	
456	1166	Ricardo Tavares	Individual	50:25	+20:25	05:02	
457	170	Filipe Sequeira	Bengalas e Muletas	50:25	+20:25	05:03	
458	766	João Campos	Individual	50:26	+20:26	05:03	
459	1196	Fernando Jorge Nunes Ramos	Individual	50:27	+20:27	05:03	
460	93	Dário Amaral	Associação Os Vouzelenses	50:29	+20:29	05:03	
461	147	Simão Ferreira	BARRA OCEAN RUNNERS	50:29	+20:29	05:03	
462	1602	João Pedro Conde de Almeida	TUFF RUNNERS	50:29	+20:29	05:03	
463	934	Tiago Canês	Individual	50:32	+20:32	05:03	
464	1020	Alda Esteves	Individual	50:33	+20:33	05:03	
465	1481	FRANCISCO JOSÉ SILVA GOMES	Reumáticos & Etc	50:34	+20:34	05:03	
466	1469	Paulo ramos	Reumaticos	50:36	+20:36	05:04	
467	1192	Daniel Correia Martins	Individual	50:36	+20:36	05:04	
468	20	TIAGO BRANCO	A.D.GRIJÓ A CORRER	50:37	+20:37	05:04	
469	1559	Nuno silva	Tartarugas	50:44	+20:44	05:04	
470	1487	Diogo Jerónimo	Ride	50:45	+20:45	05:05	
471	1486	Rita Fardilha	Ride	50:46	+20:46	05:05	
472	907	Rui Alberto da Silva Pires	Individual	50:46	+20:46	05:05	
473	1595	Nuno felix	Tróia Performance exercise clinc	50:47	+20:47	05:05	
474	1599	SILVANA OLIVEIRA	TUFF RUNNERS	50:50	+20:50	05:05	
475	1243	Ricardo Gama	Individual	50:51	+20:51	05:05	
476	1242	Renato Moedas	Individual	50:51	+20:51	05:05	
477	1157	Pedro Laies	Individual	50:51	+20:51	05:05	
478	1449	Jorge Ribeiro	R G Levanta Poeira	50:53	+20:53	05:05	
479	1375	fatima carvalho	Mind&Body	50:53	+20:53	05:05	
480	878	Pedro Loprs	Individual	50:53	+20:53	05:05	
481	858	Nuno Fernandes	Individual	50:56	+20:56	05:06	
482	1090	Carlos Cunha	Individual	50:57	+20:57	05:06	
483	566	Marisa Alexandra Oliveira da Silva	Individual	50:59	+20:59	05:06	
484	163	José Martins	BARRA OCEAN RUNNERS	50:59	+20:59	05:06	
485	847	Micael Castro	Individual	51:01	+21:01	05:06	
486	142	Luis Afonso	BARRA OCEAN RUNNERS	51:05	+21:05	05:06	
487	648	André Boia	Individual	51:05	+21:05	05:07	
488	574	Mélanie Quintela	Individual	51:06	+21:06	05:07	
489	1341	José Luís Oliveira Alves	Individual	51:07	+21:07	05:07	
490	679	celso cruz	Individual	51:08	+21:08	05:07	
491	833	LUIZ FERNANDO CAETE DA SILVA	Individual	51:08	+21:09	05:07	
492	227	João Moreira	Civilria Running Club	51:11	+21:11	05:07	
493	749	Guilherme Botelho Pereira	Individual	51:12	+21:12	05:07	
494	821	Luis Cação	Individual	51:12	+21:12	05:07	
495	1228	Nuno Craveiro	Individual	51:13	+21:13	05:07	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
496	857	Nuno Faria	Individual	51:13	+21:13	05:07	
497	1273	José Manuel da Costa Resende	Individual	51:13	+21:13	05:07	
498	1049	Sónia Gama	Individual	51:14	+21:14	05:07	
499	243	Bruno Pereira da Rocha	Civilria Running Club	51:14	+21:14	05:07	
500	420	Bárbara Lobo	Individual	51:14	+21:14	05:07	
501	276	DANIELA SANTOS	DAR Recardães	51:14	+21:14	05:07	
502	489	Francisca Sousa	Individual	51:16	+21:16	05:08	
503	430	Carol Bernardo	Individual	51:18	+21:18	05:08	
504	997	Marta Varandas	Individual	51:18	+21:18	05:08	
505	1123	João Simões	Individual	51:21	+21:21	05:08	
506	897	Ricardo Magalhães	Individual	51:23	+21:23	05:08	
507	229	José Duarte	Civilria Running Club	51:25	+21:25	05:08	
508	1356	Celso Alves	JuveRun Team	51:25	+21:25	05:09	
509	921	Rui Vilela	Individual	51:29	+21:29	05:09	
510	1450	Almerindo Ferreira	R G Levanta Poeira	51:30	+21:30	05:09	
511	755	Hugo Martins	Individual	51:30	+21:30	05:09	
512	696	Diogo Cruz	Individual	51:30	+21:30	05:09	
513	1442	MANUELA VIEIRA	PRÓS e CONTRA	51:32	+21:32	05:09	
514	514	Juliana Almeida	Individual	51:33	+21:33	05:09	
515	962	Xavier Ferreira	Individual	51:34	+21:34	05:09	
516	1036	Maria João Freitas	Individual	51:35	+21:35	05:10	
517	534	Mafalda Segura	Individual	51:37	+21:37	05:10	
518	743	Giovanni Diaz	Individual	51:37	+21:37	05:10	
519	842	Martim Santos	Individual	51:39	+21:39	05:10	
520	1206	Hugo Ribeiro	Individual	51:42	+21:42	05:10	
521	73	Anastasiia Sorokina	Anatata	51:43	+21:43	05:10	
522	602	Rita Santos	Individual	51:47	+21:47	05:11	
523	906	Rúben Pereira	Individual	51:47	+21:47	05:11	
524	224	Francisco Natal Garcia	Civilria Running Club	51:52	+21:52	05:11	
525	1631	Diogo Pinto	Andreia Oliveira	51:53	+21:53	05:11	
526	831	Luís Santos	Individual	51:54	+21:54	05:11	
527	818	Lucas Cordeiro	Individual	51:55	+21:55	05:11	
528	1240	Pedro Marques	Individual	51:56	+21:56	05:12	
529	339	Sandra Vieira	GRECAS - Vagos	52:00	+22:00	05:12	
530	1265	João Matos	Individual	52:04	+22:04	05:12	
531	140	Joel Mariano	BARRA OCEAN RUNNERS	52:04	+22:04	05:12	
532	910	Rui Gonçalves	Individual	52:05	+22:05	05:13	
533	896	Ricardo Lopes	Individual	52:06	+22:06	05:13	
534	157	Ricardo Oliveira	BARRA OCEAN RUNNERS	52:07	+22:07	05:13	
535	1625	Joao Nunes	Viriathvs Runners Viseu	52:08	+22:08	05:13	
536	509	Joana Henriques Oliveira	Individual	52:09	+22:09	05:13	
537	1116	HUGO MIGUEL CASTRO LARANJEIRA	Individual	52:10	+22:10	05:13	
538	661	António César Silva Ferreira	Individual	52:11	+22:11	05:13	
539	666	Benjamim Ferreira	Individual	52:11	+22:11	05:13	
540	769	João Diogo da Silva Semedo	Individual	52:14	+22:14	05:13	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
541	39	Tude Melo	ADI-Ílhavo	52:15	+22:15	05:13	
542	1159	Pedro Sarabando	Individual	52:17	+22:17	05:14	
543	1560	Susana Cerqueira	Tartarugas	52:18	+22:18	05:14	
544	241	Rosabell Dos Santos	Civilria Running Club	52:19	+22:19	05:14	
545	1319	Álvaro Aluai	Individual	52:23	+22:23	05:14	
546	1026	Deirilene Mendes Vargas Lopes	Individual	52:23	+22:23	05:14	
547	419	Anne Bertuzzi	Individual	52:25	+22:25	05:14	
548	189	Mariana Pereira	Cambra Runners	52:25	+22:25	05:15	
549	1492	Diogo Filipe Moura Silva	RIS2048	52:26	+22:26	05:15	
550	1290	Samuel Ferraz Costa	Individual	52:26	+22:26	05:15	
551	1015	Sónia Ramos	Individual	52:28	+22:28	05:15	
552	316	Carlos Almeida	FFonseca Running Team	52:28	+22:28	05:15	
553	1385	Luís Rabaça	MOVAREIASPT	52:28	+22:28	05:15	
554	1384	Maria Areias	MOVAREIASPT	52:28	+22:28	05:15	
555	1040	Maryna Skliar	Individual	52:29	+22:29	05:15	
556	363	Tiago Almeida	HellRun	52:34	+22:34	05:15	
557	927	Sérgio Tavares	Individual	52:38	+22:38	05:16	
558	64	Bruno Daniel Trindade Santos	Altice Labs	52:38	+22:38	05:16	
559	1033	Manuela Melo	Individual	52:39	+22:39	05:16	
560	1329	Fernando Lopes	Individual	52:41	+22:41	05:16	
561	362	Nelson Rodrigues	HellRun	52:42	+22:42	05:16	
562	829	Luís malarmey ribeiro	Individual	52:42	+22:42	05:16	
563	1111	Gustavo Capão	Individual	52:42	+22:42	05:16	
564	360	Andreia Rodrigues	HellRun	52:43	+22:43	05:16	
565	763	João Assunção	Individual	52:45	+22:45	05:17	
566	122	Rafaela Oliveira	BARRA OCEAN RUNNERS	52:45	+22:45	05:17	
567	523	Laura Loução dos Santos	Individual	52:51	+22:51	05:17	
568	580	Nicole Van Dewerker	Individual	52:52	+22:52	05:17	
569	508	Joana Carvalho	Individual	52:53	+22:53	05:17	
570	714	Élio Maia	Individual	52:54	+22:54	05:17	
571	760	Jaime Ricardo da Costa Lopes Catarino	Reumaticos	52:54	+22:54	05:17	
572	230	Miguel Duarte	Civilria Running Club	52:59	+22:59	05:18	
573	903	Rodrigo Gaspar	Individual	52:59	+22:59	05:18	
574	1037	Maria Miguel Galhardo	Individual	53:00	+23:00	05:18	
575	42	Francisco Vieito	Adriazul	53:02	+23:02	05:18	
576	1139	Mário Basílio	Individual	53:02	+23:02	05:18	
577	979	Elsa Vilarinho	Individual	53:02	+23:02	05:18	
578	1336	João Capelôa	Individual	53:02	+23:02	05:18	
579	828	Luis Lopes	Individual	53:03	+23:03	05:18	
580	1180	Vitor Avelino Silva Macedo	Individual	53:05	+23:05	05:19	
581	608	Rose Ramos	Individual	53:12	+23:12	05:19	
582	1425	Ricardo Gonçalves	Pantufas Voadoras	53:12	+23:12	05:19	
583	1056	Fátima Cristina Vieira dos Santos	Individual	53:12	+23:12	05:19	
584	1316	Rui Jorge de Sousa silva	Individual	53:13	+23:13	05:19	
585	982	Helen Brache	Individual	53:14	+23:14	05:19	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
586	112	Catarina Lopes	BARRA OCEAN RUNNERS	53:15	+23:15	05:19	
587	680	Cesar Filipe Vieira agomes	Individual	53:15	+23:15	05:20	
588	468	Diana Amaral	Individual	53:17	+23:17	05:20	
589	940	TIAGO MONIZ GUEDES	Individual	53:19	+23:19	05:20	
590	634	Susete Freitas	Individual	53:19	+23:19	05:20	
591	392	Ana Cláudia Santos Pereira	Individual	53:19	+23:19	05:20	
592	80	Maria João Martins Infante Pereira Benquerença	ARCD Venda da Luisa	53:19	+23:19	05:20	
593	965	Ana Catarina Alves Joãoão	Individual	53:19	+23:19	05:20	
594	248	Paulo Rosário	Clínica do exercício	53:20	+23:20	05:20	
595	109	Beatriz Damas	BARRA OCEAN RUNNERS	53:23	+23:23	05:20	
596	1279	Pedro Ferreira	Individual	53:23	+23:23	05:20	
597	572	Matilde Almeida	Individual	53:27	+23:27	05:21	
598	1507	Reinaldo Manuel Rodrigues Rocha	Rocha	53:31	+23:31	05:21	
599	1288	Rui Fartura	Individual	53:36	+23:36	05:22	
600	1551	BERNARDO ROQUE E SILVA MORAIS	StepbyStep	53:37	+23:37	05:22	
601	434	Carolina Magalhães	Individual	53:38	+23:38	05:22	
602	1293	Vítor Neto	Individual	53:38	+23:38	05:22	
603	1501	Ricardo Mingatos	RM RUNNERS	53:38	+23:38	05:22	
604	875	Pedro Ferreira	Individual	53:39	+23:39	05:22	
605	1272	José Francisco Silva Santiago	Individual	53:39	+23:39	05:22	
606	10	Gustavo Barros	#É_só_até_ali	53:40	+23:40	05:22	
607	373	Bruno Silveira	Hut Runners Aveiro	53:40	+23:40	05:22	
608	1058	Inês almeida	Individual	53:41	+23:41	05:22	
609	1331	Francisco J L Calao	Individual	53:45	+23:45	05:23	
610	1479	JOÃO CARLOS MARÇALO PEREIRA	Reumáticos & Etc	53:46	+23:46	05:23	
611	374	Pedro Couto	Hut Runners Aveiro	53:47	+23:47	05:23	
612	1309	Mario Marques	Individual	53:47	+23:47	05:23	
613	1483	VITOR MANUEL PIRES ALVES	Reumáticos & Etc	53:48	+23:48	05:23	
614	1476	PAULA CRISTINA DOS SANTOS SILVA	Reumáticos & Etc	53:48	+23:48	05:23	
615	620	Sara Martins	Individual	53:53	+23:53	05:23	
616	824	Luís Correia	Individual	53:59	+23:59	05:24	
617	603	Rita sofia Matos Machado	Individual	54:00	+24:00	05:24	
618	1297	ANTONIO TEIXEIRA	Individual	54:03	+24:03	05:24	
619	1579	Nelson Fonseca	Tostas em fuga	54:03	+24:03	05:24	
620	793	João Sousa	Individual	54:04	+24:04	05:24	
621	1513	CARLA AMADOR	Run for Fun	54:05	+24:05	05:25	
622	1211	JORGE ALEXANDER FERREIRA SERENO	Individual	54:06	+24:06	05:25	
623	385	Alexandra Sá	Individual	54:07	+24:07	05:25	
624	837	Manuel Trovisco	Individual	54:07	+24:07	05:25	
625	1112	Henrique Almeida	Individual	54:07	+24:07	05:25	
626	297	Carolina Monteiro	DINAMO CLUBE DA ESTAÇÃO	54:07	+24:07	05:25	
627	1376	Carla Magalhães	Mind&Body	54:08	+24:08	05:25	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
628	1424	Pedro Pereira	Pantufas Voadoras	54:08	+24:09	05:25	
629	1315	Rui Amado	Individual	54:11	+24:11	05:25	
630	796	João Valente	Individual	54:12	+24:12	05:25	
631	344	Rebeca Vale	Grupo Desportivo Assempark	54:12	+24:12	05:25	
632	1201	Gonçalo de Oliveira Afonso Lopes	Individual	54:14	+24:14	05:25	
633	1126	José Carvalho	Individual	54:14	+24:14	05:25	
634	69	Vitor Santos	Altice Labs	54:14	+24:14	05:25	
635	774	João Francisco Lourenço Pires	Individual	54:15	+24:15	05:26	
636	1059	Isabel neves	Individual	54:17	+24:17	05:26	
637	992	Margarida Malaquias	Individual	54:17	+24:17	05:26	
638	1064	Paula Vizinho	Individual	54:17	+24:17	05:26	
639	619	Sara Margarida Almeida Teixeira	Individual	54:17	+24:17	05:26	
640	446	Chloé Marion Lopes	Individual	54:18	+24:18	05:26	
641	1304	Luís Santos	Individual	54:20	+24:20	05:26	
642	996	Marta Pereira	Individual	54:21	+24:21	05:26	
643	1524	Gonçalo Sousa	RunSanchequias	54:22	+24:22	05:26	
644	1558	Ricardo Santos Rosa	Talentos Objetivos	54:24	+24:24	05:26	
645	65	Manuel Agostinho Oliveira Romeiro	Altice Labs	54:25	+24:25	05:26	
646	1557	Sandra Simões	Talentos Objetivos	54:25	+24:25	05:26	
647	1296	Amilcar de Oliveira Raimundo	Individual	54:25	+24:25	05:27	
648	451	Cristiana Sousa	Individual	54:25	+24:25	05:27	
649	1014	Sónia Lemos	Individual	54:25	+24:25	05:27	
650	116	Daniela Lopes	BARRA OCEAN RUNNERS	54:26	+24:26	05:27	
651	1223	Miguel Alexandre Pinho Carlos	Individual	54:26	+24:26	05:27	
652	876	Pedro Herculano	Individual	54:27	+24:27	05:27	
653	885	Rafael Caprichoso	Individual	54:28	+24:28	05:27	
654	987	Joana Macedo	Individual	54:29	+24:29	05:27	
655	295	Tália Martins	DCI/Trilhos Luso Bussaco	54:30	+24:30	05:27	
656	671	Bruno André Pinhal de Oliveira	Individual	54:31	+24:31	05:27	
657	1030	Joana Tavares	Individual	54:33	+24:33	05:27	
658	748	Guilherme Baptista	Individual	54:38	+24:38	05:28	
659	713	Elder de Oliveira Silva	Individual	54:42	+24:42	05:28	
660	528	Luana Maria do Nascimento de Moraes	Individual	54:43	+24:43	05:28	
661	606	Roberta Pereira	Individual	54:43	+24:43	05:28	
662	1590	Sara Neves	Três por Hora	54:43	+24:43	05:28	
663	102	Nuno Silva	Avengers	54:44	+24:44	05:28	
664	1043	Rachel Parisi	Individual	54:46	+24:46	05:29	
665	607	Rosana Tomasio	Individual	54:46	+24:46	05:29	
666	1347	Mário Vilarinho	Individual	54:46	+24:46	05:29	
667	1218	Luís Raimundo	Individual	54:49	+24:49	05:29	
668	947	Tiago Vieira	Individual	54:50	+24:50	05:29	
669	685	Daniel Filipe Tavares Marques	Individual	54:51	+24:51	05:29	
670	632	Susana Bento	Individual	54:52	+24:52	05:29	
671	1523	Emanuel Simões	RunSanchequias	54:53	+24:53	05:29	
672	1372	Pedro Costa	MATIZ	54:53	+24:53	05:29	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
673	899	Ricardo Reis	Individual	54:53	+24:53	05:29	
674	305	Eduardo Tavares Rebelo	Eduart-Componentes Calçado	54:54	+24:54	05:29	
675	44	Rui Vieito	Adriazul	54:55	+24:55	05:29	
676	1008	Sara Costa	Individual	54:56	+24:56	05:30	
677	1630	Nuno Reis	Individual	54:57	+24:57	05:30	
678	1474	TERESA ALEXANDRA ESTEVES RIBEIRO	Reumáticos & Etc	55:02	+25:02	05:30	
679	1567	Simão Baldaia	Team Baldaia	55:03	+25:03	05:30	
680	97	Filipa Silva	Atletas Aveiro	55:04	+25:04	05:30	
681	582	Patrícia Carvalho Cabral Monteiro	Individual	55:06	+25:06	05:31	
682	218	Dennise Verissimo	Civilria Running Club	55:06	+25:06	05:31	
683	914	Rui Marinho	Individual	55:09	+25:09	05:31	
684	365	Cátia Albuquerque	Hut Runners Aveiro	55:10	+25:10	05:31	
685	1027	Gisela Dias	Individual	55:10	+25:10	05:31	
686	1042	PAULA ROCHA	Individual	55:10	+25:10	05:31	
687	426	Betina Beirão	Individual	55:10	+25:10	05:31	
688	1209	João André	Individual	55:11	+25:11	05:31	
689	668	Bernardo De Francesco Barreto	Individual	55:11	+25:11	05:31	
690	51	André Seixas da Silva	Altice Labs	55:12	+25:12	05:31	
691	66	Romero da Fonseca e Silva	Altice Labs	55:12	+25:12	05:31	
692	1539	Susana Vieira	SosenseTrailTeam-Braga&Fernandes/Corind	55:12	+25:12	05:31	
693	107	Ana Ventura	BARRA OCEAN RUNNERS	55:13	+25:13	05:31	
694	601	Rita Marieiro	Individual	55:13	+25:13	05:31	
695	340	SUZETE MARCO	GRECAS - Vagos	55:15	+25:15	05:32	
696	137	Gonçalo Martins	BARRA OCEAN RUNNERS	55:18	+25:18	05:32	
697	114	Célia Fernandes	BARRA OCEAN RUNNERS	55:19	+25:19	05:32	
698	1540	Rosa Tavares	SosenseTrailTeam-Braga&Fernandes/Corind	55:19	+25:19	05:32	
699	247	Lara Daniela Rosário Martins	Clínica do exercício	55:20	+25:20	05:32	
700	849	Miguel Galrinho	Individual	55:20	+25:20	05:32	
701	817	Licínio Castanheira de Carvalho	Individual	55:23	+25:23	05:32	
702	1041	Paula Brito	Individual	55:24	+25:24	05:32	
703	944	Tiago Pereira Fernandes	Individual	55:26	+25:26	05:33	
704	45	Andreia Cristina Gonçalves Vieira	ADSS	55:27	+25:27	05:33	
705	1312	Paulo Caetano	Individual	55:27	+25:27	05:33	
706	628	Sofia Moreira	Individual	55:28	+25:28	05:33	
707	785	João Papel	Individual	55:28	+25:28	05:33	
708	245	Artur Varum	Civilria Running Club	55:29	+25:29	05:33	
709	669	Bernardo Patoilo	Individual	55:29	+25:29	05:33	
710	1627	Joel Antunes	voltaren running club	55:33	+25:33	05:33	
711	1371	Valerie Mann	Mann Almeida	55:35	+25:35	05:34	
712	1264	Gustavo Vasconcelos	Individual	55:37	+25:37	05:34	
713	701	Diogo Melo loureiro	Individual	55:40	+25:40	05:34	
714	291	Andrea Marin Marques	DCI/Trilhos Luso Bussaco	55:41	+25:41	05:34	
715	1160	Pedro Serafim	Individual	55:46	+25:46	05:35	
716	1321	António M Sousa	Individual	55:46	+25:46	05:35	
717	75	Andreia Oliveira	Andreia Oliveira	55:48	+25:48	05:35	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
718	674	Bruno Silva	Individual	55:48	+25:48	05:35	
719	6	Marisa Moreira	#É_só_até_alí	55:48	+25:48	05:35	
720	617	Sara Filipa vale varão	Individual	55:49	+25:49	05:35	
721	1397	Marisa Carvalho	Orthia	55:50	+25:50	05:35	
722	1107	Flávio Dias	Individual	55:50	+25:50	05:35	
723	513	Josefa Fonseca	Individual	55:53	+25:53	05:35	
724	125	Soraia Coelho	BARRA OCEAN RUNNERS	55:54	+25:54	05:35	
725	149	Carla Barbosa	BARRA OCEAN RUNNERS	55:54	+25:54	05:35	
726	1038	Marta Mateus	Individual	55:55	+25:55	05:36	
727	1280	Pedro Miguel Micaêlo Freire	Individual	55:58	+25:58	05:36	
728	17	Susana Monteiro	A. D. Rio Largo C. Espinho	56:03	+26:03	05:36	
729	470	Diana Carolina Silva	Individual	56:04	+26:04	05:36	
730	1571	Rui Rocha	Team Baldaia	56:08	+26:08	05:37	
731	395	Ana Filipa Durão	Individual	56:09	+26:09	05:37	
732	1628	Pedro Machado	voltaren running club	56:09	+26:09	05:37	
733	353	Paulo Antunes	Grupo Desportivo Assempark	56:11	+26:11	05:37	
734	658	André Rodrigues Almeida	Individual	56:12	+26:12	05:37	
735	744	Gonçalo Cavaz Coelho	Individual	56:12	+26:12	05:37	
736	1204	Helder Costa	Individual	56:12	+26:12	05:37	
737	1511	Rui Morais	RuMa & CarAMEl	56:13	+26:13	05:37	
738	1110	Gil Rodrigues	Individual	56:16	+26:16	05:38	
739	589	Raquel Figueiredo	Individual	56:16	+26:16	05:38	
740	1010	Sara Ratola	Individual	56:16	+26:16	05:38	
741	1186	António Jesus	Individual	56:17	+26:17	05:38	
742	525	LETICIA CRISTOFOLETTI	Individual	56:18	+26:18	05:38	
743	1323	Arlindo Santos	Individual	56:18	+26:18	05:38	
744	1193	Daniel Marcos Urbano Ala Reis	Individual	56:18	+26:18	05:38	
745	1387	Daniela Pereira	MoveFelgueira	56:18	+26:18	05:38	
746	777	Joao Gil	Individual	56:19	+26:19	05:38	
747	57	Mahsun Kortak Kortak	Altice Labs	56:19	+26:19	05:38	
748	600	Rita Limas	Individual	56:19	+26:19	05:38	
749	1591	Simão Neves	Três por Hora	56:20	+26:20	05:38	
750	519	Kristine Plikse	Individual	56:21	+26:21	05:38	
751	1088	Bruno peralta	Individual	56:23	+26:23	05:38	
752	1108	Francisco Caseiro	Individual	56:25	+26:25	05:38	
753	1103	Fernando Lino	Individual	56:25	+26:25	05:39	
754	1130	Jun Ying	Individual	56:25	+26:25	05:39	
755	172	Ricardo Preto	Bengalas e Muletas	56:28	+26:28	05:39	
756	1517	SANDRA COSTA	Run for Fun	56:28	+26:28	05:39	
757	1333	Gonçalo Nuno Caetano Alves	Individual	56:30	+26:30	05:39	
758	848	Miguel Castro Silva	Individual	56:31	+26:31	05:39	
759	445	Cátia Ricarte	Individual	56:34	+26:34	05:39	
760	1389	Virgínia Santana	MoveFelgueira	56:34	+26:34	05:39	
761	304	Luís Filipe Martins Soares	Eduart-Componentes Calçado .	56:39	+26:39	05:40	
762	1001	Patrícia Silva	Individual	56:39	+26:39	05:40	
763	31	Fernanda Almeida	ACR Vale de Cambra	56:40	+26:40	05:40	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
764	32	José Bastos	ACR Vale de Cambra	56:40	+26:40	05:40	
765	33	José Pinho	ACR Vale de Cambra	56:40	+26:40	05:40	
766	1428	Patrícia Marcelo	Penta Clube da Covilhã	56:40	+26:40	05:40	
767	911	Rui Jesus	Individual	56:40	+26:40	05:40	
768	804	José Frias	Individual	56:40	+26:40	05:40	
769	649	André Capela	Individual	56:43	+26:43	05:40	
770	1500	André Assena	RM RUNNERS	56:44	+26:44	05:40	
771	970	Carla Neves	Individual	56:46	+26:46	05:41	
772	474	Dora Marques	Individual	56:48	+26:48	05:41	
773	1178	Vasco Santos	Individual	56:49	+26:49	05:41	
774	211	Teresa Granjeia	CGA	56:51	+26:51	05:41	
775	577	Michelle Jesús	Individual	56:51	+26:51	05:41	
776	507	Joana Antunes	Individual	56:52	+26:52	05:41	
777	604	Rita Vaz	Individual	56:53	+26:54	05:41	
778	1012	Sonia Bandeira	Individual	56:54	+26:54	05:41	
779	989	Leidis Malta	Individual	56:56	+26:56	05:42	
780	1388	Melanie Afonso	MoveFelgueira	56:59	+26:59	05:42	
781	1071	Dalila duarte	Individual	56:59	+26:59	05:42	
782	1531	Sandra dos Santos	SANTOS	57:00	+27:00	05:42	
783	587	Raissa Cristina	Individual	57:03	+27:03	05:42	
784	974	Cláudia Griné	Individual	57:03	+27:03	05:42	
785	925	Sérgio Melendre	Individual	57:06	+27:06	05:43	
786	1574	Ana Gonçalves	The Mountain Goat	57:08	+27:08	05:43	
787	610	Salomé Abreu	Individual	57:08	+27:08	05:43	
788	357	Valter Jacinto	Grupo Desportivo Assempark	57:08	+27:08	05:43	
789	60	Samuel Rocha Madail	Altice Labs	57:08	+27:08	05:43	
790	675	Carlos Costa	Individual	57:09	+27:09	05:43	
791	101	Mariana Ferreira	Avengers	57:11	+27:11	05:43	
792	417	Andreia Rodrigues Fernandes	Individual	57:17	+27:17	05:44	
793	184	António Carlos	BoraBora, Vamos Lá!	57:19	+27:19	05:44	
794	246	Carlos Varum	Civilria Running Club	57:21	+27:21	05:44	
795	1320	Antônio Tafula	Individual	57:23	+27:23	05:44	
796	1488	Bárbara Raquel Marques Pereira	RIS2048	57:25	+27:25	05:44	
797	640	Tatiana Varandas	Individual	57:27	+27:27	05:45	
798	491	Gabriela Alexandra Mota Neves	Individual	57:28	+27:28	05:45	
799	738	Francisco Farias Natal	Individual	57:28	+27:28	05:45	
800	1485	JOÃO ALBERTO RODRIGUES PINHO	Reumáticos & Etc	57:29	+27:29	05:45	
801	1477	PAULA EDUARDA PEREIRA PINTO	Reumáticos & Etc	57:29	+27:29	05:45	
802	471	Diana Raquel Maia Marcelino	Individual	57:31	+27:31	05:45	
803	852	Miguel Oliveira	Individual	57:32	+27:33	05:45	
804	1431	João Canas	Pequenos Póneis Ldo's	57:33	+27:33	05:45	
805	811	Leandro Klauck	Individual	57:34	+27:34	05:45	
806	96	EURICO INOCÊNCIO	ATHLON RUNNER'S	57:35	+27:35	05:46	
807	281	ANA CASTRO	DAR Recardães	57:36	+27:36	05:46	
808	1408	Élia Fogueiro	Pantufas Voadoras	57:37	+27:37	05:46	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
809	413	Andreia Cristóvão	Individual	57:40	+27:40	05:46	
810	711	Eduardo Melo	Individual	57:41	+27:41	05:46	
811	458	Daniela Marly Gonçalves	Individual	57:41	+27:41	05:46	
812	629	Sónia Santos	Individual	57:43	+27:43	05:46	
813	1224	Miguel Miranda	Individual	57:44	+27:44	05:46	
814	1082	André Filipe Vidal de Sousa	Individual	57:47	+27:47	05:47	
815	342	Helder Vieira	GRECAS - Vagos	57:49	+27:49	05:47	
816	565	Mariangel Marques	Individual	57:49	+27:49	05:47	
817	1453	Gabriela Martins	RECREIO DESPORTIVO DE ÁGUEDA	57:50	+27:50	05:47	
818	1548	Paulo Carvalho	Sport Clube de Freamunde	57:50	+27:50	05:47	
819	1489	Catarina João da Costa Campos	RIS2048	57:51	+27:51	05:47	
820	1396	Ana Póvoa	Orthia	57:56	+27:56	05:48	
821	1298	Carlos Barroso	Individual	57:58	+27:58	05:48	
822	552	Maria João Mota	Individual	57:58	+27:58	05:48	
823	1445	MARISA SILVA	PRÓS e CONTRA	57:58	+27:58	05:48	
824	931	Thiago Sampaio de Castro Silva	Individual	58:00	+28:00	05:48	
825	47	Samuel Tiago Figueira Lopes	ADSS	58:00	+28:00	05:48	
826	326	Pedro Medina	Gangue de Pereira	58:00	+28:00	05:48	
827	1150	Nuno Pina	Individual	58:00	+28:00	05:48	
828	1069	Anabela da Conceição Pereira	Individual	58:01	+28:01	05:48	
829	836	Manuel Gil	Individual	58:02	+28:02	05:48	
830	1441	João Ferreira	Prison D'Aveiro	58:02	+28:02	05:48	
831	1328	Carlos Alberto Pereira de Matos	Individual	58:03	+28:03	05:48	
832	1612	Nance Silvestre	UNBRK FITNESS	58:05	+28:05	05:48	
833	1615	Mickaël Marques	UNBRK FITNESS	58:05	+28:05	05:48	
834	1317	VASCO MIGUEL	Individual	58:05	+28:05	05:49	
835	1512	ANA NEVES	Run for Fun	58:11	+28:11	05:49	
836	1497	Jorge Amadeu Almeida Viana	RIS2048	58:12	+28:12	05:49	
837	1326	Carlos Alberto Ferreira Rodrigues	Individual	58:12	+28:12	05:49	
838	1613	Alexandre Silva	UNBRK FITNESS	58:12	+28:12	05:49	
839	861	Nuno Graciano Gonçalves Lopes	Individual	58:13	+28:13	05:49	
840	321	Carolina Almeida	Fresenius Kabi RUNNERS	58:13	+28:13	05:49	
841	862	Nuno Machado	Individual	58:18	+28:18	05:50	
842	325	Ricardo Nobre	Gangue de Pereira	58:21	+28:21	05:50	
843	1434	Pedro Lima	Play Out	58:24	+28:24	05:50	
844	1171	Rui Vieira	Individual	58:27	+28:27	05:51	
845	1019	Aida Queirós	Individual	58:28	+28:28	05:51	
846	1472	Diogo Malheiro Silva	Reumáticos & Etc	58:29	+28:29	05:51	
847	616	Sara Coimbra	Individual	58:29	+28:29	05:51	
848	1473	RAFAEL SILVA ALVES	Reumáticos & Etc	58:29	+28:29	05:51	
849	1471	INÊS BRANCO MARTINS	Reumáticos & Etc	58:29	+28:29	05:51	
850	916	Rui Pedro Macedo	Individual	58:29	+28:29	05:51	
851	826	Luís Forte	Individual	58:30	+28:30	05:51	
852	317	Ana Solange Silva	FFonseca Running Team	58:30	+28:30	05:51	
853	686	Daniel Marcos	Individual	58:31	+28:31	05:51	
854	459	Daniela Martins	Individual	58:33	+28:33	05:51	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
855	784	João Nunes	Individual	58:33	+28:33	05:51	
856	1521	Andreia Rodrigues	RunSanchequias	58:34	+28:34	05:51	
857	584	Patricia Rodrigues	Individual	58:36	+28:36	05:52	
858	416	Andreia Ribeiro	Individual	58:37	+28:37	05:52	
859	484	Filipa Soares	Individual	58:38	+28:38	05:52	
860	1458	Lúcia Cândido	RECREIO DESPORTIVO DE ÁGUEDA	58:39	+28:39	05:52	
861	538	Márcia Guerreiro	Individual	58:40	+28:40	05:52	
862	490	Gabi Jesus Ferreira	Individual	58:41	+28:41	05:52	
863	1032	Lina Santos	Individual	58:42	+28:42	05:52	
864	1000	Nicole Dourado	Individual	58:43	+28:43	05:52	
865	1131	Lord Caballero	Individual	58:44	+28:44	05:52	
866	1402	Marta Miranda	Pacemakers	58:45	+28:45	05:53	
867	1022	Ana Marques	Individual	58:46	+28:46	05:53	
868	751	Henrique Lopes de Almeida	Individual	58:46	+28:46	05:53	
869	414	Andreia Filipa Bastos Pereira	Individual	58:47	+28:47	05:53	
870	1127	José Filipe Dos Santos Botas	Individual	58:50	+28:50	05:53	
871	1024	Catarina Neves	Individual	58:50	+28:50	05:53	
872	1593	Paula Rodrigues	Triple team	58:51	+28:51	05:53	
873	898	Ricardo Pires	Individual	58:54	+28:54	05:53	
874	560	Mariana Martins	Individual	58:54	+28:54	05:53	
875	547	Maria Gaspar	Individual	58:55	+28:55	05:53	
876	72	Toni Rodrigues dos Santos	Ameal Trail	58:56	+28:56	05:54	
877	3	Inês Castelhana	#É_só_até_ali	59:00	+29:00	05:54	
878	1563	Carolina Matos	Team Baldaia	59:01	+29:01	05:54	
879	1544	Inês Oliveira	Sport Clube de Freamunde	59:02	+29:02	05:54	
880	1534	Telmo Ricardo Martins Tavares	Shots & Sprints	59:02	+29:02	05:54	
881	1542	Beatriz Neto	Sport Clube de Freamunde	59:02	+29:02	05:54	
882	1533	Jéssica Maia Costa	Shots & Sprints	59:04	+29:04	05:54	
883	372	Ana Salústio	Hut Runners Aveiro	59:09	+29:09	05:55	
884	1074	Maria Bercevet Colmenares	Individual	59:10	+29:10	05:55	
885	2	Ana Valente	#É_só_até_ali	59:12	+29:12	05:55	
886	379	Katia Cavaleiro	IACMoles	59:13	+29:13	05:55	
887	570	Marta Soares Gomes	Individual	59:13	+29:13	05:55	
888	1034	Márcia Marques	Individual	59:14	+29:14	05:55	
889	190	Gonçalo Pereira	Cambra Runners	59:22	+29:22	05:56	
890	1282	Pedro miguel Sá Cardoso	Individual	59:25	+29:25	05:57	
891	1200	George Amorim de Carvalho	Individual	59:26	+29:26	05:57	
892	1465	REGINA RAMOS GRAÇA	Regisanti	59:26	+29:26	05:57	
893	991	Luzia Soares	Individual	59:28	+29:28	05:57	
894	1608	Ricardo Santos	Turtle runners	59:30	+29:30	05:57	
895	1246	Ricardo Sousa	Individual	59:33	+29:33	05:57	
896	985	Joana Costa	Individual	59:34	+29:34	05:57	
897	103	Rodrigo Braga	Avengers	59:34	+29:34	05:57	
898	425	Bebiana Marques	Individual	59:36	+29:36	05:58	
899	410	Ana Teresa Teles	Individual	59:36	+29:36	05:58	
900	1360	Afonso Freire	LAQP - Liga dos Amigos da Quinta do Pecado	59:37	+29:37	05:58	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	T/KM	CARD
901	807	José Ladeiro	Individual	59:39	+29:39	05:58	
902	1061	Luíza Valério	Individual	59:40	+29:40	05:58	
903	1373	Pedro Valente	MATIZ	59:40	+29:40	05:58	
904	1075	Paula Cardoso	Individual	59:42	+29:42	05:58	
905	1266	João Paulo Figueira da Silva	Individual	59:45	+29:45	05:58	
906	664	António Xavier	Individual	59:45	+29:45	05:59	
907	465	Daniela Vieira	Individual	59:46	+29:46	05:59	
908	1151	Paulo Alexandre da Cruz Valente	Individual	59:46	+29:46	05:59	
909	411	Anabela Jesus Reis	Individual	59:48	+29:48	05:59	
910	670	Bernardo Pereira	Individual	59:48	+29:48	05:59	
911	708	Eduard Neves	Individual	59:48	+29:48	05:59	
912	191	Rafael Pereira	Cambra Runners	59:50	+29:50	05:59	
913	48	Simão Pedro Figueira Lopes	ADSS	59:50	+29:50	05:59	
914	614	Sara Amador	Individual	59:52	+29:52	05:59	
915	1188	Arsenio Galvao	Individual	59:54	+29:54	05:59	
916	462	Daniela Resende	Individual	59:55	+29:55	05:59	
917	439	Catarina Pessoa	Individual	59:56	+29:56	06:00	
918	432	Carolina Barreto Ferreira	Individual	59:57	+29:57	06:00	
919	1145	Nelson Rocha	Individual	59:59	+29:59	06:00	
920	1395	Rodrigo Cunha	ÓÖ & Co.	01:00:00	+30:00	06:00	
921	1393	Ana Salgado	ÓÖ & Co.	01:00:00	+30:00	06:00	
922	779	João Lucas	Individual	01:00:01	+30:01	06:00	
923	800	Joel González	Individual	01:00:03	+30:03	06:00	
924	442	Cátia Almeida	Individual	01:00:04	+30:04	06:00	
925	396	Ana Filipa Pereira	Individual	01:00:06	+30:06	06:01	
926	1229	Nuno Dias	Individual	01:00:08	+30:08	06:01	
927	710	Eduardo Jesus	Individual	01:00:09	+30:09	06:01	
928	1006	Sandra Jesus	Individual	01:00:10	+30:10	06:01	
929	1484	WILLIAMS OMAR SIMÕES DEPABLOS	Reumáticos & Etc	01:00:15	+30:15	06:02	
930	1589	Joana Papel	Três por Hora	01:00:16	+30:16	06:02	
931	469	Diana Bernardes Almeida	Individual	01:00:16	+30:16	06:02	
932	1091	Cristiano Estrela	Individual	01:00:16	+30:16	06:02	
933	1073	Lurdes soares	Individual	01:00:16	+30:16	06:02	
934	543	Maria Almeida	Individual	01:00:17	+30:17	06:02	
935	40	Luis Santos	ADI-Ílhavo	01:00:18	+30:18	06:02	
936	872	Pedro Carmo	Individual	01:00:22	+30:22	06:02	
937	1614	Marco André Costa Oliveira	UNBRK FITNESS	01:00:23	+30:23	06:02	
938	994	Marlene Soares Gomes	Individual	01:00:23	+30:23	06:02	
939	1432	Daniel Peixoto	PEX Team	01:00:28	+30:28	06:03	
940	1203	Gonçalo Reis	Individual	01:00:29	+30:29	06:03	
941	1100	Diogo Montenegro	Individual	01:00:29	+30:29	06:03	
942	15	Ana Gonçalves	a tartaruga e a lebre	01:00:30	+30:30	06:03	
943	16	Duarte Conceição	a tartaruga e a lebre	01:00:30	+30:30	06:03	
944	144	Manuel Duarte Lima	BARRA OCEAN RUNNERS	01:00:31	+30:31	06:03	
945	540	Margarida Falcão	Individual	01:00:31	+30:31	06:03	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
946	1045	Sandra Carunho	Individual	01:00:32	+30:32	06:03	
947	1263	Givelder Medeiros	Individual	01:00:33	+30:33	06:03	
948	168	David Fontes	Bengalas e Muletas	01:00:36	+30:36	06:04	
949	530	Lúcia Falcão	Individual	01:00:39	+30:39	06:04	
950	409	Ana Teresa Duarte Marques	Individual	01:00:42	+30:42	06:04	
951	775	João Gabriel Monteiro Vieira	Individual	01:00:44	+30:44	06:04	
952	1235	Paulo Jorge Gomes da Costa	Individual	01:00:44	+30:44	06:04	
953	883	Pedro Silva	Individual	01:00:45	+30:45	06:04	
954	726	Fernando Jorge Vieira Ramos	Individual	01:00:45	+30:45	06:05	
955	611	Sandra Fernandes	Individual	01:00:46	+30:46	06:05	
956	884	Pedro Valente	Individual	01:00:47	+30:47	06:05	
957	1629	Thierry Pires	voltaren running club	01:00:49	+30:49	06:05	
958	118	Eva Macedo	BARRA OCEAN RUNNERS	01:00:49	+30:49	06:05	
959	1245	Ricardo Pinheiro	Individual	01:00:50	+30:50	06:05	
960	1055	Claudia Almeida	Individual	01:00:52	+30:52	06:05	
961	693	David Deveza	Individual	01:00:53	+30:53	06:05	
962	1491	André Miguel Quental Catalão	RIS2048	01:00:59	+30:59	06:06	
963	473	Diana Silva	Individual	01:01:01	+31:01	06:06	
964	99	Sofia Ventura	Atletas Aveiro	01:01:02	+31:02	06:06	
965	651	André Costa	Individual	01:01:04	+31:04	06:06	
966	727	Fernando Loureiro Rolo	Individual	01:01:04	+31:04	06:06	
967	404	Ana Miguel Silva	Individual	01:01:04	+31:04	06:06	
968	581	Oriana Silva	Individual	01:01:08	+31:08	06:07	
969	506	Jéssica Santos	Individual	01:01:08	+31:08	06:07	
970	502	Isabel Rebolo	Individual	01:01:11	+31:11	06:07	
971	120	Francisca Vilarinho	BARRA OCEAN RUNNERS	01:01:11	+31:11	06:07	
972	1520	Rui Manuel Rocha Fernandes	Run Seventeen	01:01:12	+31:12	06:07	
973	1519	Margarida Gomes Martins Fernandes	Run Seventeen	01:01:12	+31:12	06:07	
974	1439	Vera Abreu	Prison D'Aveiro	01:01:13	+31:13	06:07	
975	958	Vítor Gonçalves	Individual	01:01:14	+31:14	06:07	
976	1440	Nelson Adrego	Prison D'Aveiro	01:01:14	+31:14	06:07	
977	150	Micaela Farias	BARRA OCEAN RUNNERS	01:01:15	+31:15	06:08	
978	139	João Fernandes	BARRA OCEAN RUNNERS	01:01:15	+31:15	06:08	
979	151	Ana Catarina Filipe Pinheiro	BARRA OCEAN RUNNERS	01:01:15	+31:15	06:08	
980	1292	Vítor Francisco	Individual	01:01:17	+31:17	06:08	
981	62	Mónica Alexandra Ribeiro Carvalho Neves	Altice Labs	01:01:18	+31:18	06:08	
982	1318	ALEXANDRE CYSNE	Individual	01:01:19	+31:19	06:08	
983	239	Sara Rito	Civilria Running Club	01:01:20	+31:20	06:08	
984	1509	André Melo	RuMa & CarAMel	01:01:20	+31:20	06:08	
985	983	Jana Stefunkova	Individual	01:01:21	+31:21	06:08	
986	971	Catarina Campos	Individual	01:01:23	+31:23	06:08	
987	244	Renato Filipe Nunes França	Civilria Running Club	01:01:26	+31:26	06:09	
988	499	Inês Moura	Individual	01:01:28	+31:28	06:09	
989	497	Inês Macedo	Individual	01:01:30	+31:30	06:09	
990	704	Duarte Custódio	Individual	01:01:30	+31:30	06:09	

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
991	642	Vanessa Brandão	Individual	01:01:31	+31:31	06:09	
992	100	Gilberto Carlos Charato da Mota	Atletas Aveiro	01:01:32	+31:32	06:09	
993	533	Mafalda Machado Martins	Individual	01:01:32	+31:32	06:09	
994	1214	Juan Gouveia	Individual	01:01:36	+31:36	06:10	
995	973	Claudia Gamelas	Individual	01:01:39	+31:39	06:10	
996	638	Tânia Sofia Pereira Pires	Individual	01:01:41	+31:41	06:10	
997	954	Vicente José Alves Pereira	Individual	01:01:42	+31:42	06:10	
998	480	Estefânia soares	Individual	01:01:45	+31:45	06:10	
999	1067	Sandra Neves	Individual	01:01:45	+31:45	06:11	
1000	477	Elsa Simões	Individual	01:01:46	+31:46	06:11	
1001	823	Luís Carlos Pinto Sousa	Individual	01:01:49	+31:49	06:11	
1002	678	Carlos Veiga	Individual	01:01:50	+31:50	06:11	
1003	1254	Tiago Fernandes	Individual	01:01:51	+31:51	06:11	
1004	41	Bernardo Vieito	Adriazul	01:01:54	+31:54	06:11	
1005	1066	Sandra Biella Basacchi	Individual	01:01:56	+31:56	06:12	
1006	571	Marta Sofia Ferreira Dias	Individual	01:01:57	+31:57	06:12	
1007	1078	Maria Madalena Condeça Moço	Individual	01:01:58	+31:58	06:12	
1008	237	Tomás Bento	Civilria Running Club	01:01:59	+31:59	06:12	
1009	918	Rui Silva	Individual	01:01:59	+31:59	06:12	
1010	1070	Claudia Cristina Marques Almeida	Individual	01:02:00	+32:00	06:12	
1011	111	Carolina Tavares	BARRA OCEAN RUNNERS	01:02:01	+32:01	06:12	
1012	128	André Pinho	BARRA OCEAN RUNNERS	01:02:01	+32:01	06:12	
1013	152	Maria João Tavares	BARRA OCEAN RUNNERS	01:02:01	+32:01	06:12	
1014	130	Armando Santiago	BARRA OCEAN RUNNERS	01:02:02	+32:02	06:12	
1015	131	Bernardo Leite	BARRA OCEAN RUNNERS	01:02:02	+32:02	06:12	
1016	123	Rita Henriques	BARRA OCEAN RUNNERS	01:02:02	+32:02	06:12	
1017	132	Bryan Valério	BARRA OCEAN RUNNERS	01:02:03	+32:03	06:12	
1018	391	Ana Catarina Ribães Alves	Individual	01:02:04	+32:04	06:12	
1019	1478	VIRGINIA OLIVEIRA FERNANDES	Reumáticos & Etc	01:02:06	+32:06	06:13	
1020	908	Rui Filipe	Individual	01:02:06	+32:06	06:13	
1021	1598	Rocio Lengyel	TUFF RUNNERS	01:02:08	+32:08	06:13	
1022	1060	Judite Dias	Individual	01:02:10	+32:10	06:13	
1023	641	Thalita Lopes	Individual	01:02:10	+32:10	06:13	
1024	505	Jéssica Ordoñez	Individual	01:02:11	+32:11	06:13	
1025	998	Nádia Marisa Pinto Teixeira	Individual	01:02:16	+32:16	06:14	
1026	548	Maria Gouveia	Individual	01:02:16	+32:16	06:14	
1027	990	Lúcia Simões	Individual	01:02:17	+32:17	06:14	
1028	706	Edgar Moraes	Individual	01:02:25	+32:25	06:15	
1029	1072	Graça Mariano	Individual	01:02:26	+32:26	06:15	
1030	929	Simão Mariano	Individual	01:02:27	+32:27	06:15	
1031	890	Renato Areias	Individual	01:02:28	+32:28	06:15	
1032	1401	Diana Miranda	Pacemakers	01:02:30	+32:30	06:15	
1033	346	Goreti Gonçalves	Grupo Desportivo Assempark	01:02:30	+32:30	06:15	
1034	516	Karina Sotska	Individual	01:02:31	+32:31	06:15	
1035	1611	Joana Filipa Almeida Pinto	UNBRK FITNESS	01:02:34	+32:34	06:15	
1036	1311	Otemberg Silva	Individual	01:02:35	+32:35	06:15	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1037	1604	Ana Dono	Turtle runners	01:02:38	+32:38	06:16	
1038	1053	Vera Leite	Individual	01:02:44	+32:44	06:16	
1039	390	Ana Caroline Gonçalves de Carvalho	Individual	01:02:47	+32:47	06:17	
1040	561	Mariana Resende Bandeirinha	Individual	01:02:47	+32:47	06:17	
1041	1142	Miguel Tavares	Individual	01:02:48	+32:48	06:17	
1042	1573	Ricardo Gil Santos Mota	The Boys	01:02:57	+32:57	06:18	
1043	635	Tânia Cabeleira	Individual	01:04:03	+34:03	06:24	
1044	486	Flávia Andréia Cerqueira Peixoto	Individual	01:04:03	+34:03	06:24	
1045	311	Fabiana Lima	Fajó	01:04:03	+34:03	06:24	
1046	1258	Alcides Marquinhos	Individual	01:04:04	+34:04	06:24	
1047	758	Isac silva	Individual	01:04:06	+34:06	06:25	
1048	1409	Jéssica Fogueiro	Pantufas Voadoras	01:04:07	+34:07	06:25	
1049	1430	David Costa	Pequenos Póneis Ldo's	01:04:07	+34:07	06:25	
1050	178	Daniela Silva	Bobadelas Running Team	01:04:09	+34:09	06:25	
1051	235	Rodrigo Almeida	Civilria Running Club	01:04:12	+34:12	06:25	
1052	999	NATÁLIA MARIA SIMOES BARTOLOMEU	Individual	01:04:17	+34:17	06:26	
1053	568	Marta Caldeira	Individual	01:04:18	+34:18	06:26	
1054	529	Lucia Azevedo	Individual	01:04:20	+34:20	06:26	
1055	299	Hugo Almeida	D'Rastos	01:04:20	+34:20	06:26	
1056	986	Joana Fonseca	Individual	01:04:26	+34:26	06:27	
1057	14	José Aniceto	10k & pizza	01:04:29	+34:29	06:27	
1058	88	Mariana Afonso	Ass Distrital de Ténis de Mesa de Viseu	01:04:34	+34:34	06:27	
1059	718	Emanuel Ricardo Correia da Silva	Individual	01:04:34	+34:34	06:27	
1060	776	João Galacho	Individual	01:04:34	+34:34	06:27	
1061	90	Luciano Grácio	Ass Distrital de Ténis de Mesa de Viseu	01:04:35	+34:35	06:27	
1062	1047	Sandra Rei	Individual	01:04:35	+34:35	06:27	
1063	91	Rui Sacchetti	Ass Distrital de Ténis de Mesa de Viseu	01:04:36	+34:36	06:28	
1064	89	Francisco Vieira	Ass Distrital de Ténis de Mesa de Viseu	01:04:36	+34:36	06:28	
1065	249	Magali Teixeira	Clínica do exercício	01:04:36	+34:36	06:28	
1066	639	Tassia lino	Individual	01:04:40	+34:40	06:28	
1067	493	Inês Breda	Individual	01:04:41	+34:41	06:28	
1068	905	Rúben Marques	Individual	01:04:41	+34:41	06:28	
1069	1594	Carla Matos	Triple team	01:04:46	+34:46	06:29	
1070	405	Ana Pedro Oliveira Ferreira	Individual	01:04:46	+34:46	06:29	
1071	1496	João Fernando Rangel Martins	RIS2048	01:04:50	+34:50	06:29	
1072	454	Daniela Borges	Individual	01:04:59	+34:59	06:30	
1073	1412	Nádia Santos	Pantufas Voadoras	01:05:03	+35:03	06:30	
1074	1303	José Vieira	Individual	01:05:05	+35:05	06:31	
1075	433	Carolina Fernandes	Individual	01:05:05	+35:05	06:31	
1076	408	Ana Sofia Soares Alves	Individual	01:05:06	+35:06	06:31	
1077	773	João Filipe Patela Ribau	Individual	01:05:10	+35:10	06:31	
1078	443	Cátia Cardoso	Individual	01:05:11	+35:11	06:31	
1079	1052	Vera Fernandes	Individual	01:05:25	+35:25	06:33	
1080	1147	Nuno Fernandes	Individual	01:05:25	+35:25	06:33	
1081	1391	Adriana Abre Domingues	Nósos2	01:05:29	+35:29	06:33	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1082	1009	Sara Morais	Individual	01:05:29	+35:29	06:33	
1083	1392	Rafael Das Neves Santos	Nósos2	01:05:29	+35:29	06:33	
1084	843	Martinho Martins Bastos Tavares	Individual	01:05:30	+35:30	06:33	
1085	1490	Mariana Gaspar Coelho Dias	RIS2048	01:05:35	+35:35	06:34	
1086	371	Carla Soares	Hut Runners Aveiro	01:05:46	+35:46	06:35	
1087	427	Carina Sofia Cristóvão Fidalgo	Individual	01:05:49	+35:49	06:35	
1088	739	Francisco José Mendes Pronto	Individual	01:05:49	+35:49	06:35	
1089	194	Maciel Mendes	Cantaai	01:05:49	+35:49	06:35	
1090	1148	Nuno Moreira	Individual	01:05:50	+35:50	06:35	
1091	1295	Alvaro Mariano	Individual	01:05:51	+35:51	06:35	
1092	94	DÊNIS QUADROS	ATHLON RUNNER'S	01:05:52	+35:52	06:35	
1093	63	Rita Catarina Nunes Gaspar	Altice Labs	01:05:53	+35:53	06:35	
1094	1346	Mário Moreira	Individual	01:06:02	+36:02	06:36	
1095	688	Daniel santos	Individual	01:06:04	+36:04	06:36	
1096	643	Vanessa Silva	Individual	01:06:13	+36:13	06:37	
1097	1623	Bruno Marinho	Velocidade Furiosa	01:06:15	+36:15	06:38	
1098	1592	Catarina Martins	Triple team	01:06:17	+36:17	06:38	
1099	1597	Margarida Sebastião	TUFF RUNNERS	01:06:19	+36:19	06:38	
1100	839	Marcelo Silva	Individual	01:06:20	+36:20	06:38	
1101	463	Daniela Ribeiro	Individual	01:06:22	+36:22	06:38	
1102	511	Joana Monteiro	Individual	01:06:22	+36:22	06:38	
1103	23	Arabela Fabre	Academia de Desportos de Condeixa	01:06:25	+36:25	06:39	
1104	1435	ANDREIA RILHO	PÓDIO RECOVERY	01:06:27	+36:27	06:39	
1105	1386	Alexandra Reis	MoveFelgueira	01:06:27	+36:27	06:39	
1106	1505	Bruno Fábio Oliveira	Rocha	01:06:28	+36:28	06:39	
1107	1503	Ana Filipe Leite Rocha	Rocha	01:06:28	+36:28	06:39	
1108	145	Marco Mateus	BARRA OCEAN RUNNERS	01:06:31	+36:31	06:39	
1109	382	Alexandra Barbosa	Individual	01:06:31	+36:31	06:39	
1110	948	Tibério Baptista	Individual	01:06:32	+36:32	06:39	
1111	169	Diogo Dias	Bengalas e Muletas	01:06:38	+36:38	06:40	
1112	171	Manuel Gomes	Bengalas e Muletas	01:06:39	+36:39	06:40	
1113	345	Tomás Matos	Grupo Desportivo Assempark	01:06:45	+36:45	06:40	
1114	866	Nuno Ribeiro	Individual	01:06:46	+36:46	06:41	
1115	347	Dina Silva	Grupo Desportivo Assempark	01:06:46	+36:46	06:41	
1116	394	Ana Ferreira	Individual	01:06:46	+36:46	06:41	
1117	549	Maria João Anjo	Individual	01:06:51	+36:51	06:41	
1118	545	Maria Francisca Granjeia	Individual	01:06:51	+36:51	06:41	
1119	816	Leonel Pereira	Individual	01:06:51	+36:51	06:41	
1120	1494	Amália Maria Foitinho de Carvalho Cabral Monteiro	RIS2048	01:06:54	+36:54	06:41	
1121	494	Inês Cardoso	Individual	01:07:08	+37:08	06:43	
1122	625	Sofia Eleonor Pereira Rodrigues	Individual	01:07:08	+37:08	06:43	
1123	226	Ismael de Castro Martins	Civilria Running Club	01:07:12	+37:12	06:43	
1124	1620	Margarida Infante	Vamos	01:07:12	+37:12	06:43	
1125	1618	Beatriz Miguéis	Vamos	01:07:12	+37:12	06:43	
1126	1619	Inês Jorge	Vamos	01:07:13	+37:13	06:43	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1127	808	José Marques	Individual	01:07:14	+37:14	06:43	
1128	1621	Diogo Mota	Vamos	01:07:15	+37:15	06:43	
1129	978	Daniela Alexandra Teixeira Ferreira	Individual	01:07:16	+37:16	06:44	
1130	515	Juliana Gouveia	Individual	01:07:19	+37:19	06:44	
1131	1383	Sónia Brandão	Motivação 100%	01:07:26	+37:27	06:45	
1132	11	João Moutinho	100%Motivação	01:07:27	+37:27	06:45	
1133	1079	Maria Regina Santos	Individual	01:07:28	+37:28	06:45	
1134	1051	Susana Sá	Individual	01:07:28	+37:28	06:45	
1135	492	Gabriella McDaniel	Individual	01:07:29	+37:29	06:45	
1136	621	Sara Moreira	Individual	01:07:29	+37:29	06:45	
1137	1016	Susana Rodrigues	Individual	01:07:30	+37:30	06:45	
1138	586	Paula Fernandes	Individual	01:07:30	+37:30	06:45	
1139	209	Elisabete Cruz	CENAP	01:07:38	+37:38	06:46	
1140	13	Mariana Pinto	10k & pizza	01:07:56	+37:56	06:48	
1141	1115	Hugo Justiça	Individual	01:08:00	+38:00	06:48	
1142	612	Sandra Marques	Individual	01:08:01	+38:01	06:48	
1143	795	Joao Torres	Individual	01:08:02	+38:02	06:48	
1144	951	Tomás Rosado	Individual	01:08:02	+38:02	06:48	
1145	481	Filipa Cirineu	Individual	01:08:02	+38:02	06:48	
1146	401	Ana Marçal	Individual	01:08:05	+38:05	06:48	
1147	1062	Mafalda Mateus	Individual	01:08:05	+38:05	06:49	
1148	1420	João Campos	Pantufas Voadoras	01:08:06	+38:06	06:49	
1149	1413	Rafaela Gomes	Pantufas Voadoras	01:08:07	+38:07	06:49	
1150	1583	Larissa Marinho	Travão Puxado	01:08:08	+38:08	06:49	
1151	319	Ricardo Peixinho	FFonseca Running Team	01:08:12	+38:12	06:49	
1152	1231	Nuno Rasteiro	Individual	01:08:14	+38:14	06:49	
1153	485	Filomena Soares	Individual	01:08:16	+38:16	06:50	
1154	457	Daniela Magalhães	Individual	01:08:17	+38:17	06:50	
1155	12	Isabel Pinto	10k & pizza	01:08:33	+38:33	06:51	
1156	977	Cristina Moreira	Individual	01:08:35	+38:35	06:51	
1157	1017	Telma Rodrigues	Individual	01:08:38	+38:38	06:52	
1158	387	Ana Beatriz Ferreira Santos	Individual	01:08:41	+38:41	06:52	
1159	216	Beatriz Varum	Civilria Running Club	01:08:44	+38:44	06:52	
1160	240	Carla Torres	Civilria Running Club	01:08:44	+38:44	06:52	
1161	488	Francisca Rolo Simões	Individual	01:08:46	+38:46	06:53	
1162	397	Ana Gonçalves	Individual	01:08:48	+38:48	06:53	
1163	1556	José luís Nunes	TáLento	01:08:48	+38:48	06:53	
1164	1555	Catarina Monteiro	TáLento	01:08:48	+38:48	06:53	
1165	1554	Diogo Nunes	TáLento	01:08:48	+38:48	06:53	
1166	1553	Francisca Nunes	TáLento	01:08:49	+38:49	06:53	
1167	225	Guilherme Benaduce da Costa	Civilria Running Club	01:08:51	+38:51	06:53	
1168	1063	Maria Jose Rodrigues	Individual	01:09:01	+39:01	06:54	
1169	1528	Bárbara Clara da Silva Alves Brito	Salgueiros Running	01:09:09	+39:09	06:55	
1170	1421	João Castro	Pantufas Voadoras	01:09:14	+39:14	06:55	
1171	1578	Rita Cardoso	Tostas em fuga	01:09:17	+39:17	06:56	
1172	84	Ana Rita Ribeiro	As 2 da vida airada	01:09:20	+39:20	06:56	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1173	85	Diana Santos	As 2 da vida airada	01:09:22	+39:22	06:56	
1174	500	Inês Silva	Individual	01:09:23	+39:23	06:56	
1175	594	Renata Lopes	Individual	01:09:24	+39:24	06:56	
1176	479	Estéfani Laux	Individual	01:09:27	+39:27	06:57	
1177	1080	ROSA ROCHA	Individual	01:09:32	+39:32	06:57	
1178	424	Beatriz Garcia Sequeira	Individual	01:09:33	+39:33	06:57	
1179	520	Lara Ferreira Batista	Individual	01:09:33	+39:33	06:57	
1180	1199	Francisco João Gouveia Batista	Individual	01:09:34	+39:34	06:57	
1181	1606	Patrícia Neves	Turtle runners	01:09:41	+39:41	06:58	
1182	1330	FERNANDO MANUEL DA LOURA CABRAL MONTEIRO	Individual	01:09:50	+39:50	06:59	
1183	36	Joana da Silva Santos	ADI-Ílhavo	01:09:52	+39:52	06:59	
1184	964	Ana Caetano	Individual	01:09:52	+39:52	06:59	
1185	1451	Jose Luis Cruz	R G Levanta Poeira	01:09:52	+39:52	06:59	
1186	455	Daniela filipa dos santos amorim	Individual	01:09:58	+39:58	07:00	
1187	106	Ana Silva	BARRA OCEAN RUNNERS	01:09:59	+39:59	07:00	
1188	232	Nuno David Freitas Matos	Civilria Running Club	01:10:06	+40:06	07:01	
1189	1423	Maniel Verganista	Pantufas Voadoras	01:10:09	+40:09	07:01	
1190	1415	Rita Reis	Pantufas Voadoras	01:10:09	+40:09	07:01	
1191	1626	Joana Correia	voltaren running club	01:10:13	+40:13	07:01	
1192	1351	Rui Fernandes	Ines e Rui	01:10:15	+40:15	07:02	
1193	1350	Ines Lima	Ines e Rui	01:10:15	+40:15	07:02	
1194	1104	Fernando Marques	Individual	01:10:18	+40:18	07:02	
1195	466	Day Fortes	Individual	01:10:33	+40:33	07:03	
1196	447	Clara de Souza Lino	Individual	01:10:36	+40:36	07:04	
1197	1584	Peterson Graize	Travão Puxado	01:10:36	+40:36	07:04	
1198	1568	Célia Baldaia	Team Baldaia	01:10:47	+40:47	07:05	
1199	1422	João Pacheco	Pantufas Voadoras	01:10:48	+40:48	07:05	
1200	1404	Carine Caires	Pantufas Voadoras	01:10:48	+40:48	07:05	
1201	537	Mara Figo	Individual	01:10:49	+40:49	07:05	
1202	384	Alexandra Natali Saba caracciolo	Individual	01:10:49	+40:49	07:05	
1203	588	Raquel Fecha	Individual	01:10:49	+40:49	07:05	
1204	627	Sofia Marques	Individual	01:10:49	+40:49	07:05	
1205	1348	Pedro Figueiredo	Individual	01:11:04	+41:04	07:06	
1206	399	Ana lopes	Individual	01:11:04	+41:04	07:06	
1207	193	Camila Mendes	Cantaai	01:11:06	+41:06	07:07	
1208	522	Lara Vieira Rodrigues	Individual	01:11:07	+41:07	07:07	
1209	750	Helder Luís Silva Torres dos Reis	Individual	01:11:16	+41:16	07:08	
1210	579	Nicole Monteiro Rakov	Individual	01:11:21	+41:21	07:08	
1211	482	Filipa Margarida Reis Mesquita	Individual	01:11:23	+41:23	07:08	
1212	1301	José Ilídio Sá	Individual	01:11:23	+41:23	07:08	
1213	323	Beatriz Oliveira	Gambas Supersónicas	01:11:28	+41:28	07:09	
1214	1417	Sofia Sarabando	Pantufas Voadoras	01:11:32	+41:32	07:09	
1215	136	Gabriel Capela	BARRA OCEAN RUNNERS	01:11:33	+41:33	07:09	
1216	536	Manuela Pereira	Individual	01:11:33	+41:33	07:09	
1217	1358	Diana Nolasco	LAQP - Liga dos Amigos da Quinta do Pecado	01:11:34	+41:34	07:09	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1218	1359	Matilde Silva	LAQP - Liga dos Amigos da Quinta do Pecado	01:11:34	+41:34	07:09	
1219	456	Daniela Gomes	Individual	01:11:42	+41:42	07:10	
1220	585	Patrícia Sousa	Individual	01:11:43	+41:43	07:10	
1221	644	Yohana Betancourt	Individual	01:11:44	+41:44	07:10	
1222	576	Michele Rocha Canelas	Individual	01:11:44	+41:44	07:10	
1223	221	Mariana Antonello Basei	Civilria Running Club	01:11:58	+41:58	07:12	
1224	1406	Daniela Branco	Pantufas Voadoras	01:11:59	+41:59	07:12	
1225	1202	GONÇALO GASPAR	Individual	01:12:10	+42:10	07:13	
1226	393	Ana Costa	Individual	01:12:11	+42:11	07:13	
1227	618	Sara Gonçalves	Individual	01:12:24	+42:24	07:14	
1228	550	Maria João Catarino Branco	Individual	01:12:26	+42:26	07:15	
1229	1044	Raquel Nobre	Individual	01:12:50	+42:50	07:17	
1230	1508	Carmen Castro	RuMa & CarAMel	01:12:56	+42:56	07:18	
1231	381	Adriana Ribeiro	Individual	01:12:57	+42:57	07:18	
1232	1565	Joana Baldaia	Team Baldaia	01:12:59	+42:59	07:18	
1233	418	Ângela Filipa Moreira Caridade	Individual	01:13:01	+43:01	07:18	
1234	464	Daniela Santos silva	Individual	01:13:02	+43:02	07:18	
1235	615	Sara Araújo	Individual	01:13:05	+43:05	07:19	
1236	35	Catarina Marques	ADI-Ílhavo	01:13:12	+43:12	07:19	
1237	7	Lu Pessoa	#É_só_até_ali	01:13:16	+43:16	07:20	
1238	440	Catarina Santos Costa	Individual	01:13:16	+43:16	07:20	
1239	1610	António Tavares	Turtle runners	01:13:18	+43:18	07:20	
1240	220	Liliana Carvalho	Civilria Running Club	01:13:32	+43:32	07:21	
1241	1510	Magda Castro	RuMa & CarAMel	01:13:54	+43:54	07:23	
1242	554	Maria João Pereira de Vasconcelos	Individual	01:13:56	+43:56	07:24	
1243	1340	Jose Costa	Individual	01:14:00	+44:00	07:24	
1244	1536	Alexandra Monteiro	Sobral Santos	01:14:06	+44:06	07:25	
1245	1600	Tânia Peixinho	TUFF RUNNERS	01:14:33	+44:33	07:27	
1246	1368	Sara Duarte	Los Sem Pressa	01:14:38	+44:38	07:28	
1247	1367	Bruna Palma	Los Sem Pressa	01:14:38	+44:38	07:28	
1248	61	Marta Filipa Jorge dos Santos	Altice Labs	01:14:45	+44:45	07:29	
1249	59	Rui Pedro Machado Pires	Altice Labs	01:14:46	+44:46	07:29	
1250	563	Mariana Tavares	Individual	01:14:47	+44:47	07:29	
1251	1081	Adeilson Silva	Individual	01:14:49	+44:49	07:29	
1252	238	Adriana Mendes de Oliveira	Civilria Running Club	01:14:53	+44:53	07:29	
1253	1564	Catarina Baldaia	Team Baldaia	01:14:53	+44:53	07:29	
1254	478	Ema Germain	Individual	01:15:03	+45:03	07:30	
1255	663	António Valente	Individual	01:15:13	+45:13	07:31	
1256	984	Joana Caçador	Individual	01:15:15	+45:15	07:31	
1257	1411	Mariana Monteiro	Pantufas Voadoras	01:15:21	+45:21	07:32	
1258	874	Pedro Espadilha	Individual	01:15:24	+45:24	07:32	
1259	742	Frederico Angeli Christofoletti	Individual	01:15:32	+45:32	07:33	
1260	104	Ana Azevedo	BARRA OCEAN RUNNERS	01:15:37	+45:37	07:34	
1261	1122	João Silva	Individual	01:15:41	+45:41	07:34	
1262	1514	SANDRA CUNHA	Run for Fun	01:15:51	+45:51	07:35	
1263	1518	PAULO GAFANHA	Run for Fun	01:15:56	+45:56	07:36	

10KM - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1264	1516	SUSANA MARTINS	Run for Fun	01:15:56	+45:56	07:36	
1265	1374	Diana Santos	Mind&Body	01:16:02	+46:02	07:36	
1266	567	Marta Alves Barreira	Individual	01:16:07	+46:07	07:37	
1267	1287	Rui Alves	Individual	01:16:07	+46:07	07:37	
1268	388	Ana Cardoso da Paula	Individual	01:16:13	+46:13	07:37	
1269	1418	David Silva	Pantufas Voadoras	01:16:55	+46:55	07:42	
1270	1013	Sónia ferreira	Individual	01:17:23	+47:23	07:44	
1271	315	Lénia Matos	FFonseca Running Team	01:17:29	+47:29	07:45	
1272	636	Tânia Estrela Santos	Individual	01:17:35	+47:35	07:46	
1273	592	Raquel Rocha	Individual	01:17:42	+47:42	07:46	
1274	501	Irene Amaral	Individual	01:17:42	+47:42	07:46	
1275	622	Sofia Almeida	Individual	01:17:43	+47:43	07:46	
1276	1365	Sara Lisboa Oliveira	LisboaSantiago	01:17:57	+47:57	07:48	
1277	1366	Marcelo Daniel Marques Santiago	LisboaSantiago	01:17:57	+47:57	07:48	
1278	504	Janett Santos	Individual	01:18:11	+48:11	07:49	
1279	972	Catarina Pereira	Individual	01:18:32	+48:32	07:51	
1280	1146	Nelson Sá	Individual	01:18:33	+48:33	07:51	
1281	268	Beatriz Cravo	Clube dos Galitos	01:18:45	+48:45	07:53	
1282	214	Ana Nunes	Civilria Running Club	01:19:06	+49:06	07:55	
1283	1018	Veronica Moreira Brandão Yoshinari	Individual	01:19:36	+49:36	07:58	
1284	1004	Rosário Gomes	Individual	01:20:14	+50:14	08:01	
1285	177	Patrícia Cardoso	Bistecas	01:20:51	+50:51	08:05	
1286	564	Mariana Teixeira	Individual	01:21:17	+51:17	08:08	
1287	1607	Rita Nércio	Turtle runners	01:21:19	+51:19	08:08	
1288	1076	Sílvia Freire	Individual	01:21:27	+51:27	08:09	
1289	487	Francisca Melo	Individual	01:21:29	+51:29	08:09	
1290	1414	Rita Ramos	Pantufas Voadoras	01:21:45	+51:45	08:11	
1291	597	Rita Cartaxo	Individual	01:22:07	+52:07	08:13	
1292	949	Tomás Cartaxo	Individual	01:22:07	+52:07	08:13	
1293	1605	Ana Maia	Turtle runners	01:22:37	+52:37	08:16	
1294	512	Joana Rocha da Silva	Individual	01:23:02	+53:02	08:18	
1295	215	Antónia Kiteria Magalhães Vale	Civilria Running Club	01:23:17	+53:17	08:20	
1296	1098	Dino Caçoilo	Individual	01:23:34	+53:34	08:21	
1297	1057	Fátima Gonçalves	Individual	01:24:53	+54:53	08:29	
1298	590	Raquel Monteiro	Individual	01:24:54	+54:54	08:29	
1299	212	Isabel Batata	CGA	01:26:27	+56:27	08:39	
1300	495	Inês Falcão	Individual	01:27:52	+57:52	08:47	
1301	856	Nico Ribeiro	Individual	01:28:59	+58:59	08:54	
1302	575	Melo Ribeiro	Individual	01:28:59	+58:59	08:54	
1303	633	Susana Cravo	Individual	01:29:04	+59:04	08:54	
1304	732	Filipe de Almeida	Individual	01:29:08	+59:08	08:55	
1305	1410	Lúcia Inês Cruz Melo	Pantufas Voadoras	01:29:12	+59:12	08:55	
1306	1416	Sofia Martins	Pantufas Voadoras	01:29:12	+59:12	08:55	
1307	406	Ana Raro	Individual	01:31:37	+01:01:37	09:10	
1308	49	Hanna Kelly Holanda Rosa	Altice Labs	01:31:43	+01:01:43	09:10	
1309	78	Vânia Branco	António Pedro Pereira	01:36:18	+01:06:18	09:38	

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OFFICIAL RESULT

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40	514	Juliana Almeida	Individual	Senior Feminino	51:33	+11:00	05:09
41	534	Mafalda Segura	Individual	Senior Feminino	51:37	+11:03	05:10
42	73	Anastasiia Sorokina	Anatata	Senior Feminino	51:43	+11:10	05:10
43	602	Rita Santos	Individual	Senior Feminino	51:47	+11:13	05:11
44	509	Joana Henriques Oliveira	Individual	Senior Feminino	52:09	+11:35	05:13
45	419	Anne Bertuzzi	Individual	Senior Feminino	52:25	+11:51	05:14
46	189	Mariana Pereira	Cambra Runners	Senior Feminino	52:25	+11:52	05:15
47	360	Andreia Rodrigues	HellRun	Senior Feminino	52:43	+12:10	05:16
48	122	Rafaela Oliveira	BARRA OCEAN RUNNERS	Senior Feminino	52:45	+12:12	05:17
49	523	Laura Loução dos Santos	Individual	Senior Feminino	52:51	+12:18	05:17
50	580	Nicole Van Dewerker	Individual	Senior Feminino	52:52	+12:19	05:17
51	508	Joana Carvalho	Individual	Senior Feminino	52:53	+12:19	05:17
52	608	Rose Ramos	Individual	Senior Feminino	53:12	+12:39	05:19
53	112	Catarina Lopes	BARRA OCEAN RUNNERS	Senior Feminino	53:15	+12:41	05:19
54	468	Diana Amaral	Individual	Senior Feminino	53:17	+12:43	05:20
55	634	Susete Freitas	Individual	Senior Feminino	53:19	+12:45	05:20
56	392	Ana Cláudia Santos Pereira	Individual	Senior Feminino	53:19	+12:46	05:20
57	109	Beatriz Damas	BARRA OCEAN RUNNERS	Senior Feminino	53:23	+12:49	05:20
58	572	Matilde Almeida	Individual	Senior Feminino	53:27	+12:53	05:21
59	434	Carolina Magalhães	Individual	Senior Feminino	53:38	+13:04	05:22
60	620	Sara Martins	Individual	Senior Feminino	53:53	+13:20	05:23
61	603	Rita sofia Matos Machado	Individual	Senior Feminino	54:00	+13:26	05:24
62	385	Alexandra Sá	Individual	Senior Feminino	54:07	+13:33	05:25
63	297	Carolina Monteiro	DINAMO CLUBE DA ESTAÇÃO	Senior Feminino	54:07	+13:34	05:25
64	344	Rebeca Vale	Grupo Desportivo Assempark	Senior Feminino	54:12	+13:39	05:25
65	619	Sara Margarida Almeida Teixeira	Individual	Senior Feminino	54:17	+13:44	05:26
66	446	Chloé Marion Lopes	Individual	Senior Feminino	54:18	+13:45	05:26
67	451	Cristiana Sousa	Individual	Senior Feminino	54:25	+13:52	05:27
68	116	Daniela Lopes	BARRA OCEAN RUNNERS	Senior Feminino	54:26	+13:53	05:27
69	528	Luana Maria do Nascimento de Moraes	Individual	Senior Feminino	54:43	+14:09	05:28
70	606	Roberta Pereira	Individual	Senior Feminino	54:43	+14:09	05:28
71	1590	Sara Neves	Três por Hora	Senior Feminino	54:43	+14:09	05:28
72	607	Rosana Tomasio	Individual	Senior Feminino	54:46	+14:13	05:29
73	632	Susana Bento	Individual	Senior Feminino	54:52	+14:19	05:29
74	97	Filipa Silva	Atletas Aveiro	Senior Feminino	55:04	+14:30	05:30
75	582	Patrícia Carvalho Cabral Monteiro	Individual	Senior Feminino	55:06	+14:32	05:31
76	218	Dennise Verissimo	Civilria Running Club	Senior Feminino	55:06	+14:33	05:31
77	365	Cátia Albuquerque	Hut Runners Aveiro	Senior Feminino	55:10	+14:36	05:31
78	426	Betina Beirão	Individual	Senior Feminino	55:10	+14:37	05:31
79	107	Ana Ventura	BARRA OCEAN RUNNERS	Senior Feminino	55:13	+14:40	05:31
80	601	Rita Marieiro	Individual	Senior Feminino	55:13	+14:40	05:31
81	114	Célia Fernandes	BARRA OCEAN RUNNERS	Senior Feminino	55:19	+14:46	05:32
82	247	Lara Daniela Rosário Martins	Clínica do exercício	Senior Feminino	55:20	+14:46	05:32
83	45	Andreia Cristina Gonçalves Vieira	ADSS	Senior Feminino	55:27	+14:53	05:33
84	628	Sofia Moreira	Individual	Senior Feminino	55:28	+14:54	05:33
85	291	Andrea Marin Marques	DCI/Trilhos Luso Bussaco	Senior Feminino	55:41	+15:08	05:34

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OFFICIAL RESULT

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86	75	Andreia Oliveira	Andreia Oliveira	Senior Feminino	55:48	+15:15	05:35
87	617	Sara Filipa vale varão	Individual	Senior Feminino	55:49	+15:16	05:35
88	513	Josefa Fonseca	Individual	Senior Feminino	55:53	+15:19	05:35
89	125	Soraia Coelho	BARRA OCEAN RUNNERS	Senior Feminino	55:54	+15:20	05:35
90	470	Diana Carolina Silva	Individual	Senior Feminino	56:04	+15:31	05:36
91	395	Ana Filipa Durão	Individual	Senior Feminino	56:09	+15:35	05:37
92	589	Raquel Figueiredo	Individual	Senior Feminino	56:16	+15:42	05:38
93	525	LETICIA CHRISTOFOLETTI	Individual	Senior Feminino	56:18	+15:44	05:38
94	1387	Daniela Pereira	MoveFelgueira	Senior Feminino	56:18	+15:45	05:38
95	600	Rita Limas	Individual	Senior Feminino	56:19	+15:46	05:38
96	519	Kristine Plikse	Individual	Senior Feminino	56:21	+15:48	05:38
97	445	Cátia Ricarte	Individual	Senior Feminino	56:34	+16:00	05:39
98	1389	Virgínia Santana	MoveFelgueira	Senior Feminino	56:34	+16:00	05:39
99	474	Dora Marques	Individual	Senior Feminino	56:48	+16:14	05:41
100	211	Teresa Granjeia	CGA	Senior Feminino	56:51	+16:18	05:41
101	577	Michelle Jesús	Individual	Senior Feminino	56:51	+16:18	05:41
102	507	Joana Antunes	Individual	Senior Feminino	56:52	+16:18	05:41
103	604	Rita Vaz	Individual	Senior Feminino	56:53	+16:20	05:41
104	1388	Melanie Afonso	MoveFelgueira	Senior Feminino	56:59	+16:25	05:42
105	587	Raissa Cristina	Individual	Senior Feminino	57:03	+16:29	05:42
106	610	Salomé Abreu	Individual	Senior Feminino	57:08	+16:34	05:43
107	101	Mariana Ferreira	Avengers	Senior Feminino	57:11	+16:37	05:43
108	417	Andreia Rodrigues Fernandes	Individual	Senior Feminino	57:17	+16:44	05:44
109	1488	Bárbara Raquel Marques Pereira	RIS2048	Senior Feminino	57:25	+16:51	05:44
110	640	Tatiana Varandas	Individual	Senior Feminino	57:27	+16:54	05:45
111	491	Gabriela Alexandra Mota Neves	Individual	Senior Feminino	57:28	+16:55	05:45
112	471	Diana Raquel Maia Marcelino	Individual	Senior Feminino	57:31	+16:58	05:45
113	1408	Élia Fogueiro	Pantufas Voadoras	Senior Feminino	57:37	+17:04	05:46
114	413	Andreia Cristóvão	Individual	Senior Feminino	57:40	+17:06	05:46
115	458	Daniela Marly Gonçalves	Individual	Senior Feminino	57:41	+17:07	05:46
116	629	Sónia Santos	Individual	Senior Feminino	57:43	+17:09	05:46
117	565	Mariangel Marques	Individual	Senior Feminino	57:49	+17:16	05:47
118	1453	Gabriela Martins	RECREIO DESPORTIVO DE ÁGUEDA	Senior Feminino	57:50	+17:17	05:47
119	1489	Catarina João da Costa Campos	RIS2048	Senior Feminino	57:51	+17:18	05:47
120	1396	Ana Póvoa	Orthia	Senior Feminino	57:56	+17:22	05:48
121	552	Maria João Mota	Individual	Senior Feminino	57:58	+17:25	05:48
122	1612	Nance Silvestre	UNBRK FITNESS	Senior Feminino	58:05	+17:31	05:48
123	321	Carolina Almeida	Fresenius Kabi RUNNERS	Senior Feminino	58:13	+17:40	05:49
124	616	Sara Coimbra	Individual	Senior Feminino	58:29	+17:55	05:51
125	1471	INÊS BRANCO MARTINS	Reumáticos & Etc	Senior Feminino	58:29	+17:55	05:51
126	459	Daniela Martins	Individual	Senior Feminino	58:33	+17:59	05:51
127	1521	Andreia Rodrigues	RunSanchequias	Senior Feminino	58:34	+18:01	05:51
128	584	Patricia Rodrigues	Individual	Senior Feminino	58:36	+18:03	05:52
129	416	Andreia Ribeiro	Individual	Senior Feminino	58:37	+18:03	05:52
130	484	Filipa Soares	Individual	Senior Feminino	58:38	+18:04	05:52
131	538	Márcia Guerreiro	Individual	Senior Feminino	58:40	+18:07	05:52

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OFFICIAL RESULT

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132	490	Gabi Jesus Ferreira	Individual	Senior Feminino	58:41	+18:07	05:52
133	1402	Marta Miranda	Pacemakers	Senior Feminino	58:45	+18:12	05:53
134	414	Andreia Filipa Bastos Pereira	Individual	Senior Feminino	58:47	+18:13	05:53
135	560	Mariana Martins	Individual	Senior Feminino	58:54	+18:20	05:53
136	547	Maria Gaspar	Individual	Senior Feminino	58:55	+18:21	05:53
137	3	Inês Castelhana	#Ê_só_até_ali	Senior Feminino	59:00	+18:26	05:54
138	1563	Carolina Matos	Team Baldaia	Senior Feminino	59:01	+18:28	05:54
139	1544	Inês Oliveira	Sport Clube de Freamunde	Senior Feminino	59:02	+18:28	05:54
140	1542	Beatriz Neto	Sport Clube de Freamunde	Senior Feminino	59:02	+18:29	05:54
141	1533	Jéssica Maia Costa	Shots & Sprints	Senior Feminino	59:04	+18:30	05:54
142	2	Ana Valente	#Ê_só_até_ali	Senior Feminino	59:12	+18:38	05:55
143	379	Katia Cavaleiro	IACMoles	Senior Feminino	59:13	+18:40	05:55
144	570	Marta Soares Gomes	Individual	Senior Feminino	59:13	+18:40	05:55
145	425	Bebiana Marques	Individual	Senior Feminino	59:36	+19:02	05:58
146	410	Ana Teresa Teles	Individual	Senior Feminino	59:36	+19:03	05:58
147	465	Daniela Vieira	Individual	Senior Feminino	59:46	+19:12	05:59
148	411	Anabela Jesus Reis	Individual	Senior Feminino	59:48	+19:14	05:59
149	614	Sara Amador	Individual	Senior Feminino	59:52	+19:19	05:59
150	462	Daniela Resende	Individual	Senior Feminino	59:55	+19:21	05:59
151	439	Catarina Pessoa	Individual	Senior Feminino	59:56	+19:22	06:00
152	432	Carolina Barreto Ferreira	Individual	Senior Feminino	59:57	+19:23	06:00
153	1393	Ana Salgado	ÓÖ & Co.	Senior Feminino	01:00:00	+19:27	06:00
154	442	Cátia Almeida	Individual	Senior Feminino	01:00:04	+19:31	06:00
155	396	Ana Filipa Pereira	Individual	Senior Feminino	01:00:06	+19:32	06:01
156	1589	Joana Papel	Três por Hora	Senior Feminino	01:00:16	+19:42	06:02
157	469	Diana Bernardes Almeida	Individual	Senior Feminino	01:00:16	+19:42	06:02
158	543	Maria Almeida	Individual	Senior Feminino	01:00:17	+19:44	06:02
159	540	Margarida Falcão	Individual	Senior Feminino	01:00:31	+19:57	06:03
160	530	Lúcia Falcão	Individual	Senior Feminino	01:00:39	+20:06	06:04
161	409	Ana Teresa Duarte Marques	Individual	Senior Feminino	01:00:42	+20:09	06:04
162	611	Sandra Fernandes	Individual	Senior Feminino	01:00:46	+20:13	06:05
163	118	Eva Macedo	BARRA OCEAN RUNNERS	Senior Feminino	01:00:49	+20:15	06:05
164	473	Diana Silva	Individual	Senior Feminino	01:01:01	+20:27	06:06
165	99	Sofia Ventura	Atletas Aveiro	Senior Feminino	01:01:02	+20:29	06:06
166	404	Ana Miguel Silva	Individual	Senior Feminino	01:01:04	+20:31	06:06
167	581	Oriana Silva	Individual	Senior Feminino	01:01:08	+20:34	06:07
168	506	Jéssica Santos	Individual	Senior Feminino	01:01:08	+20:35	06:07
169	502	Isabel Rebolo	Individual	Senior Feminino	01:01:11	+20:37	06:07
170	120	Franscisca Vilarinho	BARRA OCEAN RUNNERS	Senior Feminino	01:01:11	+20:38	06:07
171	1519	Margarida Gomes Martins Fernandes	Run Seventeen	Senior Feminino	01:01:12	+20:38	06:07
172	499	Inês Moura	Individual	Senior Feminino	01:01:28	+20:55	06:09
173	497	Inês Macedo	Individual	Senior Feminino	01:01:30	+20:57	06:09
174	642	Vanessa Brandão	Individual	Senior Feminino	01:01:31	+20:57	06:09
175	533	Mafalda Machado Martins	Individual	Senior Feminino	01:01:32	+20:59	06:09
176	638	Tânia Sofia Pereira Pires	Individual	Senior Feminino	01:01:41	+21:08	06:10
177	480	Estefânia soares	Individual	Senior Feminino	01:01:45	+21:11	06:10

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OFFICIAL RESULT

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178	477	Elsa Simões	Individual	Senior Feminino	01:01:46	+21:13	06:11
179	571	Marta Sofia Ferreira Dias	Individual	Senior Feminino	01:01:57	+21:24	06:12
180	111	Carolina Tavares	BARRA OCEAN RUNNERS	Senior Feminino	01:02:01	+21:28	06:12
181	123	Rita Henriques	BARRA OCEAN RUNNERS	Senior Feminino	01:02:02	+21:29	06:12
182	391	Ana Catarina Ribães Alves	Individual	Senior Feminino	01:02:04	+21:30	06:12
183	1598	Rocio Lengyel	TUFF RUNNERS	Senior Feminino	01:02:08	+21:35	06:13
184	641	Thalita Lopes	Individual	Senior Feminino	01:02:10	+21:37	06:13
185	505	Jéssica Ordoñez	Individual	Senior Feminino	01:02:11	+21:37	06:13
186	548	Maria Gouveia	Individual	Senior Feminino	01:02:16	+21:43	06:14
187	1401	Diana Miranda	Pacemakers	Senior Feminino	01:02:30	+21:56	06:15
188	516	Karina Sotska	Individual	Senior Feminino	01:02:31	+21:57	06:15
189	1611	Joana Filipa Almeida Pinto	UNBRK FITNESS	Senior Feminino	01:02:34	+22:01	06:15
190	1604	Ana Dono	Turtle runners	Senior Feminino	01:02:38	+22:04	06:16
191	390	Ana Caroline Gonçalves de Carvalho	Individual	Senior Feminino	01:02:47	+22:13	06:17
192	561	Mariana Resende Bandeirinha	Individual	Senior Feminino	01:02:47	+22:14	06:17
193	635	Tânia Cabeleira	Individual	Senior Feminino	01:04:03	+23:29	06:24
194	486	Flávia Andréia Cerqueira Peixoto	Individual	Senior Feminino	01:04:03	+23:29	06:24
195	311	Fabiana Lima	Fajó	Senior Feminino	01:04:03	+23:29	06:24
196	1409	Jéssica Fogueiro	Pantufas Voadoras	Senior Feminino	01:04:07	+23:34	06:25
197	178	Daniela Silva	Bobadelas Running Team	Senior Feminino	01:04:09	+23:36	06:25
198	568	Marta Caldeira	Individual	Senior Feminino	01:04:18	+23:44	06:26
199	529	Lucia Azevedo	Individual	Senior Feminino	01:04:20	+23:46	06:26
200	88	Mariana Afonso	Ass Distrital de Ténis de Mesa de Viseu	Senior Feminino	01:04:34	+24:00	06:27
201	639	Tassia Iino	Individual	Senior Feminino	01:04:40	+24:06	06:28
202	493	Inês Breda	Individual	Senior Feminino	01:04:41	+24:08	06:28
203	405	Ana Pedro Oliveira Ferreira	Individual	Senior Feminino	01:04:46	+24:12	06:29
204	454	Daniela Borges	Individual	Senior Feminino	01:04:59	+24:26	06:30
205	1412	Nádia Santos	Pantufas Voadoras	Senior Feminino	01:05:03	+24:30	06:30
206	433	Carolina Fernandes	Individual	Senior Feminino	01:05:05	+24:32	06:31
207	408	Ana Sofia Soares Alves	Individual	Senior Feminino	01:05:06	+24:32	06:31
208	443	Cátia Cardoso	Individual	Senior Feminino	01:05:11	+24:37	06:31
209	1391	Adriana Abre Domingues	Nósos2	Senior Feminino	01:05:29	+24:55	06:33
210	1490	Mariana Gaspar Coelho Dias	RIS2048	Senior Feminino	01:05:35	+25:02	06:34
211	427	Carina Sofia Cristóvão Fidalgo	Individual	Senior Feminino	01:05:49	+25:15	06:35
212	643	Vanessa Silva	Individual	Senior Feminino	01:06:13	+25:40	06:37
213	1592	Catarina Martins	Triple team	Senior Feminino	01:06:17	+25:44	06:38
214	1597	Margarida Sebastião	TUFF RUNNERS	Senior Feminino	01:06:19	+25:45	06:38
215	463	Daniela Ribeiro	Individual	Senior Feminino	01:06:22	+25:49	06:38
216	511	Joana Monteiro	Individual	Senior Feminino	01:06:22	+25:49	06:38
217	1386	Alexandra Reis	MoveFelgueira	Senior Feminino	01:06:27	+25:54	06:39
218	1503	Ana Filipe Leite Rocha	Rocha	Senior Feminino	01:06:28	+25:54	06:39
219	382	Alexandra Barbosa	Individual	Senior Feminino	01:06:31	+25:58	06:39
220	394	Ana Ferreira	Individual	Senior Feminino	01:06:46	+26:13	06:41
221	549	Maria João Anjo	Individual	Senior Feminino	01:06:51	+26:17	06:41
222	545	Maria Francisca Granjeira	Individual	Senior Feminino	01:06:51	+26:18	06:41
223	494	Inês Cardoso	Individual	Senior Feminino	01:07:08	+26:35	06:43

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224	625	Sofia Eleonor Pereira Rodrigues	Individual	Senior Feminino	01:07:08	+26:35	06:43
225	1620	Margarida Infante	Vamos	Senior Feminino	01:07:12	+26:39	06:43
226	1618	Beatriz Miguéis	Vamos	Senior Feminino	01:07:12	+26:39	06:43
227	1619	Inês Jorge	Vamos	Senior Feminino	01:07:13	+26:39	06:43
228	515	Juliana Gouveia	Individual	Senior Feminino	01:07:19	+26:46	06:44
229	492	Gabriella McDaniel	Individual	Senior Feminino	01:07:29	+26:55	06:45
230	621	Sara Moreira	Individual	Senior Feminino	01:07:29	+26:55	06:45
231	586	Paula Fernandes	Individual	Senior Feminino	01:07:30	+26:57	06:45
232	13	Mariana Pinto	10k & pizza	Senior Feminino	01:07:56	+27:23	06:48
233	612	Sandra Marques	Individual	Senior Feminino	01:08:01	+27:27	06:48
234	481	Filipa Cirineu	Individual	Senior Feminino	01:08:02	+27:29	06:48
235	401	Ana Marçal	Individual	Senior Feminino	01:08:05	+27:31	06:48
236	1413	Rafaela Gomes	Pantufas Voadoras	Senior Feminino	01:08:07	+27:34	06:49
237	1583	Larissa Marinho	Travão Puxado	Senior Feminino	01:08:08	+27:34	06:49
238	485	Filomena Soares	Individual	Senior Feminino	01:08:16	+27:43	06:50
239	457	Daniela Magalhães	Individual	Senior Feminino	01:08:17	+27:43	06:50
240	12	Isabel Pinto	10k & pizza	Senior Feminino	01:08:33	+28:00	06:51
241	387	Ana Beatriz Ferreira Santos	Individual	Senior Feminino	01:08:41	+28:07	06:52
242	216	Beatriz Varum	Civilria Running Club	Senior Feminino	01:08:44	+28:10	06:52
243	488	Francisca Rolo Simões	Individual	Senior Feminino	01:08:46	+28:13	06:53
244	397	Ana Gonçalves	Individual	Senior Feminino	01:08:48	+28:15	06:53
245	1553	Francisca Nunes	TáLento	Senior Feminino	01:08:49	+28:15	06:53
246	1578	Rita Cardoso	Tostas em fuga	Senior Feminino	01:09:17	+28:44	06:56
247	84	Ana Rita Ribeiro	As 2 da vida airada	Senior Feminino	01:09:20	+28:47	06:56
248	85	Diana Santos	As 2 da vida airada	Senior Feminino	01:09:22	+28:49	06:56
249	500	Inês Silva	Individual	Senior Feminino	01:09:23	+28:50	06:56
250	594	Renata Lopes	Individual	Senior Feminino	01:09:24	+28:51	06:56
251	479	Estéfani Laux	Individual	Senior Feminino	01:09:27	+28:53	06:57
252	424	Beatriz Garcia Sequeira	Individual	Senior Feminino	01:09:33	+29:00	06:57
253	520	Lara Ferreira Batista	Individual	Senior Feminino	01:09:33	+29:00	06:57
254	1606	Patrícia Neves	Turtle runners	Senior Feminino	01:09:41	+29:07	06:58
255	36	Joana da Silva Santos	ADI-Ílhavo	Senior Feminino	01:09:52	+29:18	06:59
256	455	Daniela filipa dos santos amorim	Individual	Senior Feminino	01:09:58	+29:25	07:00
257	106	Ana Silva	BARRA OCEAN RUNNERS	Senior Feminino	01:09:59	+29:26	07:00
258	1415	Rita Reis	Pantufas Voadoras	Senior Feminino	01:10:09	+29:36	07:01
259	1626	Joana Correia	voltaren running club	Senior Feminino	01:10:13	+29:39	07:01
260	1350	Ines Lima	Ines e Rui	Senior Feminino	01:10:15	+29:42	07:02
261	466	Day Fortes	Individual	Senior Feminino	01:10:33	+29:59	07:03
262	447	Clara de Souza Lino	Individual	Senior Feminino	01:10:36	+30:02	07:04
263	1404	Carine Caires	Pantufas Voadoras	Senior Feminino	01:10:48	+30:15	07:05
264	537	Mara Figo	Individual	Senior Feminino	01:10:49	+30:16	07:05
265	384	Alexandra Natali Saba caracciolo	Individual	Senior Feminino	01:10:49	+30:16	07:05
266	588	Raquel Fecha	Individual	Senior Feminino	01:10:49	+30:16	07:05
267	627	Sofia Marques	Individual	Senior Feminino	01:10:49	+30:16	07:05
268	399	Ana lopes	Individual	Senior Feminino	01:11:04	+30:31	07:06
269	193	Camila Mendes	Cantaai	Senior Feminino	01:11:06	+30:33	07:07

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270	522	Lara Vieira Rodrigues	Individual	Senior Feminino	01:11:07	+30:33	07:07
271	579	Nicole Monteiro Rakov	Individual	Senior Feminino	01:11:21	+30:48	07:08
272	482	Filipa Margarida Reis Mesquita	Individual	Senior Feminino	01:11:23	+30:49	07:08
273	323	Beatriz Oliveira	Gambas Supersónicas	Senior Feminino	01:11:28	+30:54	07:09
274	1417	Sofia Sarabando	Pantufas Voadoras	Senior Feminino	01:11:32	+30:58	07:09
275	536	Manuela Pereira	Individual	Senior Feminino	01:11:33	+30:59	07:09
276	1358	Diana Nolasco	LAQP - Liga dos Amigos da Quinta do Pecado	Senior Feminino	01:11:34	+31:01	07:09
277	1359	Matilde Silva	LAQP - Liga dos Amigos da Quinta do Pecado	Senior Feminino	01:11:34	+31:01	07:09
278	456	Daniela Gomes	Individual	Senior Feminino	01:11:42	+31:09	07:10
279	585	Patrícia Sousa	Individual	Senior Feminino	01:11:43	+31:09	07:10
280	644	Yohana Betancourt	Individual	Senior Feminino	01:11:44	+31:10	07:10
281	576	Michele Rocha Canelas	Individual	Senior Feminino	01:11:44	+31:11	07:10
282	221	Mariana Antonello Basei	Civilria Running Club	Senior Feminino	01:11:58	+31:25	07:12
283	1406	Daniela Branco	Pantufas Voadoras	Senior Feminino	01:11:59	+31:26	07:12
284	393	Ana Costa	Individual	Senior Feminino	01:12:11	+31:37	07:13
285	618	Sara Gonçalves	Individual	Senior Feminino	01:12:24	+31:50	07:14
286	550	Maria João Catarino Branco	Individual	Senior Feminino	01:12:26	+31:52	07:15
287	1508	Carmen Castro	RuMa & CarAMel	Senior Feminino	01:12:56	+32:23	07:18
288	381	Adriana Ribeiro	Individual	Senior Feminino	01:12:57	+32:24	07:18
289	1565	Joana Baldaia	Team Baldaia	Senior Feminino	01:12:59	+32:25	07:18
290	418	Ângela Filipa Moreira Caridade	Individual	Senior Feminino	01:13:01	+32:28	07:18
291	464	Daniela Santos silva	Individual	Senior Feminino	01:13:02	+32:28	07:18
292	615	Sara Araújo	Individual	Senior Feminino	01:13:05	+32:32	07:19
293	35	Catarina Marques	ADI-Ílhavo	Senior Feminino	01:13:12	+32:39	07:19
294	440	Catarina Santos Costa	Individual	Senior Feminino	01:13:16	+32:43	07:20
295	220	Liliana Carvalho	Civilria Running Club	Senior Feminino	01:13:32	+32:58	07:21
296	554	Maria João Pereira de Vasconcelos	Individual	Senior Feminino	01:13:56	+33:22	07:24
297	1600	Tânia Peixinho	TUFF RUNNERS	Senior Feminino	01:14:33	+34:00	07:27
298	1368	Sara Duarte	Los Sem Pressa	Senior Feminino	01:14:38	+34:05	07:28
299	1367	Bruna Palma	Los Sem Pressa	Senior Feminino	01:14:38	+34:05	07:28
300	563	Mariana Tavares	Individual	Senior Feminino	01:14:47	+34:13	07:29
301	1564	Catarina Baldaia	Team Baldaia	Senior Feminino	01:14:53	+34:19	07:29
302	478	Ema Germain	Individual	Senior Feminino	01:15:03	+34:29	07:30
303	1411	Mariana Monteiro	Pantufas Voadoras	Senior Feminino	01:15:21	+34:48	07:32
304	104	Ana Azevedo	BARRA OCEAN RUNNERS	Senior Feminino	01:15:37	+35:03	07:34
305	1374	Diana Santos	Mind&Body	Senior Feminino	01:16:02	+35:28	07:36
306	567	Marta Alves Barreira	Individual	Senior Feminino	01:16:07	+35:33	07:37
307	388	Ana Cardoso da Paula	Individual	Senior Feminino	01:16:13	+35:40	07:37
308	315	Lénia Matos	FFonseca Running Team	Senior Feminino	01:17:29	+36:56	07:45
309	636	Tânia Estrela Santos	Individual	Senior Feminino	01:17:35	+37:01	07:46
310	592	Raquel Rocha	Individual	Senior Feminino	01:17:42	+37:08	07:46
311	501	Irene Amaral	Individual	Senior Feminino	01:17:42	+37:09	07:46
312	622	Sofia Almeida	Individual	Senior Feminino	01:17:43	+37:10	07:46
313	1365	Sara Lisboa Oliveira	LisboaSantiago	Senior Feminino	01:17:57	+37:23	07:48
314	504	Janett Santos	Individual	Senior Feminino	01:18:11	+37:38	07:49

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315	214	Ana Nunes	Civilria Running Club	Senior Feminino	01:19:06	+38:33	07:55
316	177	Patrícia Cardoso	Bistecas	Senior Feminino	01:20:51	+40:17	08:05
317	564	Mariana Teixeira	Individual	Senior Feminino	01:21:17	+40:43	08:08
318	487	Francisca Melo	Individual	Senior Feminino	01:21:29	+40:56	08:09
319	1414	Rita Ramos	Pantufas Voadoras	Senior Feminino	01:21:45	+41:12	08:11
320	597	Rita Cartaxo	Individual	Senior Feminino	01:22:07	+41:33	08:13
321	1605	Ana Maia	Turtle runners	Senior Feminino	01:22:37	+42:04	08:16
322	512	Joana Rocha da Silva	Individual	Senior Feminino	01:23:02	+42:28	08:18
323	215	Antónia Kiteria Magalhães Vale	Civilria Running Club	Senior Feminino	01:23:17	+42:43	08:20
324	590	Raquel Monteiro	Individual	Senior Feminino	01:24:54	+44:20	08:29
325	495	Inês Falcão	Individual	Senior Feminino	01:27:52	+47:18	08:47
326	575	Melo Ribeiro	Individual	Senior Feminino	01:28:59	+48:26	08:54
327	633	Susana Cravo	Individual	Senior Feminino	01:29:04	+48:31	08:54
328	1410	Lúcia Inês Cruz Melo	Pantufas Voadoras	Senior Feminino	01:29:12	+48:38	08:55
329	1416	Sofia Martins	Pantufas Voadoras	Senior Feminino	01:29:12	+48:38	08:55
330	406	Ana Raro	Individual	Senior Feminino	01:31:37	+51:04	09:10
331	49	Hanna Kelly Holanda Rosa	Altice Labs	Senior Feminino	01:31:43	+51:10	09:10
332	1582	Kamilla Araujo	Travão Puxado	Senior Feminino	01:37:58	+57:25	09:48

Senior Masculino

1	1456	João Almeida	RECREIO DESPORTIVO DE ÁGUEDA	Senior Masculino	30:00	03:00
2	1454	Alexandre Venâncio	RECREIO DESPORTIVO DE ÁGUEDA	Senior Masculino	31:57	+01:56 03:12
3	310	Marco Marques	EV PERALTAFIL	Senior Masculino	33:07	+03:06 03:19
4	264	Henrique Moreira	Clube dos Galitos	Senior Masculino	33:43	+03:42 03:22
5	343	Licínio Silva	Grupo Alegre Unido Bajouca	Senior Masculino	34:05	+04:04 03:24
6	870	Paulo Pereira	Individual	Senior Masculino	34:26	+04:25 03:27
7	329	Jorge Cubal	GDC Guilhovai	Senior Masculino	34:33	+04:32 03:27
8	1546	Tiago Pinto	Sport Clube de Freamunde	Senior Masculino	34:43	+04:42 03:28
9	257	CELSO LEITE	Clube Atletismo de Ovar	Senior Masculino	34:45	+04:44 03:28
10	337	Rui Gala	GRECAS - Vagos	Senior Masculino	34:50	+04:49 03:29
11	265	João Andrade	Clube dos Galitos	Senior Masculino	35:15	+05:14 03:31
12	307	Cristiano Oliveira	ESCOLA DE ATLETISMO DE COIMBRA	Senior Masculino	35:15	+05:14 03:32
13	684	Daniel da Costa Calvão	Individual	Senior Masculino	35:19	+05:18 03:32
14	25	Francisco Silveira	ACD Os Ilhavs	Senior Masculino	35:48	+05:47 03:35
15	770	João Fernandes	Individual	Senior Masculino	36:31	+06:30 03:39
16	955	Vicente Regalado	Individual	Senior Masculino	36:31	+06:30 03:39
17	880	Pedro Miguel da Rocha Santos	Individual	Senior Masculino	36:31	+06:30 03:39
18	206	Luís Pires	CENAP	Senior Masculino	36:33	+06:32 03:39
19	1624	Rafael Matias	Vilaventura Trail	Senior Masculino	36:34	+06:33 03:39
20	1457	Ricardo Andrade	RECREIO DESPORTIVO DE ÁGUEDA	Senior Masculino	36:38	+06:37 03:40
21	806	José Guilherme Sá	Individual	Senior Masculino	36:38	+06:38 03:40
22	753	Hugo Antunes	Individual	Senior Masculino	36:41	+06:40 03:40

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23	752	Henrique Miguel Brandão Gomes	Individual	Senior Masculino	36:44	+06:43	03:40
24	950	Tomás Martins Araújo	Individual	Senior Masculino	36:49	+06:48	03:41
25	338	Vicente Julião	GRECAS - Vagos	Senior Masculino	37:04	+07:03	03:42
26	369	Pedro Emanuel de Oliveira Monteiro	Hut Runners Aveiro	Senior Masculino	37:13	+07:12	03:43
27	1587	João Miguel Almeida Mano	TREPANELAS / PRIFER	Senior Masculino	37:15	+07:15	03:44
28	645	Abel Andrade	Individual	Senior Masculino	37:30	+07:30	03:45
29	173	Sérgio Pires	Bengalas e Muletas	Senior Masculino	37:36	+07:35	03:46
30	730	Filipe Barros	Individual	Senior Masculino	37:40	+07:39	03:46
31	207	Ricardo Auxiliar	CENAP	Senior Masculino	37:50	+07:49	03:4
32	24	António Veiga	ACD Os Ilhavs	Senior Masculino	37:53	+07:52	03:47
33	864	Nuno Monteiro	Individual	Senior Masculino	38:07	+08:06	03:49
34	205	Andre Novais	CENAP	Senior Masculino	38:08	+08:07	03:49
35	1466	José Matos	Retorta - Quinta das Arcas	Senior Masculino	38:14	+08:14	03:49
36	279	JOAO OLIVEIRA	DAR Recardães	Senior Masculino	38:24	+08:23	03:50
37	1616	Bruno Casal	Ups, Trilhei-me!	Senior Masculino	38:36	+08:36	03:52
38	37	João Pedro Oliveira	ADI-Ílhavo	Senior Masculino	38:38	+08:38	03:52
39	725	Fernando Araújo	Individual	Senior Masculino	38:51	+08:51	03:53
40	854	Miguel Silva	Individual	Senior Masculino	38:53	+08:52	03:53
41	280	RICARDO TAVARES	DAR Recardães	Senior Masculino	38:55	+08:54	03:54
42	263	GONÇALO ANTONINHO GASPAR	Clube dos Galitos	Senior Masculino	38:58	+08:57	03:54
43	197	André Nunes	CASA DO POVO DE MANGUALDE	Senior Masculino	39:00	+08:59	03:54
44	5	Pedro Marques	#É_só_até_ali	Senior Masculino	39:01	+09:00	03:54
45	699	Diogo Lopes	Individual	Senior Masculino	39:06	+09:05	03:55
46	677	Carlos Manuel Simões da Silva	Individual	Senior Masculino	39:17	+09:16	03:56
47	208	Tiago Marcelino	CENAP	Senior Masculino	39:25	+09:24	03:56
48	722	Fábio Gonçalves	Individual	Senior Masculino	39:26	+09:25	03:57
49	22	Tiago Urbano	A:D:F:Bike Riders	Senior Masculino	39:27	+09:26	03:57
50	266	Jorge Pinho	Clube dos Galitos	Senior Masculino	39:40	+09:39	03:58
51	267	Steve Lopes	Clube dos Galitos	Senior Masculino	39:41	+09:40	03:58
52	782	João Matias	Individual	Senior Masculino	39:57	+09:56	04:00
53	761	João Andrade	Individual	Senior Masculino	40:04	+10:04	04:00
54	4	Pedro Jacinto	#É_só_até_ali	Senior Masculino	40:09	+10:08	04:01
55	901	Ricardo Silva	Individual	Senior Masculino	40:18	+10:17	04:02
56	819	Lucas Santos	Individual	Senior Masculino	40:20	+10:19	04:02
57	801	Joel Pereira	Individual	Senior Masculino	40:28	+10:27	04:03
58	687	Daniel Mota	Individual	Senior Masculino	40:28	+10:27	04:03
59	841	Marco Martins	Individual	Senior Masculino	40:29	+10:28	04:03
60	654	André Miguel Lameiro Monteiro	Individual	Senior Masculino	40:37	+10:37	04:04
61	1545	Marco Cunha	Sport Clube de Freamunde	Senior Masculino	40:47	+10:46	04:05
62	1378	Helder Henriques	MIRO TRAIL	Senior Masculino	41:00	+10:59	04:06
63	853	Miguel Pina	Individual	Senior Masculino	41:04	+11:03	04:06
64	957	Vítor Costa	Individual	Senior Masculino	41:07	+11:06	04:07
65	262	Agnelo André Pinto e Silva	Clube dos Galitos	Senior Masculino	41:09	+11:08	04:07
66	1586	Fábio Silva	TREPANELAS / PRIFER	Senior Masculino	41:13	+11:12	04:07
67	278	Ivo Leandro pinto Gonçalves	DAR Recardães	Senior Masculino	41:36	+11:35	04:10
68	133	Daniel Silva	BARRA OCEAN RUNNERS	Senior Masculino	41:38	+11:37	04:10

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69	138	João Antunes	BARRA OCEAN RUNNERS	Senior Masculino	41:50	+11:49	04:11
70	813	Leandro Mota	Individual	Senior Masculino	41:52	+11:51	04:11
71	79	Jorge Miguel Pereira	ARCD Venda da Luisa	Senior Masculino	41:53	+11:52	04:11
72	26	Hélio Ferreira	ACD Os Ilhavos	Senior Masculino	42:00	+11:59	04:12
73	845	Mauro Conde Salazar	Individual	Senior Masculino	42:02	+12:01	04:12
74	251	Luis Santos	CLTT - CLÍNICA LITORALIS TRAIL TEAM	Senior Masculino	42:09	+12:08	04:13
75	38	Rafael Castro	ADI-Ílhavo	Senior Masculino	42:14	+12:13	04:13
76	721	Fábio Figueiredo	Individual	Senior Masculino	42:21	+12:20	04:14
77	900	Ricardo Rua	Individual	Senior Masculino	42:21	+12:20	04:14
78	802	Joel Vicente	Individual	Senior Masculino	42:24	+12:23	04:14
79	794	João Teles	Individual	Senior Masculino	42:26	+12:25	04:15
80	961	Vitor Ribeiro	Individual	Senior Masculino	42:38	+12:38	04:16
81	740	Francisco Ribeiro	Individual	Senior Masculino	42:40	+12:39	04:16
82	1464	SANTIAGO MIGUEL GRAÇA ALMEIDA	Regisanti	Senior Masculino	42:41	+12:40	04:16
83	904	Rúben Costa	Individual	Senior Masculino	43:02	+13:01	04:18
84	956	Victor Figueiredo	Individual	Senior Masculino	43:06	+13:05	04:19
85	851	Miguel Neves	Individual	Senior Masculino	43:24	+13:23	04:20
86	771	João Ferreira	Individual	Senior Masculino	43:25	+13:24	04:21
87	662	Antonio Fardilha	Individual	Senior Masculino	43:26	+13:25	04:21
88	83	Miguel Fonseca Monteiro	ARSM - Associação Recreativa de São Miguel	Senior Masculino	43:28	+13:27	04:21
89	810	Júlio Pinto	Individual	Senior Masculino	43:31	+13:30	04:21
90	877	Pedro Lopes	Individual	Senior Masculino	43:35	+13:34	04:21
91	912	Rui Jorge Agostinho Gomes	Individual	Senior Masculino	44:01	+14:00	04:24
92	694	Dinarte Silva	Individual	Senior Masculino	44:08	+14:07	04:25
93	186	Andre Ferreira	Bustos Runners	Senior Masculino	44:11	+14:10	04:25
94	690	Davi Teixeira	Individual	Senior Masculino	44:13	+14:13	04:25
95	665	Arsélio Santos	Individual	Senior Masculino	44:15	+14:15	04:26
96	1538	Tiago Castro	SosenseTrailTeam-Braga&Fernandes/Corind	Senior Masculino	44:24	+14:23	04:26
97	367	Francisco Martins	Hut Runners Aveiro	Senior Masculino	44:26	+14:25	04:27
98	789	João Pereira	Individual	Senior Masculino	44:27	+14:26	04:27
99	923	Sérgio Almeida	Individual	Senior Masculino	44:27	+14:26	04:27
100	731	Filipe Campos	Individual	Senior Masculino	44:29	+14:28	04:27
101	919	Rui Sobral sousa	Individual	Senior Masculino	44:31	+14:30	04:27
102	700	Diogo Matos	Individual	Senior Masculino	44:32	+14:32	04:27
103	767	João Carlos Figueiredo Rosa	Individual	Senior Masculino	44:33	+14:32	04:27
104	860	Nuno Gonçalves	Individual	Senior Masculino	44:36	+14:35	04:28
105	787	João Paulo Neves Serôdio	Individual	Senior Masculino	44:41	+14:41	04:28
106	292	Rúben Fernandes	DCI/Trilhos Luso Bussaco	Senior Masculino	44:47	+14:46	04:29
107	909	Rui Filipe Silva Fontoura	Individual	Senior Masculino	44:50	+14:50	04:29
108	198	Luís Neves	CASA DO POVO DE MANGUALDE	Senior Masculino	44:50	+14:50	04:29
109	891	Renato Daniel Faria Silvério	Individual	Senior Masculino	44:51	+14:50	04:29
110	720	Erick Santos	Individual	Senior Masculino	44:53	+14:53	04:29
111	314	Rodrigo Barge Matos	Família Barge Matos	Senior Masculino	44:58	+14:57	04:30
112	735	Francisco Almeida	Individual	Senior Masculino	45:04	+15:03	04:30

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113	659	André SãoMarcos	Individual	Senior Masculino	45:22	+15:21	04:32
114	733	Filipe José Ribeiro Andrade	Individual	Senior Masculino	45:27	+15:26	04:33
115	933	Tiago Bento	Individual	Senior Masculino	45:30	+15:30	04:33
116	231	Nuno Bento	Civilria Running Club	Senior Masculino	45:35	+15:34	04:33
117	92	Samuel Marques	Associação Académica de Coimbra	Senior Masculino	45:35	+15:34	04:34
118	306	Angelo Sá	Escola de Atletismo Carlos Lopes/Lusitano	Senior Masculino	45:38	+15:37	04:34
119	54	Francisco José Simões Campos	Altice Labs	Senior Masculino	45:41	+15:40	04:34
120	840	Márcio Rasteiro	Individual	Senior Masculino	45:43	+15:42	04:34
121	834	Manuel Fardilha	Individual	Senior Masculino	45:47	+15:46	04:35
122	657	André Pratas	Individual	Senior Masculino	45:52	+15:52	04:35
123	867	Nuno Sarabando	Individual	Senior Masculino	45:56	+15:55	04:36
124	148	Tiago Neves	BARRA OCEAN RUNNERS	Senior Masculino	45:57	+15:57	04:36
125	846	Maxim Mironov	Individual	Senior Masculino	46:06	+16:06	04:37
126	799	Joel Bastos Santos	Individual	Senior Masculino	46:09	+16:08	04:37
127	765	João Caetano	Individual	Senior Masculino	46:10	+16:09	04:37
128	820	Lucas Silva	Individual	Senior Masculino	46:16	+16:15	04:38
129	791	João Rocha	Individual	Senior Masculino	46:17	+16:16	04:38
130	723	Fabio Oliveira	Individual	Senior Masculino	46:20	+16:19	04:38
131	781	João Martins	Individual	Senior Masculino	46:28	+16:27	04:39
132	697	Diogo Dias	Individual	Senior Masculino	46:30	+16:29	04:39
133	58	Mário Miguel Rosa Baltazar	Altice Labs	Senior Masculino	46:39	+16:38	04:40
134	368	Pedro Branco	Hut Runners Aveiro	Senior Masculino	46:49	+16:48	04:41
135	129	António Santos	BARRA OCEAN RUNNERS	Senior Masculino	46:50	+16:49	04:41
136	741	Francisco Silva	Individual	Senior Masculino	46:52	+16:51	04:41
137	827	Luis Heinrich	Individual	Senior Masculino	46:53	+16:52	04:41
138	759	Jaime Augusto	Individual	Senior Masculino	46:53	+16:52	04:41
139	935	Tiago Coelho	Individual	Senior Masculino	46:56	+16:55	04:42
140	1370	Miguel da Mota Rodrigues	LoveTiles	Senior Masculino	46:57	+16:56	04:42
141	141	Jorge Reis	BARRA OCEAN RUNNERS	Senior Masculino	46:59	+16:58	04:42
142	754	Hugo Cabral	Individual	Senior Masculino	46:59	+16:58	04:42
143	835	Manuel Freitas	Individual	Senior Masculino	47:01	+17:00	04:42
144	709	Eduardo Ferreira	Individual	Senior Masculino	47:02	+17:02	04:42
145	889	Rafael Silva	Individual	Senior Masculino	47:04	+17:03	04:42
146	1438	João Parreira	Prison D'Aveiro	Senior Masculino	47:07	+17:06	04:43
147	814	Leandro Oliveira Pinto	Individual	Senior Masculino	47:07	+17:07	04:43
148	716	EMANUEL ALMEIDA	Individual	Senior Masculino	47:09	+17:08	04:43
149	656	André Pinho	Individual	Senior Masculino	47:15	+17:14	04:44
150	655	André Nunes Dias	Individual	Senior Masculino	47:17	+17:16	04:44
151	1361	João Silva	LAQP - Liga dos Amigos da Quinta do Pecado	Senior Masculino	47:17	+17:16	04:44
152	302	João Martins	EAT - Escola de Atletismo da Trofa	Senior Masculino	47:17	+17:16	04:44
153	698	Diogo Filipe	Individual	Senior Masculino	47:18	+17:17	04:44
154	886	Rafael Gomes	Individual	Senior Masculino	47:18	+17:17	04:44
155	1535	Daniel Almeida	Snupe.	Senior Masculino	47:18	+17:18	04:44
156	798	Joaquim Gonçalves	Individual	Senior Masculino	47:19	+17:18	04:44

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157	805	José Garrido	Individual	Senior Masculino	47:20	+17:19	04:44
158	778	João Jesus	Individual	Senior Masculino	47:23	+17:23	04:44
159	682	Cristiano Alexandre Almeida Oliveira Rodrigues	Individual	Senior Masculino	47:32	+17:31	04:45
160	728	Filipe Almeida	Individual	Senior Masculino	47:35	+17:34	04:45
161	1380	Jhonatan Rodriguez	Molinhos Team	Senior Masculino	47:37	+17:36	04:46
162	960	Vitor Hugo Pinto de Sousa	Individual	Senior Masculino	47:38	+17:37	04:46
163	1357	Dinis F. Oliveira	Keep Running Forward	Senior Masculino	47:46	+17:45	04:47
164	892	Renato Jesus Marques	Individual	Senior Masculino	47:46	+17:46	04:47
165	788	João Pedro Capão	Individual	Senior Masculino	47:47	+17:46	04:47
166	312	Joni Campos	Fajó	Senior Masculino	47:51	+17:51	04:47
167	868	Óscar Lopes	Individual	Senior Masculino	47:52	+17:51	04:47
168	1601	Guilherme Ramalheira	TUFF RUNNERS	Senior Masculino	47:54	+17:53	04:47
169	1433	João Ferreiro	Play Out	Senior Masculino	47:56	+17:55	04:48
170	676	Carlos Coutinho	Individual	Senior Masculino	47:58	+17:57	04:48
171	913	Rui Ladeiro	Individual	Senior Masculino	47:58	+17:57	04:48
172	134	Diogo Ramos	BARRA OCEAN RUNNERS	Senior Masculino	47:58	+17:58	04:48
173	803	José Afonso Baião Silva	Individual	Senior Masculino	48:01	+18:00	04:48
174	695	Diogo Areias	Individual	Senior Masculino	48:03	+18:02	04:48
175	757	Igor Daniel Silva Azevedo	Individual	Senior Masculino	48:08	+18:07	04:49
176	135	Francisco Paiva	BARRA OCEAN RUNNERS	Senior Masculino	48:10	+18:09	04:49
177	1526	Carlos Domingues	Saca Trilhos Anadia	Senior Masculino	48:12	+18:11	04:49
178	1369	João Pedro Martins Gonçalves	Los Sem Pressa	Senior Masculino	48:14	+18:13	04:49
179	812	Leandro Marinho Viana	Individual	Senior Masculino	48:23	+18:22	04:50
180	185	João Manuel Afonso Domingues	BTTralhos	Senior Masculino	48:26	+18:26	04:51
181	879	Pedro Manuel Oliveira Matos	Individual	Senior Masculino	48:28	+18:27	04:51
182	303	André Filipe dos Santos Rebelo	Eduart-Componentes Calçado .	Senior Masculino	48:39	+18:38	04:52
183	915	Rui Miguel Ferreira Rodrigues	Individual	Senior Masculino	48:47	+18:46	04:53
184	689	Daniel Tavares	Individual	Senior Masculino	48:47	+18:46	04:53
185	1403	André Silva	Pacemakers	Senior Masculino	48:50	+18:49	04:53
186	729	Filipe Baptista Lopes	Individual	Senior Masculino	48:51	+18:50	04:53
187	653	André Marques	Individual	Senior Masculino	48:51	+18:50	04:53
188	650	André Coelho	Individual	Senior Masculino	48:52	+18:51	04:53
189	941	Tiago Morais	Individual	Senior Masculino	48:57	+18:56	04:54
190	672	Bruno Leite	Individual	Senior Masculino	49:00	+18:59	04:54
191	717	Emanuel Heleno	Individual	Senior Masculino	49:01	+19:00	04:54
192	772	João Filipe Costa Merendeiro	Individual	Senior Masculino	49:06	+19:05	04:55
193	74	Alex Semichev	Anatata	Senior Masculino	49:07	+19:06	04:55
194	924	Sérgio Manuel Gomes Silva	Individual	Senior Masculino	49:11	+19:10	04:55
195	780	João Marques	Individual	Senior Masculino	49:14	+19:13	04:55
196	683	Daniel Berbigão	Individual	Senior Masculino	49:15	+19:14	04:56
197	313	Jorge Matos	Família Barge Matos	Senior Masculino	49:16	+19:15	04:56
198	692	David de Sousa Quitério	Individual	Senior Masculino	49:17	+19:16	04:56
199	18	João Lino	A.D.C.R. VILAGE	Senior Masculino	49:17	+19:16	04:56
200	1588	Rafael Malta	TREPANELAS / PRIFER	Senior Masculino	49:21	+19:21	04:56
201	792	João Santos	Individual	Senior Masculino	49:24	+19:23	04:56
202	703	Diogo Riço	Individual	Senior Masculino	49:27	+19:26	04:57

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203	705	Duarte Santos Ribeiro	Individual	Senior Masculino	49:38	+19:37	04:58
204	888	Rafael Rocha	Individual	Senior Masculino	49:39	+19:39	04:58
205	736	Francisco Bica	Individual	Senior Masculino	49:40	+19:39	04:58
206	327	Diogo Garrido	Garridos	Senior Masculino	49:41	+19:40	04:58
207	756	Humberto Garcia	Individual	Senior Masculino	49:53	+19:52	04:59
208	146	Pedro Miguel Marquinhos Soeiro	BARRA OCEAN RUNNERS	Senior Masculino	49:55	+19:54	04:59
209	917	Rui Saraiva	Individual	Senior Masculino	50:02	+20:01	05:00
210	370	Rodrigo Monteiro	Hut Runners Aveiro	Senior Masculino	50:03	+20:03	05:00
211	1522	André Pereira	RunSanchequias	Senior Masculino	50:12	+20:11	05:01
212	143	Luís Gomes	BARRA OCEAN RUNNERS	Senior Masculino	50:16	+20:16	05:02
213	712	Eduardo Seabra	Individual	Senior Masculino	50:18	+20:17	05:02
214	797	João Velhinho	Individual	Senior Masculino	50:22	+20:21	05:02
215	762	João Anjos	Individual	Senior Masculino	50:22	+20:21	05:02
216	928	Severino José Paiva Rocha	Individual	Senior Masculino	50:23	+20:22	05:02
217	56	José Maria Marques Andrade	Altice Labs	Senior Masculino	50:25	+20:24	05:02
218	170	Filipe Sequeira	Bengalas e Muletas	Senior Masculino	50:25	+20:24	05:03
219	766	João Campos	Individual	Senior Masculino	50:26	+20:25	05:03
220	93	Dário Amaral	Associação Os Vouzelenses	Senior Masculino	50:29	+20:28	05:03
221	147	Simão Ferreira	BARRA OCEAN RUNNERS	Senior Masculino	50:29	+20:28	05:03
222	1602	João Pedro Conde de Almeida	TUFF RUNNERS	Senior Masculino	50:29	+20:29	05:03
223	934	Tiago Canês	Individual	Senior Masculino	50:32	+20:31	05:03
224	20	TIAGO BRANCO	A.D.GRIJÓ A CORRER	Senior Masculino	50:37	+20:36	05:04
225	1559	Nuno silva	Tartarugas	Senior Masculino	50:44	+20:43	05:04
226	1487	Diogo Jerónimo	Ride	Senior Masculino	50:45	+20:44	05:05
227	907	Rui Alberto da Silva Pires	Individual	Senior Masculino	50:46	+20:45	05:05
228	878	Pedro Loprs	Individual	Senior Masculino	50:53	+20:52	05:05
229	858	Nuno Fernandes	Individual	Senior Masculino	50:56	+20:55	05:06
230	847	Micael Castro	Individual	Senior Masculino	51:01	+21:00	05:06
231	142	Luis Afonso	BARRA OCEAN RUNNERS	Senior Masculino	51:05	+21:04	05:06
232	648	André Boia	Individual	Senior Masculino	51:05	+21:04	05:07
233	679	celso cruz	Individual	Senior Masculino	51:08	+21:07	05:07
234	833	LUIZ FERNANDO CAETE DA SILVA	Individual	Senior Masculino	51:08	+21:08	05:07
235	227	João Moreira	Civilria Running Club	Senior Masculino	51:11	+21:10	05:07
236	749	Guilherme Botelho Pereira	Individual	Senior Masculino	51:12	+21:11	05:07
237	821	Luis Cação	Individual	Senior Masculino	51:12	+21:11	05:07
238	857	Nuno Faria	Individual	Senior Masculino	51:13	+21:12	05:07
239	897	Ricardo Magalhães	Individual	Senior Masculino	51:23	+21:22	05:08
240	229	José Duarte	Civilria Running Club	Senior Masculino	51:25	+21:24	05:08
241	921	Rui Vilela	Individual	Senior Masculino	51:29	+21:28	05:09
242	755	Hugo Martins	Individual	Senior Masculino	51:30	+21:29	05:09
243	696	Diogo Cruz	Individual	Senior Masculino	51:30	+21:29	05:09
244	962	Xavier Ferreira	Individual	Senior Masculino	51:34	+21:33	05:09
245	743	Giovanni Diaz	Individual	Senior Masculino	51:37	+21:36	05:10
246	842	Martim Santos	Individual	Senior Masculino	51:39	+21:38	05:10
247	906	Rúben Pereira	Individual	Senior Masculino	51:47	+21:46	05:11
248	224	Francisco Natal Garcia	Civilria Running Club	Senior Masculino	51:52	+21:51	05:11

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249	1631	Diogo Pinto	Andreia Oliveira	Senior Masculino	51:53	+21:52	05:11
250	831	Luís Santos	Individual	Senior Masculino	51:54	+21:53	05:11
251	818	Lucas Cordeiro	Individual	Senior Masculino	51:55	+21:54	05:11
252	140	Joel Mariano	BARRA OCEAN RUNNERS	Senior Masculino	52:04	+22:03	05:12
253	910	Rui Gonçalves	Individual	Senior Masculino	52:05	+22:04	05:13
254	896	Ricardo Lopes	Individual	Senior Masculino	52:06	+22:06	05:13
255	661	António César Silva Ferreira	Individual	Senior Masculino	52:11	+22:10	05:13
256	666	Benjamim Ferreira	Individual	Senior Masculino	52:11	+22:11	05:13
257	769	João Diogo da Silva Semedo	Individual	Senior Masculino	52:14	+22:14	05:13
258	39	Tude Melo	ADI-Ílhavo	Senior Masculino	52:15	+22:14	05:13
259	1492	Diogo Filipe Moura Silva	RIS2048	Senior Masculino	52:26	+22:25	05:15
260	316	Carlos Almeida	FFonseca Running Team	Senior Masculino	52:28	+22:27	05:15
261	363	Tiago Almeida	HellRun	Senior Masculino	52:34	+22:33	05:15
262	927	Sérgio Tavares	Individual	Senior Masculino	52:38	+22:37	05:16
263	362	Nelson Rodrigues	HellRun	Senior Masculino	52:42	+22:41	05:16
264	829	Luís malarmey ribeiro	Individual	Senior Masculino	52:42	+22:41	05:16
265	763	João Assunção	Individual	Senior Masculino	52:45	+22:44	05:17
266	714	Élio Maia	Individual	Senior Masculino	52:54	+22:53	05:17
267	760	Jaime Ricardo da Costa Lopes Catarino	Reumaticos	Senior Masculino	52:54	+22:53	05:17
268	230	Miguel Duarte	Civilria Running Club	Senior Masculino	52:59	+22:58	05:18
269	903	Rodrigo Gaspar	Individual	Senior Masculino	52:59	+22:59	05:18
270	42	Francisco Vieito	Adriazul	Senior Masculino	53:02	+23:01	05:18
271	828	Luis Lopes	Individual	Senior Masculino	53:03	+23:02	05:18
272	1425	Ricardo Gonçalves	Pantufas Voadoras	Senior Masculino	53:12	+23:11	05:19
273	680	Cesar Filipe Vieira agomes	Individual	Senior Masculino	53:15	+23:14	05:20
274	940	TIAGO MONIZ GUEDES	Individual	Senior Masculino	53:19	+23:18	05:20
275	248	Paulo Rosário	Clínica do exercício	Senior Masculino	53:20	+23:19	05:20
276	1551	BERNARDO ROQUE E SILVA MORAIS	StepbyStep	Senior Masculino	53:37	+23:37	05:22
277	875	Pedro Ferreira	Individual	Senior Masculino	53:39	+23:38	05:22
278	824	Luís Correia	Individual	Senior Masculino	53:59	+23:58	05:24
279	1579	Nelson Fonseca	Tostas em fuga	Senior Masculino	54:03	+24:02	05:24
280	793	João Sousa	Individual	Senior Masculino	54:04	+24:04	05:24
281	837	Manuel Trovisco	Individual	Senior Masculino	54:07	+24:06	05:25
282	1424	Pedro Pereira	Pantufas Voadoras	Senior Masculino	54:08	+24:08	05:25
283	796	João Valente	Individual	Senior Masculino	54:12	+24:11	05:25
284	774	João Francisco Lourenço Pires	Individual	Senior Masculino	54:15	+24:15	05:26
285	1524	Gonçalo Sousa	RunSanchequias	Senior Masculino	54:22	+24:21	05:26
286	876	Pedro Herculano	Individual	Senior Masculino	54:27	+24:26	05:27
287	885	Rafael Caprichoso	Individual	Senior Masculino	54:28	+24:27	05:27
288	671	Bruno André Pinhal de Oliveira	Individual	Senior Masculino	54:31	+24:30	05:27
289	748	Guilherme Baptista	Individual	Senior Masculino	54:38	+24:37	05:28
290	713	Elder de Oliveira Silva	Individual	Senior Masculino	54:42	+24:41	05:28
291	102	Nuno Silva	Avengers	Senior Masculino	54:44	+24:43	05:28
292	947	Tiago Vieira	Individual	Senior Masculino	54:50	+24:50	05:29
293	685	Daniel Filipe Tavares Marques	Individual	Senior Masculino	54:51	+24:50	05:29
294	1523	Emanuel Simões	RunSanchequias	Senior Masculino	54:53	+24:52	05:29

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295	899	Ricardo Reis	Individual	Senior Masculino	54:53	+24:52	05:29
296	1630	Nuno Reis	Individual	Senior Masculino	54:57	+24:56	05:30
297	1567	Simão Baldaia	Team Baldaia	Senior Masculino	55:03	+25:03	05:30
298	914	Rui Marinho	Individual	Senior Masculino	55:09	+25:08	05:31
299	668	Bernardo De Francesco Barreto	Individual	Senior Masculino	55:11	+25:10	05:31
300	51	André Seixas da Silva	Altice Labs	Senior Masculino	55:12	+25:11	05:31
301	137	Gonçalo Martins	BARRA OCEAN RUNNERS	Senior Masculino	55:18	+25:17	05:32
302	849	Miguel Galrinho	Individual	Senior Masculino	55:20	+25:19	05:32
303	817	Licínio Castanheira de Carvalho	Individual	Senior Masculino	55:23	+25:22	05:32
304	944	Tiago Pereira Fernandes	Individual	Senior Masculino	55:26	+25:25	05:33
305	785	João Papel	Individual	Senior Masculino	55:28	+25:27	05:33
306	669	Bernardo Patoilo	Individual	Senior Masculino	55:29	+25:28	05:33
307	1627	Joel Antunes	voltaren running club	Senior Masculino	55:33	+25:32	05:33
308	701	Diogo Melo loureiro	Individual	Senior Masculino	55:40	+25:39	05:34
309	674	Bruno Silva	Individual	Senior Masculino	55:48	+25:47	05:35
310	1628	Pedro Machado	voltaren running club	Senior Masculino	56:09	+26:08	05:37
311	658	André Rodrigues Almeida	Individual	Senior Masculino	56:12	+26:11	05:37
312	744	Gonçalo Cavaz Coelho	Individual	Senior Masculino	56:12	+26:12	05:37
313	777	Joao Gil	Individual	Senior Masculino	56:19	+26:18	05:38
314	57	Mahsun Kortak Kortak	Altice Labs	Senior Masculino	56:19	+26:18	05:38
315	1591	Simão Neves	Três por Hora	Senior Masculino	56:20	+26:19	05:38
316	172	Ricardo Preto	Bengalas e Muletas	Senior Masculino	56:28	+26:27	05:39
317	848	Miguel Castro Silva	Individual	Senior Masculino	56:31	+26:30	05:39
318	911	Rui Jesus	Individual	Senior Masculino	56:40	+26:39	05:40
319	804	José Frias	Individual	Senior Masculino	56:40	+26:40	05:40
320	649	André Capela	Individual	Senior Masculino	56:43	+26:42	05:40
321	925	Sérgio Melendre	Individual	Senior Masculino	57:06	+27:05	05:43
322	60	Samuel Rocha Madail	Altice Labs	Senior Masculino	57:08	+27:07	05:43
323	675	Carlos Costa	Individual	Senior Masculino	57:09	+27:08	05:43
324	738	Francisco Farias Natal	Individual	Senior Masculino	57:28	+27:27	05:45
325	852	Miguel Oliveira	Individual	Senior Masculino	57:32	+27:32	05:45
326	1431	João Canas	Pequenos Póneis Ldo's	Senior Masculino	57:33	+27:33	05:45
327	811	Leandro Klauck	Individual	Senior Masculino	57:34	+27:33	05:45
328	711	Eduardo Melo	Individual	Senior Masculino	57:41	+27:40	05:46
329	931	Thiago Sampaio de Castro Silva	Individual	Senior Masculino	58:00	+27:59	05:48
330	47	Samuel Tiago Figueira Lopes	ADSS	Senior Masculino	58:00	+27:59	05:48
331	836	Manuel Gil	Individual	Senior Masculino	58:02	+28:01	05:48
332	1615	Mickaël Marques	UNBRK FITNESS	Senior Masculino	58:05	+28:04	05:48
333	1613	Alexandre Silva	UNBRK FITNESS	Senior Masculino	58:12	+28:12	05:49
334	861	Nuno Graciano Gonçalves Lopes	Individual	Senior Masculino	58:13	+28:12	05:49
335	862	Nuno Machado	Individual	Senior Masculino	58:18	+28:17	05:50
336	1472	Diogo Malheiro Silva	Reumáticos & Etc	Senior Masculino	58:29	+28:28	05:51
337	1473	RAFAEL SILVA ALVES	Reumáticos & Etc	Senior Masculino	58:29	+28:28	05:51
338	916	Rui Pedro Macedo	Individual	Senior Masculino	58:29	+28:28	05:51
339	826	Luís Forte	Individual	Senior Masculino	58:30	+28:29	05:51
340	686	Daniel Marcos	Individual	Senior Masculino	58:31	+28:30	05:51

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341	784	João Nunes	Individual	Senior Masculino	58:33	+28:32	05:51
342	751	Henrique Lopes de Almeida	Individual	Senior Masculino	58:46	+28:45	05:53
343	898	Ricardo Pires	Individual	Senior Masculino	58:54	+28:53	05:53
344	1534	Telmo Ricardo Martins Tavares	Shots & Sprints	Senior Masculino	59:02	+29:01	05:54
345	190	Gonçalo Pereira	Cambra Runners	Senior Masculino	59:22	+29:21	05:56
346	1360	Afonso Freire	LAQP - Liga dos Amigos da Quinta do Pecado	Senior Masculino	59:37	+29:36	05:58
347	807	José Ladeiro	Individual	Senior Masculino	59:39	+29:38	05:58
348	664	António Xavier	Individual	Senior Masculino	59:45	+29:44	05:59
349	670	Bernardo Pereira	Individual	Senior Masculino	59:48	+29:47	05:59
350	708	Eduard Neves	Individual	Senior Masculino	59:48	+29:47	05:59
351	191	Rafael Pereira	Cambra Runners	Senior Masculino	59:50	+29:49	05:59
352	48	Simão Pedro Figueira Lopes	ADSS	Senior Masculino	59:50	+29:49	05:59
353	1395	Rodrigo Cunha	ÓÖ & Co.	Senior Masculino	01:00:00	+30:00	06:00
354	779	João Lucas	Individual	Senior Masculino	01:00:01	+30:00	06:00
355	800	Joel González	Individual	Senior Masculino	01:00:03	+30:02	06:00
356	710	Eduardo Jesus	Individual	Senior Masculino	01:00:09	+30:08	06:01
357	872	Pedro Carmo	Individual	Senior Masculino	01:00:22	+30:21	06:02
358	1614	Marco André Costa Oliveira	UNBRK FITNESS	Senior Masculino	01:00:23	+30:22	06:02
359	144	Manuel Duarte Lima	BARRA OCEAN RUNNERS	Senior Masculino	01:00:31	+30:30	06:03
360	168	David Fontes	Bengalas e Muletas	Senior Masculino	01:00:36	+30:35	06:04
361	775	João Gabriel Monteiro Vieira	Individual	Senior Masculino	01:00:44	+30:43	06:04
362	883	Pedro Silva	Individual	Senior Masculino	01:00:45	+30:44	06:04
363	726	Fernando Jorge Vieira Ramos	Individual	Senior Masculino	01:00:45	+30:44	06:05
364	884	Pedro Valente	Individual	Senior Masculino	01:00:47	+30:46	06:05
365	1629	Thierry Pires	voltaren running club	Senior Masculino	01:00:49	+30:48	06:05
366	693	David Deveza	Individual	Senior Masculino	01:00:53	+30:52	06:05
367	1491	André Miguel Quental Catalão	RIS2048	Senior Masculino	01:00:59	+30:58	06:06
368	651	André Costa	Individual	Senior Masculino	01:01:04	+31:03	06:06
369	727	Fernando Loureiro Rolo	Individual	Senior Masculino	01:01:04	+31:03	06:06
370	958	Vítor Gonçalves	Individual	Senior Masculino	01:01:14	+31:13	06:07
371	139	João Fernandes	BARRA OCEAN RUNNERS	Senior Masculino	01:01:15	+31:14	06:08
372	1509	André Melo	RuMa & CarAMel	Senior Masculino	01:01:20	+31:20	06:08
373	704	Duarte Custódio	Individual	Senior Masculino	01:01:30	+31:30	06:09
374	954	Vicente José Alves Pereira	Individual	Senior Masculino	01:01:42	+31:41	06:10
375	823	Luís Carlos Pinto Sousa	Individual	Senior Masculino	01:01:49	+31:49	06:11
376	678	Carlos Veiga	Individual	Senior Masculino	01:01:50	+31:50	06:11
377	41	Bernardo Vieito	Adriazul	Senior Masculino	01:01:54	+31:53	06:11
378	237	Tomás Bento	Civilria Running Club	Senior Masculino	01:01:59	+31:58	06:12
379	918	Rui Silva	Individual	Senior Masculino	01:01:59	+31:58	06:12
380	128	André Pinho	BARRA OCEAN RUNNERS	Senior Masculino	01:02:01	+32:00	06:12
381	130	Armando Santiago	BARRA OCEAN RUNNERS	Senior Masculino	01:02:02	+32:01	06:12
382	131	Bernardo Leite	BARRA OCEAN RUNNERS	Senior Masculino	01:02:02	+32:01	06:12
383	132	Bryan Valério	BARRA OCEAN RUNNERS	Senior Masculino	01:02:03	+32:02	06:12
384	908	Rui Filipe	Individual	Senior Masculino	01:02:06	+32:05	06:13
385	706	Edgar Morais	Individual	Senior Masculino	01:02:25	+32:24	06:15
386	929	Simão Mariano	Individual	Senior Masculino	01:02:27	+32:26	06:15

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387	890	Renato Areias	Individual	Senior Masculino	01:02:28	+32:27	06:15
388	1573	Ricardo Gil Santos Mota	The Boys	Senior Masculino	01:02:57	+32:57	06:18
389	758	Isac Silva	Individual	Senior Masculino	01:04:06	+34:05	06:25
390	1430	David Costa	Pequenos Póneis Ldo's	Senior Masculino	01:04:07	+34:07	06:25
391	235	Rodrigo Almeida	Civilria Running Club	Senior Masculino	01:04:12	+34:11	06:25
392	14	José Aniceto	10k & pizza	Senior Masculino	01:04:29	+34:29	06:27
393	718	Emanuel Ricardo Correia da Silva	Individual	Senior Masculino	01:04:34	+34:33	06:27
394	776	João Galacho	Individual	Senior Masculino	01:04:34	+34:34	06:27
395	90	Luciano Grácio	Ass Distrital de Ténis de Mesa de Viseu	Senior Masculino	01:04:35	+34:34	06:27
396	91	Rui Sacchetti	Ass Distrital de Ténis de Mesa de Viseu	Senior Masculino	01:04:36	+34:35	06:28
397	89	Francisco Vieira	Ass Distrital de Ténis de Mesa de Viseu	Senior Masculino	01:04:36	+34:35	06:28
398	905	Rúben Marques	Individual	Senior Masculino	01:04:41	+34:40	06:28
399	773	João Filipe Patela Ribau	Individual	Senior Masculino	01:05:10	+35:09	06:31
400	1392	Rafael Das Neves Santos	NósoS2	Senior Masculino	01:05:29	+35:28	06:33
401	843	Martinho Martins Bastos Tavares	Individual	Senior Masculino	01:05:30	+35:30	06:33
402	739	Francisco José Mendes Pronto	Individual	Senior Masculino	01:05:49	+35:48	06:35
403	688	Daniel Santos	Individual	Senior Masculino	01:06:04	+36:03	06:36
404	1623	Bruno Marinho	Velocidade Furiosa	Senior Masculino	01:06:15	+36:14	06:38
405	839	Marcelo Silva	Individual	Senior Masculino	01:06:20	+36:19	06:38
406	1505	Bruno Fábio Oliveira	Rocha	Senior Masculino	01:06:28	+36:27	06:39
407	145	Marco Mateus	BARRA OCEAN RUNNERS	Senior Masculino	01:06:31	+36:30	06:39
408	948	Tibério Baptista	Individual	Senior Masculino	01:06:32	+36:32	06:39
409	169	Diogo Dias	Bengalas e Muletas	Senior Masculino	01:06:38	+36:37	06:40
410	171	Manuel Gomes	Bengalas e Muletas	Senior Masculino	01:06:39	+36:38	06:40
411	345	Tomás Matos	Grupo Desportivo Assempark	Senior Masculino	01:06:45	+36:44	06:40
412	866	Nuno Ribeiro	Individual	Senior Masculino	01:06:46	+36:45	06:41
413	816	Leonel Pereira	Individual	Senior Masculino	01:06:51	+36:51	06:41
414	226	Ismael de Castro Martins	Civilria Running Club	Senior Masculino	01:07:12	+37:11	06:43
415	808	José Marques	Individual	Senior Masculino	01:07:14	+37:13	06:43
416	1621	Diogo Mota	Vamos	Senior Masculino	01:07:15	+37:14	06:43
417	795	Joao Torres	Individual	Senior Masculino	01:08:02	+38:01	06:48
418	951	Tomás Rosado	Individual	Senior Masculino	01:08:02	+38:01	06:48
419	1420	João Campos	Pantufas Voadoras	Senior Masculino	01:08:06	+38:05	06:49
420	1554	Diogo Nunes	TáLento	Senior Masculino	01:08:48	+38:48	06:53
421	225	Guilherme Benaduce da Costa	Civilria Running Club	Senior Masculino	01:08:51	+38:51	06:53
422	1421	João Castro	Pantufas Voadoras	Senior Masculino	01:09:14	+39:13	06:55
423	232	Nuno David Freitas Matos	Civilria Running Club	Senior Masculino	01:10:06	+40:05	07:01
424	1423	Maniel Verganista	Pantufas Voadoras	Senior Masculino	01:10:09	+40:08	07:01
425	1351	Rui Fernandes	Ines e Rui	Senior Masculino	01:10:15	+40:14	07:02
426	1584	Peterson Graize	Travão Puxado	Senior Masculino	01:10:36	+40:36	07:04
427	1422	João Pacheco	Pantufas Voadoras	Senior Masculino	01:10:48	+40:47	07:05
428	750	Helder Luís Silva Torres dos Reis	Individual	Senior Masculino	01:11:16	+41:15	07:08
429	136	Gabriel Capela	BARRA OCEAN RUNNERS	Senior Masculino	01:11:33	+41:32	07:09
430	59	Rui Pedro Machado Pires	Altice Labs	Senior Masculino	01:14:46	+44:45	07:29

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431	663	António Valente	Individual	Senior Masculino	01:15:13	+45:12	07:31
432	874	Pedro Espadilha	Individual	Senior Masculino	01:15:24	+45:23	07:32
433	742	Frederico Angeli Christofoletti	Individual	Senior Masculino	01:15:32	+45:31	07:33
434	1418	David Silva	Pantufas Voadoras	Senior Masculino	01:16:55	+46:54	07:42
435	1366	Marcelo Daniel Marques Santiago	LisboaSantiago	Senior Masculino	01:17:57	+47:56	07:48
436	949	Tomás Cartaxo	Individual	Senior Masculino	01:22:07	+52:06	08:13
437	856	Nico Ribeiro	Individual	Senior Masculino	01:28:59	+58:58	08:54
438	732	Filipe de Almeida	Individual	Senior Masculino	01:29:08	+59:07	08:55

Veterana F40

1	258	Ligia Santos	Clube Atletismo de Ovar	Veterana F40	42:15	04:14
2	995	Marta Loureiro	Individual	Veterana F40	46:44	+04:28 04:40
3	293	LILIANA MARTINHO	DCI/Trilhos Luso Bussaco	Veterana F40	46:48	+04:32 04:41
4	70	Maria Helena Silva Matos	Ameal Trail	Veterana F40	48:35	+06:19 04:51
5	282	DINORA BASTOS	DAR Recardães	Veterana F40	49:11	+06:55 04:55
6	963	Adriana Gomes	Individual	Veterana F40	49:24	+07:08 04:56
7	975	Claudia Sousa	Individual	Veterana F40	49:42	+07:26 04:58
8	993	Margarida Vidal	Individual	Veterana F40	50:14	+07:58 05:01
9	997	Marta Varandas	Individual	Veterana F40	51:18	+09:03 05:08
10	1015	Sónia Ramos	Individual	Veterana F40	52:28	+10:12 05:15
11	1384	Maria Areias	MOVAREIASPT	Veterana F40	52:28	+10:13 05:15
12	979	Elsa Vilarinho	Individual	Veterana F40	53:02	+10:46 05:18
13	982	Helen Brache	Individual	Veterana F40	53:14	+10:58 05:19
14	965	Ana Catarina Alves João	Individual	Veterana F40	53:19	+11:03 05:20
15	1513	CARLA AMADOR	Run for Fun	Veterana F40	54:05	+11:50 05:25
16	1376	Carla Magalhães	Mind&Body	Veterana F40	54:08	+11:52 05:25
17	992	Margarida Malaquias	Individual	Veterana F40	54:17	+12:01 05:26
18	996	Marta Pereira	Individual	Veterana F40	54:21	+12:05 05:26
19	1014	Sónia Lemos	Individual	Veterana F40	54:25	+12:10 05:27
20	987	Joana Macedo	Individual	Veterana F40	54:29	+12:13 05:27
21	1008	Sara Costa	Individual	Veterana F40	54:56	+12:40 05:30
22	1474	TERESA ALEXANDRA ESTEVES RIBEIRO	Reumáticos & Etc	Veterana F40	55:02	+12:46 05:30
23	1371	Valerie Mann	Mann Almeida	Veterana F40	55:35	+13:19 05:34
24	6	Marisa Moreira	#É_só_até_ali	Veterana F40	55:48	+13:33 05:35
25	149	Carla Barbosa	BARRA OCEAN RUNNERS	Veterana F40	55:54	+13:38 05:35
26	1010	Sara Ratola	Individual	Veterana F40	56:16	+14:01 05:38
27	1001	Patrícia Silva	Individual	Veterana F40	56:39	+14:23 05:40
28	970	Carla Neves	Individual	Veterana F40	56:46	+14:31 05:41
29	1012	Sonia Bandeira	Individual	Veterana F40	56:54	+14:39 05:41
30	989	Leidis Malta	Individual	Veterana F40	56:56	+14:40 05:42
31	974	Cláudia Griné	Individual	Veterana F40	57:03	+14:47 05:42
32	281	ANA CASTRO	DAR Recardães	Veterana F40	57:36	+15:21 05:46
33	1512	ANA NEVES	Run for Fun	Veterana F40	58:11	+15:55 05:49
34	1458	Lúcia Cândido	RECREIO DESPORTIVO DE ÁGUEDA	Veterana F40	58:39	+16:23 05:52

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35	1000	Nicole Dourado	Individual	Veterana F40	58:43	+16:27	05:52
36	991	Luzia Soares	Individual	Veterana F40	59:28	+17:12	05:57
37	985	Joana Costa	Individual	Veterana F40	59:34	+17:18	05:57
38	1006	Sandra Jesus	Individual	Veterana F40	01:00:10	+17:54	06:01
39	994	Marlene Soares Gomes	Individual	Veterana F40	01:00:23	+18:07	06:02
40	15	Ana Gonçalves	a tartaruga e a lebre	Veterana F40	01:00:30	+18:14	06:03
41	1439	Vera Abreu	Prison D'Aveiro	Veterana F40	01:01:13	+18:57	06:07
42	150	Micaela Farias	BARRA OCEAN RUNNERS	Veterana F40	01:01:15	+18:59	06:08
43	983	Jana Stefunkova	Individual	Veterana F40	01:01:21	+19:05	06:08
44	971	Catarina Campos	Individual	Veterana F40	01:01:23	+19:08	06:08
45	973	Claudia Gamelas	Individual	Veterana F40	01:01:39	+19:23	06:10
46	998	Nádia Marisa Pinto Teixeira	Individual	Veterana F40	01:02:16	+20:00	06:14
47	990	Lúcia Simões	Individual	Veterana F40	01:02:17	+20:01	06:14
48	999	NATÁLIA MARIA SIMOES BARTOLOMEU	Individual	Veterana F40	01:04:17	+22:02	06:26
49	986	Joana Fonseca	Individual	Veterana F40	01:04:26	+22:11	06:27
50	1009	Sara Morais	Individual	Veterana F40	01:05:29	+23:13	06:33
51	1435	ANDREIA RILHO	PÓDIO RECOVERY	Veterana F40	01:06:27	+24:11	06:39
52	978	Daniela Alexandra Teixeira Ferreira	Individual	Veterana F40	01:07:16	+25:00	06:44
53	1016	Susana Rodrigues	Individual	Veterana F40	01:07:30	+25:14	06:45
54	977	Cristina Moreira	Individual	Veterana F40	01:08:35	+26:19	06:51
55	1017	Telma Rodrigues	Individual	Veterana F40	01:08:38	+26:22	06:52
56	964	Ana Caetano	Individual	Veterana F40	01:09:52	+27:36	06:59
57	1568	Célia Baldaia	Team Baldaia	Veterana F40	01:10:47	+28:31	07:05
58	1510	Magda Castro	RuMa & CarAMel	Veterana F40	01:13:54	+31:38	07:23
59	984	Joana Caçador	Individual	Veterana F40	01:15:15	+32:59	07:31
60	1514	SANDRA CUNHA	Run for Fun	Veterana F40	01:15:51	+33:35	07:35
61	1013	Sónia ferreira	Individual	Veterana F40	01:17:23	+35:07	07:44
62	972	Catarina Pereira	Individual	Veterana F40	01:18:32	+36:16	07:51
63	1018	Veronica Moreira Brandão Yoshinari	Individual	Veterana F40	01:19:36	+37:20	07:58
64	1004	Rosário Gomes	Individual	Veterana F40	01:20:14	+37:58	08:01
65	1607	Rita Nécio	Turtle runners	Veterana F40	01:21:19	+39:03	08:08

Veterana F45

1	1459	Carla Martinho	RECREIO DESPORTIVO DE ÁGUEDA	Veterana F45	36:29	03:39
2	259	MONICA FERNANDES	Clube Atletismo de Ovar	Veterana F45	41:47	+05:17 04:11
3	283	MARIBEL CARDOSO	DAR Recardães	Veterana F45	44:49	+08:20 04:29
4	1039	Marta Oliveira	Individual	Veterana F45	47:07	+10:38 04:43
5	1035	Maria de Lurdes Coimbras	Individual	Veterana F45	47:15	+10:45 04:43
6	1029	Helga Soares	Individual	Veterana F45	48:00	+11:31 04:48
7	1048	Sónia da Costa Oliveira	Individual	Veterana F45	50:02	+13:32 05:00
8	1020	Alda Esteves	Individual	Veterana F45	50:33	+14:03 05:03
9	1049	Sónia Gama	Individual	Veterana F45	51:14	+14:44 05:07
10	1036	Maria João Freitas	Individual	Veterana F45	51:35	+15:05 05:10
11	339	Sandra Vieira	GRECAS - Vagos	Veterana F45	52:00	+15:30 05:12

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12	1560	Susana Cerqueira	Tartarugas	Veterana F45	52:18	+15:48	05:14
13	1026	Deirilene Mendes Vargas Lopes	Individual	Veterana F45	52:23	+15:54	05:14
14	1040	Maryna Skliar	Individual	Veterana F45	52:29	+15:59	05:15
15	1033	Manuela Melo	Individual	Veterana F45	52:39	+16:10	05:16
16	1037	Maria Miguel Galhardo	Individual	Veterana F45	53:00	+16:30	05:18
17	1557	Sandra Simões	Talentos Objetivos	Veterana F45	54:25	+17:55	05:26
18	1030	Joana Tavares	Individual	Veterana F45	54:33	+18:03	05:27
19	1043	Rachel Parisi	Individual	Veterana F45	54:46	+18:16	05:29
20	1027	Gisela Dias	Individual	Veterana F45	55:10	+18:41	05:31
21	1042	PAULA ROCHA	Individual	Veterana F45	55:10	+18:41	05:31
22	1539	Susana Vieira	SosenseTrailTeam-Braga&Fernandes/Corind	Veterana F45	55:12	+18:43	05:31
23	1041	Paula Brito	Individual	Veterana F45	55:24	+18:54	05:32
24	1397	Marisa Carvalho	Orthia	Veterana F45	55:50	+19:20	05:35
25	1038	Marta Mateus	Individual	Veterana F45	55:55	+19:26	05:36
26	17	Susana Monteiro	A. D. Rio Largo C. Espinho	Veterana F45	56:03	+19:33	05:36
27	1428	Patrícia Marcelo	Penta Clube da Covilhã	Veterana F45	56:40	+20:10	05:40
28	1531	Sandra dos Santos	SANTOS	Veterana F45	57:00	+20:30	05:42
29	1445	MARISA SILVA	PRÓS e CONTRA	Veterana F45	57:58	+21:29	05:48
30	1019	Aida Queirós	Individual	Veterana F45	58:28	+21:58	05:51
31	317	Ana Solange Silva	FFonseca Running Team	Veterana F45	58:30	+22:01	05:51
32	1032	Lina Santos	Individual	Veterana F45	58:42	+22:13	05:52
33	1022	Ana Marques	Individual	Veterana F45	58:46	+22:16	05:53
34	1024	Catarina Neves	Individual	Veterana F45	58:50	+22:20	05:53
35	1593	Paula Rodrigues	Triple team	Veterana F45	58:51	+22:21	05:53
36	1034	Márcia Marques	Individual	Veterana F45	59:14	+22:44	05:55
37	1465	REGINA RAMOS GRAÇA	Regisanti	Veterana F45	59:26	+22:57	05:57
38	1045	Sandra Carunho	Individual	Veterana F45	01:00:32	+24:02	06:03
39	151	Ana Catarina Filipe Pinheiro	BARRA OCEAN RUNNERS	Veterana F45	01:01:15	+24:46	06:08
40	62	Mónica Alexandra Ribeiro Carvalho Neves	Altice Labs	Veterana F45	01:01:18	+24:48	06:08
41	239	Sara Rito	Civilria Running Club	Veterana F45	01:01:20	+24:50	06:08
42	1053	Vera Leite	Individual	Veterana F45	01:02:44	+26:14	06:16
43	1047	Sandra Rei	Individual	Veterana F45	01:04:35	+28:05	06:27
44	1052	Vera Fernandes	Individual	Veterana F45	01:05:25	+28:56	06:33
45	371	Carla Soares	Hut Runners Aveiro	Veterana F45	01:05:46	+29:16	06:35
46	63	Rita Catarina Nunes Gaspar	Altice Labs	Veterana F45	01:05:53	+29:24	06:35
47	1383	Sónia Brandão	Motivação 100%	Veterana F45	01:07:26	+30:57	06:45
48	1051	Susana Sá	Individual	Veterana F45	01:07:28	+30:59	06:45
49	1528	Bárbara Clara da Silva Alves Brito	Salgueiros Running	Veterana F45	01:09:09	+32:39	06:55
50	1044	Raquel Nobre	Individual	Veterana F45	01:12:50	+36:20	07:17
51	61	Marta Filipa Jorge dos Santos	Altice Labs	Veterana F45	01:14:45	+38:16	07:29
52	238	Adriana Mendes de Oliveira	Civilria Running Club	Veterana F45	01:14:53	+38:23	07:29
53	1516	SUSANA MARTINS	Run for Fun	Veterana F45	01:15:56	+39:26	07:36
54	268	Beatriz Cravo	Clube dos Galitos	Veterana F45	01:18:45	+42:15	07:53
55	78	Vânia Branco	António Pedro Pereira	Veterana F45	01:36:18	+59:49	09:38

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Veterana F50

1	331	Isabel Oliveira	GDR-Granja Trutas do Mau	Veterana F50	47:31	04:45
2	30	Susana Martins	ACR Vale de Cambra	Veterana F50	47:49	+00:18 04:47
3	241	Rosabell Dos Santos	Civilria Running Club	Veterana F50	52:19	+04:48 05:14
4	1056	Fátima Cristina Vieira dos Santos	Individual	Veterana F50	53:12	+05:41 05:19
5	80	Maria João Martins Infante Pereira Benquerença	ARCD Venda da Luisa	Veterana F50	53:19	+05:48 05:20
6	1058	Inês almeida	Individual	Veterana F50	53:41	+06:09 05:22
7	1476	PAULA CRISTINA DOS SANTOS SILVA	Reumáticos & Etc	Veterana F50	53:48	+06:17 05:23
8	1059	Isabel neves	Individual	Veterana F50	54:17	+06:45 05:26
9	1064	Paula Vizinho	Individual	Veterana F50	54:17	+06:46 05:26
10	340	SUZETE MARCO	GRECAS - Vagos	Veterana F50	55:15	+07:44 05:32
11	1540	Rosa Tavares	SosenseTrailTeam-Braga&Fernandes/Corind	Veterana F50	55:19	+07:48 05:32
12	1517	SANDRA COSTA	Run for Fun	Veterana F50	56:28	+08:57 05:39
13	1477	PAULA EDUARDA PEREIRA PINTO	Reumáticos & Etc	Veterana F50	57:29	+09:58 05:45
14	1061	Luíza Valério	Individual	Veterana F50	59:40	+12:08 05:58
15	1055	Claudia Almeida	Individual	Veterana F50	01:00:52	+13:20 06:05
16	1067	Sandra Neves	Individual	Veterana F50	01:01:45	+14:14 06:11
17	1066	Sandra Biella Basacchi	Individual	Veterana F50	01:01:56	+14:24 06:12
18	1478	VIRGINIA OLIVEIRA FERNANDES	Reumáticos & Etc	Veterana F50	01:02:06	+14:35 06:13
19	1060	Judite Dias	Individual	Veterana F50	01:02:10	+14:38 06:13
20	346	Goreti Gonçalves	Grupo Desportivo Assempark	Veterana F50	01:02:30	+14:58 06:15
21	249	Magali Teixeira	Clínica do exercício	Veterana F50	01:04:36	+17:05 06:28
22	1594	Carla Matos	Triple team	Veterana F50	01:04:46	+17:14 06:29
23	209	Elisabete Cruz	CENAP	Veterana F50	01:07:38	+20:07 06:46
24	1062	Mafalda Mateus	Individual	Veterana F50	01:08:05	+20:34 06:49
25	240	Carla Torres	Civilria Running Club	Veterana F50	01:08:44	+21:13 06:52
26	1555	Catarina Monteiro	TáLento	Veterana F50	01:08:48	+21:17 06:53
27	1063	Maria Jose Rodrigues	Individual	Veterana F50	01:09:01	+21:30 06:54
28	1536	Alexandra Monteiro	Sobral Santos	Veterana F50	01:14:06	+26:34 07:25
29	1057	Fátima Gonçalves	Individual	Veterana F50	01:24:53	+37:22 08:29

Veterana F55

1	187	Júlia Conceição	C.F.OLIVEIRA DO DOURO	Veterana F55	47:38	04:46
2	294	Carla manuela Rodrigues pinto Gonçalves	DCI/Trilhos Luso Bussaco	Veterana F55	49:08	+01:30 04:55
3	295	Tália Martins	DCI/Trilhos Luso Bussaco	Veterana F55	54:30	+06:52 05:27
4	1071	Dalila duarte	Individual	Veterana F55	56:59	+09:21 05:42
5	1574	Ana Gonçalves	The Mountain Goat	Veterana F55	57:08	+09:29 05:43
6	1069	Anabela da Conceição Pereira	Individual	Veterana F55	58:01	+10:23 05:48
7	372	Ana Salústio	Hut Runners Aveiro	Veterana F55	59:09	+11:31 05:55
8	1074	Maria Bercevet Colmenares	Individual	Veterana F55	59:10	+11:31 05:55
9	1075	Paula Cardoso	Individual	Veterana F55	59:42	+12:04 05:58

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10	1073	Lurdes soares	Individual	Veterana F55	01:00:16	+12:38	06:02
11	1070	Claudia Cristina Marques Almeida	Individual	Veterana F55	01:02:00	+14:22	06:12
12	152	Maria João Tavares	BARRA OCEAN RUNNERS	Veterana F55	01:02:01	+14:23	06:12
13	1072	Graça Mariano	Individual	Veterana F55	01:02:26	+14:47	06:15
14	23	Arabela Fabre	Academia de Desportos de Condeixa	Veterana F55	01:06:25	+18:47	06:39
15	347	Dina Silva	Grupo Desportivo Assempark	Veterana F55	01:06:46	+19:07	06:41
16	1494	Amália Maria Foitinho de Carvalho Cabral Monteiro	RIS2048	Veterana F55	01:06:54	+19:16	06:41
17	1076	Sílvia Freire	Individual	Veterana F55	01:21:27	+33:49	08:09
18	212	Isabel Batata	CGA	Veterana F55	01:26:27	+38:48	08:39

Veterana F60

1	253	Fatima Pinho	CLTT - CLÍNICA LITORALIS TRAIL TEAM	Veterana F60	45:54	04:35
2	31	Fernanda Almeida	ACR Vale de Cambra	Veterana F60	56:40	+10:45 05:40
3	1078	Maria Madalena Condeça Moço	Individual	Veterana F60	01:01:58	+16:04 06:12
4	1079	Maria Regina Santos	Individual	Veterana F60	01:07:28	+21:34 06:45
5	1080	ROSA ROCHA	Individual	Veterana F60	01:09:32	+23:38 06:57
6	7	Lu Pessoa	#É_só_até_ali	Veterana F60	01:13:16	+27:21 07:20

Veterano M40

1	188	Mark Macedo	C.F.OLIVEIRA DO DOURO	Veterano M40	34:19	03:26
2	199	Carlos Nunes	CASA DO POVO DE MANGUALDE	Veterano M40	35:25	+01:05 03:32
3	1550	Nuno Pais	Sporting clube de Espinho	Veterano M40	35:41	+01:22 03:34
4	28	Rui Costa	ACD Os Ilhavos	Veterano M40	36:13	+01:53 03:37
5	27	André Santos	ACD Os Ilhavos	Veterano M40	36:18	+01:58 03:38
6	254	João Margarido	CLTT - CLÍNICA LITORALIS TRAIL TEAM	Veterano M40	36:44	+02:24 03:40
7	1176	Tiago Gonçalves	Individual	Veterano M40	36:51	+02:31 03:41
8	1381	Filipe Monteiro	Molinhos Team	Veterano M40	37:06	+02:47 03:43
9	1547	André Pinto	Sport Clube de Freamunde	Veterano M40	37:23	+03:03 03:44
10	1085	André Ribeiro	Individual	Veterano M40	37:37	+03:17 03:46
11	1089	Bruno Rodrigues	Individual	Veterano M40	37:38	+03:18 03:46
12	1109	Fred Lamas Pinheiro	Individual	Veterano M40	38:00	+03:40 03:48
13	1174	Tadhg Lyne	Individual	Veterano M40	38:24	+04:04 03:50
14	269	Adão Antunes	Clube dos Galitos	Veterano M40	38:30	+04:10 03:51
15	1120	João Dias	Individual	Veterano M40	38:55	+04:35 03:53
16	1106	Filipe Faria	Individual	Veterano M40	38:56	+04:36 03:54
17	1133	Luis Filipe Da Silva Cecilio Marques Ramos	Individual	Veterano M40	38:58	+04:38 03:54
18	1083	André nobre	Individual	Veterano M40	39:06	+04:46 03:55
19	153	David Felizardo	BARRA OCEAN RUNNERS	Veterano M40	39:17	+04:57 03:56
20	156	Oliveiros Garrelhas	BARRA OCEAN RUNNERS	Veterano M40	39:51	+05:32 03:59

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21	201	Tomé Rodrigues	CDC Macieira de Cambra	Veterano M40	39:54	+05:35	03:59
22	284	RICARDO ALMEIDA	DAR Recardães	Veterano M40	40:37	+06:18	04:04
23	1181	Vítor Coelho	Individual	Veterano M40	40:38	+06:18	04:04
24	21	ANDRÉ PINA	A.D.GRIJÓ A CORRER	Veterano M40	41:11	+06:51	04:07
25	1134	Luís junior	Individual	Veterano M40	41:30	+07:10	04:09
26	272	Pedro Pimentel	Clube dos Galitos	Veterano M40	41:50	+07:30	04:11
27	1161	Pedro Teles	Individual	Veterano M40	41:57	+07:37	04:12
28	180	Mário Félix	Bora Treinar	Veterano M40	42:12	+07:52	04:13
29	270	Daniel Espinhal	Clube dos Galitos	Veterano M40	42:13	+07:54	04:13
30	1164	Ricardo Melo	Individual	Veterano M40	42:43	+08:23	04:16
31	1125	José Almeida	Individual	Veterano M40	42:52	+08:33	04:17
32	1097	Dinis Nunes	Individual	Veterano M40	43:07	+08:47	04:19
33	1092	Daniel Chipelo	Individual	Veterano M40	43:14	+08:54	04:19
34	155	Nelson Araújo	BARRA OCEAN RUNNERS	Veterano M40	43:19	+08:59	04:20
35	1101	Fábio Mestre	Individual	Veterano M40	43:37	+09:17	04:22
36	1170	Rui Silva	Individual	Veterano M40	43:38	+09:18	04:22
37	1156	Pedro Coelho	Individual	Veterano M40	43:54	+09:34	04:23
38	1575	Diogo Figueiredo	Tigres do Asfalto	Veterano M40	44:14	+09:54	04:25
39	1117	Ivo Matos	Individual	Veterano M40	44:14	+09:55	04:25
40	1084	André Nova	Individual	Veterano M40	44:20	+10:00	04:26
41	1118	Ivo Santos	Individual	Veterano M40	44:22	+10:02	04:26
42	341	Nuno Miguel	GRECAS - Vagos	Veterano M40	44:26	+10:06	04:27
43	1137	Marcio Silva	Individual	Veterano M40	45:12	+10:52	04:31
44	71	Tiago Delgado	Ameal Trail	Veterano M40	45:12	+10:52	04:31
45	1095	Daniel Vieira	Individual	Veterano M40	45:13	+10:53	04:31
46	1362	Pedro Neves	LAQP - Liga dos Amigos da Quinta do Pecado	Veterano M40	45:22	+11:03	04:32
47	1502	Rui Cainé	RM RUNNERS	Veterano M40	46:02	+11:42	04:36
48	8	João Laranjeiro	#É_só_até_alí	Veterano M40	46:07	+11:47	04:37
49	1143	Natanael Rodrigues	Individual	Veterano M40	46:08	+11:48	04:37
50	271	Frederico Soares Davim Abrantes	Clube dos Galitos	Veterano M40	46:16	+11:56	04:38
51	1138	Marco Portela	Individual	Veterano M40	47:12	+12:52	04:43
52	181	Pedro Inácio	Bora Treinar	Veterano M40	47:20	+13:00	04:44
53	332	Fernando Oliveira	GDR-Granja Trutas do Mau	Veterano M40	47:32	+13:12	04:45
54	154	Hugo Capela	BARRA OCEAN RUNNERS	Veterano M40	47:49	+13:29	04:47
55	1135	Manuel ventura da Silva Marques	Individual	Veterano M40	47:52	+13:32	04:47
56	1163	Ricardo Figueira	Individual	Veterano M40	47:53	+13:33	04:47
57	1113	Hugo Baptista	Individual	Veterano M40	47:53	+13:33	04:47
58	1119	João André Maranhão	Individual	Veterano M40	48:30	+14:11	04:51
59	1132	Luis Dias	Individual	Veterano M40	48:31	+14:11	04:51
60	1105	Fernando pontes da Silva	Individual	Veterano M40	48:32	+14:13	04:51
61	1175	Tiago Almeida	Individual	Veterano M40	48:49	+14:29	04:53
62	1129	Jose Veiga	Individual	Veterano M40	48:50	+14:31	04:53
63	1149	Nuno Pereira	Individual	Veterano M40	48:55	+14:35	04:54
64	1141	Mark Araujo	Individual	Veterano M40	48:58	+14:38	04:54
65	1390	Ricardo Pinto	Não Custa Nada	Veterano M40	48:59	+14:39	04:54
66	1121	João ferreira	Individual	Veterano M40	49:08	+14:48	04:55

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67	1099	Diogo Carvalhais	Individual	Veterano M40	49:21	+15:01	04:56
68	1645	Ricardo Gomes	Pacers	Veterano M40	49:30	+15:10	04:57
69	1585	Rodolfo Bevilaqua	Travão Puxado	Veterano M40	49:59	+15:39	05:00
70	1166	Ricardo Tavares	Individual	Veterano M40	50:25	+16:05	05:02
71	1157	Pedro Lares	Individual	Veterano M40	50:51	+16:32	05:05
72	1090	Carlos Cunha	Individual	Veterano M40	50:57	+16:38	05:06
73	1123	João Simões	Individual	Veterano M40	51:21	+17:01	05:08
74	157	Ricardo Oliveira	BARRA OCEAN RUNNERS	Veterano M40	52:07	+17:47	05:13
75	1116	HUGO MIGUEL CASTRO LARANJEIRA	Individual	Veterano M40	52:10	+17:50	05:13
76	1159	Pedro Sarabando	Individual	Veterano M40	52:17	+17:57	05:14
77	64	Bruno Daniel Trindade Santos	Altice Labs	Veterano M40	52:38	+18:19	05:16
78	1111	Gustavo Capão	Individual	Veterano M40	52:42	+18:22	05:16
79	1139	Mário Basílio	Individual	Veterano M40	53:02	+18:42	05:18
80	1180	Vitor Avelino Silva Macedo	Individual	Veterano M40	53:05	+18:46	05:19
81	1501	Ricardo Mingatos	RM RUNNERS	Veterano M40	53:38	+19:19	05:22
82	373	Bruno Silveira	Hut Runners Aveiro	Veterano M40	53:40	+19:20	05:22
83	1479	JOÃO CARLOS MARÇALO PEREIRA	Reumáticos & Etc	Veterano M40	53:46	+19:26	05:23
84	374	Pedro Couto	Hut Runners Aveiro	Veterano M40	53:47	+19:27	05:23
85	1112	Henrique Almeida	Individual	Veterano M40	54:07	+19:47	05:25
86	1126	José Carvalho	Individual	Veterano M40	54:14	+19:54	05:25
87	1372	Pedro Costa	MATIZ	Veterano M40	54:53	+20:33	05:29
88	1160	Pedro Serafim	Individual	Veterano M40	55:46	+21:26	05:35
89	1107	Flávio Dias	Individual	Veterano M40	55:50	+21:31	05:35
90	1511	Rui Morais	RuMa & CarAMel	Veterano M40	56:13	+21:53	05:37
91	1110	Gil Rodrigues	Individual	Veterano M40	56:16	+21:56	05:38
92	1088	Bruno peralta	Individual	Veterano M40	56:23	+22:03	05:38
93	1108	Francisco Caseiro	Individual	Veterano M40	56:25	+22:05	05:38
94	1103	Fernando Lino	Individual	Veterano M40	56:25	+22:06	05:39
95	1130	Jun Ying	Individual	Veterano M40	56:25	+22:06	05:39
96	32	José Bastos	ACR Vale de Cambra	Veterano M40	56:40	+22:20	05:40
97	1500	André Assena	RM RUNNERS	Veterano M40	56:44	+22:25	05:40
98	1178	Vasco Santos	Individual	Veterano M40	56:49	+22:29	05:41
99	1082	André Filipe Vidal de Sousa	Individual	Veterano M40	57:47	+23:27	05:47
100	1150	Nuno Pina	Individual	Veterano M40	58:00	+23:41	05:48
101	1171	Rui Vieira	Individual	Veterano M40	58:27	+24:08	05:51
102	1131	Lord Caballero	Individual	Veterano M40	58:44	+24:24	05:52
103	1127	José Filipe Dos Santos Botas	Individual	Veterano M40	58:50	+24:30	05:53
104	1608	Ricardo Santos	Turtle runners	Veterano M40	59:30	+25:10	05:57
105	103	Rodrigo Braga	Avengers	Veterano M40	59:34	+25:15	05:57
106	1373	Pedro Valente	MATIZ	Veterano M40	59:40	+25:20	05:58
107	1151	Paulo Alexandre da Cruz Valente	Individual	Veterano M40	59:46	+25:27	05:59
108	1145	Nelson Rocha	Individual	Veterano M40	59:59	+25:39	06:00
109	1091	Cristiano Estrela	Individual	Veterano M40	01:00:16	+25:56	06:02
110	1432	Daniel Peixoto	PEX Team	Veterano M40	01:00:28	+26:08	06:03
111	1100	Diogo Montenegro	Individual	Veterano M40	01:00:29	+26:09	06:03
112	1142	Miguel Tavares	Individual	Veterano M40	01:02:48	+28:29	06:17

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113	299	Hugo Almeida	D'Rastos	Veterano M40	01:04:20	+30:00	06:26
114	1147	Nuno Fernandes	Individual	Veterano M40	01:05:25	+31:06	06:33
115	1148	Nuno Moreira	Individual	Veterano M40	01:05:50	+31:30	06:35
116	94	DÊNIS QUADROS	ATHLON RUNNER'S	Veterano M40	01:05:52	+31:33	06:35
117	1115	Hugo Justiça	Individual	Veterano M40	01:08:00	+33:40	06:48
118	1104	Fernando Marques	Individual	Veterano M40	01:10:18	+35:59	07:02
119	1081	Adeilson Silva	Individual	Veterano M40	01:14:49	+40:29	07:29
120	1122	João Silva	Individual	Veterano M40	01:15:41	+41:21	07:34
121	1146	Nelson Sá	Individual	Veterano M40	01:18:33	+44:14	07:51
122	1098	Dino Caçoilo	Individual	Veterano M40	01:23:34	+49:14	08:21

Veterano M45

1	274	Gonalo Pereira	Clube dos Galitos	Veterano M45	35:51		03:35
2	286	DAVIDE SILVA	DAR Recardes	Veterano M45	35:54	+00:02	03:35
3	287	NUNO CORREIA	DAR Recardes	Veterano M45	36:40	+00:48	03:40
4	1194	Davide Mendes	Individual	Veterano M45	36:48	+00:56	03:41
5	1437	Augusto Lopes	Prado Runners	Veterano M45	37:43	+01:51	03:46
6	1247	Ronald Sarabia	Individual	Veterano M45	38:03	+02:11	03:48
7	1190	Carlos Miguel Simes Gomes Figueiredo	Individual	Veterano M45	39:16	+03:24	03:56
8	29	Paulo Renato Correia da Silva	ACD Os Ilhavos	Veterano M45	39:20	+03:29	03:56
9	1377	Adriano Magalhes	Mind&Body	Veterano M45	39:51	+03:59	03:59
10	1227	Nuno Bartolomeu	Individual	Veterano M45	40:25	+04:33	04:03
11	1352	PEDRO MIGUEL FONTOURA OLIVEIRA	JOBRA	Veterano M45	40:34	+04:42	04:03
12	1617	Rui Pedro Jesus de Almeida	Valinho	Veterano M45	40:54	+05:02	04:05
13	159	Ricardo Vicente	BARRA OCEAN RUNNERS	Veterano M45	40:56	+05:05	04:06
14	322	Hugo Chumbo	Fresenius Kabi RUNNERS	Veterano M45	40:59	+05:08	04:06
15	1220	Lus Vilela	Individual	Veterano M45	41:24	+05:33	04:08
16	19	Luis Dias	A.D.Fermentelos/Bike Riders	Veterano M45	41:36	+05:44	04:10
17	260	Carlos Sequeira	Clube Atletismo de Ovar	Veterano M45	42:16	+06:24	04:14
18	375	Vtor sencadas	Hut Runners Aveiro	Veterano M45	42:21	+06:29	04:14
19	336	Joao Carlos da Cunha Silva	Godspeed Runners	Veterano M45	42:37	+06:45	04:16
20	1210	Joo Fernandes	Individual	Veterano M45	42:39	+06:47	04:16
21	1185	Andr Pacheco	Individual	Veterano M45	42:47	+06:55	04:17
22	308	Rui Freitas	Esgalhada Trail Team	Veterano M45	43:21	+07:29	04:20
23	1212	Jorge Pereira	Individual	Veterano M45	43:25	+07:33	04:21
24	158	Nuno Paiva	BARRA OCEAN RUNNERS	Veterano M45	43:29	+07:37	04:21
25	1213	JP Grin	Individual	Veterano M45	43:36	+07:44	04:22
26	1561	Jorge Rodrigues	Tartarugas	Veterano M45	44:09	+08:17	04:25
27	1467	Luis matos	Reumaticos	Veterano M45	44:47	+08:55	04:29
28	289	SERGIO RODRIGUES	DAR Recardes	Veterano M45	44:50	+08:58	04:29
29	1251	Rui Teixeira	Individual	Veterano M45	44:52	+09:00	04:29
30	1182	Albano Filipe Dias Lopes	Individual	Veterano M45	44:57	+09:06	04:30
31	1644	Paulo Pereira	GDC Guilhovai	Veterano M45	45:01	+09:10	04:30

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32	1460	Valter Silva	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M45	45:13	+09:22	04:31
33	1230	Nuno Manuel Castilho dos Reis	Individual	Veterano M45	45:15	+09:23	04:32
34	328	PEDRO GARRIDO	Garridos	Veterano M45	45:29	+09:37	04:33
35	1552	NUNO PEDRO MESQUITA E SILVA MORAIS	StepbyStep	Veterano M45	45:37	+09:46	04:34
36	1241	Pedro Óscar	Individual	Veterano M45	46:12	+10:20	04:37
37	1225	Nelson da Silva Auxiliar	Individual	Veterano M45	46:12	+10:21	04:37
38	1226	Nuno Almeida	Individual	Veterano M45	46:24	+10:33	04:38
39	1216	Luís Ferrão	Individual	Veterano M45	46:50	+10:59	04:41
40	288	PEDRO CARVALHO	DAR Recardães	Veterano M45	47:19	+11:27	04:44
41	1398	Pedro Gil	Orthia	Veterano M45	47:23	+11:31	04:44
42	1529	Nuno Jorge Correia Brito	Salgueiros Running	Veterano M45	47:45	+11:53	04:47
43	1205	Hilário Monteiro	Individual	Veterano M45	47:55	+12:03	04:48
44	1253	Tiago Costa Amaral	Individual	Veterano M45	47:59	+12:07	04:48
45	1255	Tozé Silva	Individual	Veterano M45	48:11	+12:19	04:49
46	1250	Rui Simões	Individual	Veterano M45	48:27	+12:35	04:51
47	1429	Sérgio Ferraz	Penta Clube da Covilhã	Veterano M45	48:51	+13:00	04:53
48	349	João Miranda	Grupo Desportivo Assempark	Veterano M45	49:12	+13:20	04:55
49	1232	Nuno Silva	Individual	Veterano M45	49:25	+13:34	04:57
50	1363	Filipe Silva	LAQP - Liga dos Amigos da Quinta do Pecado	Veterano M45	49:48	+13:57	04:59
51	1233	Nuno Troia	Individual	Veterano M45	50:04	+14:13	05:00
52	1217	Luís Nunes	Individual	Veterano M45	50:21	+14:29	05:02
53	1196	Fernando Jorge Nunes Ramos	Individual	Veterano M45	50:27	+14:35	05:03
54	1192	Daniel Correia Martins	Individual	Veterano M45	50:36	+14:45	05:04
55	1243	Ricardo Gama	Individual	Veterano M45	50:51	+14:59	05:05
56	1242	Renato Moedas	Individual	Veterano M45	50:51	+14:59	05:05
57	1228	Nuno Craveiro	Individual	Veterano M45	51:13	+15:21	05:07
58	243	Bruno Pereira da Rocha	Civilria Running Club	Veterano M45	51:14	+15:22	05:07
59	1356	Celso Alves	JuveRun Team	Veterano M45	51:25	+15:33	05:09
60	1206	Hugo Ribeiro	Individual	Veterano M45	51:42	+15:50	05:10
61	1240	Pedro Marques	Individual	Veterano M45	51:56	+16:04	05:12
62	1385	Luís Rabaça	MOVAREIASPT	Veterano M45	52:28	+16:36	05:15
63	10	Gustavo Barros	#É_só_até_ali	Veterano M45	53:40	+17:48	05:22
64	1211	JORGE ALEXANDER FERREIRA SERENO	Individual	Veterano M45	54:06	+18:14	05:25
65	1201	Gonçalo de Oliveira Afonso Lopes	Individual	Veterano M45	54:14	+18:22	05:25
66	65	Manuel Agostinho Oliveira Romeiro	Altice Labs	Veterano M45	54:25	+18:33	05:26
67	1223	Miguel Alexandre Pinho Carlos	Individual	Veterano M45	54:26	+18:35	05:27
68	1218	Luís Raimundo	Individual	Veterano M45	54:49	+18:57	05:29
69	1209	João André	Individual	Veterano M45	55:11	+19:19	05:31
70	66	Romero da Fonseca e Silva	Altice Labs	Veterano M45	55:12	+19:20	05:31
71	1204	Helder Costa	Individual	Veterano M45	56:12	+20:21	05:37
72	1186	António Jesus	Individual	Veterano M45	56:17	+20:25	05:38
73	1193	Daniel Marcos Urbano Ala Reis	Individual	Veterano M45	56:18	+20:27	05:38
74	1224	Miguel Miranda	Individual	Veterano M45	57:44	+21:53	05:46
75	1434	Pedro Lima	Play Out	Veterano M45	58:24	+22:32	05:50

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76	1200	George Amorim de Carvalho	Individual	Veterano M45	59:26	+23:34	05:57
77	1246	Ricardo Sousa	Individual	Veterano M45	59:33	+23:41	05:57
78	1188	Arsenio Galvao	Individual	Veterano M45	59:54	+24:03	05:59
79	1229	Nuno Dias	Individual	Veterano M45	01:00:08	+24:17	06:01
80	40	Luis Santos	ADI-Ílhavo	Veterano M45	01:00:18	+24:26	06:02
81	1203	Gonçalo Reis	Individual	Veterano M45	01:00:29	+24:37	06:03
82	16	Duarte Conceição	a tartaruga e a lebre	Veterano M45	01:00:30	+24:38	06:03
83	1235	Paulo Jorge Gomes da Costa	Individual	Veterano M45	01:00:44	+24:52	06:04
84	1245	Ricardo Pinheiro	Individual	Veterano M45	01:00:50	+24:58	06:05
85	1440	Nelson Adrego	Prison D'Aveiro	Veterano M45	01:01:14	+25:23	06:07
86	244	Renato Filipe Nunes França	Civilria Running Club	Veterano M45	01:01:26	+25:35	06:09
87	1214	Juan Gouveia	Individual	Veterano M45	01:01:36	+25:44	06:10
88	1254	Tiago Fernandes	Individual	Veterano M45	01:01:51	+25:59	06:11
89	319	Ricardo Peixinho	FFonseca Running Team	Veterano M45	01:08:12	+32:20	06:49
90	1231	Nuno Rasteiro	Individual	Veterano M45	01:08:14	+32:22	06:49
91	1199	Francisco João Gouveia Batista	Individual	Veterano M45	01:09:34	+33:42	06:57
92	1202	GONÇALO GASPAR	Individual	Veterano M45	01:12:10	+36:18	07:13
93	1518	PAULO GAFANHA	Run for Fun	Veterano M45	01:15:56	+40:04	07:36

Veterano M50

1	1461	Luís Martins	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M50	35:35	03:34
2	255	Pedro Capela	CLTT - CLÍNICA LITORALIS TRAIL TEAM	Veterano M50	38:17	+02:41 03:50
3	200	Fernando Santos	CASA DO POVO DE MANGUALDE	Veterano M50	38:40	+03:05 03:52
4	1462	Nuno Cunha Santos	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M50	38:59	+03:23 03:54
5	165	Nelson Tavares	BARRA OCEAN RUNNERS	Veterano M50	39:03	+03:27 03:54
6	1276	Paulo Alexandre de Sousa Carneiro	Individual	Veterano M50	41:38	+06:02 04:10
7	1281	Pedro Miguel Pimentão Cardoso	Individual	Veterano M50	41:49	+06:13 04:11
8	1468	Paulo pereira	Reumaticos	Veterano M50	42:07	+06:31 04:13
9	192	José Pedro Pereira da Silva	Cambra Runners	Veterano M50	42:31	+06:55 04:15
10	68	Paulo Jorge dos Santos Pereira	Altice Labs	Veterano M50	43:06	+07:30 04:19
11	298	Vasco Monteiro	DINAMO CLUBE DA ESTAÇÃO	Veterano M50	43:27	+07:52 04:21
12	350	Paulo Gonçalves	Grupo Desportivo Assempark	Veterano M50	43:55	+08:19 04:23
13	1278	Pedro Cardoso	Individual	Veterano M50	44:43	+09:07 04:28
14	164	Miguel Leao	BARRA OCEAN RUNNERS	Veterano M50	44:46	+09:10 04:29
15	1275	Miguel Dias.	Individual	Veterano M50	44:55	+09:19 04:29
16	161	Fernando Mónica	BARRA OCEAN RUNNERS	Veterano M50	45:11	+09:36 04:31
17	210	Rui silva	CENAP	Veterano M50	45:40	+10:05 04:34
18	1262	Francisco leite	Individual	Veterano M50	45:46	+10:11 04:35
19	1283	Pedro Santos	Individual	Veterano M50	45:59	+10:23 04:36
20	1277	Paulo Mainha	Individual	Veterano M50	46:03	+10:27 04:36
21	1470	Raul teixeira 2	Reumaticos	Veterano M50	46:05	+10:30 04:37
22	1294	Vítor Proença	Individual	Veterano M50	46:15	+10:39 04:37

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23	1537	Fernando Santos	Sobral Santos	Veterano M50	47:04	+11:28	04:42
24	351	Pedro Lopes	Grupo Desportivo Assempark	Veterano M50	47:21	+11:45	04:44
25	67	Paulo Jorge Costa Gonçalves	Altice Labs	Veterano M50	47:24	+11:49	04:44
26	1	João Campolargo	Individual	Veterano M50	48:08	+12:32	04:49
27	1267	João Rodrigues	Individual	Veterano M50	48:23	+12:47	04:50
28	1270	Jorge Mota	Individual	Veterano M50	48:30	+12:54	04:51
29	179	Francisco Agostinho	Bobadelas Running Team	Veterano M50	48:32	+12:56	04:51
30	1257	Adérito justina	Individual	Veterano M50	48:43	+13:07	04:55
31	1268	João Teixeira	Individual	Veterano M50	49:01	+13:25	04:54
32	1271	Jorge Vilela	Individual	Veterano M50	49:24	+13:48	04:56
33	1261	Carlos Ferreira	Individual	Veterano M50	49:30	+13:54	04:57
34	1284	Ricardo Jorge Grilo Marques Senos	Individual	Veterano M50	50:05	+14:29	05:00
35	160	Arnaldo Tomás	BARRA OCEAN RUNNERS	Veterano M50	50:20	+14:44	05:02
36	1481	FRANCISCO JOSÉ SILVA GOMES	Reumáticos & Etc	Veterano M50	50:34	+14:58	05:03
37	1469	Paulo ramos	Reumaticos	Veterano M50	50:36	+15:00	05:04
38	1595	Nuno felix	Tróia Performance exercise clinc	Veterano M50	50:47	+15:11	05:05
39	163	José Martins	BARRA OCEAN RUNNERS	Veterano M50	50:59	+15:23	05:06
40	1273	José Manuel da Costa Resende	Individual	Veterano M50	51:13	+15:38	05:07
41	1265	João Matos	Individual	Veterano M50	52:04	+16:28	05:12
42	1290	Samuel Ferraz Costa	Individual	Veterano M50	52:26	+16:50	05:15
43	1279	Pedro Ferreira	Individual	Veterano M50	53:23	+17:47	05:20
44	1288	Rui Fartura	Individual	Veterano M50	53:36	+18:01	05:22
45	1293	Vítor Neto	Individual	Veterano M50	53:38	+18:02	05:22
46	1272	José Francisco Silva Santiago	Individual	Veterano M50	53:39	+18:03	05:22
47	1483	VITOR MANUEL PIRES ALVES	Reumáticos & Etc	Veterano M50	53:48	+18:13	05:23
48	44	Rui Vieito	Adriazul	Veterano M50	54:55	+19:19	05:29
49	1264	Gustavo Vasconcelos	Individual	Veterano M50	55:37	+20:01	05:34
50	1280	Pedro Miguel Micaêlo Freire	Individual	Veterano M50	55:58	+20:23	05:36
51	1571	Rui Rocha	Team Baldaia	Veterano M50	56:08	+20:32	05:37
52	33	José Pinho	ACR Vale de Cambra	Veterano M50	56:40	+21:04	05:40
53	184	António Carlos	BoraBora, Vamos Lá!	Veterano M50	57:19	+21:43	05:44
54	1441	João Ferreira	Prison D'Aveiro	Veterano M50	58:02	+22:26	05:48
55	325	Ricardo Nobre	Gangue de Pereira	Veterano M50	58:21	+22:46	05:50
56	72	Toni Rodrigues dos Santos	Ameal Trail	Veterano M50	58:56	+23:20	05:54
57	1282	Pedro miguel Sá Cardoso	Individual	Veterano M50	59:25	+23:49	05:57
58	1266	João Paulo Figueira da Silva	Individual	Veterano M50	59:45	+24:09	05:58
59	1484	WILLIAMS OMAR SIMÕES DEPABLOS	Reumáticos & Etc	Veterano M50	01:00:15	+24:39	06:02
60	1263	Givelder Medeiros	Individual	Veterano M50	01:00:33	+24:58	06:03
61	1520	Rui Manuel Rocha Fernandes	Run Seventeen	Veterano M50	01:01:12	+25:36	06:07
62	1292	Vitor Francisco	Individual	Veterano M50	01:01:17	+25:41	06:08
63	1258	Alcides Marquinhos	Individual	Veterano M50	01:04:04	+28:28	06:24
64	1496	João Fernando Rangel Martins	RIS2048	Veterano M50	01:04:50	+29:15	06:29
65	194	Maciel Mendes	Cantaai	Veterano M50	01:05:49	+30:14	06:35
66	1556	José Luís Nunes	TáLento	Veterano M50	01:08:48	+33:12	06:53

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67	1287	Rui Alves	Individual	Veterano M50	01:16:07	+40:31	07:37
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Veterano M55

1	330	António Fernandes	GDC Guilhovai	Veterano M55	34:31	03:27
2	1572	josé carlos santos	Team El Comandante	Veterano M55	41:35	+07:03 04:09
3	1302	José Rodrigues	Individual	Veterano M55	41:42	+07:11 04:10
4	261	JOÃO PAULO RODRIGUES	Clube Atletismo de Ovar	Veterano M55	42:44	+08:12 04:16
5	167	Pedro Guimarães	BARRA OCEAN RUNNERS	Veterano M55	42:49	+08:17 04:17
6	1306	Luiz Arnaud	Individual	Veterano M55	43:25	+08:54 04:21
7	81	José Basílio Simões	ARCD Venda da Luisa	Veterano M55	44:31	+09:59 04:27
8	377	Jorge Branco	Hut Runners Aveiro	Veterano M55	44:37	+10:06 04:28
9	1307	Manuel Ferreira	Individual	Veterano M55	44:40	+10:08 04:28
10	1541	Armando Castro	SosenseTrailTeam-Braga&Fernandes/Corind	Veterano M55	44:41	+10:10 04:28
11	1308	Marco Monteiro	Individual	Veterano M55	47:07	+12:35 04:43
12	290	PAULO JORGE	DAR Recardães	Veterano M55	47:27	+12:55 04:45
13	1427	Carlos Santos	Passo a Passo	Veterano M55	48:23	+13:52 04:50
14	95	ADRIANO TEIXEIRA	ATHLON RUNNER'S	Veterano M55	48:51	+14:20 04:53
15	352	João Dono	Grupo Desportivo Assempark	Veterano M55	49:51	+15:19 04:59
16	1446	PEDRO SARAIVA	PRÓS e CONTRA	Veterano M55	50:13	+15:42 05:01
17	376	João Pedro Oliveira Silva	Hut Runners Aveiro	Veterano M55	50:18	+15:46 05:02
18	1449	Jorge Ribeiro	R G Levanta Poeira	Veterano M55	50:53	+16:21 05:05
19	1316	Rui Jorge de Sousa silva	Individual	Veterano M55	53:13	+18:42 05:19
20	1309	Mario Marques	Individual	Veterano M55	53:47	+19:16 05:23
21	1297	ANTONIO TEIXEIRA	Individual	Veterano M55	54:03	+19:31 05:24
22	1315	Rui Amado	Individual	Veterano M55	54:11	+19:39 05:25
23	69	Vitor Santos	Altice Labs	Veterano M55	54:14	+19:43 05:25
24	1304	Luís Santos	Individual	Veterano M55	54:20	+19:49 05:26
25	1558	Ricardo Santos Rosa	Talentos Objetivos	Veterano M55	54:24	+19:53 05:26
26	1296	Amilcar de Oliveira Raimundo	Individual	Veterano M55	54:25	+19:54 05:27
27	1312	Paulo Caetano	Individual	Veterano M55	55:27	+20:55 05:33
28	245	Artur Varum	Civilria Running Club	Veterano M55	55:29	+20:58 05:33
29	353	Paulo Antunes	Grupo Desportivo Assempark	Veterano M55	56:11	+21:39 05:37
30	304	Luís Filipe Martins Soares	Eduart-Componentes Calçado .	Veterano M55	56:39	+22:07 05:40
31	246	Carlos Varum	Civilria Running Club	Veterano M55	57:21	+22:50 05:44
32	1485	JOÃO ALBERTO RODRIGUES PINHO	Reumáticos & Etc	Veterano M55	57:29	+22:58 05:45
33	1548	Paulo Carvalho	Sport Clube de Freamunde	Veterano M55	57:50	+23:19 05:47
34	1298	Carlos Barroso	Individual	Veterano M55	57:58	+23:26 05:48
35	326	Pedro Medina	Gangue de Pereira	Veterano M55	58:00	+23:29 05:48
36	1317	VASCO MIGUEL	Individual	Veterano M55	58:05	+23:34 05:49
37	1497	Jorge Amadeu Almeida Viana	RIS2048	Veterano M55	58:12	+23:40 05:49
38	100	Gilberto Carlos Charato da Mota	Atletas Aveiro	Veterano M55	01:01:32	+27:00 06:09
39	1311	Otemberg Silva	Individual	Veterano M55	01:02:35	+28:03 06:15
40	1303	José Vieira	Individual	Veterano M55	01:05:05	+30:34 06:31

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41	1295	Alvaro Mariano	Individual	Veterano M55	01:05:51	+31:20	06:35
42	1301	José Ilídio Sá	Individual	Veterano M55	01:11:23	+36:52	07:08
43	1610	António Tavares	Turtle runners	Veterano M55	01:13:18	+38:47	07:20

Veterano M60

1	359	Mário Carvalho	GRUPO VILARINHO CIMA	Veterano M60	41:03	04:06
2	355	Manuel Machado	Grupo Desportivo Assempark	Veterano M60	41:40	+00:36 04:10
3	202	Custodio coutinho	CDC PARADELA DO VOUGA	Veterano M60	43:23	+02:19 04:20
4	356	Manuel Sá	Grupo Desportivo Assempark	Veterano M60	43:51	+02:48 04:23
5	1332	GIL DA COSTA	Individual	Veterano M60	45:34	+04:31 04:33
6	358	PEDRO ROCHA	GRUPO DESPORTIVO DA GAFANHA	Veterano M60	46:41	+05:38 04:40
7	1339	José Alberto Pereira Monteiro	Individual	Veterano M60	47:28	+06:25 04:45
8	335	Adérito Curto	Gira Sol	Veterano M60	47:41	+06:38 04:46
9	1325	Arménio Neves	Individual	Veterano M60	48:09	+07:05 04:49
10	1327	Carlos Alberto Gomes Lopes	Individual	Veterano M60	48:25	+07:22 04:51
11	1452	Paulo Providência	R G Levanta Poeira	Veterano M60	48:36	+07:33 04:52
12	1343	Juvenal Magueta	Individual	Veterano M60	49:20	+08:17 04:56
13	1463	José Matos	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M60	49:37	+08:34 04:58
14	1338	Joaquim silva costa	Individual	Veterano M60	49:47	+08:44 04:59
15	1345	Manuel Oliveira	Individual	Veterano M60	49:48	+08:44 04:59
16	1335	João Almada	Individual	Veterano M60	49:59	+08:55 05:00
17	1341	José Luís Oliveira Alves	Individual	Veterano M60	51:07	+10:04 05:07
18	1450	Almerindo Ferreira	R G Levanta Poeira	Veterano M60	51:30	+10:27 05:09
19	1625	Joao Nunes	Viriathvs Runners Viseu	Veterano M60	52:08	+11:05 05:13
20	1319	Álvaro Aluai	Individual	Veterano M60	52:23	+11:20 05:14
21	1329	Fernando Lopes	Individual	Veterano M60	52:41	+11:38 05:16
22	1336	João Capelôa	Individual	Veterano M60	53:02	+11:59 05:18
23	1507	Reinaldo Manuel Rodrigues Rocha	Rocha	Veterano M60	53:31	+12:27 05:21
24	1331	Francisco J L Calao	Individual	Veterano M60	53:45	+12:42 05:23
25	1347	Mário Vilarinho	Individual	Veterano M60	54:46	+13:43 05:29
26	305	Eduardo Tavares Rebelo	Eduart-Componentes Calçado .	Veterano M60	54:54	+13:51 05:29
27	1321	António M Sousa	Individual	Veterano M60	55:46	+14:43 05:35
28	1323	Arlindo Santos	Individual	Veterano M60	56:18	+15:15 05:38
29	1333	Gonçalo Nuno Caetano Alves	Individual	Veterano M60	56:30	+15:27 05:39
30	357	Valter Jacinto	Grupo Desportivo Assempark	Veterano M60	57:08	+16:05 05:43
31	1320	António Tafula	Individual	Veterano M60	57:23	+16:20 05:44
32	96	EURICO INOCÊNCIO	ATHLON RUNNER'S	Veterano M60	57:35	+16:32 05:46
33	342	Helder Vieira	GRECAS - Vagos	Veterano M60	57:49	+16:46 05:47
34	1328	Carlos Alberto Pereira de Matos	Individual	Veterano M60	58:03	+17:00 05:48
35	1326	Carlos Alberto Ferreira Rodrigues	Individual	Veterano M60	58:12	+17:09 05:49
36	1318	ALEXANDRE CYSNE	Individual	Veterano M60	01:01:19	+20:16 06:08
37	1346	Mário Moreira	Individual	Veterano M60	01:06:02	+24:59 06:36
38	11	João Moutinho	100%Motivação	Veterano M60	01:07:27	+26:24 06:45

TEAM RESULTS - 10KM

[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	RECREIO DESPORTIVO DE ÁGUEDA	1 + 2 + 17	20
2	CLUBE DOS GALITOS	4 + 13 + 20	37
3	ACD OS ILHAVOS	19 + 22 + 23	64
4	DAR RECARDÃES	21 + 32 + 58	111
5	CENAP	28 + 50 + 55	133
6	CASA DO POVO DE MANGUALDE	16 + 63 + 72	151
7	SPORT CLUBE DE FREAMUNDE	10 + 43 + 103	156
8	CLTT - CLÍNICA LITORALIS TRAIL TEAM	34 + 57 + 136	227
9	BARRA OCEAN RUNNERS	74 + 78 + 87	239
10	GDC GUILHOVAI	8 + 9 + 223	240
11	GRECAS - VAGOS	12 + 39 + 193	244
12	CLUBE ATLETISMO DE OVAR	11 + 125 + 140	276
13	HUT RUNNERS AVEIRO	41 + 144 + 194	379
14	#É_SÓ_ATÉ_ALI	73 + 91 + 256	420
15	GRUPO DESPORTIVO ASSEMPARK	123 + 179 + 181	483
16	TREPANELAS / PRIFER	42 + 115 + 409	566
17	REUMATICOS	135 + 209 + 254	598
18	ALTICE LABS	159 + 243 + 272	674
19	ADI-ÍLHAVO	62 + 139 + 541	742
20	DCI/TRILHOS LUSO BUSSACO	210 + 276 + 398	884
21	ARCD VENDA DA LUISA	130 + 199 + 593	922
22	LAQP - LIGA DOS AMIGOS DA QUINTA DO PECADO	233 + 300 + 427	960
23	SOSENSETRAILTEAM-BRAGA&FERNANDES/CORIND	192 + 205 + 692	1089
24	CIVILRIA RUNNING CLUB	238 + 438 + 492	1168
25	MIND&BODY	86 + 479 + 627	1192
26	TARTARUGAS	184 + 469 + 543	1196
27	BENGALAS E MULETAS	45 + 457 + 755	1257
28	TUFF RUNNERS	337 + 462 + 474	1273
29	FRESENIUS KABI RUNNERS	107 + 326 + 840	1273
30	R G LEVANTA POEIRA	373 + 478 + 510	1361
31	AMEAL TRAIL	227 + 372 + 876	1475
32	CAMBRA RUNNERS	147 + 548 + 889	1584
33	RM RUNNERS	252 + 603 + 770	1625
34	HELLRUN	556 + 561 + 564	1681
35	REUMÁTICOS & ETC	465 + 610 + 613	1688
36	RUNSANCHEQUIAS	440 + 643 + 671	1754
37	PRÓS E CONTRA	441 + 513 + 823	1777
38	EDUART-COMPONENTES CALÇADO .	374 + 674 + 761	1809

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Official Timekeeper: Lap2Go	2 / 2	generate 05-jul.-2025 20:46
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