

## 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 Ilhavos                      | 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 Ilhavos                      | 36:13  | +06:13 | 03:37 |      |
| 23   | 27   | André Santos                       | ACD Os Ilhavos                      | 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                    | Molinhas 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 10-jul.-2025 11:49 |
|-----------------------------|--------|-----------------------------|

## 10KM - STAGE 1

**10 KM**

[illegible]

## 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 |      |

## 10KM - STAGE 1

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| 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 |      |

## 10KM - STAGE 1

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| 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 |      |

## 10KM - STAGE 1

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| 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 |      |

## 10KM - STAGE 1

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| 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 |      |

## 10KM - STAGE 1

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| 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 |      |



## 10KM - STAGE 1

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| 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  | 1603 | Nuno da Silva Paiva                            | TUFF RUNNERS                               | 47:53  | +17:53 | 04:47 |      |
| 337  | 1113 | Hugo Baptista                                  | Individual                                 | 47:53  | +17:53 | 04:47 |      |
| 338  | 1601 | Guilherme Ramalheira                           | TUFF RUNNERS                               | 47:54  | +17:54 | 04:47 |      |
| 339  | 1205 | Hilário Monteiro                               | Individual                                 | 47:55  | +17:55 | 04:48 |      |
| 340  | 467  | Débora Inês Rocha Pinho                        | Individual                                 | 47:56  | +17:56 | 04:48 |      |
| 341  | 1433 | João Ferreira                                  | Play Out                                   | 47:56  | +17:56 | 04:48 |      |
| 342  | 676  | Carlos Coutinho                                | Individual                                 | 47:58  | +17:58 | 04:48 |      |
| 343  | 913  | Rui Ladeiro                                    | Individual                                 | 47:58  | +17:58 | 04:48 |      |
| 344  | 134  | Diogo Ramos                                    | BARRA OCEAN RUNNERS                        | 47:58  | +17:58 | 04:48 |      |
| 345  | 1253 | Tiago Costa Amaral                             | Individual                                 | 47:59  | +17:59 | 04:48 |      |
| 346  | 1029 | Helga Soares                                   | Individual                                 | 48:00  | +18:00 | 04:48 |      |
| 347  | 803  | José Afonso Baião Silva                        | Individual                                 | 48:01  | +18:01 | 04:48 |      |
| 348  | 126  | Tatiana Oliveira                               | BARRA OCEAN RUNNERS                        | 48:03  | +18:03 | 04:48 |      |
| 349  | 695  | Diogo Areias                                   | Individual                                 | 48:03  | +18:03 | 04:48 |      |
| 350  | 82   | Maria João Matos Vieira                        | ARSM - Associação Recreativa de São Miguel | 48:04  | +18:04 | 04:48 |      |
| 351  | 1    | João Campolargo                                | Individual                                 | 48:08  | +18:08 | 04:49 |      |
| 352  | 757  | Igor Daniel Silva Azevedo                      | Individual                                 | 48:08  | +18:08 | 04:49 |      |
| 353  | 1325 | Arménio Neves                                  | Individual                                 | 48:09  | +18:09 | 04:49 |      |
| 354  | 108  | Beatriz Bastos                                 | BARRA OCEAN RUNNERS                        | 48:10  | +18:10 | 04:49 |      |
| 355  | 135  | Francisco Paiva                                | BARRA OCEAN RUNNERS                        | 48:10  | +18:10 | 04:49 |      |
| 356  | 1255 | Tozé Silva                                     | Individual                                 | 48:11  | +18:11 | 04:49 |      |
| 357  | 436  | Catarina Carvalho                              | Individual                                 | 48:11  | +18:11 | 04:49 |      |
| 358  | 1526 | Carlos Domingues                               | Saca Trilhos Anadia                        | 48:12  | +18:12 | 04:49 |      |
| 359  | 1369 | João Pedro Martins Gonçalves                   | Los Sem Pressa                             | 48:14  | +18:14 | 04:49 |      |



## 10KM - STAGE 1

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| RANK | BIB  | NAME                                    | TEAM                         | RESULT | DIFF   | t/KM  | CARD |
|------|------|-----------------------------------------|------------------------------|--------|--------|-------|------|
| 360  | 1267 | João Rodrigues                          | Individual                   | 48:23  | +18:23 | 04:50 |      |
| 361  | 812  | Leandro Marinho Viana                   | Individual                   | 48:23  | +18:23 | 04:50 |      |
| 362  | 1427 | Carlos Santos                           | Passo a Passo                | 48:23  | +18:23 | 04:50 |      |
| 363  | 1327 | Carlos Alberto Gomes Lopes              | Individual                   | 48:25  | +18:25 | 04:51 |      |
| 364  | 185  | João Manuel Afonso Domingues            | BTTalhos                     | 48:26  | +18:26 | 04:51 |      |
| 365  | 460  | Daniela Martins                         | Individual                   | 48:27  | +18:27 | 04:51 |      |
| 366  | 1250 | Rui Simões                              | Individual                   | 48:27  | +18:27 | 04:51 |      |
| 367  | 879  | Pedro Manuel Oliveira Matos             | Individual                   | 48:28  | +18:28 | 04:51 |      |
| 368  | 1270 | Jorge Mota                              | Individual                   | 48:30  | +18:30 | 04:51 |      |
| 369  | 1119 | João André Maranhão                     | Individual                   | 48:30  | +18:30 | 04:51 |      |
| 370  | 1132 | Luis Dias                               | Individual                   | 48:31  | +18:31 | 04:51 |      |
| 371  | 179  | Francisco Agostinho                     | Bobadelas Running Team       | 48:32  | +18:32 | 04:51 |      |
| 372  | 1105 | Fernando pontes da Silva                | Individual                   | 48:32  | +18:32 | 04:51 |      |
| 373  | 70   | Maria Helena Silva Matos                | Ameal Trail                  | 48:35  | +18:35 | 04:51 |      |
| 374  | 1452 | Paulo Providência                       | R G Levanta Poeira           | 48:36  | +18:36 | 04:52 |      |
| 375  | 303  | André Filipe dos Santos Rebelo          | Eduart-Componentes Calçado . | 48:39  | +18:39 | 04:52 |      |
| 376  | 1257 | Adérito justina                         | Individual                   | 48:43  | +18:43 | 04:52 |      |
| 377  | 124  | Soraia Basílio                          | BARRA OCEAN RUNNERS          | 48:44  | +18:44 | 04:52 |      |
| 378  | 915  | Rui Miguel Ferreira Rodrigues           | Individual                   | 48:47  | +18:47 | 04:53 |      |
| 379  | 689  | Daniel Tavares                          | Individual                   | 48:47  | +18:47 | 04:53 |      |
| 380  | 1175 | Tiago Almeida                           | Individual                   | 48:49  | +18:49 | 04:53 |      |
| 381  | 1403 | André Silva                             | Pacemakers                   | 48:50  | +18:50 | 04:53 |      |
| 382  | 1129 | Jose Veiga                              | Individual                   | 48:50  | +18:50 | 04:53 |      |
| 383  | 729  | Filipe Baptista Lopes                   | Individual                   | 48:51  | +18:51 | 04:53 |      |
| 384  | 95   | ADRIANO TEIXEIRA                        | ATHLON RUNNER'S              | 48:51  | +18:51 | 04:53 |      |
| 385  | 653  | André Marques                           | Individual                   | 48:51  | +18:51 | 04:53 |      |
| 386  | 1429 | Sérgio Ferraz                           | Penta Clube da Covilhã       | 48:51  | +18:51 | 04:53 |      |
| 387  | 650  | André Coelho                            | Individual                   | 48:52  | +18:52 | 04:53 |      |
| 388  | 1149 | Nuno Pereira                            | Individual                   | 48:55  | +18:55 | 04:54 |      |
| 389  | 941  | Tiago Morais                            | Individual                   | 48:57  | +18:57 | 04:54 |      |
| 390  | 1141 | Mark Araujo                             | Individual                   | 48:58  | +18:58 | 04:54 |      |
| 391  | 1390 | Ricardo Pinto                           | Não Custa Nada               | 48:59  | +18:59 | 04:54 |      |
| 392  | 672  | Bruno Leite                             | Individual                   | 49:00  | +19:00 | 04:54 |      |
| 393  | 717  | Emanuel Heleno                          | Individual                   | 49:01  | +19:01 | 04:54 |      |
| 394  | 1268 | João Teixeira                           | Individual                   | 49:01  | +19:01 | 04:54 |      |
| 395  | 431  | Carolina Amaral                         | Individual                   | 49:04  | +19:04 | 04:54 |      |
| 396  | 772  | João Filipe Costa Merendeiro            | Individual                   | 49:06  | +19:06 | 04:55 |      |
| 397  | 74   | Alex Semichev                           | Anatata                      | 49:07  | +19:07 | 04:55 |      |
| 398  | 1121 | João ferreira                           | Individual                   | 49:08  | +19:08 | 04:55 |      |
| 399  | 294  | Carla manuela Rodrigues pinto Gonçalves | DCI/Trilhos Luso Bussaco     | 49:08  | +19:08 | 04:55 |      |
| 400  | 924  | Sérgio Manuel Gomes Silva               | Individual                   | 49:11  | +19:11 | 04:55 |      |
| 401  | 282  | DINORA BASTOS                           | DAR Recardães                | 49:11  | +19:11 | 04:55 |      |
| 402  | 349  | João Miranda                            | Grupo Desportivo Assempark   | 49:12  | +19:12 | 04:55 |      |
| 403  | 780  | João Marques                            | Individual                   | 49:14  | +19:14 | 04:55 |      |
| 404  | 683  | Daniel Berbigão                         | Individual                   | 49:15  | +19:15 | 04:56 |      |

## 10KM - STAGE 1

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| RANK | BIB  | NAME                              | TEAM                                       | RESULT | DIFF   | t/KM  | CARD |
|------|------|-----------------------------------|--------------------------------------------|--------|--------|-------|------|
| 405  | 313  | Jorge Matos                       | Família Barge Matos                        | 49:16  | +19:16 | 04:56 |      |
| 406  | 692  | David de Sousa Quitério           | Individual                                 | 49:17  | +19:17 | 04:56 |      |
| 407  | 18   | João Lino                         | A.D.C.R. VILAGE                            | 49:17  | +19:17 | 04:56 |      |
| 408  | 1343 | Juvenal Magueta                   | Individual                                 | 49:20  | +19:20 | 04:56 |      |
| 409  | 1099 | Diogo Carvalhais                  | Individual                                 | 49:21  | +19:21 | 04:56 |      |
| 410  | 1588 | Rafael Malta                      | TREPANELAS / PRIFER                        | 49:21  | +19:21 | 04:56 |      |
| 411  | 1271 | Jorge Vilela                      | Individual                                 | 49:24  | +19:24 | 04:56 |      |
| 412  | 792  | João Santos                       | Individual                                 | 49:24  | +19:24 | 04:56 |      |
| 413  | 963  | Adriana Gomes                     | Individual                                 | 49:24  | +19:24 | 04:56 |      |
| 414  | 1232 | Nuno Silva                        | Individual                                 | 49:25  | +19:25 | 04:57 |      |
| 415  | 703  | Diogo Riço                        | Individual                                 | 49:27  | +19:27 | 04:57 |      |
| 416  | 1645 | Ricardo Gomes                     | Pacers                                     | 49:30  | +19:30 | 04:57 |      |
| 417  | 1261 | Carlos Ferreira                   | Individual                                 | 49:30  | +19:30 | 04:57 |      |
| 418  | 475  | Elena Gamozova                    | Individual                                 | 49:30  | +19:30 | 04:57 |      |
| 419  | 1463 | José Matos                        | RECREIO DESPORTIVO DE ÁGUEDA               | 49:37  | +19:37 | 04:58 |      |
| 420  | 705  | Duarte Santos Ribeiro             | Individual                                 | 49:38  | +19:38 | 04:58 |      |
| 421  | 562  | Mariana Sousa                     | Individual                                 | 49:39  | +19:39 | 04:58 |      |
| 422  | 888  | Rafael Rocha                      | Individual                                 | 49:39  | +19:39 | 04:58 |      |
| 423  | 736  | Francisco Bica                    | Individual                                 | 49:40  | +19:40 | 04:58 |      |
| 424  | 327  | Diogo Garrido                     | Garridos                                   | 49:41  | +19:41 | 04:58 |      |
| 425  | 975  | Claudia Sousa                     | Individual                                 | 49:42  | +19:42 | 04:58 |      |
| 426  | 1338 | Joaquim silva costa               | Individual                                 | 49:47  | +19:47 | 04:59 |      |
| 427  | 1345 | Manuel Oliveira                   | Individual                                 | 49:48  | +19:48 | 04:59 |      |
| 428  | 1363 | Filipe Silva                      | LAQP - Liga dos Amigos da Quinta do Pecado | 49:48  | +19:48 | 04:59 |      |
| 429  | 352  | João Dono                         | Grupo Desportivo Assempark                 | 49:51  | +19:51 | 04:59 |      |
| 430  | 756  | Humberto Garcia                   | Individual                                 | 49:53  | +19:53 | 04:59 |      |
| 431  | 146  | Pedro Miguel Marquinhos Soeiro    | BARRA OCEAN RUNNERS                        | 49:55  | +19:55 | 04:59 |      |
| 432  | 1335 | João Almada                       | Individual                                 | 49:59  | +19:59 | 05:00 |      |
| 433  | 1585 | Rodolfo Bevilaqua                 | Travão Puxado                              | 49:59  | +19:59 | 05:00 |      |
| 434  | 1048 | Sónia da Costa Oliveira           | Individual                                 | 50:02  | +20:02 | 05:00 |      |
| 435  | 917  | Rui Saraiva                       | Individual                                 | 50:02  | +20:02 | 05:00 |      |
| 436  | 370  | Rodrigo Monteiro                  | Hut Runners Aveiro                         | 50:03  | +20:03 | 05:00 |      |
| 437  | 1233 | Nuno Troia                        | Individual                                 | 50:04  | +20:04 | 05:00 |      |
| 438  | 1284 | Ricardo Jorge Grilo Marques Senos | Individual                                 | 50:05  | +20:05 | 05:00 |      |
| 439  | 213  | Alexandra Ferro de Pinho Calhau   | Civilria Running Club                      | 50:07  | +20:07 | 05:01 |      |
| 440  | 203  | Joana Valente                     | CENAP                                      | 50:10  | +20:10 | 05:01 |      |
| 441  | 1522 | André Pereira                     | RunSanchequias                             | 50:12  | +20:12 | 05:01 |      |
| 442  | 1446 | PEDRO SARAIVA                     | PRÓS e CONTRA                              | 50:13  | +20:13 | 05:01 |      |
| 443  | 993  | Margarida Vidal                   | Individual                                 | 50:14  | +20:14 | 05:01 |      |
| 444  | 526  | Liliana Almeida Santos            | Individual                                 | 50:15  | +20:15 | 05:01 |      |
| 445  | 366  | Sofia Assunção                    | Hut Runners Aveiro                         | 50:15  | +20:15 | 05:02 |      |
| 446  | 444  | Cátia Moreira                     | Individual                                 | 50:16  | +20:16 | 05:02 |      |
| 447  | 143  | Luís Gomes                        | BARRA OCEAN RUNNERS                        | 50:16  | +20:16 | 05:02 |      |
| 448  | 376  | João Pedro Oliveira Silva         | Hut Runners Aveiro                         | 50:18  | +20:18 | 05:02 |      |
| 449  | 712  | Eduardo Seabra                    | Individual                                 | 50:18  | +20:18 | 05:02 |      |
| 450  | 160  | Arnaldo Tomás                     | BARRA OCEAN RUNNERS                        | 50:20  | +20:20 | 05:02 |      |

## 10KM - STAGE 1

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| RANK | BIB  | NAME                               | TEAM                             | RESULT | DIFF   | t/KM  | CARD |
|------|------|------------------------------------|----------------------------------|--------|--------|-------|------|
| 451  | 1217 | Luís Nunes                         | Individual                       | 50:21  | +20:21 | 05:02 |      |
| 452  | 797  | João Velhinho                      | Individual                       | 50:22  | +20:22 | 05:02 |      |
| 453  | 762  | João Anjos                         | Individual                       | 50:22  | +20:22 | 05:02 |      |
| 454  | 928  | Severino José Paiva Rocha          | Individual                       | 50:23  | +20:23 | 05:02 |      |
| 455  | 595  | Rita Alves                         | Individual                       | 50:24  | +20:24 | 05:02 |      |
| 456  | 56   | José Maria Marques Andrade         | Altice Labs                      | 50:25  | +20:25 | 05:02 |      |
| 457  | 1166 | Ricardo Tavares                    | Individual                       | 50:25  | +20:25 | 05:02 |      |
| 458  | 170  | Filipe Sequeira                    | Bengalas e Muletas               | 50:25  | +20:25 | 05:03 |      |
| 459  | 766  | João Campos                        | Individual                       | 50:26  | +20:26 | 05:03 |      |
| 460  | 1196 | Fernando Jorge Nunes Ramos         | Individual                       | 50:27  | +20:27 | 05:03 |      |
| 461  | 93   | Dário Amaral                       | Associação Os Vouzelenses        | 50:29  | +20:29 | 05:03 |      |
| 462  | 147  | Simão Ferreira                     | BARRA OCEAN RUNNERS              | 50:29  | +20:29 | 05:03 |      |
| 463  | 1602 | João Pedro Conde de Almeida        | TUFF RUNNERS                     | 50:29  | +20:29 | 05:03 |      |
| 464  | 934  | Tiago Canês                        | Individual                       | 50:32  | +20:32 | 05:03 |      |
| 465  | 1020 | Alda Esteves                       | Individual                       | 50:33  | +20:33 | 05:03 |      |
| 466  | 1481 | FRANCISCO JOSÉ SILVA GOMES         | Reumáticos & Etc                 | 50:34  | +20:34 | 05:03 |      |
| 467  | 1469 | Paulo ramos                        | Reumaticos                       | 50:36  | +20:36 | 05:04 |      |
| 468  | 1192 | Daniel Correia Martins             | Individual                       | 50:36  | +20:36 | 05:04 |      |
| 469  | 20   | TIAGO BRANCO                       | A.D.GRIJÓ A CORRER               | 50:37  | +20:37 | 05:04 |      |
| 470  | 1559 | Nuno silva                         | Tartarugas                       | 50:44  | +20:44 | 05:04 |      |
| 471  | 1487 | Diogo Jerónimo                     | Ride                             | 50:45  | +20:45 | 05:05 |      |
| 472  | 1486 | Rita Fardilha                      | Ride                             | 50:46  | +20:46 | 05:05 |      |
| 473  | 907  | Rui Alberto da Silva Pires         | Individual                       | 50:46  | +20:46 | 05:05 |      |
| 474  | 1595 | Nuno felix                         | Tróia Performance exercise clinc | 50:47  | +20:47 | 05:05 |      |
| 475  | 1599 | SILVANA OLIVEIRA                   | TUFF RUNNERS                     | 50:50  | +20:50 | 05:05 |      |
| 476  | 1243 | Ricardo Gama                       | Individual                       | 50:51  | +20:51 | 05:05 |      |
| 477  | 1242 | Renato Moedas                      | Individual                       | 50:51  | +20:51 | 05:05 |      |
| 478  | 1157 | Pedro Lares                        | Individual                       | 50:51  | +20:51 | 05:05 |      |
| 479  | 1449 | Jorge Ribeiro                      | R G Levanta Poeira               | 50:53  | +20:53 | 05:05 |      |
| 480  | 1375 | fatima carvalho                    | Mind&Body                        | 50:53  | +20:53 | 05:05 |      |
| 481  | 878  | Pedro Loprs                        | Individual                       | 50:53  | +20:53 | 05:05 |      |
| 482  | 858  | Nuno Fernandes                     | Individual                       | 50:56  | +20:56 | 05:06 |      |
| 483  | 1090 | Carlos Cunha                       | Individual                       | 50:57  | +20:57 | 05:06 |      |
| 484  | 566  | Marisa Alexandra Oliveira da Silva | Individual                       | 50:59  | +20:59 | 05:06 |      |
| 485  | 163  | José Martins                       | BARRA OCEAN RUNNERS              | 50:59  | +20:59 | 05:06 |      |
| 486  | 847  | Micael Castro                      | Individual                       | 51:01  | +21:01 | 05:06 |      |
| 487  | 142  | Luis Afonso                        | BARRA OCEAN RUNNERS              | 51:05  | +21:05 | 05:06 |      |
| 488  | 648  | André Boia                         | Individual                       | 51:05  | +21:05 | 05:07 |      |
| 489  | 574  | Mélanie Quintela                   | Individual                       | 51:06  | +21:06 | 05:07 |      |
| 490  | 1341 | José Luís Oliveira Alves           | Individual                       | 51:07  | +21:07 | 05:07 |      |
| 491  | 679  | celso cruz                         | Individual                       | 51:08  | +21:08 | 05:07 |      |
| 492  | 833  | LUIZ FERNANDO CAETE DA SILVA       | Individual                       | 51:08  | +21:09 | 05:07 |      |
| 493  | 227  | João Moreira                       | Civilria Running Club            | 51:11  | +21:11 | 05:07 |      |
| 494  | 749  | Guilherme Botelho Pereira          | Individual                       | 51:12  | +21:12 | 05:07 |      |
| 495  | 821  | Luis Cação                         | Individual                       | 51:12  | +21:12 | 05:07 |      |

## 10KM - STAGE 1

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| RANK | BIB  | NAME                          | TEAM                    | RESULT | DIFF   | t/KM  | CARD |
|------|------|-------------------------------|-------------------------|--------|--------|-------|------|
| 496  | 1228 | Nuno Craveiro                 | Individual              | 51:13  | +21:13 | 05:07 |      |
| 497  | 857  | Nuno Faria                    | Individual              | 51:13  | +21:13 | 05:07 |      |
| 498  | 1273 | José Manuel da Costa Resende  | Individual              | 51:13  | +21:13 | 05:07 |      |
| 499  | 1049 | Sónia Gama                    | Individual              | 51:14  | +21:14 | 05:07 |      |
| 500  | 243  | Bruno Pereira da Rocha        | Civilria Running Club   | 51:14  | +21:14 | 05:07 |      |
| 501  | 420  | Bárbara Lobo                  | Individual              | 51:14  | +21:14 | 05:07 |      |
| 502  | 276  | DANIELA SANTOS                | DAR Recardães           | 51:14  | +21:14 | 05:07 |      |
| 503  | 489  | Francisca Sousa               | Individual              | 51:16  | +21:16 | 05:08 |      |
| 504  | 430  | Carol Bernardo                | Individual              | 51:18  | +21:18 | 05:08 |      |
| 505  | 997  | Marta Varandas                | Individual              | 51:18  | +21:18 | 05:08 |      |
| 506  | 1123 | João Simões                   | Individual              | 51:21  | +21:21 | 05:08 |      |
| 507  | 897  | Ricardo Magalhães             | Individual              | 51:23  | +21:23 | 05:08 |      |
| 508  | 229  | José Duarte                   | Civilria Running Club   | 51:25  | +21:25 | 05:08 |      |
| 509  | 1356 | Celso Alves                   | JuveRun Team            | 51:25  | +21:25 | 05:09 |      |
| 510  | 921  | Rui Vilela                    | Individual              | 51:29  | +21:29 | 05:09 |      |
| 511  | 1450 | Almerindo Ferreira            | R G Levanta Poeira      | 51:30  | +21:30 | 05:09 |      |
| 512  | 755  | Hugo Martins                  | Individual              | 51:30  | +21:30 | 05:09 |      |
| 513  | 696  | Diogo Cruz                    | Individual              | 51:30  | +21:30 | 05:09 |      |
| 514  | 1442 | MANUELA VIEIRA                | PRÓS e CONTRA           | 51:32  | +21:32 | 05:09 |      |
| 515  | 514  | Juliana Almeida               | Individual              | 51:33  | +21:33 | 05:09 |      |
| 516  | 962  | Xavier Ferreira               | Individual              | 51:34  | +21:34 | 05:09 |      |
| 517  | 1036 | Maria João Freitas            | Individual              | 51:35  | +21:35 | 05:10 |      |
| 518  | 534  | Mafalda Segura                | Individual              | 51:37  | +21:37 | 05:10 |      |
| 519  | 743  | Giovanni Diaz                 | Individual              | 51:37  | +21:37 | 05:10 |      |
| 520  | 842  | Martim Santos                 | Individual              | 51:39  | +21:39 | 05:10 |      |
| 521  | 1206 | Hugo Ribeiro                  | Individual              | 51:42  | +21:42 | 05:10 |      |
| 522  | 73   | Anastasiia Sorokina           | Anatata                 | 51:43  | +21:43 | 05:10 |      |
| 523  | 602  | Rita Santos                   | Individual              | 51:47  | +21:47 | 05:11 |      |
| 524  | 906  | Rúben Pereira                 | Individual              | 51:47  | +21:47 | 05:11 |      |
| 525  | 224  | Francisco Natal Garcia        | Civilria Running Club   | 51:52  | +21:52 | 05:11 |      |
| 526  | 1631 | Diogo Pinto                   | Andreia Oliveira        | 51:53  | +21:53 | 05:11 |      |
| 527  | 831  | Luís Santos                   | Individual              | 51:54  | +21:54 | 05:11 |      |
| 528  | 818  | Lucas Cordeiro                | Individual              | 51:55  | +21:55 | 05:11 |      |
| 529  | 1240 | Pedro Marques                 | Individual              | 51:56  | +21:56 | 05:12 |      |
| 530  | 339  | Sandra Vieira                 | GRECAS - Vagos          | 52:00  | +22:00 | 05:12 |      |
| 531  | 1265 | João Matos                    | Individual              | 52:04  | +22:04 | 05:12 |      |
| 532  | 140  | Joel Mariano                  | BARRA OCEAN RUNNERS     | 52:04  | +22:04 | 05:12 |      |
| 533  | 910  | Rui Gonçalves                 | Individual              | 52:05  | +22:05 | 05:13 |      |
| 534  | 896  | Ricardo Lopes                 | Individual              | 52:06  | +22:06 | 05:13 |      |
| 535  | 157  | Ricardo Oliveira              | BARRA OCEAN RUNNERS     | 52:07  | +22:07 | 05:13 |      |
| 536  | 1625 | Joao Nunes                    | Viriathvs Runners Viseu | 52:08  | +22:08 | 05:13 |      |
| 537  | 509  | Joana Henriques Oliveira      | Individual              | 52:09  | +22:09 | 05:13 |      |
| 538  | 1116 | HUGO MIGUEL CASTRO LARANJEIRA | Individual              | 52:10  | +22:10 | 05:13 |      |
| 539  | 661  | António César Silva Ferreira  | Individual              | 52:11  | +22:11 | 05:13 |      |
| 540  | 666  | Benjamim Ferreira             | Individual              | 52:11  | +22:11 | 05:13 |      |

## 10KM - STAGE 1

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| RANK | BIB  | NAME                                  | TEAM                  | RESULT | DIFF   | t/KM  | CARD |
|------|------|---------------------------------------|-----------------------|--------|--------|-------|------|
| 541  | 769  | João Diogo da Silva Semedo            | Individual            | 52:14  | +22:14 | 05:13 |      |
| 542  | 39   | Tude Melo                             | ADI-Ílhavo            | 52:15  | +22:15 | 05:13 |      |
| 543  | 1159 | Pedro Sarabando                       | Individual            | 52:17  | +22:17 | 05:14 |      |
| 544  | 1560 | Susana Cerqueira                      | Tartarugas            | 52:18  | +22:18 | 05:14 |      |
| 545  | 241  | Rosabell Dos Santos                   | Civilria Running Club | 52:19  | +22:19 | 05:14 |      |
| 546  | 1319 | Álvaro Aluai                          | Individual            | 52:23  | +22:23 | 05:14 |      |
| 547  | 1026 | Deirilene Mendes Vargas Lopes         | Individual            | 52:23  | +22:23 | 05:14 |      |
| 548  | 419  | Anne Bertuzzi                         | Individual            | 52:25  | +22:25 | 05:14 |      |
| 549  | 189  | Mariana Pereira                       | Cambra Runners        | 52:25  | +22:25 | 05:15 |      |
| 550  | 1492 | Diogo Filipe Moura Silva              | RIS2048               | 52:26  | +22:26 | 05:15 |      |
| 551  | 1290 | Samuel Ferraz Costa                   | Individual            | 52:26  | +22:26 | 05:15 |      |
| 552  | 1015 | Sónia Ramos                           | Individual            | 52:28  | +22:28 | 05:15 |      |
| 553  | 316  | Carlos Almeida                        | FFonseca Running Team | 52:28  | +22:28 | 05:15 |      |
| 554  | 1385 | Luís Rabaça                           | MOVAREIASPT           | 52:28  | +22:28 | 05:15 |      |
| 555  | 1384 | Maria Areias                          | MOVAREIASPT           | 52:28  | +22:28 | 05:15 |      |
| 556  | 1040 | Maryna Skliar                         | Individual            | 52:29  | +22:29 | 05:15 |      |
| 557  | 363  | Tiago Almeida                         | HellRun               | 52:34  | +22:34 | 05:15 |      |
| 558  | 927  | Sérgio Tavares                        | Individual            | 52:38  | +22:38 | 05:16 |      |
| 559  | 64   | Bruno Daniel Trindade Santos          | Altice Labs           | 52:38  | +22:38 | 05:16 |      |
| 560  | 1033 | Manuela Melo                          | Individual            | 52:39  | +22:39 | 05:16 |      |
| 561  | 1329 | Fernando Lopes                        | Individual            | 52:41  | +22:41 | 05:16 |      |
| 562  | 362  | Nelson Rodrigues                      | HellRun               | 52:42  | +22:42 | 05:16 |      |
| 563  | 829  | Luís malarmey ribeiro                 | Individual            | 52:42  | +22:42 | 05:16 |      |
| 564  | 1111 | Gustavo Capão                         | Individual            | 52:42  | +22:42 | 05:16 |      |
| 565  | 360  | Andreia Rodrigues                     | HellRun               | 52:43  | +22:43 | 05:16 |      |
| 566  | 763  | João Assunção                         | Individual            | 52:45  | +22:45 | 05:17 |      |
| 567  | 122  | Rafaela Oliveira                      | BARRA OCEAN RUNNERS   | 52:45  | +22:45 | 05:17 |      |
| 568  | 523  | Laura Loução dos Santos               | Individual            | 52:51  | +22:51 | 05:17 |      |
| 569  | 580  | Nicole Van Dewerker                   | Individual            | 52:52  | +22:52 | 05:17 |      |
| 570  | 508  | Joana Carvalho                        | Individual            | 52:53  | +22:53 | 05:17 |      |
| 571  | 714  | Élio Maia                             | Individual            | 52:54  | +22:54 | 05:17 |      |
| 572  | 760  | Jaime Ricardo da Costa Lopes Catarino | Reumaticos            | 52:54  | +22:54 | 05:17 |      |
| 573  | 230  | Miguel Duarte                         | Civilria Running Club | 52:59  | +22:59 | 05:18 |      |
| 574  | 903  | Rodrigo Gaspar                        | Individual            | 52:59  | +22:59 | 05:18 |      |
| 575  | 1037 | Maria Miguel Galhardo                 | Individual            | 53:00  | +23:00 | 05:18 |      |
| 576  | 42   | Francisco Vieito                      | Adriazul              | 53:02  | +23:02 | 05:18 |      |
| 577  | 1139 | Mário Basílio                         | Individual            | 53:02  | +23:02 | 05:18 |      |
| 578  | 979  | Elsa Vilarinho                        | Individual            | 53:02  | +23:02 | 05:18 |      |
| 579  | 1336 | João Capelôa                          | Individual            | 53:02  | +23:02 | 05:18 |      |
| 580  | 828  | Luis Lopes                            | Individual            | 53:03  | +23:03 | 05:18 |      |
| 581  | 1180 | Vitor Avelino Silva Macedo            | Individual            | 53:05  | +23:05 | 05:19 |      |
| 582  | 608  | Rose Ramos                            | Individual            | 53:12  | +23:12 | 05:19 |      |
| 583  | 1425 | Ricardo Gonçalves                     | Pantufas Voadoras     | 53:12  | +23:12 | 05:19 |      |
| 584  | 1056 | Fátima Cristina Vieira dos Santos     | Individual            | 53:12  | +23:12 | 05:19 |      |
| 585  | 1316 | Rui Jorge de Sousa silva              | Individual            | 53:13  | +23:13 | 05:19 |      |

## 10KM - STAGE 1

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| RANK | BIB  | NAME                                           | TEAM                    | RESULT | DIFF   | t/KM  | CARD |
|------|------|------------------------------------------------|-------------------------|--------|--------|-------|------|
| 586  | 982  | Helen Brache                                   | Individual              | 53:14  | +23:14 | 05:19 |      |
| 587  | 112  | Catarina Lopes                                 | BARRA OCEAN RUNNERS     | 53:15  | +23:15 | 05:19 |      |
| 588  | 680  | Cesar Filipe Vieira agomes                     | Individual              | 53:15  | +23:15 | 05:20 |      |
| 589  | 468  | Diana Amaral                                   | Individual              | 53:17  | +23:17 | 05:20 |      |
| 590  | 940  | TIAGO MONIZ GUEDES                             | Individual              | 53:19  | +23:19 | 05:20 |      |
| 591  | 634  | Susete Freitas                                 | Individual              | 53:19  | +23:19 | 05:20 |      |
| 592  | 392  | Ana Cláudia Santos Pereira                     | Individual              | 53:19  | +23:19 | 05:20 |      |
| 593  | 80   | Maria João Martins Infante Pereira Benquerença | ARCD Venda da Luisa     | 53:19  | +23:19 | 05:20 |      |
| 594  | 965  | Ana Catarina Alves João                        | Individual              | 53:19  | +23:19 | 05:20 |      |
| 595  | 248  | Paulo Rosário                                  | Clínica do exercício    | 53:20  | +23:20 | 05:20 |      |
| 596  | 109  | Beatriz Damas                                  | BARRA OCEAN RUNNERS     | 53:23  | +23:23 | 05:20 |      |
| 597  | 1279 | Pedro Ferreira                                 | Individual              | 53:23  | +23:23 | 05:20 |      |
| 598  | 572  | Matilde Almeida                                | Individual              | 53:27  | +23:27 | 05:21 |      |
| 599  | 1507 | Reinaldo Manuel Rodrigues Rocha                | Rocha                   | 53:31  | +23:31 | 05:21 |      |
| 600  | 1288 | Rui Fartura                                    | Individual              | 53:36  | +23:36 | 05:22 |      |
| 601  | 1551 | BERNARDO ROQUE E SILVA MORAIS                  | StepbyStep              | 53:37  | +23:37 | 05:22 |      |
| 602  | 434  | Carolina Magalhães                             | Individual              | 53:38  | +23:38 | 05:22 |      |
| 603  | 1293 | Vítor Neto                                     | Individual              | 53:38  | +23:38 | 05:22 |      |
| 604  | 1501 | Ricardo Mingatos                               | RM RUNNERS              | 53:38  | +23:38 | 05:22 |      |
| 605  | 875  | Pedro Ferreira                                 | Individual              | 53:39  | +23:39 | 05:22 |      |
| 606  | 1272 | José Francisco Silva Santiago                  | Individual              | 53:39  | +23:39 | 05:22 |      |
| 607  | 10   | Gustavo Barros                                 | #É_só_até_ali           | 53:40  | +23:40 | 05:22 |      |
| 608  | 373  | Bruno Silveira                                 | Hut Runners Aveiro      | 53:40  | +23:40 | 05:22 |      |
| 609  | 1058 | Inês almeida                                   | Individual              | 53:41  | +23:41 | 05:22 |      |
| 610  | 1331 | Francisco J L Calao                            | Individual              | 53:45  | +23:45 | 05:23 |      |
| 611  | 1479 | JOÃO CARLOS MARÇALO PEREIRA                    | Reumáticos & Etc        | 53:46  | +23:46 | 05:23 |      |
| 612  | 374  | Pedro Couto                                    | Hut Runners Aveiro      | 53:47  | +23:47 | 05:23 |      |
| 613  | 1309 | Mario Marques                                  | Individual              | 53:47  | +23:47 | 05:23 |      |
| 614  | 1483 | VITOR MANUEL PIRES ALVES                       | Reumáticos & Etc        | 53:48  | +23:48 | 05:23 |      |
| 615  | 1476 | PAULA CRISTINA DOS SANTOS SILVA                | Reumáticos & Etc        | 53:48  | +23:48 | 05:23 |      |
| 616  | 620  | Sara Martins                                   | Individual              | 53:53  | +23:53 | 05:23 |      |
| 617  | 824  | Luís Correia                                   | Individual              | 53:59  | +23:59 | 05:24 |      |
| 618  | 603  | Rita sofia Matos Machado                       | Individual              | 54:00  | +24:00 | 05:24 |      |
| 619  | 1297 | ANTONIO TEIXEIRA                               | Individual              | 54:03  | +24:03 | 05:24 |      |
| 620  | 1579 | Nelson Fonseca                                 | Tostas em fuga          | 54:03  | +24:03 | 05:24 |      |
| 621  | 793  | João Sousa                                     | Individual              | 54:04  | +24:04 | 05:24 |      |
| 622  | 1513 | CARLA AMADOR                                   | Run for Fun             | 54:05  | +24:05 | 05:25 |      |
| 623  | 1211 | JORGE ALEXANDER FERREIRA SERENO                | Individual              | 54:06  | +24:06 | 05:25 |      |
| 624  | 385  | Alexandra Sá                                   | Individual              | 54:07  | +24:07 | 05:25 |      |
| 625  | 837  | Manuel Trovisco                                | Individual              | 54:07  | +24:07 | 05:25 |      |
| 626  | 1112 | Henrique Almeida                               | Individual              | 54:07  | +24:07 | 05:25 |      |
| 627  | 297  | Carolina Monteiro                              | DINAMO CLUBE DA ESTAÇÃO | 54:07  | +24:07 | 05:25 |      |

## 10KM - STAGE 1

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| RANK | BIB  | NAME                                | TEAM                       | RESULT | DIFF   | t/KM  | CARD |
|------|------|-------------------------------------|----------------------------|--------|--------|-------|------|
| 628  | 1376 | Carla Magalhães                     | Mind&Body                  | 54:08  | +24:08 | 05:25 |      |
| 629  | 1424 | Pedro Pereira                       | Pantufas Voadoras          | 54:08  | +24:09 | 05:25 |      |
| 630  | 1315 | Rui Amado                           | Individual                 | 54:11  | +24:11 | 05:25 |      |
| 631  | 796  | João Valente                        | Individual                 | 54:12  | +24:12 | 05:25 |      |
| 632  | 344  | Rebeca Vale                         | Grupo Desportivo Assempark | 54:12  | +24:12 | 05:25 |      |
| 633  | 1201 | Gonçalo de Oliveira Afonso Lopes    | Individual                 | 54:14  | +24:14 | 05:25 |      |
| 634  | 1126 | José Carvalho                       | Individual                 | 54:14  | +24:14 | 05:25 |      |
| 635  | 69   | Vitor Santos                        | Altice Labs                | 54:14  | +24:14 | 05:25 |      |
| 636  | 774  | João Francisco Lourenço Pires       | Individual                 | 54:15  | +24:15 | 05:26 |      |
| 637  | 1059 | Isabel neves                        | Individual                 | 54:17  | +24:17 | 05:26 |      |
| 638  | 992  | Margarida Malaquias                 | Individual                 | 54:17  | +24:17 | 05:26 |      |
| 639  | 1064 | Paula Vizinho                       | Individual                 | 54:17  | +24:17 | 05:26 |      |
| 640  | 619  | Sara Margarida Almeida Teixeira     | Individual                 | 54:17  | +24:17 | 05:26 |      |
| 641  | 446  | Chloé Marion Lopes                  | Individual                 | 54:18  | +24:18 | 05:26 |      |
| 642  | 1304 | Luís Santos                         | Individual                 | 54:20  | +24:20 | 05:26 |      |
| 643  | 996  | Marta Pereira                       | Individual                 | 54:21  | +24:21 | 05:26 |      |
| 644  | 1524 | Gonçalo Sousa                       | RunSanchequias             | 54:22  | +24:22 | 05:26 |      |
| 645  | 1558 | Ricardo Santos Rosa                 | Talentos Objetivos         | 54:24  | +24:24 | 05:26 |      |
| 646  | 65   | Manuel Agostinho Oliveira Romeiro   | Altice Labs                | 54:25  | +24:25 | 05:26 |      |
| 647  | 1557 | Sandra Simões                       | Talentos Objetivos         | 54:25  | +24:25 | 05:26 |      |
| 648  | 1296 | Amilcar de Oliveira Raimundo        | Individual                 | 54:25  | +24:25 | 05:27 |      |
| 649  | 451  | Cristiana Sousa                     | Individual                 | 54:25  | +24:25 | 05:27 |      |
| 650  | 1014 | Sónia Lemos                         | Individual                 | 54:25  | +24:25 | 05:27 |      |
| 651  | 116  | Daniela Lopes                       | BARRA OCEAN RUNNERS        | 54:26  | +24:26 | 05:27 |      |
| 652  | 1223 | Miguel Alexandre Pinho Carlos       | Individual                 | 54:26  | +24:26 | 05:27 |      |
| 653  | 876  | Pedro Herculano                     | Individual                 | 54:27  | +24:27 | 05:27 |      |
| 654  | 885  | Rafael Caprichoso                   | Individual                 | 54:28  | +24:28 | 05:27 |      |
| 655  | 987  | Joana Macedo                        | Individual                 | 54:29  | +24:29 | 05:27 |      |
| 656  | 295  | Tália Martins                       | DCI/Trilhos Luso Bussaco   | 54:30  | +24:30 | 05:27 |      |
| 657  | 671  | Bruno André Pinhal de Oliveira      | Individual                 | 54:31  | +24:31 | 05:27 |      |
| 658  | 1030 | Joana Tavares                       | Individual                 | 54:33  | +24:33 | 05:27 |      |
| 659  | 748  | Guilherme Baptista                  | Individual                 | 54:38  | +24:38 | 05:28 |      |
| 660  | 713  | Elder de Oliveira Silva             | Individual                 | 54:42  | +24:42 | 05:28 |      |
| 661  | 528  | Luana Maria do Nascimento de Moraes | Individual                 | 54:43  | +24:43 | 05:28 |      |
| 662  | 606  | Roberta Pereira                     | Individual                 | 54:43  | +24:43 | 05:28 |      |
| 663  | 1590 | Sara Neves                          | Três por Hora              | 54:43  | +24:43 | 05:28 |      |
| 664  | 102  | Nuno Silva                          | Avengers                   | 54:44  | +24:44 | 05:28 |      |
| 665  | 1043 | Rachel Parisi                       | Individual                 | 54:46  | +24:46 | 05:29 |      |
| 666  | 607  | Rosana Tomasio                      | Individual                 | 54:46  | +24:46 | 05:29 |      |
| 667  | 1347 | Mário Vilarinho                     | Individual                 | 54:46  | +24:46 | 05:29 |      |
| 668  | 1218 | Luís Raimundo                       | Individual                 | 54:49  | +24:49 | 05:29 |      |
| 669  | 947  | Tiago Vieira                        | Individual                 | 54:50  | +24:50 | 05:29 |      |
| 670  | 685  | Daniel Filipe Tavares Marques       | Individual                 | 54:51  | +24:51 | 05:29 |      |
| 671  | 632  | Susana Bento                        | Individual                 | 54:52  | +24:52 | 05:29 |      |
| 672  | 1523 | Emanuel Simões                      | RunSanchequias             | 54:53  | +24:53 | 05:29 |      |



## 10KM - STAGE 1

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| RANK | BIB  | NAME                              | TEAM                                    | RESULT | DIFF   | t/KM  | CARD |
|------|------|-----------------------------------|-----------------------------------------|--------|--------|-------|------|
| 673  | 1372 | Pedro Costa                       | MATIZ                                   | 54:53  | +24:53 | 05:29 |      |
| 674  | 899  | Ricardo Reis                      | Individual                              | 54:53  | +24:53 | 05:29 |      |
| 675  | 305  | Eduardo Tavares Rebelo            | Eduart-Componentes Calçado .            | 54:54  | +24:54 | 05:29 |      |
| 676  | 44   | Rui Vieito                        | Adriazul                                | 54:55  | +24:55 | 05:29 |      |
| 677  | 1008 | Sara Costa                        | Individual                              | 54:56  | +24:56 | 05:30 |      |
| 678  | 1630 | Nuno Reis                         | Individual                              | 54:57  | +24:57 | 05:30 |      |
| 679  | 1474 | TERESA ALEXANDRA ESTEVES RIBEIRO  | Reumáticos & Etc                        | 55:02  | +25:02 | 05:30 |      |
| 680  | 1567 | Simão Baldaia                     | Team Baldaia                            | 55:03  | +25:03 | 05:30 |      |
| 681  | 97   | Filipa Silva                      | Atletas Aveiro                          | 55:04  | +25:04 | 05:30 |      |
| 682  | 582  | Patrícia Carvalho Cabral Monteiro | Individual                              | 55:06  | +25:06 | 05:31 |      |
| 683  | 218  | Dennise Verissimo                 | Civilria Running Club                   | 55:06  | +25:06 | 05:31 |      |
| 684  | 914  | Rui Marinho                       | Individual                              | 55:09  | +25:09 | 05:31 |      |
| 685  | 365  | Cátia Albuquerque                 | Hut Runners Aveiro                      | 55:10  | +25:10 | 05:31 |      |
| 686  | 1027 | Gisela Dias                       | Individual                              | 55:10  | +25:10 | 05:31 |      |
| 687  | 1042 | PAULA ROCHA                       | Individual                              | 55:10  | +25:10 | 05:31 |      |
| 688  | 426  | Betina Beirão                     | Individual                              | 55:10  | +25:10 | 05:31 |      |
| 689  | 1209 | João André                        | Individual                              | 55:11  | +25:11 | 05:31 |      |
| 690  | 668  | Bernardo De Francesco Barreto     | Individual                              | 55:11  | +25:11 | 05:31 |      |
| 691  | 51   | André Seixas da Silva             | Altice Labs                             | 55:12  | +25:12 | 05:31 |      |
| 692  | 66   | Romero da Fonseca e Silva         | Altice Labs                             | 55:12  | +25:12 | 05:31 |      |
| 693  | 1539 | Susana Vieira                     | SosenseTrailTeam-Braga&Fernandes/Corind | 55:12  | +25:12 | 05:31 |      |
| 694  | 107  | Ana Ventura                       | BARRA OCEAN RUNNERS                     | 55:13  | +25:13 | 05:31 |      |
| 695  | 601  | Rita Marieiro                     | Individual                              | 55:13  | +25:13 | 05:31 |      |
| 696  | 340  | SUZETE MARCO                      | GRECAS - Vagos                          | 55:15  | +25:15 | 05:32 |      |
| 697  | 137  | Gonçalo Martins                   | BARRA OCEAN RUNNERS                     | 55:18  | +25:18 | 05:32 |      |
| 698  | 114  | Célia Fernandes                   | BARRA OCEAN RUNNERS                     | 55:19  | +25:19 | 05:32 |      |
| 699  | 1540 | Rosa Tavares                      | SosenseTrailTeam-Braga&Fernandes/Corind | 55:19  | +25:19 | 05:32 |      |
| 700  | 247  | Lara Daniela Rosário Martins      | Clínica do exercício                    | 55:20  | +25:20 | 05:32 |      |
| 701  | 849  | Miguel Galrinho                   | Individual                              | 55:20  | +25:20 | 05:32 |      |
| 702  | 817  | Licínio Castanheira de Carvalho   | Individual                              | 55:23  | +25:23 | 05:32 |      |
| 703  | 1041 | Paula Brito                       | Individual                              | 55:24  | +25:24 | 05:32 |      |
| 704  | 944  | Tiago Pereira Fernandes           | Individual                              | 55:26  | +25:26 | 05:33 |      |
| 705  | 45   | Andreia Cristina Gonçalves Vieira | ADSS                                    | 55:27  | +25:27 | 05:33 |      |
| 706  | 1312 | Paulo Caetano                     | Individual                              | 55:27  | +25:27 | 05:33 |      |
| 707  | 628  | Sofia Moreira                     | Individual                              | 55:28  | +25:28 | 05:33 |      |
| 708  | 785  | João Papel                        | Individual                              | 55:28  | +25:28 | 05:33 |      |
| 709  | 245  | Artur Varum                       | Civilria Running Club                   | 55:29  | +25:29 | 05:33 |      |
| 710  | 669  | Bernardo Patoilo                  | Individual                              | 55:29  | +25:29 | 05:33 |      |
| 711  | 1627 | Joel Antunes                      | voltaren running club                   | 55:33  | +25:33 | 05:33 |      |
| 712  | 1371 | Valerie Mann                      | Mann Almeida                            | 55:35  | +25:35 | 05:34 |      |
| 713  | 1264 | Gustavo Vasconcelos               | Individual                              | 55:37  | +25:37 | 05:34 |      |
| 714  | 701  | Diogo Melo loureiro               | Individual                              | 55:40  | +25:40 | 05:34 |      |
| 715  | 291  | Andrea Marin Marques              | DCI/Trilhos Luso Bussaco                | 55:41  | +25:41 | 05:34 |      |
| 716  | 1160 | Pedro Serafim                     | Individual                              | 55:46  | +25:46 | 05:35 |      |
| 717  | 1321 | António M Sousa                   | Individual                              | 55:46  | +25:46 | 05:35 |      |

## 10KM - STAGE 1

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| RANK | BIB  | NAME                          | TEAM                         | RESULT | DIFF   | t/KM  | CARD |
|------|------|-------------------------------|------------------------------|--------|--------|-------|------|
| 718  | 75   | Andreia Oliveira              | Andreia Oliveira             | 55:48  | +25:48 | 05:35 |      |
| 719  | 674  | Bruno Silva                   | Individual                   | 55:48  | +25:48 | 05:35 |      |
| 720  | 6    | Marisa Moreira                | #É_só_até_ali                | 55:48  | +25:48 | 05:35 |      |
| 721  | 617  | Sara Filipa vale verão        | Individual                   | 55:49  | +25:49 | 05:35 |      |
| 722  | 1397 | Marisa Carvalho               | Orthia                       | 55:50  | +25:50 | 05:35 |      |
| 723  | 1107 | Flávio Dias                   | Individual                   | 55:50  | +25:50 | 05:35 |      |
| 724  | 513  | Josefa Fonseca                | Individual                   | 55:53  | +25:53 | 05:35 |      |
| 725  | 125  | Soraia Coelho                 | BARRA OCEAN RUNNERS          | 55:54  | +25:54 | 05:35 |      |
| 726  | 149  | Carla Barbosa                 | BARRA OCEAN RUNNERS          | 55:54  | +25:54 | 05:35 |      |
| 727  | 1038 | Marta Mateus                  | Individual                   | 55:55  | +25:55 | 05:36 |      |
| 728  | 1280 | Pedro Miguel Micaêlo Freire   | Individual                   | 55:58  | +25:58 | 05:36 |      |
| 729  | 17   | Susana Monteiro               | A. D. Rio Largo C. Espinho   | 56:03  | +26:03 | 05:36 |      |
| 730  | 470  | Diana Carolina Silva          | Individual                   | 56:04  | +26:04 | 05:36 |      |
| 731  | 1571 | Rui Rocha                     | Team Baldaia                 | 56:08  | +26:08 | 05:37 |      |
| 732  | 395  | Ana Filipa Durão              | Individual                   | 56:09  | +26:09 | 05:37 |      |
| 733  | 1628 | Pedro Machado                 | voltaren running club        | 56:09  | +26:09 | 05:37 |      |
| 734  | 353  | Paulo Antunes                 | Grupo Desportivo Assempark   | 56:11  | +26:11 | 05:37 |      |
| 735  | 658  | André Rodrigues Almeida       | Individual                   | 56:12  | +26:12 | 05:37 |      |
| 736  | 744  | Gonçalo Cavaz Coelho          | Individual                   | 56:12  | +26:12 | 05:37 |      |
| 737  | 1204 | Helder Costa                  | Individual                   | 56:12  | +26:12 | 05:37 |      |
| 738  | 1511 | Rui Morais                    | RuMa & CarAMel               | 56:13  | +26:13 | 05:37 |      |
| 739  | 1110 | Gil Rodrigues                 | Individual                   | 56:16  | +26:16 | 05:38 |      |
| 740  | 589  | Raquel Figueiredo             | Individual                   | 56:16  | +26:16 | 05:38 |      |
| 741  | 1010 | Sara Ratola                   | Individual                   | 56:16  | +26:16 | 05:38 |      |
| 742  | 1186 | António Jesus                 | Individual                   | 56:17  | +26:17 | 05:38 |      |
| 743  | 525  | LETICIA CRISTOFOLETTI         | Individual                   | 56:18  | +26:18 | 05:38 |      |
| 744  | 1323 | Arlindo Santos                | Individual                   | 56:18  | +26:18 | 05:38 |      |
| 745  | 1193 | Daniel Marcos Urbano Ala Reis | Individual                   | 56:18  | +26:18 | 05:38 |      |
| 746  | 1387 | Daniela Pereira               | MoveFelgueira                | 56:18  | +26:18 | 05:38 |      |
| 747  | 777  | Joao Gil                      | Individual                   | 56:19  | +26:19 | 05:38 |      |
| 748  | 57   | Mahsun Kortak Kortak          | Altice Labs                  | 56:19  | +26:19 | 05:38 |      |
| 749  | 600  | Rita Limas                    | Individual                   | 56:19  | +26:19 | 05:38 |      |
| 750  | 1591 | Simão Neves                   | Três por Hora                | 56:20  | +26:20 | 05:38 |      |
| 751  | 519  | Kristine Plikse               | Individual                   | 56:21  | +26:21 | 05:38 |      |
| 752  | 1088 | Bruno peralta                 | Individual                   | 56:23  | +26:23 | 05:38 |      |
| 753  | 1108 | Francisco Caseiro             | Individual                   | 56:25  | +26:25 | 05:38 |      |
| 754  | 1103 | Fernando Lino                 | Individual                   | 56:25  | +26:25 | 05:39 |      |
| 755  | 1130 | Jun Ying                      | Individual                   | 56:25  | +26:25 | 05:39 |      |
| 756  | 172  | Ricardo Preto                 | Bengalas e Muletas           | 56:28  | +26:28 | 05:39 |      |
| 757  | 1517 | SANDRA COSTA                  | Run for Fun                  | 56:28  | +26:28 | 05:39 |      |
| 758  | 1333 | Gonçalo Nuno Caetano Alves    | Individual                   | 56:30  | +26:30 | 05:39 |      |
| 759  | 848  | Miguel Castro Silva           | Individual                   | 56:31  | +26:31 | 05:39 |      |
| 760  | 445  | Cátia Ricarte                 | Individual                   | 56:34  | +26:34 | 05:39 |      |
| 761  | 1389 | Virgínia Santana              | MoveFelgueira                | 56:34  | +26:34 | 05:39 |      |
| 762  | 304  | Luís Filipe Martins Soares    | Eduart-Componentes Calçado . | 56:39  | +26:39 | 05:40 |      |
| 763  | 1001 | Patrícia Silva                | Individual                   | 56:39  | +26:39 | 05:40 |      |

## 10KM - STAGE 1

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

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

## 10KM - STAGE 1

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| RANK | BIB  | NAME                              | TEAM                         | RESULT | DIFF   | t/KM  | CARD |
|------|------|-----------------------------------|------------------------------|--------|--------|-------|------|
| 809  | 1408 | Élia Fogueiro                     | Pantufas Voadoras            | 57:37  | +27:37 | 05:46 |      |
| 810  | 413  | Andreia Cristóvão                 | Individual                   | 57:40  | +27:40 | 05:46 |      |
| 811  | 711  | Eduardo Melo                      | Individual                   | 57:41  | +27:41 | 05:46 |      |
| 812  | 458  | Daniela Marly Gonçalves           | Individual                   | 57:41  | +27:41 | 05:46 |      |
| 813  | 629  | Sónia Santos                      | Individual                   | 57:43  | +27:43 | 05:46 |      |
| 814  | 1224 | Miguel Miranda                    | Individual                   | 57:44  | +27:44 | 05:46 |      |
| 815  | 1082 | André Filipe Vidal de Sousa       | Individual                   | 57:47  | +27:47 | 05:47 |      |
| 816  | 342  | Helder Vieira                     | GRECAS - Vagos               | 57:49  | +27:49 | 05:47 |      |
| 817  | 565  | Mariangel Marques                 | Individual                   | 57:49  | +27:49 | 05:47 |      |
| 818  | 1453 | Gabriela Martins                  | RECREIO DESPORTIVO DE ÁGUEDA | 57:50  | +27:50 | 05:47 |      |
| 819  | 1548 | Paulo Carvalho                    | Sport Clube de Freamunde     | 57:50  | +27:50 | 05:47 |      |
| 820  | 1489 | Catarina João da Costa Campos     | RIS2048                      | 57:51  | +27:51 | 05:47 |      |
| 821  | 1396 | Ana Póvoa                         | Orthia                       | 57:56  | +27:56 | 05:48 |      |
| 822  | 1298 | Carlos Barroso                    | Individual                   | 57:58  | +27:58 | 05:48 |      |
| 823  | 552  | Maria João Mota                   | Individual                   | 57:58  | +27:58 | 05:48 |      |
| 824  | 1445 | MARISA SILVA                      | PRÓS e CONTRA                | 57:58  | +27:58 | 05:48 |      |
| 825  | 931  | Thiago Sampaio de Castro Silva    | Individual                   | 58:00  | +28:00 | 05:48 |      |
| 826  | 47   | Samuel Tiago Figueira Lopes       | ADSS                         | 58:00  | +28:00 | 05:48 |      |
| 827  | 326  | Pedro Medina                      | Gangue de Pereira            | 58:00  | +28:00 | 05:48 |      |
| 828  | 1150 | Nuno Pina                         | Individual                   | 58:00  | +28:00 | 05:48 |      |
| 829  | 1069 | Anabela da Conceição Pereira      | Individual                   | 58:01  | +28:01 | 05:48 |      |
| 830  | 836  | Manuel Gil                        | Individual                   | 58:02  | +28:02 | 05:48 |      |
| 831  | 1441 | João Ferreira                     | Prison D'Aveiro              | 58:02  | +28:02 | 05:48 |      |
| 832  | 1328 | Carlos Alberto Pereira de Matos   | Individual                   | 58:03  | +28:03 | 05:48 |      |
| 833  | 1612 | Nance Silvestre                   | UNBRK FITNESS                | 58:05  | +28:05 | 05:48 |      |
| 834  | 1615 | Mickaël Marques                   | UNBRK FITNESS                | 58:05  | +28:05 | 05:48 |      |
| 835  | 1317 | VASCO MIGUEL                      | Individual                   | 58:05  | +28:05 | 05:49 |      |
| 836  | 1512 | ANA NEVES                         | Run for Fun                  | 58:11  | +28:11 | 05:49 |      |
| 837  | 1497 | Jorge Amadeu Almeida Viana        | RIS2048                      | 58:12  | +28:12 | 05:49 |      |
| 838  | 1326 | Carlos Alberto Ferreira Rodrigues | Individual                   | 58:12  | +28:12 | 05:49 |      |
| 839  | 1613 | Alexandre Silva                   | UNBRK FITNESS                | 58:12  | +28:12 | 05:49 |      |
| 840  | 861  | Nuno Graciano Gonçalves Lopes     | Individual                   | 58:13  | +28:13 | 05:49 |      |
| 841  | 321  | Carolina Almeida                  | Fresenius Kabi RUNNERS       | 58:13  | +28:13 | 05:49 |      |
| 842  | 862  | Nuno Machado                      | Individual                   | 58:18  | +28:18 | 05:50 |      |
| 843  | 325  | Ricardo Nobre                     | Gangue de Pereira            | 58:21  | +28:21 | 05:50 |      |
| 844  | 1434 | Pedro Lima                        | Play Out                     | 58:24  | +28:24 | 05:50 |      |
| 845  | 1171 | Rui Vieira                        | Individual                   | 58:27  | +28:27 | 05:51 |      |
| 846  | 1019 | Aida Queirós                      | Individual                   | 58:28  | +28:28 | 05:51 |      |
| 847  | 1472 | Diogo Malheiro Silva              | Reumáticos & Etc             | 58:29  | +28:29 | 05:51 |      |
| 848  | 616  | Sara Coimbra                      | Individual                   | 58:29  | +28:29 | 05:51 |      |
| 849  | 1473 | RAFAEL SILVA ALVES                | Reumáticos & Etc             | 58:29  | +28:29 | 05:51 |      |
| 850  | 1471 | INÊS BRANCO MARTINS               | Reumáticos & Etc             | 58:29  | +28:29 | 05:51 |      |
| 851  | 916  | Rui Pedro Macedo                  | Individual                   | 58:29  | +28:29 | 05:51 |      |
| 852  | 826  | Luís Forte                        | Individual                   | 58:30  | +28:30 | 05:51 |      |
| 853  | 317  | Ana Solange Silva                 | FFonseca Running Team        | 58:30  | +28:30 | 05:51 |      |
| 854  | 686  | Daniel Marcos                     | Individual                   | 58:31  | +28:31 | 05:51 |      |

## 10KM - STAGE 1

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| RANK | BIB  | NAME                          | TEAM                         | RESULT | DIFF   | t/KM  | CARD |
|------|------|-------------------------------|------------------------------|--------|--------|-------|------|
| 855  | 459  | Daniela Martins               | Individual                   | 58:33  | +28:33 | 05:51 |      |
| 856  | 784  | João Nunes                    | Individual                   | 58:33  | +28:33 | 05:51 |      |
| 857  | 1521 | Andreia Rodrigues             | RunSanchequias               | 58:34  | +28:34 | 05:51 |      |
| 858  | 584  | Patricia Rodrigues            | Individual                   | 58:36  | +28:36 | 05:52 |      |
| 859  | 416  | Andreia Ribeiro               | Individual                   | 58:37  | +28:37 | 05:52 |      |
| 860  | 484  | Filipa Soares                 | Individual                   | 58:38  | +28:38 | 05:52 |      |
| 861  | 1458 | Lúcia Cândido                 | RECREIO DESPORTIVO DE ÁGUEDA | 58:39  | +28:39 | 05:52 |      |
| 862  | 538  | Márcia Guerreiro              | Individual                   | 58:40  | +28:40 | 05:52 |      |
| 863  | 490  | Gabi Jesus Ferreira           | Individual                   | 58:41  | +28:41 | 05:52 |      |
| 864  | 1032 | Lina Santos                   | Individual                   | 58:42  | +28:42 | 05:52 |      |
| 865  | 1000 | Nicole Dourado                | Individual                   | 58:43  | +28:43 | 05:52 |      |
| 866  | 1131 | Lord Caballero                | Individual                   | 58:44  | +28:44 | 05:52 |      |
| 867  | 1402 | Marta Miranda                 | Pacemakers                   | 58:45  | +28:45 | 05:53 |      |
| 868  | 1022 | Ana Marques                   | Individual                   | 58:46  | +28:46 | 05:53 |      |
| 869  | 751  | Henrique Lopes de Almeida     | Individual                   | 58:46  | +28:46 | 05:53 |      |
| 870  | 414  | Andreia Filipa Bastos Pereira | Individual                   | 58:47  | +28:47 | 05:53 |      |
| 871  | 1127 | José Filipe Dos Santos Botas  | Individual                   | 58:50  | +28:50 | 05:53 |      |
| 872  | 1024 | Catarina Neves                | Individual                   | 58:50  | +28:50 | 05:53 |      |
| 873  | 1593 | Paula Rodrigues               | Triple team                  | 58:51  | +28:51 | 05:53 |      |
| 874  | 898  | Ricardo Pires                 | Individual                   | 58:54  | +28:54 | 05:53 |      |
| 875  | 560  | Mariana Martins               | Individual                   | 58:54  | +28:54 | 05:53 |      |
| 876  | 547  | Maria Gaspar                  | Individual                   | 58:55  | +28:55 | 05:53 |      |
| 877  | 72   | Toni Rodrigues dos Santos     | Ameal Trail                  | 58:56  | +28:56 | 05:54 |      |
| 878  | 3    | Inês Castelhana               | #É_só_até_ali                | 59:00  | +29:00 | 05:54 |      |
| 879  | 1563 | Carolina Matos                | Team Baldaia                 | 59:01  | +29:01 | 05:54 |      |
| 880  | 1544 | Inês Oliveira                 | Sport Clube de Freamunde     | 59:02  | +29:02 | 05:54 |      |
| 881  | 1534 | Telmo Ricardo Martins Tavares | Shots & Sprints              | 59:02  | +29:02 | 05:54 |      |
| 882  | 1542 | Beatriz Neto                  | Sport Clube de Freamunde     | 59:02  | +29:02 | 05:54 |      |
| 883  | 1533 | Jéssica Maia Costa            | Shots & Sprints              | 59:04  | +29:04 | 05:54 |      |
| 884  | 372  | Ana Salústio                  | Hut Runners Aveiro           | 59:09  | +29:09 | 05:55 |      |
| 885  | 1074 | Maria Bercevet Colmenares     | Individual                   | 59:10  | +29:10 | 05:55 |      |
| 886  | 2    | Ana Valente                   | #É_só_até_ali                | 59:12  | +29:12 | 05:55 |      |
| 887  | 379  | Katia Cavaleiro               | IACMoles                     | 59:13  | +29:13 | 05:55 |      |
| 888  | 570  | Marta Soares Gomes            | Individual                   | 59:13  | +29:13 | 05:55 |      |
| 889  | 1034 | Márcia Marques                | Individual                   | 59:14  | +29:14 | 05:55 |      |
| 890  | 190  | Gonçalo Pereira               | Cambra Runners               | 59:22  | +29:22 | 05:56 |      |
| 891  | 1282 | Pedro miguel Sá Cardoso       | Individual                   | 59:25  | +29:25 | 05:57 |      |
| 892  | 1200 | George Amorim de Carvalho     | Individual                   | 59:26  | +29:26 | 05:57 |      |
| 893  | 1465 | REGINA RAMOS GRAÇA            | Regisanti                    | 59:26  | +29:26 | 05:57 |      |
| 894  | 991  | Luzia Soares                  | Individual                   | 59:28  | +29:28 | 05:57 |      |
| 895  | 1608 | Ricardo Santos                | Turtle runners               | 59:30  | +29:30 | 05:57 |      |
| 896  | 1246 | Ricardo Sousa                 | Individual                   | 59:33  | +29:33 | 05:57 |      |
| 897  | 985  | Joana Costa                   | Individual                   | 59:34  | +29:34 | 05:57 |      |
| 898  | 103  | Rodrigo Braga                 | Avengers                     | 59:34  | +29:34 | 05:57 |      |
| 899  | 425  | Bebiana Marques               | Individual                   | 59:36  | +29:36 | 05:58 |      |
| 900  | 410  | Ana Teresa Teles              | Individual                   | 59:36  | +29:36 | 05:58 |      |

## 10KM - STAGE 1

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| RANK | BIB  | NAME                             | TEAM                                       | RESULT   | DIFF   | t/KM  | CARD |
|------|------|----------------------------------|--------------------------------------------|----------|--------|-------|------|
| 901  | 1360 | Afonso Freire                    | LAQP - Liga dos Amigos da Quinta do Pecado | 59:37    | +29:37 | 05:58 |      |
| 902  | 807  | José Ladeiro                     | Individual                                 | 59:39    | +29:39 | 05:58 |      |
| 903  | 1061 | Luíza Valério                    | Individual                                 | 59:40    | +29:40 | 05:58 |      |
| 904  | 1373 | Pedro Valente                    | MATIZ                                      | 59:40    | +29:40 | 05:58 |      |
| 905  | 1075 | Paula Cardoso                    | Individual                                 | 59:42    | +29:42 | 05:58 |      |
| 906  | 1266 | João Paulo Figueira da Silva     | Individual                                 | 59:45    | +29:45 | 05:58 |      |
| 907  | 664  | António Xavier                   | Individual                                 | 59:45    | +29:45 | 05:59 |      |
| 908  | 465  | Daniela Vieira                   | Individual                                 | 59:46    | +29:46 | 05:59 |      |
| 909  | 1151 | Paulo Alexandre da Cruz Valente  | Individual                                 | 59:46    | +29:46 | 05:59 |      |
| 910  | 411  | Anabela Jesus Reis               | Individual                                 | 59:48    | +29:48 | 05:59 |      |
| 911  | 670  | Bernardo Pereira                 | Individual                                 | 59:48    | +29:48 | 05:59 |      |
| 912  | 708  | Eduard Neves                     | Individual                                 | 59:48    | +29:48 | 05:59 |      |
| 913  | 191  | Rafael Pereira                   | Cambra Runners                             | 59:50    | +29:50 | 05:59 |      |
| 914  | 48   | Simão Pedro Figueira Lopes       | ADSS                                       | 59:50    | +29:50 | 05:59 |      |
| 915  | 614  | Sara Amador                      | Individual                                 | 59:52    | +29:52 | 05:59 |      |
| 916  | 1188 | Arsenio Galvao                   | Individual                                 | 59:54    | +29:54 | 05:59 |      |
| 917  | 462  | Daniela Resende                  | Individual                                 | 59:55    | +29:55 | 05:59 |      |
| 918  | 439  | Catarina Pessoa                  | Individual                                 | 59:56    | +29:56 | 06:00 |      |
| 919  | 432  | Carolina Barreto Ferreira        | Individual                                 | 59:57    | +29:57 | 06:00 |      |
| 920  | 1145 | Nelson Rocha                     | Individual                                 | 59:59    | +29:59 | 06:00 |      |
| 921  | 1395 | Rodrigo Cunha                    | ÓÔ & Co.                                   | 01:00:00 | +30:00 | 06:00 |      |
| 922  | 1393 | Ana Salgado                      | ÓÔ & Co.                                   | 01:00:00 | +30:00 | 06:00 |      |
| 923  | 779  | João Lucas                       | Individual                                 | 01:00:01 | +30:01 | 06:00 |      |
| 924  | 800  | Joel González                    | Individual                                 | 01:00:03 | +30:03 | 06:00 |      |
| 925  | 442  | Cátia Almeida                    | Individual                                 | 01:00:04 | +30:04 | 06:00 |      |
| 926  | 396  | Ana Filipa Pereira               | Individual                                 | 01:00:06 | +30:06 | 06:01 |      |
| 927  | 1229 | Nuno Dias                        | Individual                                 | 01:00:08 | +30:08 | 06:01 |      |
| 928  | 710  | Eduardo Jesus                    | Individual                                 | 01:00:09 | +30:09 | 06:01 |      |
| 929  | 1006 | Sandra Jesus                     | Individual                                 | 01:00:10 | +30:10 | 06:01 |      |
| 930  | 1484 | WILLIAMS OMAR SIMÕES<br>DEPABLOS | Reumáticos & Etc                           | 01:00:15 | +30:15 | 06:02 |      |
| 931  | 1589 | Joana Papel                      | Três por Hora                              | 01:00:16 | +30:16 | 06:02 |      |
| 932  | 469  | Diana Bernardes Almeida          | Individual                                 | 01:00:16 | +30:16 | 06:02 |      |
| 933  | 1091 | Cristiano Estrela                | Individual                                 | 01:00:16 | +30:16 | 06:02 |      |
| 934  | 1073 | Lurdes soares                    | Individual                                 | 01:00:16 | +30:16 | 06:02 |      |
| 935  | 543  | Maria Almeida                    | Individual                                 | 01:00:17 | +30:17 | 06:02 |      |
| 936  | 40   | Luis Santos                      | ADI-Ílhavo                                 | 01:00:18 | +30:18 | 06:02 |      |
| 937  | 872  | Pedro Carmo                      | Individual                                 | 01:00:22 | +30:22 | 06:02 |      |
| 938  | 1614 | Marco André Costa Oliveira       | UNBRK FITNESS                              | 01:00:23 | +30:23 | 06:02 |      |
| 939  | 994  | Marlene Soares Gomes             | Individual                                 | 01:00:23 | +30:23 | 06:02 |      |
| 940  | 1432 | Daniel Peixoto                   | PEX Team                                   | 01:00:28 | +30:28 | 06:03 |      |
| 941  | 1203 | Gonçalo Reis                     | Individual                                 | 01:00:29 | +30:29 | 06:03 |      |
| 942  | 1100 | Diogo Montenegro                 | Individual                                 | 01:00:29 | +30:29 | 06:03 |      |
| 943  | 15   | Ana Gonçalves                    | a tartaruga e a lebre                      | 01:00:30 | +30:30 | 06:03 |      |
| 944  | 16   | Duarte Conceição                 | a tartaruga e a lebre                      | 01:00:30 | +30:30 | 06:03 |      |
| 945  | 144  | Manuel Duarte Lima               | BARRA OCEAN RUNNERS                        | 01:00:31 | +30:31 | 06:03 |      |

## 10KM - STAGE 1

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| RANK | BIB  | NAME                                    | TEAM                  | RESULT   | DIFF   | t/KM  | CARD |
|------|------|-----------------------------------------|-----------------------|----------|--------|-------|------|
| 946  | 540  | Margarida Falcão                        | Individual            | 01:00:31 | +30:31 | 06:03 |      |
| 947  | 1045 | Sandra Carunho                          | Individual            | 01:00:32 | +30:32 | 06:03 |      |
| 948  | 1263 | Givelder Medeiros                       | Individual            | 01:00:33 | +30:33 | 06:03 |      |
| 949  | 168  | David Fontes                            | Bengalas e Muletas    | 01:00:36 | +30:36 | 06:04 |      |
| 950  | 530  | Lúcia Falcão                            | Individual            | 01:00:39 | +30:39 | 06:04 |      |
| 951  | 409  | Ana Teresa Duarte Marques               | Individual            | 01:00:42 | +30:42 | 06:04 |      |
| 952  | 775  | João Gabriel Monteiro Vieira            | Individual            | 01:00:44 | +30:44 | 06:04 |      |
| 953  | 1235 | Paulo Jorge Gomes da Costa              | Individual            | 01:00:44 | +30:44 | 06:04 |      |
| 954  | 883  | Pedro Silva                             | Individual            | 01:00:45 | +30:45 | 06:04 |      |
| 955  | 726  | Fernando Jorge Vieira Ramos             | Individual            | 01:00:45 | +30:45 | 06:05 |      |
| 956  | 611  | Sandra Fernandes                        | Individual            | 01:00:46 | +30:46 | 06:05 |      |
| 957  | 884  | Pedro Valente                           | Individual            | 01:00:47 | +30:47 | 06:05 |      |
| 958  | 1629 | Thierry Pires                           | voltaren running club | 01:00:49 | +30:49 | 06:05 |      |
| 959  | 118  | Eva Macedo                              | BARRA OCEAN RUNNERS   | 01:00:49 | +30:49 | 06:05 |      |
| 960  | 1245 | Ricardo Pinheiro                        | Individual            | 01:00:50 | +30:50 | 06:05 |      |
| 961  | 1055 | Claudia Almeida                         | Individual            | 01:00:52 | +30:52 | 06:05 |      |
| 962  | 693  | David Deveza                            | Individual            | 01:00:53 | +30:53 | 06:05 |      |
| 963  | 1491 | André Miguel Quental Catalão            | RIS2048               | 01:00:59 | +30:59 | 06:06 |      |
| 964  | 473  | Diana Silva                             | Individual            | 01:01:01 | +31:01 | 06:06 |      |
| 965  | 99   | Sofia Ventura                           | Atletas Aveiro        | 01:01:02 | +31:02 | 06:06 |      |
| 966  | 651  | André Costa                             | Individual            | 01:01:04 | +31:04 | 06:06 |      |
| 967  | 727  | Fernando Loureiro Rolo                  | Individual            | 01:01:04 | +31:04 | 06:06 |      |
| 968  | 404  | Ana Miguel Silva                        | Individual            | 01:01:04 | +31:04 | 06:06 |      |
| 969  | 581  | Oriana Silva                            | Individual            | 01:01:08 | +31:08 | 06:07 |      |
| 970  | 506  | Jéssica Santos                          | Individual            | 01:01:08 | +31:08 | 06:07 |      |
| 971  | 502  | Isabel Rebolo                           | Individual            | 01:01:11 | +31:11 | 06:07 |      |
| 972  | 120  | Francisca Vilarinho                     | BARRA OCEAN RUNNERS   | 01:01:11 | +31:11 | 06:07 |      |
| 973  | 1520 | Rui Manuel Rocha Fernandes              | Run Seventeen         | 01:01:12 | +31:12 | 06:07 |      |
| 974  | 1519 | Margarida Gomes Martins Fernandes       | Run Seventeen         | 01:01:12 | +31:12 | 06:07 |      |
| 975  | 1439 | Vera Abreu                              | Prison D'Aveiro       | 01:01:13 | +31:13 | 06:07 |      |
| 976  | 958  | Vítor Gonçalves                         | Individual            | 01:01:14 | +31:14 | 06:07 |      |
| 977  | 1440 | Nelson Adrego                           | Prison D'Aveiro       | 01:01:14 | +31:14 | 06:07 |      |
| 978  | 150  | Micaela Farias                          | BARRA OCEAN RUNNERS   | 01:01:15 | +31:15 | 06:08 |      |
| 979  | 139  | João Fernandes                          | BARRA OCEAN RUNNERS   | 01:01:15 | +31:15 | 06:08 |      |
| 980  | 151  | Ana Catarina Filipe Pinheiro            | BARRA OCEAN RUNNERS   | 01:01:15 | +31:15 | 06:08 |      |
| 981  | 1292 | Vítor Francisco                         | Individual            | 01:01:17 | +31:17 | 06:08 |      |
| 982  | 62   | Mónica Alexandra Ribeiro Carvalho Neves | Altice Labs           | 01:01:18 | +31:18 | 06:08 |      |
| 983  | 1318 | ALEXANDRE CYSNE                         | Individual            | 01:01:19 | +31:19 | 06:08 |      |
| 984  | 239  | Sara Rito                               | Civilria Running Club | 01:01:20 | +31:20 | 06:08 |      |
| 985  | 1509 | André Melo                              | RuMa & CarAMel        | 01:01:20 | +31:20 | 06:08 |      |
| 986  | 983  | Jana Stefunkova                         | Individual            | 01:01:21 | +31:21 | 06:08 |      |
| 987  | 971  | Catarina Campos                         | Individual            | 01:01:23 | +31:23 | 06:08 |      |
| 988  | 244  | Renato Filipe Nunes França              | Civilria Running Club | 01:01:26 | +31:26 | 06:09 |      |
| 989  | 499  | Inês Moura                              | Individual            | 01:01:28 | +31:28 | 06:09 |      |
| 990  | 497  | Inês Macedo                             | Individual            | 01:01:30 | +31:30 | 06:09 |      |



## 10KM - STAGE 1

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| RANK | BIB  | NAME                             | TEAM                       | RESULT   | DIFF   | t/KM  | CARD |
|------|------|----------------------------------|----------------------------|----------|--------|-------|------|
| 991  | 704  | Duarte Custódio                  | Individual                 | 01:01:30 | +31:30 | 06:09 |      |
| 992  | 642  | Vanessa Brandão                  | Individual                 | 01:01:31 | +31:31 | 06:09 |      |
| 993  | 100  | Gilberto Carlos Charato da Mota  | Atletas Aveiro             | 01:01:32 | +31:32 | 06:09 |      |
| 994  | 533  | Mafalda Machado Martins          | Individual                 | 01:01:32 | +31:32 | 06:09 |      |
| 995  | 1214 | Juan Gouveia                     | Individual                 | 01:01:36 | +31:36 | 06:10 |      |
| 996  | 973  | Claudia Gamelas                  | Individual                 | 01:01:39 | +31:39 | 06:10 |      |
| 997  | 638  | Tânia Sofia Pereira Pires        | Individual                 | 01:01:41 | +31:41 | 06:10 |      |
| 998  | 954  | Vicente José Alves Pereira       | Individual                 | 01:01:42 | +31:42 | 06:10 |      |
| 999  | 480  | Estefânia soares                 | Individual                 | 01:01:45 | +31:45 | 06:10 |      |
| 1000 | 1067 | Sandra Neves                     | Individual                 | 01:01:45 | +31:45 | 06:11 |      |
| 1001 | 477  | Elsa Simões                      | Individual                 | 01:01:46 | +31:46 | 06:11 |      |
| 1002 | 823  | Luís Carlos Pinto Sousa          | Individual                 | 01:01:49 | +31:49 | 06:11 |      |
| 1003 | 678  | Carlos Veiga                     | Individual                 | 01:01:50 | +31:50 | 06:11 |      |
| 1004 | 1254 | Tiago Fernandes                  | Individual                 | 01:01:51 | +31:51 | 06:11 |      |
| 1005 | 41   | Bernardo Vieito                  | Adriazul                   | 01:01:54 | +31:54 | 06:11 |      |
| 1006 | 1066 | Sandra Biella Basacchi           | Individual                 | 01:01:56 | +31:56 | 06:12 |      |
| 1007 | 571  | Marta Sofia Ferreira Dias        | Individual                 | 01:01:57 | +31:57 | 06:12 |      |
| 1008 | 1078 | Maria Madalena Condeça Moço      | Individual                 | 01:01:58 | +31:58 | 06:12 |      |
| 1009 | 237  | Tomás Bento                      | Civilria Running Club      | 01:01:59 | +31:59 | 06:12 |      |
| 1010 | 918  | Rui Silva                        | Individual                 | 01:01:59 | +31:59 | 06:12 |      |
| 1011 | 1070 | Claudia Cristina Marques Almeida | Individual                 | 01:02:00 | +32:00 | 06:12 |      |
| 1012 | 111  | Carolina Tavares                 | BARRA OCEAN RUNNERS        | 01:02:01 | +32:01 | 06:12 |      |
| 1013 | 128  | André Pinho                      | BARRA OCEAN RUNNERS        | 01:02:01 | +32:01 | 06:12 |      |
| 1014 | 152  | Maria João Tavares               | BARRA OCEAN RUNNERS        | 01:02:01 | +32:01 | 06:12 |      |
| 1015 | 130  | Armando Santiago                 | BARRA OCEAN RUNNERS        | 01:02:02 | +32:02 | 06:12 |      |
| 1016 | 131  | Bernardo Leite                   | BARRA OCEAN RUNNERS        | 01:02:02 | +32:02 | 06:12 |      |
| 1017 | 123  | Rita Henriques                   | BARRA OCEAN RUNNERS        | 01:02:02 | +32:02 | 06:12 |      |
| 1018 | 132  | Bryan Valério                    | BARRA OCEAN RUNNERS        | 01:02:03 | +32:03 | 06:12 |      |
| 1019 | 391  | Ana Catarina Ribães Alves        | Individual                 | 01:02:04 | +32:04 | 06:12 |      |
| 1020 | 1478 | VIRGINIA OLIVEIRA FERNANDES      | Reumáticos & Etc           | 01:02:06 | +32:06 | 06:13 |      |
| 1021 | 908  | Rui Filipe                       | Individual                 | 01:02:06 | +32:06 | 06:13 |      |
| 1022 | 1598 | Rocio Lengyel                    | TUFF RUNNERS               | 01:02:08 | +32:08 | 06:13 |      |
| 1023 | 1060 | Judite Dias                      | Individual                 | 01:02:10 | +32:10 | 06:13 |      |
| 1024 | 641  | Thalita Lopes                    | Individual                 | 01:02:10 | +32:10 | 06:13 |      |
| 1025 | 505  | Jéssica Ordoñez                  | Individual                 | 01:02:11 | +32:11 | 06:13 |      |
| 1026 | 998  | Nádia Marisa Pinto Teixeira      | Individual                 | 01:02:16 | +32:16 | 06:14 |      |
| 1027 | 548  | Maria Gouveia                    | Individual                 | 01:02:16 | +32:16 | 06:14 |      |
| 1028 | 990  | Lúcia Simões                     | Individual                 | 01:02:17 | +32:17 | 06:14 |      |
| 1029 | 706  | Edgar Moraes                     | Individual                 | 01:02:25 | +32:25 | 06:15 |      |
| 1030 | 1072 | Graça Mariano                    | Individual                 | 01:02:26 | +32:26 | 06:15 |      |
| 1031 | 929  | Simão Mariano                    | Individual                 | 01:02:27 | +32:27 | 06:15 |      |
| 1032 | 890  | Renato Areias                    | Individual                 | 01:02:28 | +32:28 | 06:15 |      |
| 1033 | 1401 | Diana Miranda                    | Pacemakers                 | 01:02:30 | +32:30 | 06:15 |      |
| 1034 | 346  | Goreti Gonçalves                 | Grupo Desportivo Assempark | 01:02:30 | +32:30 | 06:15 |      |
| 1035 | 516  | Karina Sotska                    | Individual                 | 01:02:31 | +32:31 | 06:15 |      |
| 1036 | 1611 | Joana Filipa Almeida Pinto       | UNBRK FITNESS              | 01:02:34 | +32:34 | 06:15 |      |

## 10KM - STAGE 1

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| RANK | BIB  | NAME                               | TEAM                                       | RESULT   | DIFF   | t/KM  | CARD |
|------|------|------------------------------------|--------------------------------------------|----------|--------|-------|------|
| 1037 | 1311 | Otemberg Silva                     | Individual                                 | 01:02:35 | +32:35 | 06:15 |      |
| 1038 | 1604 | Ana Dono                           | Turtle runners                             | 01:02:38 | +32:38 | 06:16 |      |
| 1039 | 1053 | Vera Leite                         | Individual                                 | 01:02:44 | +32:44 | 06:16 |      |
| 1040 | 390  | Ana Caroline Gonçalves de Carvalho | Individual                                 | 01:02:47 | +32:47 | 06:17 |      |
| 1041 | 561  | Mariana Resende Bandeirinha        | Individual                                 | 01:02:47 | +32:47 | 06:17 |      |
| 1042 | 1142 | Miguel Tavares                     | Individual                                 | 01:02:48 | +32:48 | 06:17 |      |
| 1043 | 1573 | Ricardo Gil Santos Mota            | The Boys                                   | 01:02:57 | +32:57 | 06:18 |      |
| 1044 | 1344 | Luís Pina                          | Individual                                 | 01:03:16 | +33:16 | 06:20 |      |
| 1045 | 1358 | Diana Nolasco                      | LAQP - Liga dos Amigos da Quinta do Pecado | 01:03:21 | +33:21 | 06:20 |      |
| 1046 | 503  | Isadora Peixoto Pickersgill        | Individual                                 | 01:03:21 | +33:21 | 06:20 |      |
| 1047 | 1448 | Nuno Dias                          | R G Levanta Poeira                         | 01:03:21 | +33:21 | 06:20 |      |
| 1048 | 115  | Daniela Alves                      | BARRA OCEAN RUNNERS                        | 01:03:22 | +33:22 | 06:20 |      |
| 1049 | 418  | Ângela Filipa Moreira Caridade     | Individual                                 | 01:03:22 | +33:22 | 06:20 |      |
| 1050 | 887  | Rafael Lourenço                    | Individual                                 | 01:03:22 | +33:22 | 06:20 |      |
| 1051 | 946  | Tiago Silva                        | Individual                                 | 01:03:30 | +33:30 | 06:21 |      |
| 1052 | 557  | Mariana Carramao                   | Individual                                 | 01:03:34 | +33:34 | 06:21 |      |
| 1053 | 605  | Rita Vicente                       | Individual                                 | 01:03:35 | +33:35 | 06:21 |      |
| 1054 | 1580 | Sandra Machado                     | Transformers                               | 01:03:37 | +33:37 | 06:22 |      |
| 1055 | 300  | Nuno Oliveira                      | D'Rastos                                   | 01:03:41 | +33:41 | 06:22 |      |
| 1056 | 121  | Patrícia Rodrigues                 | BARRA OCEAN RUNNERS                        | 01:03:45 | +33:45 | 06:22 |      |
| 1057 | 541  | Margarida Ferreira Bastos          | Individual                                 | 01:03:47 | +33:47 | 06:23 |      |
| 1058 | 952  | Válter Rafael Andrade Cró          | Individual                                 | 01:03:47 | +33:47 | 06:23 |      |
| 1059 | 1596 | ELISABETE SIMÕES                   | TUFF RUNNERS                               | 01:03:47 | +33:47 | 06:23 |      |
| 1060 | 938  | Tiago Godinho                      | Individual                                 | 01:03:51 | +33:51 | 06:23 |      |
| 1061 | 1394 | João Monteiro                      | ÓÒ & Co.                                   | 01:03:55 | +33:55 | 06:23 |      |
| 1062 | 598  | Rita Castro                        | Individual                                 | 01:03:57 | +33:57 | 06:24 |      |
| 1063 | 635  | Tânia Cabeleira                    | Individual                                 | 01:04:01 | +34:01 | 06:24 |      |
| 1064 | 311  | Fabiana Lima                       | Fajó                                       | 01:04:02 | +34:02 | 06:24 |      |
| 1065 | 486  | Flávia Andréia Cerqueira Peixoto   | Individual                                 | 01:04:02 | +34:02 | 06:24 |      |
| 1066 | 1258 | Alcides Marquinhos                 | Individual                                 | 01:04:04 | +34:04 | 06:24 |      |
| 1067 | 758  | Isac silva                         | Individual                                 | 01:04:06 | +34:06 | 06:25 |      |
| 1068 | 1409 | Jéssica Fogueiro                   | Pantufas Voadoras                          | 01:04:07 | +34:07 | 06:25 |      |
| 1069 | 1430 | David Costa                        | Pequenos Póneis Ldo's                      | 01:04:07 | +34:07 | 06:25 |      |
| 1070 | 178  | Daniela Silva                      | Bobadelas Running Team                     | 01:04:09 | +34:09 | 06:25 |      |
| 1071 | 235  | Rodrigo Almeida                    | Civilria Running Club                      | 01:04:12 | +34:12 | 06:25 |      |
| 1072 | 999  | NATÁLIA MARIA SIMOES BARTOLOMEU    | Individual                                 | 01:04:17 | +34:17 | 06:26 |      |
| 1073 | 568  | Marta Caldeira                     | Individual                                 | 01:04:18 | +34:18 | 06:26 |      |
| 1074 | 529  | Lucia Azevedo                      | Individual                                 | 01:04:20 | +34:20 | 06:26 |      |
| 1075 | 299  | Hugo Almeida                       | D'Rastos                                   | 01:04:20 | +34:20 | 06:26 |      |
| 1076 | 986  | Joana Fonseca                      | Individual                                 | 01:04:26 | +34:26 | 06:27 |      |
| 1077 | 14   | José Aniceto                       | 10k & pizza                                | 01:04:29 | +34:29 | 06:27 |      |
| 1078 | 88   | Mariana Afonso                     | Ass Distrital de Ténis de Mesa de Viseu    | 01:04:34 | +34:34 | 06:27 |      |
| 1079 | 718  | Emanuel Ricardo Correia da Silva   | Individual                                 | 01:04:34 | +34:34 | 06:27 |      |
| 1080 | 776  | João Galacho                       | Individual                                 | 01:04:34 | +34:34 | 06:27 |      |
| 1081 | 90   | Luciano Grácio                     | Ass Distrital de Ténis de Mesa de Viseu    | 01:04:35 | +34:35 | 06:27 |      |

## 10KM - STAGE 1

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| RANK | BIB  | NAME                            | TEAM                                    | RESULT   | DIFF   | t/KM  | CARD |
|------|------|---------------------------------|-----------------------------------------|----------|--------|-------|------|
| 1082 | 1047 | Sandra Rei                      | Individual                              | 01:04:35 | +34:35 | 06:27 |      |
| 1083 | 91   | Rui Sacchetti                   | Ass Distrital de Ténis de Mesa de Viseu | 01:04:36 | +34:36 | 06:28 |      |
| 1084 | 89   | Francisco Vieira                | Ass Distrital de Ténis de Mesa de Viseu | 01:04:36 | +34:36 | 06:28 |      |
| 1085 | 249  | Magali Teixeira                 | Clínica do exercício                    | 01:04:36 | +34:36 | 06:28 |      |
| 1086 | 639  | Tassia Iino                     | Individual                              | 01:04:40 | +34:40 | 06:28 |      |
| 1087 | 493  | Inês Breda                      | Individual                              | 01:04:41 | +34:41 | 06:28 |      |
| 1088 | 905  | Rúben Marques                   | Individual                              | 01:04:41 | +34:41 | 06:28 |      |
| 1089 | 1594 | Carla Matos                     | Triple team                             | 01:04:46 | +34:46 | 06:29 |      |
| 1090 | 405  | Ana Pedro Oliveira Ferreira     | Individual                              | 01:04:46 | +34:46 | 06:29 |      |
| 1091 | 1496 | João Fernando Rangel Martins    | RIS2048                                 | 01:04:50 | +34:50 | 06:29 |      |
| 1092 | 454  | Daniela Borges                  | Individual                              | 01:04:59 | +34:59 | 06:30 |      |
| 1093 | 1412 | Nádia Santos                    | Pantufas Voadoras                       | 01:05:03 | +35:03 | 06:30 |      |
| 1094 | 1303 | José Vieira                     | Individual                              | 01:05:05 | +35:05 | 06:31 |      |
| 1095 | 433  | Carolina Fernandes              | Individual                              | 01:05:05 | +35:05 | 06:31 |      |
| 1096 | 408  | Ana Sofia Soares Alves          | Individual                              | 01:05:06 | +35:06 | 06:31 |      |
| 1097 | 773  | João Filipe Patela Ribau        | Individual                              | 01:05:10 | +35:10 | 06:31 |      |
| 1098 | 443  | Cátia Cardoso                   | Individual                              | 01:05:11 | +35:11 | 06:31 |      |
| 1099 | 1052 | Vera Fernandes                  | Individual                              | 01:05:25 | +35:25 | 06:33 |      |
| 1100 | 1147 | Nuno Fernandes                  | Individual                              | 01:05:25 | +35:25 | 06:33 |      |
| 1101 | 1391 | Adriana Abre Domingues          | Nósos2                                  | 01:05:29 | +35:29 | 06:33 |      |
| 1102 | 1009 | Sara Morais                     | Individual                              | 01:05:29 | +35:29 | 06:33 |      |
| 1103 | 1392 | Rafael Das Neves Santos         | Nósos2                                  | 01:05:29 | +35:29 | 06:33 |      |
| 1104 | 843  | Martinho Martins Bastos Tavares | Individual                              | 01:05:30 | +35:30 | 06:33 |      |
| 1105 | 1490 | Mariana Gaspar Coelho Dias      | RIS2048                                 | 01:05:35 | +35:35 | 06:34 |      |
| 1106 | 371  | Carla Soares                    | Hut Runners Aveiro                      | 01:05:46 | +35:46 | 06:35 |      |
| 1107 | 427  | Carina Sofia Cristóvão Fidalgo  | Individual                              | 01:05:49 | +35:49 | 06:35 |      |
| 1108 | 739  | Francisco José Mendes Pronto    | Individual                              | 01:05:49 | +35:49 | 06:35 |      |
| 1109 | 194  | Maciel Mendes                   | Cantaai                                 | 01:05:49 | +35:49 | 06:35 |      |
| 1110 | 1148 | Nuno Moreira                    | Individual                              | 01:05:50 | +35:50 | 06:35 |      |
| 1111 | 1295 | Alvaro Mariano                  | Individual                              | 01:05:51 | +35:51 | 06:35 |      |
| 1112 | 94   | DÊNIS QUADROS                   | ATHLON RUNNER'S                         | 01:05:52 | +35:52 | 06:35 |      |
| 1113 | 63   | Rita Catarina Nunes Gaspar      | Altice Labs                             | 01:05:53 | +35:53 | 06:35 |      |
| 1114 | 1346 | Mário Moreira                   | Individual                              | 01:06:02 | +36:02 | 06:36 |      |
| 1115 | 688  | Daniel Santos                   | Individual                              | 01:06:04 | +36:04 | 06:36 |      |
| 1116 | 643  | Vanessa Silva                   | Individual                              | 01:06:13 | +36:13 | 06:37 |      |
| 1117 | 1623 | Bruno Marinho                   | Velocidade Furiosa                      | 01:06:15 | +36:15 | 06:38 |      |
| 1118 | 1592 | Catarina Martins                | Triple team                             | 01:06:17 | +36:17 | 06:38 |      |
| 1119 | 1597 | Margarida Sebastião             | TUFF RUNNERS                            | 01:06:19 | +36:19 | 06:38 |      |
| 1120 | 839  | Marcelo Silva                   | Individual                              | 01:06:20 | +36:20 | 06:38 |      |
| 1121 | 463  | Daniela Ribeiro                 | Individual                              | 01:06:22 | +36:22 | 06:38 |      |
| 1122 | 511  | Joana Monteiro                  | Individual                              | 01:06:22 | +36:22 | 06:38 |      |
| 1123 | 23   | Arabela Fabre                   | Academia de Desportos de Condeixa       | 01:06:25 | +36:25 | 06:39 |      |
| 1124 | 1435 | ANDREIA RILHO                   | PÓDIO RECOVERY                          | 01:06:27 | +36:27 | 06:39 |      |
| 1125 | 1386 | Alexandra Reis                  | MoveFelgueira                           | 01:06:27 | +36:27 | 06:39 |      |
| 1126 | 1505 | Bruno Fábio Oliveira            | Rocha                                   | 01:06:28 | +36:28 | 06:39 |      |
| 1127 | 1503 | Ana Filipe Leite Rocha          | Rocha                                   | 01:06:28 | +36:28 | 06:39 |      |



## 10KM - STAGE 1

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| RANK | BIB  | NAME                                     | TEAM                  | RESULT   | DIFF   | T/KM  | CARD |
|------|------|------------------------------------------|-----------------------|----------|--------|-------|------|
| 1173 | 485  | Filomena Soares                          | Individual            | 01:08:16 | +38:16 | 06:50 |      |
| 1174 | 457  | Daniela Magalhães                        | Individual            | 01:08:17 | +38:17 | 06:50 |      |
| 1175 | 12   | Isabel Pinto                             | 10k & pizza           | 01:08:33 | +38:33 | 06:51 |      |
| 1176 | 977  | Cristina Moreira                         | Individual            | 01:08:35 | +38:35 | 06:51 |      |
| 1177 | 1017 | Telma Rodrigues                          | Individual            | 01:08:38 | +38:38 | 06:52 |      |
| 1178 | 387  | Ana Beatriz Ferreira Santos              | Individual            | 01:08:41 | +38:41 | 06:52 |      |
| 1179 | 216  | Beatriz Varum                            | Civilria Running Club | 01:08:44 | +38:44 | 06:52 |      |
| 1180 | 240  | Carla Torres                             | Civilria Running Club | 01:08:44 | +38:44 | 06:52 |      |
| 1181 | 488  | Francisca Rolo Simões                    | Individual            | 01:08:46 | +38:46 | 06:53 |      |
| 1182 | 397  | Ana Gonçalves                            | Individual            | 01:08:48 | +38:48 | 06:53 |      |
| 1183 | 1556 | José luís Nunes                          | TáLento               | 01:08:48 | +38:48 | 06:53 |      |
| 1184 | 1555 | Catarina Monteiro                        | TáLento               | 01:08:48 | +38:48 | 06:53 |      |
| 1185 | 1554 | Diogo Nunes                              | TáLento               | 01:08:48 | +38:48 | 06:53 |      |
| 1186 | 1553 | Francisca Nunes                          | TáLento               | 01:08:49 | +38:49 | 06:53 |      |
| 1187 | 225  | Guilherme Benaduce da Costa              | Civilria Running Club | 01:08:51 | +38:51 | 06:53 |      |
| 1188 | 1063 | Maria Jose Rodrigues                     | Individual            | 01:09:01 | +39:01 | 06:54 |      |
| 1189 | 1528 | Bárbara Clara da Silva Alves Brito       | Salgueiros Running    | 01:09:09 | +39:09 | 06:55 |      |
| 1190 | 1421 | João Castro                              | Pantufas Voadoras     | 01:09:14 | +39:14 | 06:55 |      |
| 1191 | 1578 | Rita Cardoso                             | Tostas em fuga        | 01:09:17 | +39:17 | 06:56 |      |
| 1192 | 84   | Ana Rita Ribeiro                         | As 2 da vida airada   | 01:09:20 | +39:20 | 06:56 |      |
| 1193 | 85   | Diana Santos                             | As 2 da vida airada   | 01:09:22 | +39:22 | 06:56 |      |
| 1194 | 500  | Inês Silva                               | Individual            | 01:09:23 | +39:23 | 06:56 |      |
| 1195 | 594  | Renata Lopes                             | Individual            | 01:09:24 | +39:24 | 06:56 |      |
| 1196 | 479  | Estéfani Laux                            | Individual            | 01:09:27 | +39:27 | 06:57 |      |
| 1197 | 1080 | ROSA ROCHA                               | Individual            | 01:09:32 | +39:32 | 06:57 |      |
| 1198 | 424  | Beatriz Garcia Sequeira                  | Individual            | 01:09:33 | +39:33 | 06:57 |      |
| 1199 | 520  | Lara Ferreira Batista                    | Individual            | 01:09:33 | +39:33 | 06:57 |      |
| 1200 | 1199 | Francisco João Gouveia Batista           | Individual            | 01:09:34 | +39:34 | 06:57 |      |
| 1201 | 1606 | Patrícia Neves                           | Turtle runners        | 01:09:41 | +39:41 | 06:58 |      |
| 1202 | 1330 | FERNANDO MANUEL DA LOURA CABRAL MONTEIRO | Individual            | 01:09:50 | +39:50 | 06:59 |      |
| 1203 | 36   | Joana da Silva Santos                    | ADI-Ílhavo            | 01:09:52 | +39:52 | 06:59 |      |
| 1204 | 964  | Ana Caetano                              | Individual            | 01:09:52 | +39:52 | 06:59 |      |
| 1205 | 1451 | Jose Luis Cruz                           | R G Levanta Poeira    | 01:09:52 | +39:52 | 06:59 |      |
| 1206 | 455  | Daniela filipa dos santos amorim         | Individual            | 01:09:58 | +39:58 | 07:00 |      |
| 1207 | 106  | Ana Silva                                | BARRA OCEAN RUNNERS   | 01:09:59 | +39:59 | 07:00 |      |
| 1208 | 232  | Nuno David Freitas Matos                 | Civilria Running Club | 01:10:06 | +40:06 | 07:01 |      |
| 1209 | 1423 | Maniel Verganista                        | Pantufas Voadoras     | 01:10:09 | +40:09 | 07:01 |      |
| 1210 | 1415 | Rita Reis                                | Pantufas Voadoras     | 01:10:09 | +40:09 | 07:01 |      |
| 1211 | 1626 | Joana Correia                            | voltaren running club | 01:10:13 | +40:13 | 07:01 |      |
| 1212 | 1351 | Rui Fernandes                            | Ines e Rui            | 01:10:15 | +40:15 | 07:02 |      |
| 1213 | 1350 | Ines Lima                                | Ines e Rui            | 01:10:15 | +40:15 | 07:02 |      |
| 1214 | 1104 | Fernando Marques                         | Individual            | 01:10:18 | +40:18 | 07:02 |      |
| 1215 | 466  | Day Fortes                               | Individual            | 01:10:33 | +40:33 | 07:03 |      |
| 1216 | 447  | Clara de Souza Lino                      | Individual            | 01:10:36 | +40:36 | 07:04 |      |
| 1217 | 1584 | Peterson Graize                          | Travão Puxado         | 01:10:36 | +40:36 | 07:04 |      |

## 10KM - STAGE 1

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| RANK | BIB  | NAME                              | TEAM                                       | RESULT   | DIFF   | t/KM  | CARD |
|------|------|-----------------------------------|--------------------------------------------|----------|--------|-------|------|
| 1218 | 1568 | Célia Baldaia                     | Team Baldaia                               | 01:10:47 | +40:47 | 07:05 |      |
| 1219 | 1422 | João Pacheco                      | Pantufas Voadoras                          | 01:10:48 | +40:48 | 07:05 |      |
| 1220 | 1404 | Carine Caires                     | Pantufas Voadoras                          | 01:10:48 | +40:48 | 07:05 |      |
| 1221 | 537  | Mara Figo                         | Individual                                 | 01:10:49 | +40:49 | 07:05 |      |
| 1222 | 384  | Alexandra Natali Saba caracciolo  | Individual                                 | 01:10:49 | +40:49 | 07:05 |      |
| 1223 | 588  | Raquel Fecha                      | Individual                                 | 01:10:49 | +40:49 | 07:05 |      |
| 1224 | 627  | Sofia Marques                     | Individual                                 | 01:10:49 | +40:49 | 07:05 |      |
| 1225 | 1348 | Pedro Figueiredo                  | Individual                                 | 01:11:04 | +41:04 | 07:06 |      |
| 1226 | 399  | Ana lopes                         | Individual                                 | 01:11:04 | +41:04 | 07:06 |      |
| 1227 | 193  | Camila Mendes                     | Cantaai                                    | 01:11:06 | +41:06 | 07:07 |      |
| 1228 | 522  | Lara Vieira Rodrigues             | Individual                                 | 01:11:07 | +41:07 | 07:07 |      |
| 1229 | 750  | Helder Luís Silva Torres dos Reis | Individual                                 | 01:11:16 | +41:16 | 07:08 |      |
| 1230 | 579  | Nicole Monteiro Rakov             | Individual                                 | 01:11:21 | +41:21 | 07:08 |      |
| 1231 | 482  | Filipa Margarida Reis Mesquita    | Individual                                 | 01:11:23 | +41:23 | 07:08 |      |
| 1232 | 1301 | José Ilídio Sá                    | Individual                                 | 01:11:23 | +41:23 | 07:08 |      |
| 1233 | 323  | Beatriz Oliveira                  | Gambas Supersónicas                        | 01:11:28 | +41:28 | 07:09 |      |
| 1234 | 1417 | Sofia Sarabando                   | Pantufas Voadoras                          | 01:11:32 | +41:32 | 07:09 |      |
| 1235 | 136  | Gabriel Capela                    | BARRA OCEAN RUNNERS                        | 01:11:33 | +41:33 | 07:09 |      |
| 1236 | 536  | Manuela Pereira                   | Individual                                 | 01:11:33 | +41:33 | 07:09 |      |
| 1237 | 1359 | Matilde Silva                     | LAQP - Liga dos Amigos da Quinta do Pecado | 01:11:34 | +41:34 | 07:09 |      |
| 1238 | 456  | Daniela Gomes                     | Individual                                 | 01:11:42 | +41:42 | 07:10 |      |
| 1239 | 585  | Patrícia Sousa                    | Individual                                 | 01:11:43 | +41:43 | 07:10 |      |
| 1240 | 644  | Yohana Betancourt                 | Individual                                 | 01:11:44 | +41:44 | 07:10 |      |
| 1241 | 576  | Michele Rocha Canelas             | Individual                                 | 01:11:44 | +41:44 | 07:10 |      |
| 1242 | 221  | Mariana Antonello Basei           | Civilria Running Club                      | 01:11:58 | +41:58 | 07:12 |      |
| 1243 | 1406 | Daniela Branco                    | Pantufas Voadoras                          | 01:11:59 | +41:59 | 07:12 |      |
| 1244 | 1202 | GONÇALO GASPAR                    | Individual                                 | 01:12:10 | +42:10 | 07:13 |      |
| 1245 | 393  | Ana Costa                         | Individual                                 | 01:12:11 | +42:11 | 07:13 |      |
| 1246 | 618  | Sara Gonçalves                    | Individual                                 | 01:12:24 | +42:24 | 07:14 |      |
| 1247 | 550  | Maria João Catarino Branco        | Individual                                 | 01:12:26 | +42:26 | 07:15 |      |
| 1248 | 1044 | Raquel Nobre                      | Individual                                 | 01:12:50 | +42:50 | 07:17 |      |
| 1249 | 1508 | Carmen Castro                     | RuMa & CarAMel                             | 01:12:56 | +42:56 | 07:18 |      |
| 1250 | 381  | Adriana Ribeiro                   | Individual                                 | 01:12:57 | +42:57 | 07:18 |      |
| 1251 | 1565 | Joana Baldaia                     | Team Baldaia                               | 01:12:59 | +42:59 | 07:18 |      |
| 1252 | 464  | Daniela Santos silva              | Individual                                 | 01:13:02 | +43:02 | 07:18 |      |
| 1253 | 615  | Sara Araújo                       | Individual                                 | 01:13:05 | +43:05 | 07:19 |      |
| 1254 | 35   | Catarina Marques                  | ADI-Ílhavo                                 | 01:13:12 | +43:12 | 07:19 |      |
| 1255 | 7    | Lu Pessoa                         | #É_só_até_ali                              | 01:13:16 | +43:16 | 07:20 |      |
| 1256 | 440  | Catarina Santos Costa             | Individual                                 | 01:13:16 | +43:16 | 07:20 |      |
| 1257 | 1610 | António Tavares                   | Turtle runners                             | 01:13:18 | +43:18 | 07:20 |      |
| 1258 | 220  | Liliana Carvalho                  | Civilria Running Club                      | 01:13:32 | +43:32 | 07:21 |      |
| 1259 | 1510 | Magda Castro                      | RuMa & CarAMel                             | 01:13:54 | +43:54 | 07:23 |      |
| 1260 | 554  | Maria João Pereira de Vasconcelos | Individual                                 | 01:13:56 | +43:56 | 07:24 |      |
| 1261 | 1340 | Jose Costa                        | Individual                                 | 01:14:00 | +44:00 | 07:24 |      |
| 1262 | 1536 | Alexandra Monteiro                | Sobral Santos                              | 01:14:06 | +44:06 | 07:25 |      |
| 1263 | 1600 | Tânia Peixinho                    | TUFF RUNNERS                               | 01:14:33 | +44:33 | 07:27 |      |



## 10KM - STAGE 1

**10 KM**

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## OFFICIAL RESULT

[illegible]

| RANK | BIB  | NAME                               | TEAM                  | RESULT   | DIFF   | t/KM  | CARD |
|------|------|------------------------------------|-----------------------|----------|--------|-------|------|
| 1264 | 1368 | Sara Duarte                        | Los Sem Pressa        | 01:14:38 | +44:38 | 07:28 |      |
| 1265 | 1367 | Bruna Palma                        | Los Sem Pressa        | 01:14:38 | +44:38 | 07:28 |      |
| 1266 | 61   | Marta Filipa Jorge dos Santos      | Altice Labs           | 01:14:45 | +44:45 | 07:29 |      |
| 1267 | 59   | Rui Pedro Machado Pires            | Altice Labs           | 01:14:46 | +44:46 | 07:29 |      |
| 1268 | 563  | Mariana Tavares                    | Individual            | 01:14:47 | +44:47 | 07:29 |      |
| 1269 | 1081 | Adeilson Silva                     | Individual            | 01:14:49 | +44:49 | 07:29 |      |
| 1270 | 238  | Adriana Mendes de Oliveira         | Civilria Running Club | 01:14:53 | +44:53 | 07:29 |      |
| 1271 | 1564 | Catarina Baldaia                   | Team Baldaia          | 01:14:53 | +44:53 | 07:29 |      |
| 1272 | 478  | Ema Germain                        | Individual            | 01:15:03 | +45:03 | 07:30 |      |
| 1273 | 663  | António Valente                    | Individual            | 01:15:13 | +45:13 | 07:31 |      |
| 1274 | 984  | Joana Caçador                      | Individual            | 01:15:15 | +45:15 | 07:31 |      |
| 1275 | 1411 | Mariana Monteiro                   | Pantufas Voadoras     | 01:15:21 | +45:21 | 07:32 |      |
| 1276 | 874  | Pedro Espadilha                    | Individual            | 01:15:24 | +45:24 | 07:32 |      |
| 1277 | 742  | Frederico Angeli Christofolletti   | Individual            | 01:15:32 | +45:32 | 07:33 |      |
| 1278 | 104  | Ana Azevedo                        | BARRA OCEAN RUNNERS   | 01:15:37 | +45:37 | 07:34 |      |
| 1279 | 1122 | João Silva                         | Individual            | 01:15:41 | +45:41 | 07:34 |      |
| 1280 | 1514 | SANDRA CUNHA                       | Run for Fun           | 01:15:51 | +45:51 | 07:35 |      |
| 1281 | 1518 | PAULO GAFANHA                      | Run for Fun           | 01:15:56 | +45:56 | 07:36 |      |
| 1282 | 1516 | SUSANA MARTINS                     | Run for Fun           | 01:15:56 | +45:56 | 07:36 |      |
| 1283 | 1374 | Diana Santos                       | Mind&Body             | 01:16:02 | +46:02 | 07:36 |      |
| 1284 | 567  | Marta Alves Barreira               | Individual            | 01:16:07 | +46:07 | 07:37 |      |
| 1285 | 1287 | Rui Alves                          | Individual            | 01:16:07 | +46:07 | 07:37 |      |
| 1286 | 388  | Ana Cardoso da Paula               | Individual            | 01:16:13 | +46:13 | 07:37 |      |
| 1287 | 1418 | David Silva                        | Pantufas Voadoras     | 01:16:55 | +46:55 | 07:42 |      |
| 1288 | 1013 | Sónia ferreira                     | Individual            | 01:17:23 | +47:23 | 07:44 |      |
| 1289 | 315  | Lénia Matos                        | FFonseca Running Team | 01:17:29 | +47:29 | 07:45 |      |
| 1290 | 636  | Tânia Estrela Santos               | Individual            | 01:17:35 | +47:35 | 07:46 |      |
| 1291 | 592  | Raquel Rocha                       | Individual            | 01:17:42 | +47:42 | 07:46 |      |
| 1292 | 501  | Irene Amaral                       | Individual            | 01:17:42 | +47:42 | 07:46 |      |
| 1293 | 622  | Sofia Almeida                      | Individual            | 01:17:43 | +47:43 | 07:46 |      |
| 1294 | 1365 | Sara Lisboa Oliveira               | LisboaSantiago        | 01:17:57 | +47:57 | 07:48 |      |
| 1295 | 1366 | Marcelo Daniel Marques Santiago    | LisboaSantiago        | 01:17:57 | +47:57 | 07:48 |      |
| 1296 | 504  | Janett Santos                      | Individual            | 01:18:11 | +48:11 | 07:49 |      |
| 1297 | 972  | Catarina Pereira                   | Individual            | 01:18:32 | +48:32 | 07:51 |      |
| 1298 | 1146 | Nelson Sá                          | Individual            | 01:18:33 | +48:33 | 07:51 |      |
| 1299 | 268  | Beatriz Cravo                      | Clube dos Galitos     | 01:18:45 | +48:45 | 07:53 |      |
| 1300 | 214  | Ana Nunes                          | Civilria Running Club | 01:19:06 | +49:06 | 07:55 |      |
| 1301 | 1018 | Veronica Moreira Brandão Yoshinari | Individual            | 01:19:36 | +49:36 | 07:58 |      |
| 1302 | 1004 | Rosário Gomes                      | Individual            | 01:20:14 | +50:14 | 08:01 |      |
| 1303 | 177  | Patrícia Cardoso                   | Bistecas              | 01:20:51 | +50:51 | 08:05 |      |
| 1304 | 564  | Mariana Teixeira                   | Individual            | 01:21:17 | +51:17 | 08:08 |      |
| 1305 | 1607 | Rita Nércio                        | Turtle runners        | 01:21:19 | +51:19 | 08:08 |      |
| 1306 | 1076 | Sílvia Freire                      | Individual            | 01:21:27 | +51:27 | 08:09 |      |
| 1307 | 487  | Francisca Melo                     | Individual            | 01:21:29 | +51:29 | 08:09 |      |
| 1308 | 1414 | Rita Ramos                         | Pantufas Voadoras     | 01:21:45 | +51:45 | 08:11 |      |
| 1309 | 597  | Rita Cartaxo                       | Individual            | 01:22:07 | +52:07 | 08:13 |      |



## 10KM - STAGE 1

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| RANK | BIB  | NAME                           | TEAM                  | RESULT   | DIFF      | t/KM  | CARD |
|------|------|--------------------------------|-----------------------|----------|-----------|-------|------|
| 1310 | 949  | Tomás Cartaxo                  | Individual            | 01:22:07 | +52:07    | 08:13 |      |
| 1311 | 1605 | Ana Maia                       | Turtle runners        | 01:22:37 | +52:37    | 08:16 |      |
| 1312 | 512  | Joana Rocha da Silva           | Individual            | 01:23:02 | +53:02    | 08:18 |      |
| 1313 | 215  | Antónia Kiteria Magalhães Vale | Civilria Running Club | 01:23:17 | +53:17    | 08:20 |      |
| 1314 | 1098 | Dino Caçoilo                   | Individual            | 01:23:34 | +53:34    | 08:21 |      |
| 1315 | 1057 | Fátima Gonçalves               | Individual            | 01:24:53 | +54:53    | 08:29 |      |
| 1316 | 590  | Raquel Monteiro                | Individual            | 01:24:54 | +54:54    | 08:29 |      |
| 1317 | 212  | Isabel Batata                  | CGA                   | 01:26:27 | +56:27    | 08:39 |      |
| 1318 | 495  | Inês Falcão                    | Individual            | 01:27:52 | +57:52    | 08:47 |      |
| 1319 | 856  | Nico Ribeiro                   | Individual            | 01:28:59 | +58:59    | 08:54 |      |
| 1320 | 575  | Melo Ribeiro                   | Individual            | 01:28:59 | +58:59    | 08:54 |      |
| 1321 | 633  | Susana Cravo                   | Individual            | 01:29:04 | +59:04    | 08:54 |      |
| 1322 | 732  | Filipe de Almeida              | Individual            | 01:29:08 | +59:08    | 08:55 |      |
| 1323 | 1410 | Lúcia Inês Cruz Melo           | Pantufas Voadoras     | 01:29:12 | +59:12    | 08:55 |      |
| 1324 | 1416 | Sofia Martins                  | Pantufas Voadoras     | 01:29:12 | +59:12    | 08:55 |      |
| 1325 | 406  | Ana Raro                       | Individual            | 01:31:37 | +01:01:37 | 09:10 |      |
| 1326 | 49   | Hanna Kelly Holanda Rosa       | Altice Labs           | 01:31:43 | +01:01:43 | 09:10 |      |
| 1327 | 78   | Vânia Branco                   | António Pedro Pereira | 01:36:18 | +01:06:18 | 09:38 |      |
| 1328 | 1582 | Kamilla Araujo                 | Travão Puxado         | 01:37:58 | +01:07:59 | 09:48 |      |



## 10KM

**10 KM**

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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 Timekeeper: Lap2Go | 2 / 31 | generate 10-jul.-2025 11:50 |
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## 10KM

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

|     |      |                                |                              |                 |       |        |       |
|-----|------|--------------------------------|------------------------------|-----------------|-------|--------|-------|
| 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 |

|                             |        |                             |
|-----------------------------|--------|-----------------------------|
| Official Timekeeper: Lap2Go | 3 / 31 | generate 10-jul.-2025 11:50 |
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## 10KM

[illegible]

**10 KM**

## OFFICIAL RESULT

[illegible]

|     |      |                                   |                          |                 |          |        |       |
|-----|------|-----------------------------------|--------------------------|-----------------|----------|--------|-------|
| 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                   | #É_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                       | #É_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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## 10KM

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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 | 1358 | Diana Nolasco                      | LAQP - Liga dos Amigos da Quinta do Pecado | Senior Feminino | 01:03:21 | +22:47 | 06:20 |
| 194 | 503  | Isadora Peixoto Pickersgill        | Individual                                 | Senior Feminino | 01:03:21 | +22:48 | 06:20 |
| 195 | 115  | Daniela Alves                      | BARRA OCEAN RUNNERS                        | Senior Feminino | 01:03:22 | +22:48 | 06:20 |
| 196 | 418  | Ângela Filipa Moreira Caridade     | Individual                                 | Senior Feminino | 01:03:22 | +22:49 | 06:20 |
| 197 | 557  | Mariana Carramao                   | Individual                                 | Senior Feminino | 01:03:34 | +23:01 | 06:21 |
| 198 | 605  | Rita Vicente                       | Individual                                 | Senior Feminino | 01:03:35 | +23:01 | 06:21 |
| 199 | 1580 | Sandra Machado                     | Transformers                               | Senior Feminino | 01:03:37 | +23:03 | 06:22 |
| 200 | 121  | Patrícia Rodrigues                 | BARRA OCEAN RUNNERS                        | Senior Feminino | 01:03:45 | +23:11 | 06:22 |
| 201 | 541  | Margarida Ferreira Bastos          | Individual                                 | Senior Feminino | 01:03:47 | +23:13 | 06:23 |
| 202 | 1596 | ELISABETE SIMÕES                   | TUFF RUNNERS                               | Senior Feminino | 01:03:47 | +23:14 | 06:23 |
| 203 | 598  | Rita Castro                        | Individual                                 | Senior Feminino | 01:03:57 | +23:24 | 06:24 |
| 204 | 635  | Tânia Cabeleira                    | Individual                                 | Senior Feminino | 01:04:01 | +23:27 | 06:24 |
| 205 | 311  | Fabiana Lima                       | Fajó                                       | Senior Feminino | 01:04:02 | +23:28 | 06:24 |
| 206 | 486  | Flávia Andréia Cerqueira Peixoto   | Individual                                 | Senior Feminino | 01:04:02 | +23:28 | 06:24 |
| 207 | 1409 | Jéssica Fogueiro                   | Pantufas Voadoras                          | Senior Feminino | 01:04:07 | +23:34 | 06:25 |
| 208 | 178  | Daniela Silva                      | Bobadelas Running Team                     | Senior Feminino | 01:04:09 | +23:36 | 06:25 |
| 209 | 568  | Marta Caldeira                     | Individual                                 | Senior Feminino | 01:04:18 | +23:44 | 06:26 |
| 210 | 529  | Lucia Azevedo                      | Individual                                 | Senior Feminino | 01:04:20 | +23:46 | 06:26 |
| 211 | 88   | Mariana Afonso                     | Ass Distrital de Ténis de Mesa de Viseu    | Senior Feminino | 01:04:34 | +24:00 | 06:27 |
| 212 | 639  | Tassia Iino                        | Individual                                 | Senior Feminino | 01:04:40 | +24:06 | 06:28 |
| 213 | 493  | Inês Breda                         | Individual                                 | Senior Feminino | 01:04:41 | +24:08 | 06:28 |
| 214 | 405  | Ana Pedro Oliveira Ferreira        | Individual                                 | Senior Feminino | 01:04:46 | +24:12 | 06:29 |
| 215 | 454  | Daniela Borges                     | Individual                                 | Senior Feminino | 01:04:59 | +24:26 | 06:30 |
| 216 | 1412 | Nádia Santos                       | Pantufas Voadoras                          | Senior Feminino | 01:05:03 | +24:30 | 06:30 |
| 217 | 433  | Carolina Fernandes                 | Individual                                 | Senior Feminino | 01:05:05 | +24:32 | 06:31 |
| 218 | 408  | Ana Sofia Soares Alves             | Individual                                 | Senior Feminino | 01:05:06 | +24:32 | 06:31 |
| 219 | 443  | Cátia Cardoso                      | Individual                                 | Senior Feminino | 01:05:11 | +24:37 | 06:31 |
| 220 | 1391 | Adriana Abre Domingues             | NósoS2                                     | Senior Feminino | 01:05:29 | +24:55 | 06:33 |
| 221 | 1490 | Mariana Gaspar Coelho Dias         | RIS2048                                    | Senior Feminino | 01:05:35 | +25:02 | 06:34 |
| 222 | 427  | Carina Sofia Cristóvão Fidalgo     | Individual                                 | Senior Feminino | 01:05:49 | +25:15 | 06:35 |

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## OFFICIAL RESULT

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|     |      |                                  |                       |                 |          |        |       |
|-----|------|----------------------------------|-----------------------|-----------------|----------|--------|-------|
| 223 | 643  | Vanessa Silva                    | Individual            | Senior Feminino | 01:06:13 | +25:40 | 06:37 |
| 224 | 1592 | Catarina Martins                 | Triple team           | Senior Feminino | 01:06:17 | +25:44 | 06:38 |
| 225 | 1597 | Margarida Sebastião              | TUFF RUNNERS          | Senior Feminino | 01:06:19 | +25:45 | 06:38 |
| 226 | 463  | Daniela Ribeiro                  | Individual            | Senior Feminino | 01:06:22 | +25:49 | 06:38 |
| 227 | 511  | Joana Monteiro                   | Individual            | Senior Feminino | 01:06:22 | +25:49 | 06:38 |
| 228 | 1386 | Alexandra Reis                   | MoveFelgueira         | Senior Feminino | 01:06:27 | +25:54 | 06:39 |
| 229 | 1503 | Ana Filipe Leite Rocha           | Rocha                 | Senior Feminino | 01:06:28 | +25:54 | 06:39 |
| 230 | 382  | Alexandra Barbosa                | Individual            | Senior Feminino | 01:06:31 | +25:58 | 06:39 |
| 231 | 394  | Ana Ferreira                     | Individual            | Senior Feminino | 01:06:46 | +26:13 | 06:41 |
| 232 | 549  | Maria João Anjo                  | Individual            | Senior Feminino | 01:06:51 | +26:17 | 06:41 |
| 233 | 545  | Maria Francisca Granjeia         | Individual            | Senior Feminino | 01:06:51 | +26:18 | 06:41 |
| 234 | 494  | Inês Cardoso                     | Individual            | Senior Feminino | 01:07:08 | +26:35 | 06:43 |
| 235 | 625  | Sofia Eleonor Pereira Rodrigues  | Individual            | Senior Feminino | 01:07:08 | +26:35 | 06:43 |
| 236 | 1620 | Margarida Infante                | Vamos                 | Senior Feminino | 01:07:12 | +26:39 | 06:43 |
| 237 | 1618 | Beatriz Miguéis                  | Vamos                 | Senior Feminino | 01:07:12 | +26:39 | 06:43 |
| 238 | 1619 | Inês Jorge                       | Vamos                 | Senior Feminino | 01:07:13 | +26:39 | 06:43 |
| 239 | 515  | Juliana Gouveia                  | Individual            | Senior Feminino | 01:07:19 | +26:46 | 06:44 |
| 240 | 492  | Gabriella McDaniel               | Individual            | Senior Feminino | 01:07:29 | +26:55 | 06:45 |
| 241 | 621  | Sara Moreira                     | Individual            | Senior Feminino | 01:07:29 | +26:55 | 06:45 |
| 242 | 586  | Paula Fernandes                  | Individual            | Senior Feminino | 01:07:30 | +26:57 | 06:45 |
| 243 | 13   | Mariana Pinto                    | 10k & pizza           | Senior Feminino | 01:07:56 | +27:23 | 06:48 |
| 244 | 612  | Sandra Marques                   | Individual            | Senior Feminino | 01:08:01 | +27:27 | 06:48 |
| 245 | 481  | Filipa Cirineu                   | Individual            | Senior Feminino | 01:08:02 | +27:29 | 06:48 |
| 246 | 401  | Ana Marçal                       | Individual            | Senior Feminino | 01:08:05 | +27:31 | 06:48 |
| 247 | 1413 | Rafaela Gomes                    | Pantufas Voadoras     | Senior Feminino | 01:08:07 | +27:34 | 06:49 |
| 248 | 1583 | Larissa Marinho                  | Travão Puxado         | Senior Feminino | 01:08:08 | +27:34 | 06:49 |
| 249 | 485  | Filomena Soares                  | Individual            | Senior Feminino | 01:08:16 | +27:43 | 06:50 |
| 250 | 457  | Daniela Magalhães                | Individual            | Senior Feminino | 01:08:17 | +27:43 | 06:50 |
| 251 | 12   | Isabel Pinto                     | 10k & pizza           | Senior Feminino | 01:08:33 | +28:00 | 06:51 |
| 252 | 387  | Ana Beatriz Ferreira Santos      | Individual            | Senior Feminino | 01:08:41 | +28:07 | 06:52 |
| 253 | 216  | Beatriz Varum                    | Civilria Running Club | Senior Feminino | 01:08:44 | +28:10 | 06:52 |
| 254 | 488  | Francisca Rolo Simões            | Individual            | Senior Feminino | 01:08:46 | +28:13 | 06:53 |
| 255 | 397  | Ana Gonçalves                    | Individual            | Senior Feminino | 01:08:48 | +28:15 | 06:53 |
| 256 | 1553 | Francisca Nunes                  | TáLento               | Senior Feminino | 01:08:49 | +28:15 | 06:53 |
| 257 | 1578 | Rita Cardoso                     | Tostas em fuga        | Senior Feminino | 01:09:17 | +28:44 | 06:56 |
| 258 | 84   | Ana Rita Ribeiro                 | As 2 da vida airada   | Senior Feminino | 01:09:20 | +28:47 | 06:56 |
| 259 | 85   | Diana Santos                     | As 2 da vida airada   | Senior Feminino | 01:09:22 | +28:49 | 06:56 |
| 260 | 500  | Inês Silva                       | Individual            | Senior Feminino | 01:09:23 | +28:50 | 06:56 |
| 261 | 594  | Renata Lopes                     | Individual            | Senior Feminino | 01:09:24 | +28:51 | 06:56 |
| 262 | 479  | Estéfani Laux                    | Individual            | Senior Feminino | 01:09:27 | +28:53 | 06:57 |
| 263 | 424  | Beatriz Garcia Sequeira          | Individual            | Senior Feminino | 01:09:33 | +29:00 | 06:57 |
| 264 | 520  | Lara Ferreira Batista            | Individual            | Senior Feminino | 01:09:33 | +29:00 | 06:57 |
| 265 | 1606 | Patrícia Neves                   | Turtle runners        | Senior Feminino | 01:09:41 | +29:07 | 06:58 |
| 266 | 36   | Joana da Silva Santos            | ADI-Ílhavo            | Senior Feminino | 01:09:52 | +29:18 | 06:59 |
| 267 | 455  | Daniela filipa dos santos amorim | Individual            | Senior Feminino | 01:09:58 | +29:25 | 07:00 |
| 268 | 106  | Ana Silva                        | BARRA OCEAN RUNNERS   | Senior Feminino | 01:09:59 | +29:26 | 07:00 |

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## OFFICIAL RESULT

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|     |      |                                   |                                            |                 |          |        |       |
|-----|------|-----------------------------------|--------------------------------------------|-----------------|----------|--------|-------|
| 269 | 1415 | Rita Reis                         | Pantufas Voadoras                          | Senior Feminino | 01:10:09 | +29:36 | 07:01 |
| 270 | 1626 | Joana Correia                     | voltaren running club                      | Senior Feminino | 01:10:13 | +29:39 | 07:01 |
| 271 | 1350 | Ines Lima                         | Ines e Rui                                 | Senior Feminino | 01:10:15 | +29:42 | 07:02 |
| 272 | 466  | Day Fortes                        | Individual                                 | Senior Feminino | 01:10:33 | +29:59 | 07:03 |
| 273 | 447  | Clara de Souza Lino               | Individual                                 | Senior Feminino | 01:10:36 | +30:02 | 07:04 |
| 274 | 1404 | Carine Caires                     | Pantufas Voadoras                          | Senior Feminino | 01:10:48 | +30:15 | 07:05 |
| 275 | 537  | Mara Figo                         | Individual                                 | Senior Feminino | 01:10:49 | +30:16 | 07:05 |
| 276 | 384  | Alexandra Natali Saba caracciolo  | Individual                                 | Senior Feminino | 01:10:49 | +30:16 | 07:05 |
| 277 | 588  | Raquel Fecha                      | Individual                                 | Senior Feminino | 01:10:49 | +30:16 | 07:05 |
| 278 | 627  | Sofia Marques                     | Individual                                 | Senior Feminino | 01:10:49 | +30:16 | 07:05 |
| 279 | 399  | Ana lopes                         | Individual                                 | Senior Feminino | 01:11:04 | +30:31 | 07:06 |
| 280 | 193  | Camila Mendes                     | Cantaai                                    | Senior Feminino | 01:11:06 | +30:33 | 07:07 |
| 281 | 522  | Lara Vieira Rodrigues             | Individual                                 | Senior Feminino | 01:11:07 | +30:33 | 07:07 |
| 282 | 579  | Nicole Monteiro Rakov             | Individual                                 | Senior Feminino | 01:11:21 | +30:48 | 07:08 |
| 283 | 482  | Filipa Margarida Reis Mesquita    | Individual                                 | Senior Feminino | 01:11:23 | +30:49 | 07:08 |
| 284 | 323  | Beatriz Oliveira                  | Gambas Supersónicas                        | Senior Feminino | 01:11:28 | +30:54 | 07:09 |
| 285 | 1417 | Sofia Sarabando                   | Pantufas Voadoras                          | Senior Feminino | 01:11:32 | +30:58 | 07:09 |
| 286 | 536  | Manuela Pereira                   | Individual                                 | Senior Feminino | 01:11:33 | +30:59 | 07:09 |
| 287 | 1359 | Matilde Silva                     | LAQP - Liga dos Amigos da Quinta do Pecado | Senior Feminino | 01:11:34 | +31:01 | 07:09 |
| 288 | 456  | Daniela Gomes                     | Individual                                 | Senior Feminino | 01:11:42 | +31:09 | 07:10 |
| 289 | 585  | Patrícia Sousa                    | Individual                                 | Senior Feminino | 01:11:43 | +31:09 | 07:10 |
| 290 | 644  | Yohana Betancourt                 | Individual                                 | Senior Feminino | 01:11:44 | +31:10 | 07:10 |
| 291 | 576  | Michele Rocha Canelas             | Individual                                 | Senior Feminino | 01:11:44 | +31:11 | 07:10 |
| 292 | 221  | Mariana Antonello Basei           | Civilria Running Club                      | Senior Feminino | 01:11:58 | +31:25 | 07:12 |
| 293 | 1406 | Daniela Branco                    | Pantufas Voadoras                          | Senior Feminino | 01:11:59 | +31:26 | 07:12 |
| 294 | 393  | Ana Costa                         | Individual                                 | Senior Feminino | 01:12:11 | +31:37 | 07:13 |
| 295 | 618  | Sara Gonçalves                    | Individual                                 | Senior Feminino | 01:12:24 | +31:50 | 07:14 |
| 296 | 550  | Maria João Catarino Branco        | Individual                                 | Senior Feminino | 01:12:26 | +31:52 | 07:15 |
| 297 | 1508 | Carmen Castro                     | RuMa & CarAMel                             | Senior Feminino | 01:12:56 | +32:23 | 07:18 |
| 298 | 381  | Adriana Ribeiro                   | Individual                                 | Senior Feminino | 01:12:57 | +32:24 | 07:18 |
| 299 | 1565 | Joana Baldaia                     | Team Baldaia                               | Senior Feminino | 01:12:59 | +32:25 | 07:18 |
| 300 | 464  | Daniela Santos silva              | Individual                                 | Senior Feminino | 01:13:02 | +32:28 | 07:18 |
| 301 | 615  | Sara Araújo                       | Individual                                 | Senior Feminino | 01:13:05 | +32:32 | 07:19 |
| 302 | 35   | Catarina Marques                  | ADI-Ílhavo                                 | Senior Feminino | 01:13:12 | +32:39 | 07:19 |
| 303 | 440  | Catarina Santos Costa             | Individual                                 | Senior Feminino | 01:13:16 | +32:43 | 07:20 |
| 304 | 220  | Liliana Carvalho                  | Civilria Running Club                      | Senior Feminino | 01:13:32 | +32:58 | 07:21 |
| 305 | 554  | Maria João Pereira de Vasconcelos | Individual                                 | Senior Feminino | 01:13:56 | +33:22 | 07:24 |
| 306 | 1600 | Tânia Peixinho                    | TUFF RUNNERS                               | Senior Feminino | 01:14:33 | +34:00 | 07:27 |
| 307 | 1368 | Sara Duarte                       | Los Sem Pressa                             | Senior Feminino | 01:14:38 | +34:05 | 07:28 |
| 308 | 1367 | Bruna Palma                       | Los Sem Pressa                             | Senior Feminino | 01:14:38 | +34:05 | 07:28 |
| 309 | 563  | Mariana Tavares                   | Individual                                 | Senior Feminino | 01:14:47 | +34:13 | 07:29 |
| 310 | 1564 | Catarina Baldaia                  | Team Baldaia                               | Senior Feminino | 01:14:53 | +34:19 | 07:29 |
| 311 | 478  | Ema Germain                       | Individual                                 | Senior Feminino | 01:15:03 | +34:29 | 07:30 |
| 312 | 1411 | Mariana Monteiro                  | Pantufas Voadoras                          | Senior Feminino | 01:15:21 | +34:48 | 07:32 |
| 313 | 104  | Ana Azevedo                       | BARRA OCEAN RUNNERS                        | Senior Feminino | 01:15:37 | +35:03 | 07:34 |
| 314 | 1374 | Diana Santos                      | Mind&Body                                  | Senior Feminino | 01:16:02 | +35:28 | 07:36 |

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## OFFICIAL RESULT

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|-----|------|--------------------------------|-----------------------|-----------------|----------|--------|-------|
| 315 | 567  | Marta Alves Barreira           | Individual            | Senior Feminino | 01:16:07 | +35:33 | 07:37 |
| 316 | 388  | Ana Cardoso da Paula           | Individual            | Senior Feminino | 01:16:13 | +35:40 | 07:37 |
| 317 | 315  | Lénia Matos                    | FFonseca Running Team | Senior Feminino | 01:17:29 | +36:56 | 07:45 |
| 318 | 636  | Tânia Estrela Santos           | Individual            | Senior Feminino | 01:17:35 | +37:01 | 07:46 |
| 319 | 592  | Raquel Rocha                   | Individual            | Senior Feminino | 01:17:42 | +37:08 | 07:46 |
| 320 | 501  | Irene Amaral                   | Individual            | Senior Feminino | 01:17:42 | +37:09 | 07:46 |
| 321 | 622  | Sofia Almeida                  | Individual            | Senior Feminino | 01:17:43 | +37:10 | 07:46 |
| 322 | 1365 | Sara Lisboa Oliveira           | LisboaSantiago        | Senior Feminino | 01:17:57 | +37:23 | 07:48 |
| 323 | 504  | Janett Santos                  | Individual            | Senior Feminino | 01:18:11 | +37:38 | 07:49 |
| 324 | 214  | Ana Nunes                      | Civilria Running Club | Senior Feminino | 01:19:06 | +38:33 | 07:55 |
| 325 | 177  | Patrícia Cardoso               | Bistecas              | Senior Feminino | 01:20:51 | +40:17 | 08:05 |
| 326 | 564  | Mariana Teixeira               | Individual            | Senior Feminino | 01:21:17 | +40:43 | 08:08 |
| 327 | 487  | Francisca Melo                 | Individual            | Senior Feminino | 01:21:29 | +40:56 | 08:09 |
| 328 | 1414 | Rita Ramos                     | Pantufas Voadoras     | Senior Feminino | 01:21:45 | +41:12 | 08:11 |
| 329 | 597  | Rita Cartaxo                   | Individual            | Senior Feminino | 01:22:07 | +41:33 | 08:13 |
| 330 | 1605 | Ana Maia                       | Turtle runners        | Senior Feminino | 01:22:37 | +42:04 | 08:16 |
| 331 | 512  | Joana Rocha da Silva           | Individual            | Senior Feminino | 01:23:02 | +42:28 | 08:18 |
| 332 | 215  | Antónia Kiteria Magalhães Vale | Civilria Running Club | Senior Feminino | 01:23:17 | +42:43 | 08:20 |
| 333 | 590  | Raquel Monteiro                | Individual            | Senior Feminino | 01:24:54 | +44:20 | 08:29 |
| 334 | 495  | Inês Falcão                    | Individual            | Senior Feminino | 01:27:52 | +47:18 | 08:47 |
| 335 | 575  | Melo Ribeiro                   | Individual            | Senior Feminino | 01:28:59 | +48:26 | 08:54 |
| 336 | 633  | Susana Cravo                   | Individual            | Senior Feminino | 01:29:04 | +48:31 | 08:54 |
| 337 | 1410 | Lúcia Inês Cruz Melo           | Pantufas Voadoras     | Senior Feminino | 01:29:12 | +48:38 | 08:55 |
| 338 | 1416 | Sofia Martins                  | Pantufas Voadoras     | Senior Feminino | 01:29:12 | +48:38 | 08:55 |
| 339 | 406  | Ana Raro                       | Individual            | Senior Feminino | 01:31:37 | +51:04 | 09:10 |
| 340 | 49   | Hanna Kelly Holanda Rosa       | Altice Labs           | Senior Feminino | 01:31:43 | +51:10 | 09:10 |
| 341 | 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 Ilhaves                 | Senior Masculino | 35:48 | +05:47 03:35 |

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## OFFICIAL RESULT

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|    |      |                                    |                              |                  |       |        |       |
|----|------|------------------------------------|------------------------------|------------------|-------|--------|-------|
| 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 |
| 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 | 03:47 |
| 32 | 24   | António Veiga                      | ACD Os Ilhavos               | 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 |

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## OFFICIAL RESULT

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|     |      |                               |                                            |                  |       |        |       |
|-----|------|-------------------------------|--------------------------------------------|------------------|-------|--------|-------|
| 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 |
| 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 Ilhaves                             | 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  | Vítor 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 |

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## OFFICIAL RESULT

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|     |      |                              |                                           |                  |       |        |       |
|-----|------|------------------------------|-------------------------------------------|------------------|-------|--------|-------|
| 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 |
| 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 |

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## OFFICIAL RESULT

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|     |      |                                                |                                            |                  |       |        |       |
|-----|------|------------------------------------------------|--------------------------------------------|------------------|-------|--------|-------|
| 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 |
| 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                             | Molinhas Team                              | Senior Masculino | 47:37 | +17:36 | 04:46 |
| 162 | 960  | Vítor 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 | 1603 | Nuno da Silva Paiva                            | TUFF RUNNERS                               | Senior Masculino | 47:53 | +17:52 | 04:47 |
| 169 | 1601 | Guilherme Ramalheira                           | TUFF RUNNERS                               | Senior Masculino | 47:54 | +17:53 | 04:47 |
| 170 | 1433 | João Ferreiro                                  | Play Out                                   | Senior Masculino | 47:56 | +17:55 | 04:48 |
| 171 | 676  | Carlos Coutinho                                | Individual                                 | Senior Masculino | 47:58 | +17:57 | 04:48 |
| 172 | 913  | Rui Ladeiro                                    | Individual                                 | Senior Masculino | 47:58 | +17:57 | 04:48 |
| 173 | 134  | Diogo Ramos                                    | BARRA OCEAN RUNNERS                        | Senior Masculino | 47:58 | +17:58 | 04:48 |
| 174 | 803  | José Afonso Baião Silva                        | Individual                                 | Senior Masculino | 48:01 | +18:00 | 04:48 |
| 175 | 695  | Diogo Areias                                   | Individual                                 | Senior Masculino | 48:03 | +18:02 | 04:48 |
| 176 | 757  | Igor Daniel Silva Azevedo                      | Individual                                 | Senior Masculino | 48:08 | +18:07 | 04:49 |
| 177 | 135  | Francisco Paiva                                | BARRA OCEAN RUNNERS                        | Senior Masculino | 48:10 | +18:09 | 04:49 |
| 178 | 1526 | Carlos Domingues                               | Saca Trilhos Anadia                        | Senior Masculino | 48:12 | +18:11 | 04:49 |
| 179 | 1369 | João Pedro Martins Gonçalves                   | Los Sem Pressa                             | Senior Masculino | 48:14 | +18:13 | 04:49 |
| 180 | 812  | Leandro Marinho Viana                          | Individual                                 | Senior Masculino | 48:23 | +18:22 | 04:50 |
| 181 | 185  | João Manuel Afonso Domingues                   | BTTralhos                                  | Senior Masculino | 48:26 | +18:26 | 04:51 |
| 182 | 879  | Pedro Manuel Oliveira Matos                    | Individual                                 | Senior Masculino | 48:28 | +18:27 | 04:51 |
| 183 | 303  | André Filipe dos Santos Rebelo                 | Eduart-Componentes Calçado .               | Senior Masculino | 48:39 | +18:38 | 04:52 |
| 184 | 915  | Rui Miguel Ferreira Rodrigues                  | Individual                                 | Senior Masculino | 48:47 | +18:46 | 04:53 |
| 185 | 689  | Daniel Tavares                                 | Individual                                 | Senior Masculino | 48:47 | +18:46 | 04:53 |
| 186 | 1403 | André Silva                                    | Pacemakers                                 | Senior Masculino | 48:50 | +18:49 | 04:53 |
| 187 | 729  | Filipe Baptista Lopes                          | Individual                                 | Senior Masculino | 48:51 | +18:50 | 04:53 |
| 188 | 653  | André Marques                                  | Individual                                 | Senior Masculino | 48:51 | +18:50 | 04:53 |
| 189 | 650  | André Coelho                                   | Individual                                 | Senior Masculino | 48:52 | +18:51 | 04:53 |
| 190 | 941  | Tiago Morais                                   | Individual                                 | Senior Masculino | 48:57 | +18:56 | 04:54 |
| 191 | 672  | Bruno Leite                                    | Individual                                 | Senior Masculino | 49:00 | +18:59 | 04:54 |
| 192 | 717  | Emanuel Heleno                                 | Individual                                 | Senior Masculino | 49:01 | +19:00 | 04:54 |

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| Official Timekeeper: Lap2Go | 12 / 31 | generate 10-jul.-2025 11:50 |
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## 10KM

**10 KM**

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## OFFICIAL RESULT

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|     |      |                                |                           |                  |       |        |       |
|-----|------|--------------------------------|---------------------------|------------------|-------|--------|-------|
| 193 | 772  | João Filipe Costa Merendeiro   | Individual                | Senior Masculino | 49:06 | +19:05 | 04:55 |
| 194 | 74   | Alex Semichev                  | Anatata                   | Senior Masculino | 49:07 | +19:06 | 04:55 |
| 195 | 924  | Sérgio Manuel Gomes Silva      | Individual                | Senior Masculino | 49:11 | +19:10 | 04:55 |
| 196 | 780  | João Marques                   | Individual                | Senior Masculino | 49:14 | +19:13 | 04:55 |
| 197 | 683  | Daniel Berbigão                | Individual                | Senior Masculino | 49:15 | +19:14 | 04:56 |
| 198 | 313  | Jorge Matos                    | Família Barge Matos       | Senior Masculino | 49:16 | +19:15 | 04:56 |
| 199 | 692  | David de Sousa Quitério        | Individual                | Senior Masculino | 49:17 | +19:16 | 04:56 |
| 200 | 18   | João Lino                      | A.D.C.R. VILAGE           | Senior Masculino | 49:17 | +19:16 | 04:56 |
| 201 | 1588 | Rafael Malta                   | TREPANELAS / PRIFER       | Senior Masculino | 49:21 | +19:21 | 04:56 |
| 202 | 792  | João Santos                    | Individual                | Senior Masculino | 49:24 | +19:23 | 04:56 |
| 203 | 703  | Diogo Riço                     | Individual                | Senior Masculino | 49:27 | +19:26 | 04:57 |
| 204 | 705  | Duarte Santos Ribeiro          | Individual                | Senior Masculino | 49:38 | +19:37 | 04:58 |
| 205 | 888  | Rafael Rocha                   | Individual                | Senior Masculino | 49:39 | +19:39 | 04:58 |
| 206 | 736  | Francisco Bica                 | Individual                | Senior Masculino | 49:40 | +19:39 | 04:58 |
| 207 | 327  | Diogo Garrido                  | Garridos                  | Senior Masculino | 49:41 | +19:40 | 04:58 |
| 208 | 756  | Humberto Garcia                | Individual                | Senior Masculino | 49:53 | +19:52 | 04:59 |
| 209 | 146  | Pedro Miguel Marquinhos Soeiro | BARRA OCEAN RUNNERS       | Senior Masculino | 49:55 | +19:54 | 04:59 |
| 210 | 917  | Rui Saraiva                    | Individual                | Senior Masculino | 50:02 | +20:01 | 05:00 |
| 211 | 370  | Rodrigo Monteiro               | Hut Runners Aveiro        | Senior Masculino | 50:03 | +20:03 | 05:00 |
| 212 | 1522 | André Pereira                  | RunSanchequias            | Senior Masculino | 50:12 | +20:11 | 05:01 |
| 213 | 143  | Luís Gomes                     | BARRA OCEAN RUNNERS       | Senior Masculino | 50:16 | +20:16 | 05:02 |
| 214 | 712  | Eduardo Seabra                 | Individual                | Senior Masculino | 50:18 | +20:17 | 05:02 |
| 215 | 797  | João Velhinho                  | Individual                | Senior Masculino | 50:22 | +20:21 | 05:02 |
| 216 | 762  | João Anjos                     | Individual                | Senior Masculino | 50:22 | +20:21 | 05:02 |
| 217 | 928  | Severino José Paiva Rocha      | Individual                | Senior Masculino | 50:23 | +20:22 | 05:02 |
| 218 | 56   | José Maria Marques Andrade     | Altice Labs               | Senior Masculino | 50:25 | +20:24 | 05:02 |
| 219 | 170  | Filipe Sequeira                | Bengalas e Muletas        | Senior Masculino | 50:25 | +20:24 | 05:03 |
| 220 | 766  | João Campos                    | Individual                | Senior Masculino | 50:26 | +20:25 | 05:03 |
| 221 | 93   | Dário Amaral                   | Associação Os Vouzelenses | Senior Masculino | 50:29 | +20:28 | 05:03 |
| 222 | 147  | Simão Ferreira                 | BARRA OCEAN RUNNERS       | Senior Masculino | 50:29 | +20:28 | 05:03 |
| 223 | 1602 | João Pedro Conde de Almeida    | TUFF RUNNERS              | Senior Masculino | 50:29 | +20:29 | 05:03 |
| 224 | 934  | Tiago Canês                    | Individual                | Senior Masculino | 50:32 | +20:31 | 05:03 |
| 225 | 20   | TIAGO BRANCO                   | A.D.GRIJÓ A CORRER        | Senior Masculino | 50:37 | +20:36 | 05:04 |
| 226 | 1559 | Nuno silva                     | Tartarugas                | Senior Masculino | 50:44 | +20:43 | 05:04 |
| 227 | 1487 | Diogo Jerónimo                 | Ride                      | Senior Masculino | 50:45 | +20:44 | 05:05 |
| 228 | 907  | Rui Alberto da Silva Pires     | Individual                | Senior Masculino | 50:46 | +20:45 | 05:05 |
| 229 | 878  | Pedro Loprs                    | Individual                | Senior Masculino | 50:53 | +20:52 | 05:05 |
| 230 | 858  | Nuno Fernandes                 | Individual                | Senior Masculino | 50:56 | +20:55 | 05:06 |
| 231 | 847  | Micael Castro                  | Individual                | Senior Masculino | 51:01 | +21:00 | 05:06 |
| 232 | 142  | Luis Afonso                    | BARRA OCEAN RUNNERS       | Senior Masculino | 51:05 | +21:04 | 05:06 |
| 233 | 648  | André Boia                     | Individual                | Senior Masculino | 51:05 | +21:04 | 05:07 |
| 234 | 679  | celso cruz                     | Individual                | Senior Masculino | 51:08 | +21:07 | 05:07 |
| 235 | 833  | LUIZ FERNANDO CAETE DA SILVA   | Individual                | Senior Masculino | 51:08 | +21:08 | 05:07 |
| 236 | 227  | João Moreira                   | Civilria Running Club     | Senior Masculino | 51:11 | +21:10 | 05:07 |
| 237 | 749  | Guilherme Botelho Pereira      | Individual                | Senior Masculino | 51:12 | +21:11 | 05:07 |
| 238 | 821  | Luis Cação                     | Individual                | Senior Masculino | 51:12 | +21:11 | 05:07 |

## 10KM

**10 KM**

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## OFFICIAL RESULT

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|     |      |                                       |                       |                  |       |        |       |
|-----|------|---------------------------------------|-----------------------|------------------|-------|--------|-------|
| 239 | 857  | Nuno Faria                            | Individual            | Senior Masculino | 51:13 | +21:12 | 05:07 |
| 240 | 897  | Ricardo Magalhães                     | Individual            | Senior Masculino | 51:23 | +21:22 | 05:08 |
| 241 | 229  | José Duarte                           | Civilria Running Club | Senior Masculino | 51:25 | +21:24 | 05:08 |
| 242 | 921  | Rui Vilela                            | Individual            | Senior Masculino | 51:29 | +21:28 | 05:09 |
| 243 | 755  | Hugo Martins                          | Individual            | Senior Masculino | 51:30 | +21:29 | 05:09 |
| 244 | 696  | Diogo Cruz                            | Individual            | Senior Masculino | 51:30 | +21:29 | 05:09 |
| 245 | 962  | Xavier Ferreira                       | Individual            | Senior Masculino | 51:34 | +21:33 | 05:09 |
| 246 | 743  | Giovanni Diaz                         | Individual            | Senior Masculino | 51:37 | +21:36 | 05:10 |
| 247 | 842  | Martim Santos                         | Individual            | Senior Masculino | 51:39 | +21:38 | 05:10 |
| 248 | 906  | Rúben Pereira                         | Individual            | Senior Masculino | 51:47 | +21:46 | 05:11 |
| 249 | 224  | Francisco Natal Garcia                | Civilria Running Club | Senior Masculino | 51:52 | +21:51 | 05:11 |
| 250 | 1631 | Diogo Pinto                           | Andreia Oliveira      | Senior Masculino | 51:53 | +21:52 | 05:11 |
| 251 | 831  | Luís Santos                           | Individual            | Senior Masculino | 51:54 | +21:53 | 05:11 |
| 252 | 818  | Lucas Cordeiro                        | Individual            | Senior Masculino | 51:55 | +21:54 | 05:11 |
| 253 | 140  | Joel Mariano                          | BARRA OCEAN RUNNERS   | Senior Masculino | 52:04 | +22:03 | 05:12 |
| 254 | 910  | Rui Gonçalves                         | Individual            | Senior Masculino | 52:05 | +22:04 | 05:13 |
| 255 | 896  | Ricardo Lopes                         | Individual            | Senior Masculino | 52:06 | +22:06 | 05:13 |
| 256 | 661  | António César Silva Ferreira          | Individual            | Senior Masculino | 52:11 | +22:10 | 05:13 |
| 257 | 666  | Benjamim Ferreira                     | Individual            | Senior Masculino | 52:11 | +22:11 | 05:13 |
| 258 | 769  | João Diogo da Silva Semedo            | Individual            | Senior Masculino | 52:14 | +22:14 | 05:13 |
| 259 | 39   | Tude Melo                             | ADI-Ílhavo            | Senior Masculino | 52:15 | +22:14 | 05:13 |
| 260 | 1492 | Diogo Filipe Moura Silva              | RIS2048               | Senior Masculino | 52:26 | +22:25 | 05:15 |
| 261 | 316  | Carlos Almeida                        | FFonseca Running Team | Senior Masculino | 52:28 | +22:27 | 05:15 |
| 262 | 363  | Tiago Almeida                         | HellRun               | Senior Masculino | 52:34 | +22:33 | 05:15 |
| 263 | 927  | Sérgio Tavares                        | Individual            | Senior Masculino | 52:38 | +22:37 | 05:16 |
| 264 | 362  | Nelson Rodrigues                      | HellRun               | Senior Masculino | 52:42 | +22:41 | 05:16 |
| 265 | 829  | Luís malarmey ribeiro                 | Individual            | Senior Masculino | 52:42 | +22:41 | 05:16 |
| 266 | 763  | João Assunção                         | Individual            | Senior Masculino | 52:45 | +22:44 | 05:17 |
| 267 | 714  | Élio Maia                             | Individual            | Senior Masculino | 52:54 | +22:53 | 05:17 |
| 268 | 760  | Jaime Ricardo da Costa Lopes Catarino | Reumaticos            | Senior Masculino | 52:54 | +22:53 | 05:17 |
| 269 | 230  | Miguel Duarte                         | Civilria Running Club | Senior Masculino | 52:59 | +22:58 | 05:18 |
| 270 | 903  | Rodrigo Gaspar                        | Individual            | Senior Masculino | 52:59 | +22:59 | 05:18 |
| 271 | 42   | Francisco Vieito                      | Adriazul              | Senior Masculino | 53:02 | +23:01 | 05:18 |
| 272 | 828  | Luis Lopes                            | Individual            | Senior Masculino | 53:03 | +23:02 | 05:18 |
| 273 | 1425 | Ricardo Gonçalves                     | Pantufas Voadoras     | Senior Masculino | 53:12 | +23:11 | 05:19 |
| 274 | 680  | Cesar Filipe Vieira agomes            | Individual            | Senior Masculino | 53:15 | +23:14 | 05:20 |
| 275 | 940  | TIAGO MONIZ GUEDES                    | Individual            | Senior Masculino | 53:19 | +23:18 | 05:20 |
| 276 | 248  | Paulo Rosário                         | Clínica do exercício  | Senior Masculino | 53:20 | +23:19 | 05:20 |
| 277 | 1551 | BERNARDO ROQUE E SILVA MORAIS         | StepbyStep            | Senior Masculino | 53:37 | +23:37 | 05:22 |
| 278 | 875  | Pedro Ferreira                        | Individual            | Senior Masculino | 53:39 | +23:38 | 05:22 |
| 279 | 824  | Luís Correia                          | Individual            | Senior Masculino | 53:59 | +23:58 | 05:24 |
| 280 | 1579 | Nelson Fonseca                        | Tostas em fuga        | Senior Masculino | 54:03 | +24:02 | 05:24 |
| 281 | 793  | João Sousa                            | Individual            | Senior Masculino | 54:04 | +24:04 | 05:24 |
| 282 | 837  | Manuel Trovisco                       | Individual            | Senior Masculino | 54:07 | +24:06 | 05:25 |
| 283 | 1424 | Pedro Pereira                         | Pantufas Voadoras     | Senior Masculino | 54:08 | +24:08 | 05:25 |
| 284 | 796  | João Valente                          | Individual            | Senior Masculino | 54:12 | +24:11 | 05:25 |

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## OFFICIAL RESULT

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|     |      |                                 |                       |                  |       |        |       |
|-----|------|---------------------------------|-----------------------|------------------|-------|--------|-------|
| 285 | 774  | João Francisco Lourenço Pires   | Individual            | Senior Masculino | 54:15 | +24:15 | 05:26 |
| 286 | 1524 | Gonçalo Sousa                   | RunSanchequias        | Senior Masculino | 54:22 | +24:21 | 05:26 |
| 287 | 876  | Pedro Herculano                 | Individual            | Senior Masculino | 54:27 | +24:26 | 05:27 |
| 288 | 885  | Rafael Caprichoso               | Individual            | Senior Masculino | 54:28 | +24:27 | 05:27 |
| 289 | 671  | Bruno André Pinhal de Oliveira  | Individual            | Senior Masculino | 54:31 | +24:30 | 05:27 |
| 290 | 748  | Guilherme Baptista              | Individual            | Senior Masculino | 54:38 | +24:37 | 05:28 |
| 291 | 713  | Elder de Oliveira Silva         | Individual            | Senior Masculino | 54:42 | +24:41 | 05:28 |
| 292 | 102  | Nuno Silva                      | Avengers              | Senior Masculino | 54:44 | +24:43 | 05:28 |
| 293 | 947  | Tiago Vieira                    | Individual            | Senior Masculino | 54:50 | +24:50 | 05:29 |
| 294 | 685  | Daniel Filipe Tavares Marques   | Individual            | Senior Masculino | 54:51 | +24:50 | 05:29 |
| 295 | 1523 | Emanuel Simões                  | RunSanchequias        | Senior Masculino | 54:53 | +24:52 | 05:29 |
| 296 | 899  | Ricardo Reis                    | Individual            | Senior Masculino | 54:53 | +24:52 | 05:29 |
| 297 | 1630 | Nuno Reis                       | Individual            | Senior Masculino | 54:57 | +24:56 | 05:30 |
| 298 | 1567 | Simão Baldaia                   | Team Baldaia          | Senior Masculino | 55:03 | +25:03 | 05:30 |
| 299 | 914  | Rui Marinho                     | Individual            | Senior Masculino | 55:09 | +25:08 | 05:31 |
| 300 | 668  | Bernardo De Francesco Barreto   | Individual            | Senior Masculino | 55:11 | +25:10 | 05:31 |
| 301 | 51   | André Seixas da Silva           | Altice Labs           | Senior Masculino | 55:12 | +25:11 | 05:31 |
| 302 | 137  | Gonçalo Martins                 | BARRA OCEAN RUNNERS   | Senior Masculino | 55:18 | +25:17 | 05:32 |
| 303 | 849  | Miguel Galrinho                 | Individual            | Senior Masculino | 55:20 | +25:19 | 05:32 |
| 304 | 817  | Licínio Castanheira de Carvalho | Individual            | Senior Masculino | 55:23 | +25:22 | 05:32 |
| 305 | 944  | Tiago Pereira Fernandes         | Individual            | Senior Masculino | 55:26 | +25:25 | 05:33 |
| 306 | 785  | João Papel                      | Individual            | Senior Masculino | 55:28 | +25:27 | 05:33 |
| 307 | 669  | Bernardo Patoilo                | Individual            | Senior Masculino | 55:29 | +25:28 | 05:33 |
| 308 | 1627 | Joel Antunes                    | voltaren running club | Senior Masculino | 55:33 | +25:32 | 05:33 |
| 309 | 701  | Diogo Melo loureiro             | Individual            | Senior Masculino | 55:40 | +25:39 | 05:34 |
| 310 | 674  | Bruno Silva                     | Individual            | Senior Masculino | 55:48 | +25:47 | 05:35 |
| 311 | 1628 | Pedro Machado                   | voltaren running club | Senior Masculino | 56:09 | +26:08 | 05:37 |
| 312 | 658  | André Rodrigues Almeida         | Individual            | Senior Masculino | 56:12 | +26:11 | 05:37 |
| 313 | 744  | Gonçalo Cavaz Coelho            | Individual            | Senior Masculino | 56:12 | +26:12 | 05:37 |
| 314 | 777  | Joao Gil                        | Individual            | Senior Masculino | 56:19 | +26:18 | 05:38 |
| 315 | 57   | Mahsun Kortak Kortak            | Altice Labs           | Senior Masculino | 56:19 | +26:18 | 05:38 |
| 316 | 1591 | Simão Neves                     | Três por Hora         | Senior Masculino | 56:20 | +26:19 | 05:38 |
| 317 | 172  | Ricardo Preto                   | Bengalas e Muletas    | Senior Masculino | 56:28 | +26:27 | 05:39 |
| 318 | 848  | Miguel Castro Silva             | Individual            | Senior Masculino | 56:31 | +26:30 | 05:39 |
| 319 | 911  | Rui Jesus                       | Individual            | Senior Masculino | 56:40 | +26:39 | 05:40 |
| 320 | 804  | José Frias                      | Individual            | Senior Masculino | 56:40 | +26:40 | 05:40 |
| 321 | 649  | André Capela                    | Individual            | Senior Masculino | 56:43 | +26:42 | 05:40 |
| 322 | 925  | Sérgio Melendre                 | Individual            | Senior Masculino | 57:06 | +27:05 | 05:43 |
| 323 | 60   | Samuel Rocha Madail             | Altice Labs           | Senior Masculino | 57:08 | +27:07 | 05:43 |
| 324 | 675  | Carlos Costa                    | Individual            | Senior Masculino | 57:09 | +27:08 | 05:43 |
| 325 | 738  | Francisco Farias Natal          | Individual            | Senior Masculino | 57:28 | +27:27 | 05:45 |
| 326 | 852  | Miguel Oliveira                 | Individual            | Senior Masculino | 57:32 | +27:32 | 05:45 |
| 327 | 1431 | João Canas                      | Pequenos Póneis Ldo's | Senior Masculino | 57:33 | +27:33 | 05:45 |
| 328 | 811  | Leandro Klauck                  | Individual            | Senior Masculino | 57:34 | +27:33 | 05:45 |
| 329 | 711  | Eduardo Melo                    | Individual            | Senior Masculino | 57:41 | +27:40 | 05:46 |
| 330 | 931  | Thiago Sampaio de Castro Silva  | Individual            | Senior Masculino | 58:00 | +27:59 | 05:48 |

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## OFFICIAL RESULT

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|     |      |                               |                                            |                  |          |        |       |
|-----|------|-------------------------------|--------------------------------------------|------------------|----------|--------|-------|
| 331 | 47   | Samuel Tiago Figueira Lopes   | ADSS                                       | Senior Masculino | 58:00    | +27:59 | 05:48 |
| 332 | 836  | Manuel Gil                    | Individual                                 | Senior Masculino | 58:02    | +28:01 | 05:48 |
| 333 | 1615 | Mickaël Marques               | UNBRK FITNESS                              | Senior Masculino | 58:05    | +28:04 | 05:48 |
| 334 | 1613 | Alexandre Silva               | UNBRK FITNESS                              | Senior Masculino | 58:12    | +28:12 | 05:49 |
| 335 | 861  | Nuno Graciano Gonçalves Lopes | Individual                                 | Senior Masculino | 58:13    | +28:12 | 05:49 |
| 336 | 862  | Nuno Machado                  | Individual                                 | Senior Masculino | 58:18    | +28:17 | 05:50 |
| 337 | 1472 | Diogo Malheiro Silva          | Reumáticos & Etc                           | Senior Masculino | 58:29    | +28:28 | 05:51 |
| 338 | 1473 | RAFAEL SILVA ALVES            | Reumáticos & Etc                           | Senior Masculino | 58:29    | +28:28 | 05:51 |
| 339 | 916  | Rui Pedro Macedo              | Individual                                 | Senior Masculino | 58:29    | +28:28 | 05:51 |
| 340 | 826  | Luís Forte                    | Individual                                 | Senior Masculino | 58:30    | +28:29 | 05:51 |
| 341 | 686  | Daniel Marcos                 | Individual                                 | Senior Masculino | 58:31    | +28:30 | 05:51 |
| 342 | 784  | João Nunes                    | Individual                                 | Senior Masculino | 58:33    | +28:32 | 05:51 |
| 343 | 751  | Henrique Lopes de Almeida     | Individual                                 | Senior Masculino | 58:46    | +28:45 | 05:53 |
| 344 | 898  | Ricardo Pires                 | Individual                                 | Senior Masculino | 58:54    | +28:53 | 05:53 |
| 345 | 1534 | Telmo Ricardo Martins Tavares | Shots & Sprints                            | Senior Masculino | 59:02    | +29:01 | 05:54 |
| 346 | 190  | Gonçalo Pereira               | Cambra Runners                             | Senior Masculino | 59:22    | +29:21 | 05:56 |
| 347 | 1360 | Afonso Freire                 | LAQP - Liga dos Amigos da Quinta do Pecado | Senior Masculino | 59:37    | +29:36 | 05:58 |
| 348 | 807  | José Ladeiro                  | Individual                                 | Senior Masculino | 59:39    | +29:38 | 05:58 |
| 349 | 664  | António Xavier                | Individual                                 | Senior Masculino | 59:45    | +29:44 | 05:59 |
| 350 | 670  | Bernardo Pereira              | Individual                                 | Senior Masculino | 59:48    | +29:47 | 05:59 |
| 351 | 708  | Eduard Neves                  | Individual                                 | Senior Masculino | 59:48    | +29:47 | 05:59 |
| 352 | 191  | Rafael Pereira                | Cambra Runners                             | Senior Masculino | 59:50    | +29:49 | 05:59 |
| 353 | 48   | Simão Pedro Figueira Lopes    | ADSS                                       | Senior Masculino | 59:50    | +29:49 | 05:59 |
| 354 | 1395 | Rodrigo Cunha                 | ÓÖ & Co.                                   | Senior Masculino | 01:00:00 | +30:00 | 06:00 |
| 355 | 779  | João Lucas                    | Individual                                 | Senior Masculino | 01:00:01 | +30:00 | 06:00 |
| 356 | 800  | Joel González                 | Individual                                 | Senior Masculino | 01:00:03 | +30:02 | 06:00 |
| 357 | 710  | Eduardo Jesus                 | Individual                                 | Senior Masculino | 01:00:09 | +30:08 | 06:01 |
| 358 | 872  | Pedro Carmo                   | Individual                                 | Senior Masculino | 01:00:22 | +30:21 | 06:02 |
| 359 | 1614 | Marco André Costa Oliveira    | UNBRK FITNESS                              | Senior Masculino | 01:00:23 | +30:22 | 06:02 |
| 360 | 144  | Manuel Duarte Lima            | BARRA OCEAN RUNNERS                        | Senior Masculino | 01:00:31 | +30:30 | 06:03 |
| 361 | 168  | David Fontes                  | Bengalas e Muletas                         | Senior Masculino | 01:00:36 | +30:35 | 06:04 |
| 362 | 775  | João Gabriel Monteiro Vieira  | Individual                                 | Senior Masculino | 01:00:44 | +30:43 | 06:04 |
| 363 | 883  | Pedro Silva                   | Individual                                 | Senior Masculino | 01:00:45 | +30:44 | 06:04 |
| 364 | 726  | Fernando Jorge Vieira Ramos   | Individual                                 | Senior Masculino | 01:00:45 | +30:44 | 06:05 |
| 365 | 884  | Pedro Valente                 | Individual                                 | Senior Masculino | 01:00:47 | +30:46 | 06:05 |
| 366 | 1629 | Thierry Pires                 | voltaren running club                      | Senior Masculino | 01:00:49 | +30:48 | 06:05 |
| 367 | 693  | David Deveza                  | Individual                                 | Senior Masculino | 01:00:53 | +30:52 | 06:05 |
| 368 | 1491 | André Miguel Quental Catalão  | RIS2048                                    | Senior Masculino | 01:00:59 | +30:58 | 06:06 |
| 369 | 651  | André Costa                   | Individual                                 | Senior Masculino | 01:01:04 | +31:03 | 06:06 |
| 370 | 727  | Fernando Loureiro Rolo        | Individual                                 | Senior Masculino | 01:01:04 | +31:03 | 06:06 |
| 371 | 958  | Vítor Gonçalves               | Individual                                 | Senior Masculino | 01:01:14 | +31:13 | 06:07 |
| 372 | 139  | João Fernandes                | BARRA OCEAN RUNNERS                        | Senior Masculino | 01:01:15 | +31:14 | 06:08 |
| 373 | 1509 | André Melo                    | RuMa & CarAMel                             | Senior Masculino | 01:01:20 | +31:20 | 06:08 |
| 374 | 704  | Duarte Custódio               | Individual                                 | Senior Masculino | 01:01:30 | +31:30 | 06:09 |
| 375 | 954  | Vicente José Alves Pereira    | Individual                                 | Senior Masculino | 01:01:42 | +31:41 | 06:10 |
| 376 | 823  | Luís Carlos Pinto Sousa       | Individual                                 | Senior Masculino | 01:01:49 | +31:49 | 06:11 |

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## 10KM

**10 KM**

[illegible]

## OFFICIAL RESULT

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|     |      |                                  |                                         |                  |          |        |       |
|-----|------|----------------------------------|-----------------------------------------|------------------|----------|--------|-------|
| 377 | 678  | Carlos Veiga                     | Individual                              | Senior Masculino | 01:01:50 | +31:50 | 06:11 |
| 378 | 41   | Bernardo Vieito                  | Adriazul                                | Senior Masculino | 01:01:54 | +31:53 | 06:11 |
| 379 | 237  | Tomás Bento                      | Civilria Running Club                   | Senior Masculino | 01:01:59 | +31:58 | 06:12 |
| 380 | 918  | Rui Silva                        | Individual                              | Senior Masculino | 01:01:59 | +31:58 | 06:12 |
| 381 | 128  | André Pinho                      | BARRA OCEAN RUNNERS                     | Senior Masculino | 01:02:01 | +32:00 | 06:12 |
| 382 | 130  | Armando Santiago                 | BARRA OCEAN RUNNERS                     | Senior Masculino | 01:02:02 | +32:01 | 06:12 |
| 383 | 131  | Bernardo Leite                   | BARRA OCEAN RUNNERS                     | Senior Masculino | 01:02:02 | +32:01 | 06:12 |
| 384 | 132  | Bryan Valério                    | BARRA OCEAN RUNNERS                     | Senior Masculino | 01:02:03 | +32:02 | 06:12 |
| 385 | 908  | Rui Filipe                       | Individual                              | Senior Masculino | 01:02:06 | +32:05 | 06:13 |
| 386 | 706  | Edgar Moraes                     | Individual                              | Senior Masculino | 01:02:25 | +32:24 | 06:15 |
| 387 | 929  | Simão Mariano                    | Individual                              | Senior Masculino | 01:02:27 | +32:26 | 06:15 |
| 388 | 890  | Renato Areias                    | Individual                              | Senior Masculino | 01:02:28 | +32:27 | 06:15 |
| 389 | 1573 | Ricardo Gil Santos Mota          | The Boys                                | Senior Masculino | 01:02:57 | +32:57 | 06:18 |
| 390 | 887  | Rafael Lourenço                  | Individual                              | Senior Masculino | 01:03:22 | +33:21 | 06:20 |
| 391 | 946  | Tiago Silva                      | Individual                              | Senior Masculino | 01:03:30 | +33:29 | 06:21 |
| 392 | 952  | Válter Rafael Andrade Cró        | Individual                              | Senior Masculino | 01:03:47 | +33:46 | 06:23 |
| 393 | 938  | Tiago Godinho                    | Individual                              | Senior Masculino | 01:03:51 | +33:50 | 06:23 |
| 394 | 1394 | João Monteiro                    | ÓÔ & Co.                                | Senior Masculino | 01:03:55 | +33:54 | 06:23 |
| 395 | 758  | Isac silva                       | Individual                              | Senior Masculino | 01:04:06 | +34:05 | 06:25 |
| 396 | 1430 | David Costa                      | Pequenos Póneis Ldo's                   | Senior Masculino | 01:04:07 | +34:07 | 06:25 |
| 397 | 235  | Rodrigo Almeida                  | Civilria Running Club                   | Senior Masculino | 01:04:12 | +34:11 | 06:25 |
| 398 | 14   | José Aniceto                     | 10k & pizza                             | Senior Masculino | 01:04:29 | +34:29 | 06:27 |
| 399 | 718  | Emanuel Ricardo Correia da Silva | Individual                              | Senior Masculino | 01:04:34 | +34:33 | 06:27 |
| 400 | 776  | João Galacho                     | Individual                              | Senior Masculino | 01:04:34 | +34:34 | 06:27 |
| 401 | 90   | Luciano Grácio                   | Ass Distrital de Ténis de Mesa de Viseu | Senior Masculino | 01:04:35 | +34:34 | 06:27 |
| 402 | 91   | Rui Sacchetti                    | Ass Distrital de Ténis de Mesa de Viseu | Senior Masculino | 01:04:36 | +34:35 | 06:28 |
| 403 | 89   | Francisco Vieira                 | Ass Distrital de Ténis de Mesa de Viseu | Senior Masculino | 01:04:36 | +34:35 | 06:28 |
| 404 | 905  | Rúben Marques                    | Individual                              | Senior Masculino | 01:04:41 | +34:40 | 06:28 |
| 405 | 773  | João Filipe Patela Ribau         | Individual                              | Senior Masculino | 01:05:10 | +35:09 | 06:31 |
| 406 | 1392 | Rafael Das Neves Santos          | Nósos2                                  | Senior Masculino | 01:05:29 | +35:28 | 06:33 |
| 407 | 843  | Martinho Martins Bastos Tavares  | Individual                              | Senior Masculino | 01:05:30 | +35:30 | 06:33 |
| 408 | 739  | Francisco José Mendes Pronto     | Individual                              | Senior Masculino | 01:05:49 | +35:48 | 06:35 |
| 409 | 688  | Daniel santos                    | Individual                              | Senior Masculino | 01:06:04 | +36:03 | 06:36 |
| 410 | 1623 | Bruno Marinho                    | Velocidade Furiosa                      | Senior Masculino | 01:06:15 | +36:14 | 06:38 |
| 411 | 839  | Marcelo Silva                    | Individual                              | Senior Masculino | 01:06:20 | +36:19 | 06:38 |
| 412 | 1505 | Bruno Fábio Oliveira             | Rocha                                   | Senior Masculino | 01:06:28 | +36:27 | 06:39 |
| 413 | 145  | Marco Mateus                     | BARRA OCEAN RUNNERS                     | Senior Masculino | 01:06:31 | +36:30 | 06:39 |
| 414 | 948  | Tibério Baptista                 | Individual                              | Senior Masculino | 01:06:32 | +36:32 | 06:39 |
| 415 | 169  | Diogo Dias                       | Bengalas e Muletas                      | Senior Masculino | 01:06:38 | +36:37 | 06:40 |
| 416 | 171  | Manuel Gomes                     | Bengalas e Muletas                      | Senior Masculino | 01:06:39 | +36:38 | 06:40 |
| 417 | 345  | Tomás Matos                      | Grupo Desportivo Assempark              | Senior Masculino | 01:06:45 | +36:44 | 06:40 |
| 418 | 866  | Nuno Ribeiro                     | Individual                              | Senior Masculino | 01:06:46 | +36:45 | 06:41 |
| 419 | 816  | Leonel Pereira                   | Individual                              | Senior Masculino | 01:06:51 | +36:51 | 06:41 |
| 420 | 226  | Ismael de Castro Martins         | Civilria Running Club                   | Senior Masculino | 01:07:12 | +37:11 | 06:43 |

|                             |         |                             |
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| Official Timekeeper: Lap2Go | 17 / 31 | generate 10-jul.-2025 11:50 |
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## 10KM

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**10 KM**

## OFFICIAL RESULT

[illegible]

|     |      |                                   |                       |                  |          |        |       |
|-----|------|-----------------------------------|-----------------------|------------------|----------|--------|-------|
| 421 | 808  | José Marques                      | Individual            | Senior Masculino | 01:07:14 | +37:13 | 06:43 |
| 422 | 1621 | Diogo Mota                        | Vamos                 | Senior Masculino | 01:07:15 | +37:14 | 06:43 |
| 423 | 795  | Joao Torres                       | Individual            | Senior Masculino | 01:08:02 | +38:01 | 06:48 |
| 424 | 951  | Tomás Rosado                      | Individual            | Senior Masculino | 01:08:02 | +38:01 | 06:48 |
| 425 | 1420 | João Campos                       | Pantufas Voadoras     | Senior Masculino | 01:08:06 | +38:05 | 06:49 |
| 426 | 1554 | Diogo Nunes                       | TáLento               | Senior Masculino | 01:08:48 | +38:48 | 06:53 |
| 427 | 225  | Guilherme Benaduce da Costa       | Civilria Running Club | Senior Masculino | 01:08:51 | +38:51 | 06:53 |
| 428 | 1421 | João Castro                       | Pantufas Voadoras     | Senior Masculino | 01:09:14 | +39:13 | 06:55 |
| 429 | 232  | Nuno David Freitas Matos          | Civilria Running Club | Senior Masculino | 01:10:06 | +40:05 | 07:01 |
| 430 | 1423 | Maniel Verganista                 | Pantufas Voadoras     | Senior Masculino | 01:10:09 | +40:08 | 07:01 |
| 431 | 1351 | Rui Fernandes                     | Ines e Rui            | Senior Masculino | 01:10:15 | +40:14 | 07:02 |
| 432 | 1584 | Peterson Graize                   | Travão Puxado         | Senior Masculino | 01:10:36 | +40:36 | 07:04 |
| 433 | 1422 | João Pacheco                      | Pantufas Voadoras     | Senior Masculino | 01:10:48 | +40:47 | 07:05 |
| 434 | 750  | Helder Luis Silva Torres dos Reis | Individual            | Senior Masculino | 01:11:16 | +41:15 | 07:08 |
| 435 | 136  | Gabriel Capela                    | BARRA OCEAN RUNNERS   | Senior Masculino | 01:11:33 | +41:32 | 07:09 |
| 436 | 59   | Rui Pedro Machado Pires           | Altice Labs           | Senior Masculino | 01:14:46 | +44:45 | 07:29 |
| 437 | 663  | António Valente                   | Individual            | Senior Masculino | 01:15:13 | +45:12 | 07:31 |
| 438 | 874  | Pedro Espadilha                   | Individual            | Senior Masculino | 01:15:24 | +45:23 | 07:32 |
| 439 | 742  | Frederico Angeli Christofoletti   | Individual            | Senior Masculino | 01:15:32 | +45:31 | 07:33 |
| 440 | 1418 | David Silva                       | Pantufas Voadoras     | Senior Masculino | 01:16:55 | +46:54 | 07:42 |
| 441 | 1366 | Marcelo Daniel Marques Santiago   | LisboaSantiago        | Senior Masculino | 01:17:57 | +47:56 | 07:48 |
| 442 | 949  | Tomás Cartaxo                     | Individual            | Senior Masculino | 01:22:07 | +52:06 | 08:13 |
| 443 | 856  | Nico Ribeiro                      | Individual            | Senior Masculino | 01:28:59 | +58:58 | 08:54 |
| 444 | 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 |



## 10KM

**10 KM**

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## OFFICIAL RESULT

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|    |      |                                     |                              |              |          |        |       |
|----|------|-------------------------------------|------------------------------|--------------|----------|--------|-------|
| 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_alí                | 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 | 05:4  |
| 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 |
| 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 |

## 10KM

**10 KM**

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## OFFICIAL RESULT

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|    |      |               |                |              |          |        |       |
|----|------|---------------|----------------|--------------|----------|--------|-------|
| 64 | 1004 | Rosário Gomes | Individual     | Veterana F40 | 01:20:14 | +37:58 | 08:01 |
| 65 | 1607 | Rita Nércio   | 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 |
| 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 |

|                             |         |                             |
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| Official Timekeeper: Lap2Go | 20 / 31 | generate 10-jul.-2025 11:50 |
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## 10KM

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**10 KM**

## OFFICIAL RESULT

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|    |      |                                         |                       |              |          |        |       |
|----|------|-----------------------------------------|-----------------------|--------------|----------|--------|-------|
| 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 |

## 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 |

## 10KM

**10 KM**

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## OFFICIAL RESULT

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|    |      |                      |                       |              |          |        |       |
|----|------|----------------------|-----------------------|--------------|----------|--------|-------|
| 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 |
| 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 | Silvia 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 |

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| Official Timekeeper: Lap2Go | 22 / 31 | generate 10-jul.-2025 11:50 |
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## 10KM

**10 KM**

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## OFFICIAL RESULT

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|    |      |                                            |                                            |              |       |        |       |
|----|------|--------------------------------------------|--------------------------------------------|--------------|-------|--------|-------|
| 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                            | Molinhas 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 |
| 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 ali                              | Veterano M40 | 46:07 | +11:47 | 04:37 |

|                             |         |                             |
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| Official Timekeeper: Lap2Go | 23 / 31 | generate 10-jul.-2025 11:50 |
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## 10KM

**10 KM**

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## OFFICIAL RESULT

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|    |      |                                 |                          |              |       |        |       |
|----|------|---------------------------------|--------------------------|--------------|-------|--------|-------|
| 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 |
| 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 Laies                     | 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 |

|                             |         |                             |
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| Official Timekeeper: Lap2Go | 24 / 31 | generate 10-jul.-2025 11:50 |
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# 10KM

**10 KM**

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## OFFICIAL RESULT

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|     |      |                                 |                    |              |          |        |       |
|-----|------|---------------------------------|--------------------|--------------|----------|--------|-------|
| 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 |
| 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 Justíça                    | 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 |

|                             |         |                             |
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| Official Timekeeper: Lap2Go | 25 / 31 | generate 10-jul.-2025 11:50 |
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## 10KM

**10 KM**

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## OFFICIAL RESULT

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|    |      |                                    |                                            |              |       |        |       |
|----|------|------------------------------------|--------------------------------------------|--------------|-------|--------|-------|
| 15 | 1220 | Luís 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  | Vitor 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 | João Fernandes                     | Individual                                 | Veterano M45 | 42:39 | +06:47 | 04:16 |
| 21 | 1185 | André 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 Griné                           | 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 Recardães                              | 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 |
| 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 |

## 10KM

**10 KM**

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## OFFICIAL RESULT

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|    |      |                                   |                       |              |          |        |       |
|----|------|-----------------------------------|-----------------------|--------------|----------|--------|-------|
| 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_alí         | 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 |
| 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 | 300  | Nuno Oliveira                     | D'Rastos              | Veterano M45 | 01:03:41 | +27:49 | 06:22 |
| 90 | 319  | Ricardo Peixinho                  | FFonseca Running Team | Veterano M45 | 01:08:12 | +32:20 | 06:49 |
| 91 | 1231 | Nuno Rasteiro                     | Individual            | Veterano M45 | 01:08:14 | +32:22 | 06:49 |
| 92 | 1199 | Francisco João Gouveia Batista    | Individual            | Veterano M45 | 01:09:34 | +33:42 | 06:57 |
| 93 | 1202 | GONÇALO GASPAR                    | Individual            | Veterano M45 | 01:12:10 | +36:18 | 07:13 |
| 94 | 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 |

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| Official Timekeeper: Lap2Go | 27 / 31 | generate 10-jul.-2025 11:50 |
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## 10KM

**10 KM**

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## OFFICIAL RESULT

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|    |      |                                   |                                  |              |       |        |       |
|----|------|-----------------------------------|----------------------------------|--------------|-------|--------|-------|
| 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 |
| 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 | 04:52 |
| 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 |

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| Official Timekeeper: Lap2Go | 28 / 31 | generate 10-jul.-2025 11:50 |
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## 10KM

**10 KM**

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## OFFICIAL RESULT

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|    |      |                                  |                     |              |          |        |       |
|----|------|----------------------------------|---------------------|--------------|----------|--------|-------|
| 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<br>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 | 1448 | Nuno Dias                        | R G Levanta Poeira  | Veterano M50 | 01:03:21 | +27:46 | 06:20 |
| 64 | 1258 | Alcides Marquinhos               | Individual          | Veterano M50 | 01:04:04 | +28:28 | 06:24 |
| 65 | 1496 | João Fernando Rangel Martins     | RIS2048             | Veterano M50 | 01:04:50 | +29:15 | 06:29 |
| 66 | 194  | Maciel Mendes                    | Cantaai             | Veterano M50 | 01:05:49 | +30:14 | 06:35 |
| 67 | 1556 | José luís Nunes                  | TáLento             | Veterano M50 | 01:08:48 | +33:12 | 06:53 |
| 68 | 1287 | Rui Alves                        | Individual          | Veterano M50 | 01:16:07 | +40:31 | 07:37 |

## 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 |

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| Official Timekeeper: Lap2Go | 29 / 31 | generate 10-jul.-2025 11:50 |
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## 10KM

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**10 KM**

## OFFICIAL RESULT

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|    |      |                                 |                              |              |          |        |       |
|----|------|---------------------------------|------------------------------|--------------|----------|--------|-------|
| 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 |
| 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 |

|                             |         |                             |
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| Official Timekeeper: Lap2Go | 30 / 31 | generate 10-jul.-2025 11:50 |
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## 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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