

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	21:30	16,2°C	77%
End	23:32	16,2°C	77%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1	VÍTOR SANTOS	ev peraltafil	Veterano M40	36:33		03:39
2	7	João Vieira	clube desportivo feirense	Senior Masculino	37:00	+00:26	03:42
3	86	Paulo Pinto	ev peraltafil	Veterano M40	37:41	+01:07	03:46
4	98	Fábio Fernandes correia	individual	Senior Masculino	37:43	+01:09	03:46
5	45	Hugo Santos	associação desportiva aventuras de paiva - tuga mobile	Veterano M40	39:23	+02:49	03:56
6	5	António Cristóvão	gdc guilhovai	Veterano M40	39:35	+03:01	03:58
7	46	Marcelo Pinho Araújo	associação desportiva aventuras de paiva - tuga mobile	Senior Masculino	39:46	+03:12	03:59
8	84	José Almeida	ev peraltafil	Veterano M40	41:21	+04:47	04:08
9	126	Nuno Santos	sentir escariz running	Veterano M40	41:29	+04:55	04:09
10	101	Lucas Marques	individual	Senior Masculino	41:44	+05:10	04:10
11	109	Marco Marques	lourosa em movimento	Senior Masculino	41:46	+05:12	04:11
12	4	Sandra Ferreira	gdc guilhovai	Veterana F40	41:55	+05:21	04:12
13	94	Antonio Manuel de Brito Moreira	individual	Veterano M40	42:01	+05:27	04:12
14	82	João Silva	dci/trilhos luso bussaco	Veterano M40	42:08	+05:34	04:13
15	2015	Filipe Almeida	individual	Veterano M40	42:24	+05:50	04:14
16	322	Diogo felizardo	individual	Senior Masculino	42:28	+05:54	04:15
17	107	Ricardo Seromenho	jam - juventude atlética mozelense	Veterano M40	42:32	+05:58	04:15
18	114	Rui Pereira	pupilos do zé-tó	Veterano M50	42:43	+06:09	04:16
19	83	Cláudio Costa	ev peraltafil	Veterano M40	42:46	+06:12	04:17
20	68	Rui Teixeira	bravos e bravitas	Senior Masculino	42:49	+06:15	04:17
21	112	Sérgio Coelho	os fogo no cu	Senior Masculino	42:57	+06:23	04:18
22	81	Rui Oliveira	correr fermelã acadof	Senior Masculino	43:31	+06:57	04:21
23	110	Orlando Valente	lourosa em movimento	Veterano M50	43:36	+07:02	04:22
24	70	Sérgio Costa	bravos e bravitas	Veterano M40	43:40	+07:06	04:22
25	56	Paulo Oliveira	brandoenses running	Veterano M40	43:43	+07:09	04:22
26	128	VITOR PINHO	ten team	Veterano M50	44:01	+07:27	04:24
27	238	Miguel Costa	lourosa em movimento	Senior Masculino	44:14	+07:40	04:25
28	47	Paulo Alexandre Freitas Sousa	associação desportiva aventuras de paiva - tuga mobile	Senior Masculino	44:23	+07:50	04:26
29	268	Paulo Sérgio Silva Gomes	sentir escariz running	Veterano M40	44:25	+07:51	04:27
30	67	Raphael Leite	bravos e bravitas	Veterano M40	44:39	+08:05	04:28
31	269	Diogo Melo	team el comandante	Senior Masculino	44:44	+08:10	04:28
32	296	Diogo Gonçalves	guaxinins	Senior Masculino	44:54	+08:20	04:29
33	16	MANUEL CARDOSO	arcorun	Veterano M40	45:04	+08:30	04:30
34	188	Gonçalo Bernardo	individual	Veterano M40	45:05	+08:31	04:30
35	250	Humberto Rodrigues	pupilos do zé-tó	Veterano M40	45:05	+08:31	04:31
36	243	Luís Silva	lusitania de lourosa fc- secção de atletismo	Senior Masculino	45:09	+08:35	04:31
37	11	André Soares	2brothers team	Senior Masculino	45:13	+08:39	04:31
38	80	Carlos cardoso	cal - clube atletismo de lamas	Veterano M50	45:17	+08:43	04:32
39	228	Vasco Regadas	individual	Veterano M40	45:19	+08:45	04:32

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
40	160	Vitor Godinho	homegym	Senior Masculino	45:39	+09:05	04:34
41	60	Fábio Pereira	bravos e bravitas	Senior Masculino	45:59	+09:25	04:36
42	59	Alcides Relvas	bravos e bravitas	Veterano M60	45:59	+09:25	04:36
43	106	Vitor Santos	individual	Veterano M50	46:01	+09:27	04:36
44	2	Fátima Pinho	afis - ovar	Senior Feminino	46:01	+09:27	04:36
45	105	Tiago Pereira	individual	Senior Masculino	46:03	+09:29	04:36
46	123	Daniel Silva	scoimbrões / equipa a	Veterano M40	46:04	+09:30	04:36
47	77	Filipe Mota	c.d.c. paradela do vouga	Veterano M40	46:06	+09:32	04:37
48	159	Pedro Lopes	guisande trail running	Veterano M40	46:19	+09:45	04:38
49	242	Vitor Moreira	lourosa em movimento	Veterano M40	46:23	+09:49	04:38
50	122	Nelson Pais	run & fun	Veterano M40	46:29	+09:55	04:39
51	275	Sérgio Moço	traineiras	Senior Masculino	46:45	+10:11	04:40
52	27	João Tavares	arrifana running	Senior Masculino	47:12	+10:38	04:43
53	76	Custódio Coutinho	c.d.c. paradela do vouga	Veterano M60	47:23	+10:49	04:44
54	221	Ricardo Guedes	individual	Senior Masculino	47:25	+10:52	04:45
55	119	Cláudio anjinho	run & fun	Veterano M40	47:28	+10:54	04:45
56	236	Manuel Silva	lourosa em movimento	Veterano M40	47:28	+10:54	04:45
57	51	Fernando Cruz	brandoenses running	Veterano M40	47:32	+10:58	04:45
58	108	José Ferreira	lebres j & n	Veterano M50	47:33	+10:59	04:45
59	240	Ricardo José Neves Moreira	lourosa em movimento	Veterano M40	47:42	+11:08	04:46
60	212	Paulo Silva	individual	Senior Masculino	47:43	+11:09	04:46
61	179	Diogo Silva	individual	Senior Masculino	47:48	+11:14	04:47
62	36	Pedro Monteiro	arrifana running	Senior Masculino	48:08	+11:34	04:49
63	18	RICARDO PAIVA	arcorun	Veterano M40	48:17	+11:43	04:50
64	17	PAULO GRILO	arcorun	Veterano M50	48:17	+11:43	04:50
65	48	António Espinheira	brandoenses running	Veterano M50	48:20	+11:46	04:50
66	142	Joana Soares	associação desportiva aventuras de paiva - tuga mobile	Senior Feminino	48:25	+11:51	04:50
67	220	Ricardo Garcia	individual	Senior Masculino	48:25	+11:51	04:50
68	349	Luis Paulo Teixeira Azevedo	individual	Veterano M50	48:31	+11:57	04:51
69	177	David Matos	individual	Senior Masculino	48:51	+12:18	04:53
70	272	TIAGO NETO	ten team	Senior Masculino	48:54	+12:20	04:53
71	372	Ricardo José Azevedo Pinho	individual	Veterano M40	48:57	+12:23	04:54
72	102	Óscar Brandão	individual	Veterano M50	48:58	+12:25	04:54
73	234	João Santos	lourosa em movimento	Veterano M40	49:15	+12:41	04:56
74	52	Henrique Amorim	brandoenses running	Veterano M40	49:19	+12:45	04:56
75	314	Carlos Alberto de Lima Bruno	individual	Veterano M50	49:22	+12:48	04:56
76	385	Teresa paiva	run for fun laranjinhas	Veterana F50	49:24	+12:50	04:56
77	271	RICARDO TRIGO	ten team	Veterano M40	49:27	+12:53	04:57
78	209	Nuno Santos	individual	Veterano M40	49:27	+12:53	04:57
79	127	Erasmus Alves	taylors	Veterano M50	49:28	+12:54	04:57
80	248	António Ferreira	pupilos do zé-tó	Veterano M50	49:29	+12:55	04:57
81	246	Luis Gomes	pastello runners	Veterano M50	49:41	+13:07	04:58
82	93	André Silva	individual	Senior Masculino	49:46	+13:12	04:59
83	265	Sara Mota	run & fun	Veterana F40	50:15	+13:41	05:02
84	247	António Barbas	pupilos do zé-tó	Veterano M60	50:17	+13:43	05:02

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
85	198	João Carlos Costa Santos Pinto de Amorim	individual	Veterano M40	50:17	+13:43	05:02
86	279	Ricardo sousa	a.d. sebolido trail	Veterano M50	50:24	+13:50	05:02
87	211	Óscar Mendes	individual	Senior Masculino	50:28	+13:54	05:03
88	95	Cláudio Neves	individual	Senior Masculino	50:28	+13:54	05:03
89	49	Carlos Santos	brandoenses running	Veterano M50	50:35	+14:01	05:04
90	57	Perpétua Silva	brandoenses running	Veterana F40	50:35	+14:01	05:04
91	165	Anabela pimenta	individual	Veterana F40	50:41	+14:07	05:04
92	193	Humberto Coelho	individual	Veterano M40	50:45	+14:11	05:05
93	318	Danilo Fenu	individual	Senior Masculino	50:46	+14:12	05:05
94	504	Paulo Simão	run for fun laranjinhas	Veterano M50	50:47	+14:13	05:05
95	50	Constantino Mota	brandoenses running	Veterano M50	50:50	+14:16	05:05
96	161	Álvaro José Dias Carvalhinho	individual	Veterano M40	50:53	+14:19	05:05
97	64	João Sousa	bravos e bravitas	Veterano M50	50:56	+14:22	05:06
98	332	Hugo Lopes	individual	Senior Masculino	50:59	+14:25	05:06
99	63	João Gomes	bravos e bravitas	Veterano M50	51:02	+14:28	05:06
100	326	Fernando Jorge Silva Oliveira	individual	Veterano M40	51:04	+14:30	05:06
101	370	Rafael dos Santos Lima	individual	Senior Masculino	51:05	+14:31	05:06
102	486	Rúben Xanato	individual	Senior Masculino	51:05	+14:31	05:07
103	274	Rui Florindo	traineiras	Veterano M40	51:10	+14:36	05:07
104	181	Fabio Oliveira	individual	Senior Masculino	51:12	+14:38	05:07
105	87	Rafael Jesus	ev peraltafil	Senior Masculino	51:15	+14:41	05:08
106	260	Américo RobôCop	run & fun	Veterano M40	51:19	+14:45	05:08
107	384	Tatiana Lima	individual	Senior Feminino	51:22	+14:48	05:08
108	348	Luís Monteiro	individual	Senior Masculino	51:22	+14:48	05:08
109	266	Zé Moutinho	run & fun	Veterano M60	51:23	+14:49	05:08
110	233	Célia Santos	lourosa em movimento	Veterana F40	51:24	+14:50	05:08
111	120	Fénix solitário	run & fun	Veterano M50	51:29	+14:55	05:09
112	117	Miguel Oliveira	renault dacia	Veterano M40	51:30	+14:56	05:09
113	365	Paulo Pereira	individual	Veterano M40	51:32	+14:58	05:09
114	190	Hélder carvalho	individual	Veterano M40	51:38	+15:04	05:10
115	180	Eva Pimenta	individual	Veterana F40	51:38	+15:04	05:10
116	178	Diogo Couto	individual	Senior Masculino	51:40	+15:06	05:10
117	397	Carlos Martins	oiärunners	Veterano M50	51:41	+15:07	05:10
118	362	Paulo Jorge martins de Sousa	individual	Veterano M50	51:45	+15:11	05:11
119	182	Fábio Rodrigues	individual	Senior Masculino	51:46	+15:12	05:11
120	427	João Pedro Monteiro de Jesus	ris 2048	Senior Masculino	51:49	+15:15	05:11
121	118	Céu Vilar	run & fun	Veterana F40	51:57	+15:23	05:12
122	227	Thiago Beresford	individual	Senior Masculino	52:05	+15:31	05:13
123	103	Paulo resende	individual	Senior Masculino	52:06	+15:32	05:13
124	216	Pedro Santos	individual	Veterano M40	52:08	+15:34	05:13
125	183	Francisco José Costa Freitas	individual	Senior Masculino	52:09	+15:35	05:13
126	192	Hugo Silva	individual	Senior Masculino	52:10	+15:36	05:13
127	130	Pedro Soares	2brothers team	Veterano M40	52:11	+15:37	05:13
128	129	RICHARD NOGUEIRA	trail running sanguedo	Veterano M50	52:12	+15:38	05:13
129	218	Quim Zé	individual	Veterano M40	52:14	+15:40	05:13

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10 KM

[illegible]

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
130	176	Daniel Silva	individual	Veterano M50	52:14	+15:40	05:13
131	154	Leonel Oliveira	grupo desportivo da cruz das eiras	Veterano M40	52:17	+15:43	05:14
132	186	GABRIEL DE ANDRADE GONCALVES	individual	Senior Masculino	52:21	+15:47	05:14
133	125	Maria Alice Couto	sccoimbrões / equipa a	Veterana F50	52:23	+15:49	05:14
134	124	Fernando Sousa Ramalho	sccoimbrões / equipa a	Veterano M60	52:23	+15:49	05:14
135	283	André gomes	até a barraca abana	Senior Masculino	52:27	+15:53	05:15
136	167	António Henriques	individual	Veterano M40	52:27	+15:53	05:15
137	312	António Moura	individual	Veterano M50	52:38	+16:04	05:16
138	331	Hugo Cardoso	individual	Senior Masculino	52:39	+16:05	05:16
139	334	João António Silva Amorim	individual	Senior Masculino	52:39	+16:05	05:16
140	502	César Araújo	run for fun laranjinhas	Veterano M50	52:40	+16:07	05:16
141	505	Sandra Silva	run for fun laranjinhas	Veterana F40	52:41	+16:07	05:16
142	241	Rúben Silva	lourosa em movimento	Senior Masculino	52:42	+16:09	05:16
143	189	Gustavo Marques	individual	Senior Masculino	52:48	+16:14	05:17
144	8	Liliana Pinho	guisande trail running	Veterana F40	52:52	+16:18	05:17
145	9	Domingos Ferreira	guisande trail running	Veterano M40	52:52	+16:18	05:17
146	157	Marco Pires	guisande trail running	Veterano M40	52:53	+16:20	05:17
147	92	Sandro Moreira	guaxinins	Senior Masculino	53:09	+16:35	05:19
148	436	Sandra Magalhães	stone bridge runners	Veterana F50	53:09	+16:35	05:19
149	337	Joao Gomes	individual	Senior Masculino	53:16	+16:42	05:20
150	174	Daniel André de Sá Aguiar	individual	Senior Masculino	53:16	+16:42	05:20
151	267	Luís Santos	salgueiros running	Veterano M40	53:22	+16:48	05:20
152	113	Filipe Pereira	paguei para sofrer	Senior Masculino	53:23	+16:49	05:20
153	305	Alcino Ferreira Dos Santos	individual	Veterano M50	53:27	+16:53	05:21
154	203	Leandro Costa	individual	Veterano M40	53:33	+16:59	05:21
155	226	Tânia Mateus	individual	Veterana F40	53:33	+16:59	05:21
156	217	Pedro Santos	individual	Veterano M50	53:34	+17:00	05:21
157	205	Manuel constantino silva	individual	Veterano M60	53:35	+17:01	05:22
158	259	Nuno Miguel Santos Barros Marabuto	ris 2048	Veterano M40	53:38	+17:04	05:22
159	380	SÉRGIO SERÔDIO	individual	Senior Masculino	53:43	+17:09	05:22
160	321	Diogo costa	individual	Senior Masculino	53:46	+17:12	05:23
161	143	Bruno Neves	associação desportiva grijó a correr	Veterano M40	53:47	+17:13	05:23
162	69	Samuel Adriano	bravos e bravitas	Senior Masculino	53:49	+17:15	05:23
163	88	Tiago Costa	ev peraltafil	Senior Masculino	53:53	+17:19	05:23
164	85	Nuno David	ev peraltafil	Senior Masculino	53:55	+17:21	05:23
165	258	Diogo Filipe Moura Silva	ris 2048	Senior Masculino	54:00	+17:26	05:24
166	225	SERGIO GUEDES	individual	Veterano M50	54:02	+17:28	05:24
167	277	António Pereira	a.d. sebolido trail	Veterano M50	54:06	+17:32	05:25
168	235	Jorge Oliveira	lourosa em movimento	Veterano M50	54:09	+17:35	05:25
169	244	Adriano de Sousa	mosquet's family	Veterano M40	54:10	+17:36	05:25
170	141	Carla Daniela Pinto Teixeira	associação desportiva aventuras de paiva - tuga mobile	Senior Feminino	54:12	+17:38	05:25
171	41	Sónia Vidal	arrifana running	Veterana F40	54:13	+17:39	05:25
172	164	Ana Sofia Chipelo	individual	Senior Feminino	54:19	+17:45	05:26
173	97	Eduardo Correia	individual	Veterano M40	54:25	+17:51	05:26

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10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
174	262	Joel Ferreira	run & fun	Veterano M40	54:29	+17:55	05:27
175	413	Leonel Rocha	os fogo no cu	Veterano M40	54:29	+17:55	05:27
176	388	Virgilio Tavares	individual	Veterano M50	54:31	+17:57	05:27
177	219	Ricardo Bastos	individual	Veterano M40	54:32	+17:58	05:27
178	270	ANDRE MARTINS	ten team	Veterano M40	54:38	+18:05	05:28
179	389	Vitor Manuel Conceição Gomes	individual	Senior Masculino	54:48	+18:14	05:29
180	307	Ana Paula Pereira Rocha	individual	Senior Feminino	54:48	+18:14	05:29
181	316	Catarina Pereira	individual	Senior Feminino	54:50	+18:16	05:29
182	340	João Oliveira	individual	Senior Masculino	54:51	+18:17	05:29
183	73	Vera Leite	bravos e bravitas	Veterana F40	54:54	+18:20	05:29
184	133	Vitor domingos Rodrigues Costa	acvermoim	Veterano M50	54:54	+18:20	05:29
185	20	Carla Cardoso	arrifana running	Veterana F50	54:59	+18:25	05:30
186	327	Germano Carvalhal	individual	Veterano M50	54:59	+18:25	05:30
187	121	Domingos Ferreira	a.d. sebolido trail	Veterano M50	55:01	+18:27	05:30
188	32	Mária Calmeiro	arrifana running	Senior Feminino	55:07	+18:33	05:31
189	371	Regina costa	individual	Senior Feminino	55:09	+18:35	05:31
190	2012	André	individual	Senior Masculino	55:09	+18:35	05:31
191	401	Marcio Ferreira	oiãrunners	Veterano M40	55:19	+18:45	05:32
192	429	Mauro Alves	side by side	Senior Masculino	55:28	+18:54	05:33
193	215	Pedro Rodrigues	individual	Senior Masculino	55:28	+18:54	05:33
194	433	Pedro Magalhães	stone bridge runners	Veterano M40	55:29	+18:55	05:33
195	224	Rui Raimundo	individual	Veterano M50	55:40	+19:06	05:34
196	111	Daniela Caetano De Sá	os fogo no cu	Veterana F40	55:43	+19:09	05:34
197	223	Rui Manuel da Rocha Ferreira	individual	Veterano M50	55:44	+19:10	05:34
198	369	Pedro Sousa	individual	Senior Masculino	55:44	+19:10	05:34
199	351	Manuel Oliveira	individual	Veterano M60	55:44	+19:10	05:34
200	276	Ricardo Bastos	a. a. lebres do sado	Veterano M60	55:45	+19:11	05:35
201	245	Vítor Alves	os atletas sem pressa	Senior Masculino	55:47	+19:13	05:35
202	382	Susana Alves	individual	Veterana F40	55:55	+19:21	05:36
203	148	Carlos Almeida	brandoenses running	Veterano M40	55:56	+19:22	05:36
204	434	Raquel Regado	stone bridge runners	Veterana F40	55:57	+19:23	05:36
205	373	Ricardo Moreira Silva	individual	Senior Masculino	56:04	+19:30	05:36
206	328	Giovanne Furno	individual	Senior Masculino	56:06	+19:32	05:37
207	416	Miguel Costa	os sem folgo	Senior Masculino	56:13	+19:39	05:37
208	415	João Gonçalves	os sem folgo	Senior Masculino	56:20	+19:46	05:38
209	170	Carina Gouveia	individual	Senior Feminino	56:37	+20:03	05:40
210	200	Joao Silveira	individual	Veterano M40	56:39	+20:05	05:40
211	249	Elisio Maia	pupilos do zé-tó	Veterano M50	56:42	+20:08	05:40
212	253	Miguel Fontes	pupilos do zé-tó	Veterano M50	56:42	+20:08	05:40
213	257	Vitor Lemos	pupilos do zé-tó	Veterano M40	56:51	+20:17	05:41
214	392	Raquel Queirós	l & r	Senior Feminino	56:55	+20:21	05:41
215	391	Rafael Ferreira	l & r	Senior Masculino	56:55	+20:21	05:42
216	497	Bruno Oliveira	os sem folgo	Senior Masculino	57:10	+20:36	05:43
217	278	Constantina Rocha	a.d. sebolido trail	Veterana F50	57:19	+20:45	05:44
218	310	António Fonseca	individual	Veterano M40	57:30	+20:56	05:45

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
219	261	Elsa Mota	run & fun	Veterana F40	57:32	+20:58	05:45
220	273	Daniel Costa	the boys	Senior Masculino	57:38	+21:04	05:46
221	379	Sandra Moreira	individual	Veterana F50	57:49	+21:15	05:47
222	333	Inês Barroso Matias	individual	Veterana F40	57:52	+21:18	05:47
223	78	Rakell Santos	c.d.c. paradela do vouga	Senior Feminino	58:02	+21:28	05:48
224	366	Paulo Ribeiro	individual	Veterano M40	58:05	+21:31	05:49
225	139	PEDRO MANUEL PEREIRA MELO	arcorun	Veterano M50	58:13	+21:39	05:49
226	66	Paula Soares	bravos e bravitas	Veterana F40	58:13	+21:39	05:49
227	230	Domingos silva	jesus runners	Veterano M60	58:18	+21:44	05:50
228	33	Marta Oliveira	arrifana running	Senior Feminino	58:19	+21:45	05:50
229	232	MARIA LINO	juf acc	Veterana F40	58:19	+21:45	05:50
230	452	Bruno Azevedo	individual	Veterano M40	58:24	+21:50	05:50
231	25	Helder Faria	arrifana running	Senior Masculino	58:25	+21:52	05:51
232	343	Jorge Sequeira	individual	Veterano M60	58:26	+21:52	05:51
233	213	Pedro Carmona	individual	Senior Masculino	58:29	+21:55	05:51
234	35	Paulo Fonseca	arrifana running	Veterano M50	58:30	+21:56	05:51
235	55	Maria Terra	brandoenses running	Veterana F50	58:33	+21:59	05:51
236	335	Joao Correia	individual	Senior Masculino	58:35	+22:01	05:52
237	166	Andrés Yepes	individual	Senior Masculino	58:37	+22:03	05:52
238	104	Tiago ferreira	individual	Veterano M40	58:41	+22:07	05:52
239	43	Vanessa Maia	arrifana running	Senior Feminino	58:47	+22:13	05:53
240	75	Vitor Mota	bravos e bravitas	Senior Masculino	58:48	+22:14	05:53
241	387	Victor Gomez	individual	Veterano M40	58:53	+22:19	05:53
242	162	Ana Dias	individual	Senior Feminino	58:57	+22:23	05:54
243	29	José Beleza	arrifana running	Veterano M60	59:10	+22:36	05:55
244	53	Jorge Silva	brandoenses running	Veterano M50	59:10	+22:36	05:55
245	336	João Fernandes	individual	Veterano M40	59:12	+22:38	05:55
246	39	Rui Pereira	arrifana running	Veterano M40	59:12	+22:38	05:55
247	44	Vânia Oliveira	arrifana running	Veterana F40	59:12	+22:38	05:55
248	263	Manuel caracol solitário	run & fun	Veterano M50	59:13	+22:39	05:55
249	357	Miguel Ferreira	individual	Senior Masculino	59:13	+22:39	05:55
250	375	Rodrigo Araújo	individual	Senior Masculino	59:14	+22:40	05:55
251	10	Paula Martins	arrifana running	Veterana F50	59:19	+22:46	05:56
252	507	Tony bri	run for fun laranjinhas	Veterano M50	59:25	+22:51	05:56
253	42	Susana Gomes	arrifana running	Veterana F50	59:29	+22:55	05:57
254	140	Ana Soraia Freitas Sousa	associação desportiva aventuras de paiva - tuga mobile	Senior Feminino	59:35	+23:01	05:58
255	353	Marco Oliveira	individual	Veterano M40	59:38	+23:04	05:58
256	367	Pedro Henrique Silva Araujo	individual	Senior Masculino	59:39	+23:05	05:58
257	2011	Paulo	guisande trail running	Senior Masculino	01:00:08	+23:35	06:01
258	195	Ivo Nascimento	individual	Senior Masculino	01:00:11	+23:37	06:01
259	295	Paulo Pereira	família pereira	Veterano M50	01:00:20	+23:46	06:02
260	419	Eduarda Lopes	paguei para sofrer	Senior Feminino	01:00:22	+23:48	06:02
261	421	Leonardo Silva	paguei para sofrer	Senior Masculino	01:00:23	+23:49	06:02
262	191	Hélder Pereira	individual	Veterano M40	01:00:25	+23:51	06:02
263	320	DENNISE VERISSIMO	individual	Senior Feminino	01:00:25	+23:51	06:02

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
264	435	Ricardo Coelho	stone bridge runners	Veterano M40	01:00:33	+23:59	06:03
265	324	Erica Silva	individual	Senior Feminino	01:00:35	+24:01	06:03
266	341	João Teixeira	individual	Senior Masculino	01:00:35	+24:01	06:03
267	61	Fatinha Lopes	bravos e bravitas	Veterana F50	01:00:35	+24:01	06:04
268	207	Miguel Barbosa	individual	Veterano M40	01:00:48	+24:14	06:05
269	294	Fernando Coutinho	equipaboot	Veterano M50	01:00:48	+24:14	06:05
270	488	Sandra Cristina soares dos santos	individual	Veterana F40	01:01:03	+24:29	06:06
271	30	Lurdes Fernandes	arrifana running	Veterana F50	01:01:04	+24:30	06:06
272	438	Sara Pinto	treineiras	Senior Feminino	01:01:08	+24:34	06:07
273	208	Miguel Pereira	individual	Senior Masculino	01:01:09	+24:35	06:07
274	168	António Jesus	individual	Veterano M40	01:01:09	+24:35	06:07
275	509	Joel Marques	seixal fcorre	Senior Masculino	01:01:12	+24:38	06:07
276	368	Pedro Silva	individual	Veterano M50	01:01:14	+24:40	06:07
277	480	Paulo Teixeira	individual	Senior Masculino	01:01:15	+24:41	06:08
278	204	Leandro Resende	individual	Veterano M40	01:01:20	+24:46	06:08
279	423	Pedro Gomes	paguei para sofrer	Veterano M40	01:01:20	+24:46	06:08
280	418	Edgar Pinho	paguei para sofrer	Veterano M40	01:01:20	+24:46	06:08
281	163	Ana Ribeiro	individual	Veterana F50	01:01:21	+24:47	06:08
282	131	Marco Silva	abrantas silva	Veterano M40	01:01:21	+24:47	06:08
283	34	Orquídea Gomes	arrifana running	Veterana F50	01:01:22	+24:48	06:08
284	292	Patrícia Ferreira	ele cozinha, ela lava	Senior Feminino	01:01:26	+24:52	06:09
285	329	Gisela Avelar	individual	Veterana F40	01:01:27	+24:53	06:09
286	291	Nuno Santos	ele cozinha, ela lava	Senior Masculino	01:01:27	+24:53	06:09
287	317	Daniela Mendes	individual	Senior Feminino	01:01:29	+24:55	06:09
288	311	Antonio Jose Moreira de Sousa	individual	Veterano M40	01:01:38	+25:04	06:10
289	65	Mariline Baptista	bravos e bravitas	Veterana F40	01:01:38	+25:04	06:10
290	151	Joana Rita Teixeira de Sousa	cmmc vale de cambra	Senior Feminino	01:01:40	+25:06	06:10
291	150	Joana Oliveira de Almeida Pinho	cmmc vale de cambra	Veterana F40	01:01:40	+25:06	06:10
292	169	Bruno Soares	individual	Veterano M40	01:02:11	+25:37	06:13
293	96	Cristiana Resende	individual	Veterana F40	01:02:17	+25:44	06:14
294	89	Virgílio neves	furadourotrail	Veterano M40	01:02:18	+25:44	06:14
295	153	Catarina Leite	furadourotrail	Veterana F40	01:02:18	+25:44	06:14
296	378	Rui Miguel Costa	individual	Veterano M50	01:02:18	+25:44	06:14
297	412	Joana Sá	os fogo no cu	Senior Feminino	01:02:19	+25:45	06:14
298	231	LUÍS HIGINO	juf acc	Veterano M50	01:02:20	+25:46	06:14
299	514	Ricardo Gil Santos Mota	the boys	Senior Masculino	01:02:21	+25:47	06:14
300	171	Carla Alexandra dos Santos Patela	individual	Veterana F40	01:02:28	+25:54	06:15
301	156	Manuel Gomes	guisande trail running	Veterano M50	01:02:37	+26:03	06:16
302	210	Nuno Santos	individual	Veterano M40	01:02:37	+26:03	06:16
303	304	Alberto Martins	individual	Veterano M40	01:02:37	+26:03	06:16
304	350	Luzia Soares	individual	Veterana F40	01:02:39	+26:05	06:16
305	144	Ricardo Neves	associação desportiva grijó a correr	Veterano M40	01:02:44	+26:10	06:16
306	299	Liliana Andrade	homegym	Veterana F40	01:02:53	+26:19	06:17
307	229	Vítor Silva	individual	Veterano M50	01:02:53	+26:19	06:17

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
308	71	Sílvia Ferreira	bravos e bravitas	Veterana F40	01:02:55	+26:21	06:18
309	394	Miguel da Mota Rodrigues	lovetiles	Senior Masculino	01:03:09	+26:35	06:19
310	426	Bárbara Raquel Marques Pereira	ris 2048	Senior Feminino	01:03:09	+26:35	06:19
311	308	André Santos	individual	Senior Masculino	01:03:24	+26:50	06:20
312	325	Eva Machado	individual	Senior Feminino	01:03:28	+26:54	06:21
313	437	Luís Raposo	the boys	Senior Masculino	01:03:32	+26:58	06:21
314	393	Teresa Ventura	lourosa em movimento	Veterana F50	01:03:35	+27:01	06:22
315	303	Adriano Oliveira	individual	Veterano M50	01:03:50	+27:16	06:23
316	172	Carlos Barroso	individual	Veterano M50	01:03:53	+27:19	06:23
317	222	Ricardo Pinho	individual	Veterano M50	01:03:53	+27:19	06:23
318	206	Maria Leandro	individual	Veterana F40	01:04:12	+27:38	06:25
319	38	Rosa Silva	arrifana running	Veterana F50	01:04:16	+27:42	06:26
320	315	Carolina Castro	individual	Senior Feminino	01:04:17	+27:43	06:26
321	319	Danilo José Leite Pinto	individual	Senior Masculino	01:04:18	+27:44	06:26
322	306	Ana Aguiar	individual	Senior Feminino	01:04:21	+27:47	06:26
323	346	Luana Resende	individual	Senior Feminino	01:04:21	+27:47	06:26
324	286	Vania Silva	até a barraca abana	Senior Feminino	01:04:28	+27:54	06:27
325	302	Adelino Pinheiro	individual	Veterano M50	01:04:29	+27:55	06:27
326	155	Jose Teixeira	guisande trail running	Senior Masculino	01:04:34	+28:00	06:27
327	158	Patricia Almeida	guisande trail running	Senior Feminino	01:04:34	+28:00	06:27
328	347	Luís Lemos	individual	Senior Masculino	01:04:42	+28:08	06:28
329	390	Vladyslava Sobolkova	individual	Senior Feminino	01:04:42	+28:08	06:28
330	466	João Diogo Martins	individual	Senior Masculino	01:04:43	+28:09	06:28
331	425	Susana Costa	paguei para sofrer	Veterana F40	01:04:54	+28:20	06:29
332	510	Jorge Leal	seixal fcorre	Senior Masculino	01:04:54	+28:20	06:29
333	422	Miguel Queiroz	paguei para sofrer	Senior Masculino	01:04:54	+28:20	06:29
334	508	Ana Leal	seixal fcorre	Senior Feminino	01:04:55	+28:21	06:30
335	145	Cristiana Gomes	bombeiros voluntários oliveira de azeméis	Veterana F40	01:04:55	+28:21	06:30
336	513	Pedro Figueiredo Anjo	the boys	Senior Masculino	01:04:56	+28:22	06:30
337	432	Andreia Santos	stone bridge runners	Senior Feminino	01:05:26	+28:52	06:33
338	403	Maríleny Esteves	oiãrunners	Veterana F50	01:05:29	+28:55	06:33
339	430	Stephanie Silva	side by side	Senior Feminino	01:05:33	+28:59	06:33
340	196	Joana Raquel da Silva Lourenço Rodrigues	individual	Senior Feminino	01:05:33	+28:59	06:33
341	40	Sérgio Cabral	arrifana running	Veterano M50	01:05:33	+28:59	06:33
342	290	Andreia Afonso	correr fermelã acadof	Senior Feminino	01:05:35	+29:01	06:34
343	323	Elisabete Cunha	individual	Veterana F40	01:05:39	+29:05	06:34
344	309	Andreia Gomes	individual	Veterana F40	01:05:40	+29:06	06:34
345	21	Cesário Fernandes	arrifana running	Veterano M40	01:05:43	+29:09	06:34
346	289	Silvio Paiva	clube desportivo recreativo da lage	Veterano M60	01:05:48	+29:14	06:35
347	297	Almerinda Pereira	homegym	Veterana F50	01:05:53	+29:19	06:35
348	298	José António Pereira Reis	homegym	Senior Masculino	01:05:53	+29:19	06:35
349	440	Diana Marques	trio run	Senior Feminino	01:06:01	+29:27	06:36
350	441	Susana Martins	trio run	Senior Feminino	01:06:02	+29:28	06:36
351	338	João Leite	individual	Veterano M40	01:06:03	+29:29	06:36

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
352	359	Nuno Leite	individual	Veterano M40	01:06:03	+29:29	06:36
353	428	Mónica Ferreira	seixal fcorre	Senior Feminino	01:06:11	+29:37	06:37
354	184	Frank Coelho	individual	Veterano M50	01:06:30	+29:56	06:39
355	91	Livia do Nascimento e Silva	guaxinins	Veterana F40	01:06:31	+29:57	06:39
356	358	Nilda Magalhães	individual	Veterana F50	01:06:38	+30:04	06:40
357	116	Juliana Gomes	renault dacia	Senior Feminino	01:06:39	+30:06	06:40
358	360	Nuno Martins	individual	Veterano M50	01:06:42	+30:08	06:40
359	376	Rodrigo Ferreira	individual	Senior Masculino	01:06:45	+30:11	06:40
360	377	Rodrigo Silva	individual	Senior Masculino	01:06:45	+30:11	06:41
361	443	ANA COELHO	el guapos	Senior Feminino	01:07:13	+30:39	06:43
362	445	TIAGO FERREIRA	el guapos	Senior Masculino	01:07:13	+30:39	06:43
363	470	Lucas Azevedo Correa	individual	Veterano M40	01:07:16	+30:42	06:44
364	361	Oriana Silva	individual	Senior Feminino	01:07:17	+30:43	06:44
365	484	Rodrigo Martins Nogueira	individual	Senior Masculino	01:07:52	+31:18	06:47
366	476	Mariana Costa Abreu	individual	Senior Feminino	01:07:57	+31:23	06:48
367	472	Luís Daniel Martins Fernandes	individual	Senior Masculino	01:07:57	+31:23	06:48
368	138	Rita Maia de Oliveira	amve - associação moinho vermoim	Veterana F40	01:08:24	+31:50	06:50
369	14	Rui Menezes	allrun team	Senior Masculino	01:08:25	+31:51	06:50
370	136	Gabriel Martins	amve - associação moinho vermoim	Senior Masculino	01:08:25	+31:51	06:51
371	135	Filipe Oliveira	amve - associação moinho vermoim	Veterano M40	01:08:26	+31:52	06:51
372	330	Hugo Azevedo	individual	Veterano M40	01:08:33	+31:59	06:51
373	15	Rui Moreira	allrun team	Senior Masculino	01:08:53	+32:19	06:53
374	354	Maria Almeida	individual	Senior Feminino	01:09:08	+32:34	06:55
375	313	António Silvestre	individual	Veterano M50	01:09:12	+32:38	06:55
376	454	Catarina Costa	individual	Veterana F40	01:09:43	+33:09	06:58
377	293	Tiago Sousa	ele cozinha, ela lava	Senior Masculino	01:09:56	+33:22	07:00
378	72	Sónia Oliveira	bravos e bravitas	Veterana F40	01:10:24	+33:50	07:02
379	146	António Botelho	botelhocas run	Veterano M50	01:10:46	+34:12	07:05
380	500	Cidália Soares	porto sentido runners	Veterana F50	01:11:09	+34:35	07:07
381	264	Antonio Sousa	porto sentido runners	Veterana F40	01:11:10	+34:36	07:07
382	383	Tânia Tavares	individual	Veterana F40	01:11:11	+34:37	07:07
383	381	Sérgio Tavares	individual	Veterano M40	01:11:11	+34:37	07:07
384	285	Tiago Silva	até a barraca abana	Senior Masculino	01:11:18	+34:44	07:08
385	356	Maria Joaquina de Oliveira Peixoto	individual	Veterana F50	01:11:36	+35:02	07:10
386	374	Rita Pina	individual	Veterana F40	01:11:36	+35:02	07:10
387	463	Inês Cruz	individual	Veterana F40	01:11:58	+35:24	07:12
388	477	Matilde Mendes	individual	Senior Feminino	01:11:59	+35:25	07:12
389	147	António Sousa	brandoenses running	Veterano M60	01:12:05	+35:31	07:13
390	450	Antonio Monteiro	individual	Senior Masculino	01:12:33	+35:59	07:15
391	352	Marco Andrade	individual	Senior Masculino	01:12:33	+35:59	07:15
392	409	Sandra Alves	os atletas sem pressa	Senior Feminino	01:12:47	+36:13	07:17
393	408	João Alves	os atletas sem pressa	Senior Masculino	01:12:47	+36:13	07:17
394	503	Dulce Maria	run for fun laranjinhas	Veterana F60	01:13:28	+36:54	07:21
395	420	Fernando Lopes	paguei para sofrer	Veterano M50	01:13:33	+36:59	07:21
396	474	Margarida Ferreira	individual	Veterana F50	01:13:49	+37:15	07:23

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
397	467	José Oliveira	individual	Veterano M40	01:13:49	+37:15	07:23
398	501	Amália Maria Foitinho de Carvalho Cabral Monteiro	ris 2048	Veterana F50	01:13:52	+37:18	07:23
399	458	Erica Patrícia Henriques Ferreira	individual	Senior Feminino	01:13:55	+37:21	07:23
400	465	João Dias	individual	Senior Masculino	01:13:55	+37:21	07:23
401	492	Vitor Neves	individual	Veterano M40	01:13:59	+37:25	07:24
402	287	Jaqueline botelho	botelhocas run	Senior Feminino	01:14:15	+37:41	07:26
403	482	Ricardo Ismael Oliveira Lemos	individual	Veterano M40	01:14:33	+37:59	07:27
404	471	Lucília Alves	individual	Veterana F40	01:14:33	+37:59	07:27
405	499	Inês Reis	os sem folgo	Senior Feminino	01:14:38	+38:04	07:28
406	202	Jorge Manuel Silva valente	individual	Veterano M40	01:14:38	+38:04	07:28
407	22	Daniel Ferreira	arrifana running	Senior Masculino	01:15:18	+38:44	07:32
408	406	Rita Gonçalves	oiãrunners	Veterana F40	01:15:33	+38:59	07:33
409	281	Aristides Carneiro	arrudateam	Senior Masculino	01:15:50	+39:16	07:35
410	74	Vírginia Moreira	bravos e bravitas	Veterana F50	01:16:07	+39:33	07:37
411	62	Isa Dias	bravos e bravitas	Veterana F40	01:16:07	+39:33	07:37
412	26	Hugo Oliveira	arrifana running	Veterano M40	01:16:35	+40:01	07:39
413	284	Inês reis	até a barraca abana	Senior Feminino	01:17:04	+40:30	07:42
414	355	Maria João Catarino Branco	individual	Senior Feminino	01:17:12	+40:38	07:43
415	79	Sofia Gonçalves	c.d.c. paradela do vouga	Senior Feminino	01:17:31	+40:57	07:45
416	405	Miguel Pimentel	oiãrunners	Veterano M50	01:18:10	+41:36	07:49
417	398	Constança Pimentel	oiãrunners	Senior Feminino	01:18:10	+41:36	07:49
418	496	Diogo Ferreira Silva	os coelhinhos	Senior Masculino	01:18:17	+41:44	07:50
419	495	Mário Antunes	mosquet's family	Veterano M40	01:19:10	+42:36	07:55
420	424	Sara Lopes	paguei para sofrer	Senior Feminino	01:19:10	+42:36	07:55
421	417	Andreia Santos	paguei para sofrer	Veterana F40	01:19:10	+42:36	07:55
422	442	ANA BRANCO	el guapos	Senior Feminino	01:19:31	+42:57	07:57
423	444	Daniel Maia	el guapos	Senior Masculino	01:19:31	+42:57	07:57
424	446	Adriana Mendes Oliveira Araujo	individual	Veterana F40	01:19:48	+43:14	07:59
425	301	Adeilson Silva	individual	Veterano M40	01:19:48	+43:14	07:59
426	489	Thiago Magalhães	individual	Senior Masculino	01:20:39	+44:05	08:04
427	485	Rosa Frade	individual	Senior Feminino	01:20:41	+44:07	08:04
428	455	Cátia Sofia Lopes Cardoso	individual	Senior Feminino	01:20:42	+44:08	08:04
429	256	Vera Nogueira	pupilos do zé-tó	Veterana F40	01:21:00	+44:26	08:06
430	252	Miguel Coelho	pupilos do zé-tó	Veterano M50	01:21:01	+44:27	08:06
431	448	Ana Sofia Pereira	individual	Senior Feminino	01:21:14	+44:40	08:07
432	28	Jorge Silva	arrifana running	Veterano M40	01:22:55	+46:21	08:17
433	411	Rafael Lousada Silva	os coelhinhos	Senior Masculino	01:23:17	+46:43	08:20
434	410	Catarina Vieira Martins	os coelhinhos	Senior Feminino	01:23:17	+46:43	08:20
435	461	Frederico Figueira	individual	Veterano M50	01:23:26	+46:52	08:21
436	494	Joaquim Castro	love is in the air	Veterano M60	01:23:53	+47:19	08:23
437	512	Domingos Manuel Silva Oliveira	the boys	Senior Masculino	01:24:01	+47:27	08:24
438	90	Giuliano Dias Amarante	guaxinins	Veterano M40	01:24:06	+47:32	08:25
439	490	Timóteo Antunes Pereira	individual	Senior Masculino	01:24:08	+47:34	08:25

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
440	469	Lara Marques da Silva	individual	Senior Feminino	01:24:08	+47:34	08:25
441	511	David Ramos	the boys	Senior Masculino	01:24:08	+47:34	08:25
442	464	Israel Illian drummond	individual	Senior Masculino	01:24:08	+47:34	08:25
443	478	Nicolas Felix	individual	Senior Masculino	01:27:09	+50:35	08:43
444	449	Andres Nunez	individual	Senior Masculino	01:27:09	+50:35	08:43
445	457	Elisabete Maria Marques da Conceição	individual	Veterana F40	01:28:24	+51:50	08:50
446	13	Joana Amorim	allrun team	Senior Feminino	01:30:18	+53:44	09:02
447	12	Ana Abrantes	allrun team	Senior Feminino	01:30:19	+53:45	09:02
448	491	Vânia Neves	individual	Senior Feminino	01:31:08	+54:34	09:07
449	456	Eduardo Guedes	individual	Veterano M40	01:31:08	+54:34	09:07
450	498	Cathy Silva	os sem folgo	Senior Feminino	01:38:04	+01:01:30	09:48
451	468	Kevin Pinto Silva	individual	Senior Masculino	01:38:50	+01:02:16	09:53
452	451	Beatriz Rocha	individual	Senior Feminino	01:38:50	+01:02:16	09:53

Obs

BIB	NOTE	NAME	TEAM	CAT
54	DQ	José Santos	Brandoenses running	Veterano M60
100	DQ	Liliana Fagundes	Individual	Senior Feminino
132	DQ	José Joaquim Rodrigues costa	ACVermoim	Veterano M50
152	DQ	Joaquim Sa	Figurinhas	Veterano M50
255	DQ	Sara Rodrigues	Pupilos do Zé-Tó	Senior Feminino
280	DQ	Sónia Barra Abrantes	Abrantes Silva	Veterana F40
396	DQ	Ana Almeida	OiãRunners	Veterana F40
399	DQ	Lisa Silva	OiãRunners	Veterana F40
462	DQ	Helena Soua	Individual	Veterana F50
479	DQ	Patrícia Rosa	Individual	Veterana F40
483	DQ	rita lacerda de Freitas	Individual	Veterana F50
493	DQ	Carolina Silva	Love is in the air	Veterana F60
6	DNF	André Guedes	Clube Desportivo Feirense	Senior Masculino
137	DNF	Natália Gonçalves	AMVE - Associação Moinho Vermoim	Veterana F40
282	DNF	Patrícia Magalhães	ArrudaTeam	Veterana F40
506	DNF	Teresa Magalhães	Run For Fun Laranjinhas	Veterana F60

Prova Principal

10 KM

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OFFICIAL RESULT

[illegible]

38	440	Diana Marques	Trio Run	Senior Feminino	01:06:00	+29:27	06:36
39	441	Susana Martins	Trio Run	Senior Feminino	01:06:01	+29:28	06:36
40	428	Mónica Ferreira	Seixal FCorre	Senior Feminino	01:06:10	+29:37	06:37
41	116	Juliana Gomes	RENAULT DACIA	Senior Feminino	01:06:39	+30:06	06:40
42	443	ANA COELHO	EL GUAPOS	Senior Feminino	01:07:13	+30:39	06:43
43	361	Oriana Silva	Individual	Senior Feminino	01:07:17	+30:43	06:44
44	476	Mariana Costa Abreu	Individual	Senior Feminino	01:07:56	+31:23	06:48
45	354	Maria Almeida	Individual	Senior Feminino	01:09:08	+32:34	06:55
46	477	Matilde Mendes	Individual	Senior Feminino	01:11:58	+35:25	07:12
47	409	Sandra Alves	Os Atletas Sem Pressa	Senior Feminino	01:12:46	+36:13	07:17
48	458	Erica Patrícia Henriques Ferreira	Individual	Senior Feminino	01:13:54	+37:21	07:23
49	287	Jaqueline botelho	Botelhocas run	Senior Feminino	01:14:15	+37:41	07:26
50	499	Inês Reis	Os Sem Folgo	Senior Feminino	01:14:37	+38:04	07:28
51	284	Inês reis	Até a barraca abana	Senior Feminino	01:17:04	+40:30	07:42
52	355	Maria João Catarino Branco	Individual	Senior Feminino	01:17:12	+40:38	07:43
53	79	Sofia Gonçalves	C.D.C. Paradela do Vouga	Senior Feminino	01:17:31	+40:57	07:45
54	398	Constança Pimentel	OiãRunners	Senior Feminino	01:18:10	+41:36	07:49
55	424	Sara Lopes	Paguei para Sofrer	Senior Feminino	01:19:09	+42:36	07:55
56	442	ANA BRANCO	EL GUAPOS	Senior Feminino	01:19:30	+42:57	07:57
57	485	Rosa Frade	Individual	Senior Feminino	01:20:41	+44:07	08:04
58	455	Cátia Sofia Lopes Cardoso	Individual	Senior Feminino	01:20:41	+44:08	08:04
59	448	Ana Sofia Pereira	Individual	Senior Feminino	01:21:13	+44:40	08:07
60	410	Catarina Vieira Martins	Os Coelhoinhos	Senior Feminino	01:23:16	+46:43	08:20
61	469	Lara Marques da Silva	Individual	Senior Feminino	01:24:07	+47:34	08:25
62	13	Joana Amorim	Allrun Team	Senior Feminino	01:30:18	+53:44	09:02
63	12	Ana Abrantes	Allrun Team	Senior Feminino	01:30:18	+53:45	09:02
64	491	Vânia Neves	Individual	Senior Feminino	01:31:07	+54:34	09:07
65	498	Cathy Silva	Os Sem Folgo	Senior Feminino	01:38:03	+01:01:30	09:48
66	451	Beatriz Rocha	Individual	Senior Feminino	01:38:49	+01:02:16	09:53

Senior Masculino

1	7	João Vieira	Clube Desportivo Feirense	Senior Masculino	36:59	+00:26	03:42
2	98	Fábio Fernandes correia	Individual	Senior Masculino	37:43	+01:09	03:46
3	46	Marcelo Pinho Araújo	Associação Desportiva Aventuras de Paiva - Tuga Mobile	Senior Masculino	39:46	+03:12	03:59
4	101	Lucas Marques	Individual	Senior Masculino	41:44	+05:10	04:10
5	109	Marco Marques	Lourosa Em Movimento	Senior Masculino	41:46	+05:12	04:11
6	322	Diogo felizardo	Individual	Senior Masculino	42:27	+05:54	04:15
7	68	Rui Teixeira	Bravos e Bravitas	Senior Masculino	42:48	+06:15	04:17
8	112	Sérgio Coelho	Os fogo no cu	Senior Masculino	42:56	+06:23	04:18
9	81	Rui Oliveira	Correr Fermelã ACADOF	Senior Masculino	43:31	+06:57	04:21
10	238	Miguel Costa	Lourosa Em Movimento	Senior Masculino	44:14	+07:40	04:25
11	47	Paulo Alexandre Freitas Sousa	Associação Desportiva Aventuras de Paiva - Tuga Mobile	Senior Masculino	44:23	+07:50	04:26
12	269	Diogo Melo	Team El Comandante	Senior Masculino	44:43	+08:10	04:28
13	296	Diogo Gonçalves	Guaxinins	Senior Masculino	44:54	+08:20	04:29

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Prova Principal

10 KM

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OFFICIAL RESULT

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14	243	Luís Silva	Lusitania de Lourosa FC- Secção de Atletismo	Senior Masculino	45:09	+08:35	04:31
15	11	André Soares	2brothers team	Senior Masculino	45:12	+08:39	04:31
16	160	Vitor Godinho	HomeGym	Senior Masculino	45:38	+09:05	04:34
17	60	Fábio Pereira	Bravos e Bravitas	Senior Masculino	45:58	+09:25	04:36
18	105	Tiago Pereira	Individual	Senior Masculino	46:03	+09:29	04:36
19	275	Sérgio Moço	Traineiras	Senior Masculino	46:44	+10:11	04:40
20	27	João Tavares	Arrifana Running	Senior Masculino	47:11	+10:38	04:43
21	221	Ricardo Guedes	Individual	Senior Masculino	47:25	+10:52	04:45
22	212	Paulo Silva	Individual	Senior Masculino	47:43	+11:09	04:46
23	179	Diogo Silva	Individual	Senior Masculino	47:47	+11:14	04:47
24	36	Pedro Monteiro	Arrifana Running	Senior Masculino	48:07	+11:34	04:49
25	220	Ricardo Garcia	Individual	Senior Masculino	48:24	+11:51	04:50
26	177	David Matos	Individual	Senior Masculino	48:51	+12:18	04:53
27	272	TIAGO NETO	TEN TEAM	Senior Masculino	48:53	+12:20	04:53
28	93	André Silva	Individual	Senior Masculino	49:45	+13:12	04:59
29	211	Óscar Mendes	Individual	Senior Masculino	50:27	+13:54	05:03
30	95	Cláudio Neves	Individual	Senior Masculino	50:28	+13:54	05:03
31	318	Danilo Fenu	Individual	Senior Masculino	50:46	+14:12	05:05
32	332	Hugo Lopes	Individual	Senior Masculino	50:58	+14:25	05:06
33	370	Rafael dos Santos Lima	Individual	Senior Masculino	51:04	+14:31	05:06
34	486	Rúben Xanato	Individual	Senior Masculino	51:05	+14:31	05:07
35	181	Fabio Oliveira	Individual	Senior Masculino	51:12	+14:38	05:07
36	87	Rafael Jesus	EV Peraltafil	Senior Masculino	51:15	+14:41	05:08
37	348	Luís Monteiro	Individual	Senior Masculino	51:22	+14:48	05:08
38	178	Diogo Couto	Individual	Senior Masculino	51:39	+15:06	05:10
39	182	Fábio Rodrigues	Individual	Senior Masculino	51:45	+15:12	05:11
40	427	João Pedro Monteiro de Jesus	RIS 2048	Senior Masculino	51:49	+15:15	05:11
41	227	Thiago Beresford	Individual	Senior Masculino	52:05	+15:31	05:13
42	103	Paulo resende	Individual	Senior Masculino	52:05	+15:32	05:13
43	183	Francisco José Costa Freitas	Individual	Senior Masculino	52:09	+15:35	05:13
44	192	Hugo Silva	Individual	Senior Masculino	52:09	+15:36	05:13
45	186	GABRIEL DE ANDRADE GONCALVES	Individual	Senior Masculino	52:21	+15:47	05:14
46	283	André gomes	Até a barraca abana	Senior Masculino	52:26	+15:53	05:15
47	331	Hugo Cardoso	Individual	Senior Masculino	52:39	+16:05	05:16
48	334	João António Silva Amorim	Individual	Senior Masculino	52:39	+16:05	05:16
49	241	Rúben Silva	Lourosa Em Movimento	Senior Masculino	52:42	+16:09	05:16
50	189	Gustavo Marques	Individual	Senior Masculino	52:47	+16:14	05:17
51	92	Sandro Moreira	Guaxinins	Senior Masculino	53:09	+16:35	05:19
52	337	Joao Gomes	Individual	Senior Masculino	53:15	+16:42	05:20
53	174	Daniel André de Sá Aguiar	Individual	Senior Masculino	53:15	+16:42	05:20
54	113	Filipe Pereira	Paguei para Sofrer	Senior Masculino	53:23	+16:49	05:20
55	380	SÉRGIO SERÔDIO	Individual	Senior Masculino	53:43	+17:09	05:22
56	321	Diogo costa	Individual	Senior Masculino	53:46	+17:12	05:23
57	69	Samuel Adriano	Bravos e Bravitas	Senior Masculino	53:49	+17:15	05:23
58	88	Tiago Costa	EV Peraltafil	Senior Masculino	53:53	+17:19	05:23
59	85	Nuno David	EV Peraltafil	Senior Masculino	53:54	+17:21	05:23

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Prova Principal

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60	258	Diogo Filipe Moura Silva	RIS 2048	Senior Masculino	53:59	+17:26	05:24
61	389	Vitor Manuel Conceição Gomes	Individual	Senior Masculino	54:47	+18:14	05:29
62	340	João Oliveira	Individual	Senior Masculino	54:51	+18:17	05:29
63	2012	André	Individual	Senior Masculino	55:09	+18:35	05:31
64	429	Mauro Alves	Side by Side	Senior Masculino	55:27	+18:54	05:33
65	215	Pedro Rodrigues	Individual	Senior Masculino	55:28	+18:54	05:33
66	369	Pedro Sousa	Individual	Senior Masculino	55:44	+19:10	05:34
67	245	Vitor Alves	Os Atletas Sem Pressa	Senior Masculino	55:47	+19:13	05:35
68	373	Ricardo Moreira Silva	Individual	Senior Masculino	56:04	+19:30	05:36
69	328	Giovanne Furno	Individual	Senior Masculino	56:06	+19:32	05:37
70	416	Miguel Costa	Os Sem Folgo	Senior Masculino	56:12	+19:39	05:37
71	415	João Gonçalves	Os Sem Folgo	Senior Masculino	56:19	+19:46	05:38
72	391	Rafael Ferreira	L & R	Senior Masculino	56:55	+20:21	05:42
73	497	Bruno Oliveira	Os Sem Folgo	Senior Masculino	57:09	+20:36	05:43
74	273	Daniel Costa	The Boys	Senior Masculino	57:38	+21:04	05:46
75	25	Helder Faria	Arrifana Running	Senior Masculino	58:25	+21:52	05:51
76	213	Pedro Carmona	Individual	Senior Masculino	58:28	+21:55	05:51
77	335	Joao Correia	Individual	Senior Masculino	58:35	+22:01	05:52
78	166	Andrés Yepes	Individual	Senior Masculino	58:36	+22:03	05:52
79	75	Vitor Mota	Bravos e Bravitas	Senior Masculino	58:47	+22:14	05:53
80	357	Miguel Ferreira	Individual	Senior Masculino	59:13	+22:39	05:55
81	375	Rodrigo Araújo	Individual	Senior Masculino	59:13	+22:40	05:55
82	367	Pedro Henrique Silva Araujo	Individual	Senior Masculino	59:38	+23:05	05:58
83	2011	Paulo	Guisande Trail Running	Senior Masculino	01:00:08	+23:35	06:01
84	195	Ivo Nascimento	Individual	Senior Masculino	01:00:10	+23:37	06:01
85	421	Leonardo Silva	Paguei para Sofrer	Senior Masculino	01:00:22	+23:49	06:02
86	341	João Teixeira	Individual	Senior Masculino	01:00:34	+24:01	06:03
87	208	Miguel Pereira	Individual	Senior Masculino	01:01:09	+24:35	06:07
88	509	Joel Marques	Seixal FCorre	Senior Masculino	01:01:11	+24:38	06:07
89	480	Paulo Teixeira	Individual	Senior Masculino	01:01:15	+24:41	06:08
90	291	Nuno Santos	Ele Cozinha, Ela Lava	Senior Masculino	01:01:27	+24:53	06:09
91	514	Ricardo Gil Santos Mota	The Boys	Senior Masculino	01:02:20	+25:47	06:14
92	394	Miguel da Mota Rodrigues	LoveTiles	Senior Masculino	01:03:09	+26:35	06:19
93	308	André Santos	Individual	Senior Masculino	01:03:24	+26:50	06:20
94	437	Luís Raposo	The Boys	Senior Masculino	01:03:31	+26:58	06:21
95	319	Danilo José Leite Pinto	Individual	Senior Masculino	01:04:17	+27:44	06:26
96	155	Jose Teixeira	Guisande Trail Running	Senior Masculino	01:04:33	+28:00	06:27
97	347	Luís Lemos	Individual	Senior Masculino	01:04:41	+28:08	06:28
98	466	João Diogo Martins	Individual	Senior Masculino	01:04:42	+28:09	06:28
99	510	Jorge Leal	Seixal FCorre	Senior Masculino	01:04:54	+28:20	06:29
100	422	Miguel Queiroz	Paguei para Sofrer	Senior Masculino	01:04:54	+28:20	06:29
101	513	Pedro Figueiredo Anjo	The Boys	Senior Masculino	01:04:55	+28:22	06:30
102	298	José António Pereira Reis	HomeGym	Senior Masculino	01:05:53	+29:19	06:35
103	376	Rodrigo Ferreira	Individual	Senior Masculino	01:06:44	+30:11	06:40
104	377	Rodrigo Silva	Individual	Senior Masculino	01:06:45	+30:11	06:41
105	445	TIAGO FERREIRA	EL GUAPOS	Senior Masculino	01:07:13	+30:39	06:43

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Prova Principal

10 KM

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OFFICIAL RESULT

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106	484	Rodrigo Martins Nogueira	Individual	Senior Masculino	01:07:52	+31:18	06:47
107	472	Luís Daniel Martins Fernandes	Individual	Senior Masculino	01:07:57	+31:23	06:48
108	14	Rui Menezes	Allrun Team	Senior Masculino	01:08:24	+31:51	06:50
109	136	Gabriel Martins	AMVE - Associação Moinho Vermoim	Senior Masculino	01:08:25	+31:51	06:51
110	15	Rui Moreira	Allrun Team	Senior Masculino	01:08:52	+32:19	06:53
111	293	Tiago Sousa	Ele Cozinha, Ela Lava	Senior Masculino	01:09:55	+33:22	07:00
112	285	Tiago Silva	Até a barraca abana	Senior Masculino	01:11:18	+34:44	07:08
113	450	Antonio Monteiro	Individual	Senior Masculino	01:12:33	+35:59	07:15
114	352	Marco Andrade	Individual	Senior Masculino	01:12:33	+35:59	07:15
115	408	João Alves	Os Atletas Sem Pressa	Senior Masculino	01:12:46	+36:13	07:17
116	465	João Dias	Individual	Senior Masculino	01:13:54	+37:21	07:23
117	22	Daniel Ferreira	Arrifana Running	Senior Masculino	01:15:18	+38:44	07:32
118	281	Aristides Carneiro	ArrudaTeam	Senior Masculino	01:15:50	+39:16	07:35
119	496	Diogo Ferreira Silva	Os Coelhoinhos	Senior Masculino	01:18:17	+41:44	07:50
120	444	Daniel Maia	EL GUAPOS	Senior Masculino	01:19:30	+42:57	07:57
121	489	Thiago Magalhães	Individual	Senior Masculino	01:20:39	+44:05	08:04
122	411	Rafael Lousada Silva	Os Coelhoinhos	Senior Masculino	01:23:16	+46:43	08:20
123	512	Domingos Manuel Silva Oliveira	The Boys	Senior Masculino	01:24:01	+47:27	08:24
124	490	Timóteo Antunes Pereira	Individual	Senior Masculino	01:24:07	+47:34	08:25
125	511	David Ramos	The Boys	Senior Masculino	01:24:08	+47:34	08:25
126	464	Israel Illian drummond	Individual	Senior Masculino	01:24:08	+47:34	08:25
127	478	Nicolas Felix	Individual	Senior Masculino	01:27:08	+50:35	08:43
128	449	Andres Nunez	Individual	Senior Masculino	01:27:08	+50:35	08:43
129	468	Kevin Pinto Silva	Individual	Senior Masculino	01:38:49	+01:02:16	09:53

Veterana F40

1	4	Sandra Ferreira	GDC Guilhovai	Veterana F40	41:55	+05:21	04:12
2	265	Sara Mota	Run & Fun	Veterana F40	50:15	+13:41	05:02
3	57	Perpétua Silva	Brandoenses running	Veterana F40	50:35	+14:01	05:04
4	165	Anabela pimenta	Individual	Veterana F40	50:40	+14:07	05:04
5	233	Célia Santos	Lourosa Em Movimento	Veterana F40	51:23	+14:50	05:08
6	180	Eva Pimenta	Individual	Veterana F40	51:37	+15:04	05:10
7	118	Céu Vilar	Run & Fun	Veterana F40	51:56	+15:23	05:12
8	505	Sandra Silva	Run For Fun Laranjinhas	Veterana F40	52:41	+16:07	05:16
9	8	Liliana Pinho	Guisande Trail Running	Veterana F40	52:51	+16:18	05:17
10	226	Tânia Mateus	Individual	Veterana F40	53:33	+16:59	05:21
11	41	Sónia Vidal	Arrifana Running	Veterana F40	54:12	+17:39	05:25
12	73	Vera Leite	Bravos e Bravitas	Veterana F40	54:53	+18:20	05:29
13	111	Daniela Caetano De Sá	Os fogo no cu	Veterana F40	55:42	+19:09	05:34
14	382	Susana Alves	Individual	Veterana F40	55:55	+19:21	05:36
15	434	Raquel Regado	STONE BRIDGE RUNNERS	Veterana F40	55:57	+19:23	05:36
16	261	Elsa Mota	Run & Fun	Veterana F40	57:31	+20:58	05:45
17	333	Inês Barroso Matias	Individual	Veterana F40	57:52	+21:18	05:47
18	66	Paula Soares	Bravos e Bravitas	Veterana F40	58:13	+21:39	05:49

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Prova Principal

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OFFICIAL RESULT

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19	232	MARIA LINO	JUF ACC	Veterana F40	58:19	+21:45	05:50
20	44	Vânia Oliveira	Arrifana Running	Veterana F40	59:12	+22:38	05:55
21	488	Sandra Cristina soares dos santos	Individual	Veterana F40	01:01:02	+24:29	06:06
22	329	Gisela Avelar	Individual	Veterana F40	01:01:27	+24:53	06:09
23	65	Mariline Baptista	Bravos e Bravitas	Veterana F40	01:01:38	+25:04	06:10
24	150	Joana Oliveira de Almeida Pinho	CMMC Vale de Cambra	Veterana F40	01:01:40	+25:06	06:10
25	96	Cristiana Resende	Individual	Veterana F40	01:02:17	+25:44	06:14
26	153	Catarina Leite	Furadourotrail	Veterana F40	01:02:17	+25:44	06:14
27	171	Carla Alexandra dos Santos Patela	Individual	Veterana F40	01:02:28	+25:54	06:15
28	350	Luzia Soares	Individual	Veterana F40	01:02:39	+26:05	06:16
29	299	Liliana Andrade	HomeGym	Veterana F40	01:02:52	+26:19	06:17
30	71	Sílvia Ferreira	Bravos e Bravitas	Veterana F40	01:02:55	+26:21	06:18
31	206	Maria Leandro	Individual	Veterana F40	01:04:12	+27:38	06:25
32	425	Susana Costa	Paguei para Sofrer	Veterana F40	01:04:54	+28:20	06:29
33	145	Cristiana Gomes	Bombeiros voluntários Oliveira de Azeméis	Veterana F40	01:04:55	+28:21	06:30
34	323	Elisabete Cunha	Individual	Veterana F40	01:05:39	+29:05	06:34
35	309	Andreia Gomes	Individual	Veterana F40	01:05:39	+29:06	06:34
36	91	Livia do Nascimento e Silva	Guaxinins	Veterana F40	01:06:30	+29:57	06:39
37	138	Rita Maia de Oliveira	AMVE - Associação Moinho Vermoim	Veterana F40	01:08:24	+31:50	06:50
38	454	Catarina Costa	Individual	Veterana F40	01:09:42	+33:09	06:58
39	72	Sónia Oliveira	Bravos e Bravitas	Veterana F40	01:10:23	+33:50	07:02
40	264	Antonio Sousa	PORTO SENTIDO RUNNERS	Veterana F40	01:11:09	+34:36	07:07
41	383	Tânia Tavares	Individual	Veterana F40	01:11:10	+34:37	07:07
42	374	Rita Pina	Individual	Veterana F40	01:11:36	+35:02	07:10
43	463	Inês Cruz	Individual	Veterana F40	01:11:58	+35:24	07:12
44	471	Lucília Alves	Individual	Veterana F40	01:14:33	+37:59	07:27
45	406	Rita Gonçalves	OiãRunners	Veterana F40	01:15:33	+38:59	07:33
46	62	Isa Dias	Bravos e Bravitas	Veterana F40	01:16:06	+39:33	07:37
47	417	Andreia Santos	Paguei para Sofrer	Veterana F40	01:19:09	+42:36	07:55
48	446	Adriana Mendes Oliveira Araujo	Individual	Veterana F40	01:19:47	+43:14	07:59
49	256	Vera Nogueira	Pupilos do Zé-Tó	Veterana F40	01:20:59	+44:26	08:06
50	457	Elisabete Maria Marques da Conceição	Individual	Veterana F40	01:28:23	+51:50	08:50

Veterana F50

1	385	Teresa paiva	Run For Fun Laranjinhas	Veterana F50	49:24	+12:50	04:56
2	125	Maria Alice Couto	SCCOIMBRÕES / EQUIPA A	Veterana F50	52:23	+15:49	05:14
3	436	Sandra Magalhães	STONE BRIDGE RUNNERS	Veterana F50	53:09	+16:35	05:19
4	20	Carla Cardoso	Arrifana Running	Veterana F50	54:58	+18:25	05:30
5	278	Constantina Rocha	A.D. Sebolido Trail	Veterana F50	57:18	+20:45	05:44
6	379	Sandra Moreira	Individual	Veterana F50	57:48	+21:15	05:47
7	55	Maria Terra	Brandoenses running	Veterana F50	58:33	+21:59	05:51
8	10	Paula Martins	Arrifana Running	Veterana F50	59:19	+22:46	05:56
9	42	Susana Gomes	Arrifana Running	Veterana F50	59:28	+22:55	05:57
10	61	Fatinha Lopes	Bravos e Bravitas	Veterana F50	01:00:35	+24:01	06:04

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Prova Principal

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OFFICIAL RESULT

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11	30	Lurdes Fernandes	Arrifana Running	Veterana F50	01:01:04	+24:30	06:06
12	163	Ana Ribeiro	Individual	Veterana F50	01:01:20	+24:47	06:08
13	34	Orquídea Gomes	Arrifana Running	Veterana F50	01:01:22	+24:48	06:08
14	393	Teresa Ventura	Lourosa Em Movimento	Veterana F50	01:03:35	+27:01	06:22
15	38	Rosa Silva	Arrifana Running	Veterana F50	01:04:16	+27:42	06:26
16	403	Marileny Esteves	OiãRunners	Veterana F50	01:05:29	+28:55	06:33
17	297	Almerinda Pereira	HomeGym	Veterana F50	01:05:53	+29:19	06:35
18	358	Nilda Magalhães	Individual	Veterana F50	01:06:38	+30:04	06:40
19	500	Cidália Soares	PORTO SENTIDO RUNNERS	Veterana F50	01:11:09	+34:35	07:07
20	356	Maria Joaquina de Oliveira Peixoto	Individual	Veterana F50	01:11:35	+35:02	07:10
21	474	Margarida Ferreira	Individual	Veterana F50	01:13:48	+37:15	07:23
22	501	Amália Maria Foitinho de Carvalho Cabral Monteiro	RIS 2048	Veterana F50	01:13:51	+37:18	07:23
23	74	Vírginia Moreira	Bravos e Bravitas	Veterana F50	01:16:06	+39:33	07:37

Veterana F60

1	503	Dulce Maria	Run For Fun Laranjinha	Veterana F60	01:13:28	+36:54	07:21
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Veterano M40

1	1	VÍTOR SANTOS	EV Peraltafil	Veterano M40	36:33	03:39
2	86	Paulo Pinto	EV Peraltafil	Veterano M40	37:41	+01:07 03:46
3	45	Hugo Santos	Associação Desportiva Aventuras de Paiva - Tuga Mobile	Veterano M40	39:23	+02:49 03:56
4	5	António Cristóvão	GDC Guilhovai	Veterano M40	39:35	+03:01 03:58
5	84	José Almeida	EV Peraltafil	Veterano M40	41:20	+04:47 04:08
6	126	Nuno Santos	Sentir Escariz running	Veterano M40	41:28	+04:55 04:09
7	94	Antonio Manuel de Brito Moreira	Individual	Veterano M40	42:00	+05:27 04:12
8	82	João Silva	DCI/Trilhos Luso Bussaco	Veterano M40	42:08	+05:34 04:13
9	2015	Filipe Almeida	Individual	Veterano M40	42:24	+05:50 04:14
10	107	Ricardo Seromenho	JAM - Juventude Atlética Mozelense	Veterano M40	42:32	+05:58 04:15
11	83	Cláudio Costa	EV Peraltafil	Veterano M40	42:46	+06:12 04:17
12	70	Sérgio Costa	Bravos e Bravitas	Veterano M40	43:40	+07:06 04:22
13	56	Paulo Oliveira	Brandoenses running	Veterano M40	43:43	+07:09 04:22
14	268	Paulo Sérgio Silva Gomes	Sentir Escariz running	Veterano M40	44:25	+07:51 04:27
15	67	Raphael Leite	Bravos e Bravitas	Veterano M40	44:39	+08:05 04:28
16	16	MANUEL CARDOSO	ARCORUN	Veterano M40	45:03	+08:30 04:30
17	188	Gonçalo Bernardo	Individual	Veterano M40	45:04	+08:31 04:30
18	250	Humberto Rodrigues	Pupilos do Zé-Tó	Veterano M40	45:05	+08:31 04:31
19	228	Vasco Regadas	Individual	Veterano M40	45:18	+08:45 04:32
20	123	Daniel Silva	SCCOIMBRÕES / EQUIPA A	Veterano M40	46:03	+09:30 04:36
21	77	Filipe Mota	C.D.C. Paradela do Vouga	Veterano M40	46:06	+09:32 04:37
22	159	Pedro Lopes	Guisande Trail Running	Veterano M40	46:18	+09:45 04:38
23	242	Vitor Moreira	Lourosa Em Movimento	Veterano M40	46:22	+09:49 04:38

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24	122	Nelson Pais	Run & Fun	Veterano M40	46:29	+09:55	04:39
25	119	Cláudio anjinho	Run & Fun	Veterano M40	47:27	+10:54	04:45
26	236	Manuel Silva	Lourosa Em Movimento	Veterano M40	47:28	+10:54	04:45
27	51	Fernando Cruz	Brandoenses running	Veterano M40	47:31	+10:58	04:45
28	240	Ricardo José Neves Moreira	Lourosa Em Movimento	Veterano M40	47:41	+11:08	04:46
29	18	RICARDO PAIVA	ARCORUN	Veterano M40	48:17	+11:43	04:50
30	372	Ricardo José Azevedo Pinho	Individual	Veterano M40	48:56	+12:23	04:54
31	234	João Santos	Lourosa Em Movimento	Veterano M40	49:15	+12:41	04:56
32	52	Henrique Amorim	Brandoenses running	Veterano M40	49:18	+12:45	04:56
33	271	RICARDO TRIGO	TEN TEAM	Veterano M40	49:26	+12:53	04:57
34	209	Nuno Santos	Individual	Veterano M40	49:27	+12:53	04:57
35	198	João Carlos Costa Santos Pinto de Amorim	Individual	Veterano M40	50:17	+13:43	05:02
36	193	Humberto Coelho	Individual	Veterano M40	50:45	+14:11	05:05
37	161	Álvaro José Dias Carvalhinho	Individual	Veterano M40	50:52	+14:19	05:05
38	326	Fernando Jorge Silva Oliveira	Individual	Veterano M40	51:03	+14:30	05:06
39	274	Rui Florindo	Traineiras	Veterano M40	51:09	+14:36	05:07
40	260	Américo RobôCop	Run & Fun	Veterano M40	51:18	+14:45	05:08
41	117	Miguel Oliveira	RENAULT DACIA	Veterano M40	51:30	+14:56	05:09
42	365	Paulo Pereira	Individual	Veterano M40	51:31	+14:58	05:09
43	190	Hélder carvalho	Individual	Veterano M40	51:37	+15:04	05:10
44	216	Pedro Santos	Individual	Veterano M40	52:08	+15:34	05:13
45	130	Pedro Soares	2brothers team	Veterano M40	52:10	+15:37	05:13
46	218	Quim Zé	Individual	Veterano M40	52:13	+15:40	05:13
47	154	Leonel Oliveira	Grupo desportivo da Cruz das Eiras	Veterano M40	52:17	+15:43	05:14
48	167	António Henriques	Individual	Veterano M40	52:27	+15:53	05:15
49	9	Domingos Ferreira	Guisande Trail Running	Veterano M40	52:52	+16:18	05:17
50	157	Marco Pires	Guisande Trail Running	Veterano M40	52:53	+16:20	05:17
51	267	Luís Santos	Salgueiros Running	Veterano M40	53:21	+16:48	05:20
52	203	Leandro Costa	Individual	Veterano M40	53:33	+16:59	05:21
53	259	Nuno Miguel Santos Barros Marabuto	RIS 2048	Veterano M40	53:37	+17:04	05:22
54	143	Bruno Neves	Associação desportiva Grijó a correr	Veterano M40	53:47	+17:13	05:23
55	244	Adriano de Sousa	Mosquet's family	Veterano M40	54:09	+17:36	05:25
56	97	Eduardo Correia	Individual	Veterano M40	54:24	+17:51	05:26
57	262	Joel Ferreira	Run & Fun	Veterano M40	54:29	+17:55	05:27
58	413	Leonel Rocha	Os fogo no cu	Veterano M40	54:29	+17:55	05:27
59	219	Ricardo Bastos	Individual	Veterano M40	54:32	+17:58	05:27
60	270	ANDRE MARTINS	TEN TEAM	Veterano M40	54:38	+18:05	05:28
61	401	Marcio Ferreira	OiãRunners	Veterano M40	55:18	+18:45	05:32
62	433	Pedro Magalhães	STONE BRIDGE RUNNERS	Veterano M40	55:28	+18:55	05:33
63	148	Carlos Almeida	Brandoenses running	Veterano M40	55:55	+19:22	05:36
64	200	Joao Silveira	Individual	Veterano M40	56:38	+20:05	05:40
65	257	Vitor Lemos	Pupilos do Zé-Tó	Veterano M40	56:51	+20:17	05:41
66	310	António Fonseca	Individual	Veterano M40	57:30	+20:56	05:45
67	366	Paulo Ribeiro	Individual	Veterano M40	58:05	+21:31	05:49

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68	452	Bruno Azevedo	Individual	Veterano M40	58:24	+21:50	05:50
69	104	Tiago ferreira	Individual	Veterano M40	58:40	+22:07	05:52
70	387	Victor Gomez	Individual	Veterano M40	58:53	+22:19	05:53
71	336	João Fernandes	Individual	Veterano M40	59:12	+22:38	05:55
72	39	Rui Pereira	Arrifana Running	Veterano M40	59:12	+22:38	05:55
73	353	Marco Oliveira	Individual	Veterano M40	59:38	+23:04	05:58
74	191	Hélder Pereira	Individual	Veterano M40	01:00:24	+23:51	06:02
75	435	Ricardo Coelho	STONE BRIDGE RUNNERS	Veterano M40	01:00:32	+23:59	06:03
76	207	Miguel Barbosa	Individual	Veterano M40	01:00:48	+24:14	06:05
77	168	António Jesus	Individual	Veterano M40	01:01:09	+24:35	06:07
78	204	Leandro Resende	Individual	Veterano M40	01:01:20	+24:46	06:08
79	423	Pedro Gomes	Paguei para Sofrer	Veterano M40	01:01:20	+24:46	06:08
80	418	Edgar Pinho	Paguei para Sofrer	Veterano M40	01:01:20	+24:46	06:08
81	131	Marco Silva	Abrantes Silva	Veterano M40	01:01:20	+24:47	06:08
82	311	Antonio Jose Moreira de Sousa	Individual	Veterano M40	01:01:37	+25:04	06:10
83	169	Bruno Soares	Individual	Veterano M40	01:02:11	+25:37	06:13
84	89	Virgílio neves	Furadourotrail	Veterano M40	01:02:17	+25:44	06:14
85	210	Nuno Santos	Individual	Veterano M40	01:02:37	+26:03	06:16
86	304	Alberto Martins	Individual	Veterano M40	01:02:37	+26:03	06:16
87	144	Ricardo Neves	Associação desportiva Grijó a correr	Veterano M40	01:02:44	+26:10	06:16
88	21	Cesário Fernandes	Arrifana Running	Veterano M40	01:05:42	+29:09	06:34
89	338	João Leite	Individual	Veterano M40	01:06:02	+29:29	06:36
90	359	Nuno Leite	Individual	Veterano M40	01:06:02	+29:29	06:36
91	470	Lucas Azevedo Correa	Individual	Veterano M40	01:07:15	+30:42	06:44
92	135	Filipe Oliveira	AMVE - Associação Moinho Vermoim	Veterano M40	01:08:25	+31:52	06:51
93	330	Hugo Azevedo	Individual	Veterano M40	01:08:32	+31:59	06:51
94	381	Sérgio Tavares	Individual	Veterano M40	01:11:11	+34:37	07:07
95	467	José Oliveira	Individual	Veterano M40	01:13:48	+37:15	07:23
96	492	Vitor Neves	Individual	Veterano M40	01:13:58	+37:25	07:24
97	482	Ricardo Ismael Oliveira Lemos	Individual	Veterano M40	01:14:33	+37:59	07:27
98	202	Jorge Manuel Silva valente	Individual	Veterano M40	01:14:38	+38:04	07:28
99	26	Hugo Oliveira	Arrifana Running	Veterano M40	01:16:34	+40:01	07:39
100	495	Mário Antunes	Mosquet's family	Veterano M40	01:19:09	+42:36	07:55
101	301	Adeilson Silva	Individual	Veterano M40	01:19:47	+43:14	07:59
102	28	Jorge Silva	Arrifana Running	Veterano M40	01:22:54	+46:21	08:17
103	90	Giuliano Dias Amarante	Guaxinins	Veterano M40	01:24:06	+47:32	08:25
104	456	Eduardo Guedes	Individual	Veterano M40	01:31:08	+54:34	09:07

Veterano M50

1	114	Rui Pereira	Pupilos do Zé-Tó	Veterano M50	42:43	+06:09	04:16
2	110	Orlando Valente	Lourosa Em Movimento	Veterano M50	43:35	+07:02	04:22
3	128	VITOR PINHO	TEN TEAM	Veterano M50	44:00	+07:27	04:24
4	80	Carlos cardoso	CAL - Clube Atletismo de Lamas	Veterano M50	45:17	+08:43	04:32
5	106	Vítor Santos	Individual	Veterano M50	46:00	+09:27	04:36

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6	108	José Ferreira	LEBRES J & N	Veterano M50	47:32	+10:59	04:45
7	17	PAULO GRILO	ARCORUN	Veterano M50	48:17	+11:43	04:50
8	48	António Espinheira	Brandoenses running	Veterano M50	48:19	+11:46	04:50
9	349	Luis Paulo Teixeira Azevedo	Individual	Veterano M50	48:31	+11:57	04:51
10	102	Óscar Brandão	Individual	Veterano M50	48:58	+12:25	04:54
11	314	Carlos Alberto de Lima Bruno	Individual	Veterano M50	49:22	+12:48	04:56
12	127	Erasmus Alves	Taylors	Veterano M50	49:27	+12:54	04:57
13	248	António Ferreira	Pupilos do Zé-Tó	Veterano M50	49:29	+12:55	04:57
14	246	Luis Gomes	Pastello Runners	Veterano M50	49:40	+13:07	04:58
15	279	Ricardo sousa	A.D. Sebolido Trail	Veterano M50	50:23	+13:50	05:02
16	49	Carlos Santos	Brandoenses running	Veterano M50	50:35	+14:01	05:04
17	504	Paulo Simão	Run For Fun Laranjinhas	Veterano M50	50:47	+14:13	05:05
18	50	Constantino Mota	Brandoenses running	Veterano M50	50:49	+14:16	05:05
19	64	João Sousa	Bravos e Bravitas	Veterano M50	50:55	+14:22	05:06
20	63	João Gomes	Bravos e Bravitas	Veterano M50	51:01	+14:28	05:06
21	120	Fénix solitário	Run & Fun	Veterano M50	51:28	+14:55	05:09
22	397	Carlos Martins	OiãRunners	Veterano M50	51:41	+15:07	05:10
23	362	Paulo Jorge martins de Sousa	Individual	Veterano M50	51:45	+15:11	05:11
24	129	RICHARD NOGUEIRA	TRAIL RUNNING SANGUEDO	Veterano M50	52:12	+15:38	05:13
25	176	Daniel Silva	Individual	Veterano M50	52:13	+15:40	05:13
26	312	António Moura	Individual	Veterano M50	52:38	+16:04	05:16
27	502	César Araújo	Run For Fun Laranjinhas	Veterano M50	52:40	+16:07	05:16
28	305	Alcino Ferreira Dos Santos	Individual	Veterano M50	53:26	+16:53	05:21
29	217	Pedro Santos	Individual	Veterano M50	53:33	+17:00	05:21
30	225	SERGIO GUEDES	Individual	Veterano M50	54:01	+17:28	05:24
31	277	António Pereira	A.D. Sebolido Trail	Veterano M50	54:05	+17:32	05:25
32	235	Jorge Oliveira	Lourosa Em Movimento	Veterano M50	54:08	+17:35	05:25
33	388	Virgilio Tavares	Individual	Veterano M50	54:30	+17:57	05:27
34	133	Vitor domingos Rodrigues Costa	ACVermoim	Veterano M50	54:54	+18:20	05:29
35	327	Germano Carvalhal	Individual	Veterano M50	54:59	+18:25	05:30
36	121	Domingos Ferreira	A.D. Sebolido Trail	Veterano M50	55:00	+18:27	05:30
37	224	Rui Raimundo	Individual	Veterano M50	55:39	+19:06	05:34
38	223	Rui Manuel da Rocha Ferreira	Individual	Veterano M50	55:43	+19:10	05:34
39	249	Elisio Maia	Pupilos do Zé-Tó	Veterano M50	56:41	+20:08	05:40
40	253	Miguel Fontes	Pupilos do Zé-Tó	Veterano M50	56:41	+20:08	05:40
41	139	PEDRO MANUEL PEREIRA MELO	ARCORUN	Veterano M50	58:12	+21:39	05:49
42	35	Paulo Fonseca	Arrifana Running	Veterano M50	58:29	+21:56	05:51
43	53	Jorge Silva	Brandoenses running	Veterano M50	59:10	+22:36	05:55
44	263	Manuel caracol solitário	Run & Fun	Veterano M50	59:12	+22:39	05:55
45	507	Tony bri	Run For Fun Laranjinhas	Veterano M50	59:24	+22:51	05:56
46	295	Paulo Pereira	Família Pereira	Veterano M50	01:00:20	+23:46	06:02
47	294	Fernando Coutinho	EquipaBoot	Veterano M50	01:00:48	+24:14	06:05
48	368	Pedro Silva	Individual	Veterano M50	01:01:14	+24:40	06:07
49	378	Rui Miguel Costa	Individual	Veterano M50	01:02:18	+25:44	06:14
50	231	LUÍS HIGINO	JUF ACC	Veterano M50	01:02:20	+25:46	06:14
51	156	Manuel Gomes	Guisande Trail Running	Veterano M50	01:02:36	+26:03	06:16

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52	229	Vítor Silva	Individual	Veterano M50	01:02:53	+26:19	06:17
53	303	Adriano Oliveira	Individual	Veterano M50	01:03:50	+27:16	06:23
54	172	Carlos Barroso	Individual	Veterano M50	01:03:52	+27:19	06:23
55	222	Ricardo Pinho	Individual	Veterano M50	01:03:52	+27:19	06:23
56	302	Adelino Pinheiro	Individual	Veterano M50	01:04:28	+27:55	06:27
57	40	Sérgio Cabral	Arrifana Running	Veterano M50	01:05:33	+28:59	06:33
58	184	Frank Coelho	Individual	Veterano M50	01:06:29	+29:56	06:39
59	360	Nuno Martins	Individual	Veterano M50	01:06:41	+30:08	06:40
60	313	António Silvestre	Individual	Veterano M50	01:09:12	+32:38	06:55
61	146	António Botelho	Botelhocas run	Veterano M50	01:10:46	+34:12	07:05
62	420	Fernando Lopes	Paguei para Sofrer	Veterano M50	01:13:32	+36:59	07:21
63	405	Miguel Pimentel	OiãRunners	Veterano M50	01:18:10	+41:36	07:49
64	252	Miguel Coelho	Pupilos do Zé-Tó	Veterano M50	01:21:00	+44:27	08:06
65	461	Frederico Figueira	Individual	Veterano M50	01:23:25	+46:52	08:21

Veterano M60

1	59	Alcides Relvas	Bravos e Bravitas	Veterano M60	45:58	+09:25	04:36
2	76	Custódio Coutinho	C.D.C. Paradela do Vouga	Veterano M60	47:23	+10:49	04:44
3	247	António Barbas	Pupilos do Zé-Tó	Veterano M60	50:16	+13:43	05:02
4	266	Zé Moutinho	Run & Fun	Veterano M60	51:22	+14:49	05:08
5	124	Fernando Sousa Ramalho	SCCOIMBRÕES / EQUIPA A	Veterano M60	52:23	+15:49	05:14
6	205	Manuel constantino silva	Individual	Veterano M60	53:35	+17:01	05:22
7	351	Manuel Oliveira	Individual	Veterano M60	55:44	+19:10	05:34
8	276	Ricardo Bastos	A. A. Lebres do Sado	Veterano M60	55:45	+19:11	05:35
9	230	Domingos silva	Jesus Runners	Veterano M60	58:17	+21:44	05:50
10	343	Jorge Sequeira	Individual	Veterano M60	58:25	+21:52	05:51
11	29	José Beleza	Arrifana Running	Veterano M60	59:09	+22:36	05:55
12	289	Silvio Paiva	Clube Desportivo Recreativo da Lage	Veterano M60	01:05:47	+29:14	06:35
13	147	António Sousa	Brandoenses running	Veterano M60	01:12:05	+35:31	07:13
14	494	Joaquim Castro	Love is in the air	Veterano M60	01:23:53	+47:19	08:23

[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 14-jun.-2025 23:38
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