

PROVA PRINCIPAL - STAGE 1

9 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	22:00	18,4°C	90%
End	23:48	17,6°C	97%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	252	Tiago Simões Faria	águias de alvelos	Senior Masculino	30:51		03:26
2	2	Augusto Costa	individual	Senior Masculino	30:59	+00:08	03:27
3	206	Edoardo Dessi	individual	Senior Masculino	31:04	+00:12	03:27
4	427	Tiago Carvalho	individual	Senior Masculino	31:28	+00:36	03:30
5	411	Bruno Fernando Esteves da Eira	cachadinha	Senior Masculino	33:41	+02:49	03:45
6	164	VIDONI Vincent	individual	Senior Masculino	33:48	+02:56	03:45
7	1	Doroteia Peixoto	individual	Senior Feminino	33:52	+03:00	03:46
8	488	PAULO JORGE GOMES PEIXOTO	individual	Senior Masculino	33:59	+03:07	03:47
9	282	Hugo Filipe Rocha Cardoso	vieira runners	Senior Masculino	34:13	+03:21	03:48
10	3	Fátima Melo	individual	Senior Feminino	34:16	+03:24	03:48
11	475	Rodrigo José Aguiar	individual	Senior Masculino	34:29	+03:37	03:50
12	420	Francisco Pilar	juvmar	Senior Masculino	34:32	+03:40	03:50
13	78	Nuno Silva	the newbies	Senior Masculino	34:32	+03:41	03:50
14	106	Orlando Jorge Faria da Silva	individual	Senior Masculino	36:06	+05:14	04:01
15	422	Artur Couto	ninos	Senior Masculino	36:25	+05:34	04:03
16	167	Nuno Mendes	ns team	Senior Masculino	36:26	+05:34	04:03
17	236	Jorge Miguel Freitas Campos	individual	Senior Masculino	36:28	+05:36	04:03
18	68	Andre Ferreira	individual	Senior Masculino	36:33	+05:41	04:04
19	500	Van Vyve Yseult	individual	Senior Masculino	36:45	+05:53	04:05
20	368	José Miguel Da Silva Ferreira	alcaides	Senior Masculino	36:57	+06:06	04:06
21	143	LUIS PEDRO DA SILVA TORRES	individual	Senior Masculino	37:06	+06:14	04:07
22	148	BRUNO LUCIANO CARVALHO	individual	Senior Masculino	37:06	+06:14	04:07
23	267	Paula Marques	individual	Senior Feminino	37:11	+06:20	04:08
24	138	FILIPE CAMPOS	individual	Senior Masculino	37:22	+06:30	04:09
25	184	Joao Carlos da costa faria Gonçalves	individual	Senior Masculino	37:31	+06:39	04:10
26	188	Jose Martins	núcleo desportivo da silva	Senior Masculino	37:35	+06:43	04:11
27	331	Bruno Branco	vieira runners	Senior Masculino	37:44	+06:53	04:12
28	407	SERGIO FILIPE GOMES PEIXOTO	individual	Senior Masculino	37:46	+06:54	04:12
29	7	Tedd Girouard	individual	Senior Masculino	37:51	+06:59	04:12
30	215	Ricardo Pereira	individual	Senior Masculino	38:02	+07:10	04:14
31	77	Marcelo Teixeira	the newbies	Senior Masculino	38:03	+07:11	04:14
32	5	Paulo Jorge Lopes Peres	individual	Senior Masculino	38:09	+07:17	04:14
33	103	Sérgio Filipe Machado da Silva	individual	Senior Masculino	38:15	+07:23	04:15
34	98	António Ferreira da Silva	ferreirolux	Senior Masculino	38:15	+07:23	04:15
35	192	Nuno Migue Cruz	individual	Senior Masculino	38:20	+07:28	04:16
36	102	Jonas Dantas	individual	Senior Masculino	38:22	+07:30	04:16
37	48	Vítor Bruno da Silva Sousa	individual	Senior Masculino	38:23	+07:32	04:16
38	291	João Miguel Oliveira Brito Real	individual	Senior Masculino	38:23	+07:32	04:16

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
39	12	Domingos Francisco Costa Eiras	individual	Senior Masculino	38:54	+08:03	04:19
40	119	Miguel Tiago da Cunha Correia	individual	Senior Masculino	38:58	+08:06	04:20
41	272	Afonso Rebeto Caleiro da Costa	individual	Senior Masculino	39:04	+08:12	04:20
42	73	Simão Rodrigues	individual	Senior Masculino	39:07	+08:15	04:21
43	349	Pedro Tiago Pinto Fernandes	individual	Senior Masculino	39:19	+08:27	04:22
44	350	INÊS PATRICIA CARVALHO CUNHA	individual	Senior Feminino	39:19	+08:27	04:22
45	457	Manuel Francisco Moreira da Silva	individual	Senior Masculino	39:21	+08:30	04:22
46	300	PAULO JOSÉ MOREIRA DA COSTA REGO	m.o.ve	Senior Masculino	39:30	+08:38	04:23
47	315	Nathali Stefani de Castro Campos	reborn	Senior Feminino	39:34	+08:42	04:24
48	75	Flora Leite	associação desportiva e cultural de tregosa	Senior Feminino	39:35	+08:43	04:24
49	437	Charles Hazeel	individual	Senior Masculino	39:35	+08:43	04:24
50	255	JOAQUIM DA CUNHA GOMES DE SÁ	individual	Senior Masculino	39:47	+08:55	04:25
51	249	Pedro Sousa	individual	Senior Masculino	39:47	+08:55	04:25
52	342	Daniel Lopes	individual	Senior Masculino	40:15	+09:23	04:28
53	322	Marco André Viana de Sousa	individual	Senior Masculino	40:15	+09:23	04:28
54	83	Adriano Rafael da Costa Real	atrium areias	Senior Masculino	40:18	+09:26	04:29
55	346	Álvaro Filipe Marques Fernandes	100ritmo	Senior Masculino	40:20	+09:28	04:29
56	17	Rui Da Silva Sousa	individual	Senior Masculino	40:21	+09:29	04:29
57	208	Sergio miguel fernandes machado	individual	Senior Masculino	40:21	+09:29	04:29
58	130	Luís Filipe Gomes Rodrigues	graac	Senior Masculino	40:42	+09:51	04:31
59	171	Rui Caridade	atrium areias	Senior Masculino	40:51	+09:59	04:32
60	294	Diogo António Apolinário Costa	gtmb	Senior Masculino	41:03	+10:11	04:34
61	35	Paulo Jorge Novo de Araújo Gonçalves	individual	Senior Masculino	41:18	+10:26	04:35
62	251	Ricardo Lino Castro Duarte	individual	Senior Masculino	41:24	+10:32	04:36
63	161	Tomas Ferreira Ribeiro	individual	Senior Masculino	41:53	+11:01	04:39
64	385	Pedro Marcelo Ferreira Lopes de Sousa	individual	Senior Masculino	41:57	+11:05	04:40
65	292	André Manuel Apolinário Costa	gtmb	Senior Masculino	42:08	+11:16	04:41
66	21	José Carlos Jorge Pinto Sousa	associação de atletismo lebres do sado	Senior Masculino	42:08	+11:16	04:41
67	121	Tiago Urzal Freitas Alves Pimenta	individual	Senior Masculino	42:09	+11:18	04:41
68	202	Teodoro Brais Fernández Blanco	individual	Senior Masculino	42:11	+11:19	04:41
69	213	Tiago Ferreira	individual	Senior Masculino	42:13	+11:21	04:41
70	319	Hugo Rocha	reborn	Senior Masculino	42:15	+11:23	04:42
71	423	Paula Couto	ninos	Senior Feminino	42:18	+11:26	04:42
72	421	Agostinho Mendes	ninos	Senior Masculino	42:18	+11:26	04:42
73	201	Joaquim André da Costa Ferreira	individual	Senior Masculino	42:19	+11:27	04:42

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
74	152	Carlos Miguel Tomé Fernandes	individual	Senior Masculino	42:21	+11:29	04:42
75	352	Carlos Daniel Ribeiro Vale	individual	Senior Masculino	42:22	+11:30	04:42
76	351	RUI MIGUEL LINHARES FONSECA	individual	Senior Masculino	42:23	+11:31	04:43
77	380	Benjamim Batista Cruz	individual	Senior Masculino	42:25	+11:33	04:43
78	419	Pedro Miguel Ribeiro Rocha	juvmar	Senior Masculino	42:26	+11:34	04:43
79	464	Leonel Lopes	individual	Senior Masculino	42:28	+11:36	04:43
80	168	Wellington Alves	individual	Senior Masculino	42:36	+11:44	04:44
81	361	Alexandre Samuel Costa Dias	individual	Senior Masculino	42:49	+11:57	04:45
82	265	Miguel Marques	individual	Senior Masculino	43:00	+12:08	04:47
83	430	Luis Manuel Oliveira Barbosa	individual	Senior Masculino	43:12	+12:20	04:48
84	381	Carlos Manuel Eanes Fernandes	spin & run esposende	Senior Masculino	43:14	+12:23	04:48
85	320	Fatinha Pinto	reborn	Senior Feminino	43:17	+12:25	04:49
86	323	DAVID WINDLE	individual	Senior Masculino	43:21	+12:29	04:49
87	76	Rui Marques	lima marques	Senior Masculino	43:31	+12:39	04:50
88	14	Pedro Ferreira	lama runners	Senior Masculino	43:38	+12:46	04:51
89	485	Ivo Costa	individual	Senior Masculino	43:38	+12:46	04:51
90	463	Jonas Kliem	individual	Senior Masculino	43:42	+12:50	04:51
91	90	José Miguel Sousa Ribeiro	individual	Senior Masculino	43:43	+12:51	04:51
92	261	Carlos Alberto Santos Ferreira	individual	Senior Masculino	43:47	+12:55	04:52
93	309	Fernando Jorge Queirós da Silva	individual	Senior Masculino	43:50	+12:58	04:52
94	127	Carlos Eduardo Guerra Mansuêdo	individual	Senior Masculino	43:50	+12:58	04:52
95	36	Helder Jesus Pinheiro Silva	individual	Senior Masculino	44:02	+13:10	04:54
96	440	Sérgio Martins	individual	Senior Masculino	44:09	+13:17	04:54
97	398	Carlos António Antunes Ferreira	individual	Senior Masculino	44:11	+13:19	04:55
98	397	Hugo Miguel Gonçalves Vieira	individual	Senior Masculino	44:11	+13:19	04:55
99	238	Maria jose gomes correia	movimento de juventude de merelim	Senior Feminino	44:14	+13:22	04:55
100	359	Crisália Faria	vitalprogram	Senior Feminino	44:17	+13:25	04:55
101	354	Adelino Manuel Rego e Silva	alcaides	Senior Masculino	44:25	+13:33	04:56
102	316	Victor Manuel Salgueiro Mendes	alcaides	Senior Masculino	44:25	+13:33	04:56
103	384	Filipe Miguel De Brito torres	individual	Senior Masculino	44:27	+13:35	04:56
104	203	Daniel André Alves Fernandes	individual	Senior Masculino	44:28	+13:36	04:56
105	426	Helder Gomes	individual	Senior Masculino	44:30	+13:38	04:57
106	198	José Carlos Cardoso	individual	Senior Masculino	44:33	+13:41	04:57
107	197	Luis Miguel Neco	individual	Senior Masculino	44:33	+13:41	04:57
108	305	Cândido Manuel Fernandes Oliveira	gtmb	Senior Masculino	44:33	+13:41	04:57
109	308	Jorge Eduardo Costa Abilheira	electro abilheira	Senior Masculino	44:40	+13:48	04:58
110	250	Manuel António Alves D. Senra Ferreira	individual	Senior Masculino	44:43	+13:52	04:58
111	468	Marco Ferreira Carvalho	individual	Senior Masculino	44:44	+13:52	04:58
112	22	Luís António Sousa Ricardo	individual	Senior Masculino	44:47	+13:55	04:59
113	431	Rui Campos	individual	Senior Masculino	44:48	+13:56	04:59

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
114	456	eufemia landeira	individual	Senior Feminino	44:48	+13:56	04:59
115	461	filipe sousa	individual	Senior Masculino	44:49	+13:57	04:59
116	325	Rogério Sa	individual	Senior Masculino	44:54	+14:03	04:59
117	97	Luciano Fernandes da Silva	ferreiroulux	Senior Masculino	44:59	+14:07	05:00
118	111	MARIA LURDES COSTA FERREIRA	individual	Senior Feminino	45:00	+14:08	05:00
119	254	Martim Costa	individual	Senior Masculino	45:02	+14:10	05:00
120	365	Rui Manuel Carvalho Sousa	individual	Senior Masculino	45:04	+14:12	05:00
121	53	José duraes	jeitasas	Senior Masculino	45:11	+14:19	05:01
122	149	TERESA MARIA REI FERREIRA PILAR	individual	Senior Feminino	45:19	+14:27	05:02
123	415	Rómulo Salvador da Silva Fernandes	lusimed	Senior Masculino	45:22	+14:30	05:02
124	340	Francisco José Gramoso Domingues	individual	Senior Masculino	45:32	+14:40	05:04
125	341	João Baptista Loureiro Pereira	individual	Senior Masculino	45:32	+14:40	05:04
126	209	Glória Brás	individual	Senior Feminino	45:45	+14:53	05:05
127	248	João Tiago Magalhães Gomes Ribeiro	100pernas	Senior Masculino	45:50	+14:58	05:06
128	6	David Ferreira	individual	Senior Masculino	45:50	+14:59	05:06
129	140	AUSENDA MARIA LOUREIRO VERISSIMO	individual	Senior Feminino	45:50	+14:59	05:06
130	307	Jose Carlos Oliveira e Silva	individual	Senior Masculino	45:55	+15:03	05:06
131	362	Hélder Alexandre Costa Dias	individual	Senior Masculino	45:57	+15:05	05:06
132	235	Helena Maria Ferreira da Silva	individual	Senior Feminino	45:58	+15:06	05:06
133	18	Helder Ribeiro	inmove	Senior Masculino	46:29	+15:37	05:10
134	225	Pedro Roseta	individual	Senior Masculino	46:34	+15:42	05:10
135	227	Luís Carvalho	individual	Senior Masculino	46:34	+15:42	05:10
136	226	António Salgueiro	individual	Senior Masculino	46:34	+15:43	05:10
137	345	Ana Sofia Brito Oliveira	100ritmo	Senior Feminino	46:37	+15:45	05:11
138	465	André Rodrigues Lima	individual	Senior Masculino	46:41	+15:49	05:11
139	435	Mateus Cardoso	individual	Senior Masculino	46:48	+15:56	05:12
140	124	Yoan Chacon	individual	Senior Masculino	46:50	+15:58	05:12
141	242	Pedro Manuel Gonçalves Maciel	gtmb	Senior Masculino	46:51	+15:59	05:12
142	211	Jorge Guilherme Lopes Brito	individual	Senior Masculino	46:51	+15:59	05:12
143	455	Andre Miranda	individual	Senior Masculino	47:01	+16:09	05:13
144	260	Germano Bento Alves Gonçalves Carvalhal	individual	Senior Masculino	47:03	+16:11	05:14
145	314	Simão Miranda Pereira	individual	Senior Masculino	47:03	+16:11	05:14
146	228	Marco Zeferino Barbosa	individual	Senior Masculino	47:04	+16:12	05:14
147	473	Carlos Jorge Fernandes Mota	individual	Senior Masculino	47:09	+16:17	05:14
148	436	Manuel Braga	individual	Senior Masculino	47:12	+16:20	05:15
149	207	Diogo Filipe Pinheiro Faria	individual	Senior Masculino	47:26	+16:34	05:16
150	229	Miguel Gomes Pereira	individual	Senior Masculino	47:27	+16:35	05:16
151	66	Alberto Pereira	100% suor, 0% record	Senior Masculino	47:40	+16:48	05:18
152	405	RUI DANIEL FERREIRA OLIVEIRA	individual	Senior Masculino	47:40	+16:48	05:18
153	240	João Pedro Manhente Simoés	individual	Senior Masculino	47:41	+16:49	05:18

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
154	139	CATARINA CUNHA	individual	Senior Feminino	47:49	+16:57	05:19
155	137	DAVID FERREEIRA	individual	Senior Masculino	47:50	+16:58	05:19
156	177	João Carlos Oliveira Gonçalves Rocha	improve	Senior Masculino	48:08	+17:16	05:21
157	369	Paulo Manuel Lopes Costa	gtmb runners	Senior Masculino	48:14	+17:22	05:22
158	344	Miguel Angel Dominguez	individual	Senior Masculino	48:20	+17:28	05:22
159	343	Paulo Vicente	individual	Senior Masculino	48:20	+17:28	05:22
160	303	Lúcia Miranda	individual	Senior Feminino	48:28	+17:36	05:23
161	176	Joatan Itanildo Medeiros dos Santos	individual	Senior Masculino	48:30	+17:38	05:23
162	51	Celso José Gomes de Sousa	individual	Senior Masculino	48:31	+17:39	05:23
163	79	Elisabete Maria Soutulho Coelho Alves	embarca running	Senior Feminino	48:32	+17:40	05:24
164	80	Vítor Manuel Dias Gonçalves	embarca running	Senior Masculino	48:33	+17:41	05:24
165	194	Conceição Pimenta Cruz	individual	Senior Feminino	48:38	+17:46	05:24
166	318	Isabel Rodrigues	individual	Senior Feminino	48:44	+17:52	05:25
167	155	Noemia Monteiro	sorelas	Senior Feminino	48:53	+18:01	05:26
168	156	Joana Monteiro	sorelas	Senior Feminino	48:53	+18:01	05:26
169	324	TRACEY WINDLE	individual	Senior Feminino	48:56	+18:05	05:26
170	100	António Mera	ferreirolux	Senior Masculino	49:08	+18:16	05:28
171	363	David Lameiro	individual	Senior Masculino	49:12	+18:20	05:28
172	364	Vera Almeida	individual	Senior Feminino	49:12	+18:20	05:28
173	42	Pedro Simão	dxc tri-amazing	Senior Masculino	49:15	+18:24	05:28
174	43	Elisabete da Conceição Caldeira Saragoça	dxc tri-amazing	Senior Feminino	49:16	+18:24	05:28
175	360	André Silva	vitalprogram	Senior Masculino	49:18	+18:26	05:29
176	166	Sandra Mendes	ns team	Senior Feminino	49:28	+18:36	05:30
177	306	João Rafael Martins Oliveira	individual	Senior Masculino	49:33	+18:41	05:30
178	113	Samuel Gonçalves Quezado	individual	Senior Masculino	49:38	+18:46	05:31
179	400	FILIPE MANUEL ROSAS CORREIA	individual	Senior Masculino	49:41	+18:49	05:31
180	95	Rita Ferreira	lama runners	Senior Feminino	49:41	+18:49	05:31
181	169	Filipe Rodrigues	individual	Senior Masculino	49:46	+18:54	05:32
182	269	Francisco Borges	só vim para a cerveja	Senior Masculino	49:47	+18:55	05:32
183	268	Paulo Diogo Almeida Freitas	só vim para a cerveja	Senior Masculino	49:47	+18:56	05:32
184	266	Miguel Lopes	individual	Senior Masculino	49:50	+18:58	05:32
185	377	Marta Cunha	individual	Senior Feminino	49:50	+18:58	05:32
186	146	JACINTO ROSÁRIO SILVA	individual	Senior Masculino	49:51	+18:59	05:32
187	142	NUNO ANTONIO FERNANDES PINTO	individual	Senior Masculino	49:51	+18:59	05:32
188	129	Ulisses José Pimentel da Mota	individual	Senior Masculino	49:53	+19:01	05:33
189	128	Ricardo Américo Eiras Ribeiro Capitão	individual	Senior Masculino	49:53	+19:01	05:33
190	329	Cláudia Pinho	individual	Senior Feminino	49:53	+19:01	05:33
191	56	Miguel Filipe Moura Dias Miranda	individual	Senior Masculino	49:57	+19:05	05:33
192	310	Charles Giovanni Ferraz Rodrigues Junior	individual	Senior Masculino	50:07	+19:16	05:34
193	62	Nuno Miguel Rodrigues Ribeiro	colfitas	Senior Masculino	50:16	+19:24	05:35

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
194	132	Isadora Padovani Garcia	individual	Senior Feminino	50:26	+19:34	05:36
195	67	Pedro Barbosa Leite	individual	Senior Masculino	50:27	+19:35	05:36
196	332	Albuquerque	individual	Senior Feminino	50:29	+19:37	05:37
197	159	Pedro Nuno Gonçalves Policiano	individual	Senior Masculino	50:31	+19:39	05:37
198	413	Filipe José gonçalves	os crentes	Senior Masculino	50:32	+19:40	05:37
199	477	Domingos Manuel Carvalho Sousa	individual	Senior Masculino	50:32	+19:40	05:37
200	133	Duarte Pereira	individual	Senior Masculino	50:32	+19:40	05:37
201	60	Rui miguel da silva ferreira resende	os crentes	Senior Masculino	50:32	+19:40	05:37
202	333	Paul Lou	individual	Senior Masculino	50:32	+19:40	05:37
203	61	EDUARDO ALEXANDRE FARIA RODRIGUES	os crentes	Senior Masculino	50:32	+19:41	05:37
204	383	Manuel Barroso	spin & run esposende	Senior Masculino	50:34	+19:42	05:37
205	330	Miguel António de Melo Lomba	individual	Senior Masculino	50:34	+19:42	05:37
206	382	Rodrigo Barroso	individual	Senior Masculino	50:35	+19:43	05:37
207	101	Cátia Micaela Sousa Duarte	individual	Senior Feminino	50:35	+19:43	05:37
208	34	Vera Lúcia Silva Fernandes	entresilvas	Senior Feminino	50:39	+19:47	05:38
209	233	Jorge Miguel Silva Rodrigues	individual	Senior Masculino	50:47	+19:55	05:39
210	379	Paulo Henrique da Rocha Soares	individual	Senior Masculino	50:49	+19:57	05:39
211	4	Tiago Silva	individual	Senior Masculino	50:50	+19:58	05:39
212	495	Daniel Leonard Aponte	individual	Senior Masculino	51:11	+20:20	05:41
213	187	Lara Sofia Oliveira Fortes	individual	Senior Feminino	51:13	+20:21	05:41
214	497	joao luis barroso figueira	individual	Senior Masculino	51:15	+20:23	05:42
215	246	Jose antonio miranda da silva	individual	Senior Masculino	51:16	+20:24	05:42
216	162	José Cristiano Silva Martins	individual	Senior Masculino	51:20	+20:28	05:42
217	104	Joana Carvalho Lobarinhas de Miranda	individual	Senior Feminino	51:20	+20:28	05:42
218	482	Renato Ventura	individual	Senior Masculino	51:26	+20:34	05:43
219	418	Andre Delgado Maciel	individual	Senior Masculino	51:27	+20:35	05:43
220	27	Fernando Lopes	individual	Senior Masculino	51:28	+20:36	05:43
221	386	Jorge Miguel Ferreira Pereira	individual	Senior Masculino	51:28	+20:36	05:43
222	271	Paulo Filipe Correia Fernandes	individual	Senior Masculino	51:44	+20:52	05:45
223	317	José Vieira Filipe	c.c.d terroso	Senior Masculino	51:46	+20:54	05:45
224	443	Jorge Silva	individual	Senior Masculino	51:55	+21:03	05:46
225	498	Diana Araujo	individual	Senior Feminino	51:59	+21:07	05:47
226	270	Elaine Bernardes	arc vale s. cosme	Senior Feminino	52:00	+21:08	05:47
227	237	Margarida de sousa gomes	movimento de juventude de merelim	Senior Feminino	52:04	+21:12	05:47
228	337	Catarina Filipa Portela dos Santos	individual	Senior Feminino	52:14	+21:22	05:48
229	347	Filipe Rodrigues Costa	individual	Senior Masculino	52:16	+21:24	05:48
230	25	Sónia Maria Salgueiro Lopes	individual	Senior Feminino	52:38	+21:47	05:51
231	259	Rodrigo Martins Nogueira	individual	Senior Masculino	52:39	+21:47	05:51
232	243	Luís Fernandes	individual	Senior Masculino	52:39	+21:47	05:51
233	232	Joel Eduardo Sousa Neiva	vieira runners	Senior Masculino	52:39	+21:47	05:51
234	245	Mariana Abreu	individual	Senior Feminino	52:39	+21:47	05:51

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
235	399	SARA DANIELA DA SILVA FALCÃO	individual	Senior Feminino	52:53	+22:01	05:53
236	44	Joao paulo genesisio	pcrunners	Senior Masculino	52:56	+22:05	05:53
237	284	Ana Beatriz Gomes Vilas Boas	individual	Senior Feminino	53:06	+22:14	05:54
238	105	Tania Margarida Amorim	ricgoteam	Senior Feminino	53:06	+22:14	05:54
239	283	Tiago Joaquim Miranda Oliveira	individual	Senior Masculino	53:06	+22:15	05:54
240	273	Gonçalo Araújo	individual	Senior Masculino	53:14	+22:22	05:55
241	110	Ana Rita Meira Cunha	individual	Senior Feminino	53:14	+22:22	05:55
242	31	Marina de Sa	individual	Senior Feminino	53:30	+22:38	05:57
243	190	Fernando Salgado	individual	Senior Masculino	53:38	+22:47	05:58
244	403	CARLOS MANUEL BASTOS CAMPOS	individual	Senior Masculino	53:39	+22:47	05:58
245	451	Rita Mendes	individual	Senior Feminino	54:04	+23:13	06:00
246	452	davi rodrigues estrela de carvalho	individual	Senior Masculino	54:05	+23:13	06:01
247	74	Mariana Figueiras	associação desportiva e cultural de tregosa	Senior Feminino	54:11	+23:19	06:01
248	404	MARIA AURORA DE ARAUJO DA SILVA	individual	Senior Feminino	54:15	+23:23	06:02
249	40	Pedro Santos Faustino	individual	Senior Masculino	54:23	+23:31	06:03
250	401	TATIANA FILIPA GOMES MANINHO	individual	Senior Feminino	54:25	+23:33	06:03
251	402	CRISTIANA ISABEL OLIVEIRA LOUREIRO	individual	Senior Feminino	54:26	+23:34	06:03
252	189	Rafaela Queirós	individual	Senior Feminino	54:28	+23:36	06:03
253	424	MARCELO DE SOUZA SIMOES	individual	Senior Masculino	54:35	+23:43	06:04
254	478	Jorge Manuel Monteiro Azevedo	individual	Senior Masculino	54:41	+23:49	06:05
255	54	Rita Teixeira	earo	Senior Feminino	54:46	+23:55	06:05
256	366	Henrique César Castro Reis	individual	Senior Masculino	54:48	+23:57	06:05
257	335	António André	team andrezinhos	Senior Masculino	54:51	+23:59	06:06
258	170	Décio Alves	improve	Senior Masculino	54:52	+24:00	06:06
259	280	Maria da Conceição Gomes Ferreira Ribeiro	100pernas	Senior Feminino	54:52	+24:00	06:06
260	63	Liliana Martins Pereira	jeitosas	Senior Feminino	54:54	+24:02	06:06
261	147	Vitória Sofia Capitão Carneiro Carvalho	individual	Senior Feminino	54:55	+24:03	06:06
262	353	Nuno Miguel Vilas Boas Longras	individual	Senior Masculino	55:09	+24:17	06:08
263	458	Daniel Rodrigues	individual	Senior Masculino	55:16	+24:25	06:08
264	200	Jose Manuel Mateus Pinhal	individual	Senior Masculino	55:23	+24:31	06:09
265	412	José Fernando Correia da Eira	cachadinha	Senior Masculino	55:24	+24:33	06:09
266	244	Rita Ferreira	individual	Senior Feminino	55:28	+24:36	06:10
267	160	Maria da Luz Ferreira Barbosa	individual	Senior Feminino	55:32	+24:41	06:10
268	193	Sandra Moura	individual	Senior Feminino	55:35	+24:43	06:11
269	195	Ana Maria Carvalho Matos	individual	Senior Feminino	55:35	+24:43	06:11
270	191	Filipe Ferreira	individual	Senior Feminino	55:35	+24:43	06:11

PROVA PRINCIPAL - STAGE 1

9 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
271	276	MARIA CRISTINA DE SOUSA ROSARIO DA SILVA	individual	Senior Feminino	55:38	+24:46	06:11
272	275	Christophe François Fernandes	individual	Senior Masculino	55:38	+24:46	06:11
273	20	Patrícia Ferreira	inmove	Senior Feminino	55:45	+24:53	06:12
274	69	António Pereira	bennie	Senior Masculino	55:46	+24:54	06:12
275	281	Álvaro Nuno Ribeiro Pontes	amigos do btt de barcelos	Senior Masculino	56:02	+25:10	06:14
276	489	Ines Pontes	individual	Senior Feminino	56:03	+25:11	06:14
277	94	Rui Jorge Sousa Araújo	lama runners	Senior Masculino	56:22	+25:30	06:16
278	93	Bárbara Nogueira Vaz	lama runners	Senior Feminino	56:29	+25:37	06:17
279	438	Maria Graça	individual	Senior Feminino	56:37	+25:45	06:17
280	462	Joao dias da cruz	individual	Senior Masculino	56:37	+25:45	06:17
281	434	Tiago Dias	individual	Senior Masculino	56:38	+25:46	06:18
282	432	Ana Campos	individual	Senior Feminino	56:39	+25:47	06:18
283	433	Bruno Dias	individual	Senior Masculino	56:39	+25:47	06:18
284	486	JOSÉ CARLOS CARVALHO COSTA	individual	Senior Masculino	56:42	+25:50	06:18
285	487	JOÃO PEDRO FARIA PEREIRA	individual	Senior Masculino	56:42	+25:50	06:18
286	183	Gonçalo Rito Martins Sousa	individual	Senior Masculino	56:44	+25:52	06:18
287	116	Ana Isabel Campos da Silva	individual	Senior Feminino	56:44	+25:53	06:18
288	182	Marta Cidália Simões Ferreira	individual	Senior Feminino	56:45	+25:53	06:18
289	389	LIDIA GRIMAL ROCA	ferrolocos	Senior Feminino	56:48	+25:56	06:19
290	391	MARIO GRIMAL CORRAL	ferrolocos	Senior Masculino	56:50	+25:58	06:19
291	285	Cátia Daniela Miranda Oliveira	individual	Senior Feminino	56:50	+25:58	06:19
292	334	Diogo André	team andrezinhos	Senior Masculino	56:51	+25:59	06:19
293	390	NURIA ROCA REY	ferrolocos	Senior Feminino	57:01	+26:09	06:20
294	91	Maria Inês Campos da Silva	individual	Senior Feminino	57:11	+26:19	06:21
295	453	Inês Alves	individual	Senior Feminino	57:19	+26:27	06:22
296	290	Fabio andre laranjeira cunha	individual	Senior Masculino	57:19	+26:27	06:22
297	289	Ana Raquel Moreira	individual	Senior Feminino	57:21	+26:29	06:22
298	86	Marta Beatriz Pereira Fernandes	individual	Senior Feminino	57:21	+26:29	06:22
299	439	Augusto Pinto	individual	Senior Masculino	57:22	+26:30	06:22
300	158	Martinho Dias	graac	Senior Masculino	57:25	+26:33	06:23
301	122	Adriana Miralhos	graac	Senior Feminino	57:26	+26:34	06:23
302	153	Marcela Martins Pinto	graac	Senior Feminino	57:26	+26:34	06:23
303	123	Catarina Ralha	graac	Senior Feminino	57:26	+26:34	06:23
304	327	Cristina Costa	individual	Senior Feminino	57:37	+26:45	06:24
305	393	Ana Braga	pinheiro team	Senior Feminino	57:52	+27:00	06:26
306	395	Mariana Filipa Gonçalves Oliveira	pinheiro team	Senior Feminino	57:52	+27:00	06:26
307	151	Diogo	individual	Senior Masculino	57:57	+27:05	06:26
308	120	Carolina Nunes Lira	individual	Senior Feminino	58:00	+27:08	06:27
309	304	Gustavo Jorge Matos Neves	individual	Senior Masculino	58:01	+27:09	06:27
310	165	Marlene Emilia Fernandes Vieira Martins	improve	Senior Feminino	58:23	+27:31	06:29
311	50	Tiago Venancio Caldas	351 running club	Senior Masculino	58:29	+27:37	06:30

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
312	175	Camila Moura Santos	individual	Senior Feminino	58:29	+27:38	06:30
313	186	Sonia do Carmo Cunha	individual	Senior Feminino	58:31	+27:39	06:30
314	204	Andreia Brito	individual	Senior Feminino	58:31	+27:39	06:30
315	70	Bruno Pereira	bennie	Senior Masculino	58:41	+27:50	06:31
316	174	JOICE FARIAS	individual	Senior Feminino	58:47	+27:55	06:32
317	173	Genifer Rosangela da Silva dos Santos	individual	Senior Feminino	58:47	+27:55	06:32
318	65	Luisa Manuela Silva Miranda	individual	Senior Feminino	58:48	+27:56	06:32
319	64	Nuno Filipe Real de Carvalho	individual	Senior Masculino	58:49	+27:57	06:32
320	264	José Rui Cruz	alcaides	Senior Masculino	58:49	+27:57	06:32
321	460	Sofia Figueira	individual	Senior Feminino	59:06	+28:14	06:34
322	481	Eduardo Martins	individual	Senior Masculino	59:17	+28:25	06:35
323	480	Rogério Martins	individual	Senior Masculino	59:20	+28:28	06:36
324	339	Theo Bulsing	individual	Senior Masculino	59:26	+28:34	06:36
325	338	Fabio esteves pedraza	individual	Senior Masculino	59:31	+28:39	06:37
326	262	Maria Ribeiro	amantes trail and run	Senior Feminino	59:32	+28:40	06:37
327	263	Miguel Pinto	individual	Senior Masculino	59:32	+28:41	06:37
328	131	Diana Cardim Barata	amantes trail and run	Senior Feminino	59:33	+28:41	06:37
329	37	Mariana Silva	individual	Senior Feminino	59:52	+29:01	06:39
330	205	Pórcia Kato Miranda Vilela	individual	Senior Feminino	59:55	+29:03	06:39
331	348	André Bessa Martins Diniz	individual	Senior Masculino	01:00:09	+29:17	06:41
332	210	Isabel Cardoso	individual	Senior Feminino	01:00:18	+29:26	06:42
333	157	Vera Vinagre	individual	Senior Feminino	01:01:28	+30:36	06:50
334	58	Wichardy Leão	lerunners	Senior Masculino	01:01:53	+31:01	06:53
335	57	Julio Almeida	lerunners	Senior Masculino	01:01:53	+31:01	06:53
336	474	Jorge Manuel Sá Ribeiro	individual	Senior Masculino	01:01:58	+31:07	06:53
337	297	Beatriz Bogas Barbosa Ferreira	individual	Senior Feminino	01:01:58	+31:07	06:53
338	299	Mariana Macedo Ribeiro	individual	Senior Feminino	01:01:59	+31:07	06:53
339	298	Beatriz Marques Lemos Cibrão Coutinho	individual	Senior Feminino	01:01:59	+31:07	06:53
340	484	Cidália Fernandes	individual	Senior Feminino	01:02:04	+31:12	06:54
341	288	António Pedro Cunha Martins da Silva	individual	Senior Masculino	01:02:17	+31:25	06:55
342	287	Andreia Filipa Torcato Ribeiro	individual	Senior Feminino	01:02:18	+31:26	06:55
343	328	Pedro Gonçalves	individual	Senior Masculino	01:02:18	+31:26	06:55
344	336	David André	team andrezinhos	Senior Masculino	01:02:27	+31:35	06:56
345	23	Bruna Esteves Ricardo	individual	Senior Feminino	01:02:27	+31:35	06:56
346	311	Ana Margarida Correia	foguetões	Senior Feminino	01:02:36	+31:44	06:57
347	312	Manuel Correia	foguetões	Senior Masculino	01:02:36	+31:44	06:57
348	454	Jose Macedo	individual	Senior Masculino	01:02:49	+31:57	06:59
349	425	Rúben Veloso Pereira	individual	Senior Masculino	01:03:13	+32:21	07:01
350	442	Catarina Dantas	individual	Senior Feminino	01:03:13	+32:22	07:01
351	417	Marco António Marinhos Figueiras	individual	Senior Masculino	01:03:14	+32:22	07:02
352	416	Cláudia Filipa Barbosa Gonçalves	individual	Senior Feminino	01:03:14	+32:22	07:02
353	459	Domingos Alves Figueiras	individual	Senior Masculino	01:03:22	+32:30	07:02

Official Timekeeper: Lap2Go	9 / 12	generate 19-jul.-2025 23:53
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PROVA PRINCIPAL - STAGE 1

9 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
354	92	Elisabete Macedo Gonçalves	individual	Senior Feminino	01:03:28	+32:36	07:03
355	234	Ana Paula Maciel Miranda	individual	Senior Feminino	01:03:28	+32:36	07:03
356	26	Suzana Maria Lopes Pereira	individual	Senior Feminino	01:03:28	+32:36	07:03
357	301	Audrey Gonçalves	individual	Senior Feminino	01:03:44	+32:52	07:05
358	302	Ricardo Mendes	individual	Senior Masculino	01:03:44	+32:52	07:05
359	163	Maria Julia Magalhães	braguinhas runners	Senior Feminino	01:03:56	+33:04	07:06
360	126	Filomena Magalhães	braguinhas runners	Senior Feminino	01:03:56	+33:04	07:06
361	396	João Miguel Félix Machado da Silva	pinheiro team	Senior Masculino	01:04:25	+33:34	07:10
362	394	Patricia Alexandra da Silva Gonçalves	pinheiro team	Senior Feminino	01:04:26	+33:34	07:10
363	24	Mariana Ricardo Vilas Boas	individual	Senior Feminino	01:04:26	+33:34	07:10
364	108	Ola Ståhlberg	portugal x suécia	Senior Masculino	01:04:36	+33:44	07:11
365	109	Paula Costa	portugal x suécia	Senior Feminino	01:04:36	+33:44	07:11
366	154	Carlos Manuel Araújo Dias	individual	Senior Masculino	01:04:38	+33:47	07:11
367	466	pollyana vigar	individual	Senior Feminino	01:04:40	+33:48	07:11
368	467	Anthony Vigar	individual	Senior Masculino	01:04:40	+33:48	07:11
369	313	José Augusto da Silva Oliveira	individual	Senior Masculino	01:04:58	+34:06	07:13
370	286	João António Faíl Osório	individual	Senior Masculino	01:04:58	+34:07	07:13
371	221	Livia Sousa	individual	Senior Feminino	01:05:09	+34:17	07:14
372	219	Antonio Costa	individual	Senior Masculino	01:05:09	+34:17	07:14
373	231	Tiago Machado	aleijadinhos de soutelo	Senior Masculino	01:05:54	+35:02	07:19
374	230	Ricardo Vieira	aleijadinhos de soutelo	Senior Masculino	01:05:58	+35:06	07:20
375	145	DANIELA ROSÁRIO SILVA	individual	Senior Feminino	01:05:59	+35:07	07:20
376	144	DIANA ROSÁRIO SILVA	individual	Senior Feminino	01:06:00	+35:08	07:20
377	107	Paulo Jorge Santos da Costa	individual	Senior Masculino	01:06:17	+35:25	07:22
378	33	Carla de Jesus Gomes	braga a correr	Senior Feminino	01:06:18	+35:26	07:22
379	28	Maria Alcina Lopes	individual	Senior Feminino	01:06:18	+35:26	07:22
380	277	Armindo Miguel Gomes Ferreira Ribeiro	100pernas	Senior Masculino	01:06:24	+35:32	07:23
381	279	Rui Miguel Lopes Ribeiro	100pernas	Senior Masculino	01:06:24	+35:32	07:23
382	87	Nuno Domingos Sousa Rocha	individual	Senior Masculino	01:06:35	+35:44	07:24
383	85	Sara Isabel Ribeiro Gomes	individual	Senior Feminino	01:06:36	+35:44	07:24
384	46	Marta Juliana Teixeira Pereira	individual	Senior Feminino	01:07:42	+36:50	07:31
385	45	Margarida Cecília Veloso Gomes	individual	Senior Feminino	01:07:42	+36:50	07:31
386	13	Camila Fernandes Santos Bernades	bernades magalhaes	Senior Feminino	01:07:44	+36:52	07:32
387	115	Cláudia Filipa Almeida Pereira	individual	Senior Feminino	01:10:19	+39:27	07:49
388	117	Maria de Fatima Leite Oliveira	individual	Senior Feminino	01:10:20	+39:28	07:49
389	135	Liliana Machado	individual	Senior Feminino	01:10:27	+39:35	07:50
390	357	Ana Soares	biciclistas	Senior Feminino	01:10:59	+40:07	07:53
391	356	Paula Carneiro	biciclistas	Senior Feminino	01:11:01	+40:09	07:53
392	358	Hernâni Manuel Silva Veríssimo	biciclistas	Senior Masculino	01:11:01	+40:09	07:53
393	355	David Sousa	biciclistas	Senior Masculino	01:11:03	+40:11	07:54
394	470	André Filipe Costa Pereira	individual	Senior Masculino	01:11:20	+40:29	07:56
395	326	Elisabete Araújo Ferreira Silva	nucleo duro	Senior Feminino	01:11:23	+40:31	07:56

PROVA PRINCIPAL - STAGE 1

9 KM

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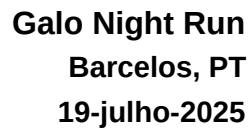
OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
396	178	Maria da Conceição Simões Ferreira	individual	Senior Feminino	01:11:23	+40:32	07:56
397	52	Idalina Jesus Sousa Linhares	jeitosas	Senior Feminino	01:12:10	+41:18	08:01
398	136	Cátia Sousa	individual	Senior Feminino	01:14:21	+43:29	08:16
399	134	Cédric Madureira	individual	Senior Masculino	01:14:22	+43:30	08:16
400	469	Daniela da Silva Fernandes	individual	Senior Feminino	01:14:58	+44:06	08:20
401	181	Rosária do Carmo Ribeiro da Costa	individual	Senior Feminino	01:14:59	+44:07	08:20
402	179	José Luis de Sá Pinheiro	individual	Senior Masculino	01:15:00	+44:08	08:20
403	472	José Augusto Pedrosa da Cunha	individual	Senior Masculino	01:16:39	+45:47	08:31
404	59	CARLA MARIA OLIVEIRA MENDES	os crentes	Senior Feminino	01:19:00	+48:08	08:47

Obs

BIB	NOTE	NAME	TEAM	CAT
71	DQ	Maria da Conceição Carneiro Pessoa de Santana	Individual	Senior Feminino
72	DQ	Adeildo Gomes de Santana Junior	Individual	Senior Masculino
185	DQ	Hugo Manuel Oliveira Leite	Individual	Senior Masculino
196	DQ	Candido Correia	Individual	Senior Masculino
199	DQ	Cidália Rodrigues	Individual	Senior Feminino
218	DQ	Marta Silva	Individual	Senior Feminino
224	DQ	Rafael Cardoso	Individual	Senior Masculino
239	DQ	Pedro Jorge Cunha Freitas silva oliveira	Individual	Senior Masculino
247	DQ	Sergio Paulo Leitão Fernandes	Individual	Senior Masculino
256	DQ	Fernando Gustavo Pereira Garcia	Individual	Senior Masculino
257	DQ	Kelly Cristina Serrano Garcia	Individual	Senior Feminino
258	DQ	Ana Paula Garcia Farinelli	ER COROA ESPORTE	Senior Feminino
278	DQ	Romeu Miguel Lopes Ribeiro	100Pernas	Senior Masculino
321	DQ	Fábio Joaquim Pereira	Individual	Senior Masculino
376	DQ	Rosalina Lima	Individual	Senior Feminino
378	DQ	André Geraldo	Individual	Senior Masculino
387	DQ	Joana Claudia Falcao Torres	Individual	Senior Feminino
388	DQ	Paulo Jose Farinha de Campos	Individual	Senior Masculino
406	DQ	FATIMA FERREIRA MIRANDA	Individual	Senior Feminino
445	DQ	Gian Franco Nercolini	Individual	Senior Masculino
446	DQ	Erika Coser	Individual	Senior Feminino
447	DQ	Anelise Bastos	Individual	Senior Feminino
448	DQ	Marcelo Bastos	Individual	Senior Masculino
449	DQ	Daniel Bastos	Individual	Senior Masculino
450	DQ	Isabela Bastos	Individual	Senior Feminino
483	DQ	Daniel Sousa	Individual	Senior Masculino
29	DNF	Patrick Mateus	Individual	Senior Masculino
99	DNF	Eduardo Manuel Lopes Sousa	FERREIROLUX	Senior Masculino
118	DNF	Ricardo António Ferreira Mota	Individual	Senior Masculino
141	DNF	MARIA DO CEU MEIRA GONCALVES CUNHA	Individual	Senior Feminino



9 KM

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Official Timekeeper: Lap2Go	12 / 12	generate 19-jul.-2025 23:53
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Prova Principal

9 KM

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	22:00	18,4°C	90%
End	23:48	17,6°C	97%

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

1	1	Doroteia Peixoto	Individual	Senior Feminino	33:52	+03:00	03:46
2	3	Fátima Melo	Individual	Senior Feminino	34:15	+03:24	03:48
3	267	Paula Marques	Individual	Senior Feminino	37:11	+06:20	04:08
4	350	INÊS PATRICIA CARVALHO CUNHA	Individual	Senior Feminino	39:18	+08:27	04:22
5	315	Nathali Stefani de Castro Campos	REBORN	Senior Feminino	39:33	+08:42	04:24
6	75	Flora Leite	Associação Desportiva e Cultural de Tregosa	Senior Feminino	39:34	+08:43	04:24
7	423	Paula Couto	NINOS	Senior Feminino	42:17	+11:26	04:42
8	320	Fatinha Pinto	REBORN	Senior Feminino	43:17	+12:25	04:49
9	238	Maria jose gomes correia	Movimento de juventude de merelim	Senior Feminino	44:13	+13:22	04:55
10	359	Crisália Faria	Vitalprogram	Senior Feminino	44:17	+13:25	04:55
11	456	eufemia landeira	Individual	Senior Feminino	44:48	+13:56	04:59
12	111	MARIA LURDES COSTA FERREIRA	Individual	Senior Feminino	44:59	+14:08	05:00
13	149	TERESA MARIA REI FERREIRA PILAR	Individual	Senior Feminino	45:18	+14:27	05:02
14	209	Glória Brás	Individual	Senior Feminino	45:44	+14:53	05:05
15	140	AUSENDA MARIA LOUREIRO VERISSIMO	Individual	Senior Feminino	45:50	+14:59	05:06
16	235	Helena Maria Ferreira da Silva	Individual	Senior Feminino	45:58	+15:06	05:06
17	345	Ana Sofia Brito Oliveira	100Ritmo	Senior Feminino	46:36	+15:45	05:11
18	139	CATARINA CUNHA	Individual	Senior Feminino	47:49	+16:57	05:19
19	303	Lúcia Miranda	Individual	Senior Feminino	48:28	+17:36	05:23
20	79	Elisabete Maria Soutulho Coelho Alves	Embarca Running	Senior Feminino	48:32	+17:40	05:24
21	194	Conceição Pimenta Cruz	Individual	Senior Feminino	48:37	+17:46	05:24
22	318	Isabel Rodrigues	Individual	Senior Feminino	48:44	+17:52	05:25
23	155	Noemia Monteiro	Sorelas	Senior Feminino	48:53	+18:01	05:26
24	156	Joana Monteiro	Sorelas	Senior Feminino	48:53	+18:01	05:26
25	324	TRACEY WINDLE	Individual	Senior Feminino	48:56	+18:05	05:26
26	364	Vera Almeida	Individual	Senior Feminino	49:11	+18:20	05:28
27	43	Elisabete da Conceição Caldeira Saragoça	DXC Tri-Amazing	Senior Feminino	49:15	+18:24	05:28
28	166	Sandra Mendes	NS Team	Senior Feminino	49:27	+18:36	05:30
29	95	Rita Ferreira	LAMA RUNNERS	Senior Feminino	49:40	+18:49	05:31
30	377	Marta Cunha	Individual	Senior Feminino	49:49	+18:58	05:32
31	329	Cláudia Pinho	Individual	Senior Feminino	49:53	+19:01	05:33
32	132	Isadora Padovani Garcia	Individual	Senior Feminino	50:25	+19:34	05:36
33	332	Albuquerque	Individual	Senior Feminino	50:28	+19:37	05:37
34	101	Cátia Micaela Sousa Duarte	Individual	Senior Feminino	50:35	+19:43	05:37
35	34	Vera Lúcia Silva Fernandes	Entresilvas	Senior Feminino	50:38	+19:47	05:38
36	187	Lara Sofia Oliveira Fortes	Individual	Senior Feminino	51:12	+20:21	05:41

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37	104	Joana Carvalho Lobarinhas de Miranda	Individual	Senior Feminino	51:19	+20:28	05:42
38	498	Diana Araujo	Individual	Senior Feminino	51:59	+21:07	05:47
39	270	Elaine Bernardes	ARC Vale S. Cosme	Senior Feminino	51:59	+21:08	05:47
40	237	Margarida de sousa gomes	Movimento de juventude de merelim	Senior Feminino	52:04	+21:12	05:47
41	337	Catarina Filipa Portela dos Santos	Individual	Senior Feminino	52:14	+21:22	05:48
42	25	Sónia Maria Salgueiro Lopes	Individual	Senior Feminino	52:38	+21:47	05:51
43	245	Mariana Abreu	Individual	Senior Feminino	52:38	+21:47	05:51
44	399	SARA DANIELA DA SILVA FALCÃO	Individual	Senior Feminino	52:52	+22:01	05:53
45	284	Ana Beatriz Gomes Vilas Boas	Individual	Senior Feminino	53:05	+22:14	05:54
46	105	Tania Margarida Amorim	RicGoTeam	Senior Feminino	53:05	+22:14	05:54
47	110	Ana Rita Meira Cunha	Individual	Senior Feminino	53:14	+22:22	05:55
48	31	Marina de Sa	Individual	Senior Feminino	53:30	+22:38	05:57
49	451	Rita Mendes	Individual	Senior Feminino	54:04	+23:13	06:00
50	74	Mariana Figueiras	Associação Desportiva e Cultural de Tregosa	Senior Feminino	54:11	+23:19	06:01
51	404	MARIA AURORA DE ARAUJO DA SILVA	Individual	Senior Feminino	54:14	+23:23	06:02
52	401	TATIANA FILIPA GOMES MANINHO	Individual	Senior Feminino	54:24	+23:33	06:03
53	402	CRISTIANA ISABEL OLIVEIRA LOUREIRO	Individual	Senior Feminino	54:25	+23:34	06:03
54	189	Rafaela Queirós	Individual	Senior Feminino	54:27	+23:36	06:03
55	54	Rita Teixeira	EARO	Senior Feminino	54:46	+23:55	06:05
56	280	Maria da Conceição Gomes Ferreira Ribeiro	100Pernas	Senior Feminino	54:51	+24:00	06:06
57	63	Liliana Martins Pereira	Jeitosas	Senior Feminino	54:53	+24:02	06:06
58	147	Vitória Sofia Capitão Carneiro Carvalho	Individual	Senior Feminino	54:54	+24:03	06:06
59	244	Rita Ferreira	Individual	Senior Feminino	55:27	+24:36	06:10
60	160	Maria da Luz Ferreira Barbosa	Individual	Senior Feminino	55:32	+24:41	06:10
61	193	Sandra Moura	Individual	Senior Feminino	55:35	+24:43	06:11
62	195	Ana Maria Carvalho Matos	Individual	Senior Feminino	55:35	+24:43	06:11
63	191	Filipe Ferreira	Individual	Senior Feminino	55:35	+24:43	06:11
64	276	MARIA CRISTINA DE SOUSA ROSARIO DA SILVA	Individual	Senior Feminino	55:37	+24:46	06:11
65	20	Patrícia Ferreira	InMove	Senior Feminino	55:45	+24:53	06:12
66	489	Ines Pontes	Individual	Senior Feminino	56:02	+25:11	06:14
67	93	Bárbara Nogueira Vaz	LAMA RUNNERS	Senior Feminino	56:29	+25:37	06:17
68	438	Maria Graça	Individual	Senior Feminino	56:36	+25:45	06:17
69	432	Ana Campos	Individual	Senior Feminino	56:38	+25:47	06:18
70	116	Ana Isabel Campos da Silva	Individual	Senior Feminino	56:44	+25:53	06:18
71	182	Marta Cidália Simões Ferreira	Individual	Senior Feminino	56:45	+25:53	06:18
72	389	LIDIA GRIMAL ROCA	FERROLOCOS	Senior Feminino	56:48	+25:56	06:19
73	285	Cátia Daniela Miranda Oliveira	Individual	Senior Feminino	56:49	+25:58	06:19
74	390	NURIA ROCA REY	FERROLOCOS	Senior Feminino	57:00	+26:09	06:20
75	91	Maria Inês Campos da Silva	Individual	Senior Feminino	57:10	+26:19	06:21
76	453	Inês Alves	Individual	Senior Feminino	57:18	+26:27	06:22
77	289	Ana Raquel Moreira	Individual	Senior Feminino	57:20	+26:29	06:22
78	86	Marta Beatriz Pereira Fernandes	Individual	Senior Feminino	57:21	+26:29	06:22

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79	122	Adriana Miralhos	GRAAC	Senior Feminino	57:25	+26:34	06:23
80	153	Marcela Martins Pinto	GRAAC	Senior Feminino	57:25	+26:34	06:23
81	123	Catarina Ralha	GRAAC	Senior Feminino	57:25	+26:34	06:23
82	327	Cristina Costa	Individual	Senior Feminino	57:36	+26:45	06:24
83	393	Ana Braga	Pinheiro Team	Senior Feminino	57:51	+27:00	06:26
84	395	Mariana Filipa Gonçalves Oliveira	Pinheiro Team	Senior Feminino	57:51	+27:00	06:26
85	120	Carolina Nunes Lira	Individual	Senior Feminino	57:59	+27:08	06:27
86	165	Marlene Emilia Fernandes Vieira Martins	Improve	Senior Feminino	58:22	+27:31	06:29
87	175	Camila Moura Santos	Individual	Senior Feminino	58:29	+27:38	06:30
88	186	Sonia do Carmo Cunha	Individual	Senior Feminino	58:30	+27:39	06:30
89	204	Andreia Brito	Individual	Senior Feminino	58:31	+27:39	06:30
90	174	JOICE FARIAS	Individual	Senior Feminino	58:47	+27:55	06:32
91	173	Genifer Rosangela da Silva dos Santos	Individual	Senior Feminino	58:47	+27:55	06:32
92	65	Luisa Manuela Silva Miranda	Individual	Senior Feminino	58:47	+27:56	06:32
93	460	Sofia Figueira	Individual	Senior Feminino	59:06	+28:14	06:34
94	262	Maria Ribeiro	Amantes Trail and Run	Senior Feminino	59:31	+28:40	06:37
95	131	Diana Cardim Barata	Amantes Trail and Run	Senior Feminino	59:32	+28:41	06:37
96	37	Mariana Silva	Individual	Senior Feminino	59:52	+29:01	06:39
97	205	Pórcia Kato Miranda Vilela	Individual	Senior Feminino	59:54	+29:03	06:39
98	210	Isabel Cardoso	Individual	Senior Feminino	01:00:17	+29:26	06:42
99	157	Vera Vinagre	Individual	Senior Feminino	01:01:27	+30:36	06:50
100	297	Beatriz Bogas Barbosa Ferreira	Individual	Senior Feminino	01:01:58	+31:07	06:53
101	299	Mariana Macedo Ribeiro	Individual	Senior Feminino	01:01:58	+31:07	06:53
102	298	Beatriz Marques Lemos Cibrão Coutinho	Individual	Senior Feminino	01:01:58	+31:07	06:53
103	484	Cidália Fernandes	Individual	Senior Feminino	01:02:04	+31:12	06:54
104	287	Andreia Filipa Torcato Ribeiro	Individual	Senior Feminino	01:02:17	+31:26	06:55
105	23	Bruna Esteves Ricardo	Individual	Senior Feminino	01:02:27	+31:35	06:56
106	311	Ana Margarida Correia	Foguetões	Senior Feminino	01:02:35	+31:44	06:57
107	442	Catarina Dantas	Individual	Senior Feminino	01:03:13	+32:22	07:01
108	416	Cláudia Filipa Barbosa Gonçalves	Individual	Senior Feminino	01:03:14	+32:22	07:02
109	92	Elisabete Macedo Gonçalves	Individual	Senior Feminino	01:03:27	+32:36	07:03
110	234	Ana Paula Maciel Miranda	Individual	Senior Feminino	01:03:27	+32:36	07:03
111	26	Suzana Maria Lopes Pereira	Individual	Senior Feminino	01:03:28	+32:36	07:03
112	301	Audrey Gonçalves	Individual	Senior Feminino	01:03:43	+32:52	07:05
113	163	Maria julia Magalhães	Braguinhas Runners	Senior Feminino	01:03:55	+33:04	07:06
114	126	Filomena Magalhães	Braguinhas Runners	Senior Feminino	01:03:56	+33:04	07:06
115	394	Patricia Alexandra da Silva Gonçalves	Pinheiro Team	Senior Feminino	01:04:25	+33:34	07:10
116	24	Mariana Ricardo Vilas Boas	Individual	Senior Feminino	01:04:25	+33:34	07:10
117	109	Paula Costa	Portugal X Suécia	Senior Feminino	01:04:36	+33:44	07:11
118	466	pollyana vigar	Individual	Senior Feminino	01:04:39	+33:48	07:11
119	221	Livia Sousa	Individual	Senior Feminino	01:05:08	+34:17	07:14
120	145	DANIELA ROSÁRIO SILVA	Individual	Senior Feminino	01:05:59	+35:07	07:20
121	144	DIANA ROSÁRIO SILVA	Individual	Senior Feminino	01:05:59	+35:08	07:20
122	33	Carla de Jesus Gomes	Braga a Correr	Senior Feminino	01:06:17	+35:26	07:22
123	28	Maria Alcina Lopes	Individual	Senior Feminino	01:06:17	+35:26	07:22

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124	85	Sara Isabel Ribeiro Gomes	Individual	Senior Feminino	01:06:35	+35:44	07:24
125	46	Marta Juliana Teixeira Pereira	Individual	Senior Feminino	01:07:42	+36:50	07:31
126	45	Margarida Cecilia Veloso Gomes	Individual	Senior Feminino	01:07:42	+36:50	07:31
127	13	Camila Fernandes Santos Bernades	Bernades Magalhaes	Senior Feminino	01:07:44	+36:52	07:32
128	115	Cláudia Filipa Almeida Pereira	Individual	Senior Feminino	01:10:19	+39:27	07:49
129	117	Maria de Fatima Leite Oliveira	Individual	Senior Feminino	01:10:19	+39:28	07:49
130	135	Liliana Machado	Individual	Senior Feminino	01:10:26	+39:35	07:50
131	357	Ana Soares	BICICLISTAS	Senior Feminino	01:10:58	+40:07	07:53
132	356	Paula Carneiro	BICICLISTAS	Senior Feminino	01:11:00	+40:09	07:53
133	326	Elisabete Araújo Ferreira Silva	Nucleo Duro	Senior Feminino	01:11:23	+40:31	07:56
134	178	Maria da Conceição Simões Ferreira	Individual	Senior Feminino	01:11:23	+40:32	07:56
135	52	Idalina Jesus Sousa Linhares	Jeitosas	Senior Feminino	01:12:09	+41:18	08:01
136	136	Cátia Sousa	Individual	Senior Feminino	01:14:21	+43:29	08:16
137	469	Daniela da Silva Fernandes	Individual	Senior Feminino	01:14:58	+44:06	08:20
138	181	Rosária do Carmo Ribeiro da Costa	Individual	Senior Feminino	01:14:59	+44:07	08:20
139	59	CARLA MARIA OLIVEIRA MENDES	OS CRENTES	Senior Feminino	01:19:00	+48:08	08:47

Senior Masculino

1	252	Tiago Simões Faria	ÁGUIAS DE ALVELOS	Senior Masculino	30:51	03:26
2	2	Augusto Costa	Individual	Senior Masculino	30:59	+00:08 03:27
3	206	Edoardo Dessi	Individual	Senior Masculino	31:03	+00:12 03:27
4	427	Tiago Carvalho	Individual	Senior Masculino	31:28	+00:36 03:30
5	411	Bruno Fernando Esteves da Eira	Cachadinha	Senior Masculino	33:41	+02:49 03:45
6	164	VIDONI Vincent	Individual	Senior Masculino	33:47	+02:56 03:45
7	488	PAULO JORGE GOMES PEIXOTO	Individual	Senior Masculino	33:59	+03:07 03:47
8	282	Hugo Filipe Rocha Cardoso	Vieira Runners	Senior Masculino	34:12	+03:21 03:48
9	475	Rodrigo José Aguiar	Individual	Senior Masculino	34:28	+03:37 03:50
10	420	Francisco Pilar	Juvmar	Senior Masculino	34:31	+03:40 03:50
11	78	Nuno Silva	The Newbies	Senior Masculino	34:32	+03:41 03:50
12	106	Orlando Jorge Faria da Silva	Individual	Senior Masculino	36:06	+05:14 04:01
13	422	Artur Couto	NINOS	Senior Masculino	36:25	+05:34 04:03
14	167	Nuno Mendes	NS Team	Senior Masculino	36:26	+05:34 04:03
15	236	Jorge Miguel Freitas Campos	Individual	Senior Masculino	36:27	+05:36 04:03
16	68	Andre Ferreira	Individual	Senior Masculino	36:33	+05:41 04:04
17	500	Van Vyve Yseult	Individual	Senior Masculino	36:45	+05:53 04:05
18	368	José Miguel Da Silva Ferreira	ALCAIDES	Senior Masculino	36:57	+06:06 04:06
19	143	LUIS PEDRO DA SILVA TORRES	Individual	Senior Masculino	37:05	+06:14 04:07
20	148	BRUNO LUCIANO CARVALHO	Individual	Senior Masculino	37:05	+06:14 04:07
21	138	FILIPE CAMPOS	Individual	Senior Masculino	37:22	+06:30 04:09
22	184	Joao Carlos da costa faria Gonçalves	Individual	Senior Masculino	37:31	+06:39 04:10
23	188	Jose Martins	Núcleo Desportivo da Silva	Senior Masculino	37:34	+06:43 04:11
24	331	Bruno Branco	Vieira Runners	Senior Masculino	37:44	+06:53 04:12
25	407	SERGIO FILIPE GOMES PEIXOTO	Individual	Senior Masculino	37:46	+06:54 04:12
26	7	Tedd Girouard	Individual	Senior Masculino	37:51	+06:59 04:12
27	215	Ricardo Pereira	Individual	Senior Masculino	38:01	+07:10 04:14

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28	77	Marcelo Teixeira	The Newbies	Senior Masculino	38:02	+07:11	04:14
29	5	Paulo Jorge Lopes Peres	Individual	Senior Masculino	38:09	+07:17	04:14
30	103	Sérgio Filipe Machado da Silva	Individual	Senior Masculino	38:15	+07:23	04:15
31	98	António Ferreira da Silva	FERREIROLUX	Senior Masculino	38:15	+07:23	04:15
32	192	Nuno Migue Cruz	Individual	Senior Masculino	38:19	+07:28	04:16
33	102	Jonas Dantas	Individual	Senior Masculino	38:22	+07:30	04:16
34	48	Vítor Bruno da Silva Sousa	Individual	Senior Masculino	38:23	+07:32	04:16
35	291	João Miguel Oliveira Brito Real	Individual	Senior Masculino	38:23	+07:32	04:16
36	12	Domingos Francisco Costa Eiras	Individual	Senior Masculino	38:54	+08:03	04:19
37	119	Miguel Tiago da Cunha Correia	Individual	Senior Masculino	38:57	+08:06	04:20
38	272	Afonso Rebeto Caleiro da Costa	Individual	Senior Masculino	39:04	+08:12	04:20
39	73	Simão Rodrigues	Individual	Senior Masculino	39:06	+08:15	04:21
40	349	Pedro Tiago Pinto Fernandes	Individual	Senior Masculino	39:18	+08:27	04:22
41	457	Manuel Francisco Moreira da Silva	Individual	Senior Masculino	39:21	+08:30	04:22
42	300	PAULO JOSÉ MOREIRA DA COSTA REGO	M.O.VE	Senior Masculino	39:30	+08:38	04:23
43	437	Charles Hazeel	Individual	Senior Masculino	39:35	+08:43	04:24
44	255	JOAQUIM DA CUNHA GOMES DE SÁ	Individual	Senior Masculino	39:46	+08:55	04:25
45	249	Pedro Sousa	Individual	Senior Masculino	39:47	+08:55	04:25
46	342	Daniel Lopes	Individual	Senior Masculino	40:14	+09:23	04:28
47	322	Marco André Viana de Sousa	Individual	Senior Masculino	40:14	+09:23	04:28
48	83	Adriano Rafael da Costa Real	ATRIUM AREIAS	Senior Masculino	40:17	+09:26	04:29
49	346	Álvaro Filipe Marques Fernandes	100Ritmo	Senior Masculino	40:19	+09:28	04:29
50	17	Rui Da Silva Sousa	Individual	Senior Masculino	40:20	+09:29	04:29
51	208	Sergio miguel fernandes machado	Individual	Senior Masculino	40:21	+09:29	04:29
52	130	Luís Filipe Gomes Rodrigues	GRAAC	Senior Masculino	40:42	+09:51	04:31
53	171	Rui Caridade	ATRIUM AREIAS	Senior Masculino	40:51	+09:59	04:32
54	294	Diogo António Apolinário Costa	GTMB	Senior Masculino	41:03	+10:11	04:34
55	35	Paulo Jorge Novo de Araújo Gonçalves	Individual	Senior Masculino	41:17	+10:26	04:35
56	251	Ricardo Lino Castro Duarte	Individual	Senior Masculino	41:23	+10:32	04:36
57	161	Tomas Ferreira Ribeiro	Individual	Senior Masculino	41:52	+11:01	04:39
58	385	Pedro Marcelo Ferreira Lopes de Sousa	Individual	Senior Masculino	41:57	+11:05	04:40
59	292	André Manuel Apolinário Costa	GTMB	Senior Masculino	42:07	+11:16	04:41
60	21	José Carlos Jorge Pinto Sousa	Associação de atletismo Lebres do sado	Senior Masculino	42:07	+11:16	04:41
61	121	Tiago Urzal Freitas Alves Pimenta	Individual	Senior Masculino	42:09	+11:18	04:41
62	202	Teodoro Brais Fernández Blanco	Individual	Senior Masculino	42:10	+11:19	04:41
63	213	Tiago Ferreira	Individual	Senior Masculino	42:12	+11:21	04:41
64	319	Hugo Rocha	REBORN	Senior Masculino	42:15	+11:23	04:42
65	421	Agostinho Mendes	NINOS	Senior Masculino	42:18	+11:26	04:42
66	201	Joaquim André da Costa Ferreira	Individual	Senior Masculino	42:18	+11:27	04:42
67	152	Carlos Miguel Tomé Fernandes	Individual	Senior Masculino	42:20	+11:29	04:42
68	352	Carlos Daniel Ribeiro Vale	Individual	Senior Masculino	42:22	+11:30	04:42
69	351	RUI MIGUEL LINHARES FONSECA	Individual	Senior Masculino	42:23	+11:31	04:43
70	380	Benjamim Batista Cruz	Individual	Senior Masculino	42:25	+11:33	04:43
71	419	Pedro Miguel Ribeiro Rocha	Juvmar	Senior Masculino	42:25	+11:34	04:43
72	464	Leonel Lopes	Individual	Senior Masculino	42:27	+11:36	04:43

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73	168	Wellington Alves	Individual	Senior Masculino	42:36	+11:44	04:44
74	361	Alexandre Samuel Costa Dias	Individual	Senior Masculino	42:48	+11:57	04:45
75	265	Miguel Marques	Individual	Senior Masculino	42:59	+12:08	04:47
76	430	Luis Manuel Oliveira Barbosa	Individual	Senior Masculino	43:12	+12:20	04:48
77	381	Carlos Manuel Eanes Fernandes	Spin & Run Esposende	Senior Masculino	43:14	+12:23	04:48
78	323	DAVID WINDLE	Individual	Senior Masculino	43:20	+12:29	04:49
79	76	Rui Marques	Lima Marques	Senior Masculino	43:31	+12:39	04:50
80	14	Pedro Ferreira	LAMA RUNNERS	Senior Masculino	43:37	+12:46	04:51
81	485	Ivo Costa	Individual	Senior Masculino	43:38	+12:46	04:51
82	463	Jonas Kliem	Individual	Senior Masculino	43:41	+12:50	04:51
83	90	José Miguel Sousa Ribeiro	Individual	Senior Masculino	43:43	+12:51	04:51
84	261	Carlos Alberto Santos Ferreira	Individual	Senior Masculino	43:47	+12:55	04:52
85	309	Fernando Jorge Queirós da Silva	Individual	Senior Masculino	43:50	+12:58	04:52
86	127	Carlos Eduardo Guerra Mansuêdo	Individual	Senior Masculino	43:50	+12:58	04:52
87	36	Helder Jesus Pinheiro Silva	Individual	Senior Masculino	44:01	+13:10	04:54
88	440	Sérgio Martins	Individual	Senior Masculino	44:09	+13:17	04:54
89	398	Carlos António Antunes Ferreira	Individual	Senior Masculino	44:10	+13:19	04:55
90	397	Hugo Miguel Gonçalves Vieira	Individual	Senior Masculino	44:10	+13:19	04:55
91	354	Adelino Manuel Rego e Silva	ALCAIDES	Senior Masculino	44:24	+13:33	04:56
92	316	Victor Manuel Salgueiro Mendes	ALCAIDES	Senior Masculino	44:24	+13:33	04:56
93	384	Filipe Miguel De Brito torres	Individual	Senior Masculino	44:26	+13:35	04:56
94	203	Daniel André Alves Fernandes	Individual	Senior Masculino	44:27	+13:36	04:56
95	426	Helder Gomes	Individual	Senior Masculino	44:29	+13:38	04:57
96	198	José Carlos Cardoso	Individual	Senior Masculino	44:32	+13:41	04:57
97	197	Luis Miguel Neco	Individual	Senior Masculino	44:33	+13:41	04:57
98	305	Cândido Manuel Fernandes Oliveira	GTMB	Senior Masculino	44:33	+13:41	04:57
99	308	Jorge Eduardo Costa Abilheira	ELECTRO ABILHEIRA	Senior Masculino	44:39	+13:48	04:58
100	250	Manuel António Alves D. Senra Ferreira	Individual	Senior Masculino	44:43	+13:52	04:58
101	468	Marco Ferreira Carvalho	Individual	Senior Masculino	44:43	+13:52	04:58
102	22	Luís António Sousa Ricardo	Individual	Senior Masculino	44:46	+13:55	04:59
103	431	Rui Campos	Individual	Senior Masculino	44:47	+13:56	04:59
104	461	filipe sousa	Individual	Senior Masculino	44:49	+13:57	04:59
105	325	Rogério Sa	Individual	Senior Masculino	44:54	+14:03	04:59
106	97	Luciano Fernandes da Silva	FERREIROLUX	Senior Masculino	44:58	+14:07	05:00
107	254	Martim Costa	Individual	Senior Masculino	45:02	+14:10	05:00
108	365	Rui Manuel Carvalho Sousa	Individual	Senior Masculino	45:03	+14:12	05:00
109	53	José duraes	Jeitosas	Senior Masculino	45:11	+14:19	05:01
110	415	Rómulo Salvador da Silva Fernandes	LUSIMED	Senior Masculino	45:22	+14:30	05:02
111	340	Francisco José Gramoso Domingues	Individual	Senior Masculino	45:31	+14:40	05:04
112	341	João Baptista Loureiro Pereira	Individual	Senior Masculino	45:31	+14:40	05:04
113	248	João Tiago Magalhães Gomes Ribeiro	100Pernas	Senior Masculino	45:49	+14:58	05:06
114	6	David Ferreira	Individual	Senior Masculino	45:50	+14:59	05:06
115	307	Jose Carlos Oliveira e Silva	Individual	Senior Masculino	45:55	+15:03	05:06
116	362	Hélder Alexandre Costa Dias	Individual	Senior Masculino	45:56	+15:05	05:06
117	18	Helder Ribeiro	InMove	Senior Masculino	46:28	+15:37	05:10
118	225	Pedro Roseta	Individual	Senior Masculino	46:34	+15:42	05:10

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119	227	Luís Carvalho	Individual	Senior Masculino	46:34	+15:42	05:10
120	226	António Salgueiro	Individual	Senior Masculino	46:34	+15:43	05:10
121	465	André Rodrigues Lima	Individual	Senior Masculino	46:40	+15:49	05:11
122	435	Mateus Cardoso	Individual	Senior Masculino	46:48	+15:56	05:12
123	124	Yoan Chacon	Individual	Senior Masculino	46:49	+15:58	05:12
124	242	Pedro Manuel Gonçalves Maciel	GTMB	Senior Masculino	46:50	+15:59	05:12
125	211	Jorge Guilherme Lopes Brito	Individual	Senior Masculino	46:51	+15:59	05:12
126	455	Andre Miranda	Individual	Senior Masculino	47:01	+16:09	05:13
127	260	Germano Bento Alves Gonçalves Carvalhal	Individual	Senior Masculino	47:02	+16:11	05:14
128	314	Simão Miranda Pereira	Individual	Senior Masculino	47:02	+16:11	05:14
129	228	Marco Zeferino Barbosa	Individual	Senior Masculino	47:04	+16:12	05:14
130	473	Carlos Jorge Fernandes Mota	Individual	Senior Masculino	47:09	+16:17	05:14
131	436	Manuel Braga	Individual	Senior Masculino	47:12	+16:20	05:15
132	207	Diogo Filipe Pinheiro Faria	Individual	Senior Masculino	47:25	+16:34	05:16
133	229	Miguel Gomes Pereira	Individual	Senior Masculino	47:27	+16:35	05:16
134	66	Alberto Pereira	100% suor, 0% record	Senior Masculino	47:39	+16:48	05:18
135	405	RUI DANIEL FERREIRA OLIVEIRA	Individual	Senior Masculino	47:40	+16:48	05:18
136	240	João Pedro Manhente Simoés	Individual	Senior Masculino	47:40	+16:49	05:18
137	137	DAVID FERREEIRA	Individual	Senior Masculino	47:50	+16:58	05:19
138	177	João Carlos Oliveira Gonçalves Rocha	Improve	Senior Masculino	48:08	+17:16	05:21
139	369	Paulo Manuel Lopes Costa	GTMB Runners	Senior Masculino	48:14	+17:22	05:22
140	344	Miguel Angel Dominguez	Individual	Senior Masculino	48:19	+17:28	05:22
141	343	Paulo Vicente	Individual	Senior Masculino	48:19	+17:28	05:22
142	176	Joatan Itanildo Medeiros dos Santos	Individual	Senior Masculino	48:29	+17:38	05:23
143	51	Celso José Gomes de Sousa	Individual	Senior Masculino	48:30	+17:39	05:23
144	80	Vítor Manuel Dias Gonçalves	Embarca Running	Senior Masculino	48:33	+17:41	05:24
145	100	António Mera	FERREIROLUX	Senior Masculino	49:07	+18:16	05:28
146	363	David Lameiro	Individual	Senior Masculino	49:11	+18:20	05:28
147	42	Pedro Simão	DXC Tri-Amazing	Senior Masculino	49:15	+18:24	05:28
148	360	André Silva	Vitalprogram	Senior Masculino	49:17	+18:26	05:29
149	306	João Rafael Martins Oliveira	Individual	Senior Masculino	49:32	+18:41	05:30
150	113	Samuel Gonçalves Quezado	Individual	Senior Masculino	49:37	+18:46	05:31
151	400	FILIPE MANUEL ROSAS CORREIA	Individual	Senior Masculino	49:40	+18:49	05:31
152	169	Filipe Rodrigues	Individual	Senior Masculino	49:46	+18:54	05:32
153	269	Francisco Borges	Só vim para a cerveja	Senior Masculino	49:46	+18:55	05:32
154	268	Paulo Diogo Almeida Freitas	Só vim para a cerveja	Senior Masculino	49:47	+18:56	05:32
155	266	Miguel Lopes	Individual	Senior Masculino	49:49	+18:58	05:32
156	146	JACINTO ROSÁRIO SILVA	Individual	Senior Masculino	49:50	+18:59	05:32
157	142	NUNO ANTONIO FERNANDES PINTO	Individual	Senior Masculino	49:51	+18:59	05:32
158	129	Ulisses José Pimentel da Mota	Individual	Senior Masculino	49:52	+19:01	05:33
159	128	Ricardo Américo Eiras Ribeiro Capitão	Individual	Senior Masculino	49:53	+19:01	05:33
160	56	Miguel Filipe Moura Dias Miranda	Individual	Senior Masculino	49:57	+19:05	05:33
161	310	Charles Giovanni Ferraz Rodrigues Junior	Individual	Senior Masculino	50:07	+19:16	05:34
162	62	Nuno Miguel Rodrigues Ribeiro	COLFITAS	Senior Masculino	50:15	+19:24	05:35
163	67	Pedro Barbosa Leite	Individual	Senior Masculino	50:26	+19:35	05:36

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164	159	Pedro Nuno Gonçalves Policiano	Individual	Senior Masculino	50:31	+19:39	05:37
165	413	Filipe José gonçalves	OS CRENTES	Senior Masculino	50:31	+19:40	05:37
166	477	Domingos Manuel Carvalho Sousa	Individual	Senior Masculino	50:31	+19:40	05:37
167	133	Duarte Pereira	Individual	Senior Masculino	50:31	+19:40	05:37
168	60	Rui miguel da silva ferreira resende	OS CRENTES	Senior Masculino	50:31	+19:40	05:37
169	333	Paul Lou	Individual	Senior Masculino	50:31	+19:40	05:37
170	61	EDUARDO ALEXANDRE FARIA RODRIGUES	OS CRENTES	Senior Masculino	50:32	+19:41	05:37
171	383	Manuel Barroso	Spin & Run Esposende	Senior Masculino	50:33	+19:42	05:37
172	330	Miguel António de Melo Lomba	Individual	Senior Masculino	50:33	+19:42	05:37
173	382	Rodrigo Barroso	Individual	Senior Masculino	50:34	+19:43	05:37
174	233	Jorge Miguel Silva Rodrigues	Individual	Senior Masculino	50:46	+19:55	05:39
175	379	Paulo Henrique da Rocha Soares	Individual	Senior Masculino	50:48	+19:57	05:39
176	4	Tiago Silva	Individual	Senior Masculino	50:50	+19:58	05:39
177	495	Daniel Leonard Aponte	Individual	Senior Masculino	51:11	+20:20	05:41
178	497	joao luis barroso figueira	Individual	Senior Masculino	51:15	+20:23	05:42
179	246	Jose antonio miranda da silva	Individual	Senior Masculino	51:15	+20:24	05:42
180	162	José Cristiano Silva Martins	Individual	Senior Masculino	51:19	+20:28	05:42
181	482	Renato Ventura	Individual	Senior Masculino	51:26	+20:34	05:43
182	418	Andre Delgado Maciel	Individual	Senior Masculino	51:27	+20:35	05:43
183	27	Fernando Lopes	Individual	Senior Masculino	51:27	+20:36	05:43
184	386	Jorge Miguel Ferreira Pereira	Individual	Senior Masculino	51:27	+20:36	05:43
185	271	Paulo Filipe Correia Fernandes	Individual	Senior Masculino	51:43	+20:52	05:45
186	317	José Vieira Filipe	C.C.D Terroso	Senior Masculino	51:46	+20:54	05:45
187	443	Jorge Silva	Individual	Senior Masculino	51:55	+21:03	05:46
188	347	Filipe Rodrigues Costa	Individual	Senior Masculino	52:15	+21:24	05:48
189	259	Rodrigo Martins Nogueira	Individual	Senior Masculino	52:38	+21:47	05:51
190	243	Luís Fernandes	Individual	Senior Masculino	52:38	+21:47	05:51
191	232	Joel Eduardo Sousa Neiva	Vieira Runners	Senior Masculino	52:38	+21:47	05:51
192	44	Joao paulo genesio	PCRUNNERS	Senior Masculino	52:56	+22:05	05:53
193	283	Tiago Joaquim Miranda Oliveira	Individual	Senior Masculino	53:06	+22:15	05:54
194	273	Gonçalo Araújo	Individual	Senior Masculino	53:14	+22:22	05:55
195	190	Fernando Salgado	Individual	Senior Masculino	53:38	+22:47	05:58
196	403	CARLOS MANUEL BASTOS CAMPOS	Individual	Senior Masculino	53:38	+22:47	05:58
197	452	davi rodrigues estrela de carvalho	Individual	Senior Masculino	54:04	+23:13	06:01
198	40	Pedro Santos Faustino	Individual	Senior Masculino	54:23	+23:31	06:03
199	424	MARCELO DE SOUZA SIMOES	Individual	Senior Masculino	54:34	+23:43	06:04
200	478	Jorge Manuel Monteiro Azevedo	Individual	Senior Masculino	54:41	+23:49	06:05
201	366	Henrique César Castro Reis	Individual	Senior Masculino	54:48	+23:57	06:05
202	335	António André	Team Andrezinhos	Senior Masculino	54:50	+23:59	06:06
203	170	Décio Alves	Improve	Senior Masculino	54:51	+24:00	06:06
204	353	Nuno Miguel Vilas Boas Longras	Individual	Senior Masculino	55:08	+24:17	06:08
205	458	Daniel Rodrigues	Individual	Senior Masculino	55:16	+24:25	06:08
206	200	Jose Manuel Mateus Pinhal	Individual	Senior Masculino	55:22	+24:31	06:09
207	412	José Fernando Correia da Eira	Cachadinha	Senior Masculino	55:24	+24:33	06:09
208	275	Christophe François Fernandes	Individual	Senior Masculino	55:38	+24:46	06:11
209	69	António Pereira	BENNIE	Senior Masculino	55:46	+24:54	06:12

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210	281	Álvaro Nuno Ribeiro Pontes	Amigos do BTT de Barcelos	Senior Masculino	56:01	+25:10	06:14
211	94	Rui Jorge Sousa Araújo	LAMA RUNNERS	Senior Masculino	56:21	+25:30	06:16
212	462	Joao dias da cruz	Individual	Senior Masculino	56:36	+25:45	06:17
213	434	Tiago Dias	Individual	Senior Masculino	56:38	+25:46	06:18
214	433	Bruno Dias	Individual	Senior Masculino	56:38	+25:47	06:18
215	486	JOSÉ CARLOS CARVALHO COSTA	Individual	Senior Masculino	56:41	+25:50	06:18
216	487	JOÃO PEDRO FARIA PEREIRA	Individual	Senior Masculino	56:41	+25:50	06:18
217	183	Gonçalo Rito Martins Sousa	Individual	Senior Masculino	56:44	+25:52	06:18
218	391	MARIO GRIMAL CORRAL	FERROLOCOS	Senior Masculino	56:49	+25:58	06:19
219	334	Diogo André	Team Andrezinhos	Senior Masculino	56:50	+25:59	06:19
220	290	Fabio andre laranjeira cunha	Individual	Senior Masculino	57:19	+26:27	06:22
221	439	Augusto Pinto	Individual	Senior Masculino	57:21	+26:30	06:22
222	158	Martinho Dias	GRAAC	Senior Masculino	57:25	+26:33	06:23
223	151	Diogo	Individual	Senior Masculino	57:57	+27:05	06:26
224	304	Gustavo Jorge Matos Neves	Individual	Senior Masculino	58:00	+27:09	06:27
225	50	Tiago Venancio Caldas	351 Running Club	Senior Masculino	58:29	+27:37	06:30
226	70	Bruno Pereira	BENNIE	Senior Masculino	58:41	+27:50	06:31
227	64	Nuno Filipe Real de Carvalho	Individual	Senior Masculino	58:48	+27:57	06:32
228	264	José Rui Cruz	ALCAIDES	Senior Masculino	58:49	+27:57	06:32
229	481	Eduardo Martins	Individual	Senior Masculino	59:16	+28:25	06:35
230	480	Rogério Martins	Individual	Senior Masculino	59:20	+28:28	06:36
231	339	Theo Bulsing	Individual	Senior Masculino	59:25	+28:34	06:36
232	338	Fabio esteves pedraza	Individual	Senior Masculino	59:31	+28:39	06:37
233	263	Miguel Pinto	Individual	Senior Masculino	59:32	+28:41	06:37
234	348	André Bessa Martins Diniz	Individual	Senior Masculino	01:00:08	+29:17	06:41
235	58	Wichardy Leão	LeRunners	Senior Masculino	01:01:52	+31:01	06:53
236	57	Julio Almeida	LeRunners	Senior Masculino	01:01:53	+31:01	06:53
237	474	Jorge Manuel Sá Ribeiro	Individual	Senior Masculino	01:01:58	+31:07	06:53
238	288	António Pedro Cunha Martins da Silva	Individual	Senior Masculino	01:02:17	+31:25	06:55
239	328	Pedro Gonçalves	Individual	Senior Masculino	01:02:18	+31:26	06:55
240	336	David André	Team Andrezinhos	Senior Masculino	01:02:26	+31:35	06:56
241	312	Manuel Correia	Foguetões	Senior Masculino	01:02:36	+31:44	06:57
242	454	Jose Macedo	Individual	Senior Masculino	01:02:48	+31:57	06:59
243	425	Rúben Veloso Pereira	Individual	Senior Masculino	01:03:12	+32:21	07:01
244	417	Marco António Marinhos Figueiras	Individual	Senior Masculino	01:03:13	+32:22	07:02
245	459	Domingos Alves Figueiras	Individual	Senior Masculino	01:03:22	+32:30	07:02
246	302	Ricardo Mendes	Individual	Senior Masculino	01:03:44	+32:52	07:05
247	396	João Miguel Félix Machado da Silva	Pinheiro Team	Senior Masculino	01:04:25	+33:34	07:10
248	108	Ola Ståhlberg	Portugal X Suécia	Senior Masculino	01:04:36	+33:44	07:11
249	154	Carlos Manuel Araújo Dias	Individual	Senior Masculino	01:04:38	+33:47	07:11
250	467	Anthony Vigar	Individual	Senior Masculino	01:04:39	+33:48	07:11
251	313	José Augusto da Silva Oliveira	Individual	Senior Masculino	01:04:57	+34:06	07:13
252	286	João António Fall Osório	Individual	Senior Masculino	01:04:58	+34:07	07:13
253	219	Antonio Costa	Individual	Senior Masculino	01:05:08	+34:17	07:14
254	231	Tiago Machado	Aleijadinhos de Soutelo	Senior Masculino	01:05:53	+35:02	07:19
255	230	Ricardo Vieira	Aleijadinhos de Soutelo	Senior Masculino	01:05:58	+35:06	07:20

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256	107	Paulo Jorge Santos da Costa	Individual	Senior Masculino	01:06:17	+35:25	07:22
257	277	Armindo Miguel Gomes Ferreira Ribeiro	100Pernas	Senior Masculino	01:06:23	+35:32	07:23
258	279	Rui Miguel Lopes Ribeiro	100Pernas	Senior Masculino	01:06:24	+35:32	07:23
259	87	Nuno Domingos Sousa Rocha	Individual	Senior Masculino	01:06:35	+35:44	07:24
260	358	Hernâni Manuel Silva Veríssimo	BICICLISTAS	Senior Masculino	01:11:01	+40:09	07:53
261	355	David Sousa	BICICLISTAS	Senior Masculino	01:11:02	+40:11	07:54
262	470	André Filipe Costa Pereira	Individual	Senior Masculino	01:11:20	+40:29	07:56
263	134	Cédric Madureira	Individual	Senior Masculino	01:14:21	+43:30	08:16
264	179	José Luis de Sá Pinheiro	Individual	Senior Masculino	01:14:59	+44:08	08:20
265	472	José Augusto Pedrosa da Cunha	Individual	Senior Masculino	01:16:38	+45:47	08:31