

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:45	18,4°C	70%
End	11:00	18.4°C	70%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	460	Luís Oliveira	RECREIO DESPORTIVO DE ÁGUEDA	30:11		03:01	
2	478	Davide Silva	Sporting Clube de Braga	30:15	+00:04	03:01	
3	171	Vitor Oliveira	GDC Guilhovai	30:16	+00:05	03:02	
4	156	Ricardo Jorge Henriques Pereira	EV/PERALTAFIL	30:19	+00:08	03:02	
5	503	Bruno Silva	Vizela Corre	31:01	+00:50	03:06	
6	21	Pedro Moreira	ACR de Vale de Cambra	32:15	+02:04	03:14	
7	18	Filipe Ferreira	ACR de Vale de Cambra	32:26	+02:15	03:15	
8	148	Rui Alves	Escola de Atletismo da Trofa	32:56	+02:45	03:18	
9	16	Bruno Pinheiro	ACR de Vale de Cambra	32:57	+02:46	03:18	
10	169	Andre Adriano	GDC Guilhovai	32:58	+02:47	03:18	
11	170	Toze Castro	GDC Guilhovai	33:00	+02:49	03:18	
12	71	SERGIO PAIVA	Clube Atletismo de Ovar	33:02	+02:51	03:18	
13	155	PEDRO MAGALHÃES	EV/PERALTAFIL	33:05	+02:54	03:19	
14	54	José Moreira	CD São Salvador do Campo	33:19	+03:08	03:20	
15	159	VITOR SANTOS	EV/PERALTAFIL	33:27	+03:16	03:21	
16	437	Ricardo Silva	Nascidos para Correr - Associação Desportiva	33:59	+03:48	03:24	
17	154	MARCO MARQUES	EV/PERALTAFIL	34:00	+03:49	03:24	
18	27	Bruno Freitas	ACR de Vale de Cambra	34:05	+03:54	03:25	
19	175	ANTÓNIO JOAQUIM SOARES FERNANDES	GDC Guilhovai	34:43	+04:32	03:28	
20	172	Antonio Cristóvão	GDC Guilhovai	34:43	+04:32	03:28	
21	166	JORGE MIGUEL DA COSTA CUBAL	GDC Guilhovai	34:43	+04:32	03:28	
22	153	HELDER PIRES	EV/PERALTAFIL	34:53	+04:42	03:29	
23	158	PAULO PINTO	EV/PERALTAFIL	35:15	+05:04	03:31	
24	86	Manuel Sousa Alves	Clube Campismo	35:26	+05:15	03:33	
25	82	Luís Silva	Clube Campismo	35:29	+05:18	03:33	
26	50	Mark Macedo	C.F.OLIVEIRA DO DOURO	35:36	+05:25	03:34	
27	1020	Solange Jesus	Sporting Clube de Braga	35:50	+05:39	03:35	
28	173	ARTUR OLIVEIRA RODRIGUES	GDC Guilhovai	35:52	+05:41	03:35	
29	150	Sérgio Pinto	Escola de Atletismo da Trofa	35:52	+05:41	03:35	
30	20	Marco Pinho	ACR de Vale de Cambra	35:55	+05:44	03:35	
31	160	MANUEL BESSA	EV/PERALTAFIL	36:00	+05:49	03:36	
32	81	Daniel Peixoto	Clube Campismo	36:04	+05:53	03:36	
33	440	António Jesus	Nascidos para Correr - Associação Desportiva	36:15	+06:04	03:37	
34	53	Miguel Silva	Carregosa Lowlanders	36:39	+06:28	03:40	
35	216	Joana Nunes	CD São Salvador do Campo	36:43	+06:32	03:40	
36	1039	Pedro Silva	CLUBE ATLETISMO DE OVAR	36:52	+06:41	03:41	
37	33	Fernando Silva	ACR de Vale de Cambra	36:59	+06:48	03:42	
38	471	Artista	Runners VLC Trail	37:04	+06:53	03:42	
39	270	Filipe Barros	Individual	37:06	+06:55	03:43	
40	1021	Telma Pinho	Team El Comandante	37:07	+06:56	03:43	

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10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
41	273	Henrique Miguel Brandão Gomes	Individual	37:11	+07:00	03:43	
42	36	António Pinto	ACR de Vale de Cambra	37:16	+07:05	03:44	
43	267	Fábio Fernandes Correia	Individual	37:30	+07:19	03:45	
44	443	João Paulo Dias	Núcleo de Atletismo de Cucujães	37:38	+07:27	03:46	
45	92	Raquel Cristina Frade Cabaço	Clube Raquel Cabaço	37:45	+07:34	03:47	
46	305	Pedro Pinho	Individual	37:46	+07:35	03:47	
47	93	João Manuel dos Santos André	Clube Raquel Cabaço	37:46	+07:35	03:47	
48	1008	Mario Vaz	Clube Atletismo de Ovar	37:50	+07:39	03:47	
49	43	António Nunes	ARADA ATLÉTICO CLUBE	37:55	+07:44	03:47	
50	3	André Santos	A.C.D OS Ilhavos	37:56	+07:45	03:48	
51	1019	Pedro Matos	Lourosa Em Movimento	37:58	+07:47	03:48	
52	80	Nuno Albergaria	Clube Campismo	38:02	+07:51	03:48	
53	78	ROGERIO CAMPOS	Clube Atletismo de Ovar	38:03	+07:52	03:48	
54	142	Márcia Martins	DCI/Trilhos Luso Bussaco	38:03	+07:52	03:48	
55	5	António Coimbra	ACADEMIA FERNANDA RIBEIRO	38:07	+07:56	03:49	
56	179	Armando Bastos	GDSP0	38:08	+07:57	03:49	
57	29	Nuno Oliveira	ACR de Vale de Cambra	38:13	+08:02	03:49	
58	70	INES GONÇALVES	Clube Atletismo de Ovar	38:15	+08:04	03:50	
59	1007	Carla Almeida	Clube Atletismo de Ovar	38:19	+08:08	03:50	
60	474	Américo Valente	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	38:22	+08:11	03:50	
61	382	Paulo Noormahomed	Individual	38:25	+08:14	03:51	
62	429	Marco Marques	Lourosa Em Movimento	38:28	+08:17	03:51	
63	1014	Bruno Couto	Individual	38:32	+08:21	03:51	
64	493	Marcelo Sousa	Vale Correr	38:35	+08:24	03:51	
65	110	Bruno Fernandes	CMMC de Vale de Cambra	38:38	+08:27	03:52	
66	182	Antonio Martins	Grupo Juvenil Pinheiro da Bemposta	38:38	+08:27	03:52	
67	168	Sandra Ferreira	GDC Guilhovai	38:46	+08:35	03:53	
68	52	Bruno Vidinha	Caldas de Sao Jorge Sport Clube Secção Atletismo	38:47	+08:36	03:53	
69	17	Fábio Correia	ACR de Vale de Cambra	38:54	+08:43	03:53	
70	66	Fernando Antunes	CDC Macieira de Cambra	39:09	+08:58	03:55	
71	74	RUI COSTA	Clube Atletismo de Ovar	39:10	+08:59	03:55	
72	479	PEDRO TERRA	SSTMSJM	39:12	+09:01	03:55	
73	129	Igor Ribeiro	Colep Packaging	39:14	+09:03	03:55	
74	457	Jose Silva	Peraltafil EV	39:27	+09:16	03:57	
75	1036	Filipe Silva	RUNforFUN	39:28	+09:17	03:57	
76	1002	Carlos Sequeira	Clube Atletismo de Ovar	39:37	+09:26	03:58	
77	254	Daniel Monteiro	Individual	39:49	+09:38	03:59	
78	284	Jorge Pinho	Individual	39:51	+09:40	03:59	
79	42	Lara Costa	ARADA ATLÉTICO CLUBE	39:52	+09:41	03:59	
80	136	Bruno Pereira	CopoRunners	39:53	+09:42	03:59	
81	63	Tomé Rodrigues	CDC Macieira de Cambra	39:55	+09:44	03:59	
82	307	Rafael Seromenho	Individual	39:59	+09:48	04:00	
83	6	Jorge Gonçalves	ACADEMIA FERNANDA RIBEIRO	40:09	+09:58	04:01	
84	40	José Figueiredo	AFIS/OVAR	40:14	+10:03	04:01	
85	286	José Ferreira	Individual	40:15	+10:04	04:02	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
86	244	André Junqueira	Individual	40:17	+10:06	04:02	
87	491	Hugo Silva	Vale Correr	40:19	+10:08	04:02	
88	62	José Oliveira	CDC Macieira de Cambra	40:34	+10:23	04:03	
89	431	Orlando Valente	Lourosa Em Movimento	40:35	+10:24	04:04	
90	423	Mario Carvalho	Vilarinho de Cima	40:37	+10:26	04:04	
91	41	José Godinho	AFIS/OVAR	40:38	+10:27	04:04	
92	139	Marcos Fonseca	CopoRunners	40:39	+10:28	04:04	
93	349	Antonio Manuel Pais Assunção	Individual	40:48	+10:37	04:05	
94	293	Marcelo Campos	Individual	40:50	+10:39	04:05	
95	76	JOÃO RODRIGUES	Clube Atletismo de Ovar	40:51	+10:40	04:05	
96	181	Raquel Cirne	GRECAS - Vagos	40:52	+10:41	04:05	
97	1035	Manuel Bastos	G.D.A. Ronda	40:53	+10:42	04:05	
98	1011	Marcio Machado	Individual	40:54	+10:43	04:05	
99	388	Rui Pedro Jesus de Almeida	Individual	40:57	+10:46	04:06	
100	73	MONICA FERNANDES	Clube Atletismo de Ovar	41:02	+10:51	04:06	
101	380	Nuno Miguel dos Santos Barros Lourenço	Individual	41:09	+10:58	04:07	
102	364	ROLAND SOUSA	Individual	41:12	+11:01	04:07	
103	294	Marco Almeida	Individual	41:19	+11:08	04:08	
104	34	José Correia	ACR de Vale de Cambra	41:26	+11:15	04:09	
105	366	Vítor Coelho	Individual	41:29	+11:18	04:09	
106	12	Vítor Santos	ACAIL GAS	41:46	+11:35	04:11	
107	494	Pedro Pinho	Vale Correr	41:56	+11:45	04:12	
108	72	LIGIA SANTOS	Clube Atletismo de Ovar	41:57	+11:46	04:12	
109	384	Pedro Madrid	Individual	41:57	+11:46	04:12	
110	260	Duarte Correia	Individual	42:00	+11:49	04:12	
111	374	João Simva	Individual	42:03	+11:52	04:12	
112	355	Daniel Pereira	Individual	42:22	+12:11	04:14	
113	367	ANTONIO MOREIRA	Individual	42:23	+12:12	04:14	
114	400	Paulo Almeida	Individual	42:26	+12:15	04:15	
115	484	Hugo Moreira	TO NA PISTA	42:29	+12:18	04:15	
116	46	José Luís Oliveira dos Santos	Brandoenses running	42:47	+12:36	04:17	
117	299	Pedro Correia	Individual	42:52	+12:41	04:17	
118	396	Luis Pedro Dias Couto Rodrigues	Individual	43:17	+13:06	04:20	
119	315	Rui Filipe Brandão Alves	Individual	43:28	+13:17	04:21	
120	413	Pedro Agostinho Tavares Almeida	Individual	43:31	+13:20	04:21	
121	309	RENATO BASTOS	Individual	43:32	+13:21	04:21	
122	149	Justyna Wojcik	Escola de Atletismo da Trofa	43:41	+13:30	04:22	
123	163	Carlos Eduardo Costa da Cruz Martins	EVA MS	43:46	+13:35	04:23	
124	177	Manuel Silva	GDSPPO	43:48	+13:37	04:23	
125	133	Eurico Tavares	CopoRunners	43:51	+13:40	04:23	
126	7	Florbelá Araujo	ACAIL GAS	43:52	+13:41	04:23	
127	77	PEDRO LEAL	Clube Atletismo de Ovar	43:52	+13:41	04:23	
128	89	Ricardo Jorge Madureira Ribeiro	Clube de Veteranos do Porto	43:54	+13:43	04:23	
129	312	Roberto Martins	Individual	44:00	+13:49	04:24	
130	10	Luis Novo	ACAIL GAS	44:03	+13:52	04:24	

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[illegible]

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[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
131	442	Regina Gilvaz	Núcleo de Atletismo de Cucujães	44:11	+14:00	04:25	
132	251	Carlos Monteiro	Individual	44:15	+14:04	04:25	
133	184	Fátima Tavares	Grupo Juvenil Pinheiro da Bemposta	44:15	+14:04	04:25	
134	469	Pedro Pina	Ricardo Silva	44:24	+14:13	04:26	
135	389	Sérgio Pereira	Individual	44:25	+14:14	04:26	
136	314	Rui Albergaria	Individual	44:28	+14:17	04:27	
137	189	Jorge Tavares	Grupo Juvenil Pinheiro da Bemposta	44:34	+14:23	04:27	
138	161	JOAQUIM PEREIRA	EV/PERALTAFIL	44:40	+14:29	04:28	
139	152	PATRICIA FERREIRA	EV/PERALTAFIL	44:46	+14:35	04:29	
140	456	Nuno David	Peraltafil EV	44:47	+14:36	04:29	
141	137	Miguel Oliveira	CopoRunners	44:49	+14:38	04:29	
142	365	Rui Almeida	Individual	44:50	+14:39	04:29	
143	138	Armando Sá	CopoRunners	45:00	+14:49	04:30	
144	151	CRISTIANA SANTOS	EV/PERALTAFIL	45:01	+14:50	04:30	
145	298	Paulo Sérgio dos Santos Nunes	Individual	45:10	+14:59	04:31	
146	398	Milton Rodrigues Brandão	Individual	45:14	+15:03	04:31	
147	4	ANDRÉ PINA	A.D.GRIJÓ A CORRER	45:21	+15:10	04:32	
148	111	Carlos Silva	CMMC de Vale de Cambra	45:24	+15:13	04:32	
149	435	Beu Ribeiro	Nascidos para Correr - Associação Desportiva	45:28	+15:17	04:33	
150	441	Sara Costa	Núcleo de Atletismo de Cucujães	45:28	+15:17	04:33	
151	444	Renato Tavares	Núcleo de Atletismo de Cucujães	45:28	+15:17	04:33	
152	248	BASTOS RUI	Individual	45:32	+15:21	04:33	
153	15	Artur Francisco Oliveira	ACR de Vale de Cambra	45:35	+15:24	04:33	
154	405	António Jorge da Silva Martins	Individual	45:37	+15:26	04:34	
155	467	Paulo ramos	Reumaticos	45:48	+15:37	04:35	
156	1032	Antonio Melo	VICAIMA-Industria de Madeiras e Derivados, S.A	45:51	+15:40	04:35	
157	432	Fátima Santos	Lusitânia de Lourosa	45:52	+15:41	04:35	
158	436	Rosa Pinto	Nascidos para Correr - Associação Desportiva	45:53	+15:42	04:35	
159	101	Patrícia Soares	CMMC de Vale de Cambra	45:56	+15:45	04:36	
160	281	Joel Bastos Santos	Individual	46:02	+15:51	04:36	
161	31	Rui Almeida	ACR de Vale de Cambra	46:08	+15:57	04:37	
162	295	Marco Teixeira	Individual	46:10	+15:59	04:37	
163	141	Joaquim Fernando Gonçalves Rego	CopoRunners	46:12	+16:01	04:37	
164	178	Alcindo Dias	GDSP0	46:12	+16:01	04:37	
165	290	Licínio Almeida	Individual	46:15	+16:04	04:37	
166	468	Raul teixeira	Reumaticos	46:18	+16:07	04:38	
167	445	Manuel Anjos	Núcleo de Atletismo de Cucujães	46:18	+16:07	04:38	
168	1015	Frederico Arlindo Jesus Martins	Individual	46:18	+16:07	04:38	
169	261	Dylan Nogueira	Individual	46:19	+16:08	04:38	
170	330	Rosália Sousa	Individual	46:21	+16:10	04:38	
171	119	Silvio Carvalho	CMMC de Vale de Cambra	46:26	+16:15	04:39	
172	438	Joice dias de Jesus	Nascidos para Correr - Associação Desportiva	46:27	+16:16	04:39	
173	1038	Sergio Filipe Alves Almeida	Individual	46:28	+16:17	04:39	
174	134	Nuno Bastos	CopoRunners	46:32	+16:21	04:39	
175	322	Tiago Oliveira	Individual	46:33	+16:22	04:39	
176	167	Ana Oliveira	GDC Guilhovai	46:35	+16:24	04:39	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
177	1013	Arlete Santos	JOBRA	46:39	+16:28	04:40	
178	276	Ivo Pais	Individual	46:41	+16:30	04:40	
179	8	Inês Gonçalves	ACAIL GAS	46:41	+16:30	04:40	
180	122	Paulo Martins	CMMC de Vale de Cambra	46:44	+16:33	04:40	
181	45	Perpétua Silva	Brandoenses running	46:47	+16:36	04:41	
182	247	Antonio Jose Pereira Santos Da Mota	Individual	46:48	+16:37	04:41	
183	143	Ricardo Correia	Do Vale Running Brothers	46:53	+16:42	04:41	
184	401	paulo fibeiro	Individual	47:02	+16:51	04:42	
185	49	Júlia Conceição	C.F.OLIVEIRA DO DOURO	47:02	+16:51	04:42	
186	25	Susana Martins	ACR de Vale de Cambra	47:02	+16:51	04:42	
187	32	António Francisco	ACR de Vale de Cambra	47:04	+16:53	04:42	
188	492	João Oliveira	Vale Correr	47:14	+17:03	04:43	
189	123	António Oliveira	CMMC de Vale de Cambra	47:14	+17:03	04:43	
190	130	Carlos Ferreira	Colep Packaging	47:20	+17:09	04:44	
191	316	Rui Filipe da Silva Gomes	Individual	47:23	+17:12	04:44	
192	497	Paulo Soares	Vale Correr	47:31	+17:20	04:45	
193	496	Elvio Santos	Vale Correr	47:31	+17:20	04:45	
194	490	Fábio Reis	Vale Correr	47:32	+17:21	04:45	
195	453	Ilda Fernandes	Os Melhores	47:38	+17:27	04:46	
196	132	Adriano de Oliveira Borges	CopoRunners	47:51	+17:40	04:47	
197	352	Carlos de Sousa	Individual	47:52	+17:41	04:47	
198	140	Filipe Manuel Coelho	CopoRunners	47:53	+17:42	04:47	
199	495	Tiago Oliveira	Vale Correr	47:54	+17:43	04:47	
200	466	Paulo pereira	Reumaticos	47:55	+17:44	04:47	
201	464	Helena silva	Reumaticos	47:55	+17:44	04:48	
202	489	Luís Lopes	Vale Correr	47:55	+17:44	04:48	
203	162	LEONEL SILVA	EV/PERALTAFIL	47:56	+17:45	04:48	
204	359	Jorge Costa	Individual	48:01	+17:50	04:48	
205	458	Liliana Silva	PETRUS RUNNERS	48:02	+17:51	04:48	
206	28	Francis Fernandes	ACR de Vale de Cambra	48:03	+17:52	04:48	
207	1016	Marco Nuno Santos Alves	Individual	48:09	+17:58	04:49	
208	430	Célia Santos	Lourosa Em Movimento	48:22	+18:11	04:50	
209	362	Marcelo Teixeira da mota	Individual	48:23	+18:12	04:50	
210	360	José Eduardo Rocha	Individual	48:24	+18:13	04:50	
211	310	Ricardo Almeida	Individual	48:26	+18:15	04:51	
212	85	Edmundo Guedes	Clube Campismo	48:26	+18:15	04:51	
213	368	Carlos Ferreira	Individual	48:28	+18:17	04:51	
214	415	Rui Godinho	Individual	48:30	+18:19	04:51	
215	1012	Roni Gomes	Individual	48:34	+18:23	04:51	
216	264	Fábio André Gonçalves Cardoso	Individual	48:37	+18:26	04:52	
217	454	NUNO SANTOS	Os Melhores	48:37	+18:26	04:52	
218	371	Domingos Gonçalves	Individual	48:39	+18:28	04:52	
219	412	José Miguel Melo Brandão	Individual	48:40	+18:29	04:52	
220	124	Arlindo Rodrigues	CMMC de Vale de Cambra	48:42	+18:31	04:52	
221	1025	Fabio Costa	VICAIMA-Industria de Madeiras e Derivados, S.A	48:44	+18:33	04:52	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
222	39	Pedro Necho	AFIS/OVAR	48:45	+18:34	04:53	
223	395	JOSE MANUEL SOARES MOREIRA DA ROCHA	Individual	48:45	+18:34	04:53	
224	30	Alfredo Ferreira	ACR de Vale de Cambra	49:00	+18:49	04:54	
225	321	Tiago Gonçalves	Individual	49:02	+18:51	04:54	
226	361	Luis Filipe Almeida Rodrigues	Individual	49:05	+18:54	04:55	
227	1006	Fernando Rocha Sacramento	Centro Cultural e Recreativo Souto Mau	49:15	+19:04	04:56	
228	1004	Carlos Andre Pinto Salazar Oliveira	Arlindo Soares de Pinho	49:15	+19:04	04:56	
229	217	Juliana Almeida	Individual	49:17	+19:06	04:56	
230	1009	Melanie Martinho	Individual	49:21	+19:10	04:56	
231	408	João Coutinho Rego	Individual	49:24	+19:13	04:56	
232	488	Porfírio Martins	TO NA PISTA	49:24	+19:13	04:56	
233	486	Nuno Coelho	TO NA PISTA	49:24	+19:13	04:56	
234	193	Ana Brandão	Individual	49:27	+19:16	04:57	
235	23	Armanda Garrido	ACR de Vale de Cambra	49:34	+19:23	04:57	
236	410	Jorge Ventura	Individual	49:35	+19:24	04:57	
237	180	Mário Nogueira	GDSP0	49:36	+19:25	04:58	
238	1017	Rui Pedro Gonçalves Correia	Individual	49:39	+19:28	04:58	
239	475	Joana Aguiar	Sportarc	49:43	+19:32	04:58	
240	351	Carlos Cunha	Individual	49:51	+19:40	04:59	
241	219	Maria Helena Tavares Silva	Individual	49:55	+19:44	04:59	
242	185	Amândio Silva	Grupo Juvenil Pinheiro da Bemposta	49:58	+19:47	05:00	
243	187	Hugo Sousa	Grupo Juvenil Pinheiro da Bemposta	49:59	+19:48	05:00	
244	485	Jorge Tavares	TO NA PISTA	50:02	+19:51	05:00	
245	499	Francisco Santos	Vale de Cambridge	50:03	+19:52	05:00	
246	481	Rui Coutinho	Team PernaLonga	50:03	+19:52	05:00	
247	375	Jonatas Santos	Individual	50:04	+19:53	05:00	
248	498	Eduardo Pinho	Vale de Cambridge	50:04	+19:53	05:00	
249	114	Rui Paiva	CMMC de Vale de Cambra	50:05	+19:54	05:01	
250	272	Gustavo Marques	Individual	50:11	+20:00	05:01	
251	477	Isabel Soares	Sportarc	50:13	+20:02	05:01	
252	35	José Pinho	ACR de Vale de Cambra	50:15	+20:04	05:02	
253	476	Marta Gomes	Sportarc	50:17	+20:06	05:02	
254	174	ANTÓNIO DIAS DOS SANTOS	GDC Guilhovai	50:21	+20:10	05:02	
255	239	Tatiana Deolinda Santos Teixeira da silva	Individual	50:23	+20:12	05:02	
256	391	André Rocha	Individual	50:24	+20:13	05:02	
257	144	André Filipe dos Santos Rebelo	EDUART-COMPONENTES DE CALÇADO	50:29	+20:18	05:03	
258	126	Joaquim Oliveira	CMMC de Vale de Cambra	50:34	+20:23	05:03	
259	108	Filomena Santos	CMMC de Vale de Cambra	50:34	+20:23	05:03	
260	246	Andrés Yepes	Individual	50:40	+20:29	05:04	
261	269	Felisberto Manuel de Pinho Rodrigues	Individual	50:41	+20:30	05:04	
262	327	Elvira Cristiana da Silva Correia	Individual	50:42	+20:31	05:04	
263	210	Inês Cunha	Individual	50:43	+20:32	05:04	
264	112	João Oliveira	CMMC de Vale de Cambra	50:43	+20:32	05:04	
265	392	Carlos Marques	Individual	50:43	+20:32	05:04	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
266	245	André Teixeira	Individual	50:51	+20:40	05:05	
267	313	Ruben Alves Moreira	Individual	50:52	+20:41	05:05	
268	473	José Costa	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	50:56	+20:45	05:06	
269	472	Maria Costa	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	50:57	+20:46	05:06	
270	57	Daniela Ferreira	CDC Macieira de Cambra	51:00	+20:49	05:06	
271	183	Ana Nunes	Grupo Juvenil Pinheiro da Bemposta	51:01	+20:50	05:06	
272	353	Carlos Manuel Almeida Silva	Individual	51:01	+20:50	05:06	
273	302	Pedro Miguel Costa Lopes	Individual	51:02	+20:51	05:06	
274	462	José Matos	RECREIO DESPORTIVO DE ÁGUEDA	51:04	+20:53	05:06	
275	208	Fabiana Terra	Individual	51:07	+20:56	05:07	
276	385	Pedro Martinho	Individual	51:08	+20:57	05:07	
277	378	José carlos	Individual	51:09	+20:58	05:07	
278	14	Rita Martins	ACR de Vale de Cambra	51:19	+21:08	05:08	
279	186	Carlos Teixeira	Grupo Juvenil Pinheiro da Bemposta	51:24	+21:13	05:08	
280	253	DANIEL GOMES TAVARES	Individual	51:27	+21:16	05:09	
281	262	Dzmitry Barysenka	Individual	51:28	+21:17	05:09	
282	275	Hugo Soares	Individual	51:31	+21:20	05:09	
283	377	José António Correia	Individual	51:32	+21:21	05:09	
284	256	David Silva	Individual	51:33	+21:22	05:09	
285	328	Ivone Carla Moreira Pinho de Matos	Individual	51:42	+21:31	05:10	
286	345	Sandra Aguiar	Individual	51:43	+21:32	05:10	
287	480	João Oliveira	Team PernaLonga	51:44	+21:33	05:10	
288	38	Elisabete Silva	AFIS/OVAR	51:45	+21:34	05:10	
289	88	Vitorino Silva	Clube Campismo	51:45	+21:34	05:10	
290	242	Aléxis Rato	Individual	51:48	+21:37	05:11	
291	83	Paulo Valente	Clube Campismo	51:51	+21:40	05:11	
292	425	Vitor Manuel Figueiredo Rodrigues	Individual	51:51	+21:40	05:11	
293	197	Ana Rita Valente Ribeiro	Individual	51:55	+21:44	05:11	
294	482	Maria Melo	TO NA PISTA	51:55	+21:44	05:11	
295	263	Eduardo Bastos	Individual	51:57	+21:46	05:12	
296	222	Marisa Alexandra Oliveira da Silva	Individual	52:12	+22:01	05:13	
297	446	Marco Janeiro	Oliveira's	52:14	+22:03	05:13	
298	99	Rafael Vilar	CMMC de Vale de Cambra	52:15	+22:04	05:14	
299	278	João Muacho	Individual	52:15	+22:04	05:14	
300	372	Filipe Alexandre Alves Loureiro	Individual	52:16	+22:05	05:14	
301	501	Miguel Rodrigues	Vale de Cambridge	52:18	+22:07	05:14	
302	107	Susana Brandão	CMMC de Vale de Cambra	52:22	+22:11	05:14	
303	75	PEDRO SILVA	Clube Atletismo de Ovar	52:27	+22:16	05:15	
304	422	Manuel Tavares	Individual	52:30	+22:19	05:15	
305	97	Joao Pedro Couto Santos	CMMC de Vale de Cambra	52:30	+22:19	05:15	
306	329	Maria helena martins da silva	Individual	52:34	+22:23	05:15	
307	258	Diogo Nogueira	Individual	52:36	+22:25	05:16	
308	397	Miguel Angelo Matos Goncalves	Individual	52:36	+22:25	05:16	
309	317	Rui Pedro Sequeira da Costa	Individual	52:38	+22:27	05:16	
310	60	António Vinha	CDC Macieira de Cambra	52:43	+22:32	05:16	

Official Timekeeper: Lap2Go	7 / 11	generate 18-mai.-2025 11:02
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PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
311	1010	Luis Magalhaes	Individual	52:45	+22:34	05:16	
312	296	Nelson Antonio Oliveira Tavares	Individual	52:47	+22:36	05:17	
313	417	Filipe da Costa Soares	Individual	52:49	+22:38	05:17	
314	326	Cristiana Moreira	Individual	52:53	+22:42	05:17	
315	350	Carlos Alberto Silva Cruz	Individual	53:03	+22:52	05:18	
316	369	Daniel Melo	Individual	53:04	+22:53	05:18	
317	504	Marco Almeida	Zequinhas Running Team	53:05	+22:54	05:18	
318	379	Nuno Filipe Oliveira Soares	Individual	53:13	+23:02	05:19	
319	79	ARLINDO SILVA	Clube Atletismo de Ovar	53:19	+23:08	05:20	
320	393	Carlos Alberto Soares Brandão	Individual	53:20	+23:09	05:20	
321	67	Álvaro Barbosa	Centro atlético Póvoa pacense	53:23	+23:12	05:20	
322	191	Ana Madalena	Hut Runners Aveiro	53:23	+23:12	05:20	
323	439	Rosa Bastos	ACR de Vale de Cambra	53:33	+23:22	05:21	
324	204	Catarina Almeida	Individual	53:38	+23:27	05:22	
325	288	José Rodrigues	Individual	53:38	+23:27	05:22	
326	487	Pedro Martins	TO NA PISTA	53:42	+23:31	05:22	
327	420	José Manuel Silva	Individual	53:52	+23:41	05:23	
328	102	Fátima Relvas	CMMC de Vale de Cambra	53:53	+23:42	05:23	
329	229	Rita Brandão	Individual	54:00	+23:49	05:24	
330	416	Antonio Jose Rocha Sacramento	Individual	54:03	+23:52	05:24	
331	470	Luís Oliveira	Ricardo Silva	54:04	+23:53	05:24	
332	1023	Sandra Silva	VICAIMA-Industria de Madeiras e Derivados, S.A	54:04	+23:53	05:24	
333	311	Ricardo Miguel Martins Gomes Gomes	Individual	54:04	+23:53	05:24	
334	447	Marco Correia	Oliveira's	54:09	+23:58	05:25	
335	409	Jorge Manuel Silva Rodrigues	Individual	54:16	+24:05	05:26	
336	289	Leonardo Penteado Ribeiro	Individual	54:19	+24:08	05:26	
337	411	José Antônio de Pinho Fernandes	Individual	54:23	+24:12	05:26	
338	116	Carlos Rodrigues	CMMC de Vale de Cambra	54:35	+24:24	05:28	
339	414	Rui Correia	Individual	54:52	+24:41	05:29	
340	363	Miguel Passarinha	Individual	54:53	+24:42	05:29	
341	346	Madalena Correia	Individual	54:53	+24:42	05:29	
342	195	ana leite	Individual	54:53	+24:42	05:29	
343	37	Manuel Pinho	ACR de Vale de Cambra	55:00	+24:49	05:30	
344	257	Diogo filipe dos santos martins	Individual	55:05	+24:54	05:30	
345	252	Cassiano Brites Batista	Individual	55:06	+24:55	05:31	
346	383	Pedro Costa	Individual	55:09	+24:58	05:31	
347	1027	Nuno Costa	VICAIMA-Industria de Madeiras e Derivados, S.A	55:10	+24:59	05:31	
348	115	Sergio Alves	CMMC de Vale de Cambra	55:20	+25:09	05:32	
349	113	Ricardo Almeida	CMMC de Vale de Cambra	55:20	+25:09	05:32	
350	291	Luís Carlos Pereira Pinto	Individual	55:24	+25:13	05:32	
351	1034	Pedro Silva	VICAIMA-Industria de Madeiras e Derivados, S.A	55:27	+25:16	05:33	
352	147	Elsa Maria Bastos Frerreira	Elsa Ferreira	55:27	+25:16	05:33	
353	1037	Carlos Pereira Fernandes	Individual	55:32	+25:21	05:33	
354	165	Vera Fernandes	Fernandes Mota	55:32	+25:21	05:33	
355	164	Miguel Mota	Fernandes Mota	55:33	+25:22	05:33	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
356	342	Cláudia Cristina Teixeira Quaresma	Individual	55:33	+25:22	05:33	
357	59	Patrícia Monteiro	CDC Macieira de Cambra	55:34	+25:23	05:33	
358	324	Ana Paula Martins Dias	Individual	55:38	+25:27	05:34	
359	233	Sara Almeida	Individual	55:40	+25:29	05:34	
360	231	Rita Soares	Individual	56:03	+25:52	05:36	
361	318	Samuel Pedro	Individual	56:05	+25:54	05:37	
362	402	Rui Gomes	Individual	56:06	+25:55	05:37	
363	292	Luis Fernando Ferreira Gomes	Individual	56:07	+25:56	05:37	
364	212	Inês Lopes Pinho	Individual	56:07	+25:56	05:37	
365	403	Rui Miguel Costa	Individual	56:08	+25:57	05:37	
366	146	Eduardo Tavares Rebelo	EDUART-COMPONENTES DE CALÇADO	56:13	+26:02	05:37	
367	135	Sandra Silva	CopoRunners	56:18	+26:07	05:38	
368	196	Ana Margarida da Silva Monteiro	Individual	56:18	+26:07	05:38	
369	199	Angeliqur Tavares	Individual	56:19	+26:08	05:38	
370	105	Natércia Silva	CMMC de Vale de Cambra	56:24	+26:13	05:38	
371	285	Jose Fernandes	Individual	56:27	+26:16	05:39	
372	26	Fernanda Almeida	ACR de Vale de Cambra	56:30	+26:19	05:39	
373	319	Sergio Fernandes	Individual	56:31	+26:20	05:39	
374	421	José Nunes	Individual	56:32	+26:21	05:39	
375	390	Américo Oliveira	Individual	56:33	+26:22	05:39	
376	483	Daniel Oliveira	TO NA PISTA	56:38	+26:27	05:40	
377	340	Ana Maria Tavares Teixeira Vieira	Individual	56:42	+26:31	05:40	
378	331	Adelia Boucinha	Individual	56:42	+26:31	05:40	
379	211	Inês Fraga	Individual	56:46	+26:35	05:41	
380	106	Paula Rodrigues	CMMC de Vale de Cambra	56:48	+26:37	05:41	
381	131	Paulo silva	Comc de vale de cambra	56:48	+26:37	05:41	
382	459	João Martins	PETRUS RUNNERS	57:07	+26:56	05:43	
383	451	Marco Pinheiro Oliveira	Os Aleijados	57:09	+26:58	05:43	
384	448	Diana Levytska	Os Aleijados	57:09	+26:58	05:43	
385	192	Ana Beatriz Silva Mendes	Individual	57:09	+26:58	05:43	
386	230	Rita Ferreira	Individual	57:11	+27:00	05:43	
387	386	Ricardo Manuel Tavares Pinho	Individual	57:22	+27:11	05:44	
388	341	Clara Gonçalves	Individual	57:26	+27:15	05:45	
389	218	Magda Duarte	Individual	57:28	+27:17	05:45	
390	117	José Almeida	CMMC de Vale de Cambra	57:30	+27:19	05:45	
391	190	Virgolino bastos	Grupo Juvenil Pinheiro da Bemposta	57:36	+27:25	05:46	
392	463	Marta cardoso	Reumaticos	57:38	+27:27	05:46	
393	1024	Tania Reis	VICAIMA-Industria de Madeiras e Derivados, S.A	57:38	+27:27	05:46	
394	125	Domingos Soares da Silva	CMMC de Vale de Cambra	57:38	+27:27	05:46	
395	287	Jose Luis Gomes Seabra	Individual	57:40	+27:29	05:46	
396	304	Pedro Neves	Individual	57:41	+27:30	05:46	
397	344	Paula Maria Tavares Martins	Individual	57:45	+27:34	05:47	
398	68	José Manuel Monteiro	Cirac - Circulo de Recreio Arte e Cultura	57:52	+27:41	05:47	
399	127	Catia Coimbra	Colep Packaging	57:57	+27:46	05:48	
400	335	Maria Correia	Individual	58:04	+27:53	05:48	
401	145	Luís Filipe Martins Soares	EDUART-COMPONENTES DE CALÇADO	58:08	+27:57	05:49	

Official Timekeeper: Lap2Go	9 / 11	generate 18-mai.-2025 11:02
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PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
402	55	Diana Amaral	CDC Macieira de Cambra	58:10	+27:59	05:49	
403	343	Maria da Conceição Martins Soares	Individual	58:11	+28:00	05:49	
404	203	Carolina Santos	Individual	58:48	+28:37	05:53	
405	100	Joana Pinho	CMMC de Vale de Cambra	58:53	+28:42	05:53	
406	95	Rita Sousa	CMMC de Vale de Cambra	58:53	+28:42	05:53	
407	22	Tomás Vilarinho	ACR de Vale de Cambra	58:56	+28:45	05:54	
408	198	ANDREIA SOARES SOUSA	Individual	58:58	+28:47	05:54	
409	406	CARLOS ALBERTO SOARES MARIA	Individual	58:59	+28:48	05:54	
410	271	Filipe Humberto Martins da Silva	Individual	59:05	+28:54	05:55	
411	274	Hugo Fonseca	Individual	59:18	+29:07	05:56	
412	255	David Pereira	Individual	59:25	+29:14	05:56	
413	194	Ana Carolina Tavares Almeida	Individual	59:34	+29:23	05:57	
414	91	Paulo Jorge Oliveira Ribeiro	Clube de Veteranos do Porto	59:48	+29:37	05:59	
415	90	Fernando Andrade	Clube de Veteranos do Porto	59:48	+29:37	05:59	
416	1028	Pedro Santos	VICAIMA-Industria de Madeiras e Derivados, S.A	59:52	+29:41	05:59	
417	268	Fábio Ribeiro	Individual	59:53	+29:42	05:59	
418	434	Mário Capela	Molinhassprintes	59:56	+29:45	06:00	
419	433	Clara Reis	Molinhassprintes	59:57	+29:46	06:00	
420	234	Sara Dos Santos Fernandes	Individual	01:00:00	+29:49	06:00	
421	323	Vitor Hugo Nogueira Rego	Individual	01:00:04	+29:53	06:00	
422	241	Vera Santos	Individual	01:00:23	+30:12	06:02	
423	427	Tiago Pinho	Labregos	01:00:23	+30:12	06:02	
424	426	Ana Aleixo	Labregos	01:00:24	+30:13	06:02	
425	428	Bruno Barbosa	Labregos	01:00:25	+30:14	06:03	
426	238	Solange Teixeira	Individual	01:00:46	+30:35	06:05	
427	1030	Marta Soares	VICAIMA-Industria de Madeiras e Derivados, S.A	01:00:46	+30:35	06:05	
428	500	Guilherme Paz	Vale de Cambridge	01:00:51	+30:40	06:05	
429	283	Jorge Pinho	Individual	01:01:01	+30:50	06:06	
430	232	Rita Sousa	Individual	01:01:01	+30:50	06:06	
431	214	Inês Vieira	Individual	01:01:21	+31:10	06:08	
432	221	Mariana Sousa	Individual	01:01:23	+31:12	06:08	
433	224	Mónica Marques	Individual	01:01:23	+31:12	06:08	
434	227	Raquel Pinheiro	Individual	01:01:28	+31:17	06:09	
435	301	Pedro Freitas	Individual	01:01:41	+31:30	06:10	
436	333	Catia Lopes	Individual	01:02:04	+31:53	06:12	
437	449	Sofia Isabel da Silva Poças	Os Aleijados	01:02:05	+31:54	06:12	
438	358	Joaquim Malheiro	Individual	01:02:10	+31:59	06:13	
439	240	Vanessa Alexandra Ribeiro Costa	Individual	01:02:40	+32:29	06:16	
440	419	João Pinho	Individual	01:02:41	+32:30	06:16	
441	332	Carla Gabriel	Individual	01:02:54	+32:43	06:17	
442	373	Filipe Teixeira	Individual	01:02:55	+32:44	06:17	
443	98	Micael Ferreira	CMMC de Vale de Cambra	01:02:57	+32:46	06:18	
444	109	Maria Fátima Silva	CMMC de Vale de Cambra	01:02:58	+32:47	06:18	
445	96	Sylvie Seixas	CMMC de Vale de Cambra	01:02:58	+32:47	06:18	
446	1033	Luis Monteiro	VICAIMA-Industria de Madeiras e Derivados, S.A	01:03:17	+33:06	06:20	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
447	259	Diogo Rodrigues	Individual	01:03:26	+33:15	06:21	
448	209	Fátima Andrade	Individual	01:03:26	+33:15	06:21	
449	277	João Coelho	Individual	01:03:45	+33:34	06:22	
450	347	Graça leite	Individual	01:03:55	+33:44	06:24	
451	223	Marisa Cubal	Individual	01:04:36	+34:25	06:28	
452	206	Cátia Henriques	Individual	01:04:41	+34:30	06:28	
453	249	Carlos Jorge Francês Monteiro	Individual	01:04:43	+34:32	06:28	
454	236	Sofia de Melo Gomes	Individual	01:04:44	+34:33	06:28	
455	424	Valdemiro Barbosa	Individual	01:04:54	+34:43	06:29	
456	334	Joele Bastos	Individual	01:05:24	+35:13	06:32	
457	337	Vera Agostinho	Individual	01:05:28	+35:17	06:33	
458	9	Fernando Martins	ACAIL GAS	01:05:30	+35:19	06:33	
459	11	Carlos Gomes	ACAIL GAS	01:05:30	+35:19	06:33	
460	235	Sara Marisa Fernandes Pereira	Individual	01:05:51	+35:40	06:35	
461	64	Ricardo Matos	CDC Macieira de Cambra	01:06:55	+36:44	06:41	
462	399	Orlando Marques	Individual	01:08:22	+38:11	06:50	
463	104	Marta Soares	CMMC de Vale de Cambra	01:09:19	+39:08	06:56	
464	200	Beatriz Moreira	Individual	01:09:20	+39:09	06:56	
465	205	Catarina Silva	Individual	01:09:23	+39:12	06:56	
466	1022	Catarina Tavares	VICAIMA-Industria de Madeiras e Derivados, S.A	01:09:23	+39:12	06:56	
467	282	Jorge Miguel Pereira Correia	Individual	01:09:25	+39:14	06:56	
468	452	Pedro Paulo Lima Beça Camoezas	Os Aleijados	01:10:05	+39:54	07:01	
469	220	Mariana Jesus Pinho	Individual	01:10:43	+40:32	07:04	
470	69	Joaquim Oliveira	Cirac - Circulo de Recreio Arte e Cultura	01:12:44	+42:33	07:16	
471	348	Anderson Felix	Individual	01:12:59	+42:48	07:18	
472	58	Goreti Correia	CDC Macieira de Cambra	01:13:23	+43:12	07:20	
473	56	Rita Costa	CDC Macieira de Cambra	01:13:24	+43:13	07:20	
474	225	Patrícia Reis	Individual	01:13:52	+43:41	07:23	
475	450	Diogo Coelho Tomás Simões	Os Aleijados	01:14:39	+44:28	07:28	
476	418	João Luís Frade Cajeira	Individual	01:15:18	+45:07	07:32	
477	202	Carolina Almeida	Individual	01:15:51	+45:40	07:35	

Obs

BIB	NOTE	NAME	TEAM
121	DQ	Fernando Leite	CMMC de Vale de Cambra
188	DQ	Bruno Silva	Grupo Juvenil Pinheiro da Bemposta
24	DNF	Clotilde Santos	ACR de Vale de Cambra
118	DNF	Paulo Jorge	CMMC de Vale de Cambra
201	DNF	Beatriz Teixeira	Individual
237	DNF	Sofia Quaresma	Individual
280	DNF	João Vilar	Individual
1026	DNF	Micael Rocha	VICAIMA-Industria de Madeiras e Derivados, S.A
1031	DNF	Andre Cardoso	VICAIMA-Industria de Madeiras e Derivados, S.A

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:45	18,4°C	70%
End	11:00	18.4°C	70%

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

1	1020	Solange Jesus	Sporting Clube de Braga	Senior Feminino	35:50	03:35
2	216	Joana Nunes	CD São Salvador do Campo	Senior Feminino	36:43	+00:52 03:40
3	1021	Telma Pinho	Team El Comandante	Senior Feminino	37:07	+01:16 03:43
4	92	Raquel Cristina Frade Cabaço	Clube Raquel Cabaço	Senior Feminino	37:45	+01:54 03:47
5	70	INES GONÇALVES	Clube Atletismo de Ovar	Senior Feminino	38:15	+02:24 03:50
6	1007	Carla Almeida	Clube Atletismo de Ovar	Senior Feminino	38:19	+02:28 03:50
7	42	Lara Costa	ARADA ATLÉTICO CLUBE	Senior Feminino	39:52	+04:01 03:59
8	181	Raquel Cirne	GRECAS - Vagos	Senior Feminino	40:52	+05:01 04:05
9	7	Florbela Araujo	ACAIL GAS	Senior Feminino	43:52	+08:01 04:23
10	152	PATRICIA FERREIRA	EV/PERALTAFIL	Senior Feminino	44:46	+08:55 04:29
11	151	CRISTIANA SANTOS	EV/PERALTAFIL	Senior Feminino	45:01	+09:10 04:30
12	435	Beu Ribeiro	Nascidos para Correr - Associação Desportiva	Senior Feminino	45:28	+09:37 04:33
13	8	Inês Gonçalves	ACAIL GAS	Senior Feminino	46:41	+10:51 04:40
14	458	Liliana Silva	PETRUS RUNNERS	Senior Feminino	48:02	+12:11 04:48
15	217	Juliana Almeida	Individual	Senior Feminino	49:17	+13:26 04:56
16	1009	Melanie Martinho	Individual	Senior Feminino	49:21	+13:30 04:56
17	193	Ana Brandão	Individual	Senior Feminino	49:27	+13:37 04:57
18	219	Maria Helena Tavares Silva	Individual	Senior Feminino	49:55	+14:04 04:59
19	239	Tatiana Deolinda Santos Teixeira da silva	Individual	Senior Feminino	50:23	+14:32 05:02
20	210	Inês Cunha	Individual	Senior Feminino	50:43	+14:52 05:04
21	183	Ana Nunes	Grupo Juvenil Pinheiro da Bemposta	Senior Feminino	51:01	+15:10 05:06
22	208	Fabiana Terra	Individual	Senior Feminino	51:07	+15:16 05:07
23	14	Rita Martins	ACR de Vale de Cambra	Senior Feminino	51:19	+15:29 05:08
24	197	Ana Rita Valente Ribeiro	Individual	Senior Feminino	51:55	+16:04 05:11
25	482	Maria Melo	TO NA PISTA	Senior Feminino	51:55	+16:04 05:11
26	222	Marisa Alexandra Oliveira da Silva	Individual	Senior Feminino	52:12	+16:21 05:13
27	191	Ana Madalena	Hut Runners Aveiro	Senior Feminino	53:23	+17:32 05:20
28	204	Catarina Almeida	Individual	Senior Feminino	53:38	+17:47 05:22
29	229	Rita Brandão	Individual	Senior Feminino	54:00	+18:09 05:24
30	1023	Sandra Silva	VICAIMA-Industria de Madeiras e Derivados, S.A	Senior Feminino	54:04	+18:13 05:24
31	195	ana leite	Individual	Senior Feminino	54:53	+19:02 05:29
32	233	Sara Almeida	Individual	Senior Feminino	55:40	+19:49 05:34
33	231	Rita Soares	Individual	Senior Feminino	56:03	+20:12 05:36
34	212	Inês Lopes Pinho	Individual	Senior Feminino	56:07	+20:16 05:37
35	196	Ana Margarida da Silva Monteiro	Individual	Senior Feminino	56:18	+20:27 05:38
36	199	Angeliquir Tavares	Individual	Senior Feminino	56:19	+20:28 05:38
37	211	Inês Fraga	Individual	Senior Feminino	56:46	+20:55 05:41

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Prova Principal

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38	448	Diana Levytska	Os Aleijados	Senior Feminino	57:09	+21:18	05:43
39	192	Ana Beatriz Silva Mendes	Individual	Senior Feminino	57:09	+21:18	05:43
40	230	Rita Ferreira	Individual	Senior Feminino	57:11	+21:20	05:43
41	218	Magda Duarte	Individual	Senior Feminino	57:28	+21:37	05:45
42	463	Marta cardoso	Reumaticos	Senior Feminino	57:38	+21:47	05:46
43	1024	Tania Reis	VICAIMA-Industria de Madeiras e Derivados, S.A	Senior Feminino	57:38	+21:47	05:46
44	127	Catia Coimbra	Colep Packaging	Senior Feminino	57:57	+22:06	05:48
45	55	Diana Amaral	CDC Macieira de Cambra	Senior Feminino	58:10	+22:20	05:49
46	203	Carolina Santos	Individual	Senior Feminino	58:48	+22:57	05:53
47	95	Rita Sousa	CMMC de Vale de Cambra	Senior Feminino	58:53	+23:02	05:53
48	198	ANDREIA SOARES SOUSA	Individual	Senior Feminino	58:58	+23:07	05:54
49	194	Ana Carolina Tavares Almeida	Individual	Senior Feminino	59:34	+23:43	05:57
50	433	Clara Reis	Molinhas Sprints	Senior Feminino	59:57	+24:06	06:00
51	234	Sara Dos Santos Fernandes	Individual	Senior Feminino	01:00:00	+24:09	06:00
52	241	Vera Santos	Individual	Senior Feminino	01:00:23	+24:32	06:02
53	426	Ana Aleixo	Labregos	Senior Feminino	01:00:24	+24:33	06:02
54	238	Solange Teixeira	Individual	Senior Feminino	01:00:46	+24:55	06:05
55	232	Rita Sousa	Individual	Senior Feminino	01:01:01	+25:10	06:06
56	214	Inês Vieira	Individual	Senior Feminino	01:01:21	+25:30	06:08
57	221	Mariana Sousa	Individual	Senior Feminino	01:01:23	+25:32	06:08
58	224	Mónica Marques	Individual	Senior Feminino	01:01:23	+25:32	06:08
59	227	Raquel Pinheiro	Individual	Senior Feminino	01:01:28	+25:37	06:09
60	449	Sofia Isabel da Silva Poças	Os Aleijados	Senior Feminino	01:02:05	+26:14	06:12
61	240	Vanessa Alexandra Ribeiro Costa	Individual	Senior Feminino	01:02:40	+26:49	06:16
62	96	Sylvie Seixas	CMMC de Vale de Cambra	Senior Feminino	01:02:58	+27:07	06:18
63	209	Fátima Andrade	Individual	Senior Feminino	01:03:26	+27:35	06:21
64	223	Marisa Cubal	Individual	Senior Feminino	01:04:36	+28:45	06:28
65	206	Cátia Henriques	Individual	Senior Feminino	01:04:41	+28:50	06:28
66	236	Sofia de Melo Gomes	Individual	Senior Feminino	01:04:44	+28:53	06:28
67	235	Sara Marisa Fernandes Pereira	Individual	Senior Feminino	01:05:51	+30:00	06:35
68	200	Beatriz Moreira	Individual	Senior Feminino	01:09:20	+33:29	06:56
69	205	Catarina Silva	Individual	Senior Feminino	01:09:23	+33:32	06:56
70	1022	Catarina Tavares	VICAIMA-Industria de Madeiras e Derivados, S.A	Senior Feminino	01:09:23	+33:32	06:56
71	220	Mariana Jesus Pinho	Individual	Senior Feminino	01:10:43	+34:52	07:04
72	56	Rita Costa	CDC Macieira de Cambra	Senior Feminino	01:13:24	+37:33	07:20
73	225	Patrícia Reis	Individual	Senior Feminino	01:13:52	+38:01	07:23
74	202	Carolina Almeida	Individual	Senior Feminino	01:15:51	+40:00	07:35

Senior Masculino

1	460	Luís Oliveira	RECREIO DESPORTIVO DE ÁGUEDA	Senior Masculino	30:11		03:01
2	478	Davide Silva	Sporting Clube de Braga	Senior Masculino	30:15	+00:03	03:01
3	171	Vítor Oliveira	GDC Guilhovai	Senior Masculino	30:16	+00:05	03:02
4	156	Ricardo Jorge Henriques Pereira	EV/PERALTAFIL	Senior Masculino	30:19	+00:08	03:02

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Prova Principal

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OFFICIAL RESULT

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5	21	Pedro Moreira	ACR de Vale de Cambra	Senior Masculino	32:15	+02:04	03:14
6	18	Filipe Ferreira	ACR de Vale de Cambra	Senior Masculino	32:26	+02:15	03:15
7	148	Rui Alves	Escola de Atletismo da Trofa	Senior Masculino	32:56	+02:45	03:18
8	16	Bruno Pinheiro	ACR de Vale de Cambra	Senior Masculino	32:57	+02:45	03:18
9	71	SERGIO PAIVA	Clube Atletismo de Ovar	Senior Masculino	33:02	+02:51	03:18
10	155	PEDRO MAGALHÃES	EV/PERALTAFIL	Senior Masculino	33:05	+02:54	03:19
11	154	MARCO MARQUES	EV/PERALTAFIL	Senior Masculino	34:00	+03:49	03:24
12	166	JORGE MIGUEL DA COSTA CUBAL	GDC Guilhovai	Senior Masculino	34:43	+04:31	03:28
13	153	HELDER PIRES	EV/PERALTAFIL	Senior Masculino	34:53	+04:42	03:29
14	20	Marco Pinho	ACR de Vale de Cambra	Senior Masculino	35:55	+05:44	03:35
15	270	Filipe Barros	Individual	Senior Masculino	37:06	+06:55	03:43
16	273	Henrique Miguel Brandão Gomes	Individual	Senior Masculino	37:11	+06:59	03:43
17	267	Fábio Fernandes Correia	Individual	Senior Masculino	37:30	+07:19	03:45
18	305	Pedro Pinho	Individual	Senior Masculino	37:46	+07:34	03:47
19	93	João Manuel dos Santos André	Clube Raquel Cabaço	Senior Masculino	37:46	+07:35	03:47
20	1019	Pedro Matos	Lourosa Em Movimento	Senior Masculino	37:58	+07:47	03:48
21	80	Nuno Albergaria	Clube Campismo	Senior Masculino	38:02	+07:50	03:48
22	5	António Coimbra	ACADEMIA FERNANDA RIBEIRO	Senior Masculino	38:07	+07:55	03:49
23	429	Marco Marques	Lourosa Em Movimento	Senior Masculino	38:28	+08:17	03:51
24	493	Marcelo Sousa	Vale Correr	Senior Masculino	38:35	+08:23	03:51
25	182	Antonio Martins	Grupo Juvenil Pinheiro da Bemposta	Senior Masculino	38:38	+08:27	03:52
26	52	Bruno Vidinha	Caldas de Sao Jorge Sport Clube Secção Atletismo	Senior Masculino	38:47	+08:36	03:53
27	17	Fábio Correia	ACR de Vale de Cambra	Senior Masculino	38:54	+08:42	03:53
28	254	Daniel Monteiro	Individual	Senior Masculino	39:49	+09:38	03:59
29	284	Jorge Pinho	Individual	Senior Masculino	39:51	+09:39	03:59
30	307	Rafael Seromenho	Individual	Senior Masculino	39:59	+09:48	04:00
31	6	Jorge Gonçalves	ACADEMIA FERNANDA RIBEIRO	Senior Masculino	40:09	+09:57	04:01
32	286	José Ferreira	Individual	Senior Masculino	40:15	+10:04	04:02
33	244	André Junqueira	Individual	Senior Masculino	40:17	+10:06	04:02
34	491	Hugo Silva	Vale Correr	Senior Masculino	40:19	+10:07	04:02
35	293	Marcelo Campos	Individual	Senior Masculino	40:50	+10:38	04:05
36	1011	Marcio Machado	Individual	Senior Masculino	40:54	+10:42	04:05
37	294	Marco Almeida	Individual	Senior Masculino	41:19	+11:08	04:08
38	494	Pedro Pinho	Vale Correr	Senior Masculino	41:56	+11:45	04:12
39	260	Duarte Correia	Individual	Senior Masculino	42:00	+11:49	04:12
40	484	Hugo Moreira	TO NA PISTA	Senior Masculino	42:29	+12:18	04:15
41	299	Pedro Correia	Individual	Senior Masculino	42:52	+12:41	04:17
42	315	Rui Filipe Brandão Alves	Individual	Senior Masculino	43:28	+13:16	04:21
43	309	RENATO BASTOS	Individual	Senior Masculino	43:32	+13:21	04:21
44	133	Eurico Tavares	CopoRunners	Senior Masculino	43:51	+13:40	04:23
45	89	Ricardo Jorge Madureira Ribeiro	Clube de Veteranos do Porto	Senior Masculino	43:54	+13:42	04:23
46	312	Roberto Martins	Individual	Senior Masculino	44:00	+13:48	04:24
47	10	Luis Novo	ACAIL GAS	Senior Masculino	44:03	+13:51	04:24
48	251	Carlos Monteiro	Individual	Senior Masculino	44:15	+14:03	04:25
49	314	Rui Albergaria	Individual	Senior Masculino	44:28	+14:16	04:27

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Prova Principal

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50	456	Nuno David	Peraltafil EV	Senior Masculino	44:47	+14:35	04:29
51	298	Paulo Sérgio dos Santos Nunes	Individual	Senior Masculino	45:10	+14:59	04:31
52	248	BASTOS RUI	Individual	Senior Masculino	45:32	+15:20	04:33
53	15	Artur Francisco Oliveira	ACR de Vale de Cambra	Senior Masculino	45:35	+15:23	04:33
54	281	Joel Bastos Santos	Individual	Senior Masculino	46:02	+15:50	04:36
55	295	Marco Teixeira	Individual	Senior Masculino	46:10	+15:59	04:37
56	290	Licínio Almeida	Individual	Senior Masculino	46:15	+16:03	04:37
57	261	Dylan Nogueira	Individual	Senior Masculino	46:19	+16:08	04:38
58	1038	Sergio Filipe Alves Almeida	Individual	Senior Masculino	46:28	+16:17	04:39
59	134	Nuno Bastos	CopoRunners	Senior Masculino	46:32	+16:21	04:39
60	322	Tiago Oliveira	Individual	Senior Masculino	46:33	+16:22	04:39
61	276	Ivo Pais	Individual	Senior Masculino	46:41	+16:29	04:40
62	247	Antonio Jose Pereira Santos Da Mota	Individual	Senior Masculino	46:48	+16:36	04:41
63	143	Ricardo Correia	Do Vale Running Brothers	Senior Masculino	46:53	+16:41	04:41
64	492	João Oliveira	Vale Correr	Senior Masculino	47:14	+17:03	04:43
65	316	Rui Filipe da Silva Gomes	Individual	Senior Masculino	47:23	+17:11	04:44
66	490	Fábio Reis	Vale Correr	Senior Masculino	47:32	+17:20	04:45
67	132	Adriano de Oliveira Borges	CopoRunners	Senior Masculino	47:51	+17:40	04:47
68	495	Tiago Oliveira	Vale Correr	Senior Masculino	47:54	+17:43	04:47
69	489	Luís Lopes	Vale Correr	Senior Masculino	47:55	+17:44	04:48
70	310	Ricardo Almeida	Individual	Senior Masculino	48:26	+18:14	04:51
71	1012	Roni Gomes	Individual	Senior Masculino	48:34	+18:22	04:51
72	264	Fábio André Gonçalves Cardoso	Individual	Senior Masculino	48:37	+18:25	04:52
73	1025	Fabio Costa	VICAIMA-Industria de Madeiras e Derivados, S.A	Senior Masculino	48:44	+18:32	04:52
74	321	Tiago Gonçalves	Individual	Senior Masculino	49:02	+18:51	04:54
75	1004	Carlos Andre Pinto Salazar Oliveira	Arlindo Soares de Pinho	Senior Masculino	49:15	+19:04	04:56
76	486	Nuno Coelho	TO NA PISTA	Senior Masculino	49:24	+19:13	04:56
77	485	Jorge Tavares	TO NA PISTA	Senior Masculino	50:02	+19:51	05:00
78	499	Francisco Santos	Vale de Cambridge	Senior Masculino	50:03	+19:52	05:00
79	498	Eduardo Pinho	Vale de Cambridge	Senior Masculino	50:04	+19:52	05:00
80	272	Gustavo Marques	Individual	Senior Masculino	50:11	+20:00	05:01
81	144	André Filipe dos Santos Rebelo	EDUART-COMPONENTES DE CALÇADO	Senior Masculino	50:29	+20:18	05:03
82	246	Andrés Yepes	Individual	Senior Masculino	50:40	+20:29	05:04
83	269	Felisberto Manuel de Pinho Rodrigues	Individual	Senior Masculino	50:41	+20:30	05:04
84	245	André Teixeira	Individual	Senior Masculino	50:51	+20:39	05:05
85	313	Ruben Alves Moreira	Individual	Senior Masculino	50:52	+20:41	05:05
86	302	Pedro Miguel Costa Lopes	Individual	Senior Masculino	51:02	+20:51	05:06
87	253	DANIEL GOMES TAVARES	Individual	Senior Masculino	51:27	+21:16	05:09
88	262	Dzmitry Barysenka	Individual	Senior Masculino	51:28	+21:17	05:09
89	275	Hugo Soares	Individual	Senior Masculino	51:31	+21:20	05:09
90	256	David Silva	Individual	Senior Masculino	51:33	+21:21	05:09
91	242	Aléxis Rato	Individual	Senior Masculino	51:48	+21:37	05:11
92	263	Eduardo Bastos	Individual	Senior Masculino	51:57	+21:46	05:12
93	446	Marco Janeiro	Oliveira's	Senior Masculino	52:14	+22:02	05:13
94	99	Rafael Vilar	CMMC de Vale de Cambra	Senior Masculino	52:15	+22:04	05:14

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95	278	João Muacho	Individual	Senior Masculino	52:15	+22:04	05:14
96	501	Miguel Rodrigues	Vale de Cambridge	Senior Masculino	52:18	+22:07	05:14
97	97	Joao Pedro Couto Santos	CMMC de Vale de Cambra	Senior Masculino	52:30	+22:18	05:15
98	258	Diogo Nogueira	Individual	Senior Masculino	52:36	+22:25	05:16
99	317	Rui Pedro Sequeira da Costa	Individual	Senior Masculino	52:38	+22:27	05:16
100	1010	Luis Magalhaes	Individual	Senior Masculino	52:45	+22:34	05:16
101	296	Nelson Antonio Oliveira Tavares	Individual	Senior Masculino	52:47	+22:36	05:17
102	288	José Rodrigues	Individual	Senior Masculino	53:38	+23:27	05:22
103	487	Pedro Martins	TO NA PISTA	Senior Masculino	53:42	+23:31	05:22
104	311	Ricardo Miguel Martins Gomes Gomes	Individual	Senior Masculino	54:04	+23:53	05:24
105	289	Leonardo Penteado Ribeiro	Individual	Senior Masculino	54:19	+24:08	05:26
106	257	Diogo filipe dos santos martins	Individual	Senior Masculino	55:05	+24:53	05:30
107	252	Cassiano Brites Batista	Individual	Senior Masculino	55:06	+24:55	05:31
108	1027	Nuno Costa	VICAIMA-Industria de Madeiras e Derivados, S.A	Senior Masculino	55:10	+24:58	05:31
109	291	Luís Carlos Pereira Pinto	Individual	Senior Masculino	55:24	+25:13	05:32
110	164	Miguel Mota	Fernandes Mota	Senior Masculino	55:33	+25:21	05:33
111	318	Samuel Pedro	Individual	Senior Masculino	56:05	+25:54	05:37
112	292	Luis Fernando Ferreira Gomes	Individual	Senior Masculino	56:07	+25:55	05:37
113	285	Jose Fernandes	Individual	Senior Masculino	56:27	+26:16	05:39
114	319	Sergio Fernandes	Individual	Senior Masculino	56:31	+26:20	05:39
115	483	Daniel Oliveira	TO NA PISTA	Senior Masculino	56:38	+26:26	05:40
116	459	João Martins	PETRUS RUNNERS	Senior Masculino	57:07	+26:56	05:43
117	451	Marco Pinheiro Oliveira	Os Aleijados	Senior Masculino	57:09	+26:58	05:43
118	287	Jose Luis Gomes Seabra	Individual	Senior Masculino	57:40	+27:29	05:46
119	304	Pedro Neves	Individual	Senior Masculino	57:41	+27:30	05:46
120	68	José Manuel Monteiro	Cirac - Circulo de Recreio Arte e Cultura	Senior Masculino	57:52	+27:41	05:47
121	22	Tomás Vilarinho	ACR de Vale de Cambra	Senior Masculino	58:56	+28:45	05:54
122	271	Filipe Humberto Martins da Silva	Individual	Senior Masculino	59:05	+28:54	05:55
123	274	Hugo Fonseca	Individual	Senior Masculino	59:18	+29:07	05:56
124	255	David Pereira	Individual	Senior Masculino	59:25	+29:13	05:56
125	1028	Pedro Santos	VICAIMA-Industria de Madeiras e Derivados, S.A	Senior Masculino	59:52	+29:41	05:59
126	268	Fábio Ribeiro	Individual	Senior Masculino	59:53	+29:42	05:59
127	434	Mário Capela	Molinas Sprints	Senior Masculino	59:56	+29:45	06:00
128	323	Vítor Hugo Nogueira Rego	Individual	Senior Masculino	01:00:04	+29:53	06:00
129	500	Guilherme Paz	Vale de Cambridge	Senior Masculino	01:00:51	+30:40	06:05
130	283	Jorge Pinho	Individual	Senior Masculino	01:01:01	+30:50	06:06
131	301	Pedro Freitas	Individual	Senior Masculino	01:01:41	+31:30	06:10
132	98	Micael Ferreira	CMMC de Vale de Cambra	Senior Masculino	01:02:57	+32:46	06:18
133	259	Diogo Rodrigues	Individual	Senior Masculino	01:03:26	+33:15	06:21
134	277	João Coelho	Individual	Senior Masculino	01:03:45	+33:33	06:22
135	249	Carlos Jorge Francês Monteiro	Individual	Senior Masculino	01:04:43	+34:32	06:28
136	9	Fernando Martins	ACAIL GAS	Senior Masculino	01:05:30	+35:18	06:33
137	282	Jorge Miguel Pereira Correia	Individual	Senior Masculino	01:09:25	+39:13	06:56
138	452	Pedro Paulo Lima Beça Camoezas	Os Aleijados	Senior Masculino	01:10:05	+39:54	07:00

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OFFICIAL RESULT

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139	450	Diogo Coelho Tomás Simões	Os Aleijados	Senior Masculino	01:14:39	+44:28	07:28
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Veterana F40

1	142	Márcia Martins	DCI/Trilhos Luso Bussaco	Veterana F40	38:03	03:48
2	72	LIGIA SANTOS	Clube Atletismo de Ovar	Veterana F40	41:57	+03:53 04:12
3	149	Justyna Wojcik	Escola de Atletismo da Trofa	Veterana F40	43:41	+05:37 04:22
4	441	Sara Costa	Núcleo de Atletismo de Cucujães	Veterana F40	45:28	+07:24 04:33
5	101	Patrícia Soares	CMMC de Vale de Cambra	Veterana F40	45:56	+07:52 04:36
6	330	Rosália Sousa	Individual	Veterana F40	46:21	+08:17 04:38
7	464	Helena silva	Reumaticos	Veterana F40	47:55	+09:51 04:48
8	23	Armanda Garrido	ACR de Vale de Cambra	Veterana F40	49:34	+11:31 04:57
9	475	Joana Aguiar	Sportarc	Veterana F40	49:43	+11:39 04:58
10	476	Marta Gomes	Sportarc	Veterana F40	50:17	+12:13 05:02
11	327	Elvira Cristiana da Silva Correia	Individual	Veterana F40	50:42	+12:38 05:04
12	57	Daniela Ferreira	CDC Macieira de Cambra	Veterana F40	51:00	+12:56 05:06
13	328	Ivone Carla Moreira Pinho de Matos	Individual	Veterana F40	51:42	+13:38 05:10
14	329	Maria helen a martins da silva	Individual	Veterana F40	52:34	+14:30 05:15
15	326	Cristiana Moreira	Individual	Veterana F40	52:53	+14:49 05:17
16	165	Vera Fernandes	Fernandes Mota	Veterana F40	55:32	+17:28 05:33
17	324	Ana Paula Martins Dias	Individual	Veterana F40	55:38	+17:34 05:34
18	100	Joana Pinho	CMMC de Vale de Cambra	Veterana F40	58:53	+20:49 05:53

Veterana F45

1	168	Sandra Ferreira	GDC Guilhovai	Veterana F45	38:46	03:53
2	73	MONICA FERNANDES	Clube Atletismo de Ovar	Veterana F45	41:02	+02:16 04:06
3	184	Fátima Tavares	Grupo Juvenil Pinheiro da Bemposta	Veterana F45	44:15	+05:28 04:25
4	167	Ana Oliveira	GDC Guilhovai	Veterana F45	46:35	+07:48 04:39
5	1013	Arlete Santos	JOBRA	Veterana F45	46:39	+07:52 04:40
6	45	Perpétua Silva	Brandoenses running	Veterana F45	46:47	+08:01 04:41
7	453	Ilda Fernandes	Os Melhores	Veterana F45	47:38	+08:51 04:46
8	430	Célia Santos	Lourosa Em Movimento	Veterana F45	48:22	+09:35 04:50
9	477	Isabel Soares	Sportarc	Veterana F45	50:13	+11:27 05:01
10	439	Rosa Bastos	ACR de Vale de Cambra	Veterana F45	53:33	+14:47 05:21
11	102	Fátima Relvas	CMMC de Vale de Cambra	Veterana F45	53:53	+15:07 05:23
12	59	Patrícia Monteiro	CDC Macieira de Cambra	Veterana F45	55:34	+16:47 05:33
13	135	Sandra Silva	CopoRunners	Veterana F45	56:18	+17:31 05:38
14	105	Natércia Silva	CMMC de Vale de Cambra	Veterana F45	56:24	+17:37 05:38
15	331	Adelia Boucinha	Individual	Veterana F45	56:42	+17:55 05:40
16	106	Paula Rodrigues	CMMC de Vale de Cambra	Veterana F45	56:48	+18:02 05:41
17	335	Maria Correia	Individual	Veterana F45	58:04	+19:18 05:48
18	1030	Marta Soares	VICAIMA-Industria de Madeiras e Derivados, S.A	Veterana F45	01:00:46	+21:59 06:05

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19	333	Catia Lopes	Individual	Veterana F45	01:02:04	+23:18	06:12
20	332	Carla Gabriel	Individual	Veterana F45	01:02:54	+24:07	06:17
21	334	Joele Bastos	Individual	Veterana F45	01:05:24	+26:37	06:32
22	337	Vera Agostinho	Individual	Veterana F45	01:05:28	+26:41	06:33
23	104	Marta Soares	CMMC de Vale de Cambra	Veterana F45	01:09:19	+30:33	06:56
24	58	Goreti Correia	CDC Macieira de Cambra	Veterana F45	01:13:23	+34:36	07:20

Veterana F50

1	442	Regina Gilvaz	Núcleo de Atletismo de Cucujães	Veterana F50	44:11	04:25
2	25	Susana Martins	ACR de Vale de Cambra	Veterana F50	47:02	+02:51 04:42
3	345	Sandra Aguiar	Individual	Veterana F50	51:43	+07:32 05:10
4	107	Susana Brandão	CMMC de Vale de Cambra	Veterana F50	52:22	+08:10 05:14
5	342	Cláudia Cristina Teixeira Quaresma	Individual	Veterana F50	55:33	+11:22 05:33
6	340	Ana Maria Tavares Teixeira Vieira	Individual	Veterana F50	56:42	+12:30 05:40
7	341	Clara Gonçalves	Individual	Veterana F50	57:26	+13:14 05:45
8	344	Paula Maria Tavares Martins	Individual	Veterana F50	57:45	+13:34 05:47
9	343	Maria da Conceição Martins Soares	Individual	Veterana F50	58:11	+14:00 05:49

Veterana F55

1	432	Fátima Santos	Lusitânia de Lourosa	Veterana F55	45:52		04:35
2	49	Júlia Conceição	C.F.OLIVEIRA DO DOURO	Veterana F55	47:02	+01:09	04:42
3	108	Filomena Santos	CMMC de Vale de Cambra	Veterana F55	50:34	+04:41	05:03
4	38	Elisabete Silva	AFIS/OVAR	Veterana F55	51:45	+05:52	05:10
5	346	Madalena Correia	Individual	Veterana F55	54:53	+09:00	05:29
6	147	Elsa Maria Bastos Freireira	Elsa Ferreira	Veterana F55	55:27	+09:34	05:33

Veterana F60

1	436	Rosa Pinto	Nascidos para Correr - Associação Desportiva	Veterana F60	45:53		04:35
2	472	Maria Costa	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	Veterana F60	50:57	+05:03	05:06
3	26	Fernanda Almeida	ACR de Vale de Cambra	Veterana F60	56:30	+10:36	05:39
4	109	Maria Fátima Silva	CMMC de Vale de Cambra	Veterana F60	01:02:58	+17:04	06:18
5	347	Graça leite	Individual	Veterana F60	01:03:55	+18:02	06:24

Veterano M40

1	503	Bruno Silva	Vizela Corre	Veterano M40	31:01	03:06
2	169	Andre Adriano	GDC Guilhovai	Veterano M40	32:58	+01:56 03:18
3	170	Toze Castro	GDC Guilhovai	Veterano M40	33:00	+01:59 03:18
4	437	Ricardo Silva	Nascidos para Correr - Associação Desportiva	Veterano M40	33:59	+02:57 03:24

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5	27	Bruno Freitas	ACR de Vale de Cambra	Veterano M40	34:05	+03:24	03:25
6	50	Mark Macedo	C.F. OLIVEIRA DO DOURO	Veterano M40	35:36	+04:34	03:34
7	81	Daniel Peixoto	Clube Campismo	Veterano M40	36:04	+05:03	03:36
8	53	Miguel Silva	Carregosa Lowlanders	Veterano M40	36:39	+05:37	03:40
9	3	André Santos	A.C.D OS Ilhavs	Veterano M40	37:56	+06:54	03:48
10	29	Nuno Oliveira	ACR de Vale de Cambra	Veterano M40	38:13	+07:11	03:49
11	1014	Bruno Couto	Individual	Veterano M40	38:32	+07:30	03:51
12	110	Bruno Fernandes	CMMC de Vale de Cambra	Veterano M40	38:38	+07:37	03:52
13	129	Igor Ribeiro	Colep Packaging	Veterano M40	39:14	+08:12	03:55
14	1036	Filipe Silva	RUNforFUN	Veterano M40	39:28	+08:27	03:57
15	136	Bruno Pereira	CopoRunners	Veterano M40	39:53	+08:52	03:59
16	63	Tomé Rodrigues	CDC Macieira de Cambra	Veterano M40	39:55	+08:53	03:59
17	62	José Oliveira	CDC Macieira de Cambra	Veterano M40	40:34	+09:32	04:03
18	349	Antonio Manuel Pais Assunção	Individual	Veterano M40	40:48	+09:46	04:05
19	364	ROLAND SOUSA	Individual	Veterano M40	41:12	+10:11	04:07
20	366	Vítor Coelho	Individual	Veterano M40	41:29	+10:27	04:09
21	355	Daniel Pereira	Individual	Veterano M40	42:22	+11:21	04:14
22	137	Miguel Oliveira	CopoRunners	Veterano M40	44:49	+13:48	04:29
23	365	Rui Almeida	Individual	Veterano M40	44:50	+13:48	04:29
24	4	ANDRÉ PINA	A.D.GRIJÓ A CORRER	Veterano M40	45:21	+14:19	04:32
25	31	Rui Almeida	ACR de Vale de Cambra	Veterano M40	46:08	+15:06	04:37
26	1015	Frederico Arlindo Jesus Martins	Individual	Veterano M40	46:18	+15:17	04:38
27	496	Elvio Santos	Vale Correr	Veterano M40	47:31	+16:30	04:45
28	352	Carlos de Sousa	Individual	Veterano M40	47:52	+16:51	04:47
29	359	Jorge Costa	Individual	Veterano M40	48:01	+17:00	04:48
30	28	Francis Fernandes	ACR de Vale de Cambra	Veterano M40	48:03	+17:02	04:48
31	362	Marcelo Teixeira da mota	Individual	Veterano M40	48:23	+17:22	04:50
32	360	José Eduardo Rocha	Individual	Veterano M40	48:24	+17:23	04:50
33	361	Luis Filipe Almeida Rodrigues	Individual	Veterano M40	49:05	+18:04	04:55
34	351	Carlos Cunha	Individual	Veterano M40	49:51	+18:50	04:59
35	185	Amândio Silva	Grupo Juvenil Pinheiro da Bemposta	Veterano M40	49:58	+18:57	05:00
36	187	Hugo Sousa	Grupo Juvenil Pinheiro da Bemposta	Veterano M40	49:59	+18:58	05:00
37	481	Rui Coutinho	Team PernaLonga	Veterano M40	50:03	+19:02	05:00
38	473	José Costa	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	Veterano M40	50:56	+19:54	05:06
39	353	Carlos Manuel Almeida Silva	Individual	Veterano M40	51:01	+20:00	05:06
40	186	Carlos Teixeira	Grupo Juvenil Pinheiro da Bemposta	Veterano M40	51:24	+20:23	05:08
41	480	João Oliveira	Team PernaLonga	Veterano M40	51:44	+20:43	05:10
42	60	António Vinha	CDC Macieira de Cambra	Veterano M40	52:43	+21:42	05:16
43	350	Carlos Alberto Silva Cruz	Individual	Veterano M40	53:03	+22:02	05:18
44	504	Marco Almeida	Zequinhas Running Team	Veterano M40	53:05	+22:03	05:18
45	363	Miguel Passarinha	Individual	Veterano M40	54:53	+23:51	05:29
46	427	Tiago Pinho	Labregos	Veterano M40	01:00:23	+29:22	06:02
47	358	Joaquim Malheiro	Individual	Veterano M40	01:02:10	+31:09	06:13

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48	11	Carlos Gomes	ACAIL GAS	Veterano M40	01:05:30	+34:29	06:33
49	348	Anderson Felix	Individual	Veterano M40	01:12:59	+41:58	07:18

Veterano M45

1	54	José Moreira	CD São Salvador do Campo	Veterano M45	33:19		03:20
2	159	VITOR SANTOS	EV/PERALTAFIL	Veterano M45	33:27	+00:07	03:21
3	172	Antonio Cristóvão	GDC Guilhovai	Veterano M45	34:43	+01:23	03:28
4	158	PAULO PINTO	EV/PERALTAFIL	Veterano M45	35:15	+01:55	03:31
5	82	Luís Silva	Clube Campismo	Veterano M45	35:29	+02:09	03:33
6	173	ARTUR OLIVEIRA RODRIGUES	GDC Guilhovai	Veterano M45	35:52	+02:32	03:35
7	471	Artista	Runners VLC Trail	Veterano M45	37:04	+03:44	03:42
8	443	João Paulo Dias	Núcleo de Atletismo de Cucujães	Veterano M45	37:38	+04:18	03:46
9	382	Paulo Noormahomed	Individual	Veterano M45	38:25	+05:05	03:51
10	74	RUI COSTA	Clube Atletismo de Ovar	Veterano M45	39:10	+05:50	03:55
11	1002	Carlos Sequeira	Clube Atletismo de Ovar	Veterano M45	39:37	+06:17	03:58
12	139	Marcos Fonseca	CopoRunners	Veterano M45	40:39	+07:19	04:04
13	388	Rui Pedro Jesus de Almeida	Individual	Veterano M45	40:57	+07:37	04:06
14	380	Nuno Miguel dos Santos Barros Lourenço	Individual	Veterano M45	41:09	+07:49	04:07
15	384	Pedro Madrid	Individual	Veterano M45	41:57	+08:37	04:12
16	374	João Simva	Individual	Veterano M45	42:03	+08:43	04:12
17	367	ANTONIO MOREIRA	Individual	Veterano M45	42:23	+09:03	04:14
18	163	Carlos Eduardo Costa da Cruz Martins	EVA MS	Veterano M45	43:46	+10:26	04:23
19	177	Manuel Silva	GDSP0	Veterano M45	43:48	+10:28	04:23
20	469	Pedro Pina	Ricardo Silva	Veterano M45	44:24	+11:04	04:26
21	389	Sérgio Pereira	Individual	Veterano M45	44:25	+11:05	04:26
22	189	Jorge Tavares	Grupo Juvenil Pinheiro da Bemposta	Veterano M45	44:34	+11:14	04:27
23	138	Armando Sá	CopoRunners	Veterano M45	45:00	+11:40	04:30
24	111	Carlos Silva	CMMC de Vale de Cambra	Veterano M45	45:24	+12:04	04:32
25	32	António Francisco	ACR de Vale de Cambra	Veterano M45	47:04	+13:44	04:42
26	497	Paulo Soares	Vale Correr	Veterano M45	47:31	+14:11	04:45
27	1016	Marco Nuno Santos Alves	Individual	Veterano M45	48:09	+14:49	04:49
28	368	Carlos Ferreira	Individual	Veterano M45	48:28	+15:08	04:51
29	454	NUNO SANTOS	Os Melhores	Veterano M45	48:37	+15:17	04:52
30	371	Domingos Gonçalves	Individual	Veterano M45	48:39	+15:19	04:52
31	39	Pedro Necho	AFIS/OVAR	Veterano M45	48:45	+15:25	04:53
32	1017	Rui Pedro Gonçalves Correia	Individual	Veterano M45	49:39	+16:19	04:58
33	375	Jonatas Santos	Individual	Veterano M45	50:04	+16:44	05:00
34	114	Rui Paiva	CMMC de Vale de Cambra	Veterano M45	50:05	+16:45	05:01
35	112	João Oliveira	CMMC de Vale de Cambra	Veterano M45	50:43	+17:23	05:04
36	385	Pedro Martinho	Individual	Veterano M45	51:08	+17:48	05:07
37	378	José carlos	Individual	Veterano M45	51:09	+17:49	05:07
38	377	José António Correia	Individual	Veterano M45	51:32	+18:12	05:09
39	372	Filipe Alexandre Alves Loureiro	Individual	Veterano M45	52:16	+18:56	05:14
40	369	Daniel Melo	Individual	Veterano M45	53:04	+19:44	05:18

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41	379	Nuno Filipe Oliveira Soares	Individual	Veterano M45	53:13	+19:53	05:19
42	67	Álvaro Barbosa	Centro atlético Póvoa pacense	Veterano M45	53:23	+20:03	05:20
43	447	Marco Correia	Oliveira's	Veterano M45	54:09	+20:49	05:25
44	383	Pedro Costa	Individual	Veterano M45	55:09	+21:49	05:31
45	115	Sergio Alves	CMMC de Vale de Cambra	Veterano M45	55:20	+22:00	05:32
46	113	Ricardo Almeida	CMMC de Vale de Cambra	Veterano M45	55:20	+22:00	05:32
47	1037	Carlos Pereira Fernandes	Individual	Veterano M45	55:32	+22:12	05:33
48	131	Paulo silva	Comc de vale de cambra	Veterano M45	56:48	+23:28	05:41
49	386	Ricardo Manuel Tavares Pinho	Individual	Veterano M45	57:22	+24:02	05:44
50	90	Fernando Andrade	Clube de Veteranos do Porto	Veterano M45	59:48	+26:28	05:59
51	428	Bruno Barbosa	Labregos	Veterano M45	01:00:25	+27:05	06:03
52	373	Filipe Teixeira	Individual	Veterano M45	01:02:55	+29:35	06:17
53	64	Ricardo Matos	CDC Macieira de Cambra	Veterano M45	01:06:55	+33:35	06:41

Veterano M50

1	150	Sérgio Pinto	Escola de Atletismo da Trofa	Veterano M50	35:52		03:35
2	160	MANUEL BESSA	EV/PERALTAFIL	Veterano M50	36:00	+00:07	03:36
3	1039	Pedro Silva	CLUBE ATLETISMO DE OVAR	Veterano M50	36:52	+00:59	03:41
4	33	Fernando Silva	ACR de Vale de Cambra	Veterano M50	36:59	+01:06	03:42
5	179	Armando Bastos	GDSPO	Veterano M50	38:08	+02:15	03:49
6	1035	Manuel Bastos	G.D.A. Ronda	Veterano M50	40:53	+05:00	04:05
7	34	José Correia	ACR de Vale de Cambra	Veterano M50	41:26	+05:33	04:09
8	12	Vítor Santos	ACAIL GAS	Veterano M50	41:46	+05:54	04:11
9	400	Paulo Almeida	Individual	Veterano M50	42:26	+06:34	04:15
10	396	Luis Pedro Dias Couto Rodrigues	Individual	Veterano M50	43:17	+07:24	04:20
11	398	Milton Rodrigues Brandão	Individual	Veterano M50	45:14	+09:21	04:31
12	467	Paulo ramos	Reumaticos	Veterano M50	45:48	+09:56	04:35
13	1032	Antonio Melo	VICAIMA-Industria de Madeiras e Derivados, S.A	Veterano M50	45:51	+09:59	04:35
14	141	Joaquim Fernando Gonçalves Rego	CopoRunners	Veterano M50	46:12	+10:19	04:37
15	178	Alcindo Dias	GDSPO	Veterano M50	46:12	+10:20	04:37
16	468	Raul teixeira	Reumaticos	Veterano M50	46:18	+10:25	04:38
17	119	Sílvio Carvalho	CMMC de Vale de Cambra	Veterano M50	46:26	+10:33	04:39
18	438	Joice dias de Jesus	Nascidos para Correr - Associação Desportiva	Veterano M50	46:27	+10:34	04:39
19	401	paulo fibeiro	Individual	Veterano M50	47:02	+11:09	04:42
20	140	Filipe Manuel Coelho	CopoRunners	Veterano M50	47:53	+12:00	04:47
21	466	Paulo pereira	Reumaticos	Veterano M50	47:55	+12:02	04:47
22	395	JOSE MANUEL SOARES MOREIRA DA ROCHA	Individual	Veterano M50	48:45	+12:52	04:53
23	30	Alfredo Ferreira	ACR de Vale de Cambra	Veterano M50	49:00	+13:08	04:54
24	35	José Pinho	ACR de Vale de Cambra	Veterano M50	50:15	+14:23	05:02
25	391	André Rocha	Individual	Veterano M50	50:24	+14:31	05:02
26	392	Carlos Marques	Individual	Veterano M50	50:43	+14:51	05:04
27	75	PEDRO SILVA	Clube Atletismo de Ovar	Veterano M50	52:27	+16:35	05:15
28	397	Miguel Angelo Matos Goncalves	Individual	Veterano M50	52:36	+16:43	05:16

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29	393	Carlos Alberto Soares Brandão	Individual	Veterano M50	53:20	+17:27	05:20
30	470	Luís Oliveira	Ricardo Silva	Veterano M50	54:04	+18:11	05:24
31	116	Carlos Rodrigues	CMMC de Vale de Cambra	Veterano M50	54:35	+18:43	05:28
32	1034	Pedro Silva	VICAIMA-Industria de Madeiras e Derivados, S.A	Veterano M50	55:27	+19:34	05:33
33	402	Rui Gomes	Individual	Veterano M50	56:06	+20:13	05:37
34	403	Rui Miguel Costa	Individual	Veterano M50	56:08	+20:16	05:37
35	390	Américo Oliveira	Individual	Veterano M50	56:33	+20:40	05:39
36	117	José Almeida	CMMC de Vale de Cambra	Veterano M50	57:30	+21:37	05:45
37	1033	Luis Monteiro	VICAIMA-Industria de Madeiras e Derivados, S.A	Veterano M50	01:03:17	+27:24	06:20
38	399	Orlando Marques	Individual	Veterano M50	01:08:22	+32:29	06:50

Veterano M55

1	175	ANTÓNIO JOAQUIM SOARES FERNANDES	GDC Guilhovai	Veterano M55	34:43	03:28
2	36	António Pinto	ACR de Vale de Cambra	Veterano M55	37:16	+02:33 03:44
3	43	António Nunes	ARADA ATLÉTICO CLUBE	Veterano M55	37:55	+03:12 03:47
4	78	ROGERIO CAMPOS	Clube Atletismo de Ovar	Veterano M55	38:03	+03:20 03:48
5	66	Fernando Antunes	CDC Macieira de Cambra	Veterano M55	39:09	+04:26 03:55
6	457	Jose Silva	Peraltafil EV	Veterano M55	39:27	+04:44 03:57
7	40	José Figueiredo	AFIS/OVAR	Veterano M55	40:14	+05:30 04:01
8	431	Orlando Valente	Lourosa Em Movimento	Veterano M55	40:35	+05:52 04:04
9	41	José Godinho	AFIS/OVAR	Veterano M55	40:38	+05:55 04:04
10	76	JOÃO RODRIGUES	Clube Atletismo de Ovar	Veterano M55	40:51	+06:08 04:05
11	413	Pedro Agostinho Tavares Almeida	Individual	Veterano M55	43:31	+08:48 04:21
12	77	PEDRO LEAL	Clube Atletismo de Ovar	Veterano M55	43:52	+09:09 04:23
13	444	Renato Tavares	Núcleo de Atletismo de Cucujães	Veterano M55	45:28	+10:45 04:33
14	405	António Jorge da Silva Martins	Individual	Veterano M55	45:37	+10:54 04:34
15	122	Paulo Martins	CMMC de Vale de Cambra	Veterano M55	46:44	+12:01 04:40
16	130	Carlos Ferreira	Colep Packaging	Veterano M55	47:20	+12:36 04:44
17	415	Rui Godinho	Individual	Veterano M55	48:30	+13:47 04:51
18	412	José Miguel Melo Brandão	Individual	Veterano M55	48:40	+13:57 04:52
19	408	João Coutinho Rego	Individual	Veterano M55	49:24	+14:40 04:56
20	410	Jorge Ventura	Individual	Veterano M55	49:35	+14:51 04:57
21	174	ANTÓNIO DIAS DOS SANTOS	GDC Guilhovai	Veterano M55	50:21	+15:38 05:02
22	83	Paulo Valente	Clube Campismo	Veterano M55	51:51	+17:08 05:11
23	409	Jorge Manuel Silva Rodrigues	Individual	Veterano M55	54:16	+19:33 05:26
24	411	José Antônio de Pinho Fernandes	Individual	Veterano M55	54:23	+19:40 05:26
25	414	Rui Correia	Individual	Veterano M55	54:52	+20:09 05:29
26	145	Luís Filipe Martins Soares	EDUART-COMPONENTES DE CALÇADO	Veterano M55	58:08	+23:25 05:49
27	406	CARLOS ALBERTO SOARES MARIA	Individual	Veterano M55	58:59	+24:16 05:54

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

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Veterano M60

1	86	Manuel Sousa Alves	Clube Campismo	Veterano M60	35:26	03:33
2	440	António Jesus	Nascidos para Correr - Associação Desportiva	Veterano M60	36:15	+00:48 03:37
3	1008	Mario Vaz	Clube Atletismo de Ovar	Veterano M60	37:50	+02:24 03:47
4	474	Américo Valente	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	Veterano M60	38:22	+02:55 03:50
5	479	PEDRO TERRA	SSTMSJM	Veterano M60	39:12	+03:45 03:55
6	423	Mario Carvalho	Vilarinho de Cima	Veterano M60	40:37	+05:10 04:04
7	46	José Luís Oliveira dos Santos	Brandoenses running	Veterano M60	42:47	+07:21 04:17
8	161	JOAQUIM PEREIRA	EV/PERALTAFIL	Veterano M60	44:40	+09:13 04:28
9	445	Manuel Anjos	Núcleo de Atletismo de Cucujães	Veterano M60	46:18	+10:52 04:38
10	123	António Oliveira	CMMC de Vale de Cambra	Veterano M60	47:14	+11:48 04:43
11	162	LEONEL SILVA	EV/PERALTAFIL	Veterano M60	47:56	+12:29 04:48
12	85	Edmundo Guedes	Clube Campismo	Veterano M60	48:26	+13:00 04:51
13	124	Arlindo Rodrigues	CMMC de Vale de Cambra	Veterano M60	48:42	+13:15 04:52
14	1006	Fernando Rocha Sacramento	Centro Cultural e Recreativo Souto Mau	Veterano M60	49:15	+13:48 04:56
15	488	Porfírio Martins	TO NA PISTA	Veterano M60	49:24	+13:57 04:56
16	180	Mário Nogueira	GDSP0	Veterano M60	49:36	+14:10 04:58
17	126	Joaquim Oliveira	CMMC de Vale de Cambra	Veterano M60	50:34	+15:07 05:03
18	462	José Matos	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M60	51:04	+15:37 05:06
19	88	Vitorino Silva	Clube Campismo	Veterano M60	51:45	+16:18 05:10
20	425	Vitor Manuel Figueiredo Rodrigues	Individual	Veterano M60	51:51	+16:24 05:11
21	422	Manuel Tavares	Individual	Veterano M60	52:30	+17:03 05:15
22	417	Filipe da Costa Soares	Individual	Veterano M60	52:49	+17:22 05:17
23	79	ARLINDO SILVA	Clube Atletismo de Ovar	Veterano M60	53:19	+17:53 05:20
24	420	José Manuel Silva	Individual	Veterano M60	53:52	+18:25 05:23
25	416	Antonio Jose Rocha Sacramento	Individual	Veterano M60	54:03	+18:36 05:24
26	37	Manuel Pinho	ACR de Vale de Cambra	Veterano M60	55:00	+19:33 05:30
27	146	Eduardo Tavares Rebelo	EDUART-COMPONENTES DE CALÇADO	Veterano M60	56:13	+20:46 05:37
28	421	José Nunes	Individual	Veterano M60	56:32	+21:05 05:39
29	190	Virgolino bastos	Grupo Juvenil Pinheiro da Bemposta	Veterano M60	57:36	+22:09 05:46
30	125	Domingos Soares da Silva	CMMC de Vale de Cambra	Veterano M60	57:38	+22:12 05:46
31	91	Paulo Jorge Oliveira Ribeiro	Clube de Veteranos do Porto	Veterano M60	59:48	+24:22 05:59
32	419	João Pinho	Individual	Veterano M60	01:02:41	+27:14 06:16
33	424	Valdemiro Barbosa	Individual	Veterano M60	01:04:54	+29:27 06:29
34	69	Joaquim Oliveira	Cirac - Circulo de Recreio Arte e Cultura	Veterano M60	01:12:44	+37:18 07:16
35	418	João Luís Frade Cajeira	Individual	Veterano M60	01:15:18	+39:52 07:32