

10 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	17:45	15,2°C	90%
End	19:21	15,2°C	90%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1128	Tomás R Silva	Grecas	30:52		03:05	
2	1674	Ricardo Pereira	Individual	31:08	+00:16	03:07	
3	1006	Filipe Ferreira	ACR Vale de Cambra	32:24	+01:32	03:14	
4	1126	Eduardo Beça	Grecas	33:49	+02:57	03:23	
5	1053	João Alegria	Clube Campismo	33:53	+03:01	03:23	
6	1007	Pedro Miguel Vieira Magalhães	ACR Vale de Cambra	33:56	+03:04	03:24	
7	1320	Pedro Barros	Individual	33:59	+03:07	03:24	
8	1002	André Santos	ACD Os Ilhавos	34:50	+03:58	03:29	
9	1130	Daniel Cardoso	Grupo Desportivo e Cultural de Castelo de Paiva	35:11	+04:19	03:31	
10	1108	Mário Ibarra	G.D.A Ronda	35:12	+04:20	03:31	
11	1060	João Amaro	Clube Desportivo Feirense	35:27	+04:35	03:33	
12	1115	António Cristóvão	GDC Guilhovai	35:29	+04:37	03:33	
13	1309	Milton César Miranda dos Santos	Individual	36:00	+05:08	03:36	
14	1081	Manuel Bessa	EVP	36:30	+05:38	03:39	
15	1251	Diogo Miguel Pais Pinho	Individual	36:32	+05:40	03:39	
16	1057	Pedro Magolo	Clube de Futebol União de Lamas	36:32	+05:40	03:39	
17	1008	Fernando Silva	ACR Vale de Cambra	36:47	+05:55	03:41	
18	1003	RUI COSTA	ACD Os Ilhавos	36:49	+05:57	03:41	
19	1079	Marco Marques	EVP	37:35	+06:43	03:46	
20	116	André oliveira	Individual	37:39	+06:47	03:46	
21	1313	Nuno A Fernandes	Individual	37:40	+06:48	03:46	
22	1461	. Manuel Silva	Individual	37:48	+06:56	03:47	
23	1533	Daniel Jose Silva Barros	Juventude Cortegacense	37:53	+07:01	03:47	
24	121	Pedro Cardoso	Individual	37:54	+07:02	03:47	
25	74	João Sousa	Individual	37:55	+07:03	03:48	
26	178	Pedro Cardoso	SCE TRIATLO	37:55	+07:03	03:48	
27	1552	Tiago Cardoso	Marroks Trail & Run Team	38:03	+07:11	03:48	
28	1492	Augusto Aluai	Individual	38:04	+07:12	03:48	
29	1275	Hugo Neves	Individual	38:10	+07:18	03:49	
30	1577	Marco Soares	ACD Os Ilhавos	38:12	+07:20	03:49	
31	1613	João Pedro Salgueiro	SC Salgueiros	38:29	+07:37	03:51	
32	64	Daniel da Costa Calvão	Individual	38:42	+07:50	03:52	
33	1045	Vitor Carvalho	CDFEIRENSE	38:45	+07:53	03:53	
34	1017	Bruno Oliveira	ARADA ATLÉTICO CLUBE	38:47	+07:55	03:53	
35	1543	Miguel Costa	Lourosa em Movimento	38:48	+07:56	03:53	
36	1291	Jose de Oliveira	Individual	39:04	+08:12	03:54	
37	142	Fábio Almeida	NIGHT RUNNERS FEIRA	39:05	+08:13	03:55	
38	1336	Ricardo Guedes	Individual	39:06	+08:14	03:55	
39	1643	Andreia Cunha	Individual	39:16	+08:24	03:56	
40	1004	Filipe Silva	ACDCDSMF OS Laranjinhas	39:16	+08:24	03:56	
41	145	Sérgio Coelho	Os Fogo no Cu	39:22	+08:30	03:56	
42	1334	Ricardo Andrade Santos	Individual	39:43	+08:51	03:58	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	1264	Filipe Coelho	Individual	39:47	+08:55	03:59	
44	1032	Bruno Vidinha	Caldas São Jorge Sport Clube	39:48	+08:56	03:59	
45	65	Fábio Pinto	Individual	39:50	+08:58	03:59	
46	1266	Flavio Cunha	ACD Os Ilhavos	40:05	+09:13	04:01	
47	1244	Daniel Manjate	Individual	40:25	+09:33	04:03	
48	1641	Paulo Camboa	Zero2Hero	40:35	+09:43	04:04	
49	1246	David Andrade Rainho	Individual	40:36	+09:44	04:04	
50	1043	Helder Costa	CDFEIRENSE	40:40	+09:48	04:04	
51	134	Pedro Marques	Individual	40:43	+09:51	04:04	
52	35	André Nunes	CASA DO POVO DE MANGUALDE	40:45	+09:53	04:04	
53	1011	Vitor Fernandes	ÁGUIAS DA MISERICÓRDIA	40:47	+09:55	04:05	
54	1489	António Ribeiro	Individual	40:56	+10:04	04:06	
55	1127	Tiago Silvestre	Grecas	40:57	+10:05	04:06	
56	1521	BRUNO TIAGO DOS SANTOS GUIMARÃES	JAM - Juventude Atlético Mozelense	40:58	+10:06	04:06	
57	1221	Alexandre Castro de Azevedo	Individual	40:59	+10:07	04:06	
58	1083	Manuel Ferreira	EV-PERALTAFIL	41:00	+10:08	04:06	
59	1463	António Jorge Martins Francisco	Individual	41:02	+10:10	04:06	
60	1094	Paulo Maia	FFE- Foco, Fôlego e Empenho	41:42	+10:50	04:10	
61	1446	Jacinto Manuel Rodrigues Oliveira	Individual	41:46	+10:54	04:11	
62	1302	Marco Almeida	Individual	42:07	+11:15	04:13	
63	1410	DAVID ALVES	Individual	42:08	+11:16	04:13	
64	1523	CARLOS BAPTISTA	JAM - Juventude Atlético Mozelense	42:09	+11:17	04:13	
65	112	Ricardo Doria Duarte	Individual	42:19	+11:27	04:14	
66	1357	Tiago Pereira	Individual	42:20	+11:28	04:14	
67	1462	António Silveira	Individual	42:23	+11:31	04:14	
68	1540	Ernesto Marques Alves	Juventude Cortegacense	42:26	+11:34	04:15	
69	120	Nuno Costa	Individual	42:28	+11:36	04:15	
70	1453	Paulo jorge Rodrigues lemos Figueiredo	Individual	42:32	+11:40	04:15	
71	1281	João Adérito	Individual	42:34	+11:42	04:15	
72	1619	NUNO PIAIRO	Sporting Clube de Braga	42:34	+11:42	04:15	
73	1041	Fernando Antunes	CDC Macieira de Cambra	42:35	+11:43	04:15	
74	1339	Rodrigo Oliveira	Individual	42:36	+11:44	04:16	
75	1040	Pedro Rafael Brandão Gomes	CCDCAM CRÉDITO AGRÍCOLA	42:36	+11:44	04:16	
76	1486	Vitor Santos	Individual	43:03	+12:11	04:18	
77	1255	Eduardo de Melo Rocha	Individual	43:09	+12:17	04:19	
78	1248	Diogo da Mota	Individual	43:17	+12:25	04:20	
79	1080	Patrícia Ferreira	EVP	43:19	+12:27	04:20	
80	1306	Miguel Figueiredo	Fitness Lafões Club	43:26	+12:34	04:21	
81	1607	Rui Henriques	Running Slepplers	43:31	+12:39	04:21	
82	1561	Francelino Resende	Nascidos para Correr	43:33	+12:41	04:21	
83	67	Francisco neves	Individual	43:57	+13:05	04:24	
84	106	Bruno Alexandre Oliveira da Silva	Individual	44:03	+13:11	04:24	
85	1412	Filipe Correia	Individual	44:03	+13:11	04:24	
86	1557	Filipe Oliveira	Milheirós de Poiares	44:03	+13:11	04:24	
87	1239	Carlos Alves	Individual	44:05	+13:13	04:25	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	83	Nuno Gonçalves	Individual	44:08	+13:16	04:25	
89	1287	João Pinto	Individual	44:10	+13:18	04:25	
90	1222	Alexandre Silva	Individual	44:17	+13:25	04:26	
91	1005	André Aniceto	ACR Vale de Cambra	44:18	+13:26	04:26	
92	1416	Hugo Soares	Individual	44:20	+13:28	04:26	
93	1227	André Monteiro	Individual	44:21	+13:29	04:26	
94	126	CECILIO MANUEL SILVA FERREIRA	Individual	44:25	+13:33	04:26	
95	1544	Cristiano Lima	LOVE TILES	44:26	+13:34	04:27	
96	1223	Andre Barbosa	Individual	44:26	+13:34	04:27	
97	1093	Milton Silva	Federação de Atletismo do Quénia	44:28	+13:36	04:27	
98	1278	J. Torres	Individual	44:30	+13:38	04:27	
99	113	Ricardo Queirós	Individual	44:31	+13:39	04:27	
100	1358	Tomás Castro	Individual	44:37	+13:45	04:28	
101	1566	Hugo Antunes	Os Estiga	44:38	+13:46	04:28	
102	1116	Carlos Monteiro	Gemba Running	44:39	+13:47	04:28	
103	1332	RENATO BASTOS	Individual	44:40	+13:48	04:28	
104	1443	Emanuel Pinheiro	Individual	44:45	+13:53	04:29	
105	1120	Miguel Nunes	GesRun	44:48	+13:56	04:29	
106	1406	André Maciel	Individual	44:52	+14:00	04:29	
107	1545	Fátima Santos	Lusitânia Lourosa	44:53	+14:01	04:29	
108	1086	Fernando Resende	Família Resende	44:56	+14:04	04:30	
109	84	Nuno Reis	Individual	44:58	+14:06	04:30	
110	1314	Nuno Dias	Individual	45:10	+14:18	04:31	
111	1567	Miguel Santos	Os Estiga	45:12	+14:20	04:31	
112	1351	Tiago André Vieira Magalhães	Individual	45:14	+14:22	04:31	
113	1350	Tiago André Gomes Oliveira	Individual	45:16	+14:24	04:32	
114	1606	João Miguel Henriques	Running Sleppers	45:17	+14:25	04:32	
115	1055	Alejandro Rodrigues	Clube de Futebol União de Lamas	45:19	+14:27	04:32	
116	125	Carlos Rocha	Individual	45:19	+14:27	04:32	
117	1253	Edgar Fernando Abelha e Sousa	Individual	45:27	+14:35	04:33	
118	1553	Jorge Brandão	Marroks Trail & Run Team	45:30	+14:38	04:33	
119	86	Pedro Silva Oliveira	Individual	45:32	+14:40	04:33	
120	1228	André Mota	Individual	45:35	+14:43	04:34	
121	76	Jorge Santos	Individual	45:36	+14:44	04:34	
122	1245	Daniel Silva	Individual	45:36	+14:44	04:34	
123	1247	Décio Daniel Oliveira	Individual	45:38	+14:46	04:34	
124	1474	Luís Miguel Ferreira Duarte	Individual	45:44	+14:52	04:34	
125	1171	Filipa Ferreira	Individual	45:45	+14:53	04:35	
126	1423	Marco Oliveira	Individual	45:47	+14:55	04:35	
127	1039	João Parreira	Carraçudos	45:47	+14:55	04:35	
128	1284	João Moranguinho	Individual	45:48	+14:56	04:35	
129	1415	Hélder Teixeira	Individual	45:55	+15:03	04:35	
130	124	Valdemar Lopes	Individual	45:57	+15:05	04:36	
131	1529	Xavier Oliveira Barros	Juventude Cortegacense	45:58	+15:06	04:36	
132	85	Paulo Bruno de Pinho Rebelo	Individual	46:00	+15:08	04:36	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
133	91	Roberto Nunes Garcia	Individual	46:01	+15:09	04:36	
134	1348	Samuel Silva	Individual	46:02	+15:10	04:36	
135	1310	Myke Santos	Individual	46:03	+15:11	04:36	
136	1028	Rui Castro	Bravos e bravitas	46:03	+15:11	04:36	
137	1257	Fabio Oliveira	Individual	46:04	+15:12	04:36	
138	1042	Sónia Beleza	CDFEIRENSE	46:06	+15:14	04:37	
139	138	André Magalhães	Magalhães	46:11	+15:19	04:37	
140	1230	André Rocha	Individual	46:16	+15:24	04:38	
141	1457	Ricky Matias	Individual	46:22	+15:30	04:38	
142	1229	Andre Queiros	Individual	46:30	+15:38	04:39	
143	1527	Americo Jorge Pereira da Costa	Juventude Cortegacense	46:33	+15:41	04:39	
144	1018	Rui Jorge de Sá Neves	ARADA ATLÉTICO CLUBE	46:37	+15:45	04:40	
145	1298	Luís Monteiro	Individual	46:38	+15:46	04:40	
146	1261	Fábio Soares	Individual	46:38	+15:46	04:40	
147	163	Leandro Monteiro	RUNBIKECLUB VISEU	46:39	+15:47	04:40	
148	1431	Paulo Vidal	Individual	46:41	+15:49	04:40	
149	1605	Miguel Gouveia	Running Esmoriz	46:43	+15:51	04:40	
150	1574	MANUEL SILVA	OS FALTA D' AR	46:45	+15:53	04:41	
151	1056	José Regadas	Clube de Futebol União de Lamas	46:46	+15:54	04:41	
152	1294	José Nuno Catarino Brito	Individual	46:47	+15:55	04:41	
153	1517	SERAFIM REIS	Individual	46:51	+15:59	04:41	
154	40	Salomé Mourisco	FFESMORIZ	46:53	+16:01	04:41	
155	1241	Daniel Castro	Individual	46:53	+16:01	04:41	
156	1260	Fábio Silva	Individual	46:57	+16:05	04:42	
157	1584	Luis Gomes	Pastello Runners	46:58	+16:06	04:42	
158	1451	Márcio Campelo	Individual	46:59	+16:07	04:42	
159	45	Óscar Almeida	H-RAKY	47:00	+16:08	04:42	
160	1360	Vasco Salgueiro e Silva	Individual	47:06	+16:14	04:43	
161	69	Guilherme Silva	Individual	47:07	+16:15	04:43	
162	1621	Dale Mark Desautel	Todos os Sábados	47:08	+16:16	04:43	
163	1472	José Fernando de Jesus Almeida	Individual	47:10	+16:18	04:43	
164	1322	Pedro Monteiro	Individual	47:10	+16:18	04:43	
165	1550	João Gomes	Marroks Trail & Run Team	47:11	+16:19	04:43	
166	1341	Rúben Almeida	Individual	47:14	+16:22	04:43	
167	1464	Antonio Maia	Individual	47:31	+16:39	04:45	
168	26	JOSÉ SÁ	Beatriz dos Panos	47:34	+16:42	04:45	
169	1109	Celso Silva	G.D.A Ronda	47:34	+16:42	04:45	
170	169	Helena Silva	Running Esmoriz	47:34	+16:42	04:45	
171	1111	Paulo Mota	G.D.A Ronda	47:38	+16:46	04:46	
172	1300	Lunmar D Campillay	Individual	47:40	+16:48	04:46	
173	1059	Vera Ferreira	Clube Desportivo Feirense	47:51	+16:59	04:47	
174	1541	Manuel Constantino Silva	Juventude Cortegacense	47:56	+17:04	04:48	
175	1303	Martim Patrício	Individual	48:07	+17:15	04:49	
176	1172	Filipa Sá	Individual	48:10	+17:18	04:49	
177	1254	Edgar Silva	Individual	48:13	+17:21	04:49	
178	1231	Andre Silva	Individual	48:14	+17:22	04:49	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
179	1268	Francisco Vieira	Individual	48:16	+17:24	04:50	
180	1519	Sidónio Ramos	Individual	48:18	+17:26	04:50	
181	1617	João Paulo da Silva Pereira	Souto	48:22	+17:30	04:50	
182	1428	Nuno Correia	Individual	48:22	+17:30	04:50	
183	1346	Rui Filipe Vieira de Sousa	Individual	48:22	+17:30	04:50	
184	1301	Manuel Alves	Individual	48:24	+17:32	04:50	
185	1044	Marco Goncalves	CDFEIRENSE	48:27	+17:35	04:51	
186	135	Daniel Gomes	Javalis 100 Limites	48:31	+17:39	04:51	
187	1027	Pedro Moura	BodyWorkout	48:32	+17:40	04:51	
188	130	ARTUR ENES	Individual	48:32	+17:40	04:51	
189	1558	Mário Oliveira	Milheirós de Poiares	48:34	+17:42	04:51	
190	1506	José Faria Alves	Individual	48:35	+17:43	04:51	
191	160	Fábio Bandeira	RUNBIKECLUB VISEU	48:35	+17:43	04:52	
192	161	Filipe Pereira	RUNBIKECLUB VISEU	48:36	+17:44	04:52	
193	1401	Teresa Santos Alves	Individual	48:37	+17:45	04:52	
194	1304	Miguel Aguiar	Individual	48:39	+17:47	04:52	
195	80	Martim Rocha	Individual	48:41	+17:49	04:52	
196	165	Jose Rodrigues	RUNBIKECLUB VISEU	48:43	+17:51	04:52	
197	1216	Adérito Gustavo Coutinho Pimenta	Individual	48:45	+17:53	04:52	
198	1092	Johnny Almeida	Federação de Atletismo do Quénia	48:46	+17:54	04:53	
199	72	João Alves	Individual	48:46	+17:54	04:53	
200	1307	Miguel Leite	Individual	48:47	+17:55	04:53	
201	1110	Luís Guimarães	G.D.A Ronda	48:49	+17:57	04:53	
202	1117	Carlos Marques	Gemba Running	48:51	+17:59	04:53	
203	1176	Inês Cunha	Individual	48:51	+17:59	04:53	
204	1452	Márcio Oliveira	Individual	48:57	+18:05	04:54	
205	117	Helder Pereira	Individual	49:02	+18:10	04:54	
206	44	Pedro Martins	H-RAKY	49:07	+18:15	04:55	
207	1562	Bruno Peixoto	NÚCLEO DE ATLETISMO DE VILA REAL	49:12	+18:20	04:55	
208	1400	Sandra Cepeda	Individual	49:14	+18:22	04:55	
209	29	CARLITOS S	BOLINHOS DE BACALHAU	49:15	+18:23	04:55	
210	1250	Diogo Mata	Individual	49:15	+18:23	04:55	
211	1565	Diogo Pires	Os Estiga	49:16	+18:24	04:56	
212	1061	Catarina Duarte	Clube Raquel Cabaço	49:16	+18:24	04:56	
213	1362	Vitor Bastos	Individual	49:16	+18:24	04:56	
214	68	Francisco Santos	Individual	49:17	+18:25	04:56	
215	1199	Mariana Amaral Ventura Borges	Individual	49:18	+18:26	04:56	
216	107	Bruno Miguel Vilar Rocha	Individual	49:22	+18:30	04:56	
217	1234	Anthony Borges	Individual	49:26	+18:34	04:57	
218	1420	José Nunes	Individual	49:29	+18:37	04:57	
219	122	Samuel Rebelo	Individual	49:30	+18:38	04:57	
220	1082	Joaquim Pereira	EVP	49:30	+18:38	04:57	
221	1319	Paulo Tiago Gonçalves Camdeias	Individual	49:33	+18:41	04:57	
222	1447	João Moreira	Individual	49:35	+18:43	04:57	
223	1333	Renato Cardoso	Individual	49:39	+18:47	04:58	
224	1101	Américo Fonseca	FFESMORIZ	49:41	+18:49	04:58	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
225	1440	António Morgado	Individual	49:43	+18:51	04:58	
226	1430	Orlando Henriques	Individual	49:44	+18:52	04:58	
227	1198	Maria Pedroso	Individual	49:44	+18:52	04:58	
228	1568	MANUEL FERREIRA	OS FALTA D' AR	49:44	+18:52	04:58	
229	1188	Laura Santos	Individual	49:45	+18:53	04:59	
230	1473	JOSÉ MANUEL MOREIRA	Individual	49:48	+18:56	04:59	
231	1240	Daniel Carvalho	Individual	49:52	+19:00	04:59	
232	108	FRANCISCO DOS SANTOS OLIVEIRA	Individual	50:02	+19:10	05:00	
233	175	Jorge Guerra	Running Esmoriz	50:03	+19:11	05:00	
234	171	Orquídea Sousa	Running Esmoriz	50:03	+19:11	05:00	
235	1422	Marcio Oliveira	Individual	50:04	+19:12	05:00	
236	1161	Cátia Costa	Individual	50:05	+19:13	05:00	
237	82	Nelson Rodrigues	Individual	50:08	+19:16	05:01	
238	81	Moises Pinto	Individual	50:09	+19:17	05:01	
239	1344	Rúben Torres	Individual	50:23	+19:31	05:02	
240	1349	Samuel silva	Individual	50:33	+19:41	05:03	
241	97	Anabela Barata	Individual	50:35	+19:43	05:03	
242	1508	José Silva	Individual	50:37	+19:45	05:04	
243	1352	Tiago Barros	Individual	50:38	+19:46	05:04	
244	1477	Marcelo Teixeira Matos	Individual	50:44	+19:52	05:04	
245	1528	Diogo Alberto Santos Silva	Juventude Cortegacense	50:47	+19:55	05:05	
246	78	José Resende	Individual	50:51	+19:59	05:05	
247	66	Fábio Veríssimo	Individual	50:51	+19:59	05:05	
248	1318	Paulo Jorge Neves de Miranda	Individual	50:55	+20:03	05:05	
249	1439	William Martinez	Individual	50:56	+20:04	05:06	
250	1096	Filipe Leite	FFESMORIZ	50:57	+20:05	05:06	
251	1458	RUBEN ALMEIDA	Individual	50:58	+20:06	05:06	
252	1034	João Presumido Valhelhas	Câmara Lisboa Clube	51:01	+20:09	05:06	
253	1572	FRANCISCO SANTOS	OS FALTA D' AR	51:02	+20:10	05:06	
254	1504	jose brito	Individual	51:04	+20:12	05:06	
255	1512	Manuel Oliveira	Individual	51:04	+20:12	05:06	
256	77	Jose Garrido	Individual	51:07	+20:15	05:07	
257	103	Sónia Gama	Individual	51:09	+20:17	05:07	
258	118	João Rocha	Individual	51:09	+20:17	05:07	
259	1186	Joana Patrícia Costa Silva	Individual	51:09	+20:17	05:07	
260	1470	João Santos	Individual	51:12	+20:20	05:07	
261	36	Carlos Almeida	CASA DO POVO DE MANGUALDE	51:12	+20:20	05:07	
262	1442	DANIEL SOUSA	Individual	51:15	+20:23	05:08	
263	1455	Pepe Nogueira	Individual	51:16	+20:24	05:08	
264	1299	Luís Pedro Preto Vicente	Individual	51:17	+20:25	05:08	
265	1454	Pedo Gomes	Individual	51:19	+20:27	05:08	
266	1077	Valdemar Vaz	DVagar	51:28	+20:36	05:09	
267	1376	Teresa Azevedo	Individual	51:31	+20:39	05:09	
268	1593	André Areosa	Pouco ritmo, Muita espuma	51:37	+20:45	05:10	
269	152	Hugo Ribeiro	Petrus Runners	51:43	+20:51	05:10	

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
270	1192	Manuela Maria da Costa e Silva Novais	Individual	51:47	+20:55	05:11	
271	1050	Oscar Magolo	Cirac - Circulo de Recreio Arte e Cultura	51:51	+20:59	05:11	
272	1626	Sérgio Emanuel França Borges	Tribo do Suor	51:56	+21:04	05:12	
273	1624	Dinis Almeida Dias	Tribo do Suor	51:57	+21:05	05:12	
274	1330	Rafael jose marques silva	Individual	51:57	+21:05	05:12	
275	1612	Vítor Santos	S4L/ Medense F.C.	52:00	+21:08	05:12	
276	1097	João Cruz Silva	FFESMORIZ	52:07	+21:15	05:13	
277	1372	Mafalda Resende	Individual	52:08	+21:16	05:13	
278	1129	Elisabete Vidal	GRUPO DESPORTIVO CASTELENSE	52:14	+21:22	05:13	
279	1518	Sergio Guedes	Individual	52:16	+21:24	05:14	
280	1539	Domingos Fernando Oliveira Camboa	Juventude Cortegacense	52:24	+21:32	05:14	
281	1177	Inês de Oliveira Paredes	Individual	52:26	+21:34	05:15	
282	1559	José Silva	Minho e Lima Trail	52:27	+21:35	05:15	
283	75	Jorge Maciel	Individual	52:33	+21:41	05:15	
284	1283	Joao Correia	Individual	52:34	+21:42	05:15	
285	1444	Esmoriz Gomes	Individual	52:36	+21:44	05:16	
286	1353	Tiago Camboa	Individual	52:37	+21:45	05:16	
287	1272	Guilherme brito	Individual	52:38	+21:46	05:16	
288	1564	Luciana Fidalgo	opraticante.pt	52:38	+21:46	05:16	
289	1551	Paulo Valente	Marroks Trail & Run Team	52:45	+21:53	05:17	
290	1280	Jaime Resende	Individual	52:46	+21:54	05:17	
291	144	António Rodrigues	opraticante.pt	52:47	+21:55	05:17	
292	1585	Rui Araújo	Peixinhos do Rio	52:49	+21:57	05:17	
293	1305	Miguel Cunha	Individual	52:52	+22:00	05:17	
294	140	Francisco Magalhães	Magalhães	52:56	+22:04	05:18	
295	1323	Pedro Oliveira	Individual	52:58	+22:06	05:18	
296	1048	Alcides Sales	Cirac - Circulo de Recreio Arte e Cultura	53:03	+22:11	05:18	
297	1505	José Casaleiro	Individual	53:07	+22:15	05:19	
298	149	Liliana Silva	Petrus Runners	53:08	+22:16	05:19	
299	1426	Mário Saraiva	Individual	53:09	+22:17	05:19	
300	174	Paulo Reis	Running Esmoriz	53:13	+22:21	05:19	
301	1397	Nicky Botwright	Individual	53:14	+22:22	05:19	
302	139	João Magalhães	Magalhães	53:20	+22:28	05:20	
303	1271	Gonçalo Cardoso	Individual	53:21	+22:29	05:20	
304	1347	Sá Djuma Camará	Individual	53:24	+22:32	05:20	
305	1356	Tiago Oliveira Reis	Individual	53:26	+22:34	05:21	
306	1586	Simão Machado	Peixinhos do Rio	53:27	+22:35	05:21	
307	1478	Miguel Costa	Individual	53:31	+22:39	05:21	
308	1158	Beatriz Reis Cardoso	Individual	53:35	+22:43	05:22	
309	1434	Renato Espírito Santo	Individual	53:38	+22:46	05:22	
310	1449	José Manuel Rocha Correia	Individual	53:39	+22:47	05:22	
311	1465	Aristeu Marques	Individual	53:41	+22:49	05:22	
312	1390	alexandra moreira	Individual	53:41	+22:49	05:22	
313	1595	Tino silva	RUN&FUN	53:42	+22:50	05:22	

10KM - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
314	1235	António Francisco Rodrigues Cachapuz	Individual	53:43	+22:51	05:22	
315	1140	Alexandra Marques Alves de Sá	Individual	53:43	+22:51	05:22	
316	1668	André Silva	Individual	53:45	+22:53	05:23	
317	1292	Jose Manuel Vieira Fernandes	Individual	53:50	+22:58	05:23	
318	1242	Daniel Ferreira	Individual	53:51	+22:59	05:23	
319	1218	Adriano Tavares Cardoso	Individual	53:52	+23:00	05:23	
320	1217	Adriano Amável Moutinho Rocha	Individual	53:53	+23:01	05:23	
321	1162	Cátia Ribeiro	Individual	53:55	+23:03	05:24	
322	1514	Mário Ribeiro	Individual	53:59	+23:07	05:24	
323	49	Catarina Silva	Individual	54:02	+23:10	05:24	
324	98	Antónia Guerra	Individual	54:03	+23:11	05:24	
325	32	Paulo Santos	BOLINHOS DE BACALHAU	54:03	+23:11	05:24	
326	33	Jorge Ventura	BOLINHOS DE BACALHAU	54:04	+23:12	05:24	
327	1548	António Fonseca	Marroks Trail & Run Team	54:08	+23:16	05:25	
328	1620	Luís Conceição	Sprint Paramos	54:19	+23:27	05:26	
329	1112	Amândio Soares	G.D.S.&V.	54:26	+23:34	05:27	
330	1035	Carlos Rocha	Câmara Lisboa Clube	54:30	+23:38	05:27	
331	21	RICARDO ROCHA	Beatriz dos Panos	54:30	+23:38	05:27	
332	1432	Pedro Azevedo	Individual	54:37	+23:45	05:28	
333	1153	Ana Tavares	Individual	54:37	+23:45	05:28	
334	1238	Bruno Leite	Individual	54:44	+23:52	05:28	
335	1315	Nuno Gabriel Moreira	Individual	54:46	+23:54	05:29	
336	1337	Ricardo Moreira Silva	Individual	54:52	+24:00	05:29	
337	1062	António Pereira	Clube Spiridon de Gaia	54:56	+24:04	05:30	
338	1063	Tiago Faria	Clube Spiridon de Gaia	54:56	+24:04	05:30	
339	93	Tiago Sá	Individual	54:58	+24:06	05:30	
340	1576	Daniel Silva	Os Fogo no Cu	55:02	+24:10	05:30	
341	1014	Sónia Silva	ARADA ATLÉTICO CLUBE	55:03	+24:11	05:30	
342	1125	Raquel Cirne	Grecas	55:03	+24:11	05:30	
343	1220	Alberto Ferreira	Individual	55:08	+24:16	05:31	
344	1437	Salvador Gonçalves	Individual	55:09	+24:17	05:31	
345	1495	David Pinto	Individual	55:11	+24:19	05:31	
346	89	Ricardo Figueiredo Reis	Individual	55:13	+24:21	05:31	
347	1603	Orquídea Gomes	Running Esmoriz	55:13	+24:21	05:31	
348	1208	Rafaela Melo	Individual	55:16	+24:24	05:32	
349	114	Rui Almeida	Individual	55:17	+24:25	05:32	
350	94	Eloísa Cepinha	Individual	55:18	+24:26	05:32	
351	1435	Ricardo Ferreira	Individual	55:19	+24:27	05:32	
352	1169	Eduarda Gouveia	Individual	55:20	+24:28	05:32	
353	1438	Tahal Meshal	Individual	55:24	+24:32	05:32	
354	1419	Joao Leite	Individual	55:26	+24:34	05:33	
355	1581	Pedro Basto	Os resistentes	55:31	+24:39	05:33	
356	1394	Isabel Pinto	Individual	55:32	+24:40	05:33	
357	1433	Pedro Miguel Magalhães Costa	Individual	55:39	+24:47	05:34	
358	1421	Luis Canelas	Individual	55:41	+24:49	05:34	

10KM - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
359	1325	Pedro Tiago Correia Valente	Individual	55:42	+24:50	05:34	
360	110	Mike Kostenko	Individual	55:43	+24:51	05:34	
361	104	Isabel neves	Individual	55:45	+24:53	05:35	
362	1418	João Henriques	Individual	55:50	+24:58	05:35	
363	34	Joaquim Lobato	Caldas São Jorge Sport Clube	55:52	+25:00	05:35	
364	1535	Paulo Daniel Rola	Juventude Cortegacense	55:52	+25:00	05:35	
365	1119	José Nunes	Gemba Running	55:55	+25:03	05:35	
366	1499	João Duarte	Individual	55:55	+25:03	05:36	
367	1118	Américo Manuel Oliveira	Gemba Running	55:55	+25:03	05:36	
368	1069	Catarina Gonçalves	Docinho à Vista	55:59	+25:07	05:36	
369	42	Tiago Guedes	Guedes	55:59	+25:07	05:36	
370	41	Camila Guedes	Guedes	55:59	+25:07	05:36	
371	1363	Vitor Miguel	Individual	55:59	+25:07	05:36	
372	1594	André Pais	Rodelo Running Team	56:01	+25:09	05:36	
373	51	Iara Maria Pinto Silva	Individual	56:05	+25:13	05:37	
374	1522	AUGUSTO BAPTISTA	JAM - Juventude Atlético Mozelense	56:07	+25:15	05:37	
375	146	Daniela Caetano De Sá	Os Fogo no Cu	56:09	+25:17	05:37	
376	1345	Rui Abreu	Individual	56:09	+25:17	05:37	
377	62	Cristiano Silva	Individual	56:11	+25:19	05:37	
378	1165	Daniela Silva	Individual	56:13	+25:21	05:37	
379	1623	Daniel Silva	Tribo do Suor	56:16	+25:24	05:38	
380	1072	Diogo Neves	DVagar	56:16	+25:24	05:38	
381	24	ANTÓNIO SÁ	Beatriz dos Panos	56:19	+25:27	05:38	
382	1405	Tomásia Escoval	Individual	56:20	+25:28	05:38	
383	111	Pedro Miguel Gomes Santos	Individual	56:26	+25:34	05:39	
384	1466	César Tavares	Individual	56:27	+25:35	05:39	
385	1296	José Pedro Ferreira	Individual	56:27	+25:35	05:39	
386	56	Rita Ribeiro	Individual	56:33	+25:41	05:39	
387	27	Adélia Boucinha	BOLINHOS DE BACALHAU	56:35	+25:43	05:40	
388	1359	Vasco Pinho	Individual	56:38	+25:46	05:40	
389	61	Cassiano Brites Batista	Individual	56:39	+25:47	05:40	
390	179	José Miguel Figueiredo	TaraMimi	56:40	+25:48	05:40	
391	1317	Nuno Reis	Individual	56:41	+25:49	05:40	
392	1164	Cristiana Silva	Individual	56:47	+25:55	05:41	
393	1085	Vitor Gonçalves	Familia Alves	56:49	+25:57	05:41	
394	1084	Elisabete Alves	Familia Alves	56:49	+25:57	05:41	
395	1204	Matilde Dolgner Mendes Pereira	Individual	56:53	+26:01	05:41	
396	1178	Inês Moreira	Individual	56:58	+26:06	05:42	
397	57	Rosana Moreira	Individual	56:59	+26:07	05:42	
398	101	Marisa Gonçalves	Individual	56:59	+26:07	05:42	
399	1483	Rui Oliveira	Individual	56:59	+26:07	05:42	
400	1038	Ricardo Marques	CAPUTAAAA	56:59	+26:07	05:42	
401	1036	Filipa Cardoso	CAPUTAAAA	57:00	+26:08	05:42	
402	1587	Sandra Pereira	Pereira Gonçalves	57:01	+26:09	05:42	
403	1237	Bruno Ciloto	Individual	57:02	+26:10	05:42	
404	1267	Francisco Silva	Individual	57:03	+26:11	05:42	

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
405	1479	Noel oliveira	Individual	57:04	+26:12	05:42	
406	1589	Francisco Gonçalves	Pereira Gonçalves	57:04	+26:12	05:42	
407	1074	Diogo Vaz	DVagar	57:07	+26:15	05:43	
408	1073	João Neves	DVagar	57:08	+26:16	05:43	
409	18	LAURA CASTRO	Beatriz dos Panos	57:24	+26:32	05:44	
410	1195	Márcia Silva	Individual	57:26	+26:34	05:45	
411	1343	Ruben Raimundo	Individual	57:26	+26:34	05:45	
412	1563	Aida Valente	opraticante.pt	57:29	+26:37	05:45	
413	1099	José Lino	FFESMORIZ	57:31	+26:39	05:45	
414	31	Pedro Costa	BOLINHOS DE BACALHAU	57:34	+26:42	05:45	
415	168	Fernanda Rocha	Running Esmoriz	57:40	+26:48	05:46	
416	166	Filipa Silva	Running Esmoriz	57:42	+26:50	05:46	
417	1516	Olivier Michoud	Individual	57:45	+26:53	05:46	
418	1269	Gabriel Martins Rosa	Individual	57:46	+26:54	05:47	
419	1143	Ana Catarina Lei	Individual	57:47	+26:55	05:47	
420	1383	Maria Sales	Individual	57:47	+26:55	05:47	
421	1608	Sílvia Coelho	RUNNING4FUN Team Viseu	57:51	+26:59	05:47	
422	136	Mário Fonseca	Juventude Cortegacense	57:54	+27:02	05:47	
423	1538	Celso Lino Oliveira Gomes	Juventude Cortegacense	57:54	+27:02	05:47	
424	14	Ricardo Lucena	Amigos do Lucena	57:56	+27:04	05:48	
425	1571	ANTÓNIO GODINHO	OS FALTA D' AR	58:06	+27:14	05:49	
426	1071	Samuel Lameira	Docinho à Vista	58:12	+27:20	05:49	
427	1075	Jorge Martins	DVagar	58:14	+27:22	05:49	
428	1273	Hélio José Lopes Seixas	Individual	58:14	+27:22	05:49	
429	60	Yasmin Reis Bodo	Individual	58:18	+27:26	05:50	
430	70	Jaime Ricardo Costa Lopes	Individual	58:20	+27:28	05:50	
431	1409	Carlos Silva	Individual	58:20	+27:28	05:50	
432	1182	Isabel Correia	Individual	58:26	+27:34	05:51	
433	1321	Pedro Correia	Individual	58:26	+27:34	05:51	
434	1211	Raquel Vilaça	Individual	58:28	+27:36	05:51	
435	1030	BELMIRO LOPES	CAL - Clube Atletismo de Lamas	58:32	+27:40	05:51	
436	1327	Pierre Rodrigues	Individual	58:41	+27:49	05:52	
437	1588	Filipe Gonçalves	Pereira Gonçalves	58:44	+27:52	05:52	
438	1445	Helder Silva	Individual	58:50	+27:58	05:53	
439	1364	Adelaide Marques	Individual	58:50	+27:58	05:53	
440	1365	Ana Catarina Gomes	Individual	58:54	+28:02	05:53	
441	1131	Francisco Gomes	H-RAKY	58:54	+28:02	05:53	
442	127	Pedro Paiva	Individual	58:55	+28:03	05:53	
443	133	Manuel Paiva	Individual	58:55	+28:03	05:53	
444	1482	Pierre Miglierina	Individual	59:01	+28:09	05:54	
445	1095	Inês Silva	FFESMORIZ	59:01	+28:09	05:54	
446	1259	Fábio Silva	Individual	59:02	+28:10	05:54	
447	177	Paula Fernandes	RUNNING ESPINHO	59:03	+28:11	05:54	
448	1599	Ana Guerra	Running Esmoriz	59:06	+28:14	05:55	
449	19	MARIA FERREIRA	Beatriz dos Panos	59:09	+28:17	05:55	
450	1194	Márcia Lemos	Individual	59:11	+28:19	05:55	

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
451	58	Sofia Pereira	Individual	59:11	+28:19	05:55	
452	1467	Eduardo Azevedo	Individual	59:14	+28:22	05:55	
453	1639	Isila Correia	Xuxas da Laranja	59:17	+28:25	05:56	
454	1640	Joana Fonseca	Xuxas da Laranja	59:17	+28:25	05:56	
455	1316	Nuno Ramos	Individual	59:32	+28:40	05:57	
456	1029	BRUNA REIS	CAL - Clube Atletismo de Lamas	59:38	+28:46	05:58	
457	1031	LUCIDIO DIAS	CAL - Clube Atletismo de Lamas	59:38	+28:46	05:58	
458	1502	Joaquim da Silva Martins	Individual	59:41	+28:49	05:58	
459	1609	José Peres	RUNNING4FUN Team Viseu	59:44	+28:52	05:58	
460	20	BRUNO PEREIRA	Beatriz dos Panos	59:46	+28:54	05:59	
461	1602	Clara Oliveira	Running Esmoriz	59:46	+28:54	05:59	
462	176	Rui Marques	Running Esmoriz	59:47	+28:55	05:59	
463	105	Raquel mendes	Individual	59:47	+28:55	05:59	
464	1033	Maria João Rocha	Câmara Lisboa Clube	59:52	+29:00	05:59	
465	1448	João Pedro Vasconcelos lucas	Individual	59:52	+29:00	05:59	
466	1175	Inês Casais	Individual	59:54	+29:02	05:59	
467	1207	Patrícia Fonseca	Individual	59:54	+29:02	05:59	
468	1366	Ana Pinho	Individual	59:59	+29:07	06:00	
469	1392	FILIPA RIBEIRO	Individual	01:00:01	+29:09	06:00	
470	1142	Ana Catarina Correia Brandão	Individual	01:00:02	+29:10	06:00	
471	1047	José Manuel Monteiro	Cirac - Circulo de Recreio Arte e Cultura	01:00:04	+29:12	06:00	
472	1513	Mário Fernando Ferreira Oliveira	Individual	01:00:12	+29:20	06:01	
473	1258	fabio santos	Individual	01:00:16	+29:24	06:02	
474	1289	João Silva	Individual	01:00:17	+29:25	06:02	
475	1377	Ana Santos	Individual	01:00:17	+29:25	06:02	
476	1190	Leonor Ventura	Individual	01:00:17	+29:25	06:02	
477	1511	Manuel Oliveira	Individual	01:00:23	+29:31	06:02	
478	1498	Henrique Melo	Individual	01:00:24	+29:32	06:02	
479	1179	Inês Moreira	Individual	01:00:24	+29:32	06:02	
480	1170	Fabiana Monteiro	Individual	01:00:24	+29:32	06:02	
481	1329	Rafael Granja	Individual	01:00:31	+29:39	06:03	
482	1625	Rui Miguel Pinto de Almeida Patinha	Tribo do Suor	01:00:32	+29:40	06:03	
483	1614	Diego Santos	SCE TRIATLO	01:00:32	+29:40	06:03	
484	1615	Rony Santos	SCE TRIATLO	01:00:33	+29:41	06:03	
485	53	MiMi Ladeira	Individual	01:00:34	+29:42	06:03	
486	1210	Raquel Oliveira	Individual	01:00:38	+29:46	06:04	
487	1149	Ana Rita Cruz Oliveira Lopes	Individual	01:00:40	+29:48	06:04	
488	1328	Rafael Figueiredo Matos Oliveira	Individual	01:00:40	+29:48	06:04	
489	59	Vera Almeida	Individual	01:00:45	+29:53	06:04	
490	1471	Jorge Manuel Soares Brito	Individual	01:00:52	+30:00	06:05	
491	1256	Evgenii Podivilov	Individual	01:00:57	+30:05	06:06	
492	38	Joana Fernandes	Fénix Voadoras	01:01:06	+30:14	06:07	
493	39	Alexandra Graça	Fénix Voadoras	01:01:06	+30:14	06:07	
494	1252	Diogo Ramos Doutor	Individual	01:01:08	+30:16	06:07	
495	1100	Alberto Pereira	FFESMORIZ	01:01:10	+30:18	06:07	
496	1098	Sandra Pereira	FFESMORIZ	01:01:10	+30:18	06:07	

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
497	50	Fabiana Silva	Individual	01:01:15	+30:23	06:07	
498	16	Cátia Matos	Backstreet girls	01:01:15	+30:23	06:08	
499	1010	Helder Faria	Agora Vai	01:01:21	+30:29	06:08	
500	1009	Marta Oliveira	Agora Vai	01:01:22	+30:30	06:08	
501	1282	João Calvão	Individual	01:01:23	+30:31	06:08	
502	1016	Arnaldo Cardoso	ARADA ATLÉTICO CLUBE	01:01:27	+30:35	06:09	
503	1507	Jose Novo	Individual	01:01:27	+30:35	06:09	
504	1200	Mariana Maia	Individual	01:01:34	+30:42	06:09	
505	1429	Nuno Jorge Martins da Silva	Individual	01:01:36	+30:44	06:10	
506	1388	Sofia Villaverde Barbino	Individual	01:01:42	+30:50	06:10	
507	170	Maria Manuel Soares	Running Esmoriz	01:01:48	+30:56	06:11	
508	172	Virgínia Costa	Running Esmoriz	01:01:48	+30:56	06:11	
509	167	José Almeida	Running Esmoriz	01:01:49	+30:57	06:11	
510	1391	Cláudia Morgado	Individual	01:01:53	+31:01	06:11	
511	63	Daniel Bastos	Individual	01:02:14	+31:22	06:13	
512	1556	Miguel Pinto	Miles & Vibes	01:02:15	+31:23	06:14	
513	1150	Ana rita ferreira	Individual	01:02:16	+31:24	06:14	
514	1286	João Pinho	Individual	01:02:17	+31:25	06:14	
515	54	Mylene Oliveira	Individual	01:02:21	+31:29	06:14	
516	1480	Paulo Azevedo	Individual	01:02:35	+31:43	06:16	
517	1193	Márcia Duarte	Individual	01:02:37	+31:45	06:16	
518	1166	Diana Fernandes	Individual	01:02:40	+31:48	06:16	
519	1215	Vanessa Patrícia Jesus Leite	Individual	01:02:40	+31:48	06:16	
520	1583	João Paulo Carvalho	Os resistentes	01:02:43	+31:51	06:16	
521	1146	Ana Fiteira	Individual	01:02:44	+31:52	06:16	
522	1151	Ana Rita Vidal	Individual	01:02:44	+31:52	06:16	
523	1628	João Borges	Turbo Lentos	01:02:45	+31:53	06:17	
524	1627	Cláudia Sousa	Turbo Lentos	01:02:45	+31:53	06:17	
525	1476	Manuel Marques	Individual	01:02:48	+31:56	06:17	
526	1091	António Carvalho	Federação de Atletismo do Quénia	01:02:49	+31:57	06:17	
527	1224	André Costa	Individual	01:02:51	+31:59	06:17	
528	1137	Adriana Loureiro Reis	Individual	01:02:51	+31:59	06:17	
529	1262	Fernando Loureiro Rolo	Individual	01:02:52	+32:00	06:17	
530	1206	Nicole Santos	Individual	01:02:52	+32:00	06:17	
531	1408	Bruno Santos	Individual	01:02:52	+32:00	06:17	
532	1554	Leonel Silva	Marroks Trail & Run Team	01:02:53	+32:01	06:17	
533	1475	Luís Telmo Balsemão de Abreu	Individual	01:02:55	+32:03	06:18	
534	1469	Fernando Jorge Cruz Pereira	Individual	01:02:55	+32:03	06:18	
535	1219	Afonso Mota Cruz Pereira	Individual	01:02:56	+32:04	06:18	
536	1013	Ana Rodrigues	ARADA ATLÉTICO CLUBE	01:03:06	+32:14	06:19	
537	28	Fernanda Almeida	BOLINHOS DE BACALHAU	01:03:10	+32:18	06:19	
538	1189	Leonor Rodrigues	Individual	01:03:15	+32:23	06:19	
539	1187	Joana Silva	Individual	01:03:15	+32:23	06:20	
540	1600	Cristiana Pinto	Running Esmoriz	01:03:26	+32:34	06:21	
541	119	Márcio Pereira	Individual	01:03:29	+32:37	06:21	
542	1023	Daniela Costa	BodyWorkout	01:03:30	+32:38	06:21	

10KM - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
543	1021	Andreia Moreira	BodyWorkout	01:03:36	+32:44	06:22	
544	1525	Elisa oliveira	Juliza	01:03:37	+32:45	06:22	
545	1575	PEDRO GUEDES	OS FALTA D' AR	01:03:38	+32:46	06:22	
546	1580	Ana Patrícia Lopes Andrade	Os resistentes	01:03:39	+32:47	06:22	
547	1582	Luis Cardoso	Os resistentes	01:03:39	+32:47	06:22	
548	1579	Alexandra Mouta	Os resistentes	01:03:40	+32:48	06:22	
549	1138	Adriana Pereira Gouveia	Individual	01:03:53	+33:01	06:23	
550	1491	Assel Guzinski	Individual	01:03:55	+33:03	06:24	
551	1205	Micaela Medeiros	Individual	01:04:16	+33:24	06:26	
552	1279	Jácome Santos	Individual	01:04:16	+33:24	06:26	
553	1058	Pedro Trombatella	Clube de Futebol União de Lamas	01:04:19	+33:27	06:26	
554	87	Pedro Tavares Resende	Individual	01:04:19	+33:27	06:26	
555	143	Virgínia Moreira	NIGHT RUNNERS FEIRA	01:04:21	+33:29	06:26	
556	141	Ana Almeida	NIGHT RUNNERS FEIRA	01:04:21	+33:29	06:26	
557	1312	Nelson Moreira	Individual	01:04:22	+33:30	06:26	
558	1399	Rosa Gonçalves	Individual	01:04:22	+33:30	06:26	
559	1403	Maria Emília Moreira	Individual	01:04:25	+33:33	06:26	
560	96	Vânia Amaral	Individual	01:04:33	+33:41	06:27	
561	1515	Miguel Duarte Cunha	Individual	01:04:35	+33:43	06:28	
562	150	João Martins	Petrus Runners	01:04:37	+33:45	06:28	
563	99	Cátia Figueiredo	Individual	01:04:38	+33:46	06:28	
564	156	Mónica Camurça	RUNBIKECLUB VISEU	01:04:45	+33:53	06:29	
565	1387	Rita Pina	Individual	01:05:16	+34:24	06:32	
566	1510	Luís Oliveira	Individual	01:05:21	+34:29	06:32	
567	153	António Brandão	Ratos do Asfalto	01:05:21	+34:29	06:32	
568	1632	Carolina Duarte	Viriathvs Runners Viseu	01:05:32	+34:40	06:33	
569	180	Isabel Melo	Viriathvs Runners Viseu	01:05:32	+34:40	06:33	
570	181	José Faro	Viriathvs Runners Viseu	01:05:32	+34:40	06:33	
571	1633	Estrela Faro	Viriathvs Runners Viseu	01:05:32	+34:40	06:33	
572	1157	Beatriz Barranquinho	Individual	01:05:32	+34:40	06:33	
573	1355	Tiago Lopes	Individual	01:05:32	+34:40	06:33	
574	1634	Irene Melo	Viriathvs Runners Viseu	01:05:32	+34:40	06:33	
575	182	Vasco Silva	Viriathvs Runners Viseu	01:05:33	+34:41	06:33	
576	1233	Andrei Logachev	Individual	01:05:33	+34:41	06:33	
577	92	Ruben Silva	Individual	01:05:34	+34:42	06:33	
578	1290	Jorge Fernandes	Individual	01:05:36	+34:44	06:34	
579	132	LUIS MIGUEL SILVA TORRES VIEIRA	Individual	01:05:53	+35:01	06:35	
580	1026	Cátia Duro	BodyWorkout	01:05:57	+35:05	06:36	
581	1025	Igor Balona	BodyWorkout	01:05:58	+35:06	06:36	
582	1022	Cátia Balona	BodyWorkout	01:05:58	+35:06	06:36	
583	95	Isabel Carvalho	Individual	01:06:03	+35:11	06:36	
584	88	Ricardo Almeida	Individual	01:06:06	+35:14	06:37	
585	1596	Célia Almeida	Running Esmoriz	01:06:07	+35:15	06:37	
586	52	Lisbeth Freitas	Individual	01:06:07	+35:15	06:37	
587	173	Luís Oliveira	Running Esmoriz	01:06:10	+35:18	06:37	

10KM - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
588	1601	Ana Oliveira	Running Esmoriz	01:06:10	+35:18	06:37	
589	1297	José Rafael da Silva Pereira	Individual	01:06:22	+35:30	06:38	
590	1263	Fernando Manuel Moura Ferreira	Individual	01:06:25	+35:33	06:38	
591	1468	Fernando Henriques	Individual	01:06:26	+35:34	06:39	
592	1225	André Filipe Pereira Rodrigues	Individual	01:06:34	+35:42	06:39	
593	1226	André Gomes	Individual	01:06:34	+35:42	06:39	
594	1214	Silvana Isabel Moura Rodrigues	Individual	01:06:58	+36:06	06:42	
595	1285	João Paulo Gonçalves da Silva	Individual	01:06:58	+36:06	06:42	
596	1542	Mariya Oliveira	Light Runners	01:07:00	+36:08	06:42	
597	1139	Alexandra Duarte	Individual	01:07:03	+36:11	06:42	
598	17	Jaqueline Ferreira	Backstreet girls	01:07:20	+36:28	06:44	
599	1145	Ana Coelho	Individual	01:07:33	+36:41	06:45	
600	1573	JOAQUIM NETO	OS FALTA D' AR	01:07:34	+36:42	06:45	
601	1569	RUI SANTOS	OS FALTA D' AR	01:07:35	+36:43	06:46	
602	1015	Isabel Santos	ARADA ATLÉTICO CLUBE	01:07:38	+36:46	06:46	
603	1078	Carlos Malheiro	Equilibrium Training	01:07:43	+36:51	06:46	
604	1378	Catia Lopes	Individual	01:07:48	+36:56	06:47	
605	1197	Maria Inês martins Alves	Individual	01:07:50	+36:58	06:47	
606	1361	Vasco Vicente	Individual	01:07:50	+36:58	06:47	
607	1152	Ana Sá	Individual	01:08:01	+37:09	06:48	
608	1201	Mariana Pedro	Individual	01:08:05	+37:13	06:48	
609	1638	Inês Brandão	Xuxas da Laranja	01:08:07	+37:15	06:49	
610	1324	Pedro Pereira	Individual	01:08:11	+37:19	06:49	
611	1156	Bárbara Meireles	Individual	01:08:14	+37:22	06:49	
612	1354	Tiago Ferreira	Individual	01:08:33	+37:41	06:51	
613	1379	Cláudia Gonçalves	Individual	01:08:41	+37:49	06:52	
614	1460	Rui Martinho Leite	Individual	01:09:09	+38:17	06:55	
615	162	Francisco Pinto	RUNBIKECLUB VISEU	01:09:15	+38:23	06:56	
616	1636	Ana Brandão	Xuxas da Laranja	01:09:23	+38:31	06:56	
617	1402	Isabel Ribeiro	Individual	01:09:53	+39:01	06:59	
618	1168	Edna Torrinha	Individual	01:09:53	+39:01	06:59	
619	131	Joaquim Pepe Roque	Individual	01:09:54	+39:02	06:59	
620	1331	Rafael Reis Rodrigues	Individual	01:10:03	+39:11	07:00	
621	11	Rita Castro	100 estrada	01:10:05	+39:13	07:01	
622	1537	Jorge Manuel Amaral Godinho2141973	Juventude Cortegacense	01:10:06	+39:14	07:01	
623	1196	Maria Faria	Individual	01:10:19	+39:27	07:02	
624	1381	Eliana Marisa Alves Silva	Individual	01:10:20	+39:28	07:02	
625	1167	Eárine Oliveira	Individual	01:10:20	+39:28	07:02	
626	1618	Paulo Jorge Viana Pereira	Souto	01:10:26	+39:34	07:03	
627	71	João Almeida	Individual	01:10:48	+39:56	07:05	
628	147	Carla Sampaio	OS GUARDIÕES	01:10:48	+39:56	07:05	
629	148	Alexandre Pereira	OS GUARDIÕES	01:10:48	+39:56	07:05	
630	12	Rafaela Pereira	100 estrada	01:11:00	+40:08	07:06	
631	1070	Rui Dias	Docinho à Vista	01:11:13	+40:21	07:07	
632	1384	marisa silva gomes	Individual	01:11:14	+40:22	07:07	

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
633	1597	Salomé Baptista	Running Esmoriz	01:11:42	+40:50	07:10	
634	1598	Sandra Grave	Running Esmoriz	01:11:42	+40:50	07:10	
635	1173	Gabriela Cruz	Individual	01:11:48	+40:56	07:11	
636	1155	Andreia Filipa Pereira Ribeiro	Individual	01:11:48	+40:56	07:11	
637	185	Herminia Oliveira	Individual	01:11:56	+41:04	07:12	
638	73	João Moreira	Individual	01:12:06	+41:14	07:13	
639	1106	Gil Godinho	FURADOURO - Infantis B	01:12:08	+41:16	07:13	
640	1102	Nuno Gomes	FURADOURO - Infantis B	01:12:08	+41:16	07:13	
641	1103	Maria Eugénia	FURADOURO - Infantis B	01:12:14	+41:22	07:13	
642	1107	Mário Aniceto	FURADOURO - Infantis B	01:12:15	+41:23	07:13	
643	1526	Joana oliveira	Juliza	01:12:28	+41:36	07:15	
644	1020	C Henriques	Backstreet girls	01:12:29	+41:37	07:15	
645	1611	Artur Rodrigues	S S S Team	01:12:29	+41:37	07:15	
646	1610	Isabel Santos	S S S Team	01:12:29	+41:37	07:15	
647	1382	Inês Garcia Fonseca	Individual	01:12:35	+41:43	07:16	
648	1180	Inês Santos	Individual	01:13:08	+42:16	07:19	
649	48	Carina Novo	Individual	01:13:16	+42:24	07:20	
650	1404	Maria Novo	Individual	01:13:16	+42:24	07:20	
651	151	Marisa Martins	Petrus Runners	01:13:57	+43:05	07:24	
652	1191	Mafalda Moreira	Individual	01:14:42	+43:50	07:28	
653	1132	Carlos Novais	H-RAKY	01:14:51	+43:59	07:29	
654	1484	Tiago Manuel Valente Silva	Individual	01:15:04	+44:12	07:30	
655	137	Véronique Seco	Light Runners	01:15:33	+44:41	07:33	
656	1592	Daniela Morgado	Pouco ritmo, Muita espuma	01:15:37	+44:45	07:34	
657	1385	Marta Ribeiro	Individual	01:16:13	+45:21	07:37	
658	123	Sérgio Mareques	Individual	01:16:59	+46:07	07:42	
659	1183	Isabel Patrícia Silva Brandão	Individual	01:17:41	+46:49	07:46	
660	47	Bruna Mourão	Individual	01:17:46	+46:54	07:47	
661	1369	Emí Moreira	Individual	01:17:54	+47:02	07:47	
662	157	SARA GONÇALVES	RUNBIKECLUB VISEU	01:18:21	+47:29	07:50	
663	102	Micaela Pires	Individual	01:18:32	+47:40	07:51	
664	1398	Paula Martins	Individual	01:18:41	+47:49	07:52	
665	1622	Dinis Martins	Train Hard	01:18:42	+47:50	07:52	
666	155	Cláudia Costa	RUNBIKECLUB VISEU	01:18:45	+47:53	07:52	
667	1064	Glória Morais	Clube Trilheiros e Amigos	01:19:24	+48:32	07:56	
668	158	Tamára Dias Costa	RUNBIKECLUB VISEU	01:19:27	+48:35	07:57	
669	154	Ana Lourenço	RUNBIKECLUB VISEU	01:19:28	+48:36	07:57	
670	1501	João Silva	Individual	01:21:15	+50:23	08:08	
671	1141	Ana Branco	Individual	01:21:16	+50:24	08:08	
672	1089	Berta Salgueiro	Família Salgueiro	01:31:10	+01:00:18	09:07	

10 KM

OFFICIAL RESULT

ION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO -

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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1	1643	Andreia Cunha	Individual	Senior Feminino	39:16	03:56
2	1171	Filipa Ferreira	Individual	Senior Feminino	45:45	+06:28 04:35
3	1059	Vera Ferreira	Clube Desportivo Feirense	Senior Feminino	47:51	+08:34 04:47
4	1172	Filipa Sá	Individual	Senior Feminino	48:10	+08:53 04:49
5	1176	Inês Cunha	Individual	Senior Feminino	48:51	+09:34 04:53
6	1061	Catarina Duarte	Clube Raquel Cabaço	Senior Feminino	49:16	+09:59 04:56
7	1199	Mariana Amaral Ventura Borges	Individual	Senior Feminino	49:18	+10:01 04:56
8	1198	Maria Pedroso	Individual	Senior Feminino	49:44	+10:27 04:58
9	1188	Laura Santos	Individual	Senior Feminino	49:45	+10:28 04:59
10	1161	Cátia Costa	Individual	Senior Feminino	50:05	+10:48 05:00
11	1186	Joana Patrícia Costa Silva	Individual	Senior Feminino	51:09	+11:53 05:07
12	1192	Manuela Maria da Costa e Silva Novais	Individual	Senior Feminino	51:47	+12:30 05:11
13	1177	Inês de Oliveira Paredes	Individual	Senior Feminino	52:26	+13:09 05:15
14	149	Liliana Silva	Petrus Runners	Senior Feminino	53:08	+13:51 05:19
15	1158	Beatriz Reis Cardoso	Individual	Senior Feminino	53:35	+14:19 05:22
16	1140	Alexandra Marques Alves de Sá	Individual	Senior Feminino	53:43	+14:26 05:22
17	1162	Cátia Ribeiro	Individual	Senior Feminino	53:55	+14:39 05:24
18	49	Catarina Silva	Individual	Senior Feminino	54:02	+14:45 05:24
19	1153	Ana Tavares	Individual	Senior Feminino	54:37	+15:20 05:28
20	1125	Raquel Cirne	Grecas	Senior Feminino	55:03	+15:46 05:30
21	1208	Rafaela Melo	Individual	Senior Feminino	55:16	+15:59 05:32
22	1169	Eduarda Gouveia	Individual	Senior Feminino	55:20	+16:03 05:32
23	1069	Catarina Gonçalves	Docinho à Vista	Senior Feminino	55:59	+16:42 05:36
24	41	Camila Guedes	Guedes	Senior Feminino	55:59	+16:43 05:36
25	51	Iara Maria Pinto Silva	Individual	Senior Feminino	56:05	+16:49 05:37
26	1165	Daniela Silva	Individual	Senior Feminino	56:13	+16:56 05:37
27	56	Rita Ribeiro	Individual	Senior Feminino	56:33	+17:16 05:39
28	1164	Cristiana Silva	Individual	Senior Feminino	56:47	+17:31 05:41
29	1084	Elisabete Alves	Familia Alves	Senior Feminino	56:49	+17:32 05:41
30	1204	Matilde Dolgner Mendes Pereira	Individual	Senior Feminino	56:53	+17:36 05:41
31	1178	Inês Moreira	Individual	Senior Feminino	56:58	+17:42 05:42
32	57	Rosana Moreira	Individual	Senior Feminino	56:59	+17:42 05:42
33	18	LAURA CASTRO	Beatriz dos Panos	Senior Feminino	57:24	+18:07 05:44
34	1195	Márcia Silva	Individual	Senior Feminino	57:26	+18:09 05:45
35	166	Filipa Silva	Running Esmoriz	Senior Feminino	57:42	+18:25 05:46
36	1143	Ana Catarina Lei	Individual	Senior Feminino	57:47	+18:31 05:47
37	60	Yasmin Reis Bodo	Individual	Senior Feminino	58:18	+19:01 05:50
38	1182	Isabel Correia	Individual	Senior Feminino	58:26	+19:09 05:51
39	1211	Raquel Vilaça	Individual	Senior Feminino	58:28	+19:11 05:51

10KM

10 KM

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OFFICIAL RESULT

[illegible]

40	1095	Inês Silva	FFESMORIZ	Senior Feminino	59:01	+19:45	05:54
41	19	MARIA FERREIRA	Beatriz dos Panos	Senior Feminino	59:09	+19:52	05:55
42	1194	Márcia Lemos	Individual	Senior Feminino	59:11	+19:54	05:55
43	58	Sofia Pereira	Individual	Senior Feminino	59:11	+19:55	05:55
44	1639	Isila Correia	Xuxas da Laranja	Senior Feminino	59:17	+20:00	05:56
45	1640	Joana Fonseca	Xuxas da Laranja	Senior Feminino	59:17	+20:01	05:56
46	1029	BRUNA REIS	CAL - Clube Atletismo de Lamas	Senior Feminino	59:38	+20:21	05:58
47	1175	Inês Casais	Individual	Senior Feminino	59:54	+20:37	05:59
48	1207	Patrícia Fonseca	Individual	Senior Feminino	59:54	+20:38	05:59
49	1142	Ana Catarina Correia Brandão	Individual	Senior Feminino	01:00:02	+20:45	06:00
50	1190	Leonor Ventura	Individual	Senior Feminino	01:00:17	+21:00	06:02
51	1179	Inês Moreira	Individual	Senior Feminino	01:00:24	+21:07	06:02
52	1170	Fabiana Monteiro	Individual	Senior Feminino	01:00:24	+21:08	06:02
53	53	MiMi Ladeira	Individual	Senior Feminino	01:00:34	+21:17	06:03
54	1210	Raquel Oliveira	Individual	Senior Feminino	01:00:38	+21:21	06:04
55	1149	Ana Rita Cruz Oliveira Lopes	Individual	Senior Feminino	01:00:40	+21:23	06:04
56	59	Vera Almeida	Individual	Senior Feminino	01:00:45	+21:28	06:04
57	50	Fabiana Silva	Individual	Senior Feminino	01:01:15	+21:58	06:07
58	1009	Marta Oliveira	Agora Vai	Senior Feminino	01:01:22	+22:05	06:08
59	1200	Mariana Maia	Individual	Senior Feminino	01:01:34	+22:17	06:09
60	1150	Ana rita ferreira	Individual	Senior Feminino	01:02:16	+23:00	06:14
61	54	Mylene Oliveira	Individual	Senior Feminino	01:02:21	+23:04	06:14
62	1193	Márcia Duarte	Individual	Senior Feminino	01:02:37	+23:21	06:16
63	1166	Diana Fernandes	Individual	Senior Feminino	01:02:40	+23:23	06:16
64	1215	Vanessa Patrícia Jesus Leite	Individual	Senior Feminino	01:02:40	+23:24	06:16
65	1146	Ana Fiteira	Individual	Senior Feminino	01:02:44	+23:27	06:16
66	1151	Ana Rita Vidal	Individual	Senior Feminino	01:02:44	+23:27	06:16
67	1627	Cláudia Sousa	Turbo Lentos	Senior Feminino	01:02:45	+23:28	06:17
68	1137	Adriana Loureiro Reis	Individual	Senior Feminino	01:02:51	+23:34	06:17
69	1206	Nicole Santos	Individual	Senior Feminino	01:02:52	+23:36	06:17
70	1189	Leonor Rodrigues	Individual	Senior Feminino	01:03:15	+23:58	06:19
71	1187	Joana Silva	Individual	Senior Feminino	01:03:15	+23:59	06:20
72	1023	Daniela Costa	BodyWorkout	Senior Feminino	01:03:30	+24:14	06:21
73	1021	Andreia Moreira	BodyWorkout	Senior Feminino	01:03:36	+24:20	06:22
74	1525	Elisa oliveira	Juliza	Senior Feminino	01:03:37	+24:20	06:22
75	1580	Ana Patrícia Lopes Andrade	Os resistentes	Senior Feminino	01:03:39	+24:23	06:22
76	1579	Alexandra Mouta	Os resistentes	Senior Feminino	01:03:40	+24:23	06:22
77	1138	Adriana Pereira Gouveia	Individual	Senior Feminino	01:03:53	+24:37	06:23
78	1205	Micaela Medeiros	Individual	Senior Feminino	01:04:16	+24:59	06:26
79	141	Ana Almeida	NIGHT RUNNERS FEIRA	Senior Feminino	01:04:21	+25:05	06:26
80	156	Mónica Camurça	RUNBIKECLUB VISEU	Senior Feminino	01:04:45	+25:28	06:29
81	1157	Beatriz Barranquinho	Individual	Senior Feminino	01:05:32	+26:15	06:33
82	1022	Cátia Balona	BodyWorkout	Senior Feminino	01:05:58	+26:41	06:36
83	1596	Célia Almeida	Running Esmoriz	Senior Feminino	01:06:07	+26:50	06:37
84	52	Lisbeth Freitas	Individual	Senior Feminino	01:06:07	+26:51	06:37
85	1214	Silvana Isabel Moura Rodrigues	Individual	Senior Feminino	01:06:58	+27:41	06:42

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86	1139	Alexandra Duarte	Individual	Senior Feminino	01:07:03	+27:46	06:42
87	1145	Ana Coelho	Individual	Senior Feminino	01:07:33	+28:17	06:45
88	1197	Maria Inês martins Alves	Individual	Senior Feminino	01:07:50	+28:33	06:47
89	1152	Ana Sá	Individual	Senior Feminino	01:08:01	+28:44	06:48
90	1201	Mariana Pedro	Individual	Senior Feminino	01:08:05	+28:48	06:48
91	1638	Inês Brandão	Xuxas da Laranja	Senior Feminino	01:08:07	+28:50	06:49
92	1156	Bárbara Meireles	Individual	Senior Feminino	01:08:14	+28:57	06:49
93	1636	Ana Brandão	Xuxas da Laranja	Senior Feminino	01:09:23	+30:07	06:56
94	1168	Edna Torrinha	Individual	Senior Feminino	01:09:53	+30:37	06:59
95	11	Rita Castro	100 estrada	Senior Feminino	01:10:05	+30:49	07:01
96	1196	Maria Faria	Individual	Senior Feminino	01:10:19	+31:02	07:02
97	1167	Eárine Oliveira	Individual	Senior Feminino	01:10:20	+31:03	07:02
98	1597	Salomé Baptista	Running Esmoriz	Senior Feminino	01:11:42	+32:25	07:10
99	1598	Sandra Grave	Running Esmoriz	Senior Feminino	01:11:42	+32:25	07:10
100	1173	Gabriela Cruz	Individual	Senior Feminino	01:11:48	+32:32	07:11
101	1155	Andreia Filipa Pereira Ribeiro	Individual	Senior Feminino	01:11:48	+32:32	07:11
102	1020	C Henriques	Backstreet girls	Senior Feminino	01:12:29	+33:12	07:15
103	1180	Inês Santos	Individual	Senior Feminino	01:13:08	+33:51	07:19
104	48	Carina Novo	Individual	Senior Feminino	01:13:16	+34:00	07:20
105	1191	Mafalda Moreira	Individual	Senior Feminino	01:14:42	+35:25	07:28
106	1592	Daniela Morgado	Pouco ritmo, Muita espuma	Senior Feminino	01:15:37	+36:21	07:34
107	1183	Isabel Patrícia Silva Brandão	Individual	Senior Feminino	01:17:41	+38:24	07:46
108	47	Bruna Mourão	Individual	Senior Feminino	01:17:46	+38:29	07:47
109	157	SARA GONÇALVES	RUNBIKECLUB VISEU	Senior Feminino	01:18:21	+39:04	07:50
110	155	Cláudia Costa	RUNBIKECLUB VISEU	Senior Feminino	01:18:45	+39:28	07:52
111	158	Tamára Dias Costa	RUNBIKECLUB VISEU	Senior Feminino	01:19:27	+40:10	07:57
112	154	Ana Lourenço	RUNBIKECLUB VISEU	Senior Feminino	01:19:28	+40:11	07:57
113	1141	Ana Branco	Individual	Senior Feminino	01:21:16	+41:59	08:08

1	1128	Tomás R Silva	Grecas	Senior Masculino	30:52	03:05
2	1674	Ricardo Pereira	Individual	Senior Masculino	31:08	+00:15 03:07
3	1006	Filipe Ferreira	ACR Vale de Cambra	Senior Masculino	32:24	+01:32 03:14
4	1126	Eduardo Beça	Grecas	Senior Masculino	33:49	+02:56 03:23
5	1053	João Alegria	Clube Campismo	Senior Masculino	33:53	+03:01 03:23
6	1007	Pedro Miguel Vieira Magalhães	ACR Vale de Cambra	Senior Masculino	33:56	+03:04 03:24
7	1320	Pedro Barros	Individual	Senior Masculino	33:59	+03:06 03:24
8	1108	Mário Ibarra	G.D.A Ronda	Senior Masculino	35:12	+04:20 03:31
9	1060	João Amaro	Clube Desportivo Feirense	Senior Masculino	35:27	+04:34 03:33
10	1309	Milton César Miranda dos Santos	Individual	Senior Masculino	36:00	+05:08 03:36
11	1251	Diogo Miguel Pais Pinho	Individual	Senior Masculino	36:32	+05:40 03:39
12	1057	Pedro Magolo	Clube de Futebol União de Lamas	Senior Masculino	36:32	+05:40 03:39
13	1079	Marco Marques	EVP	Senior Masculino	37:35	+06:43 03:46
14	1313	Nuno A Fernandes	Individual	Senior Masculino	37:40	+06:48 03:46
15	74	João Sousa	Individual	Senior Masculino	37:55	+07:03 03:48

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16	178	Pedro Cardoso	SCE TRIATLO	Senior Masculino	37:55	+07:03	03:48
17	1552	Tiago Cardoso	Marroks Trail & Run Team	Senior Masculino	38:03	+07:10	03:48
18	1275	Hugo Neves	Individual	Senior Masculino	38:10	+07:18	03:49
19	1577	Marco Soares	ACD Os Ilhавos	Senior Masculino	38:12	+07:20	03:49
20	1613	João Pedro Salgueiro	SC Salgueiros	Senior Masculino	38:29	+07:37	03:51
21	64	Daniel da Costa Calvão	Individual	Senior Masculino	38:42	+07:50	03:52
22	1543	Miguel Costa	Lourosa em Movimento	Senior Masculino	38:48	+07:55	03:53
23	1291	Jose de Oliveira	Individual	Senior Masculino	39:04	+08:12	03:54
24	142	Fábio Almeida	NIGHT RUNNERS FEIRA	Senior Masculino	39:05	+08:13	03:55
25	1336	Ricardo Guedes	Individual	Senior Masculino	39:06	+08:14	03:55
26	145	Sérgio Coelho	Os Fogo no Cu	Senior Masculino	39:22	+08:30	03:56
27	1334	Ricardo Andrade Santos	Individual	Senior Masculino	39:43	+08:51	03:58
28	1264	Filipe Coelho	Individual	Senior Masculino	39:47	+08:55	03:59
29	1032	Bruno Vidinha	Caldas São Jorge Sport Clube	Senior Masculino	39:48	+08:56	03:59
30	65	Fábio Pinto	Individual	Senior Masculino	39:50	+08:58	03:59
31	1266	Flavio Cunha	ACD Os Ilhавos	Senior Masculino	40:05	+09:13	04:01
32	1244	Daniel Manjate	Individual	Senior Masculino	40:25	+09:33	04:03
33	1641	Paulo Camboa	Zero2Hero	Senior Masculino	40:35	+09:43	04:04
34	1246	David Andrade Rainho	Individual	Senior Masculino	40:36	+09:44	04:04
35	35	André Nunes	CASA DO POVO DE MANGUALDE	Senior Masculino	40:45	+09:53	04:04
36	1011	Vitor Fernandes	ÁGUIAS DA MISERICÓRDIA	Senior Masculino	40:47	+09:55	04:05
37	1127	Tiago Silvestre	Grecas	Senior Masculino	40:57	+10:05	04:06
38	1521	BRUNO TIAGO DOS SANTOS GUIMARÃES	JAM - Juventude Atlética Mozelense	Senior Masculino	40:58	+10:06	04:06
39	1221	Alexandre Castro de Azevedo	Individual	Senior Masculino	40:59	+10:07	04:06
40	1302	Marco Almeida	Individual	Senior Masculino	42:07	+11:15	04:13
41	1357	Tiago Pereira	Individual	Senior Masculino	42:20	+11:28	04:14
42	1281	João Adérito	Individual	Senior Masculino	42:34	+11:42	04:15
43	1339	Rodrigo Oliveira	Individual	Senior Masculino	42:36	+11:44	04:16
44	1040	Pedro Rafael Brandão Gomes	CCDCAM CRÉDITO AGRÍCOLA	Senior Masculino	42:36	+11:44	04:16
45	1255	Eduardo de Melo Rocha	Individual	Senior Masculino	43:09	+12:17	04:19
46	1248	Diogo da Mota	Individual	Senior Masculino	43:17	+12:25	04:20
47	1306	Miguel Figueiredo	Fitness Lafões Club	Senior Masculino	43:26	+12:34	04:21
48	67	Francisco neves	Individual	Senior Masculino	43:57	+13:05	04:24
49	1239	Carlos Alves	Individual	Senior Masculino	44:05	+13:13	04:25
50	83	Nuno Gonçalves	Individual	Senior Masculino	44:08	+13:16	04:25
51	1287	João Pinto	Individual	Senior Masculino	44:10	+13:18	04:25
52	1222	Alexandre Silva	Individual	Senior Masculino	44:17	+13:25	04:26
53	1005	André Aniceto	ACR Vale de Cambra	Senior Masculino	44:18	+13:25	04:26
54	1227	André Monteiro	Individual	Senior Masculino	44:21	+13:29	04:26
55	1223	Andre Barbosa	Individual	Senior Masculino	44:26	+13:34	04:27
56	1093	Milton Silva	Federação de Atletismo do Quénia	Senior Masculino	44:28	+13:36	04:27
57	1278	J. Torres	Individual	Senior Masculino	44:30	+13:38	04:27
58	1358	Tomás Castro	Individual	Senior Masculino	44:37	+13:45	04:28
59	1566	Hugo Antunes	Os Estiga	Senior Masculino	44:38	+13:46	04:28
60	1116	Carlos Monteiro	Gemba Running	Senior Masculino	44:39	+13:47	04:28

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61	1332	RENATO BASTOS	Individual	Senior Masculino	44:40	+13:47	04:28
62	1086	Fernando Resende	Família Resende	Senior Masculino	44:56	+14:03	04:30
63	84	Nuno Reis	Individual	Senior Masculino	44:58	+14:05	04:30
64	1314	Nuno Dias	Individual	Senior Masculino	45:10	+14:18	04:31
65	1567	Miguel Santos	Os Estiga	Senior Masculino	45:12	+14:20	04:31
66	1351	Tiago André Vieira Magalhães	Individual	Senior Masculino	45:14	+14:22	04:31
67	1350	Tiago André Gomes Oliveira	Individual	Senior Masculino	45:16	+14:23	04:32
68	1606	João Miguel Henriques	Running Sleppers	Senior Masculino	45:17	+14:25	04:32
69	1055	Alejandro Rodrigues	Clube de Futebol União de Lamas	Senior Masculino	45:19	+14:26	04:32
70	1253	Edgar Fernando Abelha e Sousa	Individual	Senior Masculino	45:27	+14:35	04:33
71	86	Pedro Silva Oliveira	Individual	Senior Masculino	45:32	+14:40	04:33
72	1228	André Mota	Individual	Senior Masculino	45:35	+14:43	04:34
73	76	Jorge Santos	Individual	Senior Masculino	45:36	+14:44	04:34
74	1245	Daniel Silva	Individual	Senior Masculino	45:36	+14:44	04:34
75	1247	Décio Daniel Oliveira	Individual	Senior Masculino	45:38	+14:45	04:34
76	1039	João Parreira	Carraçudos	Senior Masculino	45:47	+14:54	04:35
77	1284	João Moranguinho	Individual	Senior Masculino	45:48	+14:56	04:35
78	1529	Xavier Oliveira Barros	Juventude Cortegacense	Senior Masculino	45:58	+15:06	04:36
79	85	Paulo Bruno de Pinho Rebelo	Individual	Senior Masculino	46:00	+15:08	04:36
80	91	Roberto Nunes Garcia	Individual	Senior Masculino	46:01	+15:09	04:36
81	1348	Samuel Silva	Individual	Senior Masculino	46:02	+15:10	04:36
82	1310	Myke Santos	Individual	Senior Masculino	46:03	+15:11	04:36
83	1028	Rui Castro	Bravos e bravitas	Senior Masculino	46:03	+15:11	04:36
84	1257	Fabio Oliveira	Individual	Senior Masculino	46:04	+15:12	04:36
85	138	André Magalhães	Magalhães	Senior Masculino	46:11	+15:19	04:37
86	1230	André Rocha	Individual	Senior Masculino	46:16	+15:24	04:38
87	1229	Andre Queiros	Individual	Senior Masculino	46:30	+15:38	04:39
88	1527	Americo Jorge Pereira da Costa	Juventude Cortegacense	Senior Masculino	46:33	+15:40	04:39
89	1298	Luís Monteiro	Individual	Senior Masculino	46:38	+15:46	04:40
90	1261	Fábio Soares	Individual	Senior Masculino	46:38	+15:46	04:40
91	163	Leandro Monteiro	RUNBIKECLUB VISEU	Senior Masculino	46:39	+15:47	04:40
92	1056	José Regadas	Clube de Futebol União de Lamas	Senior Masculino	46:46	+15:54	04:41
93	1294	José Nuno Catarino Brito	Individual	Senior Masculino	46:47	+15:54	04:41
94	1241	Daniel Castro	Individual	Senior Masculino	46:53	+16:01	04:41
95	1260	Fábio Silva	Individual	Senior Masculino	46:57	+16:04	04:42
96	1360	Vasco Salgueiro e Silva	Individual	Senior Masculino	47:06	+16:14	04:43
97	69	Guilherme Silva	Individual	Senior Masculino	47:07	+16:14	04:43
98	1322	Pedro Monteiro	Individual	Senior Masculino	47:10	+16:18	04:43
99	1550	João Gomes	Marroks Trail & Run Team	Senior Masculino	47:11	+16:19	04:43
100	1341	Rúben Almeida	Individual	Senior Masculino	47:14	+16:21	04:43
101	1300	Lunmar D Campillay	Individual	Senior Masculino	47:40	+16:48	04:46
102	1303	Martim Patrício	Individual	Senior Masculino	48:07	+17:15	04:49
103	1254	Edgar Silva	Individual	Senior Masculino	48:13	+17:20	04:49
104	1231	Andre Silva	Individual	Senior Masculino	48:14	+17:21	04:49
105	1268	Francisco Vieira	Individual	Senior Masculino	48:16	+17:24	04:50
106	1617	João Paulo da Silva Pereira	Souto	Senior Masculino	48:22	+17:29	04:50

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244	1102	Nuno Gomes	FURADOURO - Infantis B	Senior Masculino	01:12:08	+41:16	07:13
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1	1080	Patrícia Ferreira	EVP	Veterana F40	43:19	04:20
2	40	Salomé Mourisco	FFESMORIZ	Veterana F40	46:53	+03:33 04:41
3	1376	Teresa Azevedo	Individual	Veterana F40	51:31	+08:12 05:09
4	1372	Mafalda Resende	Individual	Veterana F40	52:08	+08:49 05:13
5	1129	Elisabete Vidal	GRUPO DESPORTIVO CASTELENSE	Veterana F40	52:14	+08:54 05:13
6	94	Eloísa Cepinha	Individual	Veterana F40	55:18	+11:58 05:32
7	146	Daniela Caetano De Sá	Os Fogo no Cu	Veterana F40	56:09	+12:49 05:37
8	1036	Filipa Cardoso	CAPUTAAAA	Veterana F40	57:00	+13:40 05:42
9	1563	Aida Valente	opraticante.pt	Veterana F40	57:29	+14:09 05:45
10	1364	Adelaide Marques	Individual	Veterana F40	58:50	+15:30 05:53
11	1365	Ana Catarina Gomes	Individual	Veterana F40	58:54	+15:34 05:53
12	1599	Ana Guerra	Running Esmoriz	Veterana F40	59:06	+15:46 05:55
13	1366	Ana Pinho	Individual	Veterana F40	59:59	+16:39 06:00
14	38	Joana Fernandes	Fénix Voadoras	Veterana F40	01:01:06	+17:46 06:07
15	16	Cátia Matos	Backstreet girls	Veterana F40	01:01:15	+17:56 06:08
16	1600	Cristiana Pinto	Running Esmoriz	Veterana F40	01:03:26	+20:06 06:21
17	96	Vânia Amaral	Individual	Veterana F40	01:04:33	+21:13 06:27
18	1026	Cátia Duro	BodyWorkout	Veterana F40	01:05:57	+22:37 06:36
19	95	Isabel Carvalho	Individual	Veterana F40	01:06:03	+22:43 06:36
20	17	Jaqueline Ferreira	Backstreet girls	Veterana F40	01:07:20	+24:00 06:44
21	147	Carla Sampaio	OS GUARDIÕES	Veterana F40	01:10:48	+27:28 07:05
22	12	Rafaela Pereira	100 estrada	Veterana F40	01:11:00	+27:40 07:06
23	1103	Maria Eugénia	FURADOURO - Infantis B	Veterana F40	01:12:14	+28:55 07:13
24	1526	Joana oliveira	Juliza	Veterana F40	01:12:28	+29:08 07:15
25	151	Marisa Martins	Petrus Runners	Veterana F40	01:13:57	+30:37 07:24
26	137	Véronique Seco	Light Runners	Veterana F40	01:15:33	+32:13 07:33
27	1369	Emí Moreira	Individual	Veterana F40	01:17:54	+34:34 07:47

1	1042	Sónia Beleza	CDFEIRENSE	Veterana F45	46:06	04:37
2	97	Anabela Barata	Individual	Veterana F45	50:35	+04:28 05:03
3	103	Sónia Gama	Individual	Veterana F45	51:09	+05:02 05:07
4	98	Antónia Guerra	Individual	Veterana F45	54:03	+07:56 05:24
5	1014	Sónia Silva	ARADA ATLÉTICO CLUBE	Veterana F45	55:03	+08:56 05:30
6	27	Adélia Boucinha	BOLINHOS DE BACALHAU	Veterana F45	56:35	+10:28 05:40
7	101	Marisa Gonçalves	Individual	Veterana F45	56:59	+10:52 05:42
8	1587	Sandra Pereira	Pereira Gonçalves	Veterana F45	57:01	+10:54 05:42
9	1383	Maria Sales	Individual	Veterana F45	57:47	+11:41 05:47
10	1377	Ana Santos	Individual	Veterana F45	01:00:17	+14:10 06:02

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30	1439	William Martinez	Individual	Veterano M40	50:56	+16:06	05:06
31	1077	Valdemar Vaz	DVagar	Veterano M40	51:28	+16:37	05:09
32	152	Hugo Ribeiro	Petrus Runners	Veterano M40	51:43	+16:52	05:10
33	1612	Vitor Santos	S4L/ Medense F.C.	Veterano M40	52:00	+17:09	05:12
34	1426	Mário Saraiva	Individual	Veterano M40	53:09	+18:18	05:19
35	1434	Renato Espirito Santo	Individual	Veterano M40	53:38	+18:47	05:22
36	1432	Pedro Azevedo	Individual	Veterano M40	54:37	+19:46	05:28
37	1576	Daniel Silva	Os Fogo no Cu	Veterano M40	55:02	+20:12	05:30
38	1437	Salvador Gonçalves	Individual	Veterano M40	55:09	+20:18	05:31
39	114	Rui Almeida	Individual	Veterano M40	55:17	+20:27	05:32
40	1435	Ricardo Ferreira	Individual	Veterano M40	55:19	+20:28	05:32
41	1438	Tahal Meshal	Individual	Veterano M40	55:24	+20:33	05:32
42	1419	Joao Leite	Individual	Veterano M40	55:26	+20:35	05:33
43	1433	Pedro Miguel Magalhães Costa	Individual	Veterano M40	55:39	+20:48	05:34
44	1421	Luis Canelas	Individual	Veterano M40	55:41	+20:50	05:34
45	110	Mike Kostenko	Individual	Veterano M40	55:43	+20:52	05:34
46	1418	João Henriques	Individual	Veterano M40	55:50	+20:59	05:35
47	42	Tiago Guedes	Guedes	Veterano M40	55:59	+21:08	05:36
48	111	Pedro Miguel Gomes Santos	Individual	Veterano M40	56:26	+21:35	05:39
49	1038	Ricardo Marques	CAPUTAAAA	Veterano M40	56:59	+22:09	05:42
50	1074	Diogo Vaz	DVagar	Veterano M40	57:07	+22:16	05:43
51	1099	José Lino	FFESMORIZ	Veterano M40	57:31	+22:41	05:45
52	1075	Jorge Martins	DVagar	Veterano M40	58:14	+23:23	05:49
53	1409	Carlos Silva	Individual	Veterano M40	58:20	+23:29	05:50
54	1588	Filipe Gonçalves	Pereira Gonçalves	Veterano M40	58:44	+23:53	05:52
55	1010	Helder Faria	Agora Vai	Veterano M40	01:01:21	+26:31	06:08
56	1429	Nuno Jorge Martins da Silva	Individual	Veterano M40	01:01:36	+26:46	06:10
57	1408	Bruno Santos	Individual	Veterano M40	01:02:52	+28:02	06:17
58	173	Luís Oliveira	Running Esmoriz	Veterano M40	01:06:10	+31:20	06:37
59	148	Alexandre Pereira	OS GUARDIÕES	Veterano M40	01:10:48	+35:57	07:05

1	1115	António Cristóvão	GDC Guilhovai	Veterano M45	35:29	03:33
2	116	André oliveira	Individual	Veterano M45	37:39	+02:09 03:46
3	121	Pedro Cardoso	Individual	Veterano M45	37:54	+02:24 03:47
4	1017	Bruno Oliveira	ARADA ATLÉTICO CLUBE	Veterano M45	38:47	+03:17 03:53
5	1446	Jacinto Manuel Rodrigues Oliveira	Individual	Veterano M45	41:46	+06:16 04:11
6	120	Nuno Costa	Individual	Veterano M45	42:28	+06:58 04:15
7	1453	Paulo jorge Rodrigues lemos Figueiredo	Individual	Veterano M45	42:32	+07:02 04:15
8	1443	Emanuel Pinheiro	Individual	Veterano M45	44:45	+09:15 04:29
9	124	Valdemar Lopes	Individual	Veterano M45	45:57	+10:27 04:36
10	1457	Ricky Matias	Individual	Veterano M45	46:22	+10:52 04:38
11	1451	Márcio Campelo	Individual	Veterano M45	46:59	+11:29 04:42
12	1452	Márcio Oliveira	Individual	Veterano M45	48:57	+13:27 04:54

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OFFICIAL RESULT

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13	1018	Rui Jorge de Sá Neves	ARADA ATLÉTICO CLUBE	Veterano M50	46:37	+10:06	04:40
14	1605	Miguel Gouveia	Running Esmoriz	Veterano M50	46:43	+10:13	04:40
15	1584	Luis Gomes	Pastello Runners	Veterano M50	46:58	+10:28	04:42
16	45	Óscar Almeida	H-RAKY	Veterano M50	47:00	+10:29	04:42
17	1472	José Fernando de Jesus Almeida	Individual	Veterano M50	47:10	+10:40	04:43
18	1464	Antonio Maia	Individual	Veterano M50	47:31	+11:00	04:45
19	1111	Paulo Mota	G.D.A Ronda	Veterano M50	47:38	+11:07	04:46
20	1027	Pedro Moura	BodyWorkout	Veterano M50	48:32	+12:02	04:51
21	1117	Carlos Marques	Gemba Running	Veterano M50	48:51	+12:20	04:53
22	1473	JOSÉ MANUEL MOREIRA	Individual	Veterano M50	49:48	+13:18	04:59
23	175	Jorge Guerra	Running Esmoriz	Veterano M50	50:03	+13:32	05:00
24	1477	Marcelo Teixeira Matos	Individual	Veterano M50	50:44	+14:13	05:04
25	1034	João Presumido Valhelhas	Câmara Lisboa Clube	Veterano M50	51:01	+14:30	05:06
26	1470	João Santos	Individual	Veterano M50	51:12	+14:41	05:07
27	144	António Rodrigues	opraticante.pt	Veterano M50	52:47	+16:17	05:17
28	1478	Miguel Costa	Individual	Veterano M50	53:31	+17:01	05:21
29	1465	Aristeu Marques	Individual	Veterano M50	53:41	+17:10	05:22
30	32	Paulo Santos	BOLINHOS DE BACALHAU	Veterano M50	54:03	+17:33	05:24
31	24	ANTÓNIO SÁ	Beatriz dos Panos	Veterano M50	56:19	+19:49	05:38
32	1466	César Tavares	Individual	Veterano M50	56:27	+19:57	05:39
33	1483	Rui Oliveira	Individual	Veterano M50	56:59	+20:28	05:42
34	1479	Noel oliveira	Individual	Veterano M50	57:04	+20:34	05:42
35	127	Pedro Paiva	Individual	Veterano M50	58:55	+22:24	05:53
36	1482	Pierre Miglierina	Individual	Veterano M50	59:01	+22:30	05:54
37	1467	Eduardo Azevedo	Individual	Veterano M50	59:14	+22:43	05:55
38	176	Rui Marques	Running Esmoriz	Veterano M50	59:47	+23:16	05:59
39	1471	Jorge Manuel Soares Brito	Individual	Veterano M50	01:00:52	+24:22	06:05
40	1480	Paulo Azevedo	Individual	Veterano M50	01:02:35	+26:05	06:16
41	1476	Manuel Marques	Individual	Veterano M50	01:02:48	+26:17	06:17
42	1475	Luís Telmo Balsemão de Abreu	Individual	Veterano M50	01:02:55	+26:25	06:18
43	1469	Fernando Jorge Cruz Pereira	Individual	Veterano M50	01:02:55	+26:25	06:18
44	1582	Luis Cardoso	Os resistentes	Veterano M50	01:03:39	+27:09	06:22
45	181	José Faro	Viriathvs Runners Viseu	Veterano M50	01:05:32	+29:01	06:33
46	1468	Fernando Henriques	Individual	Veterano M50	01:06:26	+29:56	06:39
47	1569	RUI SANTOS	OS FALTA D' AR	Veterano M50	01:07:35	+31:05	06:46
48	1537	Jorge Manuel Amaral Godinho2141973	Juventude Cortegacense	Veterano M50	01:10:06	+33:36	07:01
49	1618	Paulo Jorge Viana Pereira	Souto	Veterano M50	01:10:26	+33:56	07:03
50	1484	Tiago Manuel Valente Silva	Individual	Veterano M50	01:15:04	+38:33	07:30

Veterano M55

1	1008	Fernando Silva	ACR Vale de Cambra	Veterano M55	36:47	03:41
2	1492	Augusto Aluai	Individual	Veterano M55	38:04	+01:17 03:48
3	134	Pedro Marques	Individual	Veterano M55	40:43	+03:55 04:04
4	1489	António Ribeiro	Individual	Veterano M55	40:56	+04:08 04:06
5	1083	Manuel Ferreira	EV-PERALTAFIL	Veterano M55	41:00	+04:13 04:06

Official Timekeeper: Lap2Go	14 / 16	generate 11-dez.-2025 14:29
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10 KM

OFFICIAL RESULT

Official Timekeeper: Lap2Go	15 / 16	generate 11-dez.-2025 14:29
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10KM

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

49	1030	BELMIRO LOPES	CAL - Clube Atletismo de Lamas	Veterano M55	58:32	+21:44	05:51
50	133	Manuel Paiva	Individual	Veterano M55	58:55	+22:07	05:53
51	1031	LUCIDIO DIAS	CAL - Clube Atletismo de Lamas	Veterano M55	59:38	+22:50	05:58
52	1502	Joaquim da Silva Martins	Individual	Veterano M55	59:41	+22:53	05:58
53	1609	José Peres	RUNNING4FUN Team Viseu	Veterano M55	59:44	+22:56	05:58
54	1513	Mário Fernando Ferreira Oliveira	Individual	Veterano M55	01:00:12	+23:24	06:01
55	1511	Manuel Oliveira	Individual	Veterano M55	01:00:23	+23:36	06:02
56	1498	Henrique Melo	Individual	Veterano M55	01:00:24	+23:36	06:02
57	1100	Alberto Pereira	FFESMORIZ	Veterano M55	01:01:10	+24:22	06:07
58	1507	Jose Novo	Individual	Veterano M55	01:01:27	+24:40	06:09
59	1583	João Paulo Carvalho	Os resistentes	Veterano M55	01:02:43	+25:56	06:16
60	1575	PEDRO GUEDES	OS FALTA D' AR	Veterano M55	01:03:38	+26:50	06:22
61	1491	Assel Guzinski	Individual	Veterano M55	01:03:55	+27:07	06:24
62	1515	Miguel Duarte Cunha	Individual	Veterano M55	01:04:35	+27:48	06:28
63	1510	Luís Oliveira	Individual	Veterano M55	01:05:21	+28:33	06:32
64	153	António Brandão	Ratos do Asfalto	Veterano M55	01:05:21	+28:33	06:32
65	182	Vasco Silva	Viriathvs Runners Viseu	Veterano M55	01:05:33	+28:45	06:33
66	132	LUIS MIGUEL SILVA TORRES VIEIRA	Individual	Veterano M55	01:05:53	+29:06	06:35
67	1573	JOAQUIM NETO	OS FALTA D' AR	Veterano M55	01:07:34	+30:47	06:45
68	1078	Carlos Malheiro	Equilibrium Training	Veterano M55	01:07:43	+30:55	06:46
69	131	Joaquim Pepe Roque	Individual	Veterano M55	01:09:54	+33:06	06:59
70	1611	Artur Rodrigues	S S S Team	Veterano M55	01:12:29	+35:42	07:15
71	1132	Carlos Novais	H-RAKY	Veterano M55	01:14:51	+38:03	07:29
72	1622	Dinis Martins	Train Hard	Veterano M55	01:18:42	+41:54	07:52
73	1501	João Silva	Individual	Veterano M55	01:21:15	+44:28	08:08

5KM - STAGE 1

5 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	17:00	15,3°C	90%
End	18:41	15,2°C	90%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	74	João Sousa	Individual	15:51		03:10	
2	515	Gonçalo Pereira	Clube dos Galitos	16:26	+00:35	03:17	
3	178	Pedro Cardoso	SCE TRIATLO	16:45	+00:54	03:21	
4	585	Telmo J. Moura	Individual	17:08	+01:17	03:26	
5	64	Daniel da Costa Calvão	Individual	17:20	+01:29	03:28	
6	600	Filipe Marques	Individual	17:32	+01:41	03:30	
7	116	André oliveira	Individual	17:36	+01:45	03:31	
8	35	André Nunes	CASA DO POVO DE MANGUALDE	17:48	+01:57	03:34	
9	581	Rafael Alves	Individual	17:57	+02:06	03:35	
10	571	Diogo Oliveira	Individual	18:14	+02:23	03:39	
11	502	Joaquim Gomes	Individual	18:17	+02:26	03:39	
12	120	Nuno Costa	Individual	18:46	+02:55	03:45	
13	83	Nuno Gonçalves	Individual	19:02	+03:11	03:48	
14	575	Gonçalo Silva	Individual	19:52	+04:01	03:58	
15	69	Guilherme Silva	Individual	20:05	+04:14	04:01	
16	583	Renato Godinho	Individual	20:15	+04:24	04:03	
17	561	Mariana Almeida Santos	Individual	20:22	+04:31	04:04	
18	45	Óscar Almeida	H-RAKY	20:31	+04:40	04:06	
19	582	Rafael Silva	Individual	20:41	+04:50	04:08	
20	40	Salomé Mourisco	FFESMORIZ	20:51	+05:00	04:10	
21	72	João Alves	Individual	20:53	+05:02	04:11	
22	135	Daniel Gomes	Javalis 100 Limites	21:01	+05:10	04:12	
23	113	Ricardo Queirós	Individual	21:20	+05:29	04:16	
24	76	Jorge Santos	Individual	21:30	+05:39	04:18	
25	122	Samuel Rebelo	Individual	21:30	+05:39	04:18	
26	80	Martim Rocha	Individual	21:30	+05:39	04:18	
27	163	Leandro Monteiro	RUNBIKECLUB VISEU	21:34	+05:43	04:19	
28	160	Fábio Bandeira	RUNBIKECLUB VISEU	21:34	+05:43	04:19	
29	118	João Rocha	Individual	22:01	+06:10	04:24	
30	44	Pedro Martins	H-RAKY	22:09	+06:18	04:26	
31	108	FRANCISCO DOS SANTOS OLIVEIRA	Individual	22:24	+06:33	04:29	
32	29	CARLITOS S	BOLINHOS DE BACALHAU	22:29	+06:38	04:30	
33	140	Francisco Magalhães	Magalhães	22:32	+06:41	04:30	
34	139	João Magalhães	Magalhães	22:33	+06:42	04:31	
35	181	José Faro	Viriathvs Runners Viseu	22:36	+06:45	04:31	
36	165	Jose Rodrigues	RUNBIKECLUB VISEU	22:46	+06:55	04:33	
37	77	Jose Garrido	Individual	22:52	+07:01	04:34	
38	68	Francisco Santos	Individual	22:58	+07:07	04:36	
39	57	Rosana Moreira	Individual	23:00	+07:09	04:36	
40	103	Sónia Gama	Individual	23:03	+07:12	04:37	
41	75	Jorge Maciel	Individual	23:14	+07:23	04:39	

5 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	51	Iara Maria Pinto Silva	Individual	23:19	+07:28	04:40	
43	570	David Oliveira	Individual	23:23	+07:32	04:41	
44	58	Sofia Pereira	Individual	23:25	+07:34	04:41	
45	174	Paulo Reis	Running Esmoriz	23:28	+07:37	04:42	
46	112	Ricardo Doria Duarte	Individual	23:29	+07:38	04:42	
47	67	Francisco neves	Individual	23:30	+07:39	04:42	
48	110	Mike Kostenko	Individual	23:31	+07:40	04:42	
49	32	Paulo Santos	BOLINHOS DE BACALHAU	23:33	+07:42	04:43	
50	564	Rita Távora de paiva	Individual	23:35	+07:44	04:43	
51	179	José Miguel Figueiredo	TaraMimi	23:35	+07:44	04:43	
52	106	Bruno Alexandre Oliveira da Silva	Individual	23:41	+07:50	04:44	
53	117	Helder Pereira	Individual	23:43	+07:52	04:45	
54	21	RICARDO ROCHA	Beatriz dos Panos	24:02	+08:11	04:48	
55	121	Pedro Cardoso	Individual	24:04	+08:13	04:49	
56	104	Isabel neves	Individual	24:19	+08:28	04:52	
57	56	Rita Ribeiro	Individual	24:21	+08:30	04:52	
58	60	Yasmin Reis Bodo	Individual	24:24	+08:33	04:53	
59	144	António Rodrigues	opraticante.pt	24:32	+08:41	04:54	
60	20	BRUNO PEREIRA	Beatriz dos Panos	24:32	+08:41	04:54	
61	548	Filipa Soares	Individual	24:33	+08:42	04:55	
62	528	Sónia Raquel Duarte Salgado Rodrigues da Costa	IKIGAI FITNESS STUDIO - RUNNING TEAM	24:39	+08:48	04:56	
63	525	Daniela Patrícia Pinto Reis	IKIGAI FITNESS STUDIO - RUNNING TEAM	24:39	+08:48	04:56	
64	63	Daniel Bastos	Individual	24:45	+08:54	04:57	
65	141	Ana Almeida	NIGHT RUNNERS FEIRA	24:46	+08:55	04:57	
66	93	Tiago Sá	Individual	24:50	+08:59	04:58	
67	91	Roberto Nunes Garcia	Individual	24:57	+09:06	04:59	
68	85	Paulo Bruno de Pinho Rebelo	Individual	24:58	+09:07	05:00	
69	98	Antónia Guerra	Individual	25:00	+09:09	05:00	
70	147	Carla Sampaio	OS GUARDIÕES	25:03	+09:12	05:01	
71	148	Alexandre Pereira	OS GUARDIÕES	25:04	+09:13	05:01	
72	18	LAURA CASTRO	Beatriz dos Panos	25:06	+09:15	05:01	
73	26	JOSÉ SÁ	Beatriz dos Panos	25:06	+09:15	05:01	
74	25	HENRIQUE NEVES	Beatriz dos Panos	25:08	+09:17	05:02	
75	598	Helio Rola	Individual	25:10	+09:19	05:02	
76	34	Joaquim Lobato	Caldas São Jorge Sport Clube	25:13	+09:22	05:03	
77	169	Helena Silva	Running Esmoriz	25:22	+09:31	05:04	
78	33	Jorge Ventura	BOLINHOS DE BACALHAU	25:22	+09:31	05:04	
79	23	NELSON RIBEIRO	Beatriz dos Panos	25:24	+09:33	05:05	
80	533	Júlio Paulo Rodrigues Vieira da Costa	IKIGAI FITNESS STUDIO - RUNNING TEAM	25:24	+09:33	05:05	
81	101	Marisa Gonçalves	Individual	25:26	+09:35	05:05	
82	142	Fábio Almeida	NIGHT RUNNERS FEIRA	25:27	+09:36	05:05	
83	501	Mafalda Oliveira	.	25:32	+09:41	05:06	
84	586	Tiago André Moreira Ferreira	Individual	25:36	+09:45	05:07	
85	92	Ruben Silva	Individual	25:36	+09:45	05:07	
86	19	MARIA FERREIRA	Beatriz dos Panos	25:37	+09:46	05:07	

5 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
87	62	Cristiano Silva	Individual	25:37	+09:46	05:07	
88	105	Raquel mendes	Individual	25:44	+09:53	05:09	
89	88	Ricardo Almeida	Individual	25:44	+09:53	05:09	
90	540	CATARINA GOMES SILVA	Individual	25:44	+09:53	05:09	
91	61	Cassiano Brites Batista	Individual	25:46	+09:55	05:09	
92	114	Rui Almeida	Individual	25:49	+09:58	05:10	
93	94	Eloísa Cepinha	Individual	25:49	+09:58	05:10	
94	65	Fábio Pinto	Individual	25:50	+09:59	05:10	
95	78	José Resende	Individual	25:51	+10:00	05:10	
96	66	Fábio Veríssimo	Individual	25:51	+10:00	05:10	
97	535	Ana Soares	Individual	25:54	+10:03	05:11	
98	50	Fabiana Silva	Individual	25:59	+10:08	05:12	
99	81	Moises Pinto	Individual	26:09	+10:18	05:14	
100	54	Mylene Oliveira	Individual	26:09	+10:18	05:14	
101	59	Vera Almeida	Individual	26:11	+10:20	05:14	
102	86	Pedro Silva Oliveira	Individual	26:11	+10:20	05:14	
103	107	Bruno Miguel Vilar Rocha	Individual	26:11	+10:20	05:14	
104	24	ANTÓNIO SÁ	Beatriz dos Panos	26:12	+10:21	05:14	
105	590	Sara Sousa	Individual	26:12	+10:21	05:14	
106	580	Pedro Miguel Correia Resende	Individual	26:18	+10:27	05:16	
107	73	João Moreira	Individual	26:19	+10:28	05:16	
108	49	Catarina Silva	Individual	26:24	+10:33	05:17	
109	53	MiMi Ladeira	Individual	26:27	+10:36	05:17	
110	97	Anabela Barata	Individual	26:31	+10:40	05:18	
111	48	Carina Novo	Individual	26:34	+10:43	05:19	
112	71	João Almeida	Individual	26:37	+10:46	05:19	
113	161	Filipe Pereira	RUNBIKECLUB VISEU	26:40	+10:49	05:20	
114	162	Francisco Pinto	RUNBIKECLUB VISEU	26:40	+10:49	05:20	
115	549	Francisca Almeida	Individual	26:42	+10:51	05:20	
116	96	Vânia Amaral	Individual	26:43	+10:52	05:21	
117	41	Camila Guedes	Guedes	26:46	+10:55	05:21	
118	42	Tiago Guedes	Guedes	26:46	+10:55	05:21	
119	127	Pedro Paiva	Individual	26:47	+10:56	05:21	
120	133	Manuel Paiva	Individual	26:47	+10:56	05:21	
121	28	Fernanda Almeida	BOLINHOS DE BACALHAU	26:50	+10:59	05:22	
122	602	Jorge Mota	Individual	26:50	+10:59	05:22	
123	584	Rúben Pereira	Individual	26:51	+11:00	05:22	
124	557	Leonor Oliveira	Individual	26:52	+11:01	05:22	
125	52	Lisbeth Freitas	Individual	26:54	+11:03	05:23	
126	134	Pedro Marques	Individual	27:01	+11:10	05:24	
127	38	Joana Fernandes	Fénix Voadoras	27:04	+11:13	05:25	
128	39	Alexandra Graça	Fénix Voadoras	27:04	+11:13	05:25	
129	16	Cátia Matos	Backstreet girls	27:10	+11:19	05:26	
130	95	Isabel Carvalho	Individual	27:19	+11:28	05:28	
131	17	Jaqueline Ferreira	Backstreet girls	27:19	+11:28	05:28	
132	177	Paula Fernandes	RUNNING ESPINHO	27:20	+11:29	05:28	

5 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
133	130	ARTUR ENES	Individual	27:27	+11:36	05:29	
134	70	Jaime Ricardo Costa Lopes	Individual	27:31	+11:40	05:30	
135	27	Adélia Boucinha	BOLINHOS DE BACALHAU	27:47	+11:56	05:33	
136	31	Pedro Costa	BOLINHOS DE BACALHAU	27:48	+11:57	05:34	
137	136	Mário Fonseca	Juventude Cortegacense	27:49	+11:58	05:34	
138	126	CECILIO MANUEL SILVA FERREIRA	Individual	27:52	+12:01	05:34	
139	553	Joana Pacheco	Individual	27:52	+12:01	05:34	
140	514	Igor Rodrigues	Clube Desportivo Feirense	28:03	+12:12	05:37	
141	11	Rita Castro	100 estrada	28:04	+12:13	05:37	
142	12	Rafaela Pereira	100 estrada	28:04	+12:13	05:37	
143	593	Joana Albergueiro	Individual	28:06	+12:15	05:37	
144	132	LUIS MIGUEL SILVA TORRES VIEIRA	Individual	28:12	+12:21	05:38	
145	577	Luís Gonçalo Santos Sousa	Individual	28:15	+12:24	05:39	
146	182	Vasco Silva	Viriathvs Runners Viseu	28:16	+12:25	05:39	
147	180	Isabel Melo	Viriathvs Runners Viseu	28:16	+12:25	05:39	
148	13	Bruno Lima	Amigos do Lucena	28:21	+12:30	05:40	
149	14	Ricardo Lucena	Amigos do Lucena	28:21	+12:30	05:40	
150	510	Mariana Ribeiro	Bravos e bravitas	28:25	+12:34	05:41	
151	529	Tânia Patrícia Magina Frutuosa	IKIGAI FITNESS STUDIO - RUNNING TEAM	28:33	+12:42	05:43	
152	119	Márcio Pereira	Individual	28:35	+12:44	05:43	
153	138	André Magalhães	Magalhães	28:35	+12:44	05:43	
154	614	Flávia Alexandra da Silva Pereira	Souto	28:35	+12:44	05:43	
155	156	Mónica Camurça	RUNBIKECLUB VISEU	28:40	+12:49	05:44	
156	36	Carlos Almeida	CASA DO POVO DE MANGUALDE	28:41	+12:50	05:44	
157	542	Daniela Amaral	Individual	28:41	+12:50	05:44	
158	153	António Brandão	Ratos do Asfalto	28:42	+12:51	05:44	
159	152	Hugo Ribeiro	Petrus Runners	28:43	+12:52	05:45	
160	172	Virgínia Costa	Running Esmoriz	28:44	+12:53	05:45	
161	552	Joana Jorge	Individual	28:44	+12:53	05:45	
162	171	Orquídea Sousa	Running Esmoriz	28:44	+12:53	05:45	
163	567	Thayná Ferreira Santana	Individual	28:47	+12:56	05:45	
164	167	José Almeida	Running Esmoriz	28:52	+13:01	05:46	
165	166	Filipa Silva	Running Esmoriz	28:53	+13:02	05:47	
166	123	Sérgio Mareques	Individual	28:53	+13:02	05:47	
167	530	Vítor Diogo Rodrigues Araújo	IKIGAI FITNESS STUDIO - RUNNING TEAM	28:55	+13:04	05:47	
168	531	Ana Catarina Valente Costa	IKIGAI FITNESS STUDIO - RUNNING TEAM	28:56	+13:05	05:47	
169	149	Liliana Silva	Petrus Runners	29:02	+13:11	05:48	
170	150	João Martins	Petrus Runners	29:02	+13:11	05:48	
171	526	Margarida Morais Lavrador	IKIGAI FITNESS STUDIO - RUNNING TEAM	29:05	+13:14	05:49	
172	47	Bruna Mourão	Individual	29:14	+13:23	05:51	
173	566	Tânia Almeida	Individual	29:16	+13:25	05:51	
174	609	Salvador Vieira Alves	Juventude Cortegacense	29:23	+13:32	05:53	
175	89	Ricardo Figueiredo Reis	Individual	29:27	+13:36	05:53	
176	84	Nuno Reis	Individual	29:31	+13:40	05:54	
177	560	Maria Virgínia Chaves	Individual	29:36	+13:45	05:55	

5KM - STAGE 1

5 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
178	131	Joaquim Pepe Roque	Individual	29:37	+13:46	05:55	
179	170	Maria Manuel Soares	Running Esmoriz	29:43	+13:52	05:57	
180	175	Jorge Guerra	Running Esmoriz	29:43	+13:52	05:57	
181	125	Carlos Rocha	Individual	29:43	+13:52	05:57	
182	168	Fernanda Rocha	Running Esmoriz	29:43	+13:52	05:57	
183	173	Luís Oliveira	Running Esmoriz	29:43	+13:52	05:57	
184	176	Rui Marques	Running Esmoriz	29:44	+13:53	05:57	
185	559	Maria Castelhana	Individual	29:46	+13:55	05:57	
186	87	Pedro Tavares Resende	Individual	29:52	+14:01	05:58	
187	599	José Pedro Sousa	Individual	29:56	+14:05	05:59	
188	151	Marisa Martins	Petrus Runners	29:57	+14:06	05:59	
189	185	Herminia Oliveira	Individual	29:59	+14:08	06:00	
190	587	Filipa Jorge	Individual	30:13	+14:22	06:03	
191	574	Francisco Cardoso Martins Campos Soares	Individual	30:13	+14:22	06:03	
192	615	Ondina Maria Rebelo da Silva	Souto	30:16	+14:25	06:03	
193	541	Catarina Silva	Individual	30:19	+14:28	06:04	
194	608	Valdemar Silva	Individual	30:20	+14:29	06:04	
195	543	Diana De Oliveira Cunha	Individual	30:26	+14:35	06:05	
196	82	Nelson Rodrigues	Individual	30:28	+14:37	06:06	
197	137	Véronique Seco	Light Runners	30:28	+14:37	06:06	
198	534	Ana Rocha	Individual	30:28	+14:37	06:06	
199	155	Cláudia Costa	RUNBIKECLUB VISEU	30:29	+14:38	06:06	
200	157	SARA GONÇALVES	RUNBIKECLUB VISEU	30:31	+14:40	06:06	
201	572	Diogo Silva	Individual	30:32	+14:41	06:06	
202	578	Luís Silva	Individual	30:32	+14:41	06:06	
203	506	Francisca Conceição	BodyWorkout	30:37	+14:46	06:07	
204	508	Maria Soares	BodyWorkout	30:38	+14:47	06:08	
205	591	Vera Mónica Fontes de Oliveira	Individual	30:38	+14:47	06:08	
206	145	Sérgio Coelho	Os Fogo no Cu	30:39	+14:48	06:08	
207	146	Daniela Caetano De Sá	Os Fogo no Cu	30:39	+14:48	06:08	
208	507	Liliana Farelo	BodyWorkout	30:39	+14:48	06:08	
209	158	Tamára Dias Costa	RUNBIKECLUB VISEU	30:41	+14:50	06:08	
210	102	Micaela Pires	Individual	30:41	+14:50	06:08	
211	511	Paula Soares	Bravos e bravitas	30:42	+14:51	06:08	
212	154	Ana Lourenço	RUNBIKECLUB VISEU	31:01	+15:10	06:12	
213	555	Karine Borges Souza	Individual	31:12	+15:21	06:14	
214	610	Alcina Costa	Pace Lentas	31:14	+15:23	06:15	
215	611	Andreza Jesus	Pace Lentas	31:14	+15:23	06:15	
216	512	André Emanuel Sousa Ferreira	CARAPAU DE CORRIDA	31:18	+15:27	06:16	
217	527	Mariana Leite Gomes	IKIGAI FITNESS STUDIO - RUNNING TEAM	31:25	+15:34	06:17	
218	532	Solange dos Anjos Barreira Leite Gomes	IKIGAI FITNESS STUDIO - RUNNING TEAM	31:26	+15:35	06:17	
219	565	Solange Duarte	Individual	31:36	+15:45	06:19	
220	537	Ariana Teixeira Duarte	Individual	31:37	+15:46	06:19	
221	562	Mariana Martins Oliveira da Costa Pereira	Individual	32:07	+16:16	06:25	

5 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
222	124	Valdemar Lopes	Individual	32:10	+16:19	06:26	
223	616	Teresa Coutinho	Zero2Hero	32:54	+17:03	06:35	
224	617	Serafim Coutinho	Zero2Hero	32:54	+17:03	06:35	
225	594	Paula Amaral	Individual	33:03	+17:12	06:37	
226	606	Mário Jorge Afonso Costa Pereira	Individual	33:04	+17:13	06:37	
227	509	Sandra Silva	BodyWorkout	33:21	+17:30	06:40	
228	544	Diana Pinto	Individual	33:46	+17:55	06:45	
229	513	Bárbara Lopes	Carraçudos	33:57	+18:06	06:47	
230	604	ANIBAL ANTONIO DOS SANTOS DELGADO	Individual	33:58	+18:07	06:48	
231	539	Carla Santos	Individual	34:20	+18:29	06:52	
232	597	Maria Praça	Individual	34:23	+18:32	06:53	
233	556	Kivia B. Alves	Individual	34:30	+18:39	06:54	
234	592	Guilhermina Conceição Ribeiro Costa	Individual	36:35	+20:44	07:19	
235	46	Alexandra Quesado	Individual	38:16	+22:25	07:39	
236	563	MARISA PINTO MONTEIRO	Individual	39:51	+24:00	07:58	
237	569	André Ribeiro	Individual	47:17	+31:26	09:27	
238	545	Diana Soares	Individual	47:18	+31:27	09:28	
239	37	Nuno David	EVP	01:05:11	+49:20	13:02	
240	22	Ângelo Silva	Beatriz dos Panos	01:19:47	+01:03:56	15:57	
241	143	Virgínia Moreira	NIGHT RUNNERS FEIRA	01:36:22	+01:20:31	19:16	

5 KM

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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1	561	Mariana Almeida Santos	Individual	Senior Feminino	20:22		04:04
2	57	Rosana Moreira	Individual	Senior Feminino	23:00	+02:38	04:36
3	51	Iara Maria Pinto Silva	Individual	Senior Feminino	23:19	+02:57	04:40
4	58	Sofia Pereira	Individual	Senior Feminino	23:25	+03:02	04:41
5	564	Rita Távora de paiva	Individual	Senior Feminino	23:35	+03:12	04:43
6	56	Rita Ribeiro	Individual	Senior Feminino	24:21	+03:58	04:52
7	60	Yasmin Reis Bodo	Individual	Senior Feminino	24:24	+04:01	04:53
8	548	Filipa Soares	Individual	Senior Feminino	24:33	+04:10	04:55
9	528	Sónia Raquel Duarte Salgado Rodrigues da Costa	IKIGAI FITNESS STUDIO - RUNNING TEAM	Senior Feminino	24:39	+04:16	04:56
10	525	Daniela Patrícia Pinto Reis	IKIGAI FITNESS STUDIO - RUNNING TEAM	Senior Feminino	24:39	+04:16	04:56
11	141	Ana Almeida	NIGHT RUNNERS FEIRA	Senior Feminino	24:46	+04:23	04:57
12	18	LAURA CASTRO	Beatriz dos Panos	Senior Feminino	25:06	+04:44	05:01
13	501	Mafalda Oliveira	.	Senior Feminino	25:32	+05:09	05:06
14	19	MARIA FERREIRA	Beatriz dos Panos	Senior Feminino	25:37	+05:14	05:07
15	540	CATARINA GOMES SILVA	Individual	Senior Feminino	25:44	+05:22	05:09
16	535	Ana Soares	Individual	Senior Feminino	25:54	+05:31	05:11
17	50	Fabiana Silva	Individual	Senior Feminino	25:59	+05:37	05:12
18	54	Mylene Oliveira	Individual	Senior Feminino	26:09	+05:46	05:14
19	59	Vera Almeida	Individual	Senior Feminino	26:11	+05:48	05:14
20	49	Catarina Silva	Individual	Senior Feminino	26:24	+06:01	05:17
21	53	MIMI Ladeira	Individual	Senior Feminino	26:27	+06:04	05:17
22	48	Carina Novo	Individual	Senior Feminino	26:34	+06:11	05:19
23	549	Francisca Almeida	Individual	Senior Feminino	26:42	+06:20	05:20
24	41	Camila Guedes	Guedes	Senior Feminino	26:46	+06:23	05:21
25	557	Leonor Oliveira	Individual	Senior Feminino	26:52	+06:29	05:22
26	52	Lisbeth Freitas	Individual	Senior Feminino	26:54	+06:31	05:23
27	553	Joana Pacheco	Individual	Senior Feminino	27:52	+07:29	05:34
28	11	Rita Castro	100 estrada	Senior Feminino	28:04	+07:41	05:37
29	510	Mariana Ribeiro	Bravos e bravitas	Senior Feminino	28:25	+08:02	05:41
30	529	Tânia Patrícia Magina Frutuosa	IKIGAI FITNESS STUDIO - RUNNING TEAM	Senior Feminino	28:33	+08:10	05:43
31	614	Flávia Alexandra da Silva Pereira	Souto	Senior Feminino	28:35	+08:13	05:43
32	156	Mónica Camurça	RUNBIKECLUB VISEU	Senior Feminino	28:40	+08:17	05:44
33	542	Daniela Amaral	Individual	Senior Feminino	28:41	+08:18	05:44
34	552	Joana Jorge	Individual	Senior Feminino	28:44	+08:22	05:45
35	567	Thayná Ferreira Santana	Individual	Senior Feminino	28:47	+08:24	05:45
36	166	Filipa Silva	Running Esmoriz	Senior Feminino	28:53	+08:30	05:47
37	149	Liliana Silva	Petrus Runners	Senior Feminino	29:02	+08:39	05:48

Official Timekeeper: Lap2Go	1 / 7	generate 11-dez.-2025 14:27
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38	526	Margarida Morais Lavrador	IKIGAI FITNESS STUDIO - RUNNING TEAM	Senior Feminino	29:05	+08:42	05:49
39	47	Bruna Mourão	Individual	Senior Feminino	29:14	+08:51	05:51
40	566	Tânia Almeida	Individual	Senior Feminino	29:16	+08:53	05:51
41	560	Maria Virgínia Chaves	Individual	Senior Feminino	29:36	+09:13	05:55
42	559	Maria Castelhana	Individual	Senior Feminino	29:46	+09:23	05:57
43	541	Catarina Silva	Individual	Senior Feminino	30:19	+09:56	06:04
44	543	Diana De Oliveira Cunha	Individual	Senior Feminino	30:26	+10:03	06:05
45	534	Ana Rocha	Individual	Senior Feminino	30:28	+10:06	06:06
46	155	Cláudia Costa	RUNBIKECLUB VISEU	Senior Feminino	30:29	+10:07	06:06
47	157	SARA GONÇALVES	RUNBIKECLUB VISEU	Senior Feminino	30:31	+10:08	06:06
48	506	Francisca Conceição	BodyWorkout	Senior Feminino	30:37	+10:14	06:07
49	508	Maria Soares	BodyWorkout	Senior Feminino	30:38	+10:15	06:08
50	507	Liliana Farelo	BodyWorkout	Senior Feminino	30:39	+10:17	06:08
51	158	Tamára Dias Costa	RUNBIKECLUB VISEU	Senior Feminino	30:41	+10:18	06:08
52	154	Ana Lourenço	RUNBIKECLUB VISEU	Senior Feminino	31:01	+10:38	06:12
53	555	Karine Borges Souza	Individual	Senior Feminino	31:12	+10:49	06:14
54	527	Mariana Leite Gomes	IKIGAI FITNESS STUDIO - RUNNING TEAM	Senior Feminino	31:25	+11:03	06:17
55	565	Solange Duarte	Individual	Senior Feminino	31:36	+11:13	06:19
56	537	Ariana Teixeira Duarte	Individual	Senior Feminino	31:37	+11:14	06:19
57	562	Mariana Martins Oliveira da Costa Pereira	Individual	Senior Feminino	32:07	+11:45	06:25
58	616	Teresa Coutinho	Zero2Hero	Senior Feminino	32:54	+12:31	06:35
59	544	Diana Pinto	Individual	Senior Feminino	33:46	+13:23	06:45
60	513	Bárbara Lopes	Carraçudos	Senior Feminino	33:57	+13:35	06:47
61	539	Carla Santos	Individual	Senior Feminino	34:20	+13:58	06:52
62	556	Kivia B. Alves	Individual	Senior Feminino	34:30	+14:07	06:54
63	46	Alexandra Quesado	Individual	Senior Feminino	38:16	+17:53	07:39
64	563	MARISA PINTO MONTEIRO	Individual	Senior Feminino	39:51	+19:28	07:58
65	545	Diana Soares	Individual	Senior Feminino	47:18	+26:55	09:28

1	74	João Sousa	Individual	Senior Masculino	15:51	03:10
2	178	Pedro Cardoso	SCE TRIATLO	Senior Masculino	16:45	+00:54 03:21
3	585	Telmo J. Moura	Individual	Senior Masculino	17:08	+01:16 03:26
4	64	Daniel da Costa Calvão	Individual	Senior Masculino	17:20	+01:29 03:28
5	35	André Nunes	CASA DO POVO DE MANGUALDE	Senior Masculino	17:48	+01:57 03:34
6	581	Rafael Alves	Individual	Senior Masculino	17:57	+02:06 03:35
7	571	Diogo Oliveira	Individual	Senior Masculino	18:14	+02:23 03:39
8	502	Joaquim Gomes	Individual	Senior Masculino	18:17	+02:26 03:39
9	83	Nuno Gonçalves	Individual	Senior Masculino	19:02	+03:11 03:48
10	575	Gonçalo Silva	Individual	Senior Masculino	19:52	+04:01 03:58
11	69	Guilherme Silva	Individual	Senior Masculino	20:05	+04:14 04:01
12	583	Renato Godinho	Individual	Senior Masculino	20:15	+04:24 04:03

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13	582	Rafael Silva	Individual	Senior Masculino	20:41	+04:49	04:08
14	72	João Alves	Individual	Senior Masculino	20:53	+05:01	04:11
15	76	Jorge Santos	Individual	Senior Masculino	21:30	+05:39	04:18
16	80	Martim Rocha	Individual	Senior Masculino	21:30	+05:39	04:18
17	163	Leandro Monteiro	RUNBIKECLUB VISEU	Senior Masculino	21:34	+05:42	04:19
18	160	Fábio Bandeira	RUNBIKECLUB VISEU	Senior Masculino	21:34	+05:43	04:19
19	139	João Magalhães	Magalhães	Senior Masculino	22:33	+06:41	04:31
20	77	Jose Garrido	Individual	Senior Masculino	22:52	+07:01	04:34
21	68	Francisco Santos	Individual	Senior Masculino	22:58	+07:06	04:36
22	75	Jorge Maciel	Individual	Senior Masculino	23:14	+07:23	04:39
23	570	David Oliveira	Individual	Senior Masculino	23:23	+07:32	04:41
24	67	Francisco neves	Individual	Senior Masculino	23:30	+07:38	04:42
25	179	José Miguel Figueiredo	TaraMimi	Senior Masculino	23:35	+07:44	04:43
26	21	RICARDO ROCHA	Beatriz dos Panos	Senior Masculino	24:02	+08:11	04:48
27	20	BRUNO PEREIRA	Beatriz dos Panos	Senior Masculino	24:32	+08:41	04:54
28	63	Daniel Bastos	Individual	Senior Masculino	24:45	+08:54	04:57
29	93	Tiago Sá	Individual	Senior Masculino	24:50	+08:59	04:58
30	91	Roberto Nunes Garcia	Individual	Senior Masculino	24:57	+09:06	04:59
31	85	Paulo Bruno de Pinho Rebelo	Individual	Senior Masculino	24:58	+09:06	05:00
32	142	Fábio Almeida	NIGHT RUNNERS FEIRA	Senior Masculino	25:27	+09:36	05:05
33	586	Tiago André Moreira Ferreira	Individual	Senior Masculino	25:36	+09:45	05:07
34	92	Ruben Silva	Individual	Senior Masculino	25:36	+09:45	05:07
35	62	Cristiano Silva	Individual	Senior Masculino	25:37	+09:46	05:07
36	88	Ricardo Almeida	Individual	Senior Masculino	25:44	+09:53	05:09
37	61	Cassiano Brites Batista	Individual	Senior Masculino	25:46	+09:54	05:09
38	65	Fábio Pinto	Individual	Senior Masculino	25:50	+09:59	05:10
39	78	José Resende	Individual	Senior Masculino	25:51	+10:00	05:10
40	66	Fábio Veríssimo	Individual	Senior Masculino	25:51	+10:00	05:10
41	81	Moises Pinto	Individual	Senior Masculino	26:09	+10:18	05:14
42	86	Pedro Silva Oliveira	Individual	Senior Masculino	26:11	+10:20	05:14
43	580	Pedro Miguel Correia Resende	Individual	Senior Masculino	26:18	+10:27	05:16
44	73	João Moreira	Individual	Senior Masculino	26:19	+10:28	05:16
45	71	João Almeida	Individual	Senior Masculino	26:37	+10:46	05:19
46	161	Filipe Pereira	RUNBIKECLUB VISEU	Senior Masculino	26:40	+10:49	05:20
47	162	Francisco Pinto	RUNBIKECLUB VISEU	Senior Masculino	26:40	+10:49	05:20
48	584	Rúben Pereira	Individual	Senior Masculino	26:51	+11:00	05:22
49	70	Jaime Ricardo Costa Lopes	Individual	Senior Masculino	27:31	+11:40	05:30
50	136	Mário Fonseca	Juventude Cortegacense	Senior Masculino	27:49	+11:58	05:34
51	577	Luís Gonçalo Santos Sousa	Individual	Senior Masculino	28:15	+12:23	05:39
52	13	Bruno Lima	Amigos do Lucena	Senior Masculino	28:21	+12:29	05:40
53	138	André Magalhães	Magalhães	Senior Masculino	28:35	+12:44	05:43
54	167	José Almeida	Running Esmoriz	Senior Masculino	28:52	+13:01	05:46
55	530	Vítor Diogo Rodrigues Araújo	IKIGAI FITNESS STUDIO - RUNNING TEAM	Senior Masculino	28:55	+13:04	05:47
56	150	João Martins	Petrus Runners	Senior Masculino	29:02	+13:10	05:48
57	89	Ricardo Figueiredo Reis	Individual	Senior Masculino	29:27	+13:35	05:53
58	84	Nuno Reis	Individual	Senior Masculino	29:31	+13:40	05:54

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59	87	Pedro Tavares Resende	Individual	Senior Masculino	29:52	+14:00	05:58
60	574	Francisco Cardoso Martins Campos Soares	Individual	Senior Masculino	30:13	+14:22	06:03
61	82	Nelson Rodrigues	Individual	Senior Masculino	30:28	+14:36	06:06
62	572	Diogo Silva	Individual	Senior Masculino	30:32	+14:40	06:06
63	578	Luís Silva	Individual	Senior Masculino	30:32	+14:41	06:06
64	145	Sérgio Coelho	Os Fogo no Cu	Senior Masculino	30:39	+14:48	06:08
65	512	André Emanuel Sousa Ferreira	CARAPUS DE CORRIDA	Senior Masculino	31:18	+15:27	06:16
66	569	André Ribeiro	Individual	Senior Masculino	47:17	+31:26	09:27
67	37	Nuno David	EVP	Senior Masculino	01:05:11	+49:19	13:02

1	40	Salomé Mourisco	FFESMORIZ	Veterana F40	20:51	04:10
2	147	Carla Sampaio	OS GUARDIÕES	Veterana F40	25:03	+04:12 05:01
3	94	Eloísa Cepinha	Individual	Veterana F40	25:49	+04:58 05:10
4	590	Sara Sousa	Individual	Veterana F40	26:12	+05:21 05:14
5	96	Vânia Amaral	Individual	Veterana F40	26:43	+05:51 05:21
6	38	Joana Fernandes	Fénix Voadoras	Veterana F40	27:04	+06:13 05:25
7	16	Cátia Matos	Backstreet girls	Veterana F40	27:10	+06:19 05:26
8	95	Isabel Carvalho	Individual	Veterana F40	27:19	+06:27 05:28
9	17	Jaqueline Ferreira	Backstreet girls	Veterana F40	27:19	+06:28 05:28
10	12	Rafaela Pereira	100 estrada	Veterana F40	28:04	+07:13 05:37
11	531	Ana Catarina Valente Costa	IKIGAI FITNESS STUDIO - RUNNING TEAM	Veterana F40	28:56	+08:04 05:47
12	151	Marisa Martins	Petrus Runners	Veterana F40	29:57	+09:05 05:59
13	587	Filipa Jorge	Individual	Veterana F40	30:13	+09:21 06:03
14	137	Véronique Seco	Light Runners	Veterana F40	30:28	+09:37 06:06
15	591	Vera Mònica Fontes de Oliveira	Individual	Veterana F40	30:38	+09:47 06:08
16	146	Daniela Caetano De Sá	Os Fogo no Cu	Veterana F40	30:39	+09:48 06:08
17	610	Alcina Costa	Pace Lentas	Veterana F40	31:14	+10:22 06:15
18	611	Andreza Jesus	Pace Lentas	Veterana F40	31:14	+10:23 06:15
19	509	Sandra Silva	BodyWorkout	Veterana F40	33:21	+12:30 06:40

1	103	Sónia Gama	Individual	Veterana F45	23:03	04:37
2	98	Antónia Guerra	Individual	Veterana F45	25:00	+01:57 05:00
3	101	Marisa Gonçalves	Individual	Veterana F45	25:26	+02:23 05:05
4	97	Anabela Barata	Individual	Veterana F45	26:31	+03:28 05:18
5	28	Fernanda Almeida	BOLINHOS DE BACALHAU	Veterana F45	26:50	+03:46 05:22
6	27	Adélia Boucinha	BOLINHOS DE BACALHAU	Veterana F45	27:47	+04:44 05:33
7	593	Joana Albergueiro	Individual	Veterana F45	28:06	+05:03 05:37
8	102	Micaela Pires	Individual	Veterana F45	30:41	+07:37 06:08
9	511	Paula Soares	Bravos e bravitas	Veterana F45	30:42	+07:38 06:08

5 KM

OFFICIAL RESULT

10	592	Guilhermina Conceição Ribeiro Costa	Individual	Veterana F45	36:35	+13:32	07:19
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1	104	Isabel neves	Individual	Veterana F50	24:19	04:52
2	169	Helena Silva	Running Esmoriz	Veterana F50	25:22	+01:02 05:04
3	39	Alexandra Graça	Fénix Voadoras	Veterana F50	27:04	+02:44 05:25
4	180	Isabel Melo	Viriathvs Runners Viseu	Veterana F50	28:16	+03:57 05:39
5	172	Virgínia Costa	Running Esmoriz	Veterana F50	28:44	+04:24 05:45
6	171	Orquídea Sousa	Running Esmoriz	Veterana F50	28:44	+04:25 05:45
7	170	Maria Manuel Soares	Running Esmoriz	Veterana F50	29:43	+05:23 05:57
8	168	Fernanda Rocha	Running Esmoriz	Veterana F50	29:43	+05:24 05:57
9	615	Ondina Maria Rebelo da Silva	Souto	Veterana F50	30:16	+05:56 06:03
10	532	Solange dos Anjos Barreira Leite Gomes	IKIGAI FITNESS STUDIO - RUNNING TEAM	Veterana F50	31:26	+07:06 06:17
11	594	Paula Amaral	Individual	Veterana F50	33:03	+08:43 06:37

1	105	Raquel mendes	Individual	Veterana F55	25:44	05:09
2	177	Paula Fernandes	RUNNING ESPINHO	Veterana F55	27:20	+01:36 05:28
3	185	Herminia Oliveira	Individual	Veterana F55	29:59	+04:15 06:00
4	597	Maria Praça	Individual	Veterana F55	34:23	+08:38 06:53
5	143	Virgínia Moreira	NIGHT RUNNERS FEIRA	Veterana F55	01:36:22	+01:10:38 19:16

1	113	Ricardo Queirós	Individual	Veterano M40	21:20	04:16
2	108	FRANCISCO DOS SANTOS OLIVEIRA	Individual	Veterano M40	22:24	+01:03 04:29
3	165	Jose Rodrigues	RUNBIKECLUB VISEU	Veterano M40	22:46	+01:25 04:33
4	112	Ricardo Doria Duarte	Individual	Veterano M40	23:29	+02:08 04:42
5	110	Mike Kostenko	Individual	Veterano M40	23:31	+02:10 04:42
6	106	Bruno Alexandre Oliveira da Silva	Individual	Veterano M40	23:41	+02:20 04:44
7	148	Alexandre Pereira	OS GUARDIÕES	Veterano M40	25:04	+03:43 05:01
8	598	Helio Rola	Individual	Veterano M40	25:10	+03:49 05:02
9	114	Rui Almeida	Individual	Veterano M40	25:49	+04:28 05:10
10	107	Bruno Miguel Vilar Rocha	Individual	Veterano M40	26:11	+04:50 05:14
11	42	Tiago Guedes	Guedes	Veterano M40	26:46	+05:25 05:21
12	514	Igor Rodrigues	Clube Desportivo Feirense	Veterano M40	28:03	+06:42 05:37
13	152	Hugo Ribeiro	Petrus Runners	Veterano M40	28:43	+07:22 05:45
14	173	Luís Oliveira	Running Esmoriz	Veterano M40	29:43	+08:22 05:57
15	599	José Pedro Sousa	Individual	Veterano M40	29:56	+08:35 05:59
16	22	Ângelo Silva	Beatriz dos Panos	Veterano M40	01:19:47	+58:26 15:57

5 KM

OFFICIAL RESULT

[illegible]

1	515	Gonalo Pereira	Clube dos Galitos	Veterano M45	16:26	03:17
2	600	Filipe Marques	Individual	Veterano M45	17:32	+01:05 03:30
3	116	Andr� oliveira	Individual	Veterano M45	17:36	+01:10 03:31
4	120	Nuno Costa	Individual	Veterano M45	18:46	+02:20 03:45
5	122	Samuel Rebelo	Individual	Veterano M45	21:30	+05:04 04:18
6	118	Jo�o Rocha	Individual	Veterano M45	22:01	+05:34 04:24
7	44	Pedro Martins	H-RAKY	Veterano M45	22:09	+05:43 04:26
8	29	CARLITOS S	BOLINHOS DE BACALHAU	Veterano M45	22:29	+06:03 04:30
9	174	Paulo Reis	Running Esmoriz	Veterano M45	23:28	+07:02 04:42
10	117	Helder Pereira	Individual	Veterano M45	23:43	+07:16 04:45
11	121	Pedro Cardoso	Individual	Veterano M45	24:04	+07:38 04:49
12	23	NELSON RIBEIRO	Beatriz dos Panos	Veterano M45	25:24	+08:58 05:05
13	31	Pedro Costa	BOLINHOS DE BACALHAU	Veterano M45	27:48	+11:21 05:34
14	14	Ricardo Lucena	Amigos do Lucena	Veterano M45	28:21	+11:55 05:40
15	119	M�rcio Pereira	Individual	Veterano M45	28:35	+12:09 05:43
16	123	S�rgio Mareques	Individual	Veterano M45	28:53	+12:27 05:47
17	124	Valdemar Lopes	Individual	Veterano M45	32:10	+15:44 06:26

1	45	Óscar Almeida	H-RAKY	Veterano M50	20:31	04:06
2	181	José Faro	Viriathvs Runners Viseu	Veterano M50	22:36	+02:05 04:31
3	32	Paulo Santos	BOLINHOS DE BACALHAU	Veterano M50	23:33	+03:02 04:43
4	144	António Rodrigues	opraticante.pt	Veterano M50	24:32	+04:01 04:54
5	25	HENRIQUE NEVES	Beatriz dos Panos	Veterano M50	25:08	+04:36 05:02
6	24	ANTÓNIO SÁ	Beatriz dos Panos	Veterano M50	26:12	+05:41 05:14
7	127	Pedro Paiva	Individual	Veterano M50	26:47	+06:16 05:21
8	602	Jorge Mota	Individual	Veterano M50	26:50	+06:19 05:22
9	126	CECILIO MANUEL SILVA FERREIRA	Individual	Veterano M50	27:52	+07:20 05:34
10	175	Jorge Guerra	Running Esmoriz	Veterano M50	29:43	+09:12 05:57
11	125	Carlos Rocha	Individual	Veterano M50	29:43	+09:12 05:57
12	176	Rui Marques	Running Esmoriz	Veterano M50	29:44	+09:13 05:57

1	135	Daniel Gomes	Javalis 100 Limites	Veterano M55	21:01	04:12
2	140	Francisco Magalhães	Magalhães	Veterano M55	22:32	+01:30 04:30
3	26	JOSÉ SÁ	Beatriz dos Panos	Veterano M55	25:06	+04:05 05:01
4	34	Joaquim Lobato	Caldas São Jorge Sport Clube	Veterano M55	25:13	+04:12 05:03
5	33	Jorge Ventura	BOLINHOS DE BACALHAU	Veterano M55	25:22	+04:20 05:04
6	533	Júlio Paulo Rodrigues Vieira da Costa	IKIGAI FITNESS STUDIO - RUNNING TEAM	Veterano M55	25:24	+04:23 05:05
7	133	Manuel Paiva	Individual	Veterano M55	26:47	+05:45 05:21
8	134	Pedro Marques	Individual	Veterano M55	27:01	+06:00 05:24

Official Timekeeper: Lap2Go	6 / 7	generate 11-dez.-2025 14:27
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