

**8,6 KM**

## OFFICIAL RESULT

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 18:00 | 15,7°C      | 97%      |
| End   | 19:13 | 15.7°C      | 97%      |

|                             |       |                             |
|-----------------------------|-------|-----------------------------|
| Official Timekeeper: Lap2Go | 1 / 5 | generate 06-dez.-2025 19:15 |
|-----------------------------|-------|-----------------------------|

**8,6 KM**

## OFFICIAL RESULT

| RANK | BIB | NAME                                | TEAM                                    | RESULT | DIFF   | t/KM  | CARD |
|------|-----|-------------------------------------|-----------------------------------------|--------|--------|-------|------|
| 43   | 181 | Vasco Regadas                       | Individual                              | 34:27  | +07:36 | 04:00 |      |
| 44   | 104 | André Cruz                          | Individual                              | 34:30  | +07:39 | 04:01 |      |
| 45   | 51  | Carlos Cardoso                      | CAL - Clube Atletismo de Lamas          | 34:39  | +07:48 | 04:02 |      |
| 46   | 150 | Tiago Costa                         | Individual                              | 34:50  | +07:59 | 04:03 |      |
| 47   | 88  | Manuel Silva                        | GDSP0                                   | 34:58  | +08:07 | 04:04 |      |
| 48   | 38  | Alfredo Fraga                       | ARRASTASSOLAS                           | 35:03  | +08:12 | 04:05 |      |
| 49   | 284 | Pedro Terra                         | Serviços Sociais de São João da Madeira | 35:08  | +08:17 | 04:05 |      |
| 50   | 37  | Pedro Carvalho                      | ARRASTASSOLAS                           | 35:12  | +08:21 | 04:06 |      |
| 51   | 261 | Vasco Lino                          | Pernas de Pau Velozes de Argoncile      | 35:30  | +08:39 | 04:08 |      |
| 52   | 237 | Suse Silva                          | JOBRA-ASSOCIAÇÃO JOVENS DA BRANCA       | 35:37  | +08:46 | 04:08 |      |
| 53   | 48  | Alcides Relvas                      | Bravos e Bravitas                       | 35:45  | +08:54 | 04:09 |      |
| 54   | 105 | André Mota                          | Individual                              | 35:54  | +09:03 | 04:10 |      |
| 55   | 63  | DANIEL REBELO                       | CASA DO POVO DE MANGUALDE               | 36:03  | +09:12 | 04:12 |      |
| 56   | 42  | Fernando Ribeiro                    | Atletismo Miranda do Douro-CDMD         | 36:06  | +09:15 | 04:12 |      |
| 57   | 238 | Marcelo Fonseca                     | JOBRA-ASSOCIAÇÃO JOVENS DA BRANCA       | 36:08  | +09:17 | 04:12 |      |
| 58   | 130 | Lucas Pimenta                       | Individual                              | 36:14  | +09:23 | 04:13 |      |
| 59   | 271 | Nelson Pais                         | Run & Fun                               | 36:21  | +09:30 | 04:14 |      |
| 60   | 31  | José Ferreira                       | ADC CJ CLARK de Castelo de Paiva        | 36:25  | +09:34 | 04:14 |      |
| 61   | 15  | Daniel Albergaria Ferreira da Silva | ACRV                                    | 36:31  | +09:40 | 04:15 |      |
| 62   | 60  | Pedro Brandão                       | Calmivet, por favor                     | 36:39  | +09:48 | 04:16 |      |
| 63   | 213 | Tiago Oliveira                      | JAM - Franklim Prata Energia            | 36:45  | +09:54 | 04:16 |      |
| 64   | 29  | Nuno Sousa                          | ADC CJ CLARK de Castelo de Paiva        | 37:24  | +10:33 | 04:21 |      |
| 65   | 158 | Suzete André                        | Individual                              | 37:25  | +10:34 | 04:21 |      |
| 66   | 240 | Regina Gilvaz                       | Núcleo de atletismo de cucujaes         | 37:31  | +10:40 | 04:22 |      |
| 67   | 263 | Luis ramos                          | Reumaticos                              | 37:38  | +10:47 | 04:23 |      |
| 68   | 47  | Henrique Amorim                     | Brandoenses Running                     | 37:41  | +10:50 | 04:23 |      |
| 69   | 221 | Francisco Fernandes                 | JAM - Franklim Prata Energia            | 37:45  | +10:54 | 04:23 |      |
| 70   | 133 | Manuel Henrique                     | Individual                              | 37:47  | +10:56 | 04:24 |      |
| 71   | 220 | Bruno Santos                        | JAM - Franklim Prata Energia            | 37:47  | +10:56 | 04:24 |      |
| 72   | 209 | João Santos                         | JAM - Franklim Prata Energia            | 37:49  | +10:58 | 04:24 |      |
| 73   | 235 | Manuel Gomes                        | JAM - Franklim Prata Energia            | 37:51  | +11:00 | 04:24 |      |
| 74   | 70  | SARS COSTA                          | Clube Atletismo de Ovar                 | 38:04  | +11:13 | 04:26 |      |
| 75   | 231 | João Paulo Pereira Barbosa          | JAM - Franklim Prata Energia            | 38:24  | +11:33 | 04:28 |      |
| 76   | 244 | Sérgio Paulo Moreira da Silva       | Os Dragões de Mozelos                   | 38:25  | +11:34 | 04:28 |      |
| 77   | 35  | Pedro Magalhães                     | ARRASTASSOLAS                           | 38:30  | +11:39 | 04:29 |      |
| 78   | 36  | Vitor Correia                       | ARRASTASSOLAS                           | 38:31  | +11:40 | 04:29 |      |
| 79   | 272 | Mário Almeida                       | Run & Fun                               | 38:31  | +11:40 | 04:29 |      |
| 80   | 259 | João Silva                          | Pernas de Pau Velozes de Argoncile      | 38:34  | +11:43 | 04:29 |      |
| 81   | 107 | André Resende Tavares               | Individual                              | 38:36  | +11:45 | 04:29 |      |
| 82   | 79  | JOANA FRANCO ROCHA                  | Clube Millennium BCP                    | 38:39  | +11:48 | 04:30 |      |
| 83   | 269 | Sara Mota                           | Run & Fun                               | 38:42  | +11:51 | 04:30 |      |
| 84   | 147 | Rui Daniel Caetano Madureira        | Individual                              | 38:46  | +11:55 | 04:30 |      |
| 85   | 23  | Adélia Tavares                      | ADC CJ CLARK de Castelo de Paiva        | 38:50  | +11:59 | 04:31 |      |
| 86   | 266 | Paulo ramos                         | Reumaticos                              | 39:03  | +12:12 | 04:32 |      |
| 87   | 135 | Miguel Sá                           | Individual                              | 39:07  | +12:16 | 04:33 |      |
| 88   | 148 | Samuel rocha                        | Individual                              | 39:15  | +12:24 | 04:34 |      |

**8,6 KM**

## OFFICIAL RESULT

| RANK | BIB | NAME                          | TEAM                                   | RESULT | DIFF   | t/KM  | CARD |
|------|-----|-------------------------------|----------------------------------------|--------|--------|-------|------|
| 89   | 224 | Ricardo Reis                  | JAM - Franklim Prata Energia           | 39:16  | +12:25 | 04:34 |      |
| 90   | 273 | Ze Moutinho                   | Run & Fun                              | 39:18  | +12:27 | 04:34 |      |
| 91   | 82  | Paula Oliveira                | GDC Guilhovai                          | 39:31  | +12:40 | 04:36 |      |
| 92   | 111 | Daniel Vieira                 | Individual                             | 39:33  | +12:42 | 04:36 |      |
| 93   | 10  | Tânia Henriques               | ACD OS ÍLHAVOS                         | 39:35  | +12:44 | 04:36 |      |
| 94   | 232 | Justino Soares                | JAM - Franklim Prata Energia           | 39:50  | +12:59 | 04:38 |      |
| 95   | 233 | Manuel Oliveira               | JAM - Franklim Prata Energia           | 39:51  | +13:00 | 04:38 |      |
| 96   | 256 | Tiago Cruz                    | Pedras Rolantes                        | 39:51  | +13:00 | 04:38 |      |
| 97   | 146 | Rui Correia                   | Individual                             | 40:00  | +13:09 | 04:39 |      |
| 98   | 175 | Mário Pereira                 | Individual                             | 40:06  | +13:15 | 04:40 |      |
| 99   | 260 | Rui Gonçalves                 | Pernas de Pau Velozes de Argoncile     | 40:14  | +13:23 | 04:41 |      |
| 100  | 59  | Eduardo Ferreira              | Calmivet, por favor                    | 40:15  | +13:24 | 04:41 |      |
| 101  | 52  | PAULO NEVES                   | CAL - Clube Atletismo de Lamas         | 40:26  | +13:35 | 04:42 |      |
| 102  | 26  | Fernando Jesus                | ADC CJ CLARK de Castelo de Paiva       | 40:41  | +13:50 | 04:44 |      |
| 103  | 275 | Zé Belinha                    | RunforEat                              | 40:52  | +14:01 | 04:45 |      |
| 104  | 165 | António Soares                | Individual                             | 40:58  | +14:07 | 04:46 |      |
| 105  | 45  | Perpétua Silva                | Brandoenses Running                    | 41:06  | +14:15 | 04:47 |      |
| 106  | 206 | Dominik Lian Shigueru Lemes   | JAM - Franklim Prata Energia           | 41:35  | +14:44 | 04:50 |      |
| 107  | 110 | Carlos Pereira                | Individual                             | 41:53  | +15:02 | 04:52 |      |
| 108  | 217 | Matilde Baptista              | JAM - Franklim Prata Energia           | 41:54  | +15:03 | 04:52 |      |
| 109  | 250 | Américo Silva                 | Os Dragões de Mozelos                  | 41:55  | +15:04 | 04:52 |      |
| 110  | 236 | Manuel Santos                 | JAM - Franklim Prata Energia           | 42:04  | +15:13 | 04:53 |      |
| 111  | 56  | Francisca Sousa               | Calmivet, por favor                    | 42:07  | +15:16 | 04:54 |      |
| 112  | 161 | Maria Santos                  | Individual                             | 42:08  | +15:17 | 04:54 |      |
| 113  | 268 | Elsa Mota                     | Run & Fun                              | 42:21  | +15:30 | 04:55 |      |
| 114  | 116 | Fábio Cardoso                 | Individual                             | 42:39  | +15:48 | 04:58 |      |
| 115  | 186 | Cesar Sousa                   | Individual                             | 42:43  | +15:52 | 04:58 |      |
| 116  | 118 | Filipe Monteiro               | Individual                             | 42:46  | +15:55 | 04:58 |      |
| 117  | 154 | Cristiana Moreira             | Individual                             | 42:46  | +15:55 | 04:58 |      |
| 118  | 178 | Rui Neves                     | Individual                             | 42:47  | +15:56 | 04:58 |      |
| 119  | 173 | Márcio Daniel Moura           | Individual                             | 42:55  | +16:04 | 04:59 |      |
| 120  | 210 | Nuno Filipe Neto Gomes        | JAM - Franklim Prata Energia           | 42:57  | +16:06 | 05:00 |      |
| 121  | 278 | Afonso Freire                 | We Say Run                             | 42:58  | +16:07 | 05:00 |      |
| 122  | 106 | André Pinto                   | Individual                             | 42:59  | +16:08 | 05:00 |      |
| 123  | 140 | Pedro Gomes                   | Individual                             | 43:00  | +16:09 | 05:00 |      |
| 124  | 16  | Andreia Teixeira              | ADC CJ CLARK de Castelo de Paiva       | 43:03  | +16:12 | 05:00 |      |
| 125  | 97  | Catarina silva                | Individual                             | 43:03  | +16:12 | 05:00 |      |
| 126  | 243 | Fábio Oliveira Silva          | Os Dragões de Mozelos                  | 43:04  | +16:13 | 05:00 |      |
| 127  | 249 | Ricardo Silva                 | Os Dragões de Mozelos                  | 43:04  | +16:13 | 05:00 |      |
| 128  | 280 | José Amorim                   | We Say Run                             | 43:16  | +16:25 | 05:02 |      |
| 129  | 143 | Rafael Ferreira               | Individual                             | 43:26  | +16:35 | 05:03 |      |
| 130  | 76  | ARTUR REIS                    | Clube Atletismo de Ovar                | 43:30  | +16:39 | 05:03 |      |
| 131  | 32  | Rui Martins                   | ADC CJ CLARK de Castelo de Paiva       | 43:39  | +16:48 | 05:05 |      |
| 132  | 208 | João Miguel dos Reis Oliveira | JAM - Franklim Prata Energia           | 43:40  | +16:49 | 05:05 |      |
| 133  | 40  | José Sousa                    | Associação de atletismo Lebres do sado | 43:44  | +16:53 | 05:05 |      |
| 134  | 255 | Rui Sousa                     | Pass                                   | 43:56  | +17:05 | 05:07 |      |

**8,6 KM**

## OFFICIAL RESULT

| RANK | BIB | NAME                                | TEAM                                      | RESULT | DIFF   | t/KM  | CARD |
|------|-----|-------------------------------------|-------------------------------------------|--------|--------|-------|------|
| 135  | 123 | Gonalo Alegria                     | Individual                                | 44:05  | +17:14 | 05:08 |      |
| 136  | 155 | FILIPA ALEXANDRA DE MENESES PERALTA | Individual                                | 44:14  | +17:23 | 05:09 |      |
| 137  | 64  | Jorge Silva                         | Cirac - Circulo de Recreio Arte e Cultura | 44:17  | +17:26 | 05:09 |      |
| 138  | 193 | S lvio Ferreira                     | Individual                                | 44:28  | +17:37 | 05:10 |      |
| 139  | 199 | Elias Anderson Dantas Freire        | JAM - Franklim Prata Energia              | 44:35  | +17:44 | 05:11 |      |
| 140  | 204 | Alexandre Pinto                     | JAM - Franklim Prata Energia              | 44:50  | +17:59 | 05:13 |      |
| 141  | 196 | Jos  Graa                          | Individual                                | 44:51  | +18:00 | 05:13 |      |
| 142  | 89  | Alice Maria Carvalho Alves          | Individual                                | 45:20  | +18:29 | 05:16 |      |
| 143  | 134 | Miguel Pereira                      | Individual                                | 45:32  | +18:41 | 05:18 |      |
| 144  | 33  | Telmo Lemos                         | ARRASTASSOLAS                             | 45:32  | +18:41 | 05:18 |      |
| 145  | 115 | Emanuel Sousa                       | Individual                                | 45:41  | +18:50 | 05:19 |      |
| 146  | 229 | An sio Cardoso Prata                | JAM - Franklim Prata Energia              | 45:46  | +18:55 | 05:19 |      |
| 147  | 34  | Carlos Oliveira                     | ARRASTASSOLAS                             | 45:50  | +18:59 | 05:20 |      |
| 148  | 205 | David Jos  Silva Duarte             | JAM - Franklim Prata Energia              | 45:57  | +19:06 | 05:21 |      |
| 149  | 183 | Ad lio Alegria                      | Individual                                | 46:29  | +19:38 | 05:24 |      |
| 150  | 281 | Jos  Marques                        | We Say Run                                | 46:33  | +19:42 | 05:25 |      |
| 151  | 215 | Carina Santos                       | JAM - Franklim Prata Energia              | 47:07  | +20:16 | 05:29 |      |
| 152  | 93  | Ana Margarida                       | Individual                                | 47:07  | +20:16 | 05:29 |      |
| 153  | 80  | Elisabete silva                     | Elisabete Silva                           | 47:16  | +20:25 | 05:30 |      |
| 154  | 126 | Joaquim Alfredo Silva Bastos        | Individual                                | 47:22  | +20:31 | 05:30 |      |
| 155  | 225 | Marco Filipe Alves de Jesus         | JAM - Franklim Prata Energia              | 47:23  | +20:32 | 05:31 |      |
| 156  | 170 | Hugo Daniel de Pinho Moreira        | Individual                                | 47:28  | +20:37 | 05:31 |      |
| 157  | 21  | Maria Nunes                         | ADC CJ CLARK de Castelo de Paiva          | 47:28  | +20:37 | 05:31 |      |
| 158  | 24  | Elisabete Barbosa                   | ADC CJ CLARK de Castelo de Paiva          | 47:35  | +20:44 | 05:32 |      |
| 159  | 101 | Marta Carvalho                      | Individual                                | 47:50  | +20:59 | 05:34 |      |
| 160  | 17  |  ngela Silva                        | ADC CJ CLARK de Castelo de Paiva          | 47:56  | +21:05 | 05:34 |      |
| 161  | 283 | Nuno Silva                          | JAM - Franklim Prata Energia              | 48:05  | +21:14 | 05:36 |      |
| 162  | 102 | Patricia Teixeira                   | Individual                                | 48:14  | +21:23 | 05:37 |      |
| 163  | 46  | VICT RIA BERNARDES                  | Brandoenses Running                       | 48:18  | +21:27 | 05:37 |      |
| 164  | 195 | fernando duarte ferreira            | Individual                                | 48:24  | +21:33 | 05:38 |      |
| 165  | 53  | Miguel Santos                       | Caldas s o jorge sport clube              | 48:26  | +21:35 | 05:38 |      |
| 166  | 253 | Diogo Rocha                         | Pass                                      | 48:35  | +21:44 | 05:39 |      |
| 167  | 156 | Liliana Cardoso8                    | Individual                                | 48:44  | +21:53 | 05:40 |      |
| 168  | 169 | Helder Soares                       | Individual                                | 48:44  | +21:53 | 05:40 |      |
| 169  | 194 | Domingos Cunha Costa                | Individual                                | 48:51  | +22:00 | 05:41 |      |
| 170  | 189 | Miguel Martins                      | Individual                                | 49:45  | +22:54 | 05:47 |      |
| 171  | 180 | Tiago Barbosa                       | Individual                                | 50:08  | +23:17 | 05:50 |      |
| 172  | 152 | Tiago Silva                         | Individual                                | 50:22  | +23:31 | 05:51 |      |
| 173  | 100 | Mariana Moreira                     | Individual                                | 50:24  | +23:33 | 05:52 |      |
| 174  | 25  | Manuela Rodrigues                   | ADC CJ CLARK de Castelo de Paiva          | 50:28  | +23:37 | 05:52 |      |
| 175  | 22  | Marta Sousa                         | ADC CJ CLARK de Castelo de Paiva          | 50:29  | +23:38 | 05:52 |      |
| 176  | 75  | ARLINDO SILVA                       | Clube Atletismo de Ovar                   | 50:32  | +23:41 | 05:53 |      |
| 177  | 191 | Paulo S rgio matos Lamego           | Individual                                | 51:03  | +24:12 | 05:56 |      |
| 178  | 212 | Rui Pedro da Costa Santos           | JAM - Franklim Prata Energia              | 51:20  | +24:29 | 05:58 |      |
| 179  | 124 | Gonalo Cris stomo Soares           | Individual                                | 51:32  | +24:41 | 06:00 |      |

**8,6 KM**

## OFFICIAL RESULT

generate 06-dez.-2025 19:15

## Corrida

**8,6 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 18:00 | 15,7°C      | 97%      |
| End   | 19:13 | 15.7°C      | 97%      |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|-----|------|------|-----|--------|------|------|
|------|-----|------|------|-----|--------|------|------|

## Senior Feminino

|    |     |                                       |                                   |                 |          |              |
|----|-----|---------------------------------------|-----------------------------------|-----------------|----------|--------------|
| 1  | 49  | Ana Alves                             | C.F. Oliveira do Douro            | Senior Feminino | 31:47    | 03:42        |
| 2  | 276 | Joana Marques                         | Sport Clube Beira-Mar             | Senior Feminino | 32:23    | +00:35 03:46 |
| 3  | 61  | ANA ALBUQUERQUE                       | CASA DO POVO DE MANGUALDE         | Senior Feminino | 33:40    | +01:53 03:55 |
| 4  | 237 | Suse Silva                            | JOBRA-ASSOCIAÇÃO JOVENS DA BRANCA | Senior Feminino | 35:37    | +03:49 04:08 |
| 5  | 10  | Tânia Henriques                       | ACD OS ÍLHAVOS                    | Senior Feminino | 39:35    | +07:47 04:36 |
| 6  | 56  | Francisca Sousa                       | Calmivet, por favor               | Senior Feminino | 42:07    | +10:19 04:54 |
| 7  | 16  | Andreia Teixeira                      | ADC CJ CLARK de Castelo de Paiva  | Senior Feminino | 43:03    | +11:15 05:00 |
| 8  | 97  | Catarina silva                        | Individual                        | Senior Feminino | 43:03    | +11:16 05:00 |
| 9  | 89  | Alice Maria Carvalho Alves            | Individual                        | Senior Feminino | 45:20    | +13:32 05:16 |
| 10 | 93  | Ana Margarida                         | Individual                        | Senior Feminino | 47:07    | +15:20 05:29 |
| 11 | 101 | Marta Carvalho                        | Individual                        | Senior Feminino | 47:50    | +16:02 05:34 |
| 12 | 17  | Ângela Silva                          | ADC CJ CLARK de Castelo de Paiva  | Senior Feminino | 47:56    | +16:08 05:34 |
| 13 | 102 | Patricia Teixeira                     | Individual                        | Senior Feminino | 48:14    | +16:27 05:37 |
| 14 | 100 | Mariana Moreira                       | Individual                        | Senior Feminino | 50:24    | +18:36 05:52 |
| 15 | 99  | Mafalda Gonçalves                     | Individual                        | Senior Feminino | 52:11    | +20:24 06:04 |
| 16 | 94  | Andreia Soares                        | Individual                        | Senior Feminino | 52:26    | +20:38 06:06 |
| 17 | 91  | Ana Dias                              | Individual                        | Senior Feminino | 52:31    | +20:44 06:06 |
| 18 | 103 | Samy Dias                             | Individual                        | Senior Feminino | 52:38    | +20:51 06:07 |
| 19 | 96  | Beatriz Couto                         | Individual                        | Senior Feminino | 52:39    | +20:51 06:07 |
| 20 | 203 | Luana Thais Barreiros Teixeira Dantas | JAM - Franklim Prata Energia      | Senior Feminino | 53:12    | +21:25 06:11 |
| 21 | 274 | Sofia Belinha                         | RunforEat                         | Senior Feminino | 53:44    | +21:56 06:15 |
| 22 | 92  | Ana Filipa fontes Silva Alves         | Individual                        | Senior Feminino | 53:44    | +21:56 06:15 |
| 23 | 201 | Joana Santos Prata                    | JAM - Franklim Prata Energia      | Senior Feminino | 58:55    | +27:07 06:51 |
| 24 | 90  | Ana Cristina Coimbra Teixeira         | Individual                        | Senior Feminino | 01:01:47 | +29:59 07:11 |
| 25 | 197 | Andreia Rodrigues                     | JAM - Franklim Prata Energia      | Senior Feminino | 01:02:02 | +30:14 07:13 |
| 26 | 98  | Jéssica castro                        | Individual                        | Senior Feminino | 01:03:16 | +31:28 07:21 |
| 27 | 55  | Bárbara Amaro                         | Calmivet, por favor               | Senior Feminino | 01:07:50 | +36:03 07:53 |
| 28 | 58  | Rita Lasca                            | Calmivet, por favor               | Senior Feminino | 01:12:30 | +40:43 08:26 |

## Senior Masculino

|   |     |                   |                           |                  |       |              |
|---|-----|-------------------|---------------------------|------------------|-------|--------------|
| 1 | 62  | CRISTIANO PEREIRA | CASA DO POVO DE MANGUALDE | Senior Masculino | 26:51 | 03:07        |
| 2 | 67  | IGOR GAIO         | Clube Atletismo de Ovar   | Senior Masculino | 28:18 | +01:26 03:17 |
| 3 | 69  | SERGIO PAIVA      | Clube Atletismo de Ovar   | Senior Masculino | 28:30 | +01:39 03:19 |
| 4 | 277 | Daniel Sousa      | Sport Clube Beira-Mar     | Senior Masculino | 28:54 | +02:02 03:22 |



## Corrida

**8,6 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

|    |     |                                     |                                    |                  |       |        |       |
|----|-----|-------------------------------------|------------------------------------|------------------|-------|--------|-------|
| 5  | 66  | CELSO LEITE                         | Clube Atletismo de Ovar            | Senior Masculino | 29:12 | +02:21 | 03:24 |
| 6  | 41  | Ricardo Pires                       | Atletismo Miranda do Douro-CDMD    | Senior Masculino | 30:07 | +03:16 | 03:30 |
| 7  | 112 | Diogo Fontes                        | Individual                         | Senior Masculino | 30:13 | +03:22 | 03:31 |
| 8  | 11  | Fábio Sousa                         | ACD OS ÍLHAVOS                     | Senior Masculino | 30:20 | +03:29 | 03:32 |
| 9  | 68  | RENATO PEREIRA                      | Clube Atletismo de Ovar            | Senior Masculino | 31:46 | +04:55 | 03:42 |
| 10 | 120 | Francisco Lopes Brito dos Santos    | Individual                         | Senior Masculino | 32:36 | +05:45 | 03:47 |
| 11 | 242 | António Ricardo Henriques           | Os Dragões de Mozelos              | Senior Masculino | 32:59 | +06:08 | 03:50 |
| 12 | 20  | Samuel Silva                        | ADC CJ CLARK de Castelo de Paiva   | Senior Masculino | 33:04 | +06:13 | 03:5  |
| 13 | 136 | Miguel Tavares                      | Individual                         | Senior Masculino | 33:19 | +06:27 | 03:52 |
| 14 | 104 | André Cruz                          | Individual                         | Senior Masculino | 34:30 | +07:39 | 04:01 |
| 15 | 150 | Tiago Costa                         | Individual                         | Senior Masculino | 34:50 | +07:58 | 04:03 |
| 16 | 261 | Vasco Lino                          | Pernas de Pau Velozes de Argoncile | Senior Masculino | 35:30 | +08:39 | 04:08 |
| 17 | 105 | André Mota                          | Individual                         | Senior Masculino | 35:54 | +09:03 | 04:10 |
| 18 | 63  | DANIEL REBELO                       | CASA DO POVO DE MANGUALDE          | Senior Masculino | 36:03 | +09:12 | 04:12 |
| 19 | 238 | Marcelo Fonseca                     | JOBRA-ASSOCIAÇÃO JOVENS DA BRANCA  | Senior Masculino | 36:08 | +09:17 | 04:12 |
| 20 | 130 | Lucas Pimenta                       | Individual                         | Senior Masculino | 36:14 | +09:23 | 04:13 |
| 21 | 15  | Daniel Albergaria Ferreira da Silva | ACRV                               | Senior Masculino | 36:31 | +09:39 | 04:15 |
| 22 | 60  | Pedro Brandão                       | Calmivet, por favor                | Senior Masculino | 36:39 | +09:48 | 04:16 |
| 23 | 213 | Tiago Oliveira                      | JAM - Franklim Prata Energia       | Senior Masculino | 36:45 | +09:54 | 04:16 |
| 24 | 133 | Manuel Henrique                     | Individual                         | Senior Masculino | 37:47 | +10:56 | 04:24 |
| 25 | 209 | João Santos                         | JAM - Franklim Prata Energia       | Senior Masculino | 37:49 | +10:58 | 04:24 |
| 26 | 244 | Sérgio Paulo Moreira da Silva       | Os Dragões de Mozelos              | Senior Masculino | 38:25 | +11:33 | 04:28 |
| 27 | 259 | João Silva                          | Pernas de Pau Velozes de Argoncile | Senior Masculino | 38:34 | +11:43 | 04:29 |
| 28 | 107 | André Resende Tavares               | Individual                         | Senior Masculino | 38:36 | +11:45 | 04:29 |
| 29 | 147 | Rui Daniel Caetano Madureira        | Individual                         | Senior Masculino | 38:46 | +11:55 | 04:30 |
| 30 | 135 | Miguel Sá                           | Individual                         | Senior Masculino | 39:07 | +12:15 | 04:33 |
| 31 | 148 | Samuel rocha                        | Individual                         | Senior Masculino | 39:15 | +12:24 | 04:34 |
| 32 | 224 | Ricardo Reis                        | JAM - Franklim Prata Energia       | Senior Masculino | 39:16 | +12:25 | 04:34 |
| 33 | 111 | Daniel Vieira                       | Individual                         | Senior Masculino | 39:33 | +12:41 | 04:36 |
| 34 | 146 | Rui Correia                         | Individual                         | Senior Masculino | 40:00 | +13:09 | 04:39 |
| 35 | 260 | Rui Gonçalves                       | Pernas de Pau Velozes de Argoncile | Senior Masculino | 40:14 | +13:23 | 04:41 |
| 36 | 59  | Eduardo Ferreira                    | Calmivet, por favor                | Senior Masculino | 40:15 | +13:23 | 04:41 |
| 37 | 275 | Zé Belinha                          | RunforEat                          | Senior Masculino | 40:52 | +14:01 | 04:45 |
| 38 | 206 | Dominik Lian Shiguero Lemes         | JAM - Franklim Prata Energia       | Senior Masculino | 41:35 | +14:43 | 04:50 |
| 39 | 110 | Carlos Pereira                      | Individual                         | Senior Masculino | 41:53 | +15:02 | 04:52 |
| 40 | 116 | Fábio Cardoso                       | Individual                         | Senior Masculino | 42:39 | +15:48 | 04:58 |
| 41 | 118 | Filipe Monteiro                     | Individual                         | Senior Masculino | 42:46 | +15:54 | 04:58 |
| 42 | 210 | Nuno Filipe Neto Gomes              | JAM - Franklim Prata Energia       | Senior Masculino | 42:57 | +16:05 | 05:00 |
| 43 | 278 | Afonso Freire                       | We Say Run                         | Senior Masculino | 42:58 | +16:07 | 05:00 |
| 44 | 106 | André Pinto                         | Individual                         | Senior Masculino | 42:59 | +16:08 | 05:00 |
| 45 | 140 | Pedro Gomes                         | Individual                         | Senior Masculino | 43:00 | +16:09 | 05:00 |
| 46 | 243 | Fábio Oliveira Silva                | Os Dragões de Mozelos              | Senior Masculino | 43:04 | +16:13 | 05:00 |

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## OFFICIAL RESULT

|    |     |                               |                                  |                  |          |        |       |
|----|-----|-------------------------------|----------------------------------|------------------|----------|--------|-------|
| 47 | 280 | José Amorim                   | We Say Run                       | Senior Masculino | 43:16    | +16:24 | 05:02 |
| 48 | 143 | Rafael Ferreira               | Individual                       | Senior Masculino | 43:26    | +16:35 | 05:03 |
| 49 | 208 | João Miguel dos Reis Oliveira | JAM - Franklim Prata Energia     | Senior Masculino | 43:40    | +16:49 | 05:05 |
| 50 | 255 | Rui Sousa                     | Pass                             | Senior Masculino | 43:56    | +17:05 | 05:07 |
| 51 | 123 | Gonçalo Alegria               | Individual                       | Senior Masculino | 44:05    | +17:14 | 05:08 |
| 52 | 199 | Elias Anderson Dantas Freire  | JAM - Franklim Prata Energia     | Senior Masculino | 44:35    | +17:43 | 05:1  |
| 53 | 204 | Alexandre Pinto               | JAM - Franklim Prata Energia     | Senior Masculino | 44:50    | +17:59 | 05:13 |
| 54 | 134 | Miguel Pereira                | Individual                       | Senior Masculino | 45:32    | +18:40 | 05:18 |
| 55 | 33  | Telmo Lemos                   | ARRASTASSOLAS                    | Senior Masculino | 45:32    | +18:41 | 05:18 |
| 56 | 115 | Emanuel Sousa                 | Individual                       | Senior Masculino | 45:41    | +18:50 | 05:19 |
| 57 | 205 | David José Silva Duarte       | JAM - Franklim Prata Energia     | Senior Masculino | 45:57    | +19:06 | 05:21 |
| 58 | 281 | José Marques                  | We Say Run                       | Senior Masculino | 46:33    | +19:42 | 05:25 |
| 59 | 126 | Joaquim Alfredo Silva Bastos  | Individual                       | Senior Masculino | 47:22    | +20:31 | 05:30 |
| 60 | 253 | Diogo Rocha                   | Pass                             | Senior Masculino | 48:35    | +21:44 | 05:39 |
| 61 | 152 | Tiago Silva                   | Individual                       | Senior Masculino | 50:22    | +23:31 | 05:51 |
| 62 | 212 | Rui Pedro da Costa Santos     | JAM - Franklim Prata Energia     | Senior Masculino | 51:20    | +24:29 | 05:58 |
| 63 | 124 | Gonçalo Crisóstomo Soares     | Individual                       | Senior Masculino | 51:32    | +24:41 | 06:00 |
| 64 | 119 | Francisco João Monteiro Matos | Individual                       | Senior Masculino | 51:32    | +24:41 | 06:00 |
| 65 | 151 | Tiago Oliveira                | Individual                       | Senior Masculino | 52:11    | +25:20 | 06:04 |
| 66 | 279 | Diogo Ladeira                 | We Say Run                       | Senior Masculino | 52:17    | +25:26 | 06:05 |
| 67 | 132 | Manuel Gomes                  | Individual                       | Senior Masculino | 52:43    | +25:52 | 06:08 |
| 68 | 144 | Ricardo Moreira               | Individual                       | Senior Masculino | 53:50    | +26:59 | 06:16 |
| 69 | 117 | Fábio Costa                   | Individual                       | Senior Masculino | 53:50    | +26:59 | 06:16 |
| 70 | 19  | Marcelo Souza                 | ADC CJ CLARK de Castelo de Paiva | Senior Masculino | 54:11    | +27:19 | 06:18 |
| 71 | 122 | Gil Mota                      | Individual                       | Senior Masculino | 57:03    | +30:12 | 06:38 |
| 72 | 245 | Tiago Alves                   | Os Dragões de Mozelos            | Senior Masculino | 58:05    | +31:14 | 06:45 |
| 73 | 214 | Vasco Santos Prata            | JAM - Franklim Prata Energia     | Senior Masculino | 58:27    | +31:36 | 06:48 |
| 74 | 254 | Ivo Pinto                     | Pass                             | Senior Masculino | 01:01:17 | +34:26 | 07:08 |
| 75 | 131 | Luciano Ribeiro               | Individual                       | Senior Masculino | 01:03:16 | +36:24 | 07:21 |
| 76 | 114 | Domingos Oliveira             | Individual                       | Senior Masculino | 01:12:31 | +45:40 | 08:26 |

|    |     |                                     |                              |              |       |              |
|----|-----|-------------------------------------|------------------------------|--------------|-------|--------------|
| 1  | 83  | Sandra Ferreira                     | GDC Guilhovai                | Veterana F40 | 32:06 | 03:44        |
| 2  | 158 | Suzete André                        | Individual                   | Veterana F40 | 37:25 | +05:18 04:21 |
| 3  | 70  | SARS COSTA                          | Clube Atletismo de Ovar      | Veterana F40 | 38:04 | +05:58 04:26 |
| 4  | 79  | JOANA FRANCO ROCHA                  | Clube Millennium BCP         | Veterana F40 | 38:39 | +06:32 04:30 |
| 5  | 269 | Sara Mota                           | Run & Fun                    | Veterana F40 | 38:42 | +06:36 04:30 |
| 6  | 82  | Paula Oliveira                      | GDC Guilhovai                | Veterana F40 | 39:31 | +07:24 04:36 |
| 7  | 45  | Perpétua Silva                      | Brandoenses Running          | Veterana F40 | 41:06 | +08:59 04:47 |
| 8  | 268 | Elsa Mota                           | Run & Fun                    | Veterana F40 | 42:21 | +10:15 04:55 |
| 9  | 154 | Cristiana Moreira                   | Individual                   | Veterana F40 | 42:46 | +10:39 04:58 |
| 10 | 155 | FILIPA ALEXANDRA DE MENESES PERALTA | Individual                   | Veterana F40 | 44:14 | +12:08 05:09 |
| 11 | 215 | Carina Santos                       | JAM - Franklim Prata Energia | Veterana F40 | 47:07 | +15:00 05:29 |



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|    |     |                  |                                  |              |       |        |       |
|----|-----|------------------|----------------------------------|--------------|-------|--------|-------|
| 12 | 21  | Maria Nunes      | ADC CJ CLARK de Castelo de Paiva | Veterana F40 | 47:28 | +15:22 | 05:31 |
| 13 | 156 | Liliana Cardoso8 | Individual                       | Veterana F40 | 48:44 | +16:37 | 05:40 |
| 14 | 22  | Marta Sousa      | ADC CJ CLARK de Castelo de Paiva | Veterana F40 | 50:29 | +18:23 | 05:52 |

|   |     |                    |                                  |              |       |              |
|---|-----|--------------------|----------------------------------|--------------|-------|--------------|
| 1 | 240 | Regina Gilvaz      | Núcleo de atletismo de cucujaes  | Veterana F50 | 37:31 | 04:22        |
| 2 | 23  | Adélia Tavares     | ADC CJ CLARK de Castelo de Paiva | Veterana F50 | 38:50 | +01:18 04:31 |
| 3 | 217 | Matilde Baptista   | JAM - Franklim Prata Energia     | Veterana F50 | 41:54 | +04:23 04:52 |
| 4 | 161 | Maria Santos       | Individual                       | Veterana F50 | 42:08 | +04:36 04:54 |
| 5 | 24  | Elisabete Barbosa  | ADC CJ CLARK de Castelo de Paiva | Veterana F50 | 47:35 | +10:03 05:32 |
| 6 | 46  | VICTÓRIA BERNARDES | Brandoenses Running              | Veterana F50 | 48:18 | +10:47 05:37 |
| 7 | 25  | Manuela Rodrigues  | ADC CJ CLARK de Castelo de Paiva | Veterana F50 | 50:28 | +12:56 05:52 |
| 8 | 162 | Rosa Santos        | Individual                       | Veterana F50 | 54:09 | +16:37 06:18 |
| 9 | 292 | Geni Santos        | JAM - Franklim Prata Energia     | Veterana F50 | 59:13 | +21:42 06:53 |

|   |     |                  |                              |              |       |              |
|---|-----|------------------|------------------------------|--------------|-------|--------------|
| 1 | 80  | Elisabete silva  | Elisabete Silva              | Veterana F60 | 47:16 | 05:30        |
| 2 | 219 | Marinha Baptista | JAM - Franklim Prata Energia | Veterana F60 | 57:25 | +10:09 06:41 |

|    |     |                          |                                     |              |       |        |       |
|----|-----|--------------------------|-------------------------------------|--------------|-------|--------|-------|
| 1  | 84  | António Castro           | GDC Guilhovai                       | Veterano M40 | 27:49 |        | 03:14 |
| 2  | 78  | Pedro Cerdeirinha        | Clube de Futebol União de Lamas     | Veterano M40 | 28:05 | +00:15 | 03:16 |
| 3  | 177 | Rui António Silva Gomes  | Sporting Clube de Espinho / Triatlo | Veterano M40 | 29:51 | +02:02 | 03:28 |
| 4  | 43  | Mário Torrado            | Atletismo Miranda do Douro-CDMD     | Veterano M40 | 30:16 | +02:27 | 03:31 |
| 5  | 72  | LUIS SILVA               | Clube Atletismo de Ovar             | Veterano M40 | 30:38 | +02:49 | 03:34 |
| 6  | 12  | João Paulo Ferreira Dias | ACD OS ÍLHAVOS                      | Veterano M40 | 31:15 | +03:25 | 03:38 |
| 7  | 167 | Daniel Silva             | Individual                          | Veterano M40 | 31:51 | +04:02 | 03:42 |
| 8  | 14  | Nuno Oliveira            | ACR Vale de Cambra                  | Veterano M40 | 32:17 | +04:28 | 03:45 |
| 9  | 28  | Hélder Pinto             | ADC CJ CLARK de Castelo de Paiva    | Veterano M40 | 32:20 | +04:31 | 03:46 |
| 10 | 246 | André Silva              | Os Dragões de Mozelos               | Veterano M40 | 32:27 | +04:38 | 03:46 |
| 11 | 81  | JOSE ALMEIDA             | EV-Peraltafil                       | Veterano M40 | 32:34 | +04:45 | 03:47 |
| 12 | 71  | CARLOS SEQUEIRA          | Clube Atletismo de Ovar             | Veterano M40 | 32:50 | +05:01 | 03:49 |
| 13 | 181 | Vasco Regadas            | Individual                          | Veterano M40 | 34:27 | +06:38 | 04:00 |
| 14 | 88  | Manuel Silva             | GDSPO                               | Veterano M40 | 34:58 | +07:09 | 04:04 |
| 15 | 42  | Fernando Ribeiro         | Atletismo Miranda do Douro-CDMD     | Veterano M40 | 36:06 | +08:17 | 04:12 |
| 16 | 271 | Nelson Pais              | Run & Fun                           | Veterano M40 | 36:21 | +08:32 | 04:14 |
| 17 | 29  | Nuno Sousa               | ADC CJ CLARK de Castelo de Paiva    | Veterano M40 | 37:24 | +09:34 | 04:21 |

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|    |     |                              |                                  |              |       |        |       |
|----|-----|------------------------------|----------------------------------|--------------|-------|--------|-------|
| 18 | 263 | Luis ramos                   | Reumaticos                       | Veterano M40 | 37:38 | +09:49 | 04:23 |
| 19 | 47  | Henrique Amorim              | Brandoenses Running              | Veterano M40 | 37:41 | +09:52 | 04:23 |
| 20 | 221 | Francisco Fernandes          | JAM - Franklim Prata Energia     | Veterano M40 | 37:45 | +09:56 | 04:23 |
| 21 | 220 | Bruno Santos                 | JAM - Franklim Prata Energia     | Veterano M40 | 37:47 | +09:58 | 04:24 |
| 22 | 35  | Pedro Magalhães              | ARRASTASSOLAS                    | Veterano M40 | 38:30 | +10:41 | 04:29 |
| 23 | 36  | Vitor Correia                | ARRASTASSOLAS                    | Veterano M40 | 38:31 | +10:42 | 04:29 |
| 24 | 256 | Tiago Cruz                   | Pedras Rolantes                  | Veterano M40 | 39:51 | +12:01 | 04:38 |
| 25 | 175 | Mário Pereira                | Individual                       | Veterano M40 | 40:06 | +12:16 | 04:40 |
| 26 | 26  | Fernando Jesus               | ADC CJ CLARK de Castelo de Paiva | Veterano M40 | 40:41 | +12:52 | 04:44 |
| 27 | 165 | António Soares               | Individual                       | Veterano M40 | 40:58 | +13:09 | 04:46 |
| 28 | 178 | Rui Neves                    | Individual                       | Veterano M40 | 42:47 | +14:57 | 04:58 |
| 29 | 173 | Márcio Daniel Moura          | Individual                       | Veterano M40 | 42:55 | +15:06 | 04:59 |
| 30 | 249 | Ricardo Silva                | Os Dragões de Mozelos            | Veterano M40 | 43:04 | +15:15 | 05:00 |
| 31 | 34  | Carlos Oliveira              | ARRASTASSOLAS                    | Veterano M40 | 45:50 | +18:01 | 05:20 |
| 32 | 225 | Marco Filipe Alves de Jesus  | JAM - Franklim Prata Energia     | Veterano M40 | 47:23 | +19:33 | 05:31 |
| 33 | 170 | Hugo Daniel de Pinho Moreira | Individual                       | Veterano M40 | 47:28 | +19:38 | 05:31 |
| 34 | 283 | Nuno Silva                   | JAM - Franklim Prata Energia     | Veterano M40 | 48:05 | +20:16 | 05:36 |
| 35 | 53  | Miguel Santos                | Caldas são jorge sport clube     | Veterano M40 | 48:26 | +20:37 | 05:38 |
| 36 | 169 | Helder Soares                | Individual                       | Veterano M40 | 48:44 | +20:55 | 05:40 |
| 37 | 180 | Tiago Barbosa                | Individual                       | Veterano M40 | 50:08 | +22:19 | 05:50 |
| 38 | 247 | Hugo Teixeira                | Os Dragões de Mozelos            | Veterano M40 | 58:04 | +30:15 | 06:45 |
| 39 | 248 | José Oliveira                | Os Dragões de Mozelos            | Veterano M40 | 58:04 | +30:15 | 06:45 |
| 40 | 252 | Pedro Guedes                 | Os Mancos                        | Veterano M40 | 58:55 | +31:05 | 06:51 |
| 41 | 251 | Nuno Almeida                 | Os Mancos                        | Veterano M40 | 59:00 | +31:10 | 06:52 |

|    |     |                            |                                  |              |       |              |
|----|-----|----------------------------|----------------------------------|--------------|-------|--------------|
| 1  | 86  | Artur Rodrigues            | GDC Guilhovai                    | Veterano M50 | 28:54 | 03:22        |
| 2  | 85  | António Fernandes          | GDC Guilhovai                    | Veterano M50 | 29:26 | +00:31 03:25 |
| 3  | 285 | Renato Silva               | Caldas são jorge sport clube     | Veterano M50 | 31:13 | +02:18 03:38 |
| 4  | 192 | ROBERTO GARRIDO RUIZ       | Individual                       | Veterano M50 | 31:24 | +02:30 03:39 |
| 5  | 74  | ROGERIO CAMPOS             | Clube Atletismo de Ovar          | Veterano M50 | 32:22 | +03:27 03:46 |
| 6  | 44  | César Pires                | Atletismo Miranda do Douro-CDMD  | Veterano M50 | 32:30 | +03:35 03:47 |
| 7  | 264 | Fernando santos            | Reumaticos                       | Veterano M50 | 33:22 | +04:27 03:53 |
| 8  | 187 | Jose silva reis            | Individual                       | Veterano M50 | 33:40 | +04:45 03:55 |
| 9  | 265 | Paulo pereira              | Reumaticos                       | Veterano M50 | 34:00 | +05:05 03:57 |
| 10 | 73  | JOSE PINTO                 | Clube Atletismo de Ovar          | Veterano M50 | 34:04 | +05:10 03:58 |
| 11 | 51  | Carlos Cardoso             | CAL - Clube Atletismo de Lamas   | Veterano M50 | 34:39 | +05:44 04:02 |
| 12 | 37  | Pedro Carvalho             | ARRASTASSOLAS                    | Veterano M50 | 35:12 | +06:18 04:06 |
| 13 | 31  | José Ferreira              | ADC CJ CLARK de Castelo de Paiva | Veterano M50 | 36:25 | +07:30 04:14 |
| 14 | 231 | João Paulo Pereira Barbosa | JAM - Franklim Prata Energia     | Veterano M50 | 38:24 | +09:30 04:28 |
| 15 | 272 | Mário Almeida              | Run & Fun                        | Veterano M50 | 38:31 | +09:37 04:29 |
| 16 | 266 | Paulo ramos                | Reumaticos                       | Veterano M50 | 39:03 | +10:08 04:32 |
| 17 | 232 | Justino Soares             | JAM - Franklim Prata Energia     | Veterano M50 | 39:50 | +10:55 04:38 |
| 18 | 233 | Manuel Oliveira            | JAM - Franklim Prata Energia     | Veterano M50 | 39:51 | +10:56 04:38 |

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|----|-----|---------------------------|-------------------------------------------|--------------|----------|--------|-------|
| 19 | 52  | PAULO NEVES               | CAL - Clube Atletismo de Lamas            | Veterano M50 | 40:26    | +11:32 | 04:42 |
| 20 | 250 | Américo Silva             | Os Dragões de Mozelos                     | Veterano M50 | 41:55    | +13:00 | 04:52 |
| 21 | 186 | Cesar Sousa               | Individual                                | Veterano M50 | 42:43    | +13:48 | 04:58 |
| 22 | 32  | Rui Martins               | ADC CJ CLARK de Castelo de Paiva          | Veterano M50 | 43:39    | +14:44 | 05:05 |
| 23 | 40  | José Sousa                | Associação de atletismo Lebres do sado    | Veterano M50 | 43:44    | +14:49 | 05:05 |
| 24 | 64  | Jorge Silva               | Cirac - Circulo de Recreio Arte e Cultura | Veterano M50 | 44:17    | +15:22 | 05:09 |
| 25 | 193 | Silvio Ferreira           | Individual                                | Veterano M50 | 44:28    | +15:34 | 05:10 |
| 26 | 229 | Anésio Cardoso Prata      | JAM - Franklim Prata Energia              | Veterano M50 | 45:46    | +16:51 | 05:19 |
| 27 | 183 | Adélio Alegria            | Individual                                | Veterano M50 | 46:29    | +17:35 | 05:24 |
| 28 | 189 | Miguel Martins            | Individual                                | Veterano M50 | 49:45    | +20:50 | 05:47 |
| 29 | 191 | Paulo Sérgio matos Lamego | Individual                                | Veterano M50 | 51:03    | +22:08 | 05:56 |
| 30 | 30  | Armindo Rodrigues         | ADC CJ CLARK de Castelo de Paiva          | Veterano M50 | 01:12:39 | +43:45 | 08:27 |

|    |     |                          |                                         |              |       |              |
|----|-----|--------------------------|-----------------------------------------|--------------|-------|--------------|
| 1  | 77  | MARIO VAZ                | Clube Atletismo de Ovar                 | Veterano M60 | 32:27 | 03:46        |
| 2  | 87  | José Tavares             | GDC Guilhovai                           | Veterano M60 | 33:01 | +00:34 03:50 |
| 3  | 282 | Vitor Resende            | Clube de Futebol União de Lamas         | Veterano M60 | 33:16 | +00:48 03:52 |
| 4  | 38  | Alfredo Fraga            | ARRASTASSOLAS                           | Veterano M60 | 35:03 | +02:36 04:05 |
| 5  | 284 | Pedro Terra              | Serviços Sociais de São João da Madeira | Veterano M60 | 35:08 | +02:40 04:05 |
| 6  | 48  | Alcides Relvas           | Bravos e Bravitas                       | Veterano M60 | 35:45 | +03:17 04:09 |
| 7  | 235 | Manuel Gomes             | JAM - Franklim Prata Energia            | Veterano M60 | 37:51 | +05:24 04:24 |
| 8  | 273 | Ze Moutinho              | Run & Fun                               | Veterano M60 | 39:18 | +06:50 04:34 |
| 9  | 236 | Manuel Santos            | JAM - Franklim Prata Energia            | Veterano M60 | 42:04 | +09:37 04:53 |
| 10 | 76  | ARTUR REIS               | Clube Atletismo de Ovar                 | Veterano M60 | 43:30 | +11:02 05:03 |
| 11 | 196 | José Graça               | Individual                              | Veterano M60 | 44:51 | +12:23 05:13 |
| 12 | 195 | fernando duarte ferreira | Individual                              | Veterano M60 | 48:24 | +15:56 05:38 |
| 13 | 194 | Domingos Cunha Costa     | Individual                              | Veterano M60 | 48:51 | +16:24 05:41 |
| 14 | 75  | ARLINDO SILVA            | Clube Atletismo de Ovar                 | Veterano M60 | 50:32 | +18:04 05:53 |



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