

10 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	18:00	12,1°C	71%
End	19:41	12.1°C	71%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	24	Tiago Madureira	ADCP PEDRALVA	33:58		03:24	
2	26	Renato Teixeira	AFIPRE Team	34:06	+00:08	03:25	
3	277	Fábio Barbosa	Individual	34:32	+00:34	03:27	
4	173	Antonio Castro	Grupo D. C. Guilhovai	34:36	+00:38	03:28	
5	570	José Moreira	Salvador do Campo	34:51	+00:53	03:29	
6	574	Fabio Correia	Sporting clube de Espinho	35:07	+01:09	03:31	
7	121	Joao Alegria	CLUBE DE CAMPISMO DE SAO JOAO DA MADEIRA	35:15	+01:17	03:32	
8	172	Andre Adriano	Grupo D. C. Guilhovai	35:18	+01:20	03:32	
9	160	Joaquim Figueiredo	Figueiredos And Friend	35:47	+01:49	03:35	
10	175	Artur Rodrigues	Grupo D. C. Guilhovai	35:49	+01:51	03:35	
11	106	Hugo Almeida	Caldas de sao jorge sport club	35:55	+01:57	03:35	
12	3	André Santos	A.C.D OS Ilhavos	35:55	+01:57	03:36	
13	171	Jorge Cubal	Grupo D. C. Guilhovai	36:10	+02:12	03:37	
14	125	Manuel Alves	CLUBE DE CAMPISMO DE SAO JOAO DA MADEIRA	36:21	+02:23	03:38	
15	453	Diogo Fontes	OPENSKY	37:00	+03:02	03:42	
16	516	Joao Fernandes	Pupilos do Zé-Tó	37:18	+03:20	03:44	
17	130	João Amaro	Clube Desportivo Feirense	37:21	+03:23	03:44	
18	133	Antonio Assunção	Clube Desportivo Feirense	37:26	+03:28	03:45	
19	174	Antônio Cristóvão	Grupo D. C. Guilhovai	37:43	+03:45	03:46	
20	439	Lucas Oliveira	Núcleo de Atletismo de Cucujães	37:49	+03:51	03:47	
21	25	Óscar Maia	ADCP PEDRALVA	37:51	+03:53	03:47	
22	81	Valter Laranjeira	ARVOR ASSOCIAÇÃO RECREATIVA OS VETERANOS D´OVAR	38:00	+04:02	03:48	
23	2	Fábio Sousa	A.C.D OS Ilhavos	38:08	+04:10	03:49	
24	312	RUI COSTA	A.C.D OS Ilhavos	38:22	+04:24	03:50	
25	159	Manuel Bessa	EV/PERALTAFIL	38:25	+04:27	03:51	
26	22	Marco Pinho	ACR Vale de Cambra	38:32	+04:34	03:51	
27	163	Mário Ibarra	G.D. A Ronda	38:40	+04:42	03:52	
28	243	Rui Pinto	Individual	38:41	+04:43	03:52	
29	23	Fernando Silva	ACR Vale de Cambra	38:48	+04:50	03:53	
30	105	Renato silva	Caldas de sao jorge sport club	38:59	+05:01	03:54	
31	103	Hugo Silva	G.D. A Ronda	39:01	+05:03	03:54	
32	8	Paulo Noormahomed	ACDC Villa Cesari	39:11	+05:13	03:55	
33	320	João Dias	A.C.D OS Ilhavos	39:17	+05:19	03:56	
34	438	Diogo Rouxinol	Núcleo de Atletismo de Cucujães	39:51	+05:53	03:59	
35	170	Sandra Ferreira	Grupo D. C. Guilhovai	39:57	+05:59	04:00	
36	368	Pedro Matos	Lourosa em Movimento	39:57	+05:59	04:00	
37	126	Pedro Magolo	Clube de Futebol União de Lamas	40:00	+06:02	04:00	
38	185	Benvinda Santos	Individual	40:18	+06:20	04:02	
39	13	Filipe Silva	ACDCDSMF OS Laranjinhas	40:20	+06:22	04:02	
40	348	José Carlos Ribeiro Tavares	Grupo D. C. Guilhovai	40:27	+06:29	04:03	

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
41	569	Belmiro Rodrigues	S.C.Coimbrões	40:37	+06:39	04:04	
42	112	CARLA ALMEIDA	Clube Atletismo de Ovar	40:41	+06:43	04:04	
43	177	António Martins	Grupo Juvenil Pinheiro da Bemposta	40:46	+06:48	04:05	
44	122	Nuno Albergaria	CLUBE DE CAMPISMO DE SAO JOAO DA MADEIRA	40:50	+06:52	04:05	
45	389	Fábio Almeida	NIGHT RUNNERS FEIRA	40:52	+06:54	04:05	
46	584	Vitor Resende	União de Lamas	40:54	+06:56	04:05	
47	367	Miguel Costa	Lourosa em Movimento	41:00	+07:02	04:06	
48	573	Américo Valente	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	41:03	+07:05	04:06	
49	428	Victor Correia	NIGHT RUNNERS FEIRA	41:06	+07:08	04:07	
50	374	Marco China	Lourosa em Movimento	41:15	+07:17	04:08	
51	214	Francisco Cardoso	Individual	41:23	+07:25	04:08	
52	142	Bruno Pereira	CopoRunners	41:26	+07:28	04:09	
53	507	Telmo Pinho	Powerrun Team	41:29	+07:31	04:09	
54	546	Rui Pereira	Pupilos do Zé-Tó	41:31	+07:33	04:09	
55	347	João Pereira	Individual	41:36	+07:38	04:10	
56	36	António Nunes	ARADA ATLÉTICO CLUBE	41:48	+07:50	04:11	
57	120	Mário Silva	Clube de atletismo HM Training Group de Sangalhos	42:05	+08:07	04:13	
58	375	Orlando Valente	Lourosa em Movimento	42:09	+08:11	04:13	
59	555	Rafael Oliveira	Pupilos do Zé-Tó	42:13	+08:15	04:13	
60	420	Antonio Jorge	NIGHT RUNNERS FEIRA	42:20	+08:22	04:14	
61	585	Tiago Oliveira	Vale Correr	42:25	+08:27	04:15	
62	479	Miguel Sanches	Powerrun Team	42:27	+08:29	04:15	
63	327	Marco Andrade	Individual	42:27	+08:29	04:15	
64	366	Ricardo Seromenho	Juventude Atletica Mozelense	42:30	+08:32	04:15	
65	444	Carlos Ferreira	Núcleo de Atletismo de Cucujães	42:35	+08:37	04:15	
66	129	Vera Rodrigues	Clube Desportivo Feirense	42:37	+08:39	04:16	
67	434	Carlos Fazendeiro	NIGHT RUNNERS FEIRA	43:00	+09:02	04:18	
68	431	Paulo Pereira	NIGHT RUNNERS FEIRA	43:02	+09:04	04:18	
69	49	João Tavares	Arrifana Running	43:12	+09:14	04:19	
70	577	PEDRO TERRA	SSTSJM	43:24	+09:26	04:20	
71	134	Paulo Oliveira	Clube Desportivo Feirense	43:28	+09:30	04:21	
72	517	Tiago Pereira	Pupilos do Zé-Tó	43:29	+09:31	04:21	
73	305	Marco Almeida	Individual	43:34	+09:36	04:21	
74	167	Raquel Cirne	GRECAS - Vagos	43:37	+09:39	04:22	
75	572	José Costa	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	43:41	+09:43	04:22	
76	27	Fátima Pinho	AFIS - Ovar	43:42	+09:44	04:22	
77	539	António Silveira	Pupilos do Zé-Tó	43:49	+09:51	04:23	
78	369	Ricardo Ramos	Lourosa em Movimento	43:53	+09:55	04:23	
79	309	Ricardo Duarte	Individual	43:57	+09:59	04:24	
80	59	Helder Faria	Arrifana Running	44:03	+10:05	04:24	
81	515	Diogo Sousa	Pupilos do Zé-Tó	44:04	+10:06	04:24	
82	124	Fernando Oliveira	CLUBE DE CAMPISMO DE SAO JOAO DA MADEIRA	44:05	+10:07	04:25	
83	17	Américo pinho	ACDCDSMF OS Laranjinhas	44:10	+10:12	04:25	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
84	525	Bruno Soares	Pupilos do Zé-Tó	44:21	+10:23	04:26	
85	542	Filipe Almeida	Pupilos do Zé-Tó	44:27	+10:29	04:27	
86	301	João Martins	Individual	44:39	+10:41	04:28	
87	158	Hélder Pires	EV/PERALTAFIL	44:39	+10:41	04:28	
88	157	Cristiana Santos	EV/PERALTAFIL	44:40	+10:42	04:28	
89	314	Vítor Coelho	Individual	44:40	+10:42	04:28	
90	102	Alcides Relvas	Bravos e bravitas	44:50	+10:52	04:29	
91	390	Marcelo Vieira	NIGHT RUNNERS FEIRA	44:54	+10:56	04:29	
92	536	Humberto Rodrigues	Pupilos do Zé-Tó	44:58	+11:00	04:30	
93	498	Nuno Figueiredo	Powerrun Team	45:03	+11:05	04:30	
94	233	Nuno Dias	Individual	45:06	+11:08	04:31	
95	246	Sérgio Andrade	Individual	45:17	+11:19	04:32	
96	329	Pedro Barbosa	Individual	45:20	+11:22	04:32	
97	76	António Fernandes	Arrifana Running	45:21	+11:23	04:32	
98	304	Luís Branco	Individual	45:21	+11:23	04:32	
99	533	Vasco Rocha	Pupilos do Zé-Tó	45:31	+11:33	04:33	
100	7	Vítor Santos	ACAIL GAS	45:31	+11:33	04:33	
101	15	Carlos Paiva	ACDCDSMF OS Laranjinhas	45:38	+11:40	04:34	
102	286	Jorge Santos	Individual	45:38	+11:40	04:34	
103	104	Serafim Rocha	Cá Mouco Runners	45:40	+11:42	04:34	
104	63	Daniel Beleza	Arrifana Running	45:45	+11:47	04:35	
105	495	David Braga	Powerrun Team	45:48	+11:50	04:35	
106	501	Francisco Vlaga	Powerrun Team	45:48	+11:50	04:35	
107	560	Claudio Santos	Run & Fun	45:51	+11:53	04:35	
108	205	Carlos Marques	Individual	45:52	+11:54	04:35	
109	600	Fabio Azevedo	NIGHT RUNNERS FEIRA	46:02	+12:04	04:36	
110	250	tony almeida	Individual	46:06	+12:08	04:37	
111	377	Fátima Santos	Lusitânia de Lourosa	46:13	+12:15	04:37	
112	388	Diogo Correia	NIGHT RUNNERS FEIRA	46:13	+12:15	04:37	
113	113	LIGIA SANTOS	Clube Atletismo de Ovar	46:32	+12:34	04:39	
114	325	Luis Machado	Individual	46:35	+12:37	04:40	
115	532	Paulo Vidal	Pupilos do Zé-Tó	46:36	+12:38	04:40	
116	440	Regina Gilvaz	Núcleo de Atletismo de Cucujães	46:36	+12:38	04:40	
117	300	Ismael Silva Matos	Individual	46:39	+12:41	04:40	
118	417	Ricardo Oliveira	NIGHT RUNNERS FEIRA	46:40	+12:42	04:40	
119	426	Rui Freitas	NIGHT RUNNERS FEIRA	46:41	+12:43	04:40	
120	500	Rui Pinho	Powerrun Team	46:41	+12:43	04:40	
121	239	Ricardo Coutinho Campos	Individual	46:43	+12:45	04:40	
122	223	João Valente	Individual	46:43	+12:45	04:40	
123	176	Ana Nunes	Grupo Juvenil Pinheiro da Bemposta	46:47	+12:49	04:41	
124	56	Anthony Suarez	Arrifana Running	46:49	+12:51	04:41	
125	10	Eva Pimenta	ACDCDSMF OS Laranjinhas	46:52	+12:54	04:41	
126	85	Paulo Oliveira	Brandoenses Running	47:02	+13:04	04:42	
127	270	Suzete André	Individual	47:12	+13:14	04:43	
128	88	António Espinheira	Brandoenses Running	47:16	+13:18	04:44	
129	443	José Teixeira	Núcleo de Atletismo de Cucujães	47:23	+13:25	04:44	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
130	587	Elvio Santos	Vale Correr	47:27	+13:29	04:45	
131	446	Jorge Pinto	Núcleo de Atletismo de Cucujães	47:31	+13:33	04:45	
132	292	Ricardo Borges	Individual	47:39	+13:41	04:46	
133	307	Pedro Monteiro	Individual	47:39	+13:41	04:46	
134	201	Bruno Alão	Individual	47:39	+13:41	04:46	
135	115	Pedro Leal	Clube Atletismo de Ovar	47:44	+13:46	04:46	
136	5	Florbela Araujo	Clube Atletismo de Ovar	47:44	+13:46	04:46	
137	148	Nuno Pinho	DOMINGO LEVO UM RADIO	47:49	+13:51	04:47	
138	249	Tiago Sousa	Individual	47:52	+13:54	04:47	
139	306	Nuno Correia	Individual	47:52	+13:54	04:47	
140	225	José Carlos Roque Vitorino dos Santos	Individual	48:00	+14:02	04:48	
141	149	Luís Pinho	DOMINGO LEVO UM RADIO	48:01	+14:03	04:48	
142	549	António Ferreira	Pupilos do Zé-Tó	48:10	+14:12	04:49	
143	551	José Rodrigues	Pupilos do Zé-Tó	48:10	+14:12	04:49	
144	144	Joaquim Rego	CopoRunners	48:12	+14:14	04:49	
145	84	Henrique Amorim	Brandoenses Running	48:13	+14:15	04:49	
146	101	Sérgio Almeida	Bravos e bravitas	48:13	+14:15	04:49	
147	39	PAULO GRILO	ARCORUN	48:14	+14:16	04:49	
148	58	Fábio Oliveira	Arrifana Running	48:14	+14:16	04:49	
149	556	Manuel Zola	Pupilos do Zé-Tó	48:21	+14:23	04:50	
150	89	José Luís Santos	Brandoenses Running	48:22	+14:24	04:50	
151	402	Isabel Costa	NIGHT RUNNERS FEIRA	48:23	+14:25	04:50	
152	19	Paulo Almeida	ACDCDSMF OS Laranjinhas	48:27	+14:29	04:51	
153	37	MANUEL CARDOSO	ARCORUN	48:29	+14:31	04:51	
154	6	Luís Novo	ACAIL GAS	48:32	+14:34	04:51	
155	99	João Gomes	Bravos e bravitas	48:35	+14:37	04:51	
156	561	Nelson Pais	Run & Fun	48:38	+14:40	04:52	
157	557	Sara Mota	Run & Fun	48:38	+14:40	04:52	
158	110	Fernando Gonçalves	Cirac - Circulo de Recreio Arte e Cultura	48:47	+14:49	04:53	
159	107	Marcos Soares	Carregosa Low Landers	48:48	+14:50	04:53	
160	365	Ricardo Duarte	Lourosa em Movimento	48:49	+14:51	04:53	
161	234	Orlando Xavier	Individual	48:52	+14:54	04:53	
162	566	Mário Jorge Almeida	Run & Fun	48:59	+15:01	04:54	
163	280	Felisberto Manuel de Pinho Rodrigues	Individual	49:00	+15:02	04:54	
164	409	Irene Sá	NIGHT RUNNERS FEIRA	49:00	+15:02	04:54	
165	257	Elvira Cristiana da Silva Correia	Individual	49:01	+15:03	04:54	
166	311	Roberto Nunes	Individual	49:07	+15:09	04:55	
167	344	Marcelo Fernandes	Individual	49:10	+15:12	04:55	
168	457	Marco Lisboa	Os Cansados	49:12	+15:14	04:55	
169	568	ZE MOUTINHO	Run & Fun	49:19	+15:21	04:56	
170	401	Helena Silva	NIGHT RUNNERS FEIRA	49:21	+15:23	04:56	
171	586	Roni Gomes	Vale Correr	49:22	+15:24	04:56	
172	531	Nuno Saramago	Pupilos do Zé-Tó	49:27	+15:29	04:57	
173	442	Fábio Costa	Núcleo de Atletismo de Cucujães	49:33	+15:35	04:57	
174	68	Luís Gomes	Arrifana Running	49:35	+15:37	04:58	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
175	372	Célia Santos	Lourosa em Movimento	49:42	+15:44	04:58	
176	47	Duarte Araujo	Arrifana Running	49:47	+15:49	04:59	
177	610	Carlos Bruno	Individual	49:52	+15:54	04:59	
178	261	Sara Costa	Clube Atletismo de Ovar	49:55	+15:57	04:59	
179	140	Jessica Andrade	CopoRunners	50:02	+16:04	05:00	
180	128	Ricardo Sousa	Clube de Futebol União de Lamas	50:02	+16:04	05:00	
181	518	Tiago Santos	Pupilos do Zé-Tó	50:06	+16:08	05:01	
182	164	Carlos Osório	GDC CASTELO DE PAIVA	50:07	+16:09	05:01	
183	537	José Nuno Vieira	Pupilos do Zé-Tó	50:09	+16:11	05:01	
184	293	Ruben Gomes	Individual	50:18	+16:20	05:02	
185	169	Paula Oliveira	Grupo D. C. Guilhovai	50:22	+16:24	05:02	
186	436	Manuel António	NIGHT RUNNERS FEIRA	50:28	+16:30	05:03	
187	238	Ricardo Cardoso	Individual	50:32	+16:34	05:03	
188	313	Tiago João Correia Lopes	Individual	50:35	+16:37	05:03	
189	168	Juliana Almeida	Grupo D. C. Guilhovai	50:37	+16:39	05:04	
190	82	Tânia Henriques	A.C.D OS Ilhavs	50:38	+16:40	05:04	
191	346	Rui Manuel Ferreira Barroso Gomes	Individual	50:40	+16:42	05:04	
192	20	Tony bri	ACDCDSMF OS Laranjinhas	50:43	+16:45	05:04	
193	370	Rubén Silva	Lourosa em Movimento	50:43	+16:45	05:04	
194	11	Sandra Silva	ACDCDSMF OS Laranjinhas	50:43	+16:45	05:04	
195	445	Manuel Anjos	Núcleo de Atletismo de Cucujães	50:48	+16:50	05:05	
196	437	Cátia Costa	Núcleo de Atletismo de Cucujães	50:52	+16:54	05:05	
197	30	João Oneal	ALMA FITNESS	50:53	+16:55	05:05	
198	38	RICARDO PAIVA	ARCORUN	50:53	+16:55	05:05	
199	213	Fernando Resende	Individual	50:55	+16:57	05:05	
200	4	Inês Gonçalves	ACAIL GAS	50:58	+17:00	05:06	
201	217	Ivo Pais	Individual	50:58	+17:00	05:06	
202	12	Teresa Paiva	ACDCDSMF OS Laranjinhas	51:05	+17:07	05:07	
203	392	Tiago Silva	NIGHT RUNNERS FEIRA	51:08	+17:10	05:07	
204	397	Sónia Vidal	NIGHT RUNNERS FEIRA	51:15	+17:17	05:08	
205	178	Rui Lopes	Guisande Trail Running	51:16	+17:18	05:08	
206	43	Antonio Manuel	Arrifana Running	51:26	+17:28	05:09	
207	470	MARIO Alves	Os Kágados	51:30	+17:32	05:09	
208	351	Fernando Silva	Individual	51:41	+17:43	05:10	
209	143	Armando Sá	CopoRunners	51:43	+17:45	05:10	
210	139	Fabiana Terra	CopoRunners	51:43	+17:45	05:10	
211	263	Vera Leite	Individual	51:45	+17:47	05:11	
212	496	Joel Augusto Rodrigues Neto	Powerrun Team	51:48	+17:50	05:11	
213	342	Antonio Silva	Individual	51:50	+17:52	05:11	
214	211	Fábio Pereira	Individual	51:56	+17:58	05:12	
215	42	Mária Calmeiro	Arrifana Running	52:13	+18:15	05:13	
216	548	Sérgio Santos	Pupilos do Zé-Tó	52:14	+18:16	05:13	
217	83	Perpétua Silva	Brandoenses Running	52:16	+18:18	05:14	
218	86	Carlos Santos	Brandoenses Running	52:17	+18:19	05:14	
219	514	Diogo Dias	Pupilos do Zé-Tó	52:18	+18:20	05:14	
220	262	Sofia Ferreira	Individual	52:20	+18:22	05:14	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
221	504	Ricardo Brito	Powerrun Team	52:26	+18:28	05:15	
222	197	Afonso Sousa	Individual	52:31	+18:33	05:15	
223	131	Vera Ferreira	Clube Desportivo Feirense	52:31	+18:33	05:15	
224	28	Ines Rocha	ALMA FITNESS	52:31	+18:33	05:15	
225	297	Bruno Miguel Vilar Rocha	Individual	52:32	+18:34	05:15	
226	236	Pedro Oliveira	Individual	52:32	+18:34	05:15	
227	315	William Martinez	Individual	52:32	+18:34	05:15	
228	310	Ricardo Sobreira	Individual	52:38	+18:40	05:16	
229	558	Céu Vilar	Run & Fun	52:40	+18:42	05:16	
230	332	António Fonseca	Individual	52:40	+18:42	05:16	
231	9	Gonçalo Araújo	ACDCDSMF OS Laranjinhas	52:45	+18:47	05:17	
232	78	Manuel F G Oliveira	Arrifana Running	52:55	+18:57	05:18	
233	153	Diogo Vaz	DVagar	52:59	+19:01	05:18	
234	423	José Correia	NIGHT RUNNERS FEIRA	52:59	+19:01	05:18	
235	386	Inês Correia	NIGHT RUNNERS FEIRA	52:59	+19:01	05:18	
236	350	José Silva	Individual	53:02	+19:04	05:18	
237	16	Albano paiva	ACDCDSMF OS Laranjinhas	53:03	+19:05	05:18	
238	564	Mike funner	Run & Fun	53:04	+19:06	05:18	
239	57	Diogo Costa	Arrifana Running	53:06	+19:08	05:19	
240	594	Sofia Chipelo	Opraticante.pt	53:07	+19:09	05:19	
241	14	Helder Carvalho	ACDCDSMF OS Laranjinhas	53:11	+19:13	05:19	
242	376	Sandra Silva	Lusitânia de Lourosa	53:18	+19:20	05:20	
243	508	Carlos Correia	Powerrun Team	53:19	+19:21	05:20	
244	563	Ac Costa	Run & Fun	53:23	+19:25	05:20	
245	321	João Rocha	Individual	53:31	+19:33	05:21	
246	116	Edmundo Guedes	Clube Campismo	53:47	+19:49	05:23	
247	118	Helena Mourão	Clube de atletismo HM Training Group de Sangalhos	53:48	+19:50	05:23	
248	547	Rui Portugal	Pupilos do Zé-Tó	54:01	+20:03	05:24	
249	571	Maria Costa	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	54:16	+20:18	05:26	
250	87	Constantino Mota	Brandoenses Running	54:19	+20:21	05:26	
251	371	Vera Oliveira	Lourosa em Movimento	54:22	+20:24	05:26	
252	494	Nuno Rui Soares Brandão	Powerrun Team	54:23	+20:25	05:26	
253	595	Carina Gouveia	Opraticante.pt	54:28	+20:30	05:27	
254	285	João Matos	Individual	54:31	+20:33	05:27	
255	477	Ana Dias	Powerrun Team	54:32	+20:34	05:27	
256	235	Pedro Aleixo	Individual	54:40	+20:42	05:28	
257	154	Rui Ferreira	DVagar	54:44	+20:46	05:28	
258	150	Diogo Neves	DVagar	54:44	+20:46	05:28	
259	562	Tino Silva	Run & Fun	54:45	+20:47	05:29	
260	196	Afonso Pereira	Individual	54:53	+20:55	05:29	
261	206	Dinis Correia	Individual	54:55	+20:57	05:29	
262	333	António Rodrigues	Individual	54:56	+20:58	05:30	
263	221	João Pedro Vieira da Silva	Individual	55:04	+21:06	05:30	
264	228	Luís Godinho	Individual	55:04	+21:06	05:30	
265	209	Fábio Miguel Monteiro Ribeiro	Individual	55:06	+21:08	05:31	

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
266	256	Diana Soares	Individual	55:15	+21:17	05:31	
267	32	João Neto	ALMA FITNESS	55:18	+21:20	05:32	
268	188	Catarina Ramos Souto	Individual	55:20	+21:22	05:32	
269	240	Ricardo Reis	Individual	55:20	+21:22	05:32	
270	290	Nuno Reis	Individual	55:21	+21:23	05:32	
271	119	Filipe Correia	Clube de atletismo HM Training Group de Sangalhos	55:25	+21:27	05:32	
272	94	Paula Soares	Bravos e bravitas	55:30	+21:32	05:33	
273	52	Regina Costa	Arrifana Running	55:37	+21:39	05:34	
274	66	Avelino Freitas	Arrifana Running	55:38	+21:40	05:34	
275	535	Daniel Costa	Pupilos do Zé-Tó	55:56	+21:58	05:36	
276	509	Emanuel Dias	Powerrun Team	55:59	+22:01	05:36	
277	96	Fatinha Lopes	Bravos e bravitas	56:07	+22:09	05:37	
278	474	Tiago Filipe Castro Melo	Pace 7	56:11	+22:13	05:37	
279	156	Elisabete Silva	Elisabete Silva	56:20	+22:22	05:38	
280	147	Vítor M Cardoso	Corre São João	56:22	+22:24	05:38	
281	406	Carla Cardoso	NIGHT RUNNERS FEIRA	56:22	+22:24	05:38	
282	318	Hugo Azevedo	Individual	56:23	+22:25	05:38	
283	186	Carina Costa	Individual	56:25	+22:27	05:38	
284	336	Paulo Almeida	Individual	56:28	+22:30	05:39	
285	398	Vera Bastos	NIGHT RUNNERS FEIRA	56:29	+22:31	05:39	
286	601	Guilherme Silva	Pupilos do Zé-Tó	56:35	+22:37	05:39	
287	602	Joana Silva	Pupilos do Zé-Tó	56:35	+22:37	05:40	
288	499	Paulo Oliveira	Powerrun Team	56:38	+22:40	05:40	
289	490	Rita Cruz	Powerrun Team	56:39	+22:41	05:40	
290	543	José Marques	Pupilos do Zé-Tó	56:43	+22:45	05:40	
291	303	José Pinho	Individual	56:49	+22:51	05:41	
292	441	Teresa Almeida	Núcleo de Atletismo de Cucujães	56:50	+22:52	05:41	
293	343	ERNESTO SILVA	Individual	56:51	+22:53	05:41	
294	334	CARLOS COSTA	Individual	56:52	+22:54	05:41	
295	276	Daniel Filipe Costa	Individual	56:54	+22:56	05:41	
296	471	Normando Santos	Os Kágados	56:54	+22:56	05:41	
297	46	David Jose	Arrifana Running	56:54	+22:56	05:41	
298	41	Ana Maria Oliveira	Arrifana Running	56:54	+22:56	05:41	
299	137	Lisete Moutinho	Compromisso com Arrifana	56:55	+22:57	05:42	
300	61	Sérgio Castro	Arrifana Running	56:57	+22:59	05:42	
301	40	PEDRO MELO	ARCORUN	56:57	+22:59	05:42	
302	459	Antonio Pinto	Os Cansados	57:03	+23:05	05:42	
303	460	João Pinto	Os Cansados	57:04	+23:06	05:42	
304	244	Samuel Cereja	Individual	57:05	+23:07	05:43	
305	410	Maria Reis	NIGHT RUNNERS FEIRA	57:10	+23:12	05:43	
306	322	Hugo Sousa	Grupo Juvenil Pinheiro da Bemposta	57:15	+23:17	05:44	
307	268	Amândio Silva	Grupo Juvenil Pinheiro da Bemposta	57:15	+23:17	05:44	
308	195	Valentina Goncalves	Individual	57:15	+23:17	05:44	
309	520	Ana Dias	Pupilos do Zé-Tó	57:19	+23:21	05:44	
310	480	Ana santos	Powerrun Team	57:19	+23:21	05:44	
311	418	Ruben Silva	NIGHT RUNNERS FEIRA	57:20	+23:22	05:44	

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
312	326	Marcelo teixeira da mota	Individual	57:24	+23:26	05:44	
313	189	Francisca Coimbra	Individual	57:27	+23:29	05:45	
314	200	António Francisco Gama Santos	Individual	57:28	+23:30	05:45	
315	48	Gustavo Lima	Arrifana Running	57:28	+23:30	05:45	
316	373	Patrícia Laranjeira	Lourosa em Movimento	57:28	+23:30	05:45	
317	219	João Lima	Individual	57:29	+23:31	05:45	
318	522	Carla Soares	Pupilos do Zé-Tó	57:32	+23:34	05:45	
319	302	Joaquim Tavares	Individual	57:40	+23:42	05:46	
320	353	Manuel Pereira Santos	Individual	57:44	+23:46	05:46	
321	247	Tiago Bastos	Individual	57:46	+23:48	05:47	
322	274	Adriano Santos	Individual	57:53	+23:55	05:47	
323	328	Paulo Costa	Individual	57:58	+24:00	05:48	
324	425	Ricardo Portugal	NIGHT RUNNERS FEIRA	58:01	+24:03	05:48	
325	396	Liliana Oliveira	NIGHT RUNNERS FEIRA	58:02	+24:04	05:48	
326	430	Joaquim Moreira	NIGHT RUNNERS FEIRA	58:12	+24:14	05:49	
327	395	Vânia Oliveira	NIGHT RUNNERS FEIRA	58:13	+24:15	05:49	
328	488	Vanessa Santos	Powerrun Team	58:18	+24:20	05:50	
329	503	Pedro Cruz	Powerrun Team	58:18	+24:20	05:50	
330	161	Ana amar	Furadouro trail	58:19	+24:21	05:50	
331	349	José Graça	Individual	58:22	+24:24	05:50	
332	462	Joana Sá	Os Fogo no Cu	58:25	+24:27	05:51	
333	463	Daniela Sá	Os Fogo no Cu	58:25	+24:27	05:51	
334	461	Sérgio Coelho	Os Fogo no Cu	58:26	+24:28	05:51	
335	578	Marcelo Oliveira	Transform Fitness Studio	58:33	+24:35	05:51	
336	579	Elisabete Silva	Transform Fitness Studio	58:34	+24:36	05:51	
337	145	Joel Oliveira	Coronado runners	58:37	+24:39	05:52	
338	60	Nuno Pinho	Arrifana Running	58:53	+24:55	05:53	
339	527	Nelson Soares	Pupilos do Zé-Tó	58:54	+24:56	05:53	
340	519	Virginia Gonçalves	Pupilos do Zé-Tó	58:55	+24:57	05:53	
341	510	Cátia Costa	Pupilos do Zé-Tó	58:55	+24:57	05:54	
342	272	Sandra Moreira	Individual	58:55	+24:57	05:54	
343	541	Elisio Maia	Pupilos do Zé-Tó	58:56	+24:58	05:54	
344	355	Inês Ferreira	JONAS RUN	58:58	+25:00	05:54	
345	362	Pedro Pinho	JONAS RUN	58:59	+25:01	05:54	
346	255	Vera Almeida	Individual	59:04	+25:06	05:54	
347	77	José Beleza	Arrifana Running	59:15	+25:17	05:55	
348	484	Liliana Rocha	Powerrun Team	59:39	+25:41	05:58	
349	485	Liliana Silva	Powerrun Team	59:40	+25:42	05:58	
350	487	Rita Falcão	Powerrun Team	59:40	+25:42	05:58	
351	108	Nélson Tavares	Centro Municipal Marcha Corrida Vale de Cambra	59:41	+25:43	05:58	
352	502	Gentil Pereira	Powerrun Team	59:41	+25:43	05:58	
353	331	Toninho ventura	Individual	59:43	+25:45	05:58	
354	513	Bruno Lima	Pupilos do Zé-Tó	59:44	+25:46	05:58	
355	528	Renato Rodrigues	Pupilos do Zé-Tó	59:50	+25:52	05:59	
356	352	Manuel Paiva	Individual	59:56	+25:58	06:00	
357	338	Pedro Paiva	Individual	59:56	+25:58	06:00	

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
358	152	Joana Faria	DVagar	01:00:00	+26:02	06:00	
359	151	João Neves	DVagar	01:00:00	+26:02	06:00	
360	454	Mafalda Lisboa	Os Cansados	01:00:01	+26:03	06:00	
361	455	Raquel Ricardo	Os Cansados	01:00:01	+26:03	06:00	
362	458	Nuno Nunes	Os Cansados	01:00:03	+26:05	06:00	
363	456	Bruno Ferreira	Os Cansados	01:00:03	+26:05	06:00	
364	530	Tiago Araújo	Pupilos do Zé-Tó	01:00:06	+26:08	06:01	
365	576	Nuno Soares	SSTSJM	01:00:15	+26:17	06:01	
366	34	Rui Silva	ALMA FITNESS	01:00:16	+26:18	06:02	
367	166	Leocádia Salgado	Girls Team Power	01:00:25	+26:27	06:02	
368	229	Marcelo Silva	Individual	01:00:25	+26:27	06:03	
369	324	Luciano Pio da Silva	Individual	01:00:26	+26:28	06:03	
370	575	Suzana Duarte	SSPMSJM	01:00:26	+26:28	06:03	
371	421	Carlos Silva	NIGHT RUNNERS FEIRA	01:00:27	+26:29	06:03	
372	404	Sonia Coelho	NIGHT RUNNERS FEIRA	01:00:28	+26:30	06:03	
373	91	Silvia Ferreira	Bravos e bravitas	01:00:38	+26:40	06:04	
374	359	Alexandre Duarte	JONAS RUN	01:00:59	+27:01	06:06	
375	492	Manuela Monteiro	Powerrun Team	01:01:06	+27:08	06:07	
376	432	Joaquim Pinto	NIGHT RUNNERS FEIRA	01:01:23	+27:25	06:08	
377	408	Orquidea Gomes	NIGHT RUNNERS FEIRA	01:01:24	+27:26	06:08	
378	33	Hugo Almeida	ALMA FITNESS	01:01:35	+27:37	06:10	
379	472	Verónica da Silva Gomes	Pace 7	01:01:41	+27:43	06:10	
380	287	José Rodrigues	Individual	01:01:48	+27:50	06:11	
381	337	Pedro Correia	Individual	01:01:48	+27:50	06:11	
382	296	Xavier terra	Individual	01:01:48	+27:50	06:11	
383	449	Catia santos	O GANGUE DO PARQUE	01:02:00	+28:02	06:12	
384	291	Paulo Sousa	Individual	01:02:11	+28:13	06:13	
385	278	Fábio Silva	Individual	01:02:11	+28:13	06:13	
386	284	João Almeida	Individual	01:02:11	+28:13	06:13	
387	360	André Costa	JONAS RUN	01:02:15	+28:17	06:14	
388	523	Maria Sales	Pupilos do Zé-Tó	01:02:16	+28:18	06:14	
389	1	Casimiro Fernandes	NIGHT RUNNERS FEIRA	01:02:18	+28:20	06:14	
390	451	Maria João de Sousa Almeida	O GANGUE DO PARQUE	01:02:21	+28:23	06:14	
391	489	Vânia Costa	Powerrun Team	01:02:23	+28:25	06:14	
392	497	Nuno Cruz	Powerrun Team	01:02:25	+28:27	06:14	
393	473	André Filipe Castro Melo	Pace 7	01:02:30	+28:32	06:15	
394	361	Fábio Almeida	JONAS RUN	01:02:32	+28:34	06:15	
395	264	Adelaide Duarte	Individual	01:02:34	+28:36	06:15	
396	98	Ana Teixeira	Bravos e bravitas	01:02:39	+28:41	06:16	
397	208	EduardoJosé Barreto Santos Júnior	Individual	01:02:43	+28:45	06:16	
398	282	Guido Bruno	Individual	01:02:56	+28:58	06:18	
399	260	Sandra Rodrigues	Individual	01:03:07	+29:09	06:19	
400	132	Isabel Sousa	Clube Desportivo Feirense	01:03:07	+29:09	06:19	
401	416	Paulo Santos	NIGHT RUNNERS FEIRA	01:03:10	+29:12	06:19	
402	486	Monia Oliveira	Powerrun Team	01:03:10	+29:12	06:19	
403	71	Rui Oliveira	Arrifana Running	01:03:12	+29:14	06:19	

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
404	387	Daniel Santos	NIGHT RUNNERS FEIRA	01:03:20	+29:22	06:20	
405	179	CÁTIA FERREIRA	HappyRunner's	01:03:35	+29:37	06:21	
406	67	Ana Silva	Individual	01:03:47	+29:49	06:23	
407	413	Filipe Machado	Individual	01:03:48	+29:50	06:23	
408	481	Graciela Ferreira	Powerrun Team	01:03:51	+29:53	06:23	
409	400	Helena Gonçalves	NIGHT RUNNERS FEIRA	01:03:52	+29:54	06:23	
410	429	David Silva	NIGHT RUNNERS FEIRA	01:03:52	+29:54	06:23	
411	357	Rita Silva	JONAS RUN	01:03:58	+30:00	06:24	
412	358	Tatiana Gomes	JONAS RUN	01:03:59	+30:01	06:24	
413	202	Caique Coutinho De Queiroz	Individual	01:04:08	+30:10	06:25	
414	123	Thiago Dias	CLUBE DE CAMPISMO DE SAO JOAO DA MADEIRA	01:04:08	+30:10	06:25	
415	482	Jaqueline Ferreira	Powerrun Team	01:04:15	+30:17	06:26	
416	265	Carla Gabriel	Individual	01:04:30	+30:32	06:27	
417	317	Filipe Teixeira	Individual	01:04:30	+30:32	06:27	
418	72	Sérgio Cabral	Arrifana Running	01:04:36	+30:38	06:28	
419	452	SANDRA PATRÍCIA PEDROSA BEM	O GANGUE DO PARQUE	01:04:47	+30:49	06:29	
420	552	Manuel Coelho	Pupilos do Zé-Tó	01:04:47	+30:49	06:29	
421	55	Lurdes Fernandes	Arrifana Running	01:04:48	+30:50	06:29	
422	559	Mila Assunção	Run & Fun	01:05:05	+31:07	06:31	
423	415	Manuel Almeida	NIGHT RUNNERS FEIRA	01:05:14	+31:16	06:31	
424	382	Gabriel Cardoso	MKT	01:05:14	+31:16	06:31	
425	193	Marlene Santos	Individual	01:05:15	+31:17	06:32	
426	580	Catarina Maia	Trio Run	01:05:22	+31:24	06:32	
427	590	Joana Fonseca	Xuxas da Laranja	01:05:26	+31:28	06:33	
428	591	Vera Moreira	Xuxas da Laranja	01:05:26	+31:28	06:33	
429	589	Carolina Rodrigues	Xuxas da Laranja	01:05:26	+31:28	06:33	
430	550	João Carvalho	Pupilos do Zé-Tó	01:05:43	+31:45	06:34	
431	511	Rita Azevedo	Pupilos do Zé-Tó	01:05:56	+31:58	06:36	
432	356	Maria Inês Oliveira	JONAS RUN	01:05:56	+31:58	06:36	
433	385	Ana Almeida	NIGHT RUNNERS FEIRA	01:06:00	+32:02	06:36	
434	411	Virgínia Moreira	NIGHT RUNNERS FEIRA	01:06:01	+32:03	06:36	
435	419	Rui Pereira	NIGHT RUNNERS FEIRA	01:06:02	+32:04	06:36	
436	224	Jordan Cleber Pinheiro do Nascimento	Individual	01:06:02	+32:04	06:36	
437	51	Marta Oliveira	Arrifana Running	01:06:03	+32:05	06:36	
438	354	Andresa Ferreira	JONAS RUN	01:06:23	+32:25	06:38	
439	384	Andre Sousa	MKT	01:06:38	+32:40	06:40	
440	62	Cesario Fernandes	Arrifana Running	01:06:39	+32:41	06:40	
441	146	Diana Andreia Oliveira	Coronado runners	01:06:39	+32:41	06:40	
442	275	Cristóvão António Silva Gomes	Individual	01:06:45	+32:47	06:41	
443	267	Graça Maria Jorge Ferreira	Individual	01:06:46	+32:48	06:41	
444	478	Cátia Filipa Soares da Silva Cardoso	Powerrun Team	01:07:14	+33:16	06:43	
445	253	Joana Moreira	Individual	01:07:21	+33:23	06:44	
446	491	Graça Pinho	Powerrun Team	01:07:21	+33:23	06:44	

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
447	582	Susana Martins	Trio Run	01:07:28	+33:30	06:45	
448	399	Anabela Santos	NIGHT RUNNERS FEIRA	01:07:29	+33:31	06:45	
449	212	Fernando Manuel Teixeira Machado	Individual	01:07:33	+33:35	06:45	
450	269	Rita Pina	Individual	01:07:44	+33:46	06:46	
451	271	Maria dos anjos	Individual	01:07:56	+33:58	06:48	
452	534	André Lima	Pupilos do Zé-Tó	01:08:01	+34:03	06:48	
453	483	Kelly Lima	Powerrun Team	01:08:01	+34:03	06:48	
454	380	Bruno Almeida	Marretas da Caneca	01:08:21	+34:23	06:50	
455	435	Fernando Silva	NIGHT RUNNERS FEIRA	01:08:29	+34:31	06:51	
456	467	Belmiro Aguiar	Os Kágados	01:08:40	+34:42	06:52	
457	466	Elisabete Fonseca	Os Kágados	01:08:40	+34:42	06:52	
458	258	Mônica nascimento	Individual	01:08:45	+34:47	06:52	
459	335	Elias de Souza Alves	Individual	01:08:45	+34:47	06:53	
460	308	Raul leite	Individual	01:09:14	+35:16	06:55	
461	330	Rui Martinho Leite	Individual	01:09:15	+35:17	06:56	
462	90	Cristina Soares	Bravos e bravitas	01:09:16	+35:18	06:56	
463	183	Adriana Gouveia	Individual	01:09:16	+35:18	06:56	
464	393	Ana Brandão	NIGHT RUNNERS FEIRA	01:09:29	+35:31	06:57	
465	412	Paulo Amorim	NIGHT RUNNERS FEIRA	01:09:29	+35:31	06:57	
466	216	Henrique Baptista	Individual	01:09:29	+35:31	06:57	
467	192	Mariana Faria	Individual	01:09:29	+35:31	06:57	
468	165	Cristiana Gomes	Girls Team Power	01:09:41	+35:43	06:58	
469	450	DANIELA MARIA CARVALHO MAIA	O GANGUE DO PARQUE	01:09:59	+36:01	07:00	
470	266	Catia Lopes	Individual	01:10:07	+36:09	07:01	
471	93	Manuela Adriano	Bravos e bravitas	01:10:45	+36:47	07:05	
472	222	João Santos	Individual	01:11:20	+37:22	07:08	
473	111	Joaquim Oliveira	Cirac - Circulo de Recreio Arte e Cultura	01:11:31	+37:33	07:09	
474	204	Carlos Figueiredo	Individual	01:11:35	+37:37	07:09	
475	475	Sandra Ribeiro	Pé de chumbo	01:11:42	+37:44	07:10	
476	476	Diana Leite	Pé de chumbo	01:11:43	+37:45	07:10	
477	252	Graça Melo	Individual	01:11:43	+37:45	07:10	
478	100	João Sousa	Bravos e bravitas	01:12:03	+38:05	07:12	
479	95	Sónia Oliveira	Bravos e bravitas	01:12:04	+38:06	07:12	
480	97	Marta Carvalho	Bravos e bravitas	01:12:04	+38:06	07:12	
481	203	Carlos Eduardo	Individual	01:12:06	+38:08	07:13	
482	194	Tânia Almeida	Individual	01:12:06	+38:08	07:13	
483	407	Lucinda Lemos	NIGHT RUNNERS FEIRA	01:12:31	+38:33	07:15	
484	378	Carla costa	Marretas da Caneca	01:12:36	+38:38	07:16	
485	381	Rui lestre	Marretas da Caneca	01:12:36	+38:38	07:16	
486	117	Neusa Santos	Clube de atletismo HM Training Group de Sangalhos	01:13:25	+39:27	07:21	
487	521	Vera Nogueira	Pupilos do Zé-Tó	01:15:23	+41:25	07:32	
488	294	Telmo David Pelicano Almeida	Individual	01:16:17	+42:19	07:38	
489	469	Manuel Rodrigues	Os Kágados	01:16:37	+42:39	07:40	
490	251	Diana Silva	Individual	01:16:46	+42:48	07:41	
491	21	Joaquim Resende	ACDCDSMF OS Laranjinhas	01:16:47	+42:49	07:41	
492	138	Rita Mendes	Compromisso com Arrifana	01:17:30	+43:32	07:45	

10KM - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
493	136	Adriana Soares	Compromisso com Arrifana	01:17:31	+43:33	07:45	
494	529	Samuel Brito	Pupilos do Zé-Tó	01:18:30	+44:32	07:51	
495	54	Michele Castro	Arrifana Running	01:18:31	+44:33	07:51	
496	210	Fabio Moreira	Individual	01:18:48	+44:50	07:53	
497	279	Fábio Tavares	Individual	01:18:48	+44:50	07:53	
498	232	Nelson Moreira	Individual	01:18:49	+44:51	07:53	
499	447	Diana Santos	Nuno e Diana	01:18:59	+45:01	07:54	
500	448	Nuno Marques	Nuno e Diana	01:19:01	+45:03	07:54	
501	254	Sabina Santos	Individual	01:20:20	+46:22	08:02	
502	288	Luis Machado	Individual	01:20:21	+46:23	08:02	
503	588	Marco Costa	Velha Guarda RC	01:20:43	+46:45	08:04	
504	465	Adelaide Coelho	Os Kágados	01:29:34	+55:36	08:57	
505	73	José Costa	Arrifana Running	01:29:35	+55:37	08:58	

10 KM

OFFICIAL RESULT

ON - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO -

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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1	439	Lucas Oliveira	Núcleo de Atletismo de Cucujães	Junior Masculino	37:49	03:47
2	518	Tiago Santos	Pupilos do Zé-Tó	Junior Masculino	50:06	+12:17 05:01
3	228	Luís Godinho	Individual	Junior Masculino	55:04	+17:14 05:30
4	244	Samuel Cereja	Individual	Junior Masculino	57:05	+19:15 05:43
5	204	Carlos Figueiredo	Individual	Junior Masculino	01:11:35	+33:45 07:09

1	170	Sandra Ferreira	Grupo D. C. Guilhovai	Senior Feminino	39:57	04:00
2	185	Benvinda Santos	Individual	Senior Feminino	40:18	+00:20 04:02
3	129	Vera Rodrigues	Clube Desportivo Feirense	Senior Feminino	42:37	+02:40 04:16
4	167	Raquel Cirne	GRECAS - Vagos	Senior Feminino	43:37	+03:40 04:22
5	27	Fátima Pinho	AFIS - Ovar	Senior Feminino	43:42	+03:45 04:22
6	140	Jessica Andrade	CopoRunners	Senior Feminino	50:02	+10:05 05:00
7	168	Juliana Almeida	Grupo D. C. Guilhovai	Senior Feminino	50:37	+10:40 05:04
8	437	Cátia Costa	Núcleo de Atletismo de Cucujães	Senior Feminino	50:52	+10:55 05:05
9	4	Inês Gonçalves	ACAIL GAS	Senior Feminino	50:58	+11:01 05:06
10	139	Fabiana Terra	CopoRunners	Senior Feminino	51:43	+11:46 05:10
11	42	Mária Calmeiro	Arrifana Running	Senior Feminino	52:13	+12:16 05:13
12	28	Ines Rocha	ALMA FITNESS	Senior Feminino	52:31	+12:34 05:15
13	386	Inês Correira	NIGHT RUNNERS FEIRA	Senior Feminino	52:59	+13:02 05:18
14	594	Sofia Chipelo	Opraticante.pt	Senior Feminino	53:07	+13:10 05:19
15	477	Ana Dias	Powerrun Team	Senior Feminino	54:32	+14:35 05:27
16	188	Catarina Ramos Souto	Individual	Senior Feminino	55:20	+15:23 05:32
17	186	Carina Costa	Individual	Senior Feminino	56:25	+16:28 05:38
18	41	Ana Maria Oliveira	Arrifana Running	Senior Feminino	56:54	+16:57 05:41
19	137	Lisete Moutinho	Compromisso com Arrifana	Senior Feminino	56:55	+16:58 05:42
20	195	Valentina Goncalves	Individual	Senior Feminino	57:15	+17:18 05:44
21	189	Francisca Coimbra	Individual	Senior Feminino	57:27	+17:30 05:45
22	510	Cátia Costa	Pupilos do Zé-Tó	Senior Feminino	58:55	+18:58 05:54
23	355	Inês Ferreira	JONAS RUN	Senior Feminino	58:58	+19:01 05:54
24	472	Verónica da Silva Gomes	Pace 7	Senior Feminino	01:01:41	+21:44 06:10
25	357	Rita Silva	JONAS RUN	Senior Feminino	01:03:58	+24:01 06:24
26	358	Tatiana Gomes	JONAS RUN	Senior Feminino	01:03:59	+24:02 06:24
27	193	Marlene Santos	Individual	Senior Feminino	01:05:15	+25:18 06:32
28	589	Carolina Rodrigues	Xuxas da Laranja	Senior Feminino	01:05:26	+25:29 06:33
29	511	Rita Azevedo	Pupilos do Zé-Tó	Senior Feminino	01:05:56	+25:59 06:36
30	356	Maria Inês Oliveira	JONAS RUN	Senior Feminino	01:05:56	+25:59 06:36
31	385	Ana Almeida	NIGHT RUNNERS FEIRA	Senior Feminino	01:06:00	+26:03 06:36

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OFFICIAL RESULT

32	354	Andresa Ferreira	JONAS RUN	Senior Feminino	01:06:23	+26:26	06:38
33	478	Cátia Filipa Soares da Silva Cardoso	Powerrun Team	Senior Feminino	01:07:14	+27:16	06:43
34	183	Adriana Gouveia	Individual	Senior Feminino	01:09:16	+29:19	06:56
35	192	Mariana Faria	Individual	Senior Feminino	01:09:29	+29:32	06:57
36	165	Cristiana Gomes	Girls Team Power	Senior Feminino	01:09:41	+29:44	06:58
37	194	Tânia Almeida	Individual	Senior Feminino	01:12:06	+32:09	07:13
38	138	Rita Mendes	Compromisso com Arrifana	Senior Feminino	01:17:30	+37:33	07:45
39	136	Adriana Soares	Compromisso com Arrifana	Senior Feminino	01:17:31	+37:34	07:45
40	54	Michele Castro	Arrifana Running	Senior Feminino	01:18:31	+38:34	07:51
41	447	Diana Santos	Nuno e Diana	Senior Feminino	01:18:59	+39:02	07:54

1	24	Tiago Madureira	ADCP PEDRALVA	Senior Masculino	33:58		03:24
2	26	Renato Teixeira	AFIPRE Team	Senior Masculino	34:06	+00:07	03:25
3	570	José Moreira	Salvador do Campo	Senior Masculino	34:51	+00:52	03:29
4	121	Joao Alegria	CLUBE DE CAMPISMO DE SAO JOAO DA MADEIRA	Senior Masculino	35:15	+01:16	03:32
5	453	Diogo Fontes	OPENSKY	Senior Masculino	37:00	+03:02	03:42
6	516	Joao Fernandes	Pupilos do Zé-Tó	Senior Masculino	37:18	+03:19	03:44
7	130	João Amaro	Clube Desportivo Feirense	Senior Masculino	37:21	+03:22	03:44
8	81	Valter Laranjeira	ARVOR ASSOCIAÇÃO RECREATIVA OS VETERANOS D 'ÓVAR	Senior Masculino	38:00	+04:01	03:48
9	22	Marco Pinho	ACR Vale de Cambra	Senior Masculino	38:32	+04:33	03:51
10	243	Rui Pinto	Individual	Senior Masculino	38:41	+04:42	03:52
11	438	Diogo Rouxinol	Núcleo de Atletismo de Cucujães	Senior Masculino	39:51	+05:53	03:59
12	368	Pedro Matos	Lourosa em Movimento	Senior Masculino	39:57	+05:58	04:00
13	126	Pedro Magolo	Clube de Futebol União de Lamas	Senior Masculino	40:00	+06:01	04:00
14	389	Fábio Almeida	NIGHT RUNNERS FEIRA	Senior Masculino	40:52	+06:53	04:05
15	367	Miguel Costa	Lourosa em Movimento	Senior Masculino	41:00	+07:01	04:06
16	214	Francisco Cardoso	Individual	Senior Masculino	41:23	+07:24	04:08
17	555	Rafael Oliveira	Pupilos do Zé-Tó	Senior Masculino	42:13	+08:14	04:13
18	585	Tiago Oliveira	Vale Correr	Senior Masculino	42:25	+08:27	04:15
19	479	Miguel Sanches	Powerrun Team	Senior Masculino	42:27	+08:28	04:15
20	49	João Tavares	Arrifana Running	Senior Masculino	43:12	+09:13	04:19
21	517	Tiago Pereira	Pupilos do Zé-Tó	Senior Masculino	43:29	+09:31	04:21
22	369	Ricardo Ramos	Lourosa em Movimento	Senior Masculino	43:53	+09:54	04:23
23	515	Diogo Sousa	Pupilos do Zé-Tó	Senior Masculino	44:04	+10:06	04:24
24	390	MARcelo Vieira	NIGHT RUNNERS FEIRA	Senior Masculino	44:54	+10:55	04:29
25	233	Nuno Dias	Individual	Senior Masculino	45:06	+11:08	04:31
26	246	Sérgio Andrade	Individual	Senior Masculino	45:17	+11:18	04:32
27	205	Carlos Marques	Individual	Senior Masculino	45:52	+11:53	04:35
28	250	tony almeida	Individual	Senior Masculino	46:06	+12:07	04:37
29	388	Diogo Correia	NIGHT RUNNERS FEIRA	Senior Masculino	46:13	+12:14	04:37
30	239	Ricardo Coutinho Campos	Individual	Senior Masculino	46:43	+12:44	04:40
31	223	João Valente	Individual	Senior Masculino	46:43	+12:44	04:40

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32	201	Bruno Alão	Individual	Senior Masculino	47:39	+13:41	04:46
33	249	Tiago Sousa	Individual	Senior Masculino	47:52	+13:53	04:47
34	225	José Carlos Roque Vitorino dos Santos	Individual	Senior Masculino	48:00	+14:02	04:48
35	234	Orlando Xavier	Individual	Senior Masculino	48:52	+14:53	04:53
36	47	Duarte Araujo	Arrifana Running	Senior Masculino	49:47	+15:48	04:59
37	164	Carlos Osório	GDC CASTELO DE PAIVA	Senior Masculino	50:07	+16:08	05:01
38	238	Ricardo Cardoso	Individual	Senior Masculino	50:32	+16:33	05:03
39	370	Rubén Silva	Lourosa em Movimento	Senior Masculino	50:43	+16:44	05:04
40	30	João Oneal	ALMA FITNESS	Senior Masculino	50:53	+16:54	05:05
41	213	Fernando Resende	Individual	Senior Masculino	50:55	+16:56	05:05
42	217	Ivo Pais	Individual	Senior Masculino	50:58	+16:59	05:06
43	392	Tiago Silva	NIGHT RUNNERS FEIRA	Senior Masculino	51:08	+17:09	05:07
44	43	Antonio Manuel	Arrifana Running	Senior Masculino	51:26	+17:27	05:09
45	211	Fábio Pereira	Individual	Senior Masculino	51:56	+17:57	05:12
46	514	Diogo Dias	Pupilos do Zé-Tó	Senior Masculino	52:18	+18:19	05:14
47	197	Afonso Sousa	Individual	Senior Masculino	52:31	+18:32	05:15
48	236	Pedro Oliveira	Individual	Senior Masculino	52:32	+18:33	05:15
49	9	Gonçalo Araújo	ACDCDSMF OS Laranjinhas	Senior Masculino	52:45	+18:46	05:17
50	235	Pedro Aleixo	Individual	Senior Masculino	54:40	+20:41	05:28
51	150	Diogo Neves	DVagar	Senior Masculino	54:44	+20:45	05:28
52	196	Afonso Pereira	Individual	Senior Masculino	54:53	+20:54	05:29
53	206	Dinis Correia	Individual	Senior Masculino	54:55	+20:56	05:29
54	221	João Pedro Vieira da Silva	Individual	Senior Masculino	55:04	+21:05	05:30
55	209	Fábio Miguel Monteiro Ribeiro	Individual	Senior Masculino	55:06	+21:07	05:31
56	240	Ricardo Reis	Individual	Senior Masculino	55:20	+21:21	05:32
57	474	Tiago Filipe Castro Melo	Pace 7	Senior Masculino	56:11	+22:12	05:37
58	601	Guilherme Silva	Pupilos do Zé-Tó	Senior Masculino	56:35	+22:36	05:39
59	602	Joana Silva	Pupilos do Zé-Tó	Senior Masculino	56:35	+22:36	05:40
60	46	David Jose	Arrifana Running	Senior Masculino	56:54	+22:55	05:41
61	418	Ruben Silva	NIGHT RUNNERS FEIRA	Senior Masculino	57:20	+23:21	05:44
62	200	António Francisco Gama Santos	Individual	Senior Masculino	57:28	+23:29	05:45
63	48	Gustavo Lima	Arrifana Running	Senior Masculino	57:28	+23:29	05:45
64	219	João Lima	Individual	Senior Masculino	57:29	+23:30	05:45
65	247	Tiago Bastos	Individual	Senior Masculino	57:46	+23:47	05:47
66	461	Sérgio Coelho	Os Fogo no Cu	Senior Masculino	58:26	+24:27	05:51
67	578	Marcelo Oliveira	Transform Fitness Studio	Senior Masculino	58:33	+24:34	05:51
68	145	Joel Oliveira	Coronado runners	Senior Masculino	58:37	+24:38	05:52
69	362	Pedro Pinho	JONAS RUN	Senior Masculino	58:59	+25:00	05:54
70	513	Bruno Lima	Pupilos do Zé-Tó	Senior Masculino	59:44	+25:45	05:58
71	151	João Neves	DVagar	Senior Masculino	01:00:00	+26:01	06:00
72	229	Marcelo Silva	Individual	Senior Masculino	01:00:25	+26:26	06:03
73	359	Alexandre Duarte	JONAS RUN	Senior Masculino	01:00:59	+27:00	06:06
74	360	André Costa	JONAS RUN	Senior Masculino	01:02:15	+28:16	06:14
75	473	André Filipe Castro Melo	Pace 7	Senior Masculino	01:02:30	+28:31	06:15
76	361	Fábio Almeida	JONAS RUN	Senior Masculino	01:02:32	+28:33	06:15
77	208	EduardoJosé Barreto Santos Júnior	Individual	Senior Masculino	01:02:43	+28:44	06:16

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78	387	Daniel Santos	NIGHT RUNNERS FEIRA	Senior Masculino	01:03:20	+29:21	06:20
79	202	Caique Coutinho De Queiroz	Individual	Senior Masculino	01:04:08	+30:09	06:25
80	382	Gabriel Cardoso	MKT	Senior Masculino	01:05:14	+31:15	06:31
81	224	Jordan Cleber Pinheiro do Nascimento	Individual	Senior Masculino	01:06:02	+32:03	06:36
82	212	Fernando Manuel Teixeira Machado	Individual	Senior Masculino	01:07:33	+33:34	06:45
83	216	Henrique Baptista	Individual	Senior Masculino	01:09:29	+35:30	06:57
84	222	João Santos	Individual	Senior Masculino	01:11:20	+37:21	07:08
85	203	Carlos Eduardo	Individual	Senior Masculino	01:12:06	+38:07	07:13
86	210	Fabio Moreira	Individual	Senior Masculino	01:18:48	+44:49	07:53
87	232	Nelson Moreira	Individual	Senior Masculino	01:18:49	+44:50	07:53
88	448	Nuno Marques	Nuno e Diana	Senior Masculino	01:19:01	+45:02	07:54

1	112	CARLA ALMEIDA	Clube Atletismo de Ovar	Veterana F35	40:41	04:04
2	157	Cristiana Santos	EV/PERALTAFIL	Veterana F35	44:40	+03:58 04:28
3	176	Ana Nunes	Grupo Juvenil Pinheiro da Bemposta	Veterana F35	46:47	+06:06 04:41
4	5	Florbela Araujo	Clube Atletismo de Ovar	Veterana F35	47:44	+07:03 04:46
5	82	Tânia Henriques	A.C.D OS Ilhавos	Veterana F35	50:38	+09:56 05:04
6	131	Vera Ferreira	Clube Desportivo Feirense	Veterana F35	52:31	+11:49 05:15
7	595	Carina Gouveia	Opraticante.pt	Veterana F35	54:28	+13:47 05:27
8	52	Regina Costa	Arrifana Running	Veterana F35	55:37	+14:56 05:34
9	161	Ana amar	Furadouro trail	Veterana F35	58:19	+17:37 05:50
10	462	Joana Sá	Os Fogo no Cu	Veterana F35	58:25	+17:43 05:51
11	579	Elisabete Silva	Transform Fitness Studio	Veterana F35	58:34	+17:52 05:51
12	519	Virginia Gonçalves	Pupilos do Zé-Tó	Veterana F35	58:55	+18:13 05:53
13	255	Vera Almeida	Individual	Veterana F35	59:04	+18:22 05:54
14	449	Catia santos	O GANGUE DO PARQUE	Veterana F35	01:02:00	+21:19 06:12
15	179	CÁTIA FERREIRA	HappyRunner's	Veterana F35	01:03:35	+22:53 06:21
16	580	Catarina Maia	Trio Run	Veterana F35	01:05:22	+24:40 06:32
17	590	Joana Fonseca	Xuxas da Laranja	Veterana F35	01:05:26	+24:44 06:33
18	51	Marta Oliveira	Arrifana Running	Veterana F35	01:06:03	+25:21 06:36
19	146	Diana Andreia Oliveira	Coronado runners	Veterana F35	01:06:39	+25:58 06:40
20	253	Joana Moreira	Individual	Veterana F35	01:07:21	+26:39 06:44
21	582	Susana Martins	Trio Run	Veterana F35	01:07:28	+26:46 06:45
22	90	Cristina Soares	Bravos e bravitas	Veterana F35	01:09:16	+28:34 06:56
23	393	Ana Brandão	NIGHT RUNNERS FEIRA	Veterana F35	01:09:29	+28:47 06:57
24	252	Graça Melo	Individual	Veterana F35	01:11:43	+31:01 07:10
25	251	Diana Silva	Individual	Veterana F35	01:16:46	+36:04 07:41
26	254	Sabina Santos	Individual	Veterana F35	01:20:20	+39:39 08:02

1	113	LIGIA SANTOS	Clube Atletismo de Ovar	Veterana F40	46:32	04:39
2	10	Eva Pimenta	ACDCDSMF OS Laranjinhas	Veterana F40	46:52	+00:19 04:41

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3	557	Sara Mota	Run & Fun	Veterana F40	48:38	+02:05	04:52
4	257	Elvira Cristiana da Silva Correia	Individual	Veterana F40	49:01	+02:28	04:54
5	261	Sara Costa	Clube Atletismo de Ovar	Veterana F40	49:55	+03:22	04:59
6	11	Sandra Silva	ACDCDSMF OS Laranjinhas	Veterana F40	50:43	+04:10	05:04
7	263	Vera Leite	Individual	Veterana F40	51:45	+05:12	05:11
8	262	Sofia Ferreira	Individual	Veterana F40	52:20	+05:47	05:14
9	371	Vera Oliveira	Lourosa em Movimento	Veterana F40	54:22	+07:49	05:26
10	256	Diana Soares	Individual	Veterana F40	55:15	+08:42	05:31
11	520	Ana Dias	Pupilos do Zé-Tó	Veterana F40	57:19	+10:46	05:44
12	480	Ana santos	Powerrun Team	Veterana F40	57:19	+10:46	05:44
13	395	Vânia Oliveira	NIGHT RUNNERS FEIRA	Veterana F40	58:13	+11:40	05:49
14	488	Vanessa Santos	Powerrun Team	Veterana F40	58:18	+11:45	05:50
15	463	Daniela Sá	Os Fogo no Cu	Veterana F40	58:25	+11:52	05:51
16	484	Liliana Rocha	Powerrun Team	Veterana F40	59:39	+13:06	05:58
17	485	Liliana Silva	Powerrun Team	Veterana F40	59:40	+13:07	05:58
18	487	Rita Falcão	Powerrun Team	Veterana F40	59:40	+13:08	05:58
19	152	Joana Faria	DVagar	Veterana F40	01:00:00	+13:27	06:00
20	454	Mafalda Lisboa	Os Cansados	Veterana F40	01:00:01	+13:28	06:00
21	455	Raquel Ricardo	Os Cansados	Veterana F40	01:00:01	+13:28	06:00
22	489	Vânia Costa	Powerrun Team	Veterana F40	01:02:23	+15:50	06:14
23	260	Sandra Rodrigues	Individual	Veterana F40	01:03:07	+16:34	06:19
24	486	Monia Oliveira	Powerrun Team	Veterana F40	01:03:10	+16:37	06:19
25	67	Ana Silva	Individual	Veterana F40	01:03:47	+17:14	06:23
26	481	Graciela Ferreira	Powerrun Team	Veterana F40	01:03:51	+17:18	06:23
27	482	Jaqueline Ferreira	Powerrun Team	Veterana F40	01:04:15	+17:42	06:26
28	483	Kelly Lima	Powerrun Team	Veterana F40	01:08:01	+21:28	06:48
29	258	Mônica nascimento	Individual	Veterana F40	01:08:45	+22:12	06:52
30	475	Sandra Ribeiro	Pé de chumbo	Veterana F40	01:11:42	+25:09	07:10
31	378	Carla costa	Marretas da Caneca	Veterana F40	01:12:36	+26:03	07:16
32	521	Vera Nogueira	Pupilos do Zé-Tó	Veterana F40	01:15:23	+28:50	07:32

1	270	Suzete André	Individual	Veterana F45	47:12		04:43
2	372	Célia Santos	Lourosa em Movimento	Veterana F45	49:42	+02:29	04:58
3	169	Paula Oliveira	Grupo D. C. Guilhovai	Veterana F45	50:22	+03:09	05:02
4	397	Sónia Vidal	NIGHT RUNNERS FEIRA	Veterana F45	51:15	+04:02	05:08
5	83	Perpétua Silva	Brandoenses Running	Veterana F45	52:16	+05:03	05:14
6	558	Céu Vilar	Run & Fun	Veterana F45	52:40	+05:27	05:16
7	94	Paula Soares	Bravos e bravitas	Veterana F45	55:30	+08:17	05:33
8	398	Vera Bastos	NIGHT RUNNERS FEIRA	Veterana F45	56:29	+09:16	05:39
9	490	Rita Cruz	Powerrun Team	Veterana F45	56:39	+09:26	05:40
10	373	Patrícia Laranjeira	Lourosa em Movimento	Veterana F45	57:28	+10:15	05:45
11	522	Carla Soares	Pupilos do Zé-Tó	Veterana F45	57:32	+10:19	05:45
12	396	Liliana Oliveira	NIGHT RUNNERS FEIRA	Veterana F45	58:02	+10:49	05:48
13	166	Leocádia Salgado	Girls Team Power	Veterana F45	01:00:25	+13:12	06:02

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10KM

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14	523	Maria Sales	Pupilos do Zé-Tó	Veterana F45	01:02:16	+15:03	06:14
15	451	Maria João de Sousa Almeida	O GANGUE DO PARQUE	Veterana F45	01:02:21	+15:08	06:14
16	264	Adelaide Duarte	Individual	Veterana F45	01:02:34	+15:21	06:15
17	265	Carla Gabriel	Individual	Veterana F45	01:04:30	+17:17	06:27
18	591	Vera Moreira	Xuxas da Laranja	Veterana F45	01:05:26	+18:13	06:33
19	267	Graça Maria Jorge Ferreira	Individual	Veterana F45	01:06:46	+19:33	06:41
20	269	Rita Pina	Individual	Veterana F45	01:07:44	+20:31	06:46
21	450	DANIELA MARIA CARVALHO MAIA	O GANGUE DO PARQUE	Veterana F45	01:09:59	+22:46	07:00
22	266	Catia Lopes	Individual	Veterana F45	01:10:07	+22:54	07:01
23	93	Manuela Adriano	Bravos e bravitas	Veterana F45	01:10:45	+23:32	07:05
24	476	Diana Leite	Pé de chumbo	Veterana F45	01:11:43	+24:30	07:10
25	95	Sónia Oliveira	Bravos e bravitas	Veterana F45	01:12:04	+24:51	07:12

Veterana F50

1	440	Regina Gilvaz	Núcleo de Atletismo de Cucujães	Veterana F50	46:36	04:40
2	402	Isabel Costa	NIGHT RUNNERS FEIRA	Veterana F50	48:23	+01:46 04:50
3	401	Helena Silva	NIGHT RUNNERS FEIRA	Veterana F50	49:21	+02:44 04:56
4	12	Teresa Paiva	ACDCDSMF OS Laranjinhas	Veterana F50	51:05	+04:29 05:07
5	376	Sandra Silva	Lusitânia de Lourosa	Veterana F50	53:18	+06:41 05:20
6	96	Fatinha Lopes	Bravos e bravitas	Veterana F50	56:07	+09:30 05:37
7	441	Teresa Almeida	Núcleo de Atletismo de Cucujães	Veterana F50	56:50	+10:13 05:41
8	272	Sandra Moreira	Individual	Veterana F50	58:55	+12:19 05:54
9	575	Suzana Duarte	SSPMSJM	Veterana F50	01:00:26	+13:50 06:03
10	404	Sonia Coelho	NIGHT RUNNERS FEIRA	Veterana F50	01:00:28	+13:51 06:03
11	91	Silvia Ferreira	Bravos e bravitas	Veterana F50	01:00:38	+14:01 06:04
12	98	Ana Teixeira	Bravos e bravitas	Veterana F50	01:02:39	+16:02 06:16
13	132	Isabel Sousa	Clube Desportivo Feirense	Veterana F50	01:03:07	+16:30 06:19
14	400	Helena Gonçalves	NIGHT RUNNERS FEIRA	Veterana F50	01:03:52	+17:15 06:23
15	452	SANDRA PATRÍCIA PEDROSA BEM	O GANGUE DO PARQUE	Veterana F50	01:04:47	+18:10 06:29
16	399	Anabela Santos	NIGHT RUNNERS FEIRA	Veterana F50	01:07:29	+20:52 06:45
17	271	Maria dos anjos	Individual	Veterana F50	01:07:56	+21:19 06:48
18	97	Marta Carvalho	Bravos e bravitas	Veterana F50	01:12:04	+25:27 07:12

Veterana F55

1	377	Fátima Santos	Lusitânia de Lourosa	Veterana F55	46:13	04:37
2	406	Carla Cardoso	NIGHT RUNNERS FEIRA	Veterana F55	56:22	+10:09 05:38
3	492	Manuela Monteiro	Powerrun Team	Veterana F55	01:01:06	+14:53 06:07
4	408	Orquidea Gomes	NIGHT RUNNERS FEIRA	Veterana F55	01:01:24	+15:10 06:08
5	55	Lurdes Fernandes	Arrifana Running	Veterana F55	01:04:48	+18:34 06:29
6	559	Mila Assunção	Run & Fun	Veterana F55	01:05:05	+18:52 06:31
7	491	Graça Pinho	Powerrun Team	Veterana F55	01:07:21	+21:08 06:44
8	466	Elisabete Fonseca	Os Kágados	Veterana F55	01:08:40	+22:27 06:52
9	407	Lucinda Lemos	NIGHT RUNNERS FEIRA	Veterana F55	01:12:31	+26:17 07:15

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10	117	Neusa Santos	Clube de atletismo HM Training Group de Sangalhos	Veterana F55	01:13:25	+27:12	07:21
11	465	Adelaide Coelho	Os Kágados	Veterana F55	01:29:34	+43:21	08:57

1	409	Irene Sá	NIGHT RUNNERS FEIRA	Veterana F60	49:00		04:54
2	571	Maria Costa	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	Veterana F60	54:16	+05:15	05:26
3	156	Elisabete silva	Elisabete Silva	Veterana F60	56:20	+07:19	05:38
4	410	Maria Reis	NIGHT RUNNERS FEIRA	Veterana F60	57:10	+08:09	05:43

1	118	Helena Mourão	Clube de atletismo HM Training Group de Sangalhos	Veterana F65	53:48	05:23
2	411	Virgínia Moreira	NIGHT RUNNERS FEIRA	Veterana F65	01:06:01	+12:13 06:36

1	277	Fábio Barbosa	Individual	Veterano M35	34:32	03:27
2	574	Fabio Correia	Sporting clube de Espinho	Veterano M35	35:07	+00:34 03:31
3	106	Hugo Almeida	Caldas de sao jorge sport club	Veterano M35	35:55	+01:22 03:35
4	171	Jorge Cubal	Grupo D. C. Guilhovai	Veterano M35	36:10	+01:38 03:37
5	2	Fábio Sousa	A.C.D OS Ilhavos	Veterano M35	38:08	+03:35 03:49
6	163	Mário Ibarra	G.D. A Ronda	Veterano M35	38:40	+04:07 03:52
7	177	António Martins	Grupo Juvenil Pinheiro da Bemposta	Veterano M35	40:46	+06:14 04:05
8	122	Nuno Albergaria	CLUBE DE CAMPISMO DE SAO JOAO DA MADEIRA	Veterano M35	40:50	+06:18 04:05
9	374	Marco China	Lourosa em Movimento	Veterano M35	41:15	+06:43 04:08
10	525	Bruno Soares	Pupilos do Zé-Tó	Veterano M35	44:21	+09:49 04:26
11	158	Hélder Pires	EV/PERALTAFIL	Veterano M35	44:39	+10:07 04:28
12	286	Jorge Santos	Individual	Veterano M35	45:38	+11:06 04:34
13	56	Anthony Suarez	Arrifana Running	Veterano M35	46:49	+12:16 04:41
14	292	Ricardo Borges	Individual	Veterano M35	47:39	+13:06 04:46
15	58	Fábio Oliveira	Arrifana Running	Veterano M35	48:14	+13:42 04:49
16	6	Luís Novo	ACAIL GAS	Veterano M35	48:32	+13:59 04:51
17	280	Felisberto Manuel de Pinho Rodrigues	Individual	Veterano M35	49:00	+14:27 04:54
18	586	Roni Gomes	Vale Correr	Veterano M35	49:22	+14:49 04:56
19	442	Fábio Costa	Núcleo de Atletismo de Cucujães	Veterano M35	49:33	+15:01 04:57
20	128	Ricardo Sousa	Clube de Futebol União de Lamas	Veterano M35	50:02	+15:29 05:00
21	293	Ruben Gomes	Individual	Veterano M35	50:18	+15:46 05:02
22	57	Diogo Costa	Arrifana Running	Veterano M35	53:06	+18:33 05:19
23	494	Nuno Rui Soares Brandão	Powerrun Team	Veterano M35	54:23	+19:51 05:26
24	285	João Matos	Individual	Veterano M35	54:31	+19:59 05:27

10 KM

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25	32	João Neto	ALMA FITNESS	Veterano M35	55:18	+20:46	05:32
26	290	Nuno Reis	Individual	Veterano M35	55:21	+20:49	05:32
27	276	Daniel Filipe Costa	Individual	Veterano M35	56:54	+22:22	05:41
28	274	Adriano Santos	Individual	Veterano M35	57:53	+23:21	05:47
29	527	Nelson Soares	Pupilos do Zé-Tó	Veterano M35	58:54	+24:21	05:53
30	108	Nélson Tavares	Centro Municipal Marcha Corrida Vale de Cambra	Veterano M35	59:41	+25:08	05:58
31	528	Renato Rodrigues	Pupilos do Zé-Tó	Veterano M35	59:50	+25:18	05:59
32	530	Tiago Araújo	Pupilos do Zé-Tó	Veterano M35	01:00:06	+25:33	06:01
33	287	José Rodrigues	Individual	Veterano M35	01:01:48	+27:15	06:11
34	296	Xavier terra	Individual	Veterano M35	01:01:48	+27:15	06:11
35	291	Paulo Sousa	Individual	Veterano M35	01:02:11	+27:38	06:13
36	278	Fábio Silva	Individual	Veterano M35	01:02:11	+27:38	06:13
37	284	João Almeida	Individual	Veterano M35	01:02:11	+27:38	06:13
38	282	Guido Bruno	Individual	Veterano M35	01:02:56	+28:23	06:18
39	413	Filipe Machado	Individual	Veterano M35	01:03:48	+29:16	06:23
40	123	Thiago Dias	CLUBE DE CAMPISMO DE SAO JOAO DA MADEIRA	Veterano M35	01:04:08	+29:35	06:25
41	275	Cristóvão António Silva Gomes	Individual	Veterano M35	01:06:45	+32:13	06:41
42	412	Paulo Amorim	NIGHT RUNNERS FEIRA	Veterano M35	01:09:29	+34:57	06:57
43	294	Telmo David Pelicano Almeida	Individual	Veterano M35	01:16:17	+41:45	07:38
44	529	Samuel Brito	Pupilos do Zé-Tó	Veterano M35	01:18:30	+43:58	07:51
45	279	Fábio Tavares	Individual	Veterano M35	01:18:48	+44:16	07:53
46	288	Luis Machado	Individual	Veterano M35	01:20:21	+45:48	08:02

1	172	Andre Adriano	Grupo D. C. Guilhovai	Veterano M40	35:18	03:32
2	3	André Santos	A.C.D OS Ilhavos	Veterano M40	35:55	+00:36 03:36
3	133	Antonio Assunção	Clube Desportivo Feirense	Veterano M40	37:26	+02:07 03:45
4	25	Óscar Maia	ADCP PEDRALVA	Veterano M40	37:51	+02:32 03:47
5	312	RUI COSTA	A.C.D OS Ilhavos	Veterano M40	38:22	+03:03 03:50
6	13	Filipe Silva	ACDCDSMF OS Laranjinhas	Veterano M40	40:20	+05:01 04:02
7	142	Bruno Pereira	CopoRunners	Veterano M40	41:26	+06:07 04:09
8	305	Marco Almeida	Individual	Veterano M40	43:34	+08:15 04:21
9	572	José Costa	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	Veterano M40	43:41	+08:22 04:22
10	309	Ricardo Duarte	Individual	Veterano M40	43:57	+08:38 04:24
11	59	Helder Faria	Arrifana Running	Veterano M40	44:03	+08:44 04:24
12	301	João Martins	Individual	Veterano M40	44:39	+09:20 04:28
13	314	Vítor Coelho	Individual	Veterano M40	44:40	+09:21 04:28
14	498	Nuno Figueiredo	Powerrun Team	Veterano M40	45:03	+09:44 04:30
15	304	Luís Branco	Individual	Veterano M40	45:21	+10:02 04:32
16	533	Vasco Rocha	Pupilos do Zé-Tó	Veterano M40	45:31	+10:12 04:33
17	495	David Braga	Powerrun Team	Veterano M40	45:48	+10:29 04:35
18	600	Fabio Azevedo	NIGHT RUNNERS FEIRA	Veterano M40	46:02	+10:43 04:36

10 KM

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19	532	Paulo Vidal	Pupilos do Zé-Tó	Veterano M40	46:36	+11:17	04:40
20	300	Ismael Silva Matos	Individual	Veterano M40	46:39	+11:20	04:40
21	500	Rui Pinho	Powerrun Team	Veterano M40	46:41	+11:22	04:40
22	446	Jorge Pinto	Núcleo de Atletismo de Cucujães	Veterano M40	47:31	+12:13	04:45
23	307	Pedro Monteiro	Individual	Veterano M40	47:39	+12:20	04:46
24	306	Nuno Correia	Individual	Veterano M40	47:52	+12:34	04:47
25	37	MANUEL CARDOSO	ARCORUN	Veterano M40	48:29	+13:10	04:51
26	107	Marcos Soares	Carregosa Low Landers	Veterano M40	48:48	+13:29	04:53
27	365	Ricardo Duarte	Lourosa em Movimento	Veterano M40	48:49	+13:30	04:53
28	311	Roberto Nunes	Individual	Veterano M40	49:07	+13:48	04:55
29	457	Marco Lisboa	Os Cansados	Veterano M40	49:12	+13:53	04:55
30	531	Nuno Saramago	Pupilos do Zé-Tó	Veterano M40	49:27	+14:08	04:57
31	313	Tiago João Correia Lopes	Individual	Veterano M40	50:35	+15:16	05:03
32	496	Joel Augusto Rodrigues Neto	Powerrun Team	Veterano M40	51:48	+16:29	05:11
33	297	Bruno Miguel Vilar Rocha	Individual	Veterano M40	52:32	+17:13	05:15
34	315	William Martinez	Individual	Veterano M40	52:32	+17:14	05:15
35	310	Ricardo Sobreira	Individual	Veterano M40	52:38	+17:19	05:16
36	153	Diogo Vaz	DVagar	Veterano M40	52:59	+17:40	05:18
37	14	Helder Carvalho	ACDCDSMF OS Laranjinhas	Veterano M40	53:11	+17:52	05:19
38	154	Rui Ferreira	DVagar	Veterano M40	54:44	+19:25	05:28
39	119	Filipe Correia	Clube de atletismo HM Training Group de Sangalhos	Veterano M40	55:25	+20:06	05:32
40	499	Paulo Oliveira	Powerrun Team	Veterano M40	56:38	+21:20	05:40
41	303	José Pinho	Individual	Veterano M40	56:49	+21:30	05:41
42	61	Sérgio Castro	Arrifana Running	Veterano M40	56:57	+21:38	05:42
43	322	Hugo Sousa	Grupo Juvenil Pinheiro da Bemposta	Veterano M40	57:15	+21:56	05:44
44	302	Joaquim Tavares	Individual	Veterano M40	57:40	+22:21	05:46
45	60	Nuno Pinho	Arrifana Running	Veterano M40	58:53	+23:34	05:53
46	458	Nuno Nunes	Os Cansados	Veterano M40	01:00:03	+24:44	06:00
47	456	Bruno Ferreira	Os Cansados	Veterano M40	01:00:03	+24:44	06:00
48	576	Nuno Soares	SSTSJM	Veterano M40	01:00:15	+24:56	06:01
49	497	Nuno Cruz	Powerrun Team	Veterano M40	01:02:25	+27:06	06:14
50	308	Raul leite	Individual	Veterano M40	01:09:14	+33:55	06:55

1	173	Antonio Castro	Grupo D. C. Guilhovai	Veterano M45	34:36	03:28
2	174	Antônio Cristóvão	Grupo D. C. Guilhovai	Veterano M45	37:43	+03:06 03:46
3	103	Hugo Silva	G.D. A Ronda	Veterano M45	39:01	+04:24 03:54
4	8	Paulo Noormahomed	ACDC Villa Cesari	Veterano M45	39:11	+04:34 03:55
5	320	João Dias	A.C.D OS Ilhaves	Veterano M45	39:17	+04:40 03:56
6	507	Telmo Pinho	Powerrun Team	Veterano M45	41:29	+06:52 04:09
7	327	Marco Andrade	Individual	Veterano M45	42:27	+07:50 04:15
8	366	Ricardo Seromenho	Juventude Atletica Mozelense	Veterano M45	42:30	+07:53 04:15
9	134	Paulo Oliveira	Clube Desportivo Feirense	Veterano M45	43:28	+08:51 04:21
10	536	Humberto Rodrigues	Pupilos do Zé-Tó	Veterano M45	44:58	+10:21 04:30

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10KM

10 KM

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11	329	Pedro Barbosa	Individual	Veterano M45	45:20	+10:43	04:32
12	15	Carlos Paiva	ACDCDSMF OS Laranjinhas	Veterano M45	45:38	+11:01	04:34
13	104	Serafim Rocha	Cá Mouco Runners	Veterano M45	45:40	+11:03	04:34
14	63	Daniel Beleza	Arrifana Running	Veterano M45	45:45	+11:08	04:35
15	501	Francisco Vlaga	Powerrun Team	Veterano M45	45:48	+11:11	04:35
16	560	Claudio Santos	Run & Fun	Veterano M45	45:51	+11:14	04:35
17	325	Luis Machado	Individual	Veterano M45	46:35	+11:58	04:40
18	417	Ricardo Oliveira	NIGHT RUNNERS FEIRA	Veterano M45	46:40	+12:03	04:40
19	85	Paulo Oliveira	Brandoenses Running	Veterano M45	47:02	+12:25	04:42
20	443	José Teixeira	Núcleo de Atletismo de Cucujães	Veterano M45	47:23	+12:46	04:44
21	587	Elvio Santos	Vale Correr	Veterano M45	47:27	+12:50	04:45
22	84	Henrique Amorim	Brandoenses Running	Veterano M45	48:13	+13:36	04:49
23	561	Nelson Pais	Run & Fun	Veterano M45	48:38	+14:01	04:52
24	537	José Nuno Vieira	Pupilos do Zé-Tó	Veterano M45	50:09	+15:32	05:01
25	38	RICARDO PAIVA	ARCORUN	Veterano M45	50:53	+16:16	05:05
26	143	Armando Sá	CopoRunners	Veterano M45	51:43	+17:06	05:10
27	504	Ricardo Brito	Powerrun Team	Veterano M45	52:26	+17:49	05:15
28	321	João Rocha	Individual	Veterano M45	53:31	+18:54	05:21
29	562	Tino Silva	Run & Fun	Veterano M45	54:45	+20:08	05:29
30	535	Daniel Costa	Pupilos do Zé-Tó	Veterano M45	55:56	+21:19	05:36
31	318	Hugo Azevedo	Individual	Veterano M45	56:23	+21:46	05:38
32	459	Antonio Pinto	Os Cansados	Veterano M45	57:03	+22:26	05:42
33	460	João Pinto	Os Cansados	Veterano M45	57:04	+22:27	05:42
34	268	Amândio Silva	Grupo Juvenil Pinheiro da Bemposta	Veterano M45	57:15	+22:38	05:44
35	326	Marcelo teixeira da mota	Individual	Veterano M45	57:24	+22:47	05:44
36	328	Paulo Costa	Individual	Veterano M45	57:58	+23:21	05:48
37	503	Pedro Cruz	Powerrun Team	Veterano M45	58:18	+23:41	05:50
38	502	Gentil Pereira	Powerrun Team	Veterano M45	59:41	+25:04	05:58
39	331	Toninho ventura	Individual	Veterano M45	59:43	+25:06	05:58
40	34	Rui Silva	ALMA FITNESS	Veterano M45	01:00:16	+25:39	06:02
41	324	Luciano Pio da Silva	Individual	Veterano M45	01:00:26	+25:49	06:03
42	33	Hugo Almeida	ALMA FITNESS	Veterano M45	01:01:35	+26:58	06:10
43	416	Paulo Santos	NIGHT RUNNERS FEIRA	Veterano M45	01:03:10	+28:33	06:19
44	317	Filipe Teixeira	Individual	Veterano M45	01:04:30	+29:53	06:27
45	415	Manuel Almeida	NIGHT RUNNERS FEIRA	Veterano M45	01:05:14	+30:37	06:31
46	419	Rui Pereira	NIGHT RUNNERS FEIRA	Veterano M45	01:06:02	+31:25	06:36
47	384	Andre Sousa	MKT	Veterano M45	01:06:38	+32:01	06:40
48	62	Cesario Fernandes	Arrifana Running	Veterano M45	01:06:39	+32:02	06:40
49	534	André Lima	Pupilos do Zé-Tó	Veterano M45	01:08:01	+33:24	06:48
50	380	Bruno Almeida	Marretas da Caneca	Veterano M45	01:08:21	+33:44	06:50
51	330	Rui Martinho Leite	Individual	Veterano M45	01:09:15	+34:38	06:56
52	588	Marco Costa	Velha Guarda RC	Veterano M45	01:20:43	+46:06	08:02

10 KM

OFFICIAL RESULT

Veterano M50

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10KM

10 KM

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OFFICIAL RESULT

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45	335	Elias de Souza Alves	Individual	Veterano M50	01:08:45	+32:56	06:53
46	100	João Sousa	Bravos e bravitas	Veterano M50	01:12:03	+36:14	07:12
47	381	Rui Iestre	Marretas da Caneca	Veterano M50	01:12:36	+36:46	07:16

Veterano M55

1	160	Joaquim Figueiredo	Figueiredos And Friend	Veterano M55	35:47	03:35
2	23	Fernando Silva	ACR Vale de Cambra	Veterano M55	38:48	+03:01 03:53
3	105	Renato silva	Caldas de sao jorge sport club	Veterano M55	38:59	+03:12 03:54
4	36	António Nunes	ARADA ATLÉTICO CLUBE	Veterano M55	41:48	+06:01 04:11
5	375	Orlando Valente	Lourosa em Movimento	Veterano M55	42:09	+06:22 04:13
6	431	Paulo Pereira	NIGHT RUNNERS FEIRA	Veterano M55	43:02	+07:15 04:18
7	124	Fernando Oliveira	CLUBE DE CAMPISMO DE SAO JOAO DA MADEIRA	Veterano M55	44:05	+08:18 04:25
8	115	Pedro Leal	Clube Atletismo de Ovar	Veterano M55	47:44	+11:57 04:46
9	549	António Ferreira	Pupilos do Zé-Tó	Veterano M55	48:10	+12:23 04:49
10	551	José Rodrigues	Pupilos do Zé-Tó	Veterano M55	48:10	+12:23 04:49
11	101	Sérgio Almeida	Bravos e bravitas	Veterano M55	48:13	+12:26 04:49
12	566	Mário Jorge Almeida	Run & Fun	Veterano M55	48:59	+13:12 04:54
13	344	Marcelo Fernandes	Individual	Veterano M55	49:10	+13:23 04:55
14	346	Rui Manuel Ferreira Barroso Gomes	Individual	Veterano M55	50:40	+14:53 05:04
15	342	Antonio Silva	Individual	Veterano M55	51:50	+16:03 05:11
16	147	Vítor M Cardoso	Corre São João	Veterano M55	56:22	+20:35 05:38
17	343	ERNESTO SILVA	Individual	Veterano M55	56:51	+21:04 05:41
18	40	PEDRO MELO	ARCORUN	Veterano M55	56:57	+21:10 05:42
19	430	Joaquim Moreira	NIGHT RUNNERS FEIRA	Veterano M55	58:12	+22:25 05:49
20	429	David Silva	NIGHT RUNNERS FEIRA	Veterano M55	01:03:52	+28:05 06:23
21	552	Manuel Coelho	Pupilos do Zé-Tó	Veterano M55	01:04:47	+29:00 06:29
22	550	João Carvalho	Pupilos do Zé-Tó	Veterano M55	01:05:43	+29:56 06:34
23	73	José Costa	Arrifana Running	Veterano M55	01:29:35	+53:48 08:58

Veterano M60

1	125	Manuel Alves	CLUBE DE CAMPISMO DE SAO JOAO DA MADEIRA	Veterano M60	36:21	03:38
2	348	José Carlos Ribeiro Tavares	Grupo D. C. Guilhovai	Veterano M60	40:27	+04:06 04:03
3	569	Belmiro Rodrigues	S.C.Coimbrões	Veterano M60	40:37	+04:15 04:04
4	584	Vitor Resende	União de Lamas	Veterano M60	40:54	+04:33 04:05
5	573	Américo Valente	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	Veterano M60	41:03	+04:42 04:06
6	347	João Pereira	Individual	Veterano M60	41:36	+05:15 04:10
7	120	Mário Silva	Clube de atletismo HM Training Group de Sangalhos	Veterano M60	42:05	+05:44 04:13
8	76	António Fernandes	Arrifana Running	Veterano M60	45:21	+09:00 04:32
9	149	Luis Pinho	DOMINGO LEVO UM RADIO	Veterano M60	48:01	+11:40 04:48
10	89	José Luís Santos	Brandoenses Running	Veterano M60	48:22	+12:01 04:50

10KM

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

11	445	Manuel Anjos	Núcleo de Atletismo de Cucujães	Veterano M60	50:48	+14:27	05:05
12	350	José Silva	Individual	Veterano M60	53:02	+16:41	05:18
13	349	José Graça	Individual	Veterano M60	58:22	+22:01	05:50
14	432	Joaquim Pinto	NIGHT RUNNERS FEIRA	Veterano M60	01:01:23	+25:02	06:08

Veterano M65

1	434	Carlos Fazendeiro	NIGHT RUNNERS FEIRA	Veterano M65	43:00	04:18
2	577	PEDRO TERRA	SSTSJM	Veterano M65	43:24	+00:24 04:20
3	102	Alcides Relvas	Bravos e bravitas	Veterano M65	44:50	+01:50 04:29
4	556	Manuel Zola	Pupilos do Zé-Tó	Veterano M65	48:21	+05:20 04:50
5	110	Fernando Gonçalves	Cirac - Circulo de Recreio Arte e Cultura	Veterano M65	48:47	+05:46 04:53
6	568	ZE MOUTINHO	Run & Fun	Veterano M65	49:19	+06:19 04:56
7	436	Manuel António	NIGHT RUNNERS FEIRA	Veterano M65	50:28	+07:28 05:03
8	470	MARIO Alves	Os Kágados	Veterano M65	51:30	+08:29 05:09
9	351	Fernando Silva	Individual	Veterano M65	51:41	+08:40 05:10
10	78	Manuel F G Oliveira	Arrifana Running	Veterano M65	52:55	+09:55 05:18
11	116	Edmundo Guedes	Clube Campismo	Veterano M65	53:47	+10:46 05:23
12	471	Normando Santos	Os Kágados	Veterano M65	56:54	+13:54 05:41
13	353	Manuel Pereira Santos	Individual	Veterano M65	57:44	+14:43 05:46
14	77	José Beleza	Arrifana Running	Veterano M65	59:15	+16:14 05:55
15	352	Manuel Paiva	Individual	Veterano M65	59:56	+16:56 06:00
16	1	Casimiro Fernandes	NIGHT RUNNERS FEIRA	Veterano M65	01:02:18	+19:18 06:14
17	435	Fernando Silva	NIGHT RUNNERS FEIRA	Veterano M65	01:08:29	+25:28 06:51
18	467	Belmiro Aguiar	Os Kágados	Veterano M65	01:08:40	+25:39 06:52
19	111	Joaquim Oliveira	Cirac - Circulo de Recreio Arte e Cultura	Veterano M65	01:11:31	+28:31 07:09
20	469	Manuel Rodrigues	Os Kágados	Veterano M65	01:16:37	+33:36 07:40
21	21	Joaquim Resende	ACDCDSMF OS Laranjinhas	Veterano M65	01:16:47	+33:46 07:41