

Prova Principal

10 KM

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

OFFICIAL RESULT

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

177	338	Edgar Silva	Individual	Senior Masculino	46:15	+15:43	04:38
178	1600	Hugo Silva	Individual	Senior Masculino	46:17	+15:45	04:38
179	1629	José Pinho	Individual	Senior Masculino	46:23	+15:52	04:38
180	321	Bruno Novera	Individual	Senior Masculino	46:24	+15:52	04:38
181	1688	Ricardo Manuel Duarte Rodrigues	Individual	Senior Masculino	46:27	+15:55	04:39
182	1675	Pedro Ponciano	Individual	Senior Masculino	46:28	+15:57	04:39
183	1587	Fabio Oliveira	Individual	Senior Masculino	46:33	+16:02	04:39
184	1271	Marco Nunes	Corvos running by S.V.P	Senior Masculino	46:38	+16:06	04:40
185	2217	Pedro Barros	Run for Eat	Senior Masculino	46:40	+16:09	04:40
186	2061	Ricardo Duarte	Lourosa Em Movimento	Senior Masculino	46:40	+16:09	04:40
187	2284	Elivelton Santos	Running Mozelos	Senior Masculino	46:42	+16:11	04:40
188	1555	António Luís Tulha Duarte Ferreira	Individual	Senior Masculino	46:43	+16:12	04:40
189	426	Paulo Ricardo Pereira Costa	Individual	Senior Masculino	46:49	+16:17	04:41
190	402	Manuel Reis	Individual	Senior Masculino	46:50	+16:18	04:41
191	324	Carlos Casimiro	Individual	Senior Masculino	46:53	+16:21	04:41
192	844	André Silva	Interventional Systems	Senior Masculino	46:56	+16:25	04:42
193	344	Fábio Costa	Individual	Senior Masculino	46:59	+16:27	04:42
194	1148	António Pinheiro	Cabelte	Senior Masculino	47:06	+16:35	04:43
195	2354	Bruno Gil	Toupeirinhas	Senior Masculino	47:12	+16:40	04:43
196	2250	Nuno Garcia	RUNNING ESPINHO	Senior Masculino	47:12	+16:41	04:43
197	460	Tiago Coelho	Individual	Senior Masculino	47:15	+16:43	04:44
198	1666	Pedro Cunha e Silva	Individual	Senior Masculino	47:15	+16:44	04:44
199	1654	Nuno Miguel Rios de Pinho	Individual	Senior Masculino	47:17	+16:46	04:44
200	2072	Pedro Tiago Correia Valente	Individual	Senior Masculino	47:22	+16:51	04:44
201	331	Davyd Macedo	Individual	Senior Masculino	47:24	+16:53	04:44
202	1658	Nuno Reis	Individual	Senior Masculino	47:26	+16:54	04:45
203	1697	Rui Pedro Castro Coelho	Individual	Senior Masculino	47:29	+16:58	04:45
204	2037	Diogo Alberto Santos Silva	Juventude Cortegacense	Senior Masculino	47:30	+16:58	04:45
205	66	João Matos	Bastos Matos	Senior Masculino	47:31	+17:00	04:45
206	1636	Luis Pereira	Individual	Senior Masculino	47:31	+17:00	04:45
207	472	Vitor Martins Picanço Gardel	Individual	Senior Masculino	47:32	+17:01	04:45
208	2438	Antonio Ferreira	Individual	Senior Masculino	47:33	+17:02	04:45
209	435	Pedro Miguel Soares Silva	Individual	Senior Masculino	47:34	+17:02	04:45
210	393	José Silva	Individual	Senior Masculino	47:34	+17:03	04:45
211	1672	Pedro Oliveira	Individual	Senior Masculino	47:36	+17:05	04:46
212	1058	Luís Novo	ACAIL GAS	Senior Masculino	47:38	+17:06	04:46
213	2189	Francisco Almeida	RE3	Senior Masculino	47:41	+17:09	04:46
214	879	Rodrigo Silva	LATIFI	Senior Masculino	47:41	+17:09	04:46
215	325	Carlos Simões	Individual	Senior Masculino	47:41	+17:10	04:46
216	1708	Tiago Barros	Individual	Senior Masculino	47:46	+17:15	04:47
217	409	Miguel Fernandes	Individual	Senior Masculino	47:47	+17:16	04:47
218	2355	Renato Santos	Toupeirinhas	Senior Masculino	47:57	+17:26	04:48
219	1613	João Pedro Almeida da Silva	Individual	Senior Masculino	48:01	+17:30	04:48
220	408	Miguel Almeida	Individual	Senior Masculino	48:06	+17:35	04:49
221	473	Wilson Andrade	Individual	Senior Masculino	48:07	+17:35	04:49
222	2443	Daniel Sousa	Individual	Senior Masculino	48:11	+17:40	04:49

Prova Principal**10 KM**

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

OFFICIAL RESULT

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223	846	Pedro Costa	Interventional Systems	Senior Masculino	48:11	+17:40	04:49
224	311	André Mota	Individual	Senior Masculino	48:12	+17:41	04:49
225	1627	José Garrido	Individual	Senior Masculino	48:13	+17:42	04:49
226	2359	David Silva	Venezuela running	Senior Masculino	48:14	+17:42	04:49
227	320	Bruno Henrique Leite	Individual	Senior Masculino	48:14	+17:42	04:49
228	1598	Hugo Filipe Rodrigues de Ataíde	Individual	Senior Masculino	48:15	+17:44	04:50
229	456	Samuel Pereira	Individual	Senior Masculino	48:17	+17:46	04:50
230	1315	Carlos Fortes	Fortes Team	Senior Masculino	48:18	+17:47	04:50
231	352	Francisco Bica	Individual	Senior Masculino	48:22	+17:51	04:50
232	369	Ivo Soares	Individual	Senior Masculino	48:37	+18:06	04:52
233	1687	Ricardo Cruz Silva	Individual	Senior Masculino	48:38	+18:07	04:52
234	849	Tiago Silva	Into The Wild Team	Senior Masculino	48:39	+18:08	04:52
235	127	André Filipe dos Santos Rebelo	Eduart Componentes Calçado	Senior Masculino	48:40	+18:08	04:52
236	389	José Mário Neves Marques	Individual	Senior Masculino	48:40	+18:08	04:52
237	329	Daniel Oliveira Silva	Individual	Senior Masculino	48:40	+18:09	04:52
238	2139	Marcelo Nascimento	Perna curta	Senior Masculino	48:44	+18:12	04:52
239	1000	Bernardo Manahu	Trevo de 4 Flechas	Senior Masculino	48:46	+18:15	04:53
240	315	Anthony Borges	Individual	Senior Masculino	48:59	+18:28	04:54
241	2459	Marcelo magalhaes	Individual	Senior Masculino	48:59	+18:28	04:54
242	2162	Miguel Damas	Prime Human Performance	Senior Masculino	49:06	+18:35	04:55
243	1714	Tiago Vaz	Individual	Senior Masculino	49:09	+18:38	04:55
244	420	Nuno Sousa	Individual	Senior Masculino	49:12	+18:40	04:55
245	1549	André Jesus Gomes	Individual	Senior Masculino	49:12	+18:41	04:55
246	371	Jani Dias	Individual	Senior Masculino	49:16	+18:44	04:56
247	1653	Nuno Fernandes	Individual	Senior Masculino	49:22	+18:51	04:56
248	2448	Fernando Jorge Teixeira Couto	Individual	Senior Masculino	49:24	+18:53	04:56
249	2247	Hugo Mauricio Marques Catarino	RUNNING ESPINHO	Senior Masculino	49:43	+19:12	04:58
250	464	Tiago Melro	Individual	Senior Masculino	49:46	+19:15	04:59
251	932	Rui Araujo	Peixinhos do Rio	Senior Masculino	49:47	+19:15	04:59
252	1618	João Silva	Individual	Senior Masculino	49:52	+19:20	04:59
253	2437	André Alão Silva	Individual	Senior Masculino	49:53	+19:22	04:59
254	395	Julien Marhic	Individual	Senior Masculino	49:54	+19:22	04:59
255	164	Tiago Estrafalho	Gelcentro Team	Senior Masculino	49:55	+19:23	05:00
256	370	Jaime Augusto	Individual	Senior Masculino	49:56	+19:25	05:00
257	1008	Carlos Manuel Amorim Rodrigues Pereira	Turbo Force Running	Senior Masculino	49:56	+19:25	05:00
258	354	Francisco Machado da Costa e Silva	Individual	Senior Masculino	49:59	+19:27	05:00
259	2038	Filipe Jesus Costa Pereira	Juventude Cortegacense	Senior Masculino	50:02	+19:31	05:00
260	399	Luís Morujão	Individual	Senior Masculino	50:04	+19:33	05:00
261	2036	Americo Jorge Pereira da Costa	Juventude Cortegacense	Senior Masculino	50:04	+19:33	05:00
262	340	Eduardo Ferreira	Individual	Senior Masculino	50:07	+19:35	05:01
263	933	Simão Machado	Peixinhos do Rio	Senior Masculino	50:08	+19:36	05:01
264	366	Ivo Lopes Vieira	Individual	Senior Masculino	50:10	+19:38	05:01
265	1711	Tiago Lopes	Individual	Senior Masculino	50:12	+19:41	05:01
266	1547	André Filipe Alves Gomes	Individual	Senior Masculino	50:16	+19:44	05:02
267	336	Diogo Oliveira	Individual	Senior Masculino	50:22	+19:50	05:02
268	1588	Fábio Soares	Individual	Senior Masculino	50:23	+19:51	05:02

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10 KM

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

OFFICIAL RESULT

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314	412	Miguel Silva	Cabelte	Senior Masculino	52:44	+22:12	05:16
315	348	Fernando M S Ferreira	Individual	Senior Masculino	52:47	+22:15	05:17
316	334	Diogo Machado	Individual	Senior Masculino	52:50	+22:19	05:17
317	2446	Fabiano dos Santos	Individual	Senior Masculino	52:53	+22:22	05:17
318	1175	Daniel Faria	caracóis	Senior Masculino	52:56	+22:24	05:18
319	848	Sérgio Almeida	Interventional Systems	Senior Masculino	53:02	+22:30	05:18
320	1545	Alvaro Ferreira	Individual	Senior Masculino	53:05	+22:33	05:19
321	2042	Samuel da Silva Rocha	Juventude Cortegacense	Senior Masculino	53:05	+22:34	05:19
322	1565	Carlos Daniel Pinho Fernandes	Individual	Senior Masculino	53:06	+22:35	05:19
323	1652	Nuno Dias	Individual	Senior Masculino	53:06	+22:35	05:19
324	2461	Nelson Alexandre Campos Alves	Individual	Senior Masculino	53:33	+23:01	05:21
325	997	Nuno Coelho	TO NA PISTA	Senior Masculino	53:48	+23:17	05:23
326	2436	Alexandre Cruz	Individual	Senior Masculino	53:56	+23:24	05:24
327	2468	Vicente Iglésias	Individual	Senior Masculino	54:00	+23:28	05:24
328	1150	Jorge Miguel Faria	Cabelte	Senior Masculino	54:06	+23:35	05:25
329	2349	Pedro Martins	TO NA PISTA	Senior Masculino	54:11	+23:40	05:25
330	441	Rafael Ferraz	Individual	Senior Masculino	54:20	+23:49	05:26
331	1370	João Ferreira da Silva	IMPACTO FITNESS	Senior Masculino	54:25	+23:53	05:27
332	1040	Christofer Santos	A.D. GRIJÓ A CORRER	Senior Masculino	54:27	+23:55	05:27
333	1047	Alexandre Pereira	A.D. GRIJÓ A CORRER	Senior Masculino	54:27	+23:56	05:27
334	442	Rafael Ferreira	Individual	Senior Masculino	54:36	+24:05	05:28
335	2101	António Carneiro	NIGHT Runners Feira	Senior Masculino	54:45	+24:13	05:29
336	125	Vitor Pais	DragonTeam	Senior Masculino	54:50	+24:18	05:29
337	1704	Sérgio Ricardo Valente Silva	Individual	Senior Masculino	54:55	+24:24	05:30
338	2123	Diogo Oliveira Pinto	OLIVEIRA	Senior Masculino	54:55	+24:24	05:30
339	465	Tiago Peixoto Pais	Individual	Senior Masculino	54:57	+24:26	05:30
340	1343	Elton Rodrigues	Gelcentro Team	Senior Masculino	55:13	+24:41	05:31
341	384	Joel silva	Individual	Senior Masculino	55:30	+24:58	05:33
342	453	Rúben Filipe da Silva Terra	Individual	Senior Masculino	55:30	+24:58	05:33
343	1347	Jorge Monteiro	Goodshape	Senior Masculino	55:38	+25:07	05:34
344	1569	Cesar emanuel	Individual	Senior Masculino	55:39	+25:08	05:34
345	1589	Fábio Teixeira	Individual	Senior Masculino	55:45	+25:14	05:35
346	968	Daniel Serralva	Running Mozelos	Senior Masculino	55:47	+25:15	05:35
347	459	Simão Pereira	Individual	Senior Masculino	55:47	+25:16	05:35
348	355	Francisco Miguel Filipe Castro	Individual	Senior Masculino	56:07	+25:35	05:37
349	379	João Pedro Maia de Oliveira Pereira	Individual	Senior Masculino	56:08	+25:36	05:37
350	2298	António Carvalho	Santiago 25	Senior Masculino	56:11	+25:39	05:37
351	1699	Rui Pinto	Individual	Senior Masculino	56:16	+25:44	05:38
352	1342	Diogo Bastos	Gelcentro Team	Senior Masculino	56:16	+25:44	05:38
353	458	Sérgio Fernandes	Individual	Senior Masculino	56:17	+25:45	05:38
354	155	João Lima	Feirenses	Senior Masculino	56:32	+26:01	05:39
355	1346	André Machado	Goodshape	Senior Masculino	56:35	+26:04	05:40
356	419	Nuno Santos	Individual	Senior Masculino	56:43	+26:12	05:40
357	417	Nuno Miguel Rocha Pereira	Individual	Senior Masculino	56:46	+26:14	05:41
358	397	Licínio Castanheira de Carvalho	Individual	Senior Masculino	57:02	+26:30	05:42
359	455	Samuel Gonçalves	Individual	Senior Masculino	57:10	+26:38	05:43

Prova Principal

10 KM

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

OFFICIAL RESULT

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

360	179	Ricardo João Pais Ribeiro	IMPACTO FITNESS	Senior Masculino	57:15	+26:44	05:44
361	1377	Pedro VilasBoas	ÍMPAR RUNNING TEAM	Senior Masculino	57:23	+26:52	05:44
362	407	Mauro Filipe Magro Lamelas	Individual	Senior Masculino	57:42	+27:11	05:46
363	2455	Joel Sousa	Individual	Senior Masculino	57:45	+27:14	05:47
364	316	António Simão Abreu	Individual	Senior Masculino	57:49	+27:18	05:47
365	1177	Pedro Silva	caracóis	Senior Masculino	57:50	+27:19	05:47
366	362	Gustavo Marques	Individual	Senior Masculino	57:50	+27:19	05:47
367	1606	João Coelho	Individual	Senior Masculino	57:54	+27:23	05:47
368	421	Nuno Zenha	Individual	Senior Masculino	57:55	+27:24	05:48
369	2526	Fábio Vilaça	Nós os dois	Senior Masculino	58:01	+27:30	05:48
370	2453	João Esteves	Individual	Senior Masculino	58:05	+27:33	05:49
371	448	Ricardo Filipe Silva	Individual	Senior Masculino	58:08	+27:36	05:49
372	1631	Leonel Cristiano Lopes Cardoso	Individual	Senior Masculino	58:18	+27:47	05:50
373	374	João Fernandes	Individual	Senior Masculino	58:20	+27:48	05:50
374	427	Pedro Alves	Individual	Senior Masculino	58:26	+27:55	05:51
375	469	Helder Costa	Individual	Senior Masculino	58:33	+28:01	05:51
376	345	Fábio da Silva Costa	Individual	Senior Masculino	58:33	+28:02	05:51
377	347	Fabio Franca	Individual	Senior Masculino	58:33	+28:02	05:51
378	375	João Ferreira	Individual	Senior Masculino	58:36	+28:04	05:52
379	2314	Fred Pinto	Sporting Clube de Espinho / António Leitão	Senior Masculino	58:42	+28:11	05:52
380	372	João Arrojado	Individual	Senior Masculino	58:46	+28:15	05:53
381	413	Miguel Sousa	Individual	Senior Masculino	58:48	+28:16	05:53
382	2456	Jorge Arnaldo Vieira	Individual	Senior Masculino	58:55	+28:23	05:54
383	847	Pedro Pinto	Interventional Systems	Senior Masculino	58:58	+28:27	05:54
384	343	Eduardo Silva	Individual	Senior Masculino	59:12	+28:41	05:55
385	2219	Zé Belinha	Run for Eat	Senior Masculino	59:14	+28:42	05:55
386	1612	João Palmeiro	Individual	Senior Masculino	59:22	+28:50	05:56
387	2465	Pedro Estácio	Individual	Senior Masculino	59:34	+29:03	05:57
388	342	Eduardo Ribas	Individual	Senior Masculino	59:48	+29:17	05:59
389	356	Francisco Neves	Individual	Senior Masculino	59:54	+29:23	05:59
390	1583	Eduardo da Silva	Individual	Senior Masculino	59:54	+29:23	05:59
391	1643	Miguel Ângelo Loureiro Simões	Individual	Senior Masculino	59:54	+29:23	05:59
392	1560	Bruno Guedes	Individual	Senior Masculino	59:57	+29:26	06:00
393	404	Marco Andrade	Individual	Senior Masculino	59:59	+29:27	06:00
394	992	Pedro Queirós	TeamCabral	Senior Masculino	01:00:00	+29:28	06:00
395	1630	Leonardo Carvalho	Individual	Senior Masculino	01:00:03	+29:32	06:00
396	2356	Vasco Monteiro	Toupeirinhas	Senior Masculino	01:00:10	+29:38	06:01
397	1680	Pedro Tavares Resende	Individual	Senior Masculino	01:00:18	+29:47	06:02
398	1561	Bruno Manuel Agudo Serra Russo	Individual	Senior Masculino	01:00:20	+29:48	06:02
399	2541	Tiago Vieira	RUNNING ESPINHO	Senior Masculino	01:00:20	+29:49	06:02
400	2090	Mário Capela	Molinhas Sprints	Senior Masculino	01:00:30	+29:58	06:03
401	424	Pablo Puente	Individual	Senior Masculino	01:00:36	+30:04	06:04
402	444	Raul Andorinha	Individual	Senior Masculino	01:00:36	+30:05	06:04
403	1679	Pedro Sousa	Individual	Senior Masculino	01:00:40	+30:09	06:04
404	423	Óscar Miguel Martins de Sá Pereira	Individual	Senior Masculino	01:00:42	+30:11	06:04
405	1268	Bruno Morgado	Corre-dores	Senior Masculino	01:00:44	+30:12	06:04

Prova Principal**10 KM**

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

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406	1696	Rui Pedro Almeida	Individual	Senior Masculino	01:00:48	+30:16	06:05
407	2216	Luís Belinha	Run for Eat	Senior Masculino	01:00:57	+30:25	06:06
408	380	João Pedro Soares Oliveira	Individual	Senior Masculino	01:01:00	+30:28	06:06
409	2525	Bruno Oliveira	Nós os dois	Senior Masculino	01:01:01	+30:29	06:06
410	468	Tiago Sousa	Individual	Senior Masculino	01:01:07	+30:36	06:07
411	2534	André Castro	Running Esmoriz	Senior Masculino	01:01:16	+30:44	06:08
412	2413	Rui Dourado	Cabelte	Senior Masculino	01:01:24	+30:53	06:08
413	1693	Romain Sousa	Individual	Senior Masculino	01:01:26	+30:54	06:09
414	1584	Eduardo Gonçalves de Souza	Individual	Senior Masculino	01:01:38	+31:06	06:10
415	457	Sergio Augusto Moreira Lopes	Individual	Senior Masculino	01:02:06	+31:35	06:13
416	1098	Ricardo Preto	Bengalas e Muletas	Senior Masculino	01:02:09	+31:37	06:13
417	405	Marco Couto	Individual	Senior Masculino	01:02:13	+31:42	06:13
418	1638	Manuel Valente	Individual	Senior Masculino	01:02:14	+31:42	06:13
419	843	André Ferraz	Interventional Systems	Senior Masculino	01:02:15	+31:44	06:14
420	2119	Daniel Couto	Núcleo de Corrida Solverde - Espinho	Senior Masculino	01:02:17	+31:46	06:14
421	309	André Filipe Pereira Alves	Individual	Senior Masculino	01:02:21	+31:50	06:14
422	386	José Augusto Oliva Afonso	Individual	Senior Masculino	01:02:21	+31:50	06:14
423	1593	Gabriel lopes	Individual	Senior Masculino	01:02:24	+31:52	06:14
424	1580	Diogo Silva	Individual	Senior Masculino	01:02:55	+32:24	06:18
425	452	Robson Souza	Individual	Senior Masculino	01:02:55	+32:24	06:18
426	461	Tiago Coimbra	Individual	Senior Masculino	01:03:00	+32:29	06:18
427	337	Diogo Pinto	Individual	Senior Masculino	01:03:09	+32:37	06:19
428	428	Pedro Américo Rocha Ferreira	Individual	Senior Masculino	01:03:26	+32:55	06:21
429	351	Filipe Ferreira	Individual	Senior Masculino	01:03:26	+32:55	06:21
430	446	Ricardo Alves	Individual	Senior Masculino	01:03:42	+33:10	06:22
431	432	Pedro Guedes	Individual	Senior Masculino	01:03:42	+33:11	06:22
432	341	EDUARDO RAMOS	Individual	Senior Masculino	01:03:43	+33:11	06:22
433	845	Bruno Almeida	Interventional Systems	Senior Masculino	01:04:13	+33:41	06:25
434	2185	Tiago Cardoso	Ratos do Asfalto	Senior Masculino	01:04:19	+33:48	06:26
435	437	Pedro Neto	Individual	Senior Masculino	01:04:33	+34:02	06:27
436	422	Orlando Miguel da Costa Brizida	Individual	Senior Masculino	01:04:50	+34:18	06:29
437	870	Tiago Leite	KIRCHHOFF - KONECT Running team	Senior Masculino	01:04:56	+34:24	06:30
438	1604	João Araújo	Individual	Senior Masculino	01:05:06	+34:35	06:31
439	2053	Bruno Oliveira	Kenianos do Asfalto	Senior Masculino	01:05:17	+34:46	06:32
440	2445	Dumitru Deliu	Individual	Senior Masculino	01:05:27	+34:55	06:33
441	2134	Rui Pinto	PATUS BRAVUS	Senior Masculino	01:05:27	+34:56	06:33
442	2454	Joao Sousa	Individual	Senior Masculino	01:05:29	+34:58	06:33
443	1551	André Machado	Individual	Senior Masculino	01:05:32	+35:00	06:33
444	401	Manuel Alves	Individual	Senior Masculino	01:05:37	+35:06	06:34
445	467	Tiago Silva	Individual	Senior Masculino	01:05:38	+35:07	06:34
446	953	André Meneses	RUNNING ESPINHO	Senior Masculino	01:05:53	+35:22	06:35
447	373	João Costa	Individual	Senior Masculino	01:06:13	+35:42	06:37
448	388	José Guilherme Leite e Sá	Individual	Senior Masculino	01:06:17	+35:45	06:38
449	71	Diogo Dias	Bengalas e Muletas	Senior Masculino	01:06:34	+36:03	06:39
450	1009	João Alberto Neves da Silva	Turbo Force Running	Senior Masculino	01:06:47	+36:16	06:41

Prova Principal

10 KM

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

OFFICIAL RESULT

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

451	1695	Rui Manuel Valente Rodrigues Nunes	Individual	Senior Masculino	01:06:50	+36:18	06:41
452	1713	Tiago Pinho	Individual	Senior Masculino	01:06:52	+36:21	06:41
453	1712	Tiago Oliveira	Individual	Senior Masculino	01:07:15	+36:44	06:44
454	180	Samuel da Costa Santos	IMPACTO FITNESS	Senior Masculino	01:07:59	+37:28	06:48
455	396	Leonel Filipe Santos Patrício	Individual	Senior Masculino	01:08:17	+37:46	06:50
456	70	David Fontes	Bengalas e Muletas	Senior Masculino	01:08:35	+38:03	06:52
457	1616	Élio Cardoso Robalinho	Individual	Senior Masculino	01:08:40	+38:09	06:52
458	2457	José Oliveira	Individual	Senior Masculino	01:08:52	+38:20	06:53
459	72	Manuel Gomes	Bengalas e Muletas	Senior Masculino	01:08:52	+38:20	06:53
460	1572	David Figueiredo	Individual	Senior Masculino	01:09:22	+38:51	06:56
461	1602	João Amorim	Individual	Senior Masculino	01:09:39	+39:08	06:58
462	946	Daniel Filipe Pereira Monteiro	Rambóias Running Team	Senior Masculino	01:09:48	+39:17	06:59
463	410	Miguel Marques	Individual	Senior Masculino	01:10:23	+39:52	07:02
464	1611	Joao Moutinho	Individual	Senior Masculino	01:10:39	+40:08	07:04
465	2214	André Silva	Run for Eat	Senior Masculino	01:10:52	+40:20	07:05
466	1594	Gonçalo Silva	Individual	Senior Masculino	01:11:22	+40:50	07:08
467	1681	Pedro Teixeira	Individual	Senior Masculino	01:12:21	+41:49	07:14
468	1057	Fernando Martins	ACAIL GAS	Senior Masculino	01:12:52	+42:21	07:17
469	1625	Jorge Sá	Individual	Senior Masculino	01:13:04	+42:32	07:18
470	2202	Diogo Silva	Run & Fun	Senior Masculino	01:13:06	+42:35	07:19
471	1314	Hélder Matos	Fogaças com Malapos	Senior Masculino	01:13:08	+42:37	07:19
472	2173	Edgar Silva	Rambóias Running Team	Senior Masculino	01:13:14	+42:43	07:19
473	926	Sérgio Martins	Parceirinhos	Senior Masculino	01:13:20	+42:49	07:20
474	2218	Pedro Silva	Run for Eat	Senior Masculino	01:13:43	+43:12	07:22
475	2215	Hugo Carneiro	Run for Eat	Senior Masculino	01:13:44	+43:12	07:22
476	940	Carlos Batista	Pernas de Pau Velozes	Senior Masculino	01:14:47	+44:16	07:29
477	466	Tiago Silva	Individual	Senior Masculino	01:16:55	+46:23	07:42
478	364	Herianderson Silva de Freitas	Individual	Senior Masculino	01:17:01	+46:30	07:42
479	2246	Gerson Marques	RUNNING ESPINHO	Senior Masculino	01:17:16	+46:45	07:44
480	1717	Valter Alves	Individual	Senior Masculino	01:17:21	+46:49	07:44
481	1591	Filipe Fonseca	Individual	Senior Masculino	01:17:30	+46:58	07:45
482	1694	Rui Alves	Individual	Senior Masculino	01:17:36	+47:04	07:46
483	310	André Monteiro	Individual	Senior Masculino	01:20:23	+49:52	08:02
484	2174	Francisco Rocha	Rambóias Running Team	Senior Masculino	01:21:02	+50:31	08:06
485	2146	Fábio Novo	Pernas de Pau Velozes	Senior Masculino	01:25:01	+54:29	08:30
486	1706	Simão Pedro Simões Pereira	Individual	Senior Masculino	01:25:54	+55:23	08:35
487	2458	Lucas Silva	Individual	Senior Masculino	01:25:58	+55:27	08:36
488	339	Eduardo Costa	Individual	Senior Masculino	01:30:46	+01:00:15	09:05
489	1027	Daniel Lopes	A. D. RIO LARGO C. ESPINHO	Senior Masculino	01:30:46	+01:00:15	09:05

Sub 23 Feminino

1	2408	Lara Costa	ARADA ATLÉTICO CLUBE	Sub 23 Feminino	39:42	+09:11	03:58
2	944	Sara Rodrigues	Pupilos do Zé-Tó	Sub 23 Feminino	45:38	+15:07	04:34
3	1740	Rita Vasques	Individual	Sub 23 Feminino	50:43	+20:11	05:04
4	1729	Helena Vasques	Individual	Sub 23 Feminino	50:43	+20:11	05:04

Prova Principal

10 KM

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

OFFICIAL RESULT

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

5	1230	Leonor Pepe	Clube Desportivo Feirense	Sub 23 Feminino	52:05	+21:33	05:13
6	478	Beatriz Reis Cardoso	Miles&Vibes	Sub 23 Feminino	52:08	+21:37	05:13
7	1725	Ana Dias	Individual	Sub 23 Feminino	53:31	+22:59	05:21
8	1741	Sofia Brito	Individual	Sub 23 Feminino	53:40	+23:08	05:22
9	1724	Alice Maria Carvalho Alves	Individual	Sub 23 Feminino	54:21	+23:50	05:26
10	181	Bárbara Assunção Alves	IMPACTO FITNESS	Sub 23 Feminino	54:54	+24:23	05:29
11	2252	Eunice Marques Catarino	RUNNING ESPINHO	Sub 23 Feminino	55:20	+24:49	05:32
12	1738	Raquel Maria Castelhana Lourenço	Individual	Sub 23 Feminino	55:31	+24:59	05:33
13	2088	Francisca Araújo	Míscaros	Sub 23 Feminino	56:06	+25:34	05:37
14	1259	Eduarda Lopes	Corre que passa	Sub 23 Feminino	58:14	+27:42	05:49
15	1413	Gabriela Pinhal	Miles&Vibes	Sub 23 Feminino	58:45	+28:14	05:53
16	1733	Joana Oliveira Fonseca	Individual	Sub 23 Feminino	58:54	+28:23	05:53
17	1735	Leonor Sá	Individual	Sub 23 Feminino	59:08	+28:37	05:55
18	475	Ana Catarina Lei	Individual	Sub 23 Feminino	59:38	+29:06	05:58
19	479	Bruna Martins	Individual	Sub 23 Feminino	01:01:34	+31:03	06:09
20	481	Inês Ferreira	Individual	Sub 23 Feminino	01:02:44	+32:12	06:16
21	1742	Yasmin Gonçalves	Individual	Sub 23 Feminino	01:02:49	+32:18	06:17
22	1732	Joana Filipa Rocha Tavares	Individual	Sub 23 Feminino	01:07:42	+37:10	06:46
23	1734	Joana Silva	Individual	Sub 23 Feminino	01:07:51	+37:19	06:47
24	1121	Tatiana Pais	Bodyworkout	Sub 23 Feminino	01:07:51	+37:20	06:47
25	1739	Rita Fernandes Dias	Individual	Sub 23 Feminino	01:08:30	+37:59	06:51
26	482	INES SOUSA CORREIA DA SILVA	Individual	Sub 23 Feminino	01:09:04	+38:33	06:54
27	1180	Beatri Vieira	Carlão	Sub 23 Feminino	01:09:13	+38:41	06:55
28	487	Matilde Cruz Mendes	Individual	Sub 23 Feminino	01:09:51	+39:20	06:59
29	485	Mariana Fidalgo	Individual	Sub 23 Feminino	01:10:36	+40:05	07:04
30	1728	Cátia Ribeiro	Individual	Sub 23 Feminino	01:11:22	+40:50	07:08
31	477	Bea Fernandes	Individual	Sub 23 Feminino	01:11:38	+41:06	07:10
32	1726	Beatriz Rodrigues	Individual	Sub 23 Feminino	01:11:45	+41:14	07:11
33	1737	Mariana Silva	Individual	Sub 23 Feminino	01:14:09	+43:38	07:25
34	2253	Flávia Sofia Marques Catarino	RUNNING ESPINHO	Sub 23 Feminino	01:16:47	+46:16	07:41
35	488	Vanessa Mesalira Conceição	Individual	Sub 23 Feminino	01:17:22	+46:51	07:44
36	973	Beatriz Susana Oliveira Castro	Salgueiro Properties	Sub 23 Feminino	01:18:08	+47:36	07:49
37	2028	Andreia Rodrigues	JAM - Juventude Atlético Mozelense	Sub 23 Feminino	01:18:25	+47:54	07:51
38	1731	Inês Pereira	Individual	Sub 23 Feminino	01:18:54	+48:22	07:53
39	1304	Ana Ferreira	Faz Fumo Runners	Sub 23 Feminino	01:24:19	+53:48	08:26

Sub 23 Masculino

1	1763	Rui Ferreira	Individual	Sub 23 Masculino	33:26	+02:55	03:21
2	2320	Tiago Rosas	Sporting Clube de Espinho / António Leitão	Sub 23 Masculino	34:26	+03:55	03:27
3	1231	Marcio Dias	Clube Desportivo Feirense	Sub 23 Masculino	37:05	+06:34	03:43
4	504	Pedro Azevedo	Individual	Sub 23 Masculino	37:51	+07:20	03:47
5	1749	Francisco Santos	Individual	Sub 23 Masculino	38:24	+07:52	03:50
6	893	André Fernandes	Miles&Vibes	Sub 23 Masculino	39:18	+08:47	03:56
7	1246	Gonçalo Barbosa	Clube Spiridon de Gaia	Sub 23 Masculino	39:40	+09:09	03:58

Official Timekeeper: Lap2Go	19 / 45	generate 12-jan.-2025 11:40
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Prova Principal

10 KM

OFFICIAL RESULT

8	495	Francisco Batista	Individual	Sub 23 Masculino	39:53	+09:22	03:59
9	1090	Joao Abreu	Associação Académica de São Mamede	Sub 23 Masculino	41:35	+11:04	04:10
10	80	Bernardo Fleming	Cães d Avenida	Sub 23 Masculino	42:12	+11:41	04:13
11	1378	João Salgueiro	ÍMPAR RUNNING TEAM	Sub 23 Masculino	42:23	+11:51	04:14
12	1767	Tiago Oliveira	Individual	Sub 23 Masculino	42:48	+12:17	04:17
13	2472	Tiago Figueiredo Teixeira	Individual	Sub 23 Masculino	42:56	+12:25	04:18
14	1309	Rui Santos	Fidalguinha	Sub 23 Masculino	43:45	+13:14	04:23
15	498	Gonçalo Ferreira	Individual	Sub 23 Masculino	44:11	+13:40	04:25
16	514	Tomás Alexandre da Silva Costa	Individual	Sub 23 Masculino	44:25	+13:54	04:27
17	1746	Bruno Alves	Individual	Sub 23 Masculino	45:02	+14:31	04:30
18	863	Rodrigo pinhal	javalis100limites	Sub 23 Masculino	45:20	+14:48	04:32
19	493	Edgar Oliveira da Silva	Individual	Sub 23 Masculino	46:50	+16:19	04:41
20	508	Ricardo Dinis Guedes Faria	Individual	Sub 23 Masculino	47:02	+16:30	04:42
21	505	Pedro Ramalho	Individual	Sub 23 Masculino	47:17	+16:45	04:44
22	881	Marcos Martins	LATIFI	Sub 23 Masculino	47:17	+16:46	04:44
23	2191	João Lobão	RE3	Sub 23 Masculino	47:41	+17:10	04:46
24	511	Rui Filipe Pinho Oliveira	Individual	Sub 23 Masculino	47:43	+17:11	04:46
25	1753	Hugo Silva	Individual	Sub 23 Masculino	47:44	+17:12	04:46
26	515	Tomás Garriapa Bastos	Individual	Sub 23 Masculino	47:57	+17:26	04:48
27	499	Gonçalo Soares	Individual	Sub 23 Masculino	48:42	+18:10	04:52
28	1766	Tiago Maia	Individual	Sub 23 Masculino	48:51	+18:19	04:53
29	31	Roberto Pinho dos Santos	A.E.J. Triatlo	Sub 23 Masculino	49:04	+18:33	04:54
30	501	Leonardo Pereira	Individual	Sub 23 Masculino	49:55	+19:24	05:00
31	506	Pedro Soi	Individual	Sub 23 Masculino	50:10	+19:38	05:01
32	1769	Vasco Alves Branco	Individual	Sub 23 Masculino	50:32	+20:00	05:03
33	1198	Simão Rodrigues	Century 21 Green Coast	Sub 23 Masculino	50:56	+20:25	05:06
34	489	Afonso Baptista Mota	Individual	Sub 23 Masculino	51:05	+20:34	05:07
35	1754	Joao Bento	Individual	Sub 23 Masculino	51:25	+20:54	05:09
36	492	Davide Ribeiro Fonseca	Individual	Sub 23 Masculino	51:26	+20:55	05:09
37	503	Pedro Almeida Gomes	Individual	Sub 23 Masculino	51:36	+21:04	05:10
38	1758	Miguel Costa	Individual	Sub 23 Masculino	52:13	+21:42	05:13
39	1747	Daniel Nogueira	Individual	Sub 23 Masculino	52:38	+22:07	05:16
40	1190	João Santos	Centro de Marcha e Corrida de Vale de Cambra	Sub 23 Masculino	52:46	+22:14	05:17
41	1745	André Octávio Pais Ferreira dos Santos Soares	Individual	Sub 23 Masculino	52:48	+22:16	05:17
42	2084	Tiago Silva	McD Terras Santa Maria	Sub 23 Masculino	52:57	+22:26	05:18
43	1757	Lourenço Santos Pereira	Individual	Sub 23 Masculino	53:20	+22:49	05:20
44	490	Afonso Campos	Individual	Sub 23 Masculino	53:40	+23:09	05:22
45	2333	Hélder José Cardoso Vaz da Silva	Tartarugas de Seixezelo	Sub 23 Masculino	53:46	+23:14	05:23
46	2307	Jaime Silva	Sport Clube Freamunde	Sub 23 Masculino	54:02	+23:31	05:24
47	974	Guilherme Brito	Salgueiro Properties	Sub 23 Masculino	55:33	+25:02	05:33
48	1762	Rodrigo Paulino	Individual	Sub 23 Masculino	55:50	+25:19	05:35
49	1371	João Filipe Nogueira Sarabando Carvalho	IMPACTO FITNESS	Sub 23 Masculino	57:12	+26:40	05:43
50	2104	Tiago Silva	NIGHT Runners Feira	Sub 23 Masculino	57:27	+26:56	05:45
51	1197	Gustavo de Oliveira Marques	Century 21 Green Coast	Sub 23 Masculino	57:28	+26:57	05:45

Prova Principal

10 KM

OFFICIAL RESULT

52	1761	Rodrigo Duarte	Individual	Sub 23 Masculino	57:35	+27:03	05:46
53	1752	Gustavo Nuno Ferreira Tarábbia	Individual	Sub 23 Masculino	57:36	+27:05	05:46
54	1260	Leonardo Silva	Corre que passa	Sub 23 Masculino	58:14	+27:42	05:49
55	1768	Tomás Oliveira	Individual	Sub 23 Masculino	59:54	+29:22	05:59
56	1744	Alexandre Augusto Montenegro Cardoso Lúcio Paulo	Individual	Sub 23 Masculino	01:00:54	+30:23	06:05
57	509	Rogério Silva	Individual	Sub 23 Masculino	01:00:59	+30:28	06:06
58	496	Francisco Sampaio	Individual	Sub 23 Masculino	01:01:39	+31:08	06:10
59	507	Rafael Teixeira	Individual	Sub 23 Masculino	01:02:44	+32:13	06:16
60	512	Rui Silva	Individual	Sub 23 Masculino	01:05:23	+34:52	06:32
61	1759	Nuno Gomes	Individual	Sub 23 Masculino	01:06:23	+35:51	06:38
62	494	Ernesto Tavares	Individual	Sub 23 Masculino	01:08:06	+37:34	06:49
63	510	Ruben Carvalho	Individual	Sub 23 Masculino	01:09:07	+38:36	06:55
64	1181	Pedro Oliveira	Carlão	Sub 23 Masculino	01:09:13	+38:42	06:55
65	500	João Gomes	Individual	Sub 23 Masculino	01:10:57	+40:26	07:06
66	927	Gonçalo Fontes	Partimpim	Sub 23 Masculino	01:13:22	+42:51	07:20

Veterana F40

1	8	CARLA MARTINHO	RECREIO DESPORTIVO DE ÁGUEDA	Veterana F40	35:13	+04:41	03:31
2	1339	Sandra Ferreira	GDC Guilhovai	Veterana F40	38:50	+08:19	03:53
3	484	Carla Sampaio	A.D. GRIJÓ A CORRER	Veterana F40	41:44	+11:13	04:10
4	2152	Rita Alexandra Rocha Cruz	Powerrun Team	Veterana F40	44:42	+14:11	04:28
5	1209	LIGIA TORRES	Clube Atletismo de Ovar	Veterana F40	45:10	+14:38	04:31
6	2521	Célia Santos	Lourosa Em Movimento	Veterana F40	45:15	+14:43	04:32
7	555	Monica Nunes	Individual	Veterana F40	45:34	+15:03	04:33
8	2225	Claudia Pinhal	Run4Pancakes	Veterana F40	45:35	+15:03	04:34
9	1779	Catarina Soares	Individual	Veterana F40	46:15	+15:44	04:38
10	543	JANE VIEIRA	Individual	Veterana F40	46:26	+15:54	04:39
11	2046	Sara Reis	Juventude Cortegacense	Veterana F40	46:43	+16:12	04:40
12	2229	Sofia Miranda	Run4Pancakes	Veterana F40	46:45	+16:13	04:41
13	517	Ana gomes	Individual	Veterana F40	47:18	+16:47	04:44
14	554	Monica lopes	Individual	Veterana F40	47:19	+16:48	04:44
15	906	Yasmim Jaramillo	Núcleo de Corrida Solverde - Espinho	Veterana F40	47:29	+16:57	04:45
16	2226	Diana Ribeiro	Run4Pancakes	Veterana F40	47:32	+17:01	04:45
17	1380	Sandra Salgueiro	ÍMPAR RUNNING TEAM	Veterana F40	47:52	+17:21	04:47
18	2207	Sara Mota	Run & Fun	Veterana F40	47:53	+17:22	04:47
19	42	Rosa Bastos	ACR de Vale de Cambra	Veterana F40	48:09	+17:37	04:49
20	561	Perpetua silva	Brandoenses running	Veterana F40	48:31	+18:00	04:51
21	1812	Veronica Barroso	Individual	Veterana F40	48:41	+18:10	04:52
22	969	Liliana Campos	Runriver Escola de Atletismo de Rio Tinto	Veterana F40	48:56	+18:25	04:54
23	532	Fernanda dos Santos Barboza Pestana	Individual	Veterana F40	49:01	+18:30	04:54
24	545	Joana FRANCO ROCHA	Individual	Veterana F40	49:14	+18:42	04:55
25	1296	BETINHA BEATO	EV/PERALTAFIL	Veterana F40	49:17	+18:46	04:56

Prova Principal

10 KM

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

OFFICIAL RESULT

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

26	1773	Andreia Susana Silva Ramos	Individual	Veterana F40	49:19	+18:48	04:56
27	41	Armanda Garrido	ACR de Vale de Cambra	Veterana F40	49:42	+19:11	04:58
28	2206	Elsa Mota	Run & Fun	Veterana F40	50:12	+19:40	05:01
29	525	Cristiana Macedo	Individual	Veterana F40	50:12	+19:41	05:01
30	522	Cláudia Pais	Individual	Veterana F40	50:15	+19:43	05:02
31	572	Sónia Gama	Individual	Veterana F40	50:20	+19:49	05:02
32	1770	ana fiorin	Individual	Veterana F40	50:25	+19:53	05:03
33	1771	Anabela Barata	Individual	Veterana F40	50:27	+19:55	05:03
34	100	Graça Beleza	Clube Desportivo Feirense	Veterana F40	50:47	+20:15	05:05
35	2107	Vânia Oliveira	NIGHT Runners Feira	Veterana F40	50:48	+20:16	05:05
36	2105	Liliana Oliveira	NIGHT Runners Feira	Veterana F40	51:20	+20:48	05:08
37	527	Cristina Tavares	Individual	Veterana F40	51:42	+21:11	05:10
38	570	Sofia Ferreira	Individual	Veterana F40	51:47	+21:16	05:11
39	988	Sandra Maciel	Team El Comandante	Veterana F40	51:57	+21:25	05:12
40	2129	Liliana Azevedo	Pastello Runners	Veterana F40	52:02	+21:30	05:12
41	1294	Marta Mendes	ESCOLA DO MOVIMENTO	Veterana F40	52:07	+21:36	05:13
42	1331	Liliana Rocha	Gangue do Parque	Veterana F40	52:08	+21:36	05:13
43	1232	Sónia Beleza	Clube Desportivo Feirense	Veterana F40	52:10	+21:38	05:13
44	1789	Letícia Cruz	Individual	Veterana F40	52:18	+21:47	05:14
45	535	Inês Costa	Individual	Veterana F40	52:21	+21:50	05:14
46	2417	Susana Leite	Centro de Marcha e Corrida de Vale de Cambra	Veterana F40	52:32	+22:01	05:15
47	2166	Daniela Albuquerque	Rain Runners	Veterana F40	52:41	+22:10	05:16
48	544	Joana Barbosa	Individual	Veterana F40	52:43	+22:11	05:16
49	1808	Sónia Ramos	Individual	Veterana F40	52:52	+22:20	05:17
50	519	Catarina Oliveira	Individual	Veterana F40	52:53	+22:21	05:17
51	1784	Eva Mendes	Individual	Veterana F40	52:56	+22:24	05:18
52	1776	Carla Santos	Individual	Veterana F40	52:57	+22:26	05:18
53	2473	Cristiana Moreira	Individual	Veterana F40	52:57	+22:26	05:18
54	2531	Liliana Cristina Silva	Powerrun Team	Veterana F40	52:58	+22:26	05:18
55	1792	Liliana Silva	Individual	Veterana F40	52:58	+22:26	05:18
56	547	Joana Patrícia Oliveira Cadinha	Individual	Veterana F40	52:58	+22:27	05:18
57	1028	Susana Monteiro	A. D. RIO LARGO C. ESPINHO	Veterana F40	53:05	+22:33	05:19
58	1791	Liliana Patricia Correia Alves	Individual	Veterana F40	53:05	+22:34	05:19
59	1801	Raquel Vieira	Individual	Veterana F40	53:16	+22:45	05:20
60	1811	Tânia Morais	Individual	Veterana F40	53:38	+23:07	05:22
61	559	Patrícia Soares	Individual	Veterana F40	53:50	+23:19	05:23
62	1795	Maria Felismina Leandro	Individual	Veterana F40	53:51	+23:19	05:23
63	2477	Joana Ribeiro	Individual	Veterana F40	53:52	+23:21	05:23
64	2308	Joaquina Silva	Sport Clube Freamunde	Veterana F40	54:03	+23:32	05:24
65	984	Joana Aguiar	Sportarc	Veterana F40	54:06	+23:35	05:25
66	1080	Sandra Gomes	Arrifana Running	Veterana F40	54:12	+23:41	05:25
67	1052	Emília Ferreira	ACADEMIA20	Veterana F40	54:17	+23:46	05:26
68	571	Sonia Bandeira	Individual	Veterana F40	54:37	+24:05	05:28
69	2227	Marta Rocha	Run4Pancakes	Veterana F40	54:39	+24:07	05:28
70	1797	Marta Cristina Rodrigues e Sousa	Individual	Veterana F40	54:59	+24:27	05:30
71	566	Sandra Gomes	Individual	Veterana F40	54:59	+24:27	05:30

Prova Principal

10 KM

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

OFFICIAL RESULT

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

72	1775	Antónia Soares	Individual	Veterana F40	55:00	+24:29	05:30
73	113	Mafalda Resende	CM Espinho	Veterana F40	55:21	+24:50	05:32
74	526	Cristiana Vanzeler	Individual	Veterana F40	55:29	+24:58	05:33
75	1330	Graciela De Pinho Ferreira	Gangue do Parque	Veterana F40	55:40	+25:09	05:34
76	2411	Adélia Boucinha	BOLINHOS DE BACALHAU	Veterana F40	55:41	+25:10	05:34
77	2517	Diana Andrade	JMPM Advogados	Veterana F40	55:45	+25:14	05:35
78	1806	Silvana Cardoso	Individual	Veterana F40	55:52	+25:20	05:35
79	2140	Susana Marques	Pernas de Pau	Veterana F40	56:03	+25:31	05:36
80	1160	Patrícia Arrochella	Cães d Avenida	Veterana F40	56:13	+25:42	05:37
81	1782	Diana Sousa	Individual	Veterana F40	56:34	+26:02	05:39
82	1810	Susana Raquel Pinto de Matos	Individual	Veterana F40	56:47	+26:16	05:41
83	2475	Elsa Marília Reis de Oliveira	Individual	Veterana F40	56:57	+26:25	05:42
84	1237	Marina Sousa	Clube do Pessoal das Águas de Gaia	Veterana F40	57:00	+26:29	05:42
85	1251	Sandra Silva	CopoRunners	Veterana F40	57:01	+26:30	05:42
86	918	Carla Durães	Os 3 mosqueteiros	Veterana F40	57:02	+26:30	05:42
87	2106	Sónia Coelho	NIGHT Runners Feira	Veterana F40	57:09	+26:37	05:43
88	1069	Susana Pinto	AFIS/OVAR	Veterana F40	57:19	+26:48	05:44
89	151	Catarina Paredes Domingues Santos	Família Santos Cruz	Veterana F40	57:23	+26:52	05:44
90	1790	Liliana Marques	Individual	Veterana F40	57:47	+27:16	05:47
91	1772	Andreia rocha marinheiro	Individual	Veterana F40	57:51	+27:20	05:47
92	2478	Patricia Monteiro	Individual	Veterana F40	57:55	+27:23	05:48
93	565	Rosa Rodrigues	Individual	Veterana F40	57:59	+27:27	05:48
94	1799	Patricia laranjeira	Individual	Veterana F40	58:02	+27:30	05:48
95	540	Isabel Carvalho	Individual	Veterana F40	58:04	+27:32	05:48
96	524	Cristiana Branco	Individual	Veterana F40	58:04	+27:33	05:48
97	546	Joana Manuela Vieira Barbosa	Individual	Veterana F40	58:05	+27:34	05:49
98	1158	Bárbara Barbosa	Cães d Avenida	Veterana F40	58:09	+27:38	05:49
99	2476	Goreti Correia	Individual	Veterana F40	58:18	+27:47	05:50
100	1803	Rossana Ferreira	Individual	Veterana F40	58:20	+27:49	05:50
101	558	Patrícia Silva	Individual	Veterana F40	58:35	+28:03	05:52
102	1333	Sandra Bem	Gangue do Parque	Veterana F40	58:47	+28:16	05:53
103	890	Rute Ferreira	Migui	Veterana F40	58:50	+28:18	05:53
104	1332	Maria João Almeida	Gangue do Parque	Veterana F40	58:53	+28:22	05:53
105	1112	lolanda Oliveira	Boa Onda	Veterana F40	59:03	+28:32	05:54
106	539	Isabel Andrade	Individual	Veterana F40	59:14	+28:43	05:55
107	2045	Marcia Almeida Rola	Juventude Cortegacense	Veterana F40	59:26	+28:54	05:57
108	2300	Olga Malheiro	Serviços Sociais Montepio	Veterana F40	59:32	+29:00	05:57
109	182	Ana Sofia Gomes Pereira	IMPACTO FITNESS	Veterana F40	01:00:05	+29:34	06:01
110	871	Ana Pinho	KIRCHHOFF - KONECT Running team	Veterana F40	01:00:08	+29:37	06:01
111	575	Xana Martins	Individual	Veterana F40	01:00:13	+29:41	06:01
112	2321	Janette Fernandes	Sporting Clube de Espinho / António Leitão	Veterana F40	01:00:23	+29:52	06:02
113	2479	Regina Vidinha	Individual	Veterana F40	01:00:24	+29:53	06:02
114	2287	Si Ferreira	Running Sport Glassdrive	Veterana F40	01:00:24	+29:53	06:02
115	1310	Mónica Leal	Fidalguinha	Veterana F40	01:00:26	+29:55	06:03

Prova Principal

10 KM

OFFICIAL RESULT

116	533	FILIPA RIBEIRO	Individual	Veterana F40	01:00:40	+30:09	06:04
117	2337	Carla ramos Ferreira	Team Isabel Silva	Veterana F40	01:00:40	+30:09	06:04
118	97	Andreia Duarte	CF Perosinho - Trail & Running	Veterana F40	01:00:42	+30:10	06:04
119	1794	Lucybell Ferreira Moreira	Individual	Veterana F40	01:00:58	+30:27	06:06
120	1281	Odete Gaspar Valente	DREAM TEAM	Veterana F40	01:01:05	+30:34	06:07
121	1787	Joana Rodrigues	Individual	Veterana F40	01:01:21	+30:50	06:08
122	1261	Susana Costa	Corre que passa	Veterana F40	01:01:28	+30:57	06:09
123	530	Dóris Bastos	Individual	Veterana F40	01:01:34	+31:03	06:09
124	2029	Inês Santos	JAM - Juventude Atlética Mozelense	Veterana F40	01:01:56	+31:25	06:12
125	58	Ana Cristina Pires	As três da manhã	Veterana F40	01:02:07	+31:36	06:13
126	905	Sílvia Rocha	Núcleo de Corrida Solverde - Espinho	Veterana F40	01:02:18	+31:46	06:14
127	2127	Márcia Santos	Partimpim	Veterana F40	01:02:33	+32:02	06:15
128	537	Ines Rua	Individual	Veterana F40	01:02:52	+32:20	06:17
129	987	Anabela Machado	Taylor's	Veterana F40	01:02:56	+32:24	06:18
130	2542	Joana Couto	RUNNING ESPINHO	Veterana F40	01:02:59	+32:28	06:18
131	521	Célia Gonçalves	Individual	Veterana F40	01:03:01	+32:29	06:18
132	529	Diana Santos	Individual	Veterana F40	01:03:07	+32:35	06:19
133	2085	Carla Novais	MICS	Veterana F40	01:03:22	+32:50	06:20
134	520	Cátia Ribeiro	Individual	Veterana F40	01:03:35	+33:04	06:22
135	1809	Sónia Rocha	Individual	Veterana F40	01:03:39	+33:07	06:22
136	75	Catarina Leite	Brandoenses running	Veterana F40	01:03:59	+33:28	06:24
137	2481	Yesika Oliveira	Individual	Veterana F40	01:04:05	+33:33	06:25
138	2256	Patrícia Gomes	RUNNING ESPINHO	Veterana F40	01:04:08	+33:36	06:25
139	2228	Sara cangalhas	Run4Pancakes	Veterana F40	01:04:45	+34:13	06:29
140	1053	Isabel Loureiro	ACADEMIA20	Veterana F40	01:04:55	+34:24	06:30
141	1348	Andreia Monteiro	Goodshape	Veterana F40	01:05:03	+34:31	06:30
142	1781	Claudia Cristina Moreira Ferrao	Individual	Veterana F40	01:05:13	+34:42	06:31
143	2548	Fátima Moreira	Running Sport Glassdrive	Veterana F40	01:05:27	+34:55	06:33
144	1191	Fernanda Almeida	Centro de Marcha e Corrida de Vale de Cambra	Veterana F40	01:05:28	+34:56	06:33
145	1793	Lúcia Maria Maia Simões	Individual	Veterana F40	01:06:02	+35:30	06:36
146	1783	Eunice Macedo Ferraz Pinto	Individual	Veterana F40	01:06:02	+35:31	06:36
147	553	MARISA silva gomes	Individual	Veterana F40	01:06:08	+35:37	06:37
148	536	Inês Garcia Fonseca	Individual	Veterana F40	01:06:10	+35:39	06:37
149	1774	Annamaria Vilner	Individual	Veterana F40	01:06:10	+35:39	06:37
150	557	Patrícia Carvalho	Individual	Veterana F40	01:06:14	+35:43	06:37
151	568	Sandra Santos	Individual	Veterana F40	01:06:24	+35:52	06:38
152	538	Inês Salomé Ferreira Cruz	Individual	Veterana F40	01:06:27	+35:56	06:39
153	1137	Susana Ganito	BTSusy	Veterana F40	01:06:32	+36:01	06:39
154	2286	Belinda Marques	Running Sport Glassdrive	Veterana F40	01:06:56	+36:24	06:42
155	864	Carla Pereira	javalis100limites	Veterana F40	01:07:08	+36:36	06:43
156	1124	Cátia Duro	Bodyworkout	Veterana F40	01:07:51	+37:20	06:47
157	549	Margarida Monteiro	Individual	Veterana F40	01:07:59	+37:28	06:48
158	1379	Carla Pacheco	ÍMPAR RUNNING TEAM	Veterana F40	01:08:15	+37:44	06:50
159	573	Sonia sousa	Individual	Veterana F40	01:09:04	+38:33	06:54

Prova Principal

10 KM

OFFICIAL RESULT

18	1829	Sandra Moreira	Individual	Veterana F50	52:37	+22:06	05:16
19	2288	Alexandra Vieira	Running Sport Glassdrive	Veterana F50	52:48	+22:17	05:17
20	578	Celeste Dias	Individual	Veterana F50	52:49	+22:17	05:17
21	1029	Margarida Machado	A. D. RIO LARGO C. ESPINHO	Veterana F50	52:49	+22:17	05:17
22	2067	Paula Rodrigues	Lourosa Em Movimento	Veterana F50	52:55	+22:23	05:18
23	1356	Manuela Sousa	Grupo Corrida de Argoncilhe	Veterana F50	54:56	+24:25	05:30
24	2205	Maria Mota	Run & Fun	Veterana F50	54:59	+24:27	05:30
25	1081	Paula Martins	Arrifana Running	Veterana F50	55:17	+24:45	05:32
26	2055	Rosa Lídia Silva	Ligeirinhos	Veterana F50	55:45	+25:13	05:35
27	1164	ana paula castro	CAL - Clube Atletismo de Lamas	Veterana F50	55:51	+25:19	05:35
28	1813	Ana Filipa Ferreira Maio de	Individual	Veterana F50	55:51	+25:19	05:35
29	1082	Susana Gomes	Arrifana Running	Veterana F50	55:55	+25:24	05:36
30	2079	Paula Melo	Magic Runners	Veterana F50	56:04	+25:33	05:36
31	1824	Manuela Alexandra Nunes Rodrigues	Individual	Veterana F50	56:12	+25:40	05:37
32	1819	Eduarda Braga	Individual	Veterana F50	56:44	+26:13	05:40
33	1135	Margarida Neves	Bravos e Bravitas	Veterana F50	56:52	+26:20	05:41
34	2322	Alexandra Lopes	Sporting Clube de Espinho / António Leitão	Veterana F50	57:06	+26:35	05:43
35	579	Clara Oliveira	Individual	Veterana F50	58:11	+27:40	05:49
36	1818	Dalila Duarte	Individual	Veterana F50	59:04	+28:32	05:54
37	587	Maria Melo	Individual	Veterana F50	59:12	+28:41	05:55
38	2141	Teresa Reis	Pernas de Pau	Veterana F50	59:28	+28:56	05:57
39	2261	MARIA MANUEL SOARES	RUNNING ESPINHO	Veterana F50	59:31	+28:59	05:57
40	2482	Florbela Oliveira	Individual	Veterana F50	59:58	+29:26	06:00
41	2259	Cristina Couto	RUNNING ESPINHO	Veterana F50	01:00:04	+29:33	06:00
42	577	Carina Pereira	Individual	Veterana F50	01:00:18	+29:46	06:02
43	593	Sandra Monteiro	Individual	Veterana F50	01:00:41	+30:10	06:04
44	1070	Claudia Gomes	AFIS/OVAR	Veterana F50	01:00:46	+30:15	06:05
45	1825	Olga Brandão	Individual	Veterana F50	01:01:17	+30:46	06:08
46	586	Margarida Ribeiro	Individual	Veterana F50	01:01:38	+31:06	06:10
47	1187	Elisabete Cruz	CENAP	Veterana F50	01:01:43	+31:12	06:10
48	585	Fernanda Sousa	Individual	Veterana F50	01:01:47	+31:16	06:11
49	582	Dulce Andrade	Run For Fun Laranjinhos	Veterana F50	01:01:56	+31:25	06:12
50	2262	Paula Fernandes	RUNNING ESPINHO	Veterana F50	01:01:58	+31:26	06:12
51	59	Alexandra Gomes	As três da manhã	Veterana F50	01:02:07	+31:36	06:13
52	2066	Palmira Fontes	Lourosa Em Movimento	Veterana F50	01:02:15	+31:43	06:14
53	2065	Maria Alice Neves	Lourosa Em Movimento	Veterana F50	01:02:15	+31:43	06:14
54	2080	Susana Oliveira	Magic Runners	Veterana F50	01:02:27	+31:55	06:15
55	2150	Lucilia Alves	Pernas de Pau Velozes	Veterana F50	01:03:30	+32:59	06:21
56	2483	Hermínia Oliveira	Individual	Veterana F50	01:03:44	+33:13	06:22
57	1816	Angélica Moreira	Individual	Veterana F50	01:03:44	+33:13	06:22
58	597	Susana Soares	Individual	Veterana F50	01:03:45	+33:13	06:23
59	2204	Emilia Assunção	Run & Fun	Veterana F50	01:03:48	+33:17	06:23
60	2257	Alexandra Soares	RUNNING ESPINHO	Veterana F50	01:03:50	+33:19	06:23
61	1827	Raquel Pedrosa	Individual	Veterana F50	01:04:03	+33:32	06:24
62	2296	Gabriela Veiga	Sales Couple Team	Veterana F50	01:04:34	+34:03	06:27
63	2258	Charly Duarte	RUNNING ESPINHO	Veterana F50	01:04:51	+34:19	06:29

Prova Principal**10 KM**

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

OFFICIAL RESULT

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

64	581	Delminda Carvalho Ferreira Moreira Martins	Individual	Veterana F50	01:05:45	+35:14	06:35
65	2551	Goreti Silva	Team Sueli	Veterana F50	01:06:55	+36:24	06:42
66	1820	Fátima Soares	Individual	Veterana F50	01:06:56	+36:24	06:42
67	888	Mónica Nogueira	M & M	Veterana F50	01:08:13	+37:41	06:49
68	2552	Sueli Silva	Team Sueli	Veterana F50	01:09:13	+38:42	06:55
69	595	Susana Castro	Individual	Veterana F50	01:09:30	+38:58	06:57
70	2343	Armanda Queiros	TEN TEAM	Veterana F50	01:09:52	+39:21	06:59
71	2108	Margarida Sousa	NIGHT Runners Feira	Veterana F50	01:12:16	+41:45	07:14
72	2264	Sofia Martins	RUNNING ESPINHO	Veterana F50	01:13:49	+43:18	07:23
73	2263	Sandra Carraca	RUNNING ESPINHO	Veterana F50	01:14:26	+43:54	07:27
74	62	Cristina Abreu	Associação Académica de São Mamede	Veterana F50	01:18:00	+47:28	07:48
75	590	Natalia Maria Ferreira Ribeiro Valente	Individual	Veterana F50	01:30:47	+01:00:16	09:05

Veterana F60

1	2026	Ana Barbosa	Invicta Runners Team	Veterana F60	47:37	+17:05	04:46
2	894	Rosa Pinto	Nascidos para Correr - Associação Desportiva	Veterana F60	48:28	+17:56	04:51
3	2339	Paula Andrade	TEAM SHARK	Veterana F60	48:33	+18:02	04:51
4	982	Maria Costa	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	Veterana F60	50:40	+20:08	05:04
5	2056	Deolinda Camarinha	Ligeirinhos	Veterana F60	53:16	+22:45	05:20
6	2068	Maria Ferreira	Lourosa Em Movimento	Veterana F60	57:35	+27:03	05:46
7	598	Maria João Fernandes	Individual	Veterana F60	57:41	+27:10	05:46
8	2239	Ana Oliveira	Running Esmoriz	Veterana F60	01:01:16	+30:44	06:08
9	2393	Maria Mota	Câmara Municipal de Espinho	Veterana F60	01:03:46	+33:14	06:23
10	1373	Maria Madalena Fortuna Pinto Guedes	IMPACTO FITNESS	Veterana F60	01:07:35	+37:04	06:46
11	850	Rosa Bispo	Into The Wild Team	Veterana F60	01:09:02	+38:31	06:54
12	1833	Maria Manuela Vieira Ribeiro da Silva	Individual	Veterana F60	01:09:39	+39:07	06:58
13	2024	Adelaide Horta	Invicta Runners Team	Veterana F60	01:10:20	+39:49	07:02
14	2025	Alice Guimarães	Invicta Runners Team	Veterana F60	01:13:51	+43:19	07:23
15	1381	Berta Salgueiro	ÍMPAR RUNNING TEAM	Veterana F60	01:17:55	+47:24	07:48
16	886	Carolina Silva	Love is in the air	Veterana F60	01:19:54	+49:23	07:59

Veterano M40

1	162	Vitor Oliveira	GDC Guilhovai	Veterano M40	30:49	+00:17	03:05
2	161	Toze Castro	GDC Guilhovai	Veterano M40	32:51	+02:20	03:17
3	24	Helio Fumo	Faz Fumo Runners	Veterano M40	33:04	+02:33	03:18
4	21	Vitor Santos	EV/PERALTAFIL	Veterano M40	33:58	+03:27	03:24
5	1064	Bruno Freitas	ACR de Vale de Cambra	Veterano M40	34:18	+03:47	03:26
6	1323	Hugo Silva	G.D.A RONDA	Veterano M40	34:53	+04:22	03:29
7	2063	Bruno Silva	Clube Atletismo de Ovar	Veterano M40	34:55	+04:24	03:30
8	143	PAULO PINTO	EV/PERALTAFIL	Veterano M40	35:17	+04:45	03:32

Prova Principal**10 KM**

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

OFFICIAL RESULT

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9	2499	Luis Silva	Individual	Veterano M40	35:30	+04:59	03:33
10	142	MANUEL BESSA	EV/PERALTAFIL	Veterano M40	35:40	+05:08	03:34
11	2484	Adyr Junior	Individual	Veterano M40	35:41	+05:09	03:34
12	1292	Tony Calvo	ESCMOV	Veterano M40	35:43	+05:12	03:34
13	1338	António Cristovão	GDC Guilhovai	Veterano M40	35:49	+05:18	03:35
14	2323	Nelson Lopes	Sporting Clube de Espinho / António Leitão	Veterano M40	35:54	+05:23	03:35
15	1848	Cristiano Silva	Individual	Veterano M40	36:27	+05:56	03:39
16	2324	Nuno Pais	Sporting Clube de Espinho / António Leitão	Veterano M40	36:36	+06:05	03:40
17	1933	Rui Pedro Pinto	Individual	Veterano M40	36:44	+06:13	03:40
18	957	João Leite	RUNNING ESPINHO	Veterano M40	36:52	+06:21	03:41
19	1322	Hugo Ferreira	G.D.A RONDA	Veterano M40	36:53	+06:22	03:41
20	1468	Daniel Peixoto	Individual	Veterano M40	36:56	+06:25	03:42
21	2231	Rui Pedro Silva	Run4Pancakes	Veterano M40	37:02	+06:30	03:42
22	2310	Firmino Cruz	Sport Clube Freamunde	Veterano M40	37:05	+06:34	03:43
23	1324	José Costa	G.D.A RONDA	Veterano M40	37:06	+06:35	03:43
24	1165	Nuno Silva	CAL - Clube Atletismo de Lamas	Veterano M40	37:13	+06:42	03:43
25	1050	Mário Franco	ACADEMIA FERNANDA RIBEIRO	Veterano M40	37:15	+06:43	03:44
26	1835	André oliveira	Individual	Veterano M40	37:18	+06:47	03:44
27	728	Telmo Oliveira	Individual	Veterano M40	37:18	+06:47	03:44
28	2081	Victor Fernandes	Magic Runners	Veterano M40	37:20	+06:49	03:44
29	2325	Pedro Santos	Sporting Clube de Espinho / António Leitão	Veterano M40	37:42	+07:11	03:46
30	141	JOSE ALMEIDA	EV/PERALTAFIL	Veterano M40	38:09	+07:37	03:49
31	1212	CARLOS SEQUEIRA	Clube Atletismo de Ovar	Veterano M40	38:29	+07:58	03:51
32	1859	Flavio Pezzini	Individual	Veterano M40	38:34	+08:02	03:51
33	2352	Tomé Rodrigues	Tomé Rodrigues	Veterano M40	38:38	+08:07	03:52
34	611	Bruno Manuel Moura Teixeira	Individual	Veterano M40	38:45	+08:14	03:53
35	2515	Ricardo Seromenho	JAM - Juventude Atlético Mozelense	Veterano M40	38:47	+08:16	03:53
36	1277	Marco Simões	DCI/Trilhos Luso Bussaco	Veterano M40	38:52	+08:20	03:53
37	1361	Emanuel Santos	Grupo Desportivo Recreativo Juventude das Ribeiras	Veterano M40	39:00	+08:29	03:54
38	866	gilberto costa	javalis100limites	Veterano M40	39:02	+08:30	03:54
39	1924	Pedro Pinto	Individual	Veterano M40	39:08	+08:37	03:55
40	1214	RUI COSTA	Clube Atletismo de Ovar	Veterano M40	39:10	+08:38	03:55
41	169	Nuno Gavinho	GTR	Veterano M40	39:18	+08:46	03:56
42	2220	Filipe Silva	Run For Fun Laranjinhos	Veterano M40	39:25	+08:54	03:57
43	1253	Bruno Pereira	CopoRunners	Veterano M40	39:28	+08:57	03:57
44	706	Ricardo feitaira	Individual	Veterano M40	39:30	+08:58	03:57
45	1932	RUI MIGUEL TAVARES DA COSTA	Individual	Veterano M40	39:38	+09:07	03:58
46	1188	Hernani Laranja	CENAP	Veterano M40	39:39	+09:08	03:58
47	1850	Daniel Machado	S. Clube Freamunde	Veterano M40	39:39	+09:08	03:58
48	1043	ANDRÉ PINA	A.D. GRIJÓ A CORRER	Veterano M40	39:41	+09:09	03:58
49	1215	THIAGO PINTO	Clube Atletismo de Ovar	Veterano M40	39:49	+09:18	03:59
50	2131	Vitor Neves	Pastello Runners	Veterano M40	39:51	+09:20	03:59
51	604	Angelo Santos	Individual	Veterano M40	39:52	+09:20	03:59

Prova Principal

10 KM

OFFICIAL RESULT

52	649	Jorge Costa	Individual	Veterano M40	40:05	+09:34	04:01
53	1938	Tiago Rosa	Individual	Veterano M40	40:14	+09:43	04:01
54	114	Pedro Manuel Oliveira Alves	CM Espinho	Veterano M40	40:31	+10:00	04:03
55	891	Luís Alves	Migui	Veterano M40	40:35	+10:04	04:04
56	2326	Tiago Oliveira	Sporting Clube de Espinho / António Leitão	Veterano M40	40:40	+10:09	04:04
57	1856	Filipe Marques	Individual	Veterano M40	40:42	+10:10	04:04
58	140	CLAUDIO COSTA	EV/PERALTAFIL	Veterano M40	40:43	+10:12	04:04
59	1337	Roland Sousa	GDC Codal Vale de Cambra	Veterano M40	40:43	+10:12	04:04
60	735	Vítor felix	Individual	Veterano M40	40:47	+10:16	04:05
61	1282	Jorge Filipe Rodrigues Paiva	DREAM TEAM	Veterano M40	40:49	+10:18	04:05
62	851	Manuel Rodrigues	Into The Wild Team	Veterano M40	41:05	+10:33	04:07
63	1083	Fernando Charrão	Arrifana Running	Veterano M40	41:08	+10:37	04:07
64	56	JULIO CESAR	ARVOR ASSOCIAÇÃO RECREATIVA OS VETERANOS D 'OVAR	Veterano M40	41:26	+10:55	04:09
65	710	Ricardo Teixeira	Individual	Veterano M40	41:28	+10:56	04:09
66	1129	Fernando Cruz	Brandoenses running	Veterano M40	41:28	+10:57	04:09
67	2158	Rui Filipe Borges Sá Costa	Powerrun Team	Veterano M40	41:30	+10:59	04:09
68	620	Daniel Polonio	Individual	Veterano M40	41:34	+11:02	04:09
69	1130	Paulo Oliveira	Brandoenses running	Veterano M40	41:41	+11:09	04:10
70	1213	MARCO SILVA	Clube Atletismo de Ovar	Veterano M40	41:41	+11:10	04:10
71	669	Marco Almeida	Individual	Veterano M40	41:43	+11:11	04:10
72	54	Diogo Lopes	Arrifana Running	Veterano M40	41:44	+11:12	04:10
73	1935	Sergio castro	Individual	Veterano M40	41:44	+11:13	04:10
74	1665	Paulo Sousa	Individual	Veterano M40	42:01	+11:29	04:12
75	2269	Nelson Reis	Run For Fun Laranjinhas	Veterano M40	42:06	+11:35	04:13
76	909	Vítor Carmo	Núcleo de Corrida Solverde - Espinho	Veterano M40	42:06	+11:35	04:13
77	2209	Claudio Santos	Run & Fun	Veterano M40	42:06	+11:35	04:13
78	1195	Vítor Silva	Centro Médico de Mozelos	Veterano M40	42:07	+11:36	04:13
79	1847	César Nogueira	Individual	Veterano M40	42:10	+11:38	04:13
80	989	Edivaldo Maciel	Team El Comandante	Veterano M40	42:11	+11:40	04:13
81	959	marco soares	RUNNING ESPINHO	Veterano M40	42:27	+11:56	04:15
82	958	João Martins	RUNNING ESPINHO	Veterano M40	42:29	+11:58	04:15
83	673	Marcos Mendes	Individual	Veterano M40	42:30	+11:58	04:15
84	2071	Ricardo Moreira	Lourosa Em Movimento	Veterano M40	42:30	+11:58	04:15
85	1312	Ricardo Ferreira	Fidalguinha	Veterano M40	42:30	+11:59	04:15
86	1934	Rui Pinto	Individual	Veterano M40	42:41	+12:10	04:16
87	1871	João Fernandes	Individual	Veterano M40	42:45	+12:14	04:17
88	1837	António Cruz	Individual	Veterano M40	42:49	+12:17	04:17
89	1884	jose pinho	Run For Fun Laranjinhas	Veterano M40	42:49	+12:18	04:17
90	2270	Noel Valadão	RUNNING ESPINHO	Veterano M40	42:57	+12:25	04:18
91	711	Ricardo Vicente	Individual	Veterano M40	42:58	+12:27	04:18
92	737	Xavier Miranda	Individual	Veterano M40	43:00	+12:29	04:18
93	1912	Paulo Castro	Individual	Veterano M40	43:04	+12:32	04:18
94	1254	Marcos Fonseca	CopoRunners	Veterano M40	43:06	+12:35	04:19
95	1886	José Santiago	Individual	Veterano M40	43:11	+12:39	04:19

Official Timekeeper: Lap2Go	29 / 45	generate 12-jan.-2025 11:40
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Prova Principal

10 KM

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

OFFICIAL RESULT

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

96	955	Carlos Jesus	RUNNING ESPINHO	Veterano M40	43:15	+12:44	04:20
97	1252	Armando Sá	CopoRunners	Veterano M40	43:17	+12:45	04:20
98	1849	Damásio Pereira	Individual	Veterano M40	43:20	+12:49	04:20
99	1895	Marcio Oliveira	Individual	Veterano M40	43:25	+12:54	04:21
100	2022	Diogo Aguiar	Inquiipa	Veterano M40	43:26	+12:54	04:21
101	2023	Paulo Nobre	Inquiipa	Veterano M40	43:26	+12:54	04:21
102	858	Pedro Leitão	JAM - Juventude Atlético Mozelense	Veterano M40	43:30	+12:58	04:21
103	929	Luis Gomes	Pastello Runners	Veterano M40	43:37	+13:06	04:22
104	690	Paulo Silva	Individual	Veterano M40	43:42	+13:11	04:22
105	2489	David Camelo	Individual	Veterano M40	43:55	+13:24	04:24
106	1890	Luís Madureira	Individual	Veterano M40	44:03	+13:31	04:24
107	1876	Joaquim Leal	Individual	Veterano M40	44:05	+13:33	04:25
108	2154	Nuno Miguel Amaral Fernandes	Powerrun Team	Veterano M40	44:07	+13:35	04:25
109	1896	Márcio Ricardo Ferreira da Silva	Individual	Veterano M40	44:07	+13:36	04:25
110	1940	Vasco Costa	Individual	Veterano M40	44:08	+13:37	04:25
111	2514	Francisco Fernandes	JAM - Juventude Atlético Mozelense	Veterano M40	44:16	+13:45	04:26
112	2030	João Rodrigues	JAM - Juventude Atlético Mozelense	Veterano M40	44:19	+13:48	04:26
113	101	Nuno Cardoso	Clube Desportivo Feirense	Veterano M40	44:27	+13:55	04:27
114	2311	Leandro Silva	Sport Clube Freamunde	Veterano M40	44:40	+14:09	04:28
115	606	António Luís Cunha Barbosa	Individual	Veterano M40	44:41	+14:09	04:28
116	32	Marco Paulo Moreira Leite	A.E.J. Triatlo	Veterano M40	44:44	+14:12	04:28
117	1903	Miguel Brandão	Individual	Veterano M40	44:45	+14:14	04:29
118	2075	Jose costa	LOUSADA RUNNERS	Veterano M40	44:46	+14:14	04:29
119	2358	Manuel Miguéis	V.C BiKE	Veterano M40	44:46	+14:15	04:29
120	1867	Helder Pinto	Individual	Veterano M40	44:50	+14:18	04:29
121	715	Rui Alves	Individual	Veterano M40	44:51	+14:19	04:29
122	1358	Tiago Magalhães	Grupo Corrida de Argoncilhe	Veterano M40	44:56	+14:24	04:30
123	2268	Marcos Carvalho	RUNNING ESPINHO	Veterano M40	44:56	+14:25	04:30
124	713	Rui Almeida	Individual	Veterano M40	45:00	+14:29	04:30
125	852	Nuno Figueiredo	Into The Wild Team	Veterano M40	45:02	+14:30	04:30
126	2048	Joao Paulo Costa Oliveira	Juventude Cortegacense	Veterano M40	45:02	+14:31	04:30
127	2345	Ricardo Trigo	TEN TEAM	Veterano M40	45:04	+14:33	04:30
128	1844	Bruno Silva	Individual	Veterano M40	45:07	+14:35	04:31
129	1321	Celso Silva	G.D.A RONDA	Veterano M40	45:07	+14:36	04:31
130	704	RICARDO BASTOS DOS SANTOS	Individual	Veterano M40	45:07	+14:36	04:31
131	2532	Ricardo Oliveira	Powerrun Team	Veterano M40	45:14	+14:42	04:31
132	657	José Moreira	Individual	Veterano M40	45:16	+14:45	04:32
133	2157	Rodolfo Andrade Oliveira	Powerrun Team	Veterano M40	45:20	+14:49	04:32
134	712	Rui Albino	Individual	Veterano M40	45:26	+14:55	04:33
135	1839	Artur Rocha	Individual	Veterano M40	45:33	+15:02	04:33
136	698	Pedro Santos	Individual	Veterano M40	45:41	+15:09	04:34
137	1840	Bruno Albergaria	Individual	Veterano M40	45:42	+15:10	04:34
138	1931	Rui Miguel Pina Soares	Individual	Veterano M40	45:49	+15:17	04:35
139	2159	Rui Pedro Lima Pinho	Powerrun Team	Veterano M40	45:51	+15:20	04:35

Prova Principal

10 KM

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

OFFICIAL RESULT

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140	50	RICARDO PAIVA	ARCORUN	Veterano M40	45:53	+15:22	04:35
141	610	Bruno Ferraz	Individual	Veterano M40	45:53	+15:22	04:35
142	1879	Jorge Miguel Valente dos Santos	Individual	Veterano M40	45:55	+15:23	04:36
143	2332	NUNO MORAIS	STEP BY STEP	Veterano M40	46:02	+15:31	04:36
144	664	Manuel Filipe Pereira Pinho	Individual	Veterano M40	46:05	+15:33	04:37
145	2069	João Santos	Lourosa Em Movimento	Veterano M40	46:06	+15:34	04:37
146	672	Marco Santos	Individual	Veterano M40	46:07	+15:36	04:37
147	98	Leandro Ferreira	CF Perosinho - Trail & Running	Veterano M40	46:09	+15:37	04:37
148	960	Ricardo Gonçalves	RUNNING ESPINHO	Veterano M40	46:12	+15:41	04:37
149	1887	Leandro Costa	Individual	Veterano M40	46:14	+15:42	04:37
150	1939	Valter Rodrigues	Individual	Veterano M40	46:14	+15:43	04:37
151	1866	Gustavo Marques	Individual	Veterano M40	46:18	+15:47	04:38
152	676	Maurício Marquez	Individual	Veterano M40	46:20	+15:49	04:38
153	947	Valter Silva	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M40	46:20	+15:49	04:38
154	2232	Tiago Neves	Run4Pancakes	Veterano M40	46:21	+15:50	04:38
155	668	Márcio Oliveira	Individual	Veterano M40	46:22	+15:50	04:38
156	1858	Firmino Gomes	Individual	Veterano M40	46:26	+15:54	04:39
157	2289	Bruno Carvalho	Running Sport Glassdrive	Veterano M40	46:30	+15:59	04:39
158	2125	GUSTAVO BEÇA	OPTIMISTIC RUNNERS CRN	Veterano M40	46:34	+16:02	04:39
159	2049	Joel Sequeira	Juventude Cortegacense	Veterano M40	46:42	+16:10	04:40
160	667	Márcio Campelo	Individual	Veterano M40	46:47	+16:15	04:41
161	726	Sérgio Veloso	Individual	Veterano M40	46:52	+16:20	04:41
162	1286	Bruno Lourenço	Em Casa / Ezata Grupo	Veterano M40	46:55	+16:23	04:42
163	2487	Artur Rocha	Individual	Veterano M40	46:58	+16:27	04:42
164	658	Jose Oliveira	Individual	Veterano M40	47:08	+16:37	04:43
165	1360	António JF Silva	Grupo Desportivo e Cultural de Codal Vale de Cambra	Veterano M40	47:08	+16:37	04:43
166	693	Pedro Mujo	Individual	Veterano M40	47:08	+16:37	04:43
167	651	Jorge Torrão	Individual	Veterano M40	47:11	+16:39	04:43
168	43	Rui Almeida	ACR de Vale de Cambra	Veterano M40	47:12	+16:41	04:43
169	938	André Silva	Pernas de Pau	Veterano M40	47:13	+16:42	04:43
170	975	NELSON SILVA	Salgueiro Properties	Veterano M40	47:14	+16:43	04:43
171	976	Pedro Miguel Pinho	Salgueiro Properties	Veterano M40	47:14	+16:43	04:43
172	614	BRUNO ROCHA	Individual	Veterano M40	47:14	+16:43	04:43
173	1349	Ricardino Santos	Goodshape	Veterano M40	47:15	+16:44	04:44
174	1199	Valter Barbosa	CF Perosinho - Trail & Running	Veterano M40	47:23	+16:52	04:44
175	1243	Paulo Ribeiro	Clube novobanco	Veterano M40	47:27	+16:56	04:45
176	1836	André Rocha	Individual	Veterano M40	47:30	+16:59	04:45
177	1914	Paulo Fernandes	Individual	Veterano M40	47:33	+17:01	04:45
178	911	José António Silva	Núcleo de Montanha de Espinho	Veterano M40	47:41	+17:10	04:46
179	2153	José Pedro da Rocha Cruz	Powerrun Team	Veterano M40	47:43	+17:11	04:46
180	618	carlos moco	Individual	Veterano M40	47:50	+17:18	04:47
181	1383	José Salgueiro	ÍMPAR RUNNING TEAM	Veterano M40	47:52	+17:21	04:47
182	2112	Rui Pereira	NIGHT Runners Feira	Veterano M40	47:56	+17:25	04:48
183	660	José Valente	Individual	Veterano M40	47:56	+17:25	04:48
184	1852	Elder neves	Individual	Veterano M40	48:01	+17:29	04:48

Prova Principal

10 KM

OFFICIAL RESULT

185	1904	Miguel Valente	Individual	Veterano M40	48:05	+17:34	04:49
186	2291	Quim Zé	Running Sport Glassdrive	Veterano M40	48:06	+17:35	04:49
187	1192	Paulo Silva	Centro de Marcha e Corrida de Vale de Cambra	Veterano M40	48:12	+17:40	04:49
188	2064	Ricardo Ribeiro	Individual	Veterano M40	48:15	+17:44	04:50
189	1290	Ricardo Costa	Em Casa / Ezata Grupo	Veterano M40	48:18	+17:47	04:50
190	1289	Luciano Tavares	Em Casa / Ezata Grupo	Veterano M40	48:18	+17:47	04:50
191	1880	José Carlos Morgado Nunes	Individual	Veterano M40	48:28	+17:57	04:51
192	650	JORGE MAGALHÃES	Individual	Veterano M40	48:28	+17:57	04:51
193	730	Tiago Resende	Individual	Veterano M40	48:28	+17:57	04:51
194	680	NELSON BASTOS DOS SANTOS	Individual	Veterano M40	48:30	+17:58	04:51
195	731	Vasco Almeida	Individual	Veterano M40	48:32	+18:01	04:51
196	700	Pedro Silva	Individual	Veterano M40	48:37	+18:05	04:52
197	2070	Manuel Silva	Lourosa Em Movimento	Veterano M40	48:43	+18:11	04:52
198	621	Daniel Silva	Individual	Veterano M40	48:46	+18:15	04:53
199	1335	Nuno Santos Silva	Gangue do Parque	Veterano M40	48:47	+18:16	04:53
200	1357	Pedro Ferreira	Grupo Corrida de Argoncilhe	Veterano M40	48:47	+18:16	04:53
201	1022	Luis Filipe Ferreira	A TEAM AGEAS	Veterano M40	48:49	+18:18	04:53
202	1353	Nelson Manuel Martins Oliveira Fernandes	Grifagem J. Pedro	Veterano M40	48:51	+18:19	04:53
203	1354	Simão Cardoso	Grifagem J. Pedro	Veterano M40	48:51	+18:20	04:53
204	165	Eugénio Santos	Gelcentro Team	Veterano M40	48:53	+18:22	04:53
205	736	William Martinez	Individual	Veterano M40	48:56	+18:24	04:54
206	1899	Marco Pinto	Individual	Veterano M40	48:58	+18:27	04:54
207	2272	Nuno Teixeira	RUNNING ESPINHO	Veterano M40	48:59	+18:27	04:54
208	2221	Helder Ferreira	Run4Him	Veterano M40	49:01	+18:29	04:54
209	2486	André Ramos	Individual	Veterano M40	49:02	+18:30	04:54
210	692	Pedro Lobo	Individual	Veterano M40	49:06	+18:35	04:55
211	1868	Hélder Santos	Individual	Veterano M40	49:14	+18:42	04:55
212	613	Bruno Miguel Vilar Rocha	Individual	Veterano M40	49:15	+18:44	04:56
213	1189	Nuno Mota	Centro Cultural D. T. da STCP	Veterano M40	49:16	+18:45	04:56
214	1233	Marco António Gomes Gonçalves	Clube Desportivo Feirense	Veterano M40	49:22	+18:50	04:56
215	724	Sérgio Maia	Individual	Veterano M40	49:30	+18:59	04:57
216	1927	Ricardo Amorim	Individual	Veterano M40	49:38	+19:06	04:58
217	732	Vasco Readas	Individual	Veterano M40	49:38	+19:07	04:58
218	2334	Vasco Coelho	Tartarugas de Seixezelo	Veterano M40	49:45	+19:14	04:59
219	1916	Paulo Gil	Individual	Veterano M40	49:49	+19:18	04:59
220	627	Filipe Coelho	Individual	Veterano M40	49:50	+19:18	04:59
221	612	Bruno Miguel Leite Moreira	Individual	Veterano M40	49:51	+19:20	04:59
222	1897	Marco André Oliveira Paiva	Individual	Veterano M40	49:52	+19:21	04:59
223	168	Leonel Oliveira	Grupo desportivo da Cruz das Eiras	Veterano M40	49:54	+19:22	04:59
224	601	André Pereira	Individual	Veterano M40	49:58	+19:26	05:00
225	684	Nuno Morais da Silva	Individual	Veterano M40	49:59	+19:28	05:00
226	1044	Bruno Filipe Moreira Neves	A.D. GRIJÓ A CORRER	Veterano M40	50:01	+19:30	05:00
227	1101	António Carvalho	BIGODES DE TINTO	Veterano M40	50:03	+19:31	05:00
228	1105	Marco Maia	BIGODES DE TINTO	Veterano M40	50:04	+19:32	05:00

Official Timekeeper: Lap2Go	32 / 45	generate 12-jan.-2025 11:40
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Prova Principal

10 KM

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

OFFICIAL RESULT

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229	638	Ivo Santos	Individual	Veterano M40	50:07	+19:35	05:01
230	2496	Jose Reis	Individual	Veterano M40	50:12	+19:40	05:01
231	2086	Jorge Oliveira	MICS	Veterano M40	50:18	+19:47	05:02
232	1030	José Rodrigo	A. D. RIO LARGO C. ESPINHO	Veterano M40	50:23	+19:51	05:02
233	678	Miguel Carvalho	Individual	Veterano M40	50:23	+19:51	05:02
234	708	Ricardo Nunes	Individual	Veterano M40	50:26	+19:55	05:03
235	2290	Fernando Vieira	Running Sport Glassdrive	Veterano M40	50:36	+20:04	05:04
236	33	Sandro Silva	A.E.J. Triatlo	Veterano M40	50:39	+20:08	05:04
237	682	Nuno Bartolomeu	Individual	Veterano M40	50:43	+20:11	05:04
238	685	Nuno Ribeiro	Individual	Veterano M40	50:45	+20:14	05:05
239	1909	Nuno Oliveira	Individual	Veterano M40	50:47	+20:16	05:05
240	1861	Francisco Gomes	Individual	Veterano M40	50:52	+20:20	05:05
241	2500	Miguel Pinto	Individual	Veterano M40	50:57	+20:26	05:06
242	722	Rui Pereira	Individual	Veterano M40	50:57	+20:26	05:06
243	2138	Tiago cruz	Pedras Rolantes	Veterano M40	50:58	+20:26	05:06
244	644	João Pedro Fernando	Individual	Veterano M40	51:01	+20:30	05:06
245	2208	Loel Ferreira	Run & Fun	Veterano M40	51:05	+20:33	05:07
246	1106	Rui Faria	BIGODES DE TINTO	Veterano M40	51:05	+20:34	05:07
247	1862	Francisco Matos	Individual	Veterano M40	51:10	+20:39	05:07
248	153	Nuno Miguel Andrade Ferreira	FC Toranja Apu & Whisky	Veterano M40	51:22	+20:51	05:08
249	2292	Ruben Aires	Running Sport Glassdrive	Veterano M40	51:29	+20:57	05:09
250	1874	João Miguel Correia	Individual	Veterano M40	51:30	+20:58	05:09
251	1892	Luís Vasques	Individual	Veterano M40	51:31	+21:00	05:09
252	666	Marcelo Teixeira da mota	Individual	Veterano M40	51:33	+21:01	05:09
253	607	Bruno Álvares Cardeano Quintela	Individual	Veterano M40	51:33	+21:02	05:09
254	689	Paulo Costa	Individual	Veterano M40	51:35	+21:03	05:10
255	1102	Bruno Marante	BIGODES DE TINTO	Veterano M40	51:35	+21:04	05:10
256	1076	Rui Maia	ARCORUN	Veterano M40	51:38	+21:06	05:10
257	646	João Rocha	Individual	Veterano M40	51:43	+21:11	05:10
258	616	Carlos Marcos	Individual	Veterano M40	51:45	+21:13	05:11
259	634	Hélder Freitas	Individual	Veterano M40	51:46	+21:15	05:11
260	709	Rui Franco	Individual	Veterano M40	51:50	+21:19	05:11
261	630	Frederico Silva	Individual	Veterano M40	51:51	+21:19	05:11
262	632	Helder Bernardo	Individual	Veterano M40	51:53	+21:21	05:11
263	653	José Garcez	Individual	Veterano M40	51:53	+21:22	05:11
264	2267	João Manuel Pinto Ferreira Jorge	RUNNING ESPINHO	Veterano M40	51:57	+21:25	05:12
265	1853	Élio Silva	Individual	Veterano M40	51:57	+21:25	05:12
266	1860	FLÁVIO RODRIGUES	Individual	Veterano M40	52:07	+21:35	05:13
267	1845	BRUNO SILVA	Individual	Veterano M40	52:07	+21:35	05:13
268	1234	Pepe Nogueira	Clube Desportivo Feirense	Veterano M40	52:07	+21:36	05:13
269	1023	Nuno Gomes	A TEAM AGEAS	Veterano M40	52:12	+21:41	05:13
270	2137	Jean Sabença	Pedras Rolantes	Veterano M40	52:12	+21:41	05:13
271	1046	Ricardo Jorge Moreira Neves	A.D. GRIJÓ A CORRER	Veterano M40	52:13	+21:42	05:13
272	1843	Bruno Rocha	Individual	Veterano M40	52:15	+21:43	05:14
273	738	Xavier Miranda	Individual	Veterano M40	52:15	+21:44	05:14
274	1875	Joao Silva	Individual	Veterano M40	52:28	+21:57	05:15

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Prova Principal**10 KM**

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

OFFICIAL RESULT

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

275	2301	Helder Pereira	Serviços Sociais Montepio	Veterano M40	52:29	+21:58	05:15
276	707	Ricardo Filipe Silva Pedroso	Individual	Veterano M40	52:31	+22:00	05:15
277	1941	Vitor Alves	Individual	Veterano M40	52:34	+22:03	05:15
278	671	Marco Morgado	Individual	Veterano M40	52:52	+22:21	05:17
279	2344	Andre Martins	TEN TEAM	Veterano M40	52:54	+22:22	05:17
280	1882	José Manuel da Rocha Correia	Individual	Veterano M40	53:05	+22:33	05:19
281	949	André Pais	Rodelo Running Team	Veterano M40	53:15	+22:44	05:20
282	1306	Nuno Parreira	Faz Fumo Runners	Veterano M40	53:19	+22:48	05:20
283	908	José Pires	Núcleo de Corrida Solverde - Espinho	Veterano M40	53:24	+22:53	05:20
284	2494	João Pedro Ribeiro	Individual	Veterano M40	53:28	+22:57	05:21
285	723	Sergio Guimbra	Individual	Veterano M40	53:29	+22:58	05:21
286	1316	David Carvalho	Fortes Team	Veterano M40	53:32	+23:01	05:21
287	642	João Leite	Individual	Veterano M40	53:32	+23:01	05:21
288	1883	Jose Mota	Individual	Veterano M40	53:39	+23:07	05:22
289	2495	José Miguel Coutinho Marques	Individual	Veterano M40	53:41	+23:10	05:22
290	1929	Rony Santos	Individual	Veterano M40	53:45	+23:14	05:23
291	2415	Daniel Ferreira	Camões Running	Veterano M40	53:51	+23:19	05:23
292	639	JACINTO PEREIRA	Individual	Veterano M40	53:52	+23:20	05:23
293	677	Migsar Navarro	Individual	Veterano M40	53:52	+23:20	05:23
294	1024	Pedro Pocas	A TEAM AGEAS	Veterano M40	53:53	+23:22	05:23
295	1878	Jorge Martins	Individual	Veterano M40	53:55	+23:23	05:24
296	38	Nuno Silva	ACADEMIA20	Veterano M40	53:56	+23:25	05:24
297	1104	Jonas Maia	BIGODES DE TINTO	Veterano M40	53:59	+23:27	05:24
298	1905	Nelson Miguel	Individual	Veterano M40	54:02	+23:30	05:24
299	2309	Carlos Silva	Sport Clube Freamunde	Veterano M40	54:03	+23:31	05:24
300	688	Paulo Borges	Individual	Veterano M40	54:03	+23:32	05:24
301	641	João Guedes	Individual	Veterano M40	54:10	+23:38	05:25
302	89	António Vinha	CDC Macieira de Cambra	Veterano M40	54:16	+23:45	05:26
303	1942	Vitor Peixoto	Individual	Veterano M40	54:18	+23:46	05:26
304	686	Nuno Rocha	Individual	Veterano M40	54:19	+23:47	05:26
305	2524	Bruno Valente	NIGHT Runners Feira	Veterano M40	54:22	+23:51	05:26
306	185	Mário Aurélio Tavares Pereira	IMPACTO FITNESS	Veterano M40	54:25	+23:53	05:27
307	652	José Carlos Ferreira de Oliveira Brandão Brandão	Individual	Veterano M40	54:29	+23:57	05:27
308	637	Ivanoel Lima	Individual	Veterano M40	54:33	+24:02	05:27
309	687	Paulo Amorim	Individual	Veterano M40	54:34	+24:02	05:27
310	126	Fernando Pais	DragonTeam	Veterano M40	54:35	+24:04	05:28
311	1151	Diogo Lucas Pires	Cabelte	Veterano M40	54:45	+24:14	05:29
312	1930	Rui Gomes	Individual	Veterano M40	54:47	+24:15	05:29
313	729	Tiago Nelson Couto Barbosa	Individual	Veterano M40	54:58	+24:27	05:30
314	622	Daniel Simões	Individual	Veterano M40	54:59	+24:28	05:30
315	631	Germano Borges	Individual	Veterano M40	55:09	+24:37	05:31
316	2	Luis Miguel Oliveira Monteiro Canelas	CM Espinho	Veterano M40	55:21	+24:50	05:32
317	1103	Bruno Noé Maia	BIGODES DE TINTO	Veterano M40	55:22	+24:51	05:32
318	2180	David Oliveira	RAR Running	Veterano M40	55:38	+25:07	05:34
319	2491	Giovanni Diaz	Individual	Veterano M40	55:44	+25:13	05:34

Prova Principal**10 KM**

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

OFFICIAL RESULT

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

320	931	Daniel Costa	Pedras Rolantes	Veterano M40	55:44	+25:13	05:34
321	63	Rodrigo Pessoa	Associação Académica de São Mamede	Veterano M40	55:46	+25:15	05:35
322	2406	Alvaro Lopes	Fidalguinha	Veterano M40	55:47	+25:15	05:35
323	1020	Andre Ferreira	A TEAM AGEAS	Veterano M40	55:49	+25:18	05:35
324	2412	Pedro Costa	BOLINHOS DE BACALHAU	Veterano M40	55:49	+25:18	05:35
325	628	Filipe Silva	Individual	Veterano M40	55:56	+25:25	05:36
326	1881	José M Quintas	Individual	Veterano M40	55:56	+25:25	05:36
327	1031	Zé Pereira	A. D. RIO LARGO C. ESPINHO	Veterano M40	55:57	+25:25	05:36
328	2092	Joice Jesus	Nascidos para Correr - Associação Desportiva	Veterano M40	55:58	+25:27	05:36
329	624	Elói Gouveia Santos	Individual	Veterano M40	56:07	+25:36	05:37
330	615	Carlos Ferreira	Individual	Veterano M40	56:11	+25:39	05:37
331	727	SIMAO TAVARES RIBEIRO	Individual	Veterano M40	56:15	+25:43	05:38
332	1842	Bruno Mendes	Individual	Veterano M40	56:20	+25:49	05:38
333	629	Frederico Saraiva	Individual	Veterano M40	56:33	+26:02	05:39
334	670	Marco Costa	Individual	Veterano M40	56:34	+26:03	05:39
335	2265	Eduardo lima	RUNNING ESPINHO	Veterano M40	56:47	+26:16	05:41
336	1153	Luís Castro	Cabelte	Veterano M40	56:48	+26:16	05:41
337	702	Ricardo Almeida	Individual	Veterano M40	56:53	+26:21	05:41
338	733	Vítor Andrade	Individual	Veterano M40	56:55	+26:24	05:42
339	1334	Hélder Aguiar	Gangue do Parque	Veterano M40	56:57	+26:26	05:42
340	1651	Ricardo Silva	Individual	Veterano M40	56:57	+26:26	05:42
341	2490	Emanuel Fonte	Individual	Veterano M40	56:58	+26:26	05:42
342	2297	António José Sousa	Sales Couple Team	Veterano M40	57:01	+26:30	05:42
343	2498	Luis Miguel Amorim	Individual	Veterano M40	57:07	+26:35	05:43
344	2420	Ricardo Pato	Faz Fumo Runners	Veterano M40	57:09	+26:38	05:43
345	883	Toninho Ventura	Lourosa Em Movimento	Veterano M40	57:10	+26:39	05:43
346	609	Bruno Cardoso	Individual	Veterano M40	57:10	+26:39	05:43
347	1863	G. Makina	Individual	Veterano M40	57:14	+26:43	05:43
348	699	Pedro Silva	Individual	Veterano M40	57:19	+26:48	05:44
349	1382	Alexandre Pontes	ÍMPAR RUNNING TEAM	Veterano M40	57:22	+26:50	05:44
350	152	Marco Afonso da Costa Cruz	Família Santos Cruz	Veterano M40	57:23	+26:51	05:44
351	1869	Humberto Barros	Individual	Veterano M40	57:23	+26:51	05:44
352	1385	Sérgio Mendes	ÍMPAR RUNNING TEAM	Veterano M40	57:25	+26:54	05:45
353	1139	Bruno Santos	BTSusy	Veterano M40	57:39	+27:08	05:46
354	2130	Pedro Serrano	Pastello Runners	Veterano M40	57:47	+27:15	05:47
355	1928	Rogério Henriques	Individual	Veterano M40	57:50	+27:19	05:47
356	2503	Silvio Ferreira	Individual	Veterano M40	57:53	+27:21	05:47
357	1841	Bruno costa	Individual	Veterano M40	58:02	+27:31	05:48
358	643	João Paulo Pinheiro Fernandes	Individual	Veterano M40	58:17	+27:46	05:50
359	1126	Bruno Moreira	BoomerangTTteam	Veterano M40	58:33	+28:01	05:51
360	2302	Joaquim Melo	Serviços Sociais Montepio	Veterano M40	58:35	+28:03	05:52
361	2178	Pascoal Martins Pires	Rambóias Running Team	Veterano M40	58:37	+28:05	05:52
362	599	Alcides Rocha	Individual	Veterano M40	58:41	+28:09	05:52
363	1864	Gilberto Pinto	Individual	Veterano M40	58:43	+28:12	05:52
364	623	Edgar Ramos Gomes Pires	Individual	Veterano M40	58:48	+28:17	05:53

Official Timekeeper: Lap2Go	35 / 45	generate 12-jan.-2025 11:40
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Prova Principal
10 KM
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OFFICIAL RESULT
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

365	94	Carlos Silva	Centro de Marcha e Corrida de Vale de Cambra	Veterano M40	58:49	+28:17	05:53
366	681	Nuno Azevedo	Individual	Veterano M40	59:19	+28:47	05:56
367	102	Vitor Manuel Correia	Clube do Pessoal da EDP Porto	Veterano M40	59:32	+29:01	05:57
368	1075	José Correia	ARCORUN	Veterano M40	59:35	+29:03	05:58
369	2303	Sérgio Oliveira	Serviços Sociais Montepio	Veterano M40	59:37	+29:06	05:58
370	1325	Luís Guimarães	G.D.A RONDA	Veterano M40	59:55	+29:24	06:00
371	608	Bruno André Quintais Pinto	Individual	Veterano M40	01:00:01	+29:30	06:00
372	655	José Leite	Individual	Veterano M40	01:00:14	+29:43	06:01
373	1851	David Tomé	Individual	Veterano M40	01:00:23	+29:51	06:02
374	1900	Mário César Rodrigues Soares	Individual	Veterano M40	01:00:25	+29:53	06:03
375	705	Ricardo Doria Duarte	Individual	Veterano M40	01:00:28	+29:57	06:03
376	1857	FILIPE MIGUEL FERREIRA DE OLIVEIRA	Individual	Veterano M40	01:00:33	+30:01	06:03
377	1893	Maksim Mutalapov	Individual	Veterano M40	01:00:51	+30:19	06:05
378	2360	Alberto Puerta	Venezuela running	Veterano M40	01:01:12	+30:41	06:07
379	1155	Ricardo Fernando Sousa Oliveira	Cabelte	Veterano M40	01:01:25	+30:53	06:09
380	2034	César Rodrigues	João Valente	Veterano M40	01:01:30	+30:58	06:09
381	1059	Carlos Gomes	ACAIL GAS	Veterano M40	01:01:34	+31:03	06:09
382	1943	Vítor Ribeiro	Individual	Veterano M40	01:01:35	+31:04	06:10
383	696	Pedro Resende	Individual	Veterano M40	01:01:56	+31:25	06:12
384	1898	Marco Carvalho	Individual	Veterano M40	01:02:02	+31:31	06:12
385	956	Carlos Rocha	RUNNING ESPINHO	Veterano M40	01:02:12	+31:40	06:13
386	697	Pedro Santos	Individual	Veterano M40	01:02:13	+31:42	06:13
387	907	João Costa	Núcleo de Corrida Solverde - Espinho	Veterano M40	01:02:17	+31:46	06:14
388	993	João Miranda	TeamCabral	Veterano M40	01:02:19	+31:48	06:14
389	2128	Rui Coelho	Partimpim	Veterano M40	01:02:33	+32:01	06:15
390	1936	Sérgio Gomes Ferreira	Individual	Veterano M40	01:02:48	+32:17	06:17
391	734	vítor campos	Individual	Veterano M40	01:03:05	+32:33	06:19
392	656	Jose Lopes	Individual	Veterano M40	01:03:26	+32:55	06:21
393	2501	Ricardo Tavares	Individual	Veterano M40	01:03:27	+32:55	06:21
394	1902	Michael Faria	Individual	Veterano M40	01:03:33	+33:01	06:21
395	2504	Tiago Almeida	Individual	Veterano M40	01:04:05	+33:33	06:25
396	1889	Luis Filipe Cadete	Individual	Veterano M40	01:04:45	+34:13	06:29
397	2497	Luis Filipe Rocha	Individual	Veterano M40	01:04:45	+34:14	06:29
398	654	José Joaquim Ferreira dos Santos Silva	Individual	Veterano M40	01:04:49	+34:17	06:29
399	873	Ricardo Pinho	KIRCHHOFF - KONECT Running team	Veterano M40	01:04:55	+34:24	06:30
400	1238	Bruno Magalhães	Clube do Pessoal das Águas de Gaia	Veterano M40	01:05:09	+34:38	06:31
401	1918	Paulo Martins	Individual	Veterano M40	01:05:48	+35:17	06:35
402	625	Fernando Guimarães	Individual	Veterano M40	01:06:13	+35:42	06:37
403	2155	Paulo Oliveira	Powerrun Team	Veterano M40	01:06:22	+35:51	06:38
404	1010	Emanuel Quaresma de Almeida	Turbo Force Running	Veterano M40	01:06:25	+35:53	06:39
405	2416	Marco Leite	Camões Running	Veterano M40	01:06:32	+36:01	06:39
406	889	Miguel Araújo	M & M	Veterano M40	01:08:14	+37:43	06:49
407	1384	Paulo Jorge	ÍMPAR RUNNING TEAM	Veterano M40	01:08:15	+37:44	06:50

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Prova Principal

10 KM

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OFFICIAL RESULT

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408	857	MIGUEL TEIXEIRA	JAM - Juventude Atlético Mozelense	Veterano M40	01:08:18	+37:46	06:50
409	1154	Mário Pinheiro	Cabelte	Veterano M40	01:08:19	+37:47	06:50
410	1894	Manuel Guedes	Individual	Veterano M40	01:08:45	+38:14	06:53
411	1922	Pedro Fontoura	Individual	Veterano M40	01:09:16	+38:45	06:56
412	674	Marcos Ramires	Individual	Veterano M40	01:09:33	+39:02	06:57
413	939	Hugo Machado	Pernas de Pau	Veterano M40	01:09:39	+39:08	06:58
414	1834	Álvaro José Dias Carvalhinho	Individual	Veterano M40	01:09:52	+39:21	06:59
415	2523	Nuno Azevedo	Lunex	Veterano M40	01:10:34	+40:03	07:03
416	647	John Domingos	Individual	Veterano M40	01:10:39	+40:08	07:04
417	985	RUI FERREIRA	Tartarugas Velozes	Veterano M40	01:10:49	+40:18	07:05
418	116	Tiago Martins	CopoRunners	Veterano M40	01:11:04	+40:32	07:06
419	1925	Pedro Simões	Individual	Veterano M40	01:11:11	+40:40	07:07
420	1156	Sérgio Azevedo	Cabelte	Veterano M40	01:11:21	+40:50	07:08
421	603	André Tiago Mendes Oliveira Gomes	Individual	Veterano M40	01:11:37	+41:05	07:10
422	1060	Fabio Santos	ACAIL GAS	Veterano M40	01:12:51	+42:20	07:17
423	2493	Ivo Sá	Individual	Veterano M40	01:12:57	+42:25	07:18
424	2177	Filipe Esteves	Rambóias Running Team	Veterano M40	01:13:14	+42:43	07:19
425	1913	Paulo Eiras	Individual	Veterano M40	01:14:21	+43:50	07:26
426	717	Rui Coelho	Individual	Veterano M40	01:17:36	+47:05	07:46
427	37	Luís Bacêlo	ACADEMIA20	Veterano M40	01:22:10	+51:38	08:13
428	1911	Paulo Alexandre da Costa e Silva	Individual	Veterano M40	01:24:33	+54:02	08:27
429	1923	Pedro Miguel Mendes da Silva	Individual	Veterano M40	01:24:33	+54:02	08:27

Veterano M50

1	17	ANTÓNIO JOAQUIM SOARES FERNANDES	GDC Guilhovai	Veterano M50	34:08	+03:36	03:25
2	2330	Rui Santos	Sporting Clube de Espinho / António Leitão	Veterano M50	34:28	+03:57	03:27
3	20	Paulo Reis	Sporting Clube de Espinho / António Leitão	Veterano M50	35:42	+05:10	03:34
4	1313	Fernando Lima	Fidalguinha	Veterano M50	35:52	+05:21	03:35
5	45	Fernando Silva	ACR de Vale de Cambra	Veterano M50	36:03	+05:31	03:36
6	44	António Pinto	ACR de Vale de Cambra	Veterano M50	37:33	+07:02	03:45
7	2116	Victor Correia	NIGHT Runners Feira	Veterano M50	37:37	+07:05	03:46
8	1996	Peter Silva	Individual	Veterano M50	37:43	+07:12	03:46
9	2316	Augusto Aluai	Sporting Clube de Espinho / António Leitão	Veterano M50	37:47	+07:16	03:47
10	1947	António Pereira	Individual	Veterano M50	37:50	+07:18	03:47
11	2003	Ze To Machado	Individual	Veterano M50	38:01	+07:29	03:48
12	1221	ROGERIO CAMPOS	Clube Atletismo de Ovar	Veterano M50	38:09	+07:37	03:49
13	2329	Paulo Oliveira	Sporting Clube de Espinho / António Leitão	Veterano M50	38:17	+07:46	03:50
14	1979	Manuel Sérgio Marques Pinto	Individual	Veterano M50	38:27	+07:56	03:51
15	1224	José Miguel	Clube de Atletismo os Gaienses/Toyota	Veterano M50	38:38	+08:07	03:52
16	1220	PRDRO SILVA	Clube Atletismo de Ovar	Veterano M50	38:42	+08:11	03:52

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Prova Principal**10 KM**

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

OFFICIAL RESULT

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17	1944	Américo Santos	Individual	Veterano M50	38:57	+08:25	03:54
18	817	Xavier Santiago	Individual	Veterano M50	39:17	+08:46	03:56
19	2346	Vitor Pinho	TEN TEAM	Veterano M50	39:25	+08:54	03:57
20	1255	Filipe Coelho	CopoRunners	Veterano M50	39:26	+08:54	03:57
21	2313	CARLOS LOPES	Sport Comércio Salgueiros	Veterano M50	39:26	+08:54	03:57
22	1984	Norberto Silva Silvia	Individual	Veterano M50	39:26	+08:55	03:57
23	147	MANUEL FERREIRA	EV/PERALTAFIL	Veterano M50	39:27	+08:56	03:57
24	1217	DINIS BATISTA	Clube Atletismo de Ovar	Veterano M50	39:33	+09:01	03:57
25	145	JOSE SILVA	EV/PERALTAFIL	Veterano M50	39:37	+09:06	03:58
26	1327	Manuel Bastos	G.D.A RONDA	Veterano M50	39:41	+09:10	03:58
27	739	Adelino Martins da Silva	Individual	Veterano M50	39:46	+09:15	03:59
28	885	Vitor Resende	Lourosa Em Movimento	Veterano M50	39:55	+09:24	04:00
29	778	José silva reis	Individual	Veterano M50	39:59	+09:27	04:00
30	1049	Carlos Silva	A.D.Nós Acreditamos	Veterano M50	40:11	+09:40	04:01
31	91	Rui silva	CENAP	Veterano M50	40:14	+09:42	04:01
32	945	José Rodrigues	Pupilos do Zé-Tó	Veterano M50	40:28	+09:56	04:03
33	811	Sérgio Lopes	Individual	Veterano M50	40:29	+09:58	04:03
34	46	José Correia	ACR de Vale de Cambra	Veterano M50	40:44	+10:13	04:04
35	768	Jorge Serodio	Individual	Veterano M50	40:46	+10:15	04:05
36	1219	JOSE PINTO	Clube Atletismo de Ovar	Veterano M50	40:50	+10:19	04:05
37	1961	Heitor Araújo	Individual	Veterano M50	40:52	+10:21	04:05
38	1948	António Ribeiro	Individual	Veterano M50	40:55	+10:23	04:06
39	2546	Victor Sá	RUNNING ESPINHO	Veterano M50	41:07	+10:36	04:07
40	803	Porfírio Martins	Individual	Veterano M50	41:12	+10:41	04:07
41	2093	Francelino Resende	Nascidos para Correr - Associação Desportiva	Veterano M50	41:24	+10:53	04:08
42	1992	Paulo Moca	Individual	Veterano M50	41:32	+11:00	04:09
43	2000	SALVADOR MANSILHA	Individual	Veterano M50	41:32	+11:01	04:09
44	1061	Vitor Santos	ACAIL GAS	Veterano M50	41:34	+11:02	04:09
45	779	Juan Sicília Barci	Individual	Veterano M50	41:38	+11:07	04:10
46	2195	Paulo pereira	Reumaticos	Veterano M50	42:07	+11:36	04:13
47	2050	Ernesto Marques Alves	Juventude Cortegacense	Veterano M50	42:19	+11:47	04:14
48	2110	Rui Freitas	NIGHT Runners Feira	Veterano M50	42:32	+12:00	04:15
49	1092	Luis ABreu	Associação Académica de São Mamede	Veterano M50	42:42	+12:10	04:16
50	750	Carlos Lancha	Individual	Veterano M50	43:00	+12:28	04:18
51	1987	Pablo Neves	Individual	Veterano M50	43:02	+12:31	04:18
52	742	António barbas	Individual	Veterano M50	43:16	+12:45	04:20
53	752	Carlos Santos	Brandoenses running	Veterano M50	43:27	+12:55	04:21
54	1133	Vitor Paulino	Brandoenses running	Veterano M50	43:27	+12:56	04:21
55	781	Luis António Martins Morais Morais	Individual	Veterano M50	43:28	+12:57	04:21
56	1995	Pedro Mouro	Individual	Veterano M50	43:49	+13:18	04:23
57	2509	Nuno Cardoso	Individual	Veterano M50	43:51	+13:20	04:23
58	805	Roberto Bastos	Individual	Veterano M50	44:03	+13:32	04:24
59	2233	José Carlos Ferreira	Run4Pancakes	Veterano M50	44:10	+13:38	04:25
60	51	PAULO GRILO	ARCORUN	Veterano M50	44:19	+13:47	04:26
61	1054	Armando Inácio	ACADEMIA20	Veterano M50	44:19	+13:47	04:26

Prova Principal**10 KM**

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

OFFICIAL RESULT

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62	867	daniel gomes	javalis100limites	Veterano M50	44:49	+14:18	04:29
63	2506	Adventino Conceição	Individual	Veterano M50	45:01	+14:30	04:30
64	767	Jorge Portela	Individual	Veterano M50	45:02	+14:30	04:30
65	95	Paulo Martins	Centro de Marcha e Corrida de Vale de Cambra	Veterano M50	45:05	+14:34	04:31
66	1218	Pedro Leal	Clube Atletismo de Ovar	Veterano M50	45:09	+14:38	04:31
67	930	Fernando costa	Pastello Runners	Veterano M50	45:14	+14:43	04:31
68	1272	Paulo Silva	Corvos running by S.V.P	Veterano M50	45:24	+14:53	04:32
69	1991	Paulo Manuel Pereira Faria	Individual	Veterano M50	45:29	+14:57	04:33
70	1146	João Pinto	C.P.T.B.C	Veterano M50	45:29	+14:58	04:33
71	84	Joaquim Lobato	Caldas de São Jorge Sport Clube	Veterano M50	45:31	+15:00	04:33
72	2160	Rui Pedro Portugal	Powerrun Team	Veterano M50	45:42	+15:11	04:34
73	1949	Antonio Silva	Individual	Veterano M50	45:43	+15:11	04:34
74	2277	Manuel Ferreira	RUNNING ESPINHO	Veterano M50	45:48	+15:17	04:35
75	2280	Sérgio Gomes	RUNNING ESPINHO	Veterano M50	46:09	+15:37	04:37
76	962	Diamantino Catarino	RUNNING ESPINHO	Veterano M50	46:22	+15:50	04:38
77	924	Carlos Couto	Outlaw Runners	Veterano M50	46:22	+15:51	04:38
78	758	Gabriel António das Neves Rodrigues	Individual	Veterano M50	46:29	+15:57	04:39
79	2327	Jose Pereira	Sporting Clube de Espinho / António Leitão	Veterano M50	46:32	+16:00	04:39
80	2234	Nuno Duarte	Run4Pancakes	Veterano M50	46:34	+16:03	04:39
81	746	Armindo Manuel Almeida Rodrigues	Individual	Veterano M50	46:34	+16:03	04:39
82	2328	Paulo Moreira	Sporting Clube de Espinho / António Leitão	Veterano M50	46:37	+16:05	04:40
83	1978	Manuel Oliveira	Individual	Veterano M50	46:44	+16:12	04:40
84	1954	Carlos Rocha	Individual	Veterano M50	46:45	+16:14	04:41
85	757	Fausto TAves	Individual	Veterano M50	47:11	+16:40	04:43
86	766	joaquim silva	Individual	Veterano M50	47:19	+16:47	04:44
87	1131	António Espinheira	Brandoenses running	Veterano M50	47:28	+16:56	04:45
88	755	Eduardo Rui Alves Martins	Individual	Veterano M50	47:29	+16:57	04:45
89	895	Jose Pereira	Nascidos para Correr - Associação Desportiva	Veterano M50	47:32	+17:01	04:45
90	1132	Constantino Mota	Brandoenses running	Veterano M50	47:33	+17:02	04:45
91	1977	Manuel Domingues	Individual	Veterano M50	47:38	+17:06	04:46
92	1989	Paulo Delgado	Individual	Veterano M50	47:40	+17:08	04:46
93	2197	Raul teixeira	Reumaticos	Veterano M50	47:42	+17:10	04:46
94	1071	Manuel Gomes	AFIS/OVAR	Veterano M50	47:42	+17:10	04:46
95	756	Emanuel Mota	Individual	Veterano M50	47:42	+17:11	04:46
96	2520	Pedro Macieirinha	JMPM Advogados	Veterano M50	47:43	+17:11	04:46
97	1958	Domingos Soares	Individual	Veterano M50	47:46	+17:14	04:47
98	1986	Óscar Brandão	Individual	Veterano M50	47:53	+17:22	04:47
99	751	Carlos Rama	Individual	Veterano M50	47:55	+17:24	04:48
100	812	Sérgio Pereira	Individual	Veterano M50	47:56	+17:25	04:48
101	26	Manuel Faustino	... DA TUA PRIMA	Veterano M50	47:57	+17:25	04:48
102	794	Paulo Capela	Individual	Veterano M50	47:58	+17:27	04:48
103	159	Pedro Miguel Freitas da Costa	GAIA-RUNNING	Veterano M50	48:06	+17:34	04:49
104	2275	Avelino Passos	RUNNING ESPINHO	Veterano M50	48:09	+17:38	04:49
105	1256	Joaquim Rego	CopoRunners	Veterano M50	48:13	+17:42	04:49

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Prova Principal

10 KM

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OFFICIAL RESULT

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150	773	José Manuel Da Silva Casaleiro	Individual	Veterano M50	52:14	+21:43	05:13
151	1990	Paulo Jorge Graça	Individual	Veterano M50	52:25	+21:54	05:15
152	2167	Armando Fernandes	Rain Runners	Veterano M50	52:26	+21:55	05:15
153	2278	Marco Pinho	RUNNING ESPINHO	Veterano M50	52:34	+22:03	05:16
154	1994	Paulo Pereira	Individual	Veterano M50	52:40	+22:09	05:16
155	1999	Rui Ferreira	Individual	Veterano M50	52:47	+22:15	05:17
156	2547	Viriato Gil	RUNNING ESPINHO	Veterano M50	52:52	+22:20	05:17
157	2168	Carlos Pinto	Rain Runners	Veterano M50	52:56	+22:24	05:18
158	1970	José Carlos Tavares Sousa mesquita	Individual	Veterano M50	52:57	+22:25	05:18
159	769	Jorge Ventura	Individual	Veterano M50	53:00	+22:28	05:18
160	744	armando pontes	Individual	Veterano M50	53:10	+22:39	05:19
161	1033	Rui Silva	A. D. RIO LARGO C. ESPINHO	Veterano M50	53:11	+22:40	05:19
162	1981	Marco batista	Individual	Veterano M50	53:20	+22:48	05:20
163	52	PEDRO MELO	ARCORUN	Veterano M50	53:38	+23:06	05:22
164	1084	Paulo Fonseca	Arrifana Running	Veterano M50	53:41	+23:09	05:22
165	1025	Alvaro Pinto	A TEAM AGEAS	Veterano M50	53:53	+23:22	05:23
166	961	Bernardino Fernandes	RUNNING ESPINHO	Veterano M50	54:00	+23:29	05:24
167	796	Paulo Jorge Almeida	Individual	Veterano M50	54:08	+23:37	05:25
168	804	Ricardo Pinho	Individual	Veterano M50	54:20	+23:48	05:26
169	748	Carlos Barroso	Individual	Veterano M50	54:20	+23:48	05:26
170	1955	Celso Cerqueira da Costa	Individual	Veterano M50	54:21	+23:49	05:26
171	1157	João Vilaça	Cabelte	Veterano M50	54:28	+23:56	05:27
172	782	Luis Filipe	Individual	Veterano M50	54:34	+24:02	05:27
173	2512	Rui Miguel Costa	Individual	Veterano M50	54:40	+24:08	05:28
174	749	Carlos correia	Individual	Veterano M50	54:43	+24:11	05:28
175	884	Ernesto Silva	Lourosa Em Movimento	Veterano M50	54:44	+24:12	05:28
176	1969	José Avelino Machado Pereira de Sousa	Individual	Veterano M50	54:52	+24:20	05:29
177	791	Miguel Duarte	Individual	Veterano M50	54:53	+24:22	05:29
178	2169	Jorge Simões	Rain Runners	Veterano M50	55:09	+24:38	05:31
179	813	Siarhei Hanchar	Individual	Veterano M50	55:10	+24:38	05:31
180	814	Tiago Moutinho da Costa	Individual	Veterano M50	55:12	+24:40	05:31
181	964	Vítor Neto	RUNNING ESPINHO	Veterano M50	55:14	+24:42	05:31
182	2549	José Pinhal	Running Sport Glassdrive	Veterano M50	55:18	+24:47	05:32
183	156	Eduardo Fardilha	Força na Canela	Veterano M50	55:31	+25:00	05:33
184	2183	José Nascimento	RAR Running	Veterano M50	55:38	+25:07	05:34
185	1971	José Cunha Lopes	Individual	Veterano M50	55:39	+25:07	05:34
186	2519	Miguel Ricou	JMPM Advogados	Veterano M50	55:45	+25:14	05:35
187	1965	João Paulino	Individual	Veterano M50	55:50	+25:19	05:35
188	2507	António Moura	Individual	Veterano M50	56:04	+25:32	05:36
189	1963	João Carvalho	Individual	Veterano M50	56:15	+25:43	05:38
190	807	Rui Manuel Barros Raimundo	Individual	Veterano M50	56:15	+25:43	05:38
191	775	José Miguel Rocha Fernandes	Individual	Veterano M50	56:17	+25:45	05:38
192	1032	Alain Couto	A. D. RIO LARGO C. ESPINHO	Veterano M50	56:27	+25:56	05:39
193	1239	Camilo Guedes	Clube do Pessoal das Águas de Gaia	Veterano M50	56:59	+26:28	05:42
194	2113	Carlos Silva	NIGHT Runners Feira	Veterano M50	57:08	+26:37	05:43

Prova Principal

10 KM

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

OFFICIAL RESULT

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195	1386	Herculano Cardoso	ÍMPAR RUNNING TEAM	Veterano M50	57:23	+26:51	05:44
196	79	António Ferreira	Cabelte	Veterano M50	57:25	+26:54	05:45
197	2276	LUIS JORGE MACHADO	RUNNING ESPINHO	Veterano M50	57:27	+26:55	05:45
198	2418	Fernando Leite	Centro de Marcha e Corrida de Vale de Cambra	Veterano M50	57:42	+27:10	05:46
199	777	José Nunes	Individual	Veterano M50	57:46	+27:14	05:47
200	741	Américo Oliveira	Individual	Veterano M50	57:46	+27:15	05:47
201	1962	João Brandão	Individual	Veterano M50	58:21	+27:49	05:50
202	158	José António da Silva Ribeiro	GAIA-RUNNING	Veterano M50	58:49	+28:17	05:53
203	753	Eduardo Nascimento	Individual	Veterano M50	59:08	+28:37	05:55
204	2241	Joaquim Pinto	Running Esmoriz	Veterano M50	59:30	+28:58	05:57
205	2305	Artur Carvalho	Serviços Sociais Montepio	Veterano M50	59:32	+29:01	05:57
206	1982	Mário Marques	Individual	Veterano M50	59:44	+29:12	05:58
207	1095	Rui Leite	Basleite	Veterano M50	59:44	+29:12	05:58
208	1240	Manuel Santiago	Clube do Pessoal das Águas de Gaia	Veterano M50	01:00:30	+29:58	06:03
209	1968	JORGE MOTA	Individual	Veterano M50	01:00:40	+30:09	06:04
210	2279	Paulo Alexandre Ladeira	RUNNING ESPINHO	Veterano M50	01:01:44	+31:12	06:10
211	774	Jose Manuel Pereira Alves	Individual	Veterano M50	01:02:13	+31:41	06:13
212	786	Luís Vieira	Individual	Veterano M50	01:02:14	+31:42	06:13
213	1344	Mário Nunes	Gelcentro Team	Veterano M50	01:02:55	+32:23	06:18
214	2544	Joao Couto	RUNNING ESPINHO	Veterano M50	01:02:59	+32:28	06:18
215	809	Rui silva	Individual	Veterano M50	01:03:05	+32:33	06:19
216	2142	Jorge Santos	Pernas de Pau	Veterano M50	01:03:45	+33:14	06:23
217	740	Américo Amorim Vivas	Individual	Veterano M50	01:04:36	+34:04	06:28
218	2508	Miguel Maia	Individual	Veterano M50	01:04:45	+34:13	06:29
219	754	Eduardo Pinto	Individual	Veterano M50	01:04:51	+34:19	06:29
220	761	Humberto Varum	Individual	Veterano M50	01:05:18	+34:46	06:32
221	919	Jorge Godinho	Os 3 mosqueteiros	Veterano M50	01:05:47	+35:16	06:35
222	2274	Álvaro Sousa	RUNNING ESPINHO	Veterano M50	01:06:56	+36:25	06:42
223	2510	Ricardo Nascimento	Individual	Veterano M50	01:07:34	+37:03	06:45
224	2511	Ricardo Nascimento	Individual	Veterano M50	01:07:35	+37:04	06:46
225	1387	Luís Monteiro	ÍMPAR RUNNING TEAM	Veterano M50	01:07:41	+37:10	06:46
226	1973	José Miguel Cardoso Figueiredo	Individual	Veterano M50	01:09:34	+39:03	06:57
227	808	Rui Silva	Individual	Veterano M50	01:10:01	+39:30	07:00
228	928	António Joaquim Santos	Partimpim	Veterano M50	01:10:39	+40:07	07:04
229	2115	Manuel Reis	NIGHT Runners Feira	Veterano M50	01:12:16	+41:45	07:14
230	914	Adolfo Oliveira	OLIVEIRA	Veterano M50	01:19:12	+48:41	07:55
231	2294	Artur Rodrigues	S S S TEAM	Veterano M50	01:22:12	+51:41	08:13
232	800	Paulo Ressurreição	Individual	Veterano M50	01:22:12	+51:41	08:13
233	780	Leonel Cuco	Individual	Veterano M50	01:29:10	+58:39	08:55

Veterano M60

1	2094	António Jesus	Nascidos para Correr - Associação Desportiva	Veterano M60	36:38	+06:07	03:40
2	2295	Belmiro Rodrigues	S.C.Coimbrões	Veterano M60	37:09	+06:38	03:43

Prova Principal

10 KM

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

OFFICIAL RESULT

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3	983	Américo Valente	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	Veterano M60	38:36	+08:05	03:52
4	2312	Ricardo Machado	Sport Clube Freamunde	Veterano M60	41:35	+11:03	04:10
5	839	Paulo Dias	Individual	Veterano M60	41:52	+11:20	04:11
6	76	José Santos	Brandoenses running	Veterano M60	42:27	+11:55	04:15
7	1329	Carlos Fazendeiro	G.D.A RONDA	Veterano M60	43:01	+12:30	04:18
8	829	José Silva	Individual	Veterano M60	43:32	+13:01	04:21
9	105	Carlos Domingos Alves	Clube do Pessoal da EDP Porto	Veterano M60	43:47	+13:15	04:23
10	860	CARLOS BAPTISTA	JAM - Juventude Atlético Mozelense	Veterano M60	44:13	+13:42	04:25
11	1201	Fernando Gonçalves	Cirac - Circulo de Recreio Arte e Cultura	Veterano M60	44:41	+14:10	04:28
12	2057	José Carlos Gomes	Ligeirinhos	Veterano M60	44:54	+14:22	04:29
13	157	PEDRO ROCHA	GAFANHA DA NAZARÉ	Veterano M60	45:37	+15:05	04:34
14	2211	Zé Mou	Run & Fun	Veterano M60	46:32	+16:00	04:39
15	822	Arménio Neves	Individual	Veterano M60	47:10	+16:38	04:43
16	2051	Domingos Fernando Oliveira Camboa	Juventude Cortegacense	Veterano M60	47:46	+17:15	04:47
17	1247	António Oliveira	CMMC Vale de Cambra	Veterano M60	47:47	+17:15	04:47
18	2331	Manuel Rodrigues	Sporting Clube de Espinho / António Leitão	Veterano M60	48:57	+18:25	04:54
19	109	Pedro Ernesto Oliveira Dias	Clube do Pessoal da EDP Porto	Veterano M60	48:59	+18:27	04:54
20	948	José Matos	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M60	48:59	+18:28	04:54
21	1074	António Neto	António Neto	Veterano M60	49:15	+18:44	04:56
22	149	JOAQUIM PEREIRA	EV/PERALTAFIL	Veterano M60	49:41	+19:10	04:58
23	163	Mário Nogueira	GDSPO	Veterano M60	49:43	+19:12	04:58
24	171	Carlos Gavinho	GTR	Veterano M60	50:00	+19:29	05:00
25	1048	CARLOS RIPOLINS	A.D. GRIJÓ A CORRER	Veterano M60	50:16	+19:45	05:02
26	2005	António Augusto dos Reis Silva	Individual	Veterano M60	50:22	+19:51	05:02
27	2361	Lilio Figueira	Venezuela running	Veterano M60	50:25	+19:54	05:03
28	2350	Porfírio Martins	TO NA PISTA	Veterano M60	50:28	+19:56	05:03
29	2317	Antonio Neves	Sporting Clube de Espinho / António Leitão	Veterano M60	50:45	+20:14	05:05
30	107	José Manuel Martins Silva	Clube do Pessoal da EDP Porto	Veterano M60	50:47	+20:16	05:05
31	49	Jorge Amorim	amorins	Veterano M60	51:12	+20:40	05:07
32	2032	JOSÉ REIS	JAM - Juventude Atlético Mozelense	Veterano M60	51:12	+20:41	05:07
33	836	Manuel Oliveira	Individual	Veterano M60	51:14	+20:43	05:07
34	833	Manuel Cardoso	Individual	Veterano M60	51:15	+20:44	05:08
35	2010	Assis Azevedo	Individual	Veterano M60	51:20	+20:49	05:08
36	1359	Fernando Silva	Grupo Corrida de Argoncilhe	Veterano M60	51:21	+20:49	05:08
37	2006	António Carmo	Individual	Veterano M60	51:33	+21:02	05:09
38	2118	Manuel Anjos	Núcleo de Atletismo de Cucujães	Veterano M60	51:35	+21:03	05:10
39	825	Filipe Soares	Individual	Veterano M60	51:45	+21:14	05:11
40	1227	José Silva	Clube de Atletismo os Gaienses/Toyota	Veterano M60	51:50	+21:18	05:11
41	104	Altino Ramos Silva	Clube do Pessoal da EDP Porto	Veterano M60	52:06	+21:34	05:13
42	1203	Oscar Magolo	Cirac - Circulo de Recreio Arte e Cultura	Veterano M60	52:09	+21:38	05:13

Official Timekeeper: Lap2Go	43 / 45	generate 12-jan.-2025 11:40
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Prova Principal

10 KM

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

OFFICIAL RESULT

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43	1307	Armando Cid	Faz Fumo Runners	Veterano M60	52:18	+21:47	05:14
44	1200	Alcides Sales	Cirac - Circulo de Recreio Arte e Cultura	Veterano M60	52:24	+21:52	05:14
45	96	Joaquim Oliveira	Centro de Marcha e Corrida de Vale de Cambra	Veterano M60	52:28	+21:57	05:15
46	826	Geraldino Silva	Individual	Veterano M60	52:53	+22:22	05:17
47	2013	João Dionisio Ruivo Neca	Individual	Veterano M60	53:02	+22:30	05:18
48	85	Abel Santos	Caldas de São Jorge Sport Clube	Veterano M60	53:16	+22:45	05:20
49	831	Luis Filipe Cruz	Individual	Veterano M60	53:54	+23:23	05:23
50	1222	ARLINDO SILVA	Clube Atletismo de Ovar	Veterano M60	55:05	+24:34	05:31
51	2340	Fernando Andrade	TEAM SHARK	Veterano M60	55:16	+24:44	05:32
52	835	Manuel da Silva Gomes	Individual	Veterano M60	55:20	+24:48	05:32
53	3	Domingos Castro	Individual	Veterano M60	55:21	+24:50	05:32
54	2126	Jorge Manuel Rodrigues Gonçalves	PAC RUNNING ACADEMY	Veterano M60	55:24	+24:53	05:32
55	859	AUGUSTO BAPTISTA	JAM - Juventude Atlético Mozelenense	Veterano M60	55:27	+24:55	05:33
56	2008	António Santos	Individual	Veterano M60	55:39	+25:08	05:34
57	2082	Gil Alcoforado	Magic Runners	Veterano M60	55:47	+25:16	05:35
58	824	FERNANDO SILVA	Individual	Veterano M60	55:55	+25:24	05:36
59	128	Eduardo Tavares Rebelo	Eduart Componentes Calçado .	Veterano M60	56:42	+26:11	05:40
60	150	LEONEL SILVA	EV/PERALTAFIL	Veterano M60	56:51	+26:20	05:41
61	821	António Manuel da Costa Pinto	Individual	Veterano M60	57:00	+26:28	05:42
62	2021	Ramos da Silva	Individual	Veterano M60	57:15	+26:43	05:44
63	167	Rui Oliveira	Grupo Corrida de Argoncilhe	Veterano M60	57:46	+27:14	05:47
64	2513	Sebastiao Ventura Couto	Individual	Veterano M60	57:49	+27:18	05:47
65	2020	Olivier Michoud	Individual	Veterano M60	58:14	+27:42	05:49
66	819	Alfredo Barbosa	Individual	Veterano M60	58:25	+27:54	05:51
67	818	ABILIO SOARES	Individual	Veterano M60	58:53	+28:22	05:53
68	990	Domingos Alberto Cardoso Rodrigues	Team El Comandante	Veterano M60	59:28	+28:57	05:57
69	837	Mário João Alves Rodrigues	Individual	Veterano M60	59:31	+28:59	05:57
70	2014	Joaquim pinho	Individual	Veterano M60	59:49	+29:18	05:59
71	2012	Domingos Cardoso Baptista	Individual	Veterano M60	01:00:21	+29:49	06:02
72	841	Vitor Rocha	Individual	Veterano M60	01:00:50	+30:19	06:05
73	166	Aires Moreira	Grupo Corrida de Argoncilhe	Veterano M60	01:00:50	+30:19	06:05
74	1034	Adriano Queiroz	A. D. RIO LARGO C. ESPINHO	Veterano M60	01:01:08	+30:37	06:07
75	986	JOSÉ SILVA	Tartarugas Velozes	Veterano M60	01:01:10	+30:39	06:07
76	2009	ANTONIO SERAFIM MARQUES OLIVEIRA	Individual	Veterano M60	01:01:34	+31:02	06:09
77	827	João Manuel Rodrigues de Pinho	Individual	Veterano M60	01:03:12	+32:40	06:19
78	29	MANUEL COUTO	A.D. GRIJÓ A CORRER	Veterano M60	01:03:25	+32:54	06:21
79	2394	António Mota	Câmara Municipal de Espinho	Veterano M60	01:03:46	+33:15	06:23
80	83	FRANCISCO COSTA	CAL - Clube Atletismo de Lamas	Veterano M60	01:03:56	+33:25	06:24
81	1241	Jorge da Encarnação	Clube do Pessoal das Águas de Gaia	Veterano M60	01:04:01	+33:30	06:24
82	115	Gaspar Cadete	CM Espinho	Veterano M60	01:04:17	+33:45	06:26
83	2186	António Brandão	Ratos do Asfalto	Veterano M60	01:04:17	+33:46	06:26
84	39	Alberto Pinho	ACADEMIA20	Veterano M60	01:04:36	+34:05	06:28
85	1062	Luís Oliveira	ACAIL GAS	Veterano M60	01:05:16	+34:45	06:32

Prova Principal

10 KM

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

OFFICIAL RESULT

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86	1026	Antonio Gouveia	A TEAM AGEAS	Veterano M60	01:05:18	+34:46	06:32
87	965	Vitor Meneses	RUNNING ESPINHO	Veterano M60	01:05:53	+35:22	06:35
88	1202	Joaquim Oliveira	Cirac - Circulo de Recreio Arte e Cultura	Veterano M60	01:06:29	+35:57	06:39
89	2007	António Gomes de Sousa	Individual	Veterano M60	01:07:13	+36:42	06:43
90	1035	Augusto Silva	A. D. RIO LARGO C. ESPINHO	Veterano M60	01:08:27	+37:55	06:51
91	2553	Antonio Silva	Team Sueli	Veterano M60	01:11:06	+40:35	07:07
92	103	Alberto José Ferreira	Clube do Pessoal da EDP Porto	Veterano M60	01:11:16	+40:45	07:08
93	110	Serafim António Ramos	Clube do Pessoal da EDP Porto	Veterano M60	01:11:17	+40:45	07:08
94	2074	Freddy Bonilla	Lourosa Em Movimento	Veterano M60	01:12:47	+42:15	07:17
95	2011	Carlos Costa	Individual	Veterano M60	01:15:14	+44:43	07:31
96	828	João Silva	Individual	Veterano M60	01:18:52	+48:21	07:53
97	887	Joaquim Castro	Love is in the air	Veterano M60	01:19:55	+49:24	08:00