

10KM - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	18:00	11°C	76%
End	19:32	11°C	76%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	497	Nuno Lopes	Individual	32:39		03:16	
2	114	Tiago André Abrantes Madureira	ADCP PEDRALVA	33:58	+01:19	03:24	
3	167	Pedro Cerdeirinha	Clube de Futebol União de Lamas	34:59	+02:20	03:30	
4	470	Daniel Sousa	Sport Clube Beira-Mar	35:19	+02:40	03:32	
5	171	João Amaro	Clube Desportivo Feirense	35:47	+03:08	03:35	
6	472	Tiago Rosas	Sporting Clube de Espinho	35:47	+03:08	03:35	
7	191	Artur Rodrigues	GDC Guilhovai	35:56	+03:17	03:36	
8	113	Ricardo Andrade	ADCP PEDRALVA	36:11	+03:32	03:37	
9	115	Óscar Maia	ADCP PEDRALVA	36:15	+03:36	03:37	
10	200	Daniel Cardoso	Grupo Desportivo e Cultural de Castelo de Paiva	36:33	+03:54	03:39	
11	126	Fernando Lima	Arrifana Running	36:41	+04:02	03:40	
12	321	Paulo Pinto	Individual	36:52	+04:13	03:41	
13	186	José Costa	G.D.A Ronda	36:54	+04:15	03:41	
14	183	Hugo Ferreira	Farmácia Teles	37:34	+04:55	03:45	
15	182	Manuel Bessa	EV PERALTAFIL	37:40	+05:01	03:46	
16	154	Nuno Silva	CAL Clube Atletismo Lamas	37:43	+05:04	03:46	
17	190	José Fernandes	GDC Guilhovai	38:02	+05:23	03:48	
18	111	Fernando Silva	ACR Vale de Cambra	38:13	+05:34	03:49	
19	164	Pedro Magolo	Clube de Futebol União de Lamas	38:19	+05:40	03:50	
20	1	Susana Godinho Santos	Sport Clube Beira-Mar	38:38	+06:00	03:52	
21	424	João Campos	Nascidos para Correr	38:43	+06:04	03:52	
22	189	Sandra Ferreira	GDC Guilhovai	38:55	+06:16	03:54	
23	184	ALBERTO VALENTE	Furadouro Trail	39:11	+06:32	03:55	
24	420	Fábio Almeida	Miles & Vibes	39:20	+06:41	03:56	
25	466	João Pedro Salgueiro	SC SALGUEIROS	39:25	+06:46	03:57	
26	315	Filipe Marques	Individual	39:32	+06:53	03:57	
27	475	Hugo Silva	Team El Comandante	39:41	+07:02	03:58	
28	431	Augusto Tavares	OPraticante.pt	39:52	+07:13	03:59	
29	104	Filipe Silva	ACDCDSMF Os LARANJINHAS	39:54	+07:15	03:59	
30	474	Ricardo Pais	Team El Comandante	39:54	+07:15	03:59	
31	204	David Ribeiro	IMORTAIS POR DIREITO	40:15	+07:36	04:01	
32	246	Ricardo Coimbra	Individual	40:27	+07:48	04:03	
33	101	ANDRÉ PINA	A.D. GRIJÓ A CORRER	40:37	+07:58	04:04	
34	350	Ricardo Seromenho	JAM - Juventude Atlético Mozelense	41:20	+08:41	04:08	
35	358	gilberto costa	JAVALIS100LIMITES	41:23	+08:44	04:08	
36	169	Vera Rodrigues	Clube Desportivo Feirense	41:32	+08:53	04:09	
37	447	Paulo pereira	Reumaticos	41:35	+08:56	04:09	
38	468	Carlos Lopes	SC SALGUEIROS	41:36	+08:57	04:10	
39	386	Manuel Silva	Lourosa em Movimento	41:46	+09:07	04:11	
40	187	Manuel Bastos	G.D.A Ronda	41:49	+09:10	04:11	
41	180	Cristiana Ferreira	DCI/Trilhos Luso Bussaco	41:54	+09:15	04:11	
42	286	Marco Almeida	Individual	41:58	+09:19	04:12	

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	165	Pedro Trombatella	Clube de Futebol União de Lamas	42:07	+09:28	04:13	
44	365	José Pereira	Kilometros & Canecas	42:12	+09:33	04:13	
45	364	João Silva	Kilometros & Canecas	42:13	+09:34	04:13	
46	117	Fátima Pinho	AFIS de Ovar	42:13	+09:34	04:13	
47	347	Bruno Tiago Guimarães	JAM - Juventude Atlético Mozelense	42:16	+09:37	04:14	
48	300	Daniel Baptista	Individual	42:18	+09:39	04:14	
49	331	Antonio nunes	Individual	42:40	+10:02	04:16	
50	155	Carlos Cardoso	CAL Clube Atletismo Lamas	42:44	+10:05	04:16	
51	120	Lara Costa	ARADA ATLÉTICO CLUBE	42:46	+10:07	04:17	
52	248	Ricardo Sousa	Individual	42:50	+10:11	04:17	
53	177	Paulo Oliveira	Clube Desportivo Feirense	42:56	+10:17	04:18	
54	106	Américo pinho	ACDCDSMF Os LARANJINHAS	43:17	+10:38	04:20	
55	353	Carlos Baptista	JAM - Juventude Atlético Mozelense	43:19	+10:40	04:20	
56	276	André Oliveira	Individual	43:21	+10:42	04:20	
57	308	Ricardo Doria Duarte	Individual	43:31	+10:52	04:21	
58	233	Joao Valente	Individual	43:36	+10:57	04:22	
59	394	Luís Silva	LUSITÂNIA DE LOUROSA FC	43:40	+11:01	04:22	
60	137	Félix Félix	Bora Treinar	43:46	+11:07	04:23	
61	441	Júlio Fontes	Pior que gajas a decidir	43:53	+11:14	04:23	
62	235	Jorge Teixeira	Individual	44:00	+11:21	04:24	
63	150	Alcides Relvas	Bravos & Bravitas Run	44:04	+11:25	04:24	
64	284	Jorge Santos	Individual	44:05	+11:26	04:25	
65	153	Carlos Carneiro	CAL Clube Atletismo Lamas	44:12	+11:33	04:25	
66	166	Ricardo Sousa	Clube de Futebol União de Lamas	44:14	+11:35	04:25	
67	438	Pedro Serrano	Pastello Runners	44:23	+11:44	04:26	
68	313	António Luís Cunha Barbosa	Individual	44:24	+11:45	04:26	
69	141	Paulo Oliveira	Brandoenses Running	44:27	+11:48	04:27	
70	332	Aurélio Costa	Individual	44:36	+11:57	04:28	
71	388	Vitor Moreira	Lourosa em Movimento	44:40	+12:01	04:28	
72	309	Sergio castro	Individual	44:44	+12:05	04:28	
73	491	Pedro Barbosa	Individual	44:51	+12:12	04:29	
74	325	Carlos Rocha	Running Espinho	44:55	+12:16	04:30	
75	452	Miguel Ferreira	Run & Fun	45:03	+12:24	04:30	
76	494	Francelino Resende	Nascidos para Correr	45:06	+12:27	04:31	
77	290	Ricardo de Sousa Fernandes	Individual	45:09	+12:30	04:31	
78	295	Tiago Sousa	Individual	45:13	+12:34	04:31	
79	486	Fernando Barbosa	Team Shark	45:17	+12:38	04:32	
80	445	Luis ramos	Reumaticos	45:37	+12:58	04:34	
81	162	Alejandro Rodrigues	Clube de Futebol União de Lamas	45:51	+13:12	04:35	
82	118	Gil Dudot	AFIS de Ovar	45:59	+13:20	04:36	
83	328	Helder Afonso	Individual	46:01	+13:22	04:36	
84	261	Carla Martins	Individual	46:02	+13:23	04:36	
85	173	Tomás Soares	Clube Desportivo Feirense	46:07	+13:28	04:37	
86	142	Antonio Espinheira	Brandoenses Running	46:13	+13:34	04:37	
87	297	Vitor Silva	Individual	46:27	+13:48	04:39	
88	439	Tiago Cruz	Pedras Rolantes	46:49	+14:10	04:41	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	140	Henrique Amorim	Brandoenses Running	46:51	+14:12	04:41	
90	136	Filipe Soares	AZtrail	47:02	+14:23	04:42	
91	196	JOAQUIM RIBEIRO	Grupo Corrida de Argoncilhe	47:11	+14:32	04:43	
92	384	Ricardo Duarte	Lourosa em Movimento	47:20	+14:41	04:44	
93	277	André Resende Tavares	Individual	47:20	+14:41	04:44	
94	314	Bruno Santos	JAM - Juventude Atlético Mozelense	47:20	+14:41	04:44	
95	2	João Sousa	Individual	47:28	+14:49	04:45	
96	361	Daniel Gomes	JAVALIS100LIMITES	47:29	+14:50	04:45	
97	151	Mário Baptista w	CAL Clube Atletismo Lamas	47:29	+14:50	04:45	
98	152	bruno pinho	CAL Clube Atletismo Lamas	47:30	+14:51	04:45	
99	324	Carlos Lancha	Individual	47:33	+14:54	04:45	
100	333	Carlos fontes	Individual	47:39	+15:00	04:46	
101	145	José Santos	Brandoenses Running	47:42	+15:03	04:46	
102	160	Fernando Gonçalves	Cirac - Circulo de Recreio Arte e Cultura	47:48	+15:09	04:47	
103	416	MARA CÉLIA	MC	47:50	+15:11	04:47	
104	425	António Nascimento	Nascidos para Correr	48:09	+15:30	04:49	
105	414	PEDRO ALVES	MC	48:14	+15:35	04:49	
106	149	João Gomes	Bravos & Bravitas Run	48:15	+15:36	04:49	
107	417	PEDRO ROCHA	MC	48:15	+15:36	04:50	
108	448	Paulo ramos	Reumaticos	48:18	+15:39	04:50	
109	327	FERNANDO RIBEIRO	Individual	48:24	+15:45	04:50	
110	107	Paulo Almeida	ACDCDSMF Os LARANJINHAS	48:24	+15:45	04:50	
111	435	Liliana Azevedo	Pastello Runners	48:25	+15:46	04:50	
112	444	Jaime catarino	Reumaticos	48:25	+15:46	04:50	
113	283	João Santos	Individual	48:26	+15:47	04:51	
114	322	Samuel Rebelo	Individual	48:29	+15:50	04:51	
115	453	ZE MOUTinho	Run & Fun	48:31	+15:52	04:51	
116	156	Américo Gomes	CAL Clube Atletismo Lamas	48:34	+15:55	04:51	
117	337	Marcelo Fernandes	Individual	48:41	+16:02	04:52	
118	282	João Matos	Individual	48:49	+16:10	04:53	
119	225	Daniel Vieira	Individual	48:50	+16:11	04:53	
120	442	Helena silva	Reumaticos	48:52	+16:13	04:53	
121	351	Justino Soares	JAM - Juventude Atlético Mozelense	49:13	+16:34	04:55	
122	201	Leonel Neves	GRUPO VILARINHO CIMA	49:14	+16:35	04:55	
123	451	Américo Costa	Run & Fun	49:17	+16:38	04:56	
124	366	Rui Teixeira	Kilometros & Canecas	49:24	+16:45	04:56	
125	103	Sandra Silva	ACDCDSMF Os LARANJINHAS	49:29	+16:50	04:57	
126	108	Tony bri	ACDCDSMF Os LARANJINHAS	49:30	+16:51	04:57	
127	409	André Silva	Madu Gym	49:30	+16:51	04:57	
128	461	Jorge Guerra	Running Esmoriz	49:41	+17:02	04:58	
129	458	Orquidea Sousa	Running Esmoriz	49:41	+17:02	04:58	
130	116	Mário Miguel Ferreira	ADCP PEDRALVA	49:49	+17:10	04:59	
131	259	Miguel Rocha	Individual	49:50	+17:11	04:59	
132	343	Manuel Oliveira	Individual	49:52	+17:13	04:59	
133	467	Maria Pereira	SC SALGUEIROS	49:54	+17:15	04:59	
134	221	Bruno Miguel Bessa	Individual	50:00	+17:21	05:00	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
135	293	Telmo Jorge da Silva Vidal	Individual	50:02	+17:23	05:00	
136	163	José Regadas	Clube de Futebol União de Lamas	50:04	+17:25	05:00	
137	138	Perpétua Silva	Brandoenses Running	50:06	+17:27	05:01	
138	143	Carlos Santos	Brandoenses Running	50:06	+17:27	05:01	
139	102	Teresa Paiva	ACDCDSMF Os LARANJINHAS	50:12	+17:33	05:01	
140	222	Bruno Rosinhas	Individual	50:12	+17:33	05:01	
141	344	Nelson Silva	Individual	50:27	+17:48	05:03	
142	175	Vera Lúcia	Clube Desportivo Feirense	50:35	+17:56	05:03	
143	345	Cátia Baptista	JAM - Juventude Atlético Mozelense	50:35	+17:56	05:03	
144	317	João Rocha	Individual	50:41	+18:02	05:04	
145	119	António Rodrigues	António Rodrigues	50:46	+18:07	05:05	
146	363	Cecilio Ferreira	Juventude Cortegacense	50:49	+18:10	05:05	
147	389	Carlos Ribeiro	Lourosa em Movimento	50:53	+18:14	05:05	
148	265	Dulce Maria Gomes Prêda	Individual	50:58	+18:19	05:06	
149	269	Sofia Ferreira	Individual	51:24	+18:45	05:08	
150	128	Manuel Oliveira	Arrifana Running	51:57	+19:18	05:12	
151	226	Diogo Ferreira	Individual	51:58	+19:19	05:12	
152	231	João Ferreira	Individual	52:00	+19:21	05:12	
153	251	Rui Castro	Individual	52:04	+19:25	05:12	
154	457	Artur Enes	Running Esmoriz	52:05	+19:26	05:12	
155	197	Paulo Pereira	Grupo Corrida de Argoncilhe	52:06	+19:27	05:13	
156	483	Carlos Domingos Ferreira Alves	Team Shark	52:09	+19:30	05:13	
157	478	Paula Andrade	Team Shark	52:09	+19:30	05:13	
158	348	Nuno Costa	JAM - Juventude Atlético Mozelense	52:20	+19:41	05:14	
159	346	Matilde Baptista	JAM - Juventude Atlético Mozelense	52:20	+19:41	05:14	
160	245	Renato Guimarães	Individual	52:24	+19:45	05:14	
161	264	Cristiana Moreira	Individual	52:36	+19:57	05:16	
162	296	Victor Manuel dos Santos Silva	Individual	52:48	+20:09	05:17	
163	267	Ivone Matos	Individual	52:49	+20:10	05:17	
164	144	Constantino Mota	Brandoenses Running	52:55	+20:16	05:17	
165	211	Joana Sousa	Individual	53:02	+20:23	05:18	
166	179	JOANA FRANCO ROCHA	Clube Millennium BCP	53:02	+20:23	05:18	
167	195	Antonio Moura	Grupo Corrida de Argoncilhe	53:03	+20:24	05:18	
168	436	Vitor Neves	Pastello Runners	53:05	+20:26	05:18	
169	454	Zé Belinha	RunforEat	53:05	+20:26	05:19	
170	434	Constança Neves	Pastello Runners	53:05	+20:26	05:19	
171	198	Fernando Silva	Grupo Corrida de Argoncilhe	53:08	+20:29	05:19	
172	121	Rui Maia	ARCORUN	53:16	+20:37	05:20	
173	206	Daniela Rodrigues	Individual	53:17	+20:38	05:20	
174	323	António Rocha	Individual	53:19	+20:40	05:20	
175	437	Luis Gomes	Pastello Runners	53:19	+20:40	05:20	
176	238	Leandro Oliveira	Individual	53:22	+20:43	05:20	
177	318	Marcelo Teixeira da mota	Individual	53:57	+21:18	05:24	
178	340	Augusto Sousa	Individual	53:57	+21:18	05:24	
179	219	António Malheiro	Individual	53:58	+21:19	05:24	
180	135	Pedro Santos	Atletas do Copo	54:01	+21:22	05:24	

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[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
181	484	Carlos Tadeia	Team Shark	54:04	+21:25	05:24	
182	281	Hugo Sousa	Individual	54:08	+21:29	05:25	
183	421	Tiago Magalhães	Miles & Vibes	54:22	+21:43	05:26	
184	419	Diogo Gonçalves	Miles & Vibes	54:22	+21:43	05:26	
185	418	Mariana Faria	Miles & Vibes	54:22	+21:43	05:26	
186	422	Ana Santos	Miles & Vibes	54:22	+21:44	05:26	
187	229	Francisco Fonseca	Individual	54:23	+21:44	05:26	
188	292	Ruben Vieira	Individual	54:28	+21:49	05:27	
189	240	Luís Costa	Individual	54:29	+21:50	05:27	
190	499	Marcelo Sá	Individual	54:42	+22:03	05:28	
191	260	Rui Araújo	Individual	54:51	+22:12	05:29	
192	255	Lara daniela rosário martins 30604882 5zx3	Individual	54:51	+22:12	05:29	
193	249	Roberto Pinto de Oliveira	Individual	54:57	+22:18	05:30	
194	408	Paula Dias	Madu Gym	55:03	+22:24	05:30	
195	216	Afonso Mota	Individual	55:16	+22:37	05:32	
196	280	Filipe Lacerda	Individual	55:18	+22:39	05:32	
197	241	Mark Hayes	Individual	55:18	+22:39	05:32	
198	480	Clemente Meireles	Team Shark	55:19	+22:40	05:32	
199	312	Acácio Araújo	Individual	55:20	+22:41	05:32	
200	391	Ernesto Silva	Lourosa em Movimento	55:27	+22:48	05:33	
201	476	Cláudia Paula	Team Shark	55:38	+22:59	05:34	
202	338	Vítor M Cardoso	Individual	55:45	+23:06	05:34	
203	427	Carla Cardoso	Night runners	55:48	+23:09	05:35	
204	481	Fernando Mendes	Team Shark	55:50	+23:12	05:35	
205	307	Orlando Henriques	Individual	55:53	+23:14	05:35	
206	342	Manuel Ferreira	Individual	55:59	+23:20	05:36	
207	193	Manuela Sousa	Grupo Corrida de Argoncilhe	56:16	+23:37	05:38	
208	266	Elisabete Sá Couto da Silva	Individual	56:21	+23:42	05:38	
209	109	Fernanda Almeida	ACR Vale de Cambra	56:25	+23:46	05:39	
210	415	SANDRA ALMEIDA	MC	56:30	+23:51	05:39	
211	258	Gabriel Moya	Individual	56:32	+23:53	05:39	
212	194	Nuno Pereira	Grupo Corrida de Argoncilhe	56:33	+23:54	05:39	
213	490	Atleta 490	Individual	56:49	+24:10	05:41	
214	341	Luciano Silva	Individual	57:06	+24:27	05:43	
215	215	Valentina gonalves	Individual	57:21	+24:42	05:44	
216	326	Domingos Fonseca	Individual	57:31	+24:52	05:45	
217	410	Bruno Silva	Madu Gym	57:33	+24:54	05:45	
218	207	Fabiana Monteiro	Individual	57:42	+25:03	05:46	
219	242	Miguel Siva	Individual	57:48	+25:09	05:47	
220	223	Daniel Coelho	Individual	57:53	+25:14	05:47	
221	462	Joaquim Pinto	Running Esmoriz	58:08	+25:29	05:49	
222	456	Fernanda Rocha	Running Esmoriz	58:08	+25:29	05:49	
223	429	Orquídea Gomes	NIGHT RUNNERS FEIRA	58:09	+25:30	05:49	
224	352	Augusto Baptista	JAM - Juventude Atlético Mozelense	58:17	+25:38	05:50	
225	403	Susana Marques	Madu Gym	58:22	+25:43	05:50	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
226	392	José Silva	Lourosa em Movimento	58:25	+25:46	05:51	
227	289	Ricardo Alves	Individual	58:31	+25:52	05:51	
228	387	Toninho Ventura	Lourosa em Movimento	58:36	+25:57	05:52	
229	274	Silvia Baptista	Individual	58:38	+25:59	05:52	
230	302	Igor Santos	Individual	58:52	+26:13	05:53	
231	268	Sandra santos	Individual	59:01	+26:22	05:54	
232	125	Susana Gomes	Arrifana Running	59:03	+26:24	05:54	
233	139	Victória Bernardes	Brandoenses Running	59:08	+26:29	05:55	
234	105	Luis Machado	ACDCDSMF Os LARANJINHAS	59:08	+26:29	05:55	
235	159	José Manuel Monteiro	Cirac - Circulo de Recreio Arte e Cultura	59:10	+26:31	05:55	
236	375	Ana Teixeira	Lourosa em Movimento	59:31	+26:52	05:57	
237	495	Antonio Malheiro	Individual	01:00:21	+27:42	06:02	
238	487	LUIS CARNEIRO	Team Shark	01:00:24	+27:45	06:02	
239	157	BELMIRO LOPES	CAL Clube Atletismo Lamas	01:00:25	+27:46	06:03	
240	492	Yesika Oliveira	Running Espinho	01:00:38	+27:59	06:04	
241	311	Tiago Almeida	Running Espinho	01:00:39	+28:00	06:04	
242	339	Antonio Carlos Gomes Freitas	Individual	01:00:41	+28:02	06:04	
243	488	Valdemar Almeida	Team Shark	01:00:47	+28:08	06:05	
244	372	Sofia Oliveira	Lourosa em Movimento	01:01:02	+28:23	06:06	
245	477	Felismina Pinho	Team Shark	01:01:03	+28:24	06:06	
246	147	Sara Oliveira	Bravos & Bravitas Run	01:01:16	+28:37	06:08	
247	127	Casimiro Fernandes	Arrifana Running	01:01:33	+28:54	06:09	
248	432	José Rocha	OPraticante.pt	01:01:34	+28:55	06:09	
249	450	Cláudia Cordeiro	Run & Fun	01:01:53	+29:14	06:11	
250	134	JOÃO BORGES	Atletas do Copo	01:01:54	+29:15	06:11	
251	133	Cláudia Sousa	Atletas do Copo	01:01:54	+29:15	06:11	
252	485	Fernando Andrade	Team Shark	01:02:07	+29:28	06:13	
253	254	Beatriz Bastos	Individual	01:02:13	+29:34	06:13	
254	288	Pedro Meneses	Individual	01:02:31	+29:52	06:15	
255	202	Manuel Gomes	Guisande Trail Running	01:02:34	+29:55	06:15	
256	320	Nuno Santos	Individual	01:02:34	+29:55	06:15	
257	393	Fernando Pinheiro	Lourosa em Movimento	01:02:37	+29:58	06:16	
258	405	Vera Martins	Madu Gym	01:03:13	+30:34	06:19	
259	406	Carla Chaves	Madu Gym	01:03:13	+30:34	06:19	
260	306	Nuno Silva	Individual	01:04:07	+31:28	06:25	
261	379	Teresa Ventura	Lourosa em Movimento	01:04:25	+31:46	06:27	
262	430	Virgínia Moreira	NIGHT RUNNERS FEIRA	01:05:23	+32:44	06:32	
263	428	Ana Almeida	NIGHT RUNNERS FEIRA	01:05:24	+32:45	06:32	
264	257	David Soasres	Individual	01:05:25	+32:46	06:33	
265	489	Cátia Madureira	Madu Gym	01:05:41	+33:02	06:34	
266	411	Rui Alvar	Madu Gym	01:05:42	+33:03	06:34	
267	205	Beatriz Mendes	Individual	01:05:43	+33:04	06:34	
268	228	Fábio Cunha	Individual	01:05:53	+33:14	06:35	
269	460	Luís Oliveira	Running Esmoriz	01:05:59	+33:20	06:36	
270	459	Ana Oliveira	Running Esmoriz	01:05:59	+33:20	06:36	
271	287	Marco Magalhaes	Individual	01:06:14	+33:35	06:37	

10KM - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
272	455	Sofia Belinha	RunforEat	01:06:17	+33:38	06:38	
273	262	Joana Carneiro	Individual	01:06:27	+33:48	06:39	
274	398	Telmo Rocha	Madu Gym	01:06:32	+33:53	06:39	
275	232	João Pedro Amorim	Individual	01:06:35	+33:56	06:39	
276	330	Adriano Oliveira	Individual	01:06:48	+34:09	06:41	
277	239	Leonel Filipe Santos Patrício	Individual	01:08:07	+35:28	06:49	
278	210	Joana Belinha	Individual	01:08:18	+35:39	06:50	
279	301	Hugo Teixeira	Individual	01:08:33	+35:54	06:51	
280	122	Sandra Gomes	Arrifana Running	01:08:52	+36:13	06:53	
281	124	Rosa Silva	Arrifana Running	01:08:52	+36:13	06:53	
282	359	tony barbosa	JAVALIS100LIMITES	01:08:55	+36:16	06:54	
283	356	carla pereira	JAVALIS100LIMITES	01:08:56	+36:17	06:54	
284	397	João Silva	Madu Gym	01:09:06	+36:27	06:55	
285	130	Jorge Scevola	ARSM- Associação Recreativa de São Miguel	01:11:07	+38:28	07:07	
286	129	Paula Simoes	ARSM- Associação Recreativa de São Miguel	01:11:07	+38:28	07:07	
287	131	Marcio Silva	ARSM- Associação Recreativa de São Miguel	01:11:07	+38:28	07:07	
288	355	monica morais	JAVALIS100LIMITES	01:12:02	+39:23	07:12	
289	360	luis morais	JAVALIS100LIMITES	01:12:02	+39:23	07:12	
290	220	Bruno Ciloto	Individual	01:12:24	+39:45	07:14	
291	400	Filipa Moreira	Madu Gym	01:12:35	+39:56	07:16	
292	250	Ruben Fonseca	Individual	01:13:24	+40:45	07:20	
293	214	Raquel Carvalho	Individual	01:13:24	+40:45	07:20	
294	412	Joaquim Fernandes	Madu Gym	01:13:50	+41:11	07:23	
295	271	Sandra Melo	Individual	01:13:50	+41:11	07:23	
296	158	Ricardo Matos	CDC Macieira de Cambra	01:15:45	+43:06	07:35	
297	272	Patrícia Soares da Silva	Individual	01:15:46	+43:07	07:35	
298	161	Joaquim Oliveira	Cirac - Circulo de Recreio Arte e Cultura	01:15:53	+43:14	07:35	
299	247	RICARDO JORGE PEREIRA MENDES	Individual	01:28:46	+56:07	08:53	
300	252	Tiago Guedes	Individual	01:28:46	+56:07	08:53	
301	395	Raquel Silva	Madu Gym	01:31:57	+59:18	09:12	
302	396	Daniel Almeida	Madu Gym	01:31:57	+59:18	09:12	
303	335	José Rodrigues costa	Individual	01:32:01	+59:22	09:12	

10Km

10 KM

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	18:00	11°C	76%
End	19:32	11°C	76%

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

1	1	Susana Godinho Santos	Sport Clube Beira-Mar	Senior Feminino	38:38	03:52
2	169	Vera Rodrigues	Clube Desportivo Feirense	Senior Feminino	41:32	+02:53 04:09
3	117	Fátima Pinho	AFIS de Ovar	Senior Feminino	42:13	+03:34 04:13
4	442	Helena silva	Reumaticos	Senior Feminino	48:52	+10:13 04:53
5	345	Cátia Baptista	JAM - Juventude Atlético Mozelense	Senior Feminino	50:35	+11:56 05:03
6	211	Joana Sousa	Individual	Senior Feminino	53:02	+14:23 05:18
7	206	Daniela Rodrigues	Individual	Senior Feminino	53:17	+14:38 05:20
8	418	Mariana Faria	Miles & Vibes	Senior Feminino	54:22	+15:43 05:26
9	215	Valentina gonalves	Individual	Senior Feminino	57:21	+18:42 05:44
10	207	Fabiana Monteiro	Individual	Senior Feminino	57:42	+19:03 05:46
11	428	Ana Almeida	NIGHT RUNNERS FEIRA	Senior Feminino	01:05:24	+26:45 06:32
12	205	Beatriz Mendes	Individual	Senior Feminino	01:05:43	+27:04 06:34
13	210	Joana Belinha	Individual	Senior Feminino	01:08:18	+29:39 06:50
14	355	monica morais	JAVALIS100LIMITES	Senior Feminino	01:12:02	+33:23 07:12
15	214	Raquel Carvalho	Individual	Senior Feminino	01:13:24	+34:45 07:20
16	395	Raquel Silva	Madu Gym	Senior Feminino	01:31:57	+53:18 09:12

Senior Masculino

1	171	João Amaro	Clube Desportivo Feirense	Senior Masculino	35:47		03:35
2	472	Tiago Rosas	Sporting Clube de Espinho	Senior Masculino	35:47	+00:00	03:35
3	164	Pedro Magolo	Clube de Futebol União de Lamas	Senior Masculino	38:19	+02:31	03:50
4	420	Fábio Almeida	Miles & Vibes	Senior Masculino	39:20	+03:32	03:56
5	246	Ricardo Coimbra	Individual	Senior Masculino	40:27	+04:39	04:03
6	365	José Pereira	Kilometros & Canecas	Senior Masculino	42:12	+06:24	04:13
7	364	João Silva	Kilometros & Canecas	Senior Masculino	42:13	+06:25	04:13
8	248	Ricardo Sousa	Individual	Senior Masculino	42:50	+07:02	04:17
9	233	Joao Valente	Individual	Senior Masculino	43:36	+07:49	04:22
10	394	Luís Silva	LUSITÂNIA DE LOUROSA FC	Senior Masculino	43:40	+07:52	04:22
11	441	Júlio Fontes	Pior que gajas a decidir	Senior Masculino	43:53	+08:06	04:23
12	235	Jorge Teixeira	Individual	Senior Masculino	44:00	+08:12	04:24
13	162	Alejandro Rodrigues	Clube de Futebol União de Lamas	Senior Masculino	45:51	+10:04	04:35
14	414	PEDRO ALVES	MC	Senior Masculino	48:14	+12:26	04:49
15	444	Jaime catarino	Reumaticos	Senior Masculino	48:25	+12:37	04:50
16	225	Daniel Vieira	Individual	Senior Masculino	48:50	+13:02	04:53
17	366	Rui Teixeira	Kilometros & Canecas	Senior Masculino	49:24	+13:36	04:56
18	221	Bruno Miguel Bessa	Individual	Senior Masculino	50:00	+14:13	05:00
19	163	José Regadas	Clube de Futebol União de Lamas	Senior Masculino	50:04	+14:17	05:00

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OFFICIAL RESULT

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20	222	Bruno Rosinhas	Individual	Senior Masculino	50:12	+14:25	05:01
21	226	Diogo Ferreira	Individual	Senior Masculino	51:58	+16:10	05:12
22	231	João Ferreira	Individual	Senior Masculino	52:00	+16:12	05:12
23	251	Rui Castro	Individual	Senior Masculino	52:04	+16:17	05:12
24	245	Renato Guimarães	Individual	Senior Masculino	52:24	+16:37	05:14
25	454	Zé Belinha	RunforEat	Senior Masculino	53:05	+17:18	05:19
26	238	Leandro Oliveira	Individual	Senior Masculino	53:22	+17:34	05:20
27	219	António Malheiro	Individual	Senior Masculino	53:58	+18:10	05:24
28	135	Pedro Santos	Atletas do Copo	Senior Masculino	54:01	+18:13	05:24
29	421	Tiago Magalhães	Miles & Vibes	Senior Masculino	54:22	+18:34	05:26
30	419	Diogo Gonçalves	Miles & Vibes	Senior Masculino	54:22	+18:34	05:26
31	229	Francisco Fonseca	Individual	Senior Masculino	54:23	+18:36	05:26
32	240	Luís Costa	Individual	Senior Masculino	54:29	+18:41	05:27
33	499	Marcelo Sá	Individual	Senior Masculino	54:42	+18:54	05:28
34	249	Roberto Pinto de Oliveira	Individual	Senior Masculino	54:57	+19:10	05:30
35	216	Afonso Mota	Individual	Senior Masculino	55:16	+19:29	05:32
36	241	Mark Hayes	Individual	Senior Masculino	55:18	+19:31	05:32
37	490	Atleta 490	Individual	Senior Masculino	56:49	+21:02	05:41
38	242	Miguel Siva	Individual	Senior Masculino	57:48	+22:00	05:47
39	223	Daniel Coelho	Individual	Senior Masculino	57:53	+22:05	05:47
40	495	Antonio Malheiro	Individual	Senior Masculino	01:00:21	+24:34	06:02
41	134	JOÃO BORGES	Atletas do Copo	Senior Masculino	01:01:54	+26:06	06:11
42	133	Cláudia Sousa	Atletas do Copo	Senior Masculino	01:01:54	+26:06	06:11
43	228	Fábio Cunha	Individual	Senior Masculino	01:05:53	+30:05	06:35
44	398	Telmo Rocha	Madu Gym	Senior Masculino	01:06:32	+30:44	06:39
45	232	João Pedro Amorim	Individual	Senior Masculino	01:06:35	+30:47	06:39
46	239	Leonel Filipe Santos Patrício	Individual	Senior Masculino	01:08:07	+32:19	06:49
47	397	João Silva	Madu Gym	Senior Masculino	01:09:06	+33:19	06:55
48	220	Bruno Ciloto	Individual	Senior Masculino	01:12:24	+36:36	07:14
49	250	Ruben Fonseca	Individual	Senior Masculino	01:13:24	+37:36	07:20
50	247	RICARDO JORGE PEREIRA MENDES	Individual	Senior Masculino	01:28:46	+52:58	08:53
51	252	Tiago Guedes	Individual	Senior Masculino	01:28:46	+52:58	08:53
52	396	Daniel Almeida	Madu Gym	Senior Masculino	01:31:57	+56:10	09:12

Sub 23 Feminino

1	120	Lara Costa	ARADA ATLÉTICO CLUBE	Sub 23 Feminino	42:46	04:17
2	434	Constança Neves	Pastello Runners	Sub 23 Feminino	53:05	+10:19 05:19
3	255	Lara daniela rosário martins 30604882 5x3	Individual	Sub 23 Feminino	54:51	+12:04 05:29
4	254	Beatriz Bastos	Individual	Sub 23 Feminino	01:02:13	+19:26 06:13

Sub 23 Masculino

1	466	João Pedro Salgueiro	SC SALGUEIROS	Sub 23 Masculino	39:25	03:57
2	173	Tomás Soares	Clube Desportivo Feirense	Sub 23 Masculino	46:07	+06:41 04:37

Official Timekeeper: Lap2Go	2 / 9	generate 20-dez.-2025 19:36
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10 KM

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OFFICIAL RESULT

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3	259	Miguel Rocha	Individual	Sub 23 Masculino	49:50	+10:24	04:59
4	260	Rui Araújo	Individual	Sub 23 Masculino	54:51	+15:25	05:29
5	258	Gabriel Moya	Individual	Sub 23 Masculino	56:32	+17:06	05:39
6	257	David Soasres	Individual	Sub 23 Masculino	01:05:25	+25:59	06:33

Veterana F35

1	180	Cristiana Ferreira	DCI/Trilhos Luso Bussaco	Veterana F35	41:54		04:11
2	261	Carla Martins	Individual	Veterana F35	46:02	+04:08	04:36
3	175	Vera Lúcia	Clube Desportivo Feirense	Veterana F35	50:35	+08:40	05:03
4	422	Ana Santos	Miles & Vibes	Veterana F35	54:22	+12:28	05:26
5	415	SANDRA ALMEIDA	MC	Veterana F35	56:30	+14:35	05:39
6	372	Sofia Oliveira	Lourosa em Movimento	Veterana F35	01:01:02	+19:08	06:06
7	455	Sofia Belinha	RunforEat	Veterana F35	01:06:17	+24:22	06:38
8	262	Joana Carneiro	Individual	Veterana F35	01:06:27	+24:32	06:39
9	400	Filipa Moreira	Madu Gym	Veterana F35	01:12:35	+30:41	07:16

Veterana F40

1	416	MARA CÉLIA	MC	Veterana F40	47:50	04:47
2	435	Liliana Azevedo	Pastello Runners	Veterana F40	48:25	+00:34 04:50
3	103	Sandra Silva	ACDCDSMF Os LARANJINHAS	Veterana F40	49:29	+01:39 04:57
4	265	Dulce Maria Gomes Prêda	Individual	Veterana F40	50:58	+03:07 05:06
5	269	Sofia Ferreira	Individual	Veterana F40	51:24	+03:33 05:08
6	264	Cristiana Moreira	Individual	Veterana F40	52:36	+04:46 05:16
7	267	Ivone Matos	Individual	Veterana F40	52:49	+04:58 05:17
8	179	JOANA FRANCO ROCHA	Clube Millennium BCP	Veterana F40	53:02	+05:12 05:18
9	266	Elisabete Sá Couto da Silva	Individual	Veterana F40	56:21	+08:30 05:38
10	403	Susana Marques	Madu Gym	Veterana F40	58:22	+10:31 05:50
11	268	Sandra santos	Individual	Veterana F40	59:01	+11:10 05:54
12	492	Yesika Oliveira	Running Espinho	Veterana F40	01:00:38	+12:48 06:04
13	147	Sara Oliveira	Bravos & Bravitas Run	Veterana F40	01:01:16	+13:25 06:08
14	489	Cátia Madureira	Madu Gym	Veterana F40	01:05:41	+17:51 06:34
15	356	carla pereira	JAVALIS100LIMITES	Veterana F40	01:08:56	+21:05 06:54
16	129	Paula Simoes	ARSM- Associação Recreativa de São Miguel	Veterana F40	01:11:07	+23:17 07:07

Veterana F45

1	189	Sandra Ferreira	GDC Guilhovai	Veterana F45	38:55	03:54
2	138	Perpétua Silva	Brandoenses Running	Veterana F45	50:06	+11:10 05:01
3	476	Cláudia Paula	Team Shark	Veterana F45	55:38	+16:42 05:34
4	450	Cláudia Cordeiro	Run & Fun	Veterana F45	01:01:53	+22:57 06:11
5	405	Vera Martins	Madu Gym	Veterana F45	01:03:13	+24:17 06:19
6	122	Sandra Gomes	Arrifana Running	Veterana F45	01:08:52	+29:57 06:53

10Km

10 KM

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OFFICIAL RESULT

[illegible]

7	271	Sandra Melo	Individual	Veterana F45	01:13:50	+34:55	07:23
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Veterana F50

1	458	Orquidea Sousa	Running Esmoriz	Veterana F50	49:41	04:58
2	102	Teresa Paiva	ACDCDSMF Os LARANJINHAS	Veterana F50	50:12	+00:30 05:01
3	408	Paula Dias	Madu Gym	Veterana F50	55:03	+05:21 05:30
4	456	Fernanda Rocha	Running Esmoriz	Veterana F50	58:08	+08:27 05:49
5	274	Silvia Baptista	Individual	Veterana F50	58:38	+08:56 05:52
6	125	Susana Gomes	Arrifana Running	Veterana F50	59:03	+09:21 05:54
7	139	Victória Bernardes	Brandoenses Running	Veterana F50	59:08	+09:26 05:55
8	375	Ana Teixeira	Lourosa em Movimento	Veterana F50	59:31	+09:49 05:57
9	406	Carla Chaves	Madu Gym	Veterana F50	01:03:13	+13:31 06:19
10	124	Rosa Silva	Arrifana Running	Veterana F50	01:08:52	+19:11 06:53
11	272	Patrícia Soares da Silva	Individual	Veterana F50	01:15:46	+26:04 07:35

Veterana F55

1	467	Maria Pereira	SC SALGUEIROS	Veterana F55	49:54	04:59
2	346	Matilde Baptista	JAM - Juventude Atlético Mozelense	Veterana F55	52:20	+02:26 05:14
3	427	Carla Cardoso	Night runners	Veterana F55	55:48	+05:53 05:35
4	429	Orquídea Gomes	NIGHT RUNNERS FEIRA	Veterana F55	58:09	+08:14 05:49
5	379	Teresa Ventura	Lourosa em Movimento	Veterana F55	01:04:25	+14:30 06:27

Veterana F60

1	478	Paula Andrade	Team Shark	Veterana F60	52:09	05:13
2	193	Manuela Sousa	Grupo Corrida de Argoncilhe	Veterana F60	56:16	+04:07 05:38
3	109	Fernanda Almeida	ACR Vale de Cambra	Veterana F60	56:25	+04:16 05:39
4	477	Felismina Pinho	Team Shark	Veterana F60	01:01:03	+08:53 06:06
5	430	Virgínia Moreira	NIGHT RUNNERS FEIRA	Veterana F60	01:05:23	+13:14 06:32
6	459	Ana Oliveira	Running Esmoriz	Veterana F60	01:05:59	+13:49 06:36

Veterano M35

1	497	Nuno Lopes	Individual	Veterano M35	32:39	03:16
2	114	Tiago André Abrantes Madureira	ADCP PEDRALVA	Veterano M35	33:58	+01:19 03:24
3	470	Daniel Sousa	Sport Clube Beira-Mar	Veterano M35	35:19	+02:40 03:32
4	113	Ricardo Andrade	ADCP PEDRALVA	Veterano M35	36:11	+03:32 03:37
5	424	João Campos	Nascidos para Correr	Veterano M35	38:43	+06:04 03:52
6	474	Ricardo Pais	Team El Comandante	Veterano M35	39:54	+07:15 03:59
7	286	Marco Almeida	Individual	Veterano M35	41:58	+09:19 04:12
8	165	Pedro Trombatella	Clube de Futebol União de Lamas	Veterano M35	42:07	+09:28 04:13

10Km

10 KM

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OFFICIAL RESULT

[illegible]

9	347	Bruno Tiago Guimarães	JAM - Juventude Atlético Mozelense	Veterano M35	42:16	+09:37	04:14
10	276	André Oliveira	Individual	Veterano M35	43:21	+10:42	04:20
11	284	Jorge Santos	Individual	Veterano M35	44:05	+11:26	04:25
12	166	Ricardo Sousa	Clube de Futebol União de Lamas	Veterano M35	44:14	+11:35	04:25
13	290	Ricardo de Sousa Fernandes	Individual	Veterano M35	45:09	+12:30	04:31
14	295	Tiago Sousa	Individual	Veterano M35	45:13	+12:34	04:31
15	118	Gil Dudot	AFIS de Ovar	Veterano M35	45:59	+13:20	04:36
16	297	Vitor Silva	Individual	Veterano M35	46:27	+13:48	04:39
17	277	André Resende Tavares	Individual	Veterano M35	47:20	+14:41	04:44
18	2	João Sousa	Individual	Veterano M35	47:28	+14:49	04:45
19	151	Mário Baptista w	CAL Clube Atletismo Lamas	Veterano M35	47:29	+14:50	04:45
20	283	João Santos	Individual	Veterano M35	48:26	+15:47	04:51
21	282	João Matos	Individual	Veterano M35	48:49	+16:10	04:53
22	293	Telmo Jorge da Silva Vidal	Individual	Veterano M35	50:02	+17:23	05:00
23	348	Nuno Costa	JAM - Juventude Atlético Mozelense	Veterano M35	52:20	+19:41	05:14
24	296	Victor Manuel dos Santos Silva	Individual	Veterano M35	52:48	+20:09	05:17
25	281	Hugo Sousa	Individual	Veterano M35	54:08	+21:29	05:25
26	292	Ruben Vieira	Individual	Veterano M35	54:28	+21:49	05:27
27	280	Filipe Lacerda	Individual	Veterano M35	55:18	+22:39	05:32
28	289	Ricardo Alves	Individual	Veterano M35	58:31	+25:52	05:51
29	159	José Manuel Monteiro	Cirac - Circulo de Recreio Arte e Cultura	Veterano M35	59:10	+26:31	05:55
30	288	Pedro Meneses	Individual	Veterano M35	01:02:31	+29:52	06:15
31	287	Marco Magalhaes	Individual	Veterano M35	01:06:14	+33:35	06:37
32	130	Jorge Scevola	ARSM- Associação Recreativa de São Miguel	Veterano M35	01:11:07	+38:28	07:07

Veterano M40

1	167	Pedro Cerdeirinha	Clube de Futebol União de Lamas	Veterano M40	34:59		03:30
2	115	Óscar Maia	ADCP PEDRALVA	Veterano M40	36:15	+01:15	03:37
3	200	Daniel Cardoso	Grupo Desportivo e Cultural de Castelo de Paiva	Veterano M40	36:33	+01:34	03:39
4	183	Hugo Ferreira	Farmácia Teles	Veterano M40	37:34	+02:34	03:45
5	431	Augusto Tavares	OPraticante.pt	Veterano M40	39:52	+04:53	03:59
6	104	Filipe Silva	ACDCDSMF Os LARANJINHAS	Veterano M40	39:54	+04:54	03:59
7	101	ANDRÉ PINA	A.D. GRIJÓ A CORRER	Veterano M40	40:37	+05:37	04:04
8	300	Daniel Baptista	Individual	Veterano M40	42:18	+07:19	04:14
9	308	Ricardo Doria Duarte	Individual	Veterano M40	43:31	+08:32	04:21
10	137	Félix Félix	Bora Treinar	Veterano M40	43:46	+08:47	04:23
11	153	Carlos Carneiro	CAL Clube Atletismo Lamas	Veterano M40	44:12	+09:13	04:25
12	309	Sergio castro	Individual	Veterano M40	44:44	+09:45	04:28
13	439	Tiago Cruz	Pedras Rolantes	Veterano M40	46:49	+11:50	04:41
14	384	Ricardo Duarte	Lourosa em Movimento	Veterano M40	47:20	+12:21	04:44
15	152	bruno pinho	CAL Clube Atletismo Lamas	Veterano M40	47:30	+12:30	04:45
16	417	PEDRO ROCHA	MC	Veterano M40	48:15	+13:16	04:50

Official Timekeeper: Lap2Go	5 / 9	generate 20-dez.-2025 19:36
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10Km

10 KM

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OFFICIAL RESULT

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17	409	André Silva	Madu Gym	Veterano M40	49:30	+14:31	04:57
18	307	Orlando Henriques	Individual	Veterano M40	55:53	+20:54	05:35
19	410	Bruno Silva	Madu Gym	Veterano M40	57:33	+22:34	05:45
20	302	Igor Santos	Individual	Veterano M40	58:52	+23:53	05:53
21	311	Tiago Almeida	Running Espinho	Veterano M40	01:00:39	+25:39	06:04
22	432	José Rocha	OPraticante.pt	Veterano M40	01:01:34	+26:34	06:09
23	306	Nuno Silva	Individual	Veterano M40	01:04:07	+29:07	06:25
24	411	Rui Alvar	Madu Gym	Veterano M40	01:05:42	+30:42	06:34
25	460	Luís Oliveira	Running Esmoriz	Veterano M40	01:05:59	+30:59	06:36
26	301	Hugo Teixeira	Individual	Veterano M40	01:08:33	+33:34	06:51
27	131	Marcio Silva	ARSM- Associação Recreativa de São Miguel	Veterano M40	01:11:07	+36:08	07:07

Veterano M45

1	321	Paulo Pinto	Individual	Veterano M45	36:52		03:41
2	186	José Costa	G.D.A Ronda	Veterano M45	36:54	+00:02	03:41
3	154	Nuno Silva	CAL Clube Atletismo Lamas	Veterano M45	37:43	+00:50	03:46
4	190	José Fernandes	GDC Guilhovai	Veterano M45	38:02	+01:10	03:48
5	315	Filipe Marques	Individual	Veterano M45	39:32	+02:39	03:57
6	475	Hugo Silva	Team El Comandante	Veterano M45	39:41	+02:48	03:58
7	204	David Ribeiro	IMORTAIS POR DIREITO	Veterano M45	40:15	+03:22	04:01
8	350	Ricardo Seromenho	JAM - Juventude Atlética Mozelense	Veterano M45	41:20	+04:27	04:08
9	358	gilberto costa	JAVALIS100LIMITES	Veterano M45	41:23	+04:30	04:08
10	386	Manuel Silva	Lourosa em Movimento	Veterano M45	41:46	+04:53	04:11
11	177	Paulo Oliveira	Clube Desportivo Feirense	Veterano M45	42:56	+06:03	04:18
12	313	António Luís Cunha Barbosa	Individual	Veterano M45	44:24	+07:31	04:26
13	141	Paulo Oliveira	Brandoenses Running	Veterano M45	44:27	+07:34	04:27
14	388	Vitor Moreira	Lourosa em Movimento	Veterano M45	44:40	+07:48	04:28
15	491	Pedro Barbosa	Individual	Veterano M45	44:51	+07:58	04:29
16	445	Luis ramos	Reumaticos	Veterano M45	45:37	+08:44	04:34
17	140	Henrique Amorim	Brandoenses Running	Veterano M45	46:51	+09:58	04:41
18	136	Filipe Soares	AZtrail	Veterano M45	47:02	+10:09	04:42
19	314	Bruno Santos	JAM - Juventude Atlética Mozelense	Veterano M45	47:20	+10:28	04:44
20	322	Samuel Rebelo	Individual	Veterano M45	48:29	+11:36	04:51
21	317	João Rocha	Individual	Veterano M45	50:41	+13:49	05:04
22	436	Vitor Neves	Pastello Runners	Veterano M45	53:05	+16:12	05:18
23	121	Rui Maia	ARCORUN	Veterano M45	53:16	+16:23	05:20
24	318	Marcelo Teixeira da mota	Individual	Veterano M45	53:57	+17:04	05:24
25	312	Acácio Araújo	Individual	Veterano M45	55:20	+18:28	05:32
26	194	Nuno Pereira	Grupo Corrida de Argoncilhe	Veterano M45	56:33	+19:41	05:39
27	387	Toninho Ventura	Lourosa em Movimento	Veterano M45	58:36	+21:43	05:52
28	105	Luis Machado	ACDCDSMF Os LARANJINHAS	Veterano M45	59:08	+22:15	05:55
29	320	Nuno Santos	Individual	Veterano M45	01:02:34	+25:42	06:15
30	412	Joaquim Fernandes	Madu Gym	Veterano M45	01:13:50	+36:57	07:23

10Km

10 KM

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OFFICIAL RESULT

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31	158	Ricardo Matos	CDC Macieira de Cambra	Veterano M45	01:15:45	+38:52	07:35
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Veterano M50

1	191	Artur Rodrigues	GDC Guilhovai	Veterano M50	35:56	03:36
2	126	Fernando Lima	Arrifana Running	Veterano M50	36:41	+00:45 03:40
3	182	Manuel Bessa	EV PERALTAFIL	Veterano M50	37:40	+01:43 03:46
4	184	ALBERTO VALENTE	Furadouro Trail	Veterano M50	39:11	+03:15 03:55
5	447	Paulo pereira	Reumaticos	Veterano M50	41:35	+05:38 04:09
6	468	Carlos Lopes	SC SALGUEIROS	Veterano M50	41:36	+05:39 04:10
7	187	Manuel Bastos	G.D.A Ronda	Veterano M50	41:49	+05:52 04:11
8	155	Carlos Cardoso	CAL Clube Atletismo Lamas	Veterano M50	42:44	+06:48 04:16
9	106	Américo pinho	ACDCDSMF Os LARANJINHAS	Veterano M50	43:17	+07:20 04:20
10	438	Pedro Serrano	Pastello Runners	Veterano M50	44:23	+08:27 04:26
11	325	Carlos Rocha	Running Espinho	Veterano M50	44:55	+08:59 04:30
12	328	Helder Afonso	Individual	Veterano M50	46:01	+10:05 04:36
13	142	Antonio Espinheira	Brandoenses Running	Veterano M50	46:13	+10:16 04:37
14	324	Carlos Lancha	Individual	Veterano M50	47:33	+11:36 04:45
15	149	João Gomes	Bravos & Bravitas Run	Veterano M50	48:15	+12:18 04:49
16	448	Paulo ramos	Reumaticos	Veterano M50	48:18	+12:21 04:50
17	327	FERNANDO RIBEIRO	Individual	Veterano M50	48:24	+12:28 04:50
18	107	Paulo Almeida	ACDCDSMF Os LARANJINHAS	Veterano M50	48:24	+12:28 04:50
19	201	Leonel Neves	GRUPO VILARINHO CIMA	Veterano M50	49:14	+13:18 04:55
20	451	Américo Costa	Run & Fun	Veterano M50	49:17	+13:20 04:56
21	108	Tony bri	ACDCDSMF Os LARANJINHAS	Veterano M50	49:30	+13:33 04:57
22	461	Jorge Guerra	Running Esmoriz	Veterano M50	49:41	+13:44 04:58
23	116	Mário Miguel Ferreira	ADCP PEDRALVA	Veterano M50	49:49	+13:53 04:59
24	143	Carlos Santos	Brandoenses Running	Veterano M50	50:06	+14:10 05:01
25	119	António Rodrigues	António Rodrigues	Veterano M50	50:46	+14:50 05:05
26	363	Cecilio Ferreira	Juventude Cortegacense	Veterano M50	50:49	+14:53 05:05
27	389	Carlos Ribeiro	Lourosa em Movimento	Veterano M50	50:53	+14:57 05:05
28	144	Constantino Mota	Brandoenses Running	Veterano M50	52:55	+16:58 05:17
29	323	António Rocha	Individual	Veterano M50	53:19	+17:22 05:20
30	437	Luis Gomes	Pastello Runners	Veterano M50	53:19	+17:23 05:20
31	326	Domingos Fonseca	Individual	Veterano M50	57:31	+21:35 05:45
32	359	tony barbosa	JAVALIS100LIMITES	Veterano M50	01:08:55	+32:59 06:54

Veterano M55

1	111	Fernando Silva	ACR Vale de Cambra	Veterano M55	38:13	03:49
2	331	Antonio nunes	Individual	Veterano M55	42:40	+04:27 04:16
3	332	Aur�lio Costa	Individual	Veterano M55	44:36	+06:22 04:28
4	452	Miguel Ferreira	Run & Fun	Veterano M55	45:03	+06:49 04:30
5	494	Francelino Resende	Nascidos para Correr	Veterano M55	45:06	+06:52 04:31

10Km

10 KM

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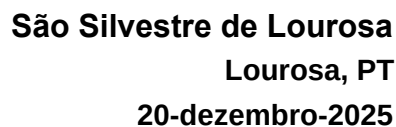
OFFICIAL RESULT

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6	196	JOAQUIM RIBEIRO	Grupo Corrida de Argoncilhe	Veterano M55	47:11	+08:57	04:43
7	333	Carlos fontes	Individual	Veterano M55	47:39	+09:25	04:46
8	156	Américo Gomes	CAL Clube Atletismo Lamas	Veterano M55	48:34	+10:20	04:51
9	337	Marcelo Fernandes	Individual	Veterano M55	48:41	+10:27	04:52
10	351	Justino Soares	JAM - Juventude Atlético Mozelense	Veterano M55	49:13	+10:59	04:55
11	457	Artur Enes	Running Esmoriz	Veterano M55	52:05	+13:51	05:12
12	197	Paulo Pereira	Grupo Corrida de Argoncilhe	Veterano M55	52:06	+13:52	05:13
13	195	Antonio Moura	Grupo Corrida de Argoncilhe	Veterano M55	53:03	+14:49	05:18
14	480	Clemente Meireles	Team Shark	Veterano M55	55:19	+17:05	05:32
15	391	Ernesto Silva	Lourosa em Movimento	Veterano M55	55:27	+17:13	05:33
16	338	Vítor M Cardoso	Individual	Veterano M55	55:45	+17:31	05:34
17	481	Fernando Mendes	Team Shark	Veterano M55	55:50	+17:37	05:35
18	392	José Silva	Lourosa em Movimento	Veterano M55	58:25	+20:11	05:51
19	157	BELMIRO LOPES	CAL Clube Atletismo Lamas	Veterano M55	01:00:25	+22:11	06:03
20	202	Manuel Gomes	Guisande Trail Running	Veterano M55	01:02:34	+24:20	06:15
21	330	Adriano Oliveira	Individual	Veterano M55	01:06:48	+28:34	06:41
22	360	luis morais	JAVALIS100LIMITES	Veterano M55	01:12:02	+33:48	07:12
23	335	José Rodrigues costa	Individual	Veterano M55	01:32:01	+53:47	09:12

Veterano M60

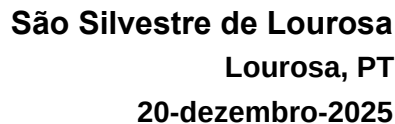
1	353	Carlos Baptista	JAM - Juventude Atlética Mozelense	Veterano M60	43:19	04:20
2	150	Alcides Relvas	Bravos & Bravitas Run	Veterano M60	44:04	+00:44 04:24
3	486	Fernando Barbosa	Team Shark	Veterano M60	45:17	+01:57 04:32
4	361	Daniel Gomes	JAVALIS100LIMITES	Veterano M60	47:29	+04:10 04:45
5	145	José Santos	Brandoenses Running	Veterano M60	47:42	+04:23 04:46
6	160	Fernando Gonçalves	Cirac - Circulo de Recreio Arte e Cultura	Veterano M60	47:48	+04:29 04:47
7	425	António Nascimento	Nascidos para Correr	Veterano M60	48:09	+04:49 04:49
8	453	ZE MOUtinho	Run & Fun	Veterano M60	48:31	+05:12 04:51
9	343	Manuel Oliveira	Individual	Veterano M60	49:52	+06:33 04:59
10	344	Nelson Silva	Individual	Veterano M60	50:27	+07:08 05:03
11	128	Manuel Oliveira	Arrifana Running	Veterano M60	51:57	+08:38 05:12
12	483	Carlos Domingos Ferreira Alves	Team Shark	Veterano M60	52:09	+08:49 05:13
13	198	Fernando Silva	Grupo Corrida de Argoncilhe	Veterano M60	53:08	+09:48 05:19
14	340	Augusto Sousa	Individual	Veterano M60	53:57	+10:38 05:24
15	484	Carlos Tadeia	Team Shark	Veterano M60	54:04	+10:44 05:24
16	342	Manuel Ferreira	Individual	Veterano M60	55:59	+12:40 05:36
17	341	Luciano Silva	Individual	Veterano M60	57:06	+13:46 05:43
18	462	Joaquim Pinto	Running Esmoriz	Veterano M60	58:08	+14:49 05:49
19	352	Augusto Baptista	JAM - Juventude Atlética Mozelense	Veterano M60	58:17	+14:57 05:50
20	487	LUIS CARNEIRO	Team Shark	Veterano M60	01:00:24	+17:04 06:02
21	339	Antonio Carlos Gomes Freitas	Individual	Veterano M60	01:00:41	+17:21 06:04
22	488	Valdemar Almeida	Team Shark	Veterano M60	01:00:47	+17:27 06:05



10 KM

OFFICIAL RESULT

23	127	Casimiro Fernandes	Arrifana Running	Veterano M60	01:01:33	+18:14	06:09
24	485	Fernando Andrade	Team Shark	Veterano M60	01:02:07	+18:47	06:13
25	393	Fernando Pinheiro	Lourosa em Movimento	Veterano M60	01:02:37	+19:17	06:16
26	161	Joaquim Oliveira	Cirac - Circulo de Recreio Arte e Cultura	Veterano M60	01:15:53	+32:33	07:35



5 KM

OFFICIAL RESULT

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	496	Tiago Silva	ACR Vale de Cambra	20:42		04:08	
2	188	Martim Cardoso	GDC Guilhovai	20:46	+00:04	04:09	