

9 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:30	13,8°C	82%
End	10:49	13,8°C	82%

Official Timekeeper: Lap2Go	1 / 4	generate 25-abr-2025 10:52
-----------------------------	-------	----------------------------

9 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	13	Orlando Ferreira	Atletas do Parque	42:03	+11:39	04:40	
44	188	Jose Pereira	Sporting Clube de Espinho	42:28	+12:04	04:43	
45	66	Daniel Pedrosa	Individual	42:51	+12:27	04:46	
46	129	Joaquim Teixeira	Individual	42:54	+12:30	04:46	
47	195	João Gomes	Individual	42:58	+12:34	04:46	
48	181	ZE Moutinho	Run & Fun	42:58	+12:34	04:46	
49	19	Constantino Mota	Brandoenses Running	42:59	+12:35	04:47	
50	169	Célia Santos	Lourosa em Movimento	43:01	+12:37	04:47	
51	15	João Brito	Aventuras de Paiva Tuga Mobile	43:19	+12:55	04:49	
52	161	MATILDE BAPTISTA	JAM-Juventude Atlético Mozelense	43:24	+13:00	04:49	
53	162	JUSTINO ANTÓNIO ANTUNES SOARES	JAM-Juventude Atlético Mozelense	43:24	+13:00	04:49	
54	124	Fernando Ribeiro	Individual	43:27	+13:03	04:50	
55	95	Rui Miguel Santos Andias	Individual	43:41	+13:17	04:51	
56	141	Vasco Regadas	Individual	43:43	+13:19	04:51	
57	125	Filipe Ribeiro	Individual	43:47	+13:23	04:52	
58	8	Sónia Vidal	Arrifana Running	44:40	+14:16	04:58	
59	16	Perpétua Silva	Brandoenses Running	44:41	+14:17	04:58	
60	49	Rosana Moreira	Individual	44:46	+14:22	04:58	
61	67	Daniel Serralva	Individual	44:49	+14:25	04:59	
62	73	Helder Moreira	Individual	44:59	+14:35	05:00	
63	123	Fernando Fernandes	Individual	45:01	+14:37	05:00	
64	137	Ricardo Bastos	Individual	45:21	+14:57	05:02	
65	122	Carlos Ferreira	Individual	45:42	+15:18	05:05	
66	157	Joaquim silva costa	Individual	45:47	+15:23	05:05	
67	178	Elsa Mota	Run & Fun	45:52	+15:28	05:06	
68	55	Tatiana Lima	Individual	46:02	+15:38	05:07	
69	198	Dora Dias	CAL - Clube Atletismo de Lamas	46:44	+16:20	05:12	
70	165	RENATO ARAÚJO	JUF ACC	46:45	+16:21	05:12	
71	79	Marcelo Martins Barbosa	Individual	46:58	+16:34	05:13	
72	87	Pedro Machado Tavares	Individual	47:10	+16:46	05:14	
73	143	André Rocha	Individual	47:12	+16:48	05:15	
74	91	Ricardo Pereira	Individual	47:16	+16:52	05:15	
75	6	Mária Calmeiro	Arrifana Running	47:34	+17:10	05:17	
76	145	Francisco Santos	Individual	47:44	+17:20	05:18	
77	70	Fábio Pereira	Individual	47:46	+17:22	05:18	
78	135	Vera Leite	Individual	47:56	+17:32	05:20	
79	5	Elisabete Silva	AFIS - Ovar	48:06	+17:42	05:21	
80	14	Miguel Santos	Atletismo do Caldas de São Jorge	48:20	+17:56	05:22	
81	133	Marcelo Teixeira da mota	Individual	48:22	+17:58	05:22	
82	154	Paulo Gil	Individual	48:33	+18:09	05:24	
83	102	Cristiana Moreira	Individual	48:40	+18:16	05:24	
84	31	Abel Santos	Caldas Sao Jorge Sport Clube	48:55	+18:31	05:26	
85	127	João Silveira	Individual	48:59	+18:35	05:27	
86	126	Humberto Barros	Individual	49:43	+19:19	05:31	
87	74	Iohann Kauê Machado Felipin Saran	Individual	49:50	+19:26	05:32	

9 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	163	AUGUSTO BAPTISTA	JAM-Juventude Atlético Mozelense	49:58	+19:34	05:33	
89	111	Fátima Oliveira	Individual	50:11	+19:47	05:35	
90	96	Samuel João Figueiredo Adriano	Individual	50:13	+19:49	05:35	
91	113	Júlio costa	Individual	50:16	+19:52	05:35	
92	130	José Quintas	Individual	50:33	+20:09	05:37	
93	138	Ricardo Ramalho	Individual	50:37	+20:13	05:37	
94	12	Paulo Fonseca	Arrifana Running	51:17	+20:53	05:42	
95	7	Sandra Gomes	Arrifana Running	51:17	+20:53	05:42	
96	9	Paula Martins	Arrifana Running	51:17	+20:53	05:42	
97	51	Sara Patrícia Conceição Batista	Individual	51:23	+20:59	05:43	
98	64	André Tavares	Individual	51:26	+21:02	05:43	
99	107	Sara Oliveira	Individual	51:30	+21:06	05:43	
100	99	Carla Soares	Individual	51:31	+21:07	05:43	
101	50	Sara Almeida	Individual	51:31	+21:07	05:43	
102	166	Rosa Lúdia Camarinha Silva	Ligeirinhos	51:40	+21:16	05:44	
103	167	Deolinda Camarinha Silva	Ligeirinhos	51:41	+21:17	05:45	
104	189	FRANCISCO NETO	TUTILAR CLASS RUNNERS	51:50	+21:26	05:46	
105	112	Fatinha Lopes	Individual	52:05	+21:41	05:47	
106	106	Paula soares	Individual	52:05	+21:41	05:47	
107	37	Hélder MC Ramos	GDG - Grupo Desportivo da Gafanha	52:08	+21:44	05:48	
108	92	Ricardo Ramos	Individual	52:16	+21:52	05:48	
109	185	Ricardo Manuel Tavares de Pinho	Runners Men	53:22	+22:58	05:56	
110	183	Filipe Alexandre Alves Loureiro	Runners Men	53:22	+22:58	05:56	
111	184	José Carlos Gomes dos Santos	Runners Men	53:22	+22:58	05:56	
112	108	Silvia Ferreira	Individual	53:57	+23:33	06:00	
113	40	José Pinheiro	Guisande Trail Running	54:11	+23:47	06:01	
114	39	Fernanda Pinheiro	Guisande Trail Running	54:12	+23:48	06:01	
115	82	Nuno Gomes	União de Iamas	54:19	+23:55	06:02	
116	142	Amândio Jorge da Silva Mendes	Individual	54:34	+24:10	06:04	
117	3	Margarida Machado	A.D. Rio Largo C. Espinho	54:34	+24:10	06:04	
118	150	Manuel Marques	Individual	55:17	+24:53	06:09	
119	89	Rafael Queirós	Individual	55:26	+25:02	06:10	
120	45	Mafalda Valente	Individual	55:29	+25:05	06:10	
121	146	Frank Coelho	Individual	55:29	+25:05	06:10	
122	186	Paula Fernandes	Running Espinho	55:33	+25:09	06:10	
123	119	André Pais	Individual	56:11	+25:47	06:15	
124	90	Ricardo Oliveira	Individual	56:13	+25:49	06:15	
125	155	Paulo Santos	Individual	56:16	+25:52	06:15	
126	171	Carla Costa	MARRETAS DA CANECA	56:22	+25:58	06:16	
127	109	Alice Neves	Individual	56:26	+26:02	06:16	
128	115	Palmira Fontes	Individual	56:26	+26:02	06:16	
129	158	Jose candeias	Individual	56:45	+26:21	06:18	
130	46	Maria da Luz Pais Vendas	Individual	57:04	+26:40	06:20	
131	62	André Poças Sousa	Individual	57:04	+26:40	06:20	
132	147	Joaquim Pepe Roque	Individual	57:22	+26:58	06:22	
133	32	Jenifer Carvalho	Dama e Vagabunda	57:52	+27:28	06:26	

9 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
134	33	Mariana Ribeiro	Dama e Vagabunda	57:52	+27:28	06:26	
135	101	Catia Lopes	Individual	58:29	+28:05	06:30	
136	76	João Monteiro	Individual	58:29	+28:05	06:30	
137	105	Margarida Monteiro	Individual	58:47	+28:23	06:32	
138	117	Rosa Santos	Individual	58:52	+28:28	06:32	
139	44	Cláudia Sofia Ferreira Almeida	Individual	59:03	+28:39	06:34	
140	118	Alexander Kerschgens	Individual	59:06	+28:42	06:34	
141	72	Francisco Pereira	Individual	59:25	+29:01	06:36	
142	144	António Matos	Individual	59:45	+29:21	06:38	
143	48	Patricia Neves	Individual	59:46	+29:22	06:38	
144	75	João Diogo Martins	Individual	59:54	+29:30	06:39	
145	104	Manuela Adriano	Individual	59:59	+29:35	06:40	
146	172	Bruno Almeida	MARRETAS DA CANECA	01:00:08	+29:44	06:41	
147	173	Rui Lestre	MARRETAS DA CANECA	01:00:08	+29:44	06:41	
148	56	Teresa Maria Cardoso Martins	Individual	01:00:24	+30:00	06:43	
149	136	Renato Barbosa	Individual	01:00:57	+30:33	06:46	
150	68	Diogo Melo	Individual	01:01:29	+31:05	06:50	
151	42	arminda cristina lopes soares fantasca	Individual	01:01:31	+31:07	06:50	
152	151	Manuel Neves	Individual	01:02:38	+32:14	06:58	
153	176	Rosa Bispo	Pernas Inertes Lentis desde 2017	01:02:49	+32:25	06:59	
154	116	Renata Curatolo	Individual	01:04:20	+33:56	07:09	
155	85	Pedro Duborjal	Individual	01:04:57	+34:33	07:13	
156	156	Francisco Martins	Individual	01:04:57	+34:33	07:13	
157	69	Edgar Alves	Individual	01:04:59	+34:35	07:13	
158	84	Paulo Oliveira	Individual	01:06:01	+35:37	07:20	
159	22	Isa Dias	Bravos e Bravitas	01:06:15	+35:51	07:22	
160	23	Virgínia Moreira	Bravos e Bravitas	01:06:16	+35:52	07:22	
161	78	Joaquim Ferreira	Individual	01:06:17	+35:53	07:22	
162	177	Jose Pires de Lima	Pernas Inertes Lentis desde 2017	01:10:12	+39:48	07:48	
163	175	Luís Matos	Matos	01:13:10	+42:46	08:08	
164	174	Fernanda Matos	Matos	01:15:30	+45:06	08:23	
165	58	Thamis Borges	Individual	01:15:35	+45:11	08:24	
166	83	Patricio Ferreira	Individual	01:15:41	+45:17	08:25	
167	100	Catarina Silva	Individual	01:16:07	+45:43	08:27	
168	110	Ana Cristina Ramos	Individual	01:16:07	+45:43	08:27	
169	57	Thais Rodrigues Agostinho	Individual	01:18:17	+47:53	08:42	
170	192	Rosana Rodrigues	Individual	01:19:56	+49:32	08:53	

Prova Principal

9 KM



UNOFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:30	13,8°C	82%
End	10:49	13,8°C	82%

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

Senior Feminino

1	4	Fátima Pinho	AFIS - Ovar	Senior Feminino	39:55		04:26
2	52	Sara Pereira	Individual	Senior Feminino	41:27	+01:32	04:36
3	49	Rosana Moreira	Individual	Senior Feminino	44:46	+04:50	04:58
4	55	Tatiana Lima	Individual	Senior Feminino	46:02	+06:07	05:07
5	6	Mária Calmeiro	Arrifana Running	Senior Feminino	47:34	+07:38	05:17
6	51	Sara Patrícia Conceição Batista	Individual	Senior Feminino	51:23	+11:27	05:43
7	50	Sara Almeida	Individual	Senior Feminino	51:31	+11:35	05:43
8	45	Mafalda Valente	Individual	Senior Feminino	55:29	+15:33	06:10
9	46	Maria da Luz Pais Vendas	Individual	Senior Feminino	57:04	+17:08	06:20
10	32	Jenifer Carvalho	Dama e Vagabunda	Senior Feminino	57:52	+17:56	06:26
11	33	Mariana Ribeiro	Dama e Vagabunda	Senior Feminino	57:52	+17:57	06:26
12	44	Cláudia Sofia Ferreira Almeida	Individual	Senior Feminino	59:03	+19:07	06:34
13	48	Patricia Neves	Individual	Senior Feminino	59:46	+19:50	06:38
14	56	Teresa Maria Cardoso Martins	Individual	Senior Feminino	01:00:24	+20:29	06:43
15	42	arminda cristina lopes soares fantasca	Individual	Senior Feminino	01:01:31	+21:35	06:50
16	58	Thamis Borges	Individual	Senior Feminino	01:15:35	+35:39	08:24
17	57	Thais Rodrigues Agostinho	Individual	Senior Feminino	01:18:17	+38:22	08:42

Senior Masculino

1	94	Rui Ferreira	Individual	Senior Masculino	30:24		03:23
2	34	João Sousa	EDL	Senior Masculino	31:34	+01:09	03:30
3	191	Martim Cardoso	União de lamas	Senior Masculino	36:32	+06:07	04:04
4	81	Miguel Tavares	Individual	Senior Masculino	36:54	+06:29	04:06
5	80	Miguel Costa	Individual	Senior Masculino	36:59	+06:34	04:07
6	21	Rui Teixeira	Bravos e Bravitas	Senior Masculino	37:02	+06:37	04:07
7	65	António Henriques	Individual	Senior Masculino	37:03	+06:39	04:07
8	86	Pedro Guimarães	Individual	Senior Masculino	37:31	+07:06	04:10
9	63	André Soares	Individual	Senior Masculino	37:45	+07:20	04:12
10	77	João Pereira	Individual	Senior Masculino	38:32	+08:07	04:17
11	93	Roberto Bastos	Individual	Senior Masculino	39:21	+08:57	04:22
12	60	André Filipe Guedes Soares	Individual	Senior Masculino	39:45	+09:21	04:25
13	88	Rafael Ferreira	Individual	Senior Masculino	40:49	+10:25	04:32
14	66	Daniel Pedrosa	Individual	Senior Masculino	42:51	+12:26	04:46
15	95	Rui Miguel Santos Andias	Individual	Senior Masculino	43:41	+13:16	04:51
16	67	Daniel Serralva	Individual	Senior Masculino	44:49	+14:24	04:59
17	73	Helder Moreira	Individual	Senior Masculino	44:59	+14:34	05:00
18	79	Marcelo Martins Barbosa	Individual	Senior Masculino	46:58	+16:34	05:13
19	87	Pedro Machado Tavares	Individual	Senior Masculino	47:10	+16:45	05:14

Official Timekeeper: Lap2Go	1 / 5	generate 25-abr-2025 14:29
-----------------------------	-------	----------------------------

Prova Principal

9 KM

R

REVISED

[illegible]

UNOFFICIAL RESULT

[illegible]

20	91	Ricardo Pereira	Individual	Senior Masculino	47:16	+16:51	05:15
21	70	Fábio Pereira	Individual	Senior Masculino	47:46	+17:22	05:18
22	14	Miguel Santos	Atletismo do Caldas de São Jorge	Senior Masculino	48:20	+17:56	05:22
23	74	Iohann Kauê Machado Felipin Saran	Individual	Senior Masculino	49:50	+19:25	05:32
24	96	Samuel João Figueiredo Adriano	Individual	Senior Masculino	50:13	+19:48	05:35
25	64	André Tavares	Individual	Senior Masculino	51:26	+21:02	05:43
26	92	Ricardo Ramos	Individual	Senior Masculino	52:16	+21:51	05:48
27	82	Nuno Gomes	União de Iamas	Senior Masculino	54:19	+23:54	06:02
28	89	Rafael Queirós	Individual	Senior Masculino	55:26	+25:01	06:10
29	90	Ricardo Oliveira	Individual	Senior Masculino	56:13	+25:49	06:15
30	62	André Poças Sousa	Individual	Senior Masculino	57:04	+26:39	06:20
31	76	João Monteiro	Individual	Senior Masculino	58:29	+28:04	06:30
32	72	Francisco Pereira	Individual	Senior Masculino	59:25	+29:01	06:36
33	75	João Diogo Martins	Individual	Senior Masculino	59:54	+29:30	06:39
34	68	Diogo Melo	Individual	Senior Masculino	01:01:29	+31:05	06:50
35	85	Pedro Duborjal	Individual	Senior Masculino	01:04:57	+34:32	07:13
36	69	Edgar Alves	Individual	Senior Masculino	01:04:59	+34:35	07:13
37	84	Paulo Oliveira	Individual	Senior Masculino	01:06:01	+35:37	07:20
38	78	Joaquim Ferreira	Individual	Senior Masculino	01:06:17	+35:52	07:22
39	83	Patricio Ferreira	Individual	Senior Masculino	01:15:41	+45:16	08:25

Veterana F40

1	179	Sara Mota	Run & Fun	Veterana F40	41:59	04:40
2	169	Célia Santos	Lourosa em Movimento	Veterana F40	43:01	+01:02 04:47
3	8	Sónia Vidal	Arrifana Running	Veterana F40	44:40	+02:41 04:58
4	16	Perpétua Silva	Brandoenses Running	Veterana F40	44:41	+02:42 04:58
5	178	Elsa Mota	Run & Fun	Veterana F40	45:52	+03:53 05:06
6	198	Dora Dias	CAL - Clube Atletismo de Lamas	Veterana F40	46:44	+04:45 05:12
7	135	Vera Leite	Individual	Veterana F40	47:56	+05:57 05:20
8	102	Cristiana Moreira	Individual	Veterana F40	48:40	+06:41 05:24
9	7	Sandra Gomes	Arrifana Running	Veterana F40	51:17	+09:18 05:42
10	107	Sara Oliveira	Individual	Veterana F40	51:30	+09:31 05:43
11	99	Carla Soares	Individual	Veterana F40	51:31	+09:31 05:43
12	106	Paula soares	Individual	Veterana F40	52:05	+10:06 05:47
13	108	Silvia Ferreira	Individual	Veterana F40	53:57	+11:57 06:00
14	171	Carla Costa	MARRETAS DA CANECA	Veterana F40	56:22	+14:23 06:16
15	101	Catia Lopes	Individual	Veterana F40	58:29	+16:30 06:30
16	105	Margarida Monteiro	Individual	Veterana F40	58:47	+16:47 06:32
17	104	Manuela Adriano	Individual	Veterana F40	59:59	+18:00 06:40
18	22	Isa Dias	Bravos e Bravitas	Veterana F40	01:06:15	+24:16 07:22
19	100	Catarina Silva	Individual	Veterana F40	01:16:07	+34:08 08:27

Veterana F50

1	170	Fátima Santos	Lusitânia Lourosa	Veterana F50	41:15	04:35
Official Timekeeper: Lap2Go			2 / 5		generate 25-abr-2025 14:29	

Prova Principal

9 KM

R

REVISED

[illegible]

UNOFFICIAL RESULT

[illegible]

2	161	MATILDE BAPTISTA	JAM-Juventude Atlético Mozelense	Veterana F50	43:24	+02:09	04:49
3	5	Elisabete Silva	AFIS - Ovar	Veterana F50	48:06	+06:51	05:21
4	111	Fátima Oliveira	Individual	Veterana F50	50:11	+08:56	05:35
5	9	Paula Martins	Arrifana Running	Veterana F50	51:17	+10:02	05:42
6	166	Rosa Lúcia Camarinha Silva	Ligeirinhos	Veterana F50	51:40	+10:25	05:44
7	112	Fátima Lopes	Individual	Veterana F50	52:05	+10:50	05:47
8	39	Fernanda Pinheiro	Guisande Trail Running	Veterana F50	54:12	+12:57	06:01
9	109	Alice Neves	Individual	Veterana F50	56:26	+15:11	06:16
10	115	Palmira Fontes	Individual	Veterana F50	56:26	+15:11	06:16
11	117	Rosa Santos	Individual	Veterana F50	58:52	+17:37	06:32
12	116	Renata Curatolo	Individual	Veterana F50	01:04:20	+23:05	07:09
13	23	Virgínia Moreira	Bravos e Bravitas	Veterana F50	01:06:16	+25:00	07:22
14	174	Fernanda Matos	Matos	Veterana F50	01:15:30	+34:15	08:23
15	110	Ana Cristina Ramos	Individual	Veterana F50	01:16:07	+34:52	08:27
16	192	Rosana Rodrigues	Individual	Veterana F50	01:19:56	+38:41	08:53

Veterana F60

1	167	Deolinda Camarinha Silva	Ligeirinhos	Veterana F60	51:41	05:45
2	3	Margarida Machado	A.D. Rio Largo C. Espinho	Veterana F60	54:34	+02:53 06:04
3	186	Paula Fernandes	Running Espinho	Veterana F60	55:33	+03:52 06:10
4	176	Rosa Bispo	Pernas Inertes Lentis desde 2017	Veterana F60	01:02:49	+11:07 06:59

Veterano M40

1	35	André Adriano	GDC Guilhovai	Veterano M40	30:28	03:23
2	36	Antonio Cristóvão	GDC Guilhovai	Veterano M40	31:43	+01:15 03:31
3	24	Bruno Silva	Bravos e Bravitas	Veterano M40	32:33	+02:04 03:37
4	120	Antonio nogueira	Individual	Veterano M40	34:43	+04:14 03:51
5	182	Filipe silva	Run For Fun Laranjinhas	Veterano M40	35:20	+04:52 03:56
6	25	Sérgio Costa	Bravos e Bravitas	Veterano M40	37:17	+06:49 04:09
7	134	Marco Almeida	Individual	Veterano M40	38:21	+07:52 04:16
8	180	Nelson Pais	Run & Fun	Veterano M40	39:02	+08:34 04:20
9	140	Valdemar lopes	Individual	Veterano M40	40:31	+10:02 04:30
10	132	MANUEL SILVA	Individual	Veterano M40	40:37	+10:08 04:31
11	10	Luís Gomes	Arrifana Running	Veterano M40	40:40	+10:12 04:31
12	194	Luis Machado	Individual	Veterano M40	41:10	+10:41 04:34
13	139	Samuel Rebelo	Individual	Veterano M40	41:37	+11:09 04:37
14	129	Joaquim Teixeira	Individual	Veterano M40	42:54	+12:26 04:46
15	124	Fernando Ribeiro	Individual	Veterano M40	43:27	+12:58 04:50
16	141	Vasco Regadas	Individual	Veterano M40	43:43	+13:14 04:51
17	125	Filipe Ribeiro	Individual	Veterano M40	43:47	+13:18 04:52
18	123	Fernando Fernandes	Individual	Veterano M40	45:01	+14:32 05:00
19	137	Ricardo Bastos	Individual	Veterano M40	45:21	+14:52 05:02
20	122	Carlos Ferreira	Individual	Veterano M40	45:42	+15:13 05:05
21	133	Marcelo Teixeira da mota	Individual	Veterano M40	48:22	+17:54 05:22

Official Timekeeper: Lap2Go	3 / 5	generate 25-abr-2025 14:29
-----------------------------	-------	----------------------------

Prova Principal

9 KM

R

REVISED

[illegible]

UNOFFICIAL RESULT

[illegible]

22	127	João Silveira	Individual	Veterano M40	48:59	+18:31	05:27
23	126	Humberto Barros	Individual	Veterano M40	49:43	+19:15	05:31
24	130	José Quintas	Individual	Veterano M40	50:33	+20:05	05:37
25	138	Ricardo Ramalho	Individual	Veterano M40	50:37	+20:09	05:37
26	185	Ricardo Manuel Tavares de Pinho	Runners Men	Veterano M40	53:22	+22:53	05:56
27	183	Filipe Alexandre Alves Loureiro	Runners Men	Veterano M40	53:22	+22:54	05:56
28	184	José Carlos Gomes dos Santos	Runners Men	Veterano M40	53:22	+22:54	05:56
29	119	André Pais	Individual	Veterano M40	56:11	+25:42	06:15
30	118	Alexander Kerschgens	Individual	Veterano M40	59:06	+28:37	06:34
31	172	Bruno Almeida	MARRETAS DA CANECA	Veterano M40	01:00:08	+29:39	06:41
32	136	Renato Barbosa	Individual	Veterano M40	01:00:57	+30:29	06:46

Veterano M50

1	11	Fernando Lima	Arrifana Running	Veterano M50	32:02		03:34
2	187	Augusto Aluai	Sporting Clube de Espinho	Veterano M50	35:03	+03:00	03:54
3	149	José silva reis	Individual	Veterano M50	36:20	+04:17	04:02
4	193	Vítor Resende	União de lamas	Veterano M50	37:33	+05:30	04:10
5	28	Carlos Cardoso	CAL - Clube Atletismo de Lamas	Veterano M50	37:49	+05:46	04:12
6	18	Carlos Santos	Brandoenses Running	Veterano M50	40:04	+08:01	04:27
7	17	António Espinheira	Brandoenses Running	Veterano M50	40:58	+08:55	04:33
8	152	Marcelo Fernandes	Individual	Veterano M50	42:01	+09:58	04:40
9	195	João Gomes	Individual	Veterano M50	42:58	+10:55	04:46
10	19	Constantino Mota	Brandoenses Running	Veterano M50	42:59	+10:56	04:47
11	162	JUSTINO ANTÓNIO ANTUNES SOARES	JAM-Juventude Atlético Mozelense	Veterano M50	43:24	+11:21	04:49
12	165	RENATO ARAÚJO	JUF ACC	Veterano M50	46:45	+14:42	05:12
13	143	André Rocha	Individual	Veterano M50	47:12	+15:09	05:15
14	145	Francisco Santos	Individual	Veterano M50	47:44	+15:41	05:18
15	154	Paulo Gil	Individual	Veterano M50	48:33	+16:30	05:24
16	113	Júlio costa	Individual	Veterano M50	50:16	+18:13	05:35
17	12	Paulo Fonseca	Arrifana Running	Veterano M50	51:17	+19:14	05:42
18	37	Hélder MC Ramos	GDG - Grupo Desportivo da Gafanha	Veterano M50	52:08	+20:05	05:48
19	142	Amândio Jorge da Silva Mendes	Individual	Veterano M50	54:34	+22:31	06:04
20	150	Manuel Marques	Individual	Veterano M50	55:17	+23:14	06:09
21	146	Frank Coelho	Individual	Veterano M50	55:29	+23:26	06:10
22	155	Paulo santos	Individual	Veterano M50	56:16	+24:13	06:15
23	147	Joaquim Pepe Roque	Individual	Veterano M50	57:22	+25:19	06:22
24	144	António Matos	Individual	Veterano M50	59:45	+27:42	06:38
25	173	Rui Lestre	MARRETAS DA CANECA	Veterano M50	01:00:08	+28:05	06:41
26	151	Manuel Neves	Individual	Veterano M50	01:02:38	+30:35	06:58
27	175	Luís Matos	Matos	Veterano M50	01:13:10	+41:07	08:08

Prova Principal

9 KM

[illegible][illegible]

UNOFFICIAL RESULT

R

REVISED

Veterano M60

1	26	Alcides Relvas	Bravos e Bravitas	Veterano M60	37:56	04:13
2	20	José Santos	Brandoenses Running	Veterano M60	39:14	+01:17 04:22
3	168	José Carlos Gomes	Ligeirinhos	Veterano M60	39:57	+02:00 04:26
4	29	ANTÓNIO CASTRO	CAL - Clube Atletismo de Lamas	Veterano M60	41:17	+03:20 04:35
5	13	Orlando Ferreira	Atletas do Parque	Veterano M60	42:03	+04:06 04:40
6	188	Jose Pereira	Sporting Clube de Espinho	Veterano M60	42:28	+04:31 04:43
7	181	ZE Moutinho	Run & Fun	Veterano M60	42:58	+05:01 04:46
8	15	João Brito	Aventuras de Paiva Tuga Mobile	Veterano M60	43:19	+05:22 04:49
9	157	Joaquim silva costa	Individual	Veterano M60	45:47	+07:51 05:05
10	31	Abel Santos	Caldas Sao Jorge Sport Clube	Veterano M60	48:55	+10:59 05:26
11	163	AUGUSTO BAPTISTA	JAM-Juventude Atlético Mozelense	Veterano M60	49:58	+12:02 05:33
12	189	FRANCISCO NETO	TUTILAR CLASS RUNNERS	Veterano M60	51:50	+13:53 05:46
13	40	José Pinheiro	Guisande Trail Running	Veterano M60	54:11	+16:15 06:01
14	158	Jose candeias	Individual	Veterano M60	56:45	+18:48 06:18
15	156	Francisco Martins	Individual	Veterano M60	01:04:57	+27:00 07:13
16	177	Jose Pires de Lima	Pernas Inertes Lentis desde 2017	Veterano M60	01:10:12	+32:16 07:48

[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 25-abr-2025 10:53
-----------------------------	-------	----------------------------