

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	18:00	7,7°C	83%
End	19:34	7.7°C	83%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	2343	Ricardo Dias	Atlético Clube da Póvoa do Varzim	31:47		03:11	
2	1757	Rodrigo Viana	ZL PACE LAB	33:15	+01:28	03:20	
3	1182	Adelino Sousa	Individual	33:36	+01:49	03:22	
4	2328	Anthony Gomes	Vila Verde a Correr	33:42	+01:55	03:22	
5	2202	Augusto Costa	Os que vão como podem!	34:32	+02:45	03:27	
6	1486	Nuno Silva Carvalho	Realense Futebol Clube	34:33	+02:46	03:27	
7	1981	Rúben Ferreira	G.D. Castelense	34:34	+02:47	03:27	
8	2543	Vitor Rito	RUNNING ESPINHO	34:35	+02:48	03:27	
9	1303	Bruno Pereira	Gil Vicente FC	34:42	+02:55	03:28	
10	2163	Nuno Fernandes	Franqueira Adventure	34:51	+03:04	03:29	
11	1681	Marco Silva	Pegasus OCR ProTeam	34:58	+03:11	03:30	
12	1021	César Vilas Boas	cdcnavais	35:08	+03:21	03:31	
13	1573	Luís Ribeiro	EDL Trail	35:09	+03:22	03:31	
14	1731	Sérgio Araújo	Sérgio Araújo	35:22	+03:35	03:32	
15	2291	Garry Gomes	Vila Verde a Correr	35:30	+03:43	03:33	
16	2387	Manuel Bessa	EV-PERALTAFIL	35:32	+03:45	03:33	
17	1487	André Guimaraes	ASSOCIAÇÃO LINCE TRIATHLON	35:36	+03:49	03:34	
18	2378	JORGE FONTES	CENTRO DESPOTIVO E CULTURAL DE NAVAIS	35:38	+03:51	03:34	
19	1353	Cristiano Pereira	Trilhos de Viana	35:46	+03:59	03:35	
20	1626	Helder Costa	Individual	35:48	+04:01	03:35	
21	2535	Pedro Carreiras	Individual	35:51	+04:04	03:35	
22	1125	Filipe Abreu	RIO NEIVA ADA	35:55	+04:08	03:35	
23	1305	Dinis Azevedo	Individual	35:58	+04:11	03:36	
24	2447	Paulo Pereira	Dragon Club	36:01	+04:14	03:36	
25	1178	Eduardo Oliveira	Núcleo Desportivo da Silva	36:25	+04:38	03:39	
26	2323	João Martins	Vila Verde a Correr	36:32	+04:45	03:39	
27	1285	Avelino Silva	Lobos do Atlântico	37:05	+05:18	03:43	
28	2167	Rui Pinto Pinto	Individual	37:11	+05:24	03:43	
29	2521	Orlando Pereira	Amigos da Montanha	37:24	+05:37	03:44	
30	1147	Ricardo Teixeira	LINCE TRIATHLON	37:25	+05:38	03:45	
31	2161	Carlos Gomes	Sport Comércio e Salgueiros	37:26	+05:39	03:45	
32	1855	José Carlos Ferraz	Clube Atlético Codessoso	37:29	+05:42	03:45	
33	2339	Pedro Cruz	Individual	37:30	+05:43	03:45	
34	2006	José Rocha	A.D.Amarante	37:39	+05:52	03:46	
35	1191	Vitor Barbosa	Miles & Vibes	37:43	+05:56	03:46	
36	1815	Lucas Tucker	Individual	37:44	+05:57	03:46	
37	1534	José Gonçalves	Perelhal a Correr	37:46	+05:59	03:47	
38	1552	Hugo Prazeres	Individual	37:46	+05:59	03:47	
39	2345	Doroteia Peixoto	Team El Comandante	37:51	+06:04	03:47	
40	2379	PEDRO FERREIRA	CENTRO DESPOTIVO E CULTURAL DE NAVAIS	38:04	+06:17	03:48	
41	2327	Manuel Oliveira	Vila Verde a Correr	38:08	+06:21	03:49	
42	1013	Tiago De Barros Faria Viana	ZL PaceLab	38:09	+06:22	03:49	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	2027	Paulo Gomes	CENTRO DESPOTIVO E CULTURAL DE NAVAIS	38:09	+06:22	03:49	
44	1208	Renato Seara	Toldos Seara	38:13	+06:26	03:49	
45	1582	Rui Cardoso	Team El Comandante	38:31	+06:44	03:51	
46	1213	Júlio Morgado	Individual	38:48	+07:01	03:53	
47	1036	João Miranda	Individual	38:49	+07:02	03:53	
48	1082	Gustavo Eiras	Escola Secundária de Barcelinhos	38:53	+07:06	03:53	
49	1235	Vitor Lima	Individual	38:57	+07:10	03:54	
50	1571	Artur Rocha	Trilhos de Viana	38:57	+07:10	03:54	
51	2388	Mateus Ferreira	Inter de Cepães	38:57	+07:10	03:54	
52	1507	Jose Martins	Núcleo Desportivo Silva	38:58	+07:11	03:54	
53	1692	Rafael Dias	Embarca	39:01	+07:14	03:54	
54	2089	Diogo Dias	Individual	39:01	+07:14	03:54	
55	1058	Cláudio Cunha	Inter de Cepães	39:10	+07:23	03:55	
56	1736	Filipe Gajo	Individual	39:15	+07:28	03:56	
57	1006	Bruno Carvalho	Miles & Vibes	39:18	+07:31	03:56	
58	2402	Rui Freitas	Individual	39:19	+07:32	03:56	
59	1530	Tiago Oliveira	Individual	39:20	+07:33	03:56	
60	2493	Américo Santos	Sport Comércio e Salgueiros	39:24	+07:37	03:56	
61	1281	Pedro Leite	Individual	39:24	+07:37	03:56	
62	2183	Francisco Pilar	juvmar	39:25	+07:38	03:56	
63	1272	André Zão Santos	Miles & Vibes	39:26	+07:39	03:57	
64	1742	Luís Sá.	FORunners	39:28	+07:41	03:57	
65	1841	Marco Vieira	RIBEITRAIL	39:33	+07:46	03:57	
66	1738	Manuel Silva	Individual	39:40	+07:53	03:58	
67	1565	Francisco Barros	Audaz Run Club	39:41	+07:54	03:58	
68	2144	Sergio Vilas Boas	NDS	39:42	+07:55	03:58	
69	1211	Nuno Silva	Individual	39:43	+07:56	03:58	
70	1963	Miguel Carvalho	Individual	39:49	+08:02	03:59	
71	1049	Carlos Lopes	Move	39:52	+08:05	03:59	
72	2344	Tomé Cruz	CENTRO DE ATLETISMO DE MAZAREFES	39:53	+08:06	03:59	
73	2198	Rui Marques	Individual	39:53	+08:06	03:59	
74	2354	Carlos Pereira	juvmar	39:54	+08:07	03:59	
75	1634	Bruno Leite	Individual	39:57	+08:10	04:00	
76	1650	Luís Miguel da Cunha Oliveira	Audaz Run Club	39:58	+08:11	04:00	
77	2007	Manuel Ribeiro	A.D.Amarante	39:58	+08:11	04:00	
78	1024	Rui Ramalho	Individual	39:59	+08:12	04:00	
79	1690	João Amaro Amaro	SIPE RUNNING	39:59	+08:12	04:00	
80	1760	Carlos Martins	Individual	40:03	+08:16	04:00	
81	2502	Ricardo Correia	FORunners	40:05	+08:18	04:00	
82	1364	Jose araujo	Individual	40:06	+08:19	04:01	
83	1725	Filipe Coelho	GD GOMA	40:07	+08:20	04:01	
84	2374	Mingos Vieira	Pedal'arte	40:09	+08:22	04:01	
85	2232	Igor Lysyi	Amigos da Montanha	40:10	+08:23	04:01	
86	1207	Tiago Pinheiro	Individual	40:19	+08:32	04:02	
87	1022	Daniel Mota	Individual	40:23	+08:36	04:02	
88	1136	João Leite	Individual	40:25	+08:38	04:02	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	2085	Ricardo Silva	GTR	40:26	+08:39	04:03	
90	2151	Francisco Alves	GTR	40:26	+08:39	04:03	
91	1156	Pedro Torres	Individual	40:34	+08:47	04:03	
92	1689	Francisco Teixeira	Move on Running	40:37	+08:50	04:04	
93	2479	Hugo André Pires Araújo	IAT Imobiliária	40:41	+08:54	04:04	
94	2322	Ricardo Peixoto	Vila Verde a Correr	40:47	+09:00	04:05	
95	1145	Filipe Almeida	Individual	40:50	+09:03	04:05	
96	2234	João Rodrigues	Amigos da Montanha	40:56	+09:09	04:06	
97	2430	Tiago Martins	ADCRSME	40:57	+09:10	04:06	
98	1460	Ricardo Martins	Individual	40:58	+09:11	04:06	
99	2462	Eurico Cunha	Individual	40:59	+09:12	04:06	
100	1693	André Correia	Individual	41:01	+09:14	04:06	
101	1038	Samuel Curto	Individual	41:02	+09:15	04:06	
102	1050	Pedro Gramoso	Individual	41:02	+09:15	04:06	
103	1406	Rafael Loureiro	Individual	41:04	+09:17	04:06	
104	2226	Luis Silva	Individual	41:04	+09:17	04:06	
105	1520	Jorge Araujo	Corre Leve	41:05	+09:18	04:06	
106	1988	Rui Fino	Individual	41:13	+09:26	04:07	
107	1845	João Faria	Individual	41:17	+09:30	04:08	
108	2488	William Sampaio	GCDR GEMESSES	41:22	+09:35	04:08	
109	1010	Rute Ferreira	Miles & Vibes	41:28	+09:41	04:09	
110	2362	Diogo Santa Marinha	Individual	41:32	+09:45	04:09	
111	1002	Hélder Filipe Silva	Team El Comandante	41:33	+09:46	04:09	
112	1314	José Ferreira	Alcaides	41:37	+09:50	04:10	
113	1694	Sebastião Pinto	Quebrarritmo	41:38	+09:51	04:10	
114	1924	Francisco Lemos	ADA Rio Neiva	41:39	+09:52	04:10	
115	1470	Carlos Vilas-Boas	Alcaides	41:40	+09:53	04:10	
116	1025	Ricardo Ramalho	Individual	41:40	+09:53	04:10	
117	1740	António Ferreira	Individual	41:40	+09:53	04:10	
118	1931	Filipe Manuel Pereira Teixeira	Clube atlético de codessoso	41:41	+09:54	04:10	
119	1767	Marco Martins	Individual	41:41	+09:54	04:10	
120	1277	Paulo Peixoto	M.O.VE	41:44	+09:57	04:10	
121	2242	Augusto Coelho	Individual	41:44	+09:57	04:10	
122	1472	André Barbosa	LINCE TRIATHLON	41:44	+09:57	04:10	
123	1677	Vitor Freitas	RIBEITRAIL	41:48	+10:01	04:11	
124	1391	Alexandre Santos	Individual	41:49	+10:02	04:11	
125	1278	Sérgio Pereira	Dragon Club	41:49	+10:02	04:11	
126	1665	Paulo Sousa	Fão Runners	41:49	+10:02	04:11	
127	1917	Rui Ferreira	Individual	41:51	+10:04	04:11	
128	2524	Germano Figueira	Individual	41:55	+10:08	04:11	
129	1756	Pedro gomes	Individual	41:58	+10:11	04:12	
130	1438	Pedro Azevedo	Individual	42:06	+10:19	04:13	
131	1526	Márcio Silva	Individual	42:06	+10:19	04:13	
132	1501	Lourival Costa	SIPE RUNNING	42:08	+10:21	04:13	
133	1395	José Silva	Individual	42:12	+10:25	04:13	
134	2485	Afonso Lages	GCDR GEMESSES	42:15	+10:28	04:14	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
135	2433	Carlos Viana	Individual	42:15	+10:28	04:14	
136	1622	Pedro Ferreira	PFArchStudioRunning	42:16	+10:29	04:14	
137	1433	José Gomes	Fórum 3B	42:17	+10:30	04:14	
138	1645	Fernando Silva	CENTRO DESPOTIVO E CULTURAL DE NAVAIS	42:21	+10:34	04:14	
139	2304	Júlio Torres	Individual	42:23	+10:36	04:14	
140	2439	José Dantas	Individual	42:31	+10:44	04:15	
141	2021	Suzete André	Individual	42:33	+10:46	04:15	
142	2427	Ludgero Ribeiro	ATRIUM AREIAS TEAM	42:34	+10:47	04:15	
143	1432	Nuno Ribeiro	MARATONAS	42:34	+10:47	04:15	
144	1493	João Pinto	FAJOZELI	42:35	+10:48	04:16	
145	2032	JOAQUIM RIBEIRO	Individual	42:36	+10:49	04:16	
146	1177	Filipe Campos	AIRORUN	42:39	+10:52	04:16	
147	2337	Rui Pedro Tereso	Individual	42:40	+10:53	04:16	
148	1718	Nelson Magalhaes	Individual	42:41	+10:54	04:16	
149	1402	Bruno Pontes	Individual	42:41	+10:54	04:16	
150	1737	Jorge Nunes	Team El Comandante	42:45	+10:58	04:16	
151	1039	Paulo Ferreira	Miles & Vibes	42:46	+10:59	04:17	
152	2308	Carlos Mendes	Seca Pipas	42:47	+11:00	04:17	
153	2513	Davide Pereira	Individual	42:49	+11:02	04:17	
154	2445	João Pedro Santos Sousa	Individual	42:50	+11:03	04:17	
155	2200	Joao Benta	Individual	42:52	+11:05	04:17	
156	2531	Joaquim Carvalho	Individual	42:56	+11:09	04:18	
157	1393	Tiago Rodrigues	RRTeam	42:58	+11:11	04:18	
158	1310	Leonardo Torres	Individual	43:02	+11:15	04:18	
159	2247	Miguel Maia	Pateirolas	43:03	+11:16	04:18	
160	2229	José Manuel Martins da Silva	Amigos da Montanha	43:07	+11:20	04:19	
161	1761	Filipe Ferreira	Individual	43:08	+11:21	04:19	
162	2351	Patrícia Ferreira	opraticante.pt	43:12	+11:25	04:19	
163	1746	Miguel Pilar	Individual	43:15	+11:28	04:20	
164	1638	João Santos	Individual	43:17	+11:30	04:20	
165	1752	André Faria	Individual	43:17	+11:30	04:20	
166	2452	Vitor Gonçalves	Amigos da Montanha	43:22	+11:35	04:20	
167	2170	Pedro Maciel	A.D.C.TREGOSA	43:26	+11:39	04:21	
168	1538	André Meira	Individual	43:26	+11:39	04:21	
169	1805	Adelino Caixeiro	SIPE RUNNING	43:30	+11:43	04:21	
170	1570	Rui Lopes	Audaz Run Club	43:31	+11:44	04:21	
171	2297	Alexandre Guimarães	Individual	43:35	+11:48	04:22	
172	1999	Mafalda Eiras	MUCHACHOS	43:35	+11:48	04:22	
173	1166	António Silva	FERREIROLUX	43:37	+11:50	04:22	
174	1920	Artur Pereira	CN Marecos	43:37	+11:50	04:22	
175	1581	Bruno Timóteo	Individual	43:38	+11:51	04:22	
176	1531	Miguel Machado	Individual	43:41	+11:54	04:22	
177	2180	Carlos Fernandes	Spin&Run Esposende	43:45	+11:58	04:22	
178	2264	Carlos Jorge Fernandes Mota	ADCRSME	43:46	+11:59	04:23	
179	1380	Tiago Xavier Costa	100Pernas	43:46	+11:59	04:23	
180	1236	David Azevedo	Individual	43:46	+11:59	04:23	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
181	2376	JOAO LARANJEIRA	Individual	43:49	+12:02	04:23	
182	1887	António Fernandes	Run You'fools	43:50	+12:03	04:23	
183	1017	Luís Madureira	Individual	43:50	+12:03	04:23	
184	1618	Tiago Martins	Individual	43:52	+12:05	04:23	
185	1158	João Rilho	Individual	43:53	+12:06	04:23	
186	1745	Ruben Neiva	Individual	43:55	+12:08	04:24	
187	1655	João Machado	Individual	43:55	+12:08	04:24	
188	2054	Leonardo Torre	Individual	43:58	+12:11	04:24	
189	1587	Carina Carina Alves	Tia Top & Sobrinha Pop	43:58	+12:11	04:24	
190	1523	José Soares	FORunners	43:58	+12:11	04:24	
191	1837	Ricardo Fernandes	Individual	43:59	+12:12	04:24	
192	1790	Rita Rodrigues	Individual	44:00	+12:13	04:24	
193	2109	João Novo	Individual	44:03	+12:16	04:24	
194	1775	Joao Sousa	“FC OS ACADÉMICOS” Running	44:05	+12:18	04:24	
195	1605	Paula Barbosa	EDV-VIANA TRAIL	44:06	+12:19	04:25	
196	1494	Fabio Ferreira	FAJOZELI	44:06	+12:19	04:25	
197	1732	Rui Costa	Individual	44:07	+12:20	04:25	
198	1949	João Gonçalves	Individual	44:08	+12:21	04:25	
199	1122	Rodrigo Assunção	PIMENTA	44:09	+12:22	04:25	
200	2179	Ricardo Capitão	Spin & Run - Esposende	44:11	+12:24	04:25	
201	1255	Carlos Areia	Zé Dos Telhados	44:11	+12:24	04:25	
202	2080	Diogo Gonçalves	Academia 23	44:13	+12:26	04:25	
203	2236	Nuno Lomba	Individual	44:13	+12:26	04:25	
204	2385	Gonçalo Meira	Erdal - Vimarunners	44:14	+12:27	04:25	
205	1801	Renato Fonseca	Gordinho's Team	44:14	+12:27	04:25	
206	1334	ALEJANDRO DA SILVA PÉREZ	Mais Que Auga	44:15	+12:28	04:26	
207	2087	João Bernardo Couto Soares	Individual	44:17	+12:30	04:26	
208	2457	Flávio Rocha	Individual	44:17	+12:30	04:26	
209	1128	Paulo Carreiras	Individual	44:18	+12:31	04:26	
210	1411	Paulo Sérgio Dias Ferreira Gonçalves	Individual	44:19	+12:32	04:26	
211	1748	Paulo Lima	SIPE RUNNING	44:20	+12:33	04:26	
212	1383	Ricardo Costa	Individual	44:20	+12:33	04:26	
213	1788	Eduardo Soares	Individual	44:21	+12:34	04:26	
214	2421	João Mendes Pacheco	Individual	44:21	+12:34	04:26	
215	1593	Christophe Fernandes	Christo	44:24	+12:37	04:26	
216	1047	Mingos Eiras	Individual	44:24	+12:37	04:26	
217	1664	Filipe Oliveira	Individual	44:25	+12:38	04:27	
218	2428	Leonel Pacheco	ATRIUM AREIAS TEAM	44:26	+12:39	04:27	
219	2425	Filipe Guedes	ATRIUM AREIAS TEAM	44:27	+12:40	04:27	
220	2410	Nuno Ribeiro	El comandante	44:35	+12:48	04:28	
221	1328	Rui Sousa	Alcaides	44:36	+12:49	04:28	
222	1648	Ricardo Torres	Realense FC	44:36	+12:49	04:28	
223	1144	Daniel Santos	Individual	44:40	+12:53	04:28	
224	2420	Joao Pacheco	ATRIUM AREIAS TEAM	44:41	+12:54	04:28	
225	2072	David Pilar	TEAM PILAR	44:42	+12:55	04:28	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
226	2156	André Fernandes	Vila cova ativo	44:44	+12:57	04:28	
227	2168	Silvano Oliveira	A.D.C.TREGOSA	44:45	+12:58	04:28	
228	1547	Paulo Silva	FUUA RUNNERS	44:46	+12:59	04:29	
229	1445	André Martins	Individual	44:46	+12:59	04:29	
230	1318	Marcelo Maciel	Miles & Vibes	44:46	+12:59	04:29	
231	1330	Joaquim Pereira	Soulfit Estúdio Fitness	44:46	+12:59	04:29	
232	1610	MIGUEL CORREIA	Individual	44:47	+13:00	04:29	
233	1749	José Araújo	Individual	44:47	+13:00	04:29	
234	1926	José Bernardino	SIPE RUNNING	44:48	+13:01	04:29	
235	1623	Mauricio Leite	Individual	44:49	+13:02	04:29	
236	1215	Rui Vilaça	Individual	44:50	+13:03	04:29	
237	1590	Óscar Mendes	Individual	44:51	+13:04	04:29	
238	1127	Leonardo Macedo	Individual	44:51	+13:04	04:29	
239	2461	José Viana	Viabike	44:53	+13:06	04:29	
240	1443	Albano da Silva Parente	Individual	44:53	+13:06	04:29	
241	1263	Rúben Cunha	Individual	44:57	+13:10	04:30	
242	1075	Leandro Silva	Escola Secundária de Barcelinhos	44:57	+13:10	04:30	
243	2359	Joaquim Azevedo	jrexercicio	44:57	+13:10	04:30	
244	2225	FERNANDO AREZES	ATRIUM AREIAS	44:59	+13:12	04:30	
245	1948	Carlos Loureiro	NBS Team	45:00	+13:13	04:30	
246	1905	Andreia Branco	GRUPO JUVENIL DE VILA DE PUNHE	45:01	+13:14	04:30	
247	2497	Ruben Ribeiro	Power Room	45:01	+13:14	04:30	
248	1209	Guilherme Lima	Miles & Vibes	45:02	+13:15	04:30	
249	2498	Cláudio Torres	Individual	45:03	+13:16	04:30	
250	1392	Ana Ribeiro	RRTeam	45:03	+13:16	04:30	
251	1096	Jose Dias	Individual	45:04	+13:17	04:30	
252	1275	Uirã Oliveira	Individual	45:05	+13:18	04:30	
253	1173	Hugo Silva	Individual	45:08	+13:21	04:31	
254	1165	António Meira	FERREIROLUX	45:09	+13:22	04:31	
255	1012	José Miguel Pilar	Miles & Vibes	45:09	+13:22	04:31	
256	2016	Natalia Branco	ÁGUIAS DE ALVELOS	45:14	+13:27	04:31	
257	1170	JORGE LARANJEIRA	ADCRSME	45:15	+13:28	04:32	
258	2350	Sílvia Araújo	opraticante.pt	45:16	+13:29	04:32	
259	2348	Pedro Vasconcelos	Individual	45:16	+13:29	04:32	
260	1678	Pedro Pacheco	Individual	45:16	+13:29	04:32	
261	2076	Pedro Rego	Individual	45:17	+13:30	04:32	
262	1695	Vera Silva	Individual	45:17	+13:30	04:32	
263	1541	Sergio Peixoto	Individual	45:17	+13:30	04:32	
264	1371	José Abreu	Individual	45:18	+13:31	04:32	
265	1361	Sérgio Ferreira Sá	Movimento Juventude de Merelim	45:18	+13:31	04:32	
266	1514	Alexandre Oliveira	Individual	45:19	+13:32	04:32	
267	1157	Ana Correia	Individual	45:20	+13:33	04:32	
268	1270	Tiago Carneiro	Individual	45:20	+13:33	04:32	
269	1121	Ana Lúcia Silva Dias	EDL Trail	45:21	+13:34	04:32	
270	1321	Rui Costa	Alcaides	45:22	+13:35	04:32	
271	1535	Fabio Costa	Individual	45:22	+13:35	04:32	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
272	1123	José Carlos Braga	Individual	45:24	+13:37	04:32	
273	2128	Pedro Monteiro	Abstract	45:25	+13:38	04:32	
274	2257	Daniel Vieira	Individual	45:25	+13:38	04:32	
275	1087	Jonas Dantas	Escola Secundária de Barcelinhos	45:27	+13:40	04:33	
276	2259	Samuel Forte	Individual	45:27	+13:40	04:33	
277	1562	Eduardo Pereira	AudazRunClub	45:29	+13:42	04:33	
278	1416	Samuel Bret	Run Power	45:29	+13:42	04:33	
279	1762	João Areias	Individual	45:35	+13:48	04:33	
280	1007	Pedro Torres	Miles & Vibes	45:36	+13:49	04:34	
281	1878	Diogo Ferreira	Individual	45:38	+13:51	04:34	
282	2009	Valdemar Fragoso.	Individual	45:38	+13:51	04:34	
283	2215	João Ribeiro	Individual	45:43	+13:56	04:34	
284	1863	Catarina Milheiro	Foz do Cávado Restaurante	45:46	+13:59	04:35	
285	2045	Fernando Silva	Power Room	45:47	+14:00	04:35	
286	2171	Daniel Nascimento	A.D.C.TREGOSA	45:48	+14:01	04:35	
287	1609	Fátima Oliveira	DIVE - Into The Mountains	45:48	+14:01	04:35	
288	2283	Rui Viana	Individual	45:48	+14:01	04:35	
289	1823	Rosa Carmo	Academia Desportiva de Arcos de Valdevez	45:48	+14:01	04:35	
290	1642	Francisco Silva	AMVE - ASSOCIAÇÃO MOINHO DE VERMOIM	45:50	+14:03	04:35	
291	1106	Matias Gaston Gauna	Individual	45:51	+14:04	04:35	
292	1630	Filipe Moreira	Individual	45:52	+14:05	04:35	
293	1447	Vitor Silva	Individual	45:52	+14:05	04:35	
294	1032	Paulo Cerqueira	Trilhos de Viana	45:52	+14:05	04:35	
295	1194	Carlos Silva	Individual	45:58	+14:11	04:36	
296	2510	Luis Filipe Soares	CDRC Amarense	45:59	+14:12	04:36	
297	2003	Camilo Oliveira	NUCLEO DO Sporting de Braga	45:59	+14:12	04:36	
298	1936	Pedro Coelho	Ótica Ourivesaria Sousa	46:02	+14:15	04:36	
299	1992	Manuel Jesus	Individual	46:03	+14:16	04:36	
300	2201	Vasco Magalhães	Individual	46:03	+14:16	04:36	
301	1792	Helder Melo	Individual	46:04	+14:17	04:36	
302	2287	Ruca Amaral	Individual	46:04	+14:17	04:36	
303	1769	Andreia Costa	Individual	46:05	+14:18	04:37	
304	2246	Luís Morgado	Individual	46:06	+14:19	04:37	
305	1814	Joseph Tucker	Individual	46:06	+14:19	04:37	
306	1578	Luis Filipe Araújo Amorim	Individual	46:08	+14:21	04:37	
307	1094	Vitor Pinto	Individual	46:11	+14:24	04:37	
308	2172	Bruno Rocha	A.D.C.TREGOSA	46:14	+14:27	04:37	
309	1614	José Gabriel Costa Grilo	AudazRunClub	46:15	+14:28	04:37	
310	1909	Tiago Vaz	Individual	46:17	+14:30	04:38	
311	1809	Vanessa Pereira de Sousa	PCRunners	46:20	+14:33	04:38	
312	1239	Ricardo Duarte	Individual	46:24	+14:37	04:38	
313	1549	Pedro Henrique Cordeiro	Individual	46:24	+14:37	04:38	
314	2195	Miguel Fino Loureiro	juvmar	46:25	+14:38	04:39	
315	2512	Ana Claudia vicelli	Individual	46:27	+14:40	04:39	
316	2038	André Fonseca	Individual	46:28	+14:41	04:39	
317	2014	Pedro Vilela	Individual	46:28	+14:41	04:39	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
318	1629	Maria Isabel Pereira	Clube de Atletismo Vilacondense	46:28	+14:41	04:39	
319	1906	Rui Miguel Reis Silva	Individual	46:29	+14:42	04:39	
320	1883	Luis Barbosa	Individual	46:33	+14:46	04:39	
321	2298	Raquel Abreu	Individual	46:36	+14:49	04:40	
322	1148	Paulo Rodrigues	LB SQUAD	46:37	+14:50	04:40	
323	1358	Luis Morais	Individual	46:37	+14:50	04:40	
324	1192	Domingos Sousa	Individual	46:37	+14:50	04:40	
325	1647	Luís Pereira	Individual	46:39	+14:52	04:40	
326	1271	Dinis Andrade	LINCE TRIATHLON	46:39	+14:52	04:40	
327	1112	Alexandra Costa	Individual	46:40	+14:53	04:40	
328	2357	Ilídio Peixoto	Individual	46:41	+14:54	04:40	
329	1287	Nathali Campos	Alcaides	46:41	+14:54	04:40	
330	1521	Vitor Gonçalves	Rio Neiva	46:41	+14:54	04:40	
331	1446	Sérgio Salgado	Porta10	46:45	+14:58	04:41	
332	1976	José Ferreira	TOP RUNNERS	46:47	+15:00	04:41	
333	1646	Eusébio Eusébio	Individual	46:47	+15:00	04:41	
334	2058	Antonio Macías Nogueira	Mais Que Auga	46:49	+15:02	04:41	
335	2235	Maria Pereira	Sport Comércio e Salgueiros	46:52	+15:05	04:41	
336	2309	Artur Vieira	Individual	46:52	+15:05	04:41	
337	2015	André Rafael Rodrigues Ferreira	Individual	46:55	+15:08	04:41	
338	2138	Miguel Machado	Individual	46:57	+15:10	04:42	
339	1554	Alexandre Sousa	Realense FC	47:00	+15:13	04:42	
340	1632	Rodrigo Silva	Individual	47:01	+15:14	04:42	
341	1506	Nuno Mendes	Individual	47:01	+15:14	04:42	
342	1186	Teresa Santos	Individual	47:03	+15:16	04:42	
343	1843	José Barbosa	Individual	47:09	+15:22	04:43	
344	1984	Bruno Silva	Moto Veiga	47:14	+15:27	04:43	
345	1796	Manuel Alves	Individual	47:15	+15:28	04:44	
346	1940	Carlos Pinto	ZUPPER	47:15	+15:28	04:44	
347	1574	Patrícia Peixoto da Silva	Individual	47:16	+15:29	04:44	
348	1990	Miguel Lagrifa	Unidos ao Garafão	47:16	+15:29	04:44	
349	1548	Pedro Silva	Individual	47:19	+15:32	04:44	
350	1483	Adelino Meireles	Individual	47:19	+15:32	04:44	
351	2165	CESAR MIRANDA	Individual	47:22	+15:35	04:44	
352	2125	Inês Ramalhosa	Individual	47:22	+15:35	04:44	
353	2503	Pedro Baptista	Individual	47:23	+15:36	04:44	
354	2526	Catia Viana	Individual	47:24	+15:37	04:44	
355	1035	Nuno Teixeira	RUNNING ESPINHO	47:25	+15:38	04:44	
356	1644	Simão Carvalho	Individual	47:28	+15:41	04:45	
357	1699	Jorge Silva	Viana Running	47:28	+15:41	04:45	
358	1471	Leandro Silva	Individual	47:29	+15:42	04:45	
359	2005	Eduardo Pimentel	Individual	47:32	+15:45	04:45	
360	2181	Alberto Barroso	Spin & Run Esposende	47:34	+15:47	04:45	
361	1482	Ana Leal	Individual	47:35	+15:48	04:46	
362	1384	Rui Costa	Vila cova ativo	47:35	+15:48	04:46	
363	1053	Joaquim Dourado	Individual	47:36	+15:49	04:46	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
364	1676	Renato Laranjeira de Sousa	Individual	47:38	+15:51	04:46	
365	2210	Paulo Lima	ADCRSME	47:38	+15:51	04:46	
366	1545	Edgar Araújo	Individual	47:43	+15:56	04:46	
367	2024	Hugo Ribeiro	Individual	47:47	+16:00	04:47	
368	1780	Luis Neiva	Individual	47:47	+16:00	04:47	
369	2127	Miguel Duarte	Individual	47:49	+16:02	04:47	
370	2360	João Ramos	jreercicio	47:51	+16:04	04:47	
371	2358	Américo Machado	Individual	47:51	+16:04	04:47	
372	1234	Daniel Leite	Individual	47:52	+16:05	04:47	
373	2147	Ângelo Rafael Araújo	Individual	47:52	+16:05	04:47	
374	2349	Helena Santos	opraticante.pt	47:55	+16:08	04:47	
375	1306	Adelino Rego	Individual	47:57	+16:10	04:48	
376	1620	Francisco Alves	Individual	47:57	+16:10	04:48	
377	2356	Tiago Lopes	Individual	47:58	+16:11	04:48	
378	1210	Alvaro de Barros	Individual	48:00	+16:13	04:48	
379	2108	André Vilas-Boas	Vila cova ativo	48:04	+16:17	04:48	
380	1586	Rui Silva	Falsos fraquinhos	48:05	+16:18	04:49	
381	1584	Paulo Freitas	Individual	48:05	+16:18	04:49	
382	1510	Marta Portela	Individual	48:07	+16:20	04:49	
383	1313	Hugo de Sá	Alcaides	48:09	+16:22	04:49	
384	2267	Pedro Silva	juvmar	48:10	+16:23	04:49	
385	2289	João Santos	Individual	48:15	+16:28	04:49	
386	2122	Joni Gomes	Bombos S. Sebastião	48:18	+16:31	04:50	
387	1923	Nuno Monteiro	Individual	48:23	+16:36	04:50	
388	1986	Helder Silva	Individual	48:24	+16:37	04:50	
389	1539	José Manuel Freire Piñeiro	Individual	48:24	+16:37	04:50	
390	1505	Tiago Sousa	Individual	48:24	+16:37	04:50	
391	1856	ANTONIO CORUCHO	Individual	48:24	+16:37	04:50	
392	2353	Orlando Silva	ADCRSME	48:25	+16:38	04:50	
393	2030	Bruno Azevedo	Individual	48:26	+16:39	04:51	
394	1261	Joao Tiago M.G.Ribeiro	100Pernas	48:27	+16:40	04:51	
395	1260	Jorge Sousa	Individual	48:28	+16:41	04:51	
396	2501	LUIS DIAS	Duros de Roer - Apulia	48:28	+16:41	04:51	
397	2143	Sonia Mota	Individual	48:29	+16:42	04:51	
398	1435	Luís Silva	Sushi e Batatas fritas	48:33	+16:46	04:51	
399	1569	Ulisses Mota	Individual	48:35	+16:48	04:51	
400	1302	Ricardo manuel nogueira costa	Individual	48:35	+16:48	04:51	
401	1717	Isabel Cunha	ACADEMIA23	48:40	+16:53	04:52	
402	1585	Pedro Costa	Individual	48:41	+16:54	04:52	
403	2329	André Costa	Individual	48:42	+16:55	04:52	
404	1337	Vitor Roxo	Individual	48:42	+16:55	04:52	
405	1611	António Santiago Carneiro	Individual	48:43	+16:56	04:52	
406	1997	Júlio Lopes	Individual	48:44	+16:57	04:52	
407	2491	Pedro Senra Oliveira	GCDR GEMESSES	48:47	+17:00	04:53	
408	1308	Ivo Lima	Individual	48:48	+17:01	04:53	
409	2082	Rui Godinho	MSS Grupo Desportivo de Gondomar	48:51	+17:04	04:53	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
410	2137	Miguel Cunha	Individual	48:52	+17:05	04:53	
411	1424	Diogo Sencadas	Individual	48:55	+17:08	04:53	
412	1179	Francisco Cavalheiro	Individual	48:55	+17:08	04:53	
413	1394	Eliseo Martínez	Speedy Burritos	48:56	+17:09	04:54	
414	2077	Sergio Filipe	Individual	48:56	+17:09	04:54	
415	1185	Francisco Marinha	Individual	48:57	+17:10	04:54	
416	2426	Manuel José Jesus	ATRIUM AREIAS TEAM	48:58	+17:11	04:54	
417	1155	Marisa Ferreira	Individual	49:03	+17:16	04:54	
418	2053	Márcio Laranjeira	Individual	49:03	+17:16	04:54	
419	1834	Pedro Costa	Individual	49:04	+17:17	04:54	
420	1417	Francisco Costa	Individual	49:05	+17:18	04:54	
421	1110	Paulo Capítão	Individual	49:07	+17:20	04:55	
422	1862	Ricardo Esposende	Individual	49:08	+17:21	04:55	
423	1202	Pedro Meixedo	Clube Zupper	49:08	+17:21	04:55	
424	1066	Maria Carneiro	Pé-Coxinhos	49:09	+17:22	04:55	
425	1556	Vítor Magalhaes13	Individual	49:09	+17:22	04:55	
426	2252	Luís Carvalho	Pé-Coxinhos	49:09	+17:22	04:55	
427	1222	Fernando Marinho	Individual	49:10	+17:23	04:55	
428	2496	Joao Figueiredo	Macaxeira Running Club	49:11	+17:24	04:55	
429	2530	Gil Losa	Individual	49:12	+17:25	04:55	
430	2129	Jose Gonzalez	Mais Que Auga	49:15	+17:28	04:56	
431	1898	Paulo Gomes	Individual	49:15	+17:28	04:56	
432	1187	José Alves	Individual	49:16	+17:29	04:56	
433	1958	Rui Oliveira	Individual	49:16	+17:29	04:56	
434	2070	Manuel Ferreira	Individual	49:19	+17:32	04:56	
435	1785	Sérgio Carreirinha	Individual	49:21	+17:34	04:56	
436	2364	Ricardo Briote	ADE Trail Running	49:23	+17:36	04:56	
437	511	Diogo Figueiredo	CNF	49:25	+17:38	04:56	
438	2460	Luis Dias	Individual	49:27	+17:40	04:57	
439	2039	Joaquim Sá	Centro Atletismo Arcos de Valdevez	49:28	+17:41	04:57	
440	2133	Pedro de Macedo	Individual	49:28	+17:41	04:57	
441	1289	Victor Mendes	Alcades	49:30	+17:43	04:57	
442	2185	Pedro Rocha	juvmar	49:30	+17:43	04:57	
443	2031	Pedro Gomes	Individual	49:31	+17:44	04:57	
444	1444	Ângela Costa	Individual	49:31	+17:44	04:57	
445	1827	Francisco Araújo	Individual	49:35	+17:48	04:58	
446	1667	Diogo Silva	Fuaa Runners	49:36	+17:49	04:58	
447	2310	Manuel Freitas	Individual	49:38	+17:51	04:58	
448	1619	Marcelo Moreira	Individual	49:40	+17:53	04:58	
449	2110	João Fernandes	Individual	49:40	+17:53	04:58	
450	1734	Paula Silva	Individual	49:44	+17:57	04:58	
451	1469	Gaspar dorey	LINCE TRIATHLON	49:45	+17:58	04:58	
452	1312	Daniel Dinis	Alcades	49:46	+17:59	04:59	
453	2480	Paulo Parente	IAT Imobiliária	49:46	+17:59	04:59	
454	2507	Miguel Ribeiro	Individual	49:47	+18:00	04:59	
455	1654	Bruno Freitas	Corredores de Siriposta	49:47	+18:00	04:59	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
456	2107	Orlando Maciel	Individual	49:49	+18:02	04:59	
457	2442	Pedro Rego	Individual	49:51	+18:04	04:59	
458	2035	Joana Melo	MARATONAS	49:51	+18:04	04:59	
459	2034	Eduardo Tomas	MARATONAS	49:52	+18:05	04:59	
460	1426	Vasco Silva	Os Muitos Brabos	49:52	+18:05	04:59	
461	2380	André Barbosa Gonçalves	BTT BICO	49:53	+18:06	04:59	
462	1691	Miguel Silva	Raposas	49:54	+18:07	04:59	
463	2169	Abel Fernandes	A.D.C.TREGOSA	49:55	+18:08	05:00	
464	1051	Denise Pinheiro	Miles & Vibes	49:56	+18:09	05:00	
465	2208	Sónia Faria	Individual	49:57	+18:10	05:00	
466	2342	João paulo rodrigues	Vila cova ativo	49:57	+18:10	05:00	
467	2078	José Carvalho	Individual	49:58	+18:11	05:00	
468	2377	Silvia Ferreira	ACADEMIA23	49:58	+18:11	05:00	
469	1423	Mario Molho	Individual	50:00	+18:13	05:00	
470	2338	José Duarte	Sousa Duarte	50:00	+18:13	05:00	
471	2522	Jorge Costa	Individual	50:00	+18:13	05:00	
472	2162	Diogo Oliveira	Individual	50:01	+18:14	05:00	
473	2415	Luis Correia	CENTRO DESPOTIVO E CULTURAL DE NAVAIS	50:02	+18:15	05:00	
474	2194	António Capitão	juvmar	50:02	+18:15	05:00	
475	1196	Nuno Vasconcelos	Individual	50:03	+18:16	05:00	
476	2192	Inês Viana Meira	juvmar	50:03	+18:16	05:00	
477	1617	Bruno Pereira	Individual	50:04	+18:17	05:00	
478	1040	Miguel Silva	Individual	50:05	+18:18	05:00	
479	2001	Manuel Sousa	Ótica Ourivesaria Sousa	50:05	+18:18	05:01	
480	2398	Ana Pereira	ADE Trail Running	50:06	+18:19	05:01	
481	2160	Filipe Biscoito	Individual	50:06	+18:19	05:01	
482	1668	Gonçalo Carneiro	Altos&Baixos	50:09	+18:22	05:01	
483	1048	Pedro Brás	Sole Mates	50:10	+18:23	05:01	
484	2135	Miguel costa	Individual	50:10	+18:23	05:01	
485	2365	Ana Carina Sá Pereira	ADE Trail Running	50:11	+18:24	05:01	
486	1598	Herlander Cruz	Individual	50:12	+18:25	05:01	
487	1953	Liliana Vieira	RIBEITRAIL	50:12	+18:25	05:01	
488	2529	Luís Miguel Rodrigues	Individual	50:12	+18:25	05:01	
489	1763	Tila Cerqueira	Embarca Running	50:13	+18:26	05:01	
490	2361	Pedro Bizarro	ATRIUM AREIAS TEAM	50:13	+18:26	05:01	
491	1015	Marcos Pedroso	Individual	50:13	+18:26	05:01	
492	2419	Carlos Manuel Marques	ADCRSME	50:13	+18:26	05:01	
493	2333	Filipe Mesquita	Individual	50:17	+18:30	05:02	
494	2332	Alexandre Neves	Individual	50:17	+18:30	05:02	
495	2263	Sofia Cardoso	Individual	50:18	+18:31	05:02	
496	2450	Carlos Pinto	Individual	50:18	+18:31	05:02	
497	2494	Luis Silva	Individual	50:19	+18:32	05:02	
498	1253	Emanuel Costa	SAMUDETAILER	50:24	+18:37	05:02	
499	1267	Bruno Marques	100Pernas	50:25	+18:38	05:02	
500	2520	Bruno Antunes	CDRC Amarense	50:25	+18:38	05:03	
501	1284	Isadora Padovani Garcia	Individual	50:26	+18:39	05:03	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
502	1985	Bernardo Amorim	Coca Cola de Vidro	50:26	+18:39	05:03	
503	1005	Rui Almeida	RunMates	50:26	+18:39	05:03	
504	2300	Rui Vieira	Individual	50:27	+18:40	05:03	
505	1880	Gonalo Silva	Coca Cola de Vidro	50:28	+18:41	05:03	
506	2256	Francisco Silva	Individual	50:28	+18:41	05:03	
507	1546	Catarina Magalhães	Individual	50:29	+18:43	05:03	
508	1869	Maria João Azevedo	Individual	50:30	+18:43	05:03	
509	2017	Joaquim Malheiro	Malheiro	50:31	+18:44	05:03	
510	1427	Flávio Silva	Individual	50:32	+18:45	05:03	
511	1680	Ruben Moreira	Individual	50:33	+18:46	05:03	
512	2312	ANTONIO LONGRAS	Impetus Team	50:34	+18:47	05:03	
513	2336	Carlos Duarte Oliveira	Silgueiros Runners	50:37	+18:50	05:04	
514	2220	João Oliveira	Individual	50:37	+18:50	05:04	
515	2052	José Rodrigues	Individual	50:38	+18:51	05:04	
516	2533	João Nobre	Individual	50:41	+18:54	05:04	
517	1378	Ismael Lamela	Individual	50:42	+18:55	05:04	
518	2245	Bruno cunha	Individual	50:42	+18:55	05:04	
519	2270	Cristiano Silva	Individual	50:43	+18:56	05:04	
520	2084	Sandra Aguiar	MSS Grupo Desportivo de Gondomar	50:47	+19:00	05:05	
521	2261	Nuno Portela	ADCRSME	50:47	+19:00	05:05	
522	1768	Pedro Vieira	Individual	50:49	+19:02	05:05	
523	1349	João Casal	Individual	50:49	+19:02	05:05	
524	2321	Laura Brito	Individual	50:50	+19:03	05:05	
525	1324	Manuel Iglesias	Individual	50:52	+19:05	05:05	
526	2389	Susana Eusébio	CENTRO DESPOTIVO E CULTURAL DE NAVAIS	50:52	+19:05	05:05	
527	1576	Mariana Sabino	Individual	50:52	+19:05	05:05	
528	1373	Marcio Garrido Rodrigues	Individual	50:54	+19:07	05:05	
529	1456	Álvaro Costa	Individual	50:56	+19:09	05:06	
530	1987	Carla Peixoto	Individual	50:56	+19:09	05:06	
531	1711	Bruno Ribeiro	Individual	50:59	+19:12	05:06	
532	2101	Cândido Cunha	Pilar Team	50:59	+19:12	05:06	
533	1929	João Gonçalves	Individual	51:01	+19:14	05:06	
534	1651	Catarina Ferreira	AudazRunClub	51:03	+19:16	05:06	
535	2340	Lucas Rocha	Individual	51:04	+19:17	05:06	
536	1273	Paulo Gonçalves	Individual	51:05	+19:18	05:07	
537	2508	Ricardo Sousa	CDRC Amarense	51:06	+19:19	05:07	
538	1473	Bruno Martins	Individual	51:08	+19:21	05:07	
539	1802	Ana Igrejas	Gordinho's Team	51:08	+19:21	05:07	
540	1522	André Patrão	Individual	51:10	+19:23	05:07	
541	2400	André Ferreira Ferreira	Individual	51:11	+19:24	05:07	
542	1107	Nuno Castella	Miles & Vibes	51:12	+19:25	05:07	
543	2025	Matteo Kammerer	Individual	51:12	+19:25	05:07	
544	1466	José Alves	Individual	51:13	+19:26	05:07	
545	1961	Jorge Pereira	Active Running	51:13	+19:26	05:07	
546	2008	Adrien Silva	Individual	51:14	+19:27	05:07	
547	2022	Rui Vieira Vieira	Individual	51:16	+19:29	05:08	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
548	1111	Nuno Carvalho	Individual	51:16	+19:29	05:08	
549	2375	Miguel Costa	Individual	51:17	+19:30	05:08	
550	2534	Bruno Martins	Individual	51:19	+19:32	05:08	
551	1377	Martinho Ribeiro	Individual	51:20	+19:33	05:08	
552	2086	Maria Inês Peixoto	Miles & Vibes	51:22	+19:35	05:08	
553	2026	Tiago Priegue	Individual	51:24	+19:37	05:08	
554	1847	PAULO SOUSA	INEM Moving	51:24	+19:37	05:08	
555	1258	Carlos Carvalho	Porta 10	51:30	+19:43	05:09	
556	1542	João Rodrigues	Individual	51:30	+19:43	05:09	
557	2075	Ana Carvalho	Individual	51:30	+19:43	05:09	
558	1735	Jorge Morais	Individual	51:33	+19:46	05:09	
559	1708	Pedro Moreira	Individual	51:33	+19:46	05:09	
560	2047	Cristiano Silva	Power Room	51:35	+19:48	05:10	
561	1613	Ana matilde miranda	Individual	51:35	+19:48	05:10	
562	1935	Laura Gomes	Individual	51:37	+19:50	05:10	
563	2230	Marcia Bandeira	Amigos da Montanha	51:38	+19:51	05:10	
564	1701	Hugo Oterelo	Individual	51:39	+19:52	05:10	
565	1861	Bruno Alves	Individual	51:41	+19:54	05:10	
566	2184	Carlos Carreira	juvmar	51:43	+19:56	05:10	
567	1886	Carlos Sousa	Power Room - Viana do Castelo	51:43	+19:56	05:10	
568	2406	Paulo Costa	GTMB	51:43	+19:56	05:10	
569	2097	Fábio Almeida	Individual	51:43	+19:57	05:10	
570	1372	Ricardo Carqueijó	Individual	51:44	+19:57	05:10	
571	2484	Rodrigo Mimoso	GCDR GEMESSES	51:44	+19:57	05:10	
572	2481	Mariana Santa Marinha	GCDR GEMESSES	51:44	+19:57	05:10	
573	2506	Ana Alves	Individual	51:44	+19:57	05:10	
574	1220	Luis Cunha	Individual	51:45	+19:58	05:10	
575	1800	ANA PAULA ALVES	Individual	51:45	+19:58	05:11	
576	1840	Marco Mariz	Individual	51:50	+20:03	05:11	
577	1962	João Teixeira	Fiscais Run Team	51:52	+20:05	05:11	
578	1325	João Miguel Freitas de Sousa Alves	Individual	51:56	+20:09	05:12	
579	1366	Mariana Santos	Amigas corredoras	51:58	+20:11	05:12	
580	1029	JOAO PAULO MACEDO	Individual	51:58	+20:11	05:12	
581	1684	Duarte Morgado	Individual	51:59	+20:12	05:12	
582	2277	Rui Pedro Rodrigues	ADE Trail Running	51:59	+20:12	05:12	
583	1184	Filipe Almendra	Veranja	52:00	+20:13	05:12	
584	1429	Pedro Emanuel Costa Teixeira	MARATONAS	52:00	+20:13	05:12	
585	1003	Eloísa Cepinha	RunMates	52:03	+20:16	05:12	
586	2355	Rui Queiroga	Individual	52:03	+20:16	05:12	
587	1624	Catarina Castro	Individual	52:03	+20:16	05:12	
588	1830	Cesar Lomba	GTRunners	52:03	+20:16	05:12	
589	2269	António Ferreira	Famalicao em forma	52:05	+20:18	05:12	
590	1874	Anabela Cortez	Individual	52:11	+20:24	05:13	
591	1232	Feliz Gaifém	TEAM LÍNGUA NO QUADRO	52:17	+20:30	05:14	
592	2316	Paulo Nogueira	Individual	52:18	+20:31	05:14	
593	2146	Elsa de Sá	Individual	52:19	+20:32	05:14	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
594	1628	Hugo Pereira	Individual	52:22	+20:35	05:14	
595	2320	Tiago Filipe	Individual	52:24	+20:37	05:14	
596	1492	João Pedro Lima	FAJOZELI	52:24	+20:37	05:14	
597	2467	Nuno Goncalves	IAT Imobiliária	52:24	+20:37	05:14	
598	1519	Filipe Rodrigues	#atribodas06h	52:26	+20:39	05:15	
599	2174	Leonor Leite	A.D.C.TREGOSA	52:27	+20:40	05:15	
600	2518	Jorge Oliveira	Individual	52:28	+20:41	05:15	
601	1249	Pascal Leiras	RIBEITRAIL	52:28	+20:41	05:15	
602	2048	Fernando Amorim	Tinto na Veia, Ritmo na Meia	52:29	+20:42	05:15	
603	1254	Diana Silva	Zé Dos Telhados	52:29	+20:42	05:15	
604	2239	Rui Vieira	Individual	52:30	+20:43	05:15	
605	1950	Margarida Marinho	Individual	52:30	+20:43	05:15	
606	1930	Zaida Costa	S. Veríssimo Ativo	52:30	+20:43	05:15	
607	1233	Sara Gonçalves	Individual	52:31	+20:44	05:15	
608	2178	Sameiro Fraguinha	Spin & Run Esposende	52:31	+20:44	05:15	
609	1872	Joao Magalhaes	Individual	52:31	+20:44	05:15	
610	2500	Miguel Ponte	Individual	52:31	+20:44	05:15	
611	1858	Joana Martins	Individual	52:32	+20:45	05:15	
612	1129	Jose Pedro Castro Pereira	Individual	52:33	+20:46	05:15	
613	1919	Catarina Caramalho	Miles & Vibes	52:34	+20:47	05:15	
614	2456	Manuel Lima	Individual	52:34	+20:47	05:15	
615	1300	Joaquim Couto Patrão	Individual	52:41	+20:54	05:16	
616	1069	Rui Santos	Individual	52:42	+20:55	05:16	
617	1551	Carla Soares	MOVIMENTO DE JUVENTUDE DE MERELIM	52:42	+20:55	05:16	
618	2265	Carlos Fernandes	Individual	52:43	+20:56	05:16	
619	2177	Maria Campos	Spin&Run Esposende	52:45	+20:58	05:17	
620	1203	Pedro Vilas-Boas	Individual	52:46	+20:59	05:17	
621	1612	EUGENIE RIBEIRO	TEAM MARATONAS	52:46	+20:59	05:17	
622	2218	Pedro Ferreira	Individual	52:46	+20:59	05:17	
623	1579	Ana Teresa Oliveira	Individual	52:47	+21:00	05:17	
624	1259	Teresa Azevedo	Porta 10	52:50	+21:03	05:17	
625	1097	Sónia Ramos	Individual	52:50	+21:03	05:17	
626	1631	Filipa Branco	Individual	52:52	+21:05	05:17	
627	1030	Jorge Teles Domingos	InShape Gym	52:54	+21:07	05:17	
628	1721	Adolfo Silva	Individual	52:54	+21:07	05:17	
629	1965	Berta Carvalho	Individual	52:56	+21:09	05:18	
630	1652	Margarida Falcao	Falcão Mendes	52:58	+21:11	05:18	
631	2437	Tiago Carvalho	CMB	53:05	+21:18	05:18	
632	1723	Jorge Sarraguça	Leões de Tardariz Trail	53:05	+21:18	05:18	
633	2191	Rui couto	juvmar	53:06	+21:19	05:19	
634	1455	Gonçalo Vasconcelos	Individual	53:08	+21:21	05:19	
635	2505	Luiz Fellipe Santana	Individual	53:09	+21:22	05:19	
636	1243	Filipa Pontes	Individual	53:14	+21:27	05:19	
637	1448	Filipe Ferreira	Go fitness	53:15	+21:28	05:19	
638	1844	Tomás Rosado	Individual	53:15	+21:28	05:20	
639	1142	Tiago Marques	Individual	53:16	+21:29	05:20	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
640	1286	Anna Wezgraj da Silva	Lobos do Atlântico	53:16	+21:29	05:20	
641	1868	Vitor Oliveira	Individual	53:16	+21:29	05:20	
642	1018	Paula Pereira	Individual	53:17	+21:30	05:20	
643	1733	João Carvalho	Falsos Lentos	53:19	+21:32	05:20	
644	1980	Miguel Gonçalves	Individual	53:20	+21:33	05:20	
645	2182	João Laranjeira	juvmar	53:20	+21:33	05:20	
646	2250	Beatriz Azevedo	Individual	53:21	+21:34	05:20	
647	1882	Inês Veiga	Individual	53:22	+21:35	05:20	
648	1045	Nuno Ferreira	Individual	53:23	+21:36	05:20	
649	1151	Lígia Ribeiro	Leões de Tardariz Trail	53:24	+21:37	05:20	
650	1292	Bruno Augusto Martins Almeida Leite	Individual	53:31	+21:44	05:21	
651	1509	Diogo Ribeiro	Individual	53:31	+21:44	05:21	
652	1508	Carlos Ferreira	Individual	53:32	+21:45	05:21	
653	2193	Pedro Ribeiro	juvmar	53:38	+21:51	05:22	
654	2186	José Mariz	juvmar	53:38	+21:51	05:22	
655	1922	Carolina Castendo	Individual	53:39	+21:52	05:22	
656	2249	Miguel Brito	Individual	53:40	+21:53	05:22	
657	1400	Xavier Araújo Carvalho	Individual	53:41	+21:54	05:22	
658	2079	Bruno Costa	Individual	53:41	+21:54	05:22	
659	1011	Ricardo Moreira	100Ritmo	53:41	+21:54	05:22	
660	1004	Antónia Guerra	RunMates	53:42	+21:55	05:22	
661	1599	Oscar Ribeiro	Individual	53:42	+21:55	05:22	
662	1679	Fatima Serra	Individual	53:42	+21:55	05:22	
663	2294	Mariana Miguela	Individual	53:44	+21:57	05:22	
664	2258	Samuel Santos	Individual	53:44	+21:57	05:22	
665	2330	João Rodrigues	JR STUDIO ACTIVE	53:44	+21:57	05:22	
666	1726	Jorge Fernandes	Individual	53:46	+21:59	05:23	
667	1660	MÁRCIO MOREIRA	INEM Moving	53:47	+22:00	05:23	
668	1368	Ricardo Marinho	Individual	53:48	+22:01	05:23	
669	2536	Francisco Amorim	Individual	53:48	+22:01	05:23	
670	2418	António Costa	Individual	53:49	+22:02	05:23	
671	1495	Mariana Oliveira	FAJOZELI	53:50	+22:03	05:23	
672	1702	Hugo Marques	Individual	53:50	+22:03	05:23	
673	1560	Bruno Novais	Corredores de Siriposta	53:51	+22:04	05:23	
674	2090	Diogo Cunha	Individual	53:53	+22:06	05:23	
675	2248	António Sousa	LOUSADA RUNNERS	53:53	+22:06	05:23	
676	1488	Isabel Alves	MOVIMENTO DE JUVENTUDE DE MERELIM	53:54	+22:07	05:23	
677	1071	Domingos Silva	Escola Secundária de Barcelinhos	53:55	+22:08	05:24	
678	1056	Vitor Gonçalves	Embarca Running	53:57	+22:10	05:24	
679	2405	Tomás Pinto	Individual	53:57	+22:10	05:24	
680	1057	Elisabete Maria Soutulho Alves	Embarca Running	53:58	+22:11	05:24	
681	2126	Pedro Dias	Individual	53:59	+22:12	05:24	
682	1773	Élio Ramos	Individual	53:59	+22:12	05:24	
683	1031	Catarina Barros	CrossBox Vikings	54:00	+22:13	05:24	
684	1821	Luis Filipe	Individual	54:01	+22:14	05:24	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
685	2203	André Silva	Os que vão como podem!	54:02	+22:15	05:24	
686	2386	Luis Paulo	OS GUARDIÕES	54:04	+22:17	05:24	
687	2429	Francisco Freitas	Francisco	54:04	+22:17	05:24	
688	1132	Mariana Ferreira	Miles & Vibes	54:04	+22:17	05:24	
689	1245	Simão Pires	Individual	54:06	+22:19	05:25	
690	1772	Anabela Ferreira	Individual	54:06	+22:19	05:25	
691	1449	Marco Alves	Go fitness	54:08	+22:21	05:25	
692	2173	Maria do Céu Figueiras	A.D.C.TREGOSA	54:08	+22:21	05:25	
693	1356	Pedro Couto	Individual	54:10	+22:23	05:25	
694	1354	Tomásia Escoval	Individual	54:13	+22:26	05:25	
695	1859	Antonio Ferreira	Individual	54:13	+22:26	05:25	
696	2511	Nuno Leitão	Individual	54:14	+22:27	05:25	
697	1615	Nuno Leal	Falsos Lentos	54:16	+22:29	05:26	
698	2088	Ivo Fernandes	Individual	54:16	+22:29	05:26	
699	1755	Sofia Araújo	Individual	54:18	+22:31	05:26	
700	1635	Pedro Cunha	Individual	54:19	+22:32	05:26	
701	1230	Luís Simão	Individual	54:20	+22:33	05:26	
702	1601	Simão Araújo	SNPS Runners	54:23	+22:36	05:26	
703	1055	Marisa Pinheiro da Silva	Individual	54:27	+22:40	05:27	
704	2528	Henrique Azevedo	Individual	54:28	+22:41	05:27	
705	2152	Diogo Silva	Individual	54:28	+22:41	05:27	
706	1221	António Pereira	Individual	54:28	+22:41	05:27	
707	2157	Pedro Costa	Individual	54:28	+22:41	05:27	
708	1727	Carlos Oliveira	Individual	54:29	+22:42	05:27	
709	1065	Diogo Abreu	Miles & Vibes	54:29	+22:42	05:27	
710	1550	Elsa Pereira	Atletas pelo mundo	54:30	+22:43	05:27	
711	1764	Andreia Da Silva	Individual	54:30	+22:43	05:27	
712	1813	Marcelo Marcos	Individual	54:30	+22:43	05:27	
713	2120	Susana Silva	Individual	54:31	+22:44	05:27	
714	1381	Manuela Vilas -boas	Vila cova activo	54:32	+22:45	05:27	
715	2331	Celso Araújo	AFIPRE Team	54:32	+22:45	05:27	
716	1244	Mariana Pires	Individual	54:34	+22:47	05:27	
717	2314	Guilherme Araújo	Individual	54:34	+22:47	05:27	
718	1967	David Maia	Individual	54:36	+22:49	05:28	
719	1966	Andreia Maia	Andreia Maia	54:36	+22:49	05:28	
720	2004	Fábio André Silva Aguiar	InterMile	54:41	+22:54	05:28	
721	1338	Dinis Amorim	Individual	54:43	+22:56	05:28	
722	2074	Ricardo Alves	PCRunners	54:43	+22:56	05:28	
723	1164	Fernanda Rocha	FERREIROLUX	54:44	+22:57	05:28	
724	2262	Carina Silva	Individual	54:45	+22:58	05:28	
725	2219	Artur Queiroz	Individual	54:47	+23:00	05:29	
726	1376	Tiago Vilarinho	Individual	54:48	+23:01	05:29	
727	1812	Joaquim Loureiro	Individual	54:48	+23:01	05:29	
728	1993	José Manuel Fernández González	Mais Que Auga	54:50	+23:03	05:29	
729	1099	Fatima Aragao	Individual	54:50	+23:03	05:29	
730	2538	Alvaro Gonçalves Rolo	Individual	54:50	+23:03	05:29	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
731	2539	Gonzalo Gonzalez	Individual	54:50	+23:03	05:29	
732	2067	Noa Ramos Gonzalez	Mais Que Auga	54:50	+23:03	05:29	
733	1911	Hugo Braga	Individual	54:51	+23:04	05:29	
734	2002	Carlos Laranjeira	Individual	54:51	+23:04	05:29	
735	1119	Diogo Monteiro	THE VAULT	54:52	+23:05	05:29	
736	1513	Sergio Carvalho	Alcaides	54:53	+23:06	05:29	
737	1588	Natália Domingues	Corre que é família!	54:53	+23:06	05:29	
738	1975	Sindi Fonseca	TOP RUNNERS	54:54	+23:07	05:29	
739	2305	José Gomes	Individual	54:55	+23:08	05:30	
740	1033	Carlos Lomba	Individual	54:58	+23:11	05:30	
741	1288	Sara Monteiro	Alcaides	54:59	+23:12	05:30	
742	2272	Alexandre Araújo	Individual	55:01	+23:14	05:30	
743	1835	Hugo Gregório	Individual	55:03	+23:16	05:30	
744	2012	Aurora Silva	Individual	55:04	+23:17	05:30	
745	2150	Maria do Sameiro Araújo	Individual	55:05	+23:18	05:30	
746	2416	Pedro Serafim	LOUSADA RUNNERS	55:06	+23:19	05:31	
747	1468	Marcelo Borges	Individual	55:07	+23:20	05:31	
748	1114	Isabel Maria Ribeiro Rodrigues Rodrigues	Individual	55:09	+23:22	05:31	
749	1787	Mário Pereira	Individual	55:13	+23:26	05:31	
750	1298	Duarte Rodrigues	Individual	55:14	+23:27	05:31	
751	1873	Tânia Isabel da Cruz Figueiredo	Individual	55:14	+23:27	05:31	
752	1907	Hind Mchaal	100RITMO de HI-FIT	55:15	+23:28	05:32	
753	1276	Antonio Oliveira	NOP	55:17	+23:30	05:32	
754	2123	Ricardo Fonseca	Individual	55:20	+23:33	05:32	
755	1480	Rui Correia	Fasminga	55:21	+23:34	05:32	
756	2486	Beatriz Sá	GCDR GEMESES	55:21	+23:34	05:32	
757	2121	Marco Zeferino da Silva Barbosa	NOP	55:21	+23:34	05:32	
758	1252	Gustavo Simões	Individual	55:21	+23:34	05:32	
759	1759	Helder Gonçalves	Gil Vicente	55:21	+23:34	05:32	
760	1477	Francisco Ferreira	Individual	55:22	+23:35	05:32	
761	2482	Ana Gabriela Sá	GCDR GEMESES	55:23	+23:36	05:32	
762	2487	Lara Lopes	GCDR GEMESES	55:23	+23:36	05:32	
763	1231	Ricardo Cordeiro	Individual	55:25	+23:38	05:33	
764	1046	Luis Faria	Inter de Cepães	55:29	+23:42	05:33	
765	1658	Nuno Coelho	Individual	55:29	+23:42	05:33	
766	1568	Marta Domingues	AudazRunClub	55:30	+23:43	05:33	
767	1683	Jorge Coelho	T22	55:30	+23:43	05:33	
768	1602	Pedro Reina	Individual	55:30	+23:43	05:33	
769	1386	Carina Melo	A TURMA DA CARINA	55:31	+23:44	05:33	
770	1452	Elsa Cunha	MARATONAS	55:32	+23:45	05:33	
771	1282	Emanuel Marques	Individual	55:32	+23:45	05:33	
772	2399	Gloria Bras	ADE Trail Running	55:32	+23:45	05:33	
773	1825	Wellington Alves	FW	55:34	+23:47	05:33	
774	1956	Asdrúbal Nogueira	TeamBLC	55:34	+23:47	05:33	
775	1283	Diogo Carneiro	Individual	55:35	+23:48	05:34	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
776	1797	Pedro Ribeiro	Individual	55:38	+23:51	05:34	
777	1592	Gracinda Palha	Individual	55:38	+23:51	05:34	
778	1771	Guillaume Cepa	No trilho do castro	55:39	+23:52	05:34	
779	1616	João Pedro Oliveira	Individual	55:40	+23:53	05:34	
780	1662	Ana Margarida Araújo	INEM Moving	55:40	+23:53	05:34	
781	1938	Miguel Ferreira	Individual	55:42	+23:55	05:34	
782	2395	Paulo Meira R.	Individual	55:43	+23:56	05:34	
783	1161	Luís Areias	Individual	55:43	+23:56	05:34	
784	1952	Carlos Freixo	Individual	55:45	+23:58	05:34	
785	2580	Paula Costa	Individual	55:45	+23:58	05:35	
786	2451	André Amorim	Individual	55:48	+24:01	05:35	
787	2284	Fernando Cunha	Individual	55:48	+24:01	05:35	
788	1820	Alexandre Ribas	Individual	55:51	+24:04	05:35	
789	2098	Inês Pinto	Individual	55:53	+24:06	05:35	
790	1388	Tiago Saleiro Costa	Sempre em frente	55:54	+24:07	05:35	
791	1387	Henriqueta Sampaio	Sempre em frente	55:54	+24:07	05:35	
792	1001	Agostinho Enes	Individual	55:56	+24:09	05:36	
793	1000	Marlene Enes	Individual	55:56	+24:09	05:36	
794	1242	João Lima	Individual	55:56	+24:09	05:36	
795	1895	Maria Cepa	TEAM PILAR	56:02	+24:15	05:36	
796	2396	Michael Machado	Individual	56:03	+24:16	05:36	
797	1686	Patrícia Gomes	Pro Pódio	56:03	+24:16	05:36	
798	2295	Leandro Teixeira	Individual	56:03	+24:16	05:36	
799	1627	Luciano Rocha	Individual	56:03	+24:16	05:36	
800	1818	Goncalo Iglesias	Individual	56:03	+24:16	05:36	
801	1688	Andre Mendes	Individual	56:04	+24:17	05:36	
802	2382	Luis Lamas	Individual	56:08	+24:21	05:37	
803	1928	Vitor Ramos	Individual	56:13	+24:26	05:37	
804	1274	Raphael Palheiras	Individual	56:13	+24:26	05:37	
805	1410	Rosana Matos	Individual	56:13	+24:26	05:37	
806	1851	Filipa Reis	Individual	56:14	+24:27	05:37	
807	2286	João Martinho	CrossFit Viana do Castelo	56:15	+24:28	05:37	
808	2318	Benedito Araújo	Individual	56:16	+24:30	05:38	
809	1937	Ana Leite	S.Veríssimo Ativo	56:18	+24:31	05:38	
810	1591	Isabel Falcão	Falcão Mendes	56:20	+24:33	05:38	
811	1503	Márcia Silva	Inter de Cepães	56:23	+24:36	05:38	
812	2404	Hugo Patrão	ADCRSME	56:24	+24:37	05:38	
813	1352	Adriana Vale	Individual	56:27	+24:40	05:39	
814	1408	Marco Ribeiro	Erdal - Vimarunners	56:27	+24:40	05:39	
815	1798	Mauro Fernandes	MiGray Team	56:28	+24:41	05:39	
816	1163	Luciano Silva	FERREIROLUX	56:29	+24:42	05:39	
817	1340	Daniela Oliveira	Treino de Domingo	56:30	+24:43	05:39	
818	2051	Rolando Costa	Team MDK	56:32	+24:45	05:39	
819	1955	Luis monteiro	TeamBLC	56:32	+24:45	05:39	
820	1485	Maria De Fátima Torres Pereira	Individual	56:36	+24:49	05:40	
821	1876	Ana Gonçalves	Individual	56:38	+24:51	05:40	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
822	1606	Teresa Patrao	Individual	56:38	+24:51	05:40	
823	1037	Adriana Menina	Individual	56:39	+24:52	05:40	
824	2139	Cristina Cortez	Individual	56:43	+24:56	05:40	
825	1462	Cláudia Leite	Individual	56:44	+24:57	05:40	
826	1816	Claudio Lages	Individual	56:45	+24:58	05:41	
827	2044	César Carvalho	Power Room	56:45	+24:58	05:41	
828	2081	Sofia Alves	Academia 23	56:48	+25:02	05:41	
829	1561	Bruno Mesquita	Vimieiro	56:49	+25:02	05:41	
830	1342	Isaura Antunes	Treino de Domingo	56:50	+25:03	05:41	
831	2434	ALBERTO VILLANUEVA MARTÍNEZ	Individual	56:52	+25:05	05:41	
832	1228	Fátima Miranda	Move	56:54	+25:07	05:41	
833	2383	Renato Rodrigues	Individual	56:55	+25:08	05:41	
834	1256	Ângelo Da Rocha	Embarca Running	56:56	+25:09	05:42	
835	1795	Maria Lomba	Individual	56:57	+25:10	05:42	
836	1713	Fábio Novo	Individual	57:02	+25:15	05:42	
837	2065	Guillermo Gaggiolo	Mais Que Auga	57:04	+25:17	05:42	
838	1333	NATALIA CASTROSEIROS GONZALEZ	Mais Que Auga	57:04	+25:17	05:42	
839	1348	Paula Miranda	Caranguejasrun	57:04	+25:17	05:42	
840	2060	Roberto Garcia de la Cruz	Mais Que Auga	57:04	+25:17	05:42	
841	1499	Álvaro Carvalho	Individual	57:05	+25:18	05:42	
842	1750	Maria Oliveira	Raposas	57:09	+25:22	05:43	
843	1418	Paula Barros	Individual	57:12	+25:25	05:43	
844	1544	Cláudia Pinho	Individual	57:12	+25:25	05:43	
845	2158	Bárbara Teixeira	Individual	57:12	+25:25	05:43	
846	2159	Bruno Barcelos	Individual	57:12	+25:25	05:43	
847	1916	Joana Faria	Individual	57:14	+25:27	05:43	
848	1415	Ana Rita de Faria Pereira	Run Power	57:15	+25:28	05:44	
849	1720	Diogo Vieira	Individual	57:18	+25:31	05:44	
850	2432	Maria Esperança Silva	Individual	57:22	+25:35	05:44	
851	2233	Jose Araujo	Amigos da Montanha	57:27	+25:40	05:45	
852	2299	Pedro Silva	10 KMorgados	57:28	+25:41	05:45	
853	1076	Jonas Meier	Escola Secundária de Barcelinhos	57:28	+25:41	05:45	
854	1399	Alexandre Santos	HD Trainning	57:30	+25:43	05:45	
855	2251	HELDER RIBEIRO	S. Veríssimo Ativo	57:32	+25:45	05:45	
856	1060	Isabel Marques	Individual	57:33	+25:46	05:45	
857	2408	Sara Duarte	São Veríssimo Ativo	57:38	+25:51	05:46	
858	2409	Bruno Teixeira	São Veríssimo Activo	57:38	+25:51	05:46	
859	1765	Clara Cerqueira	Embarca Running	57:41	+25:54	05:46	
860	1603	Guilherme Oliveira	Individual	57:44	+25:57	05:46	
861	1453	Cristiana Oliveira	Individual	57:46	+25:59	05:47	
862	1102	Cecília Viana	Viabike	57:47	+26:00	05:47	
863	1594	Paula Cristina Guedes	Individual	57:49	+26:02	05:47	
864	1339	Diana Rocha	Treino de Domingo	57:52	+26:05	05:47	
865	1341	Andreia Figueiredo	Treino de Domingo	57:53	+26:06	05:47	
866	1533	Gonçalo Costa	Individual	57:56	+26:09	05:48	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
867	2221	José Pimentel	Individual	57:56	+26:09	05:48	
868	2334	Maria Macedo	Individual	57:59	+26:12	05:48	
869	1540	Emília Gomes	Individual	57:59	+26:12	05:48	
870	1537	Andreia Silva	Individual	57:59	+26:12	05:48	
871	1134	Matilde Couto	Individual	57:59	+26:12	05:48	
872	1115	Vítor couto Couto	Individual	58:01	+26:14	05:48	
873	1088	Diogo Silva	Escola Secundária de Barcelinhos	58:01	+26:14	05:48	
874	1346	Sónia Lopes	Caranguejasrun	58:02	+26:15	05:48	
875	2241	Bruno Cruz	Individual	58:04	+26:17	05:48	
876	1877	Sofia Moreira	Individual	58:04	+26:17	05:48	
877	2279	Bruno Silva	Individual	58:04	+26:17	05:48	
878	2037	Miguel Nereu	Individual	58:05	+26:18	05:48	
879	2446	Carla Mesquita	Individual	58:05	+26:18	05:49	
880	1307	Duarte Eusébio	Individual	58:10	+26:23	05:49	
881	2483	João Lima	GCDR GEMESSES	58:10	+26:23	05:49	
882	1309	Helena Coutinho	Individual	58:12	+26:25	05:49	
883	1864	Alberta Sousa	Individual	58:15	+26:28	05:50	
884	1978	Maria Ferreira	MSS- GRUPO DESPORTIVO DE GONDOMAR	58:18	+26:31	05:50	
885	1722	Marta Ferreira	Individual	58:19	+26:32	05:50	
886	1607	Alice Oliveira	Individual	58:21	+26:34	05:50	
887	1672	Helena Moreira	Raposas	58:25	+26:38	05:51	
888	1319	Jacinta Pereira	Individual	58:26	+26:39	05:51	
889	1604	Sandra Ribeiro	Raposas	58:26	+26:39	05:51	
890	1913	Jorge Rodrigues	Individual	58:26	+26:39	05:51	
891	1311	Isabel Pires	Embarca Running	58:27	+26:40	05:51	
892	1490	Anglade Gomes	Individual	58:27	+26:40	05:51	
893	1014	Diana Vilas Boas	Vila cova ativo	58:28	+26:41	05:51	
894	1362	Márcia Azevedo	Sushi e Batatas fritas	58:28	+26:41	05:51	
895	1960	José Carlos Martins	Vila cova ativo	58:29	+26:42	05:51	
896	2112	Liliana Queirós	MARATONAS	58:30	+26:43	05:51	
897	1226	Júlio escrivães	Individual	58:31	+26:44	05:51	
898	2401	Mario Pinheiro	Individual	58:31	+26:44	05:51	
899	2293	Vítor Gomes	Individual	58:35	+26:48	05:52	
900	1479	José Araújo	Fasminga	58:38	+26:51	05:52	
901	1478	Carla Araújo	Individual	58:38	+26:51	05:52	
902	1083	Ricardo Ramos	Escola Secundária de Barcelinhos	58:40	+26:53	05:52	
903	2176	Mónica Ferreira	Spin & Run Esposende	58:42	+26:55	05:52	
904	2050	Hugo Cardoso	Individual	58:42	+26:55	05:52	
905	1774	Simão Lêdo	Individual	58:42	+26:55	05:52	
906	1146	Catarina Lêdo	Individual	58:43	+26:56	05:52	
907	1511	Angelina Cruz	Alcaides	58:43	+26:56	05:52	
908	1315	Joana Figueiredo	Alcaides	58:44	+26:57	05:52	
909	1317	Joana Pereira	Alcaides	58:44	+26:57	05:52	
910	1687	Carina Novo	Individual	58:46	+26:59	05:53	
911	1370	Joana Rasteiro	Individual	58:46	+26:59	05:53	
912	1304	Judite Torres	Individual	58:46	+26:59	05:53	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
913	2059	MARIA AURORA RODRÍGUEZ RODRÍGUEZ	Mais Que Auga	58:46	+26:59	05:53	
914	2057	Enrique González Pérez	Mais Que Auga	58:47	+27:00	05:53	
915	2148	Ana Dinis	Miles & Vibes	58:49	+27:02	05:53	
916	2113	Clara Miranda	Vila cova ativo	58:49	+27:02	05:53	
917	2073	Pedro Costa	Individual	58:49	+27:02	05:53	
918	2478	João Abreu	IAT Imobiliária	58:50	+27:03	05:53	
919	2463	Bruno Lemos	IAT Imobiliária	58:50	+27:03	05:53	
920	1739	Marta Fernandes	Individual	58:51	+27:04	05:53	
921	1643	Ângela Magalhães	Individual	58:51	+27:04	05:53	
922	1789	Ana Dias	Individual	58:52	+27:05	05:53	
923	1204	Cátia SÁ	Individual	58:53	+27:06	05:53	
924	1649	Cátia Oliveira	Individual	58:54	+27:07	05:53	
925	1959	Gracinda Martins	Vila cova ativo	58:54	+27:07	05:53	
926	1225	Luís Patrão	Individual	58:55	+27:08	05:53	
927	2105	Carlos Júnior	Individual	58:55	+27:08	05:53	
928	1557	Jose Silva	Individual	58:55	+27:08	05:53	
929	1597	Ana Magalhães	Individual	58:55	+27:08	05:54	
930	1600	Celia Rocha	Individual	58:58	+27:12	05:54	
931	1461	Berta Augusto	Individual	58:59	+27:12	05:54	
932	1504	Luisa Ferreira	Individual	58:59	+27:12	05:54	
933	1915	Ana Silva	Individual	58:59	+27:12	05:54	
934	1891	Tony Silva	Tss	59:00	+27:13	05:54	
935	2217	Ricardo Cardoso	Moços	59:00	+27:13	05:54	
936	1682	Paulo Barbosa	Individual	59:01	+27:14	05:54	
937	2313	Paulo Saraiva	Individual	59:01	+27:14	05:54	
938	2384	Marco Moreira	Individual	59:02	+27:15	05:54	
939	2063	Pilar Rivera Dobao	Mais Que Auga	59:02	+27:15	05:54	
940	2064	Daniel Pardo Porto	Mais Que Auga	59:02	+27:15	05:54	
941	1977	Nelson Soares	Individual	59:03	+27:16	05:54	
942	1229	Jorge Peixoto	Individual	59:06	+27:19	05:55	
943	1070	Miguel Novais	Escola Secundária de Barcelinhos	59:07	+27:20	05:55	
944	1264	Luís Francisco Lima Castro	Individual	59:08	+27:21	05:55	
945	1532	Alexandra Machado	Alexandra Machado	59:08	+27:21	05:55	
946	1553	Marta Costinha	Individual	59:08	+27:21	05:55	
947	2266	Joana Silva	Individual	59:09	+27:22	05:55	
948	2028	Sofia Mingote	Individual	59:12	+27:25	05:55	
949	2029	Pedro Cerqueira	airórun	59:12	+27:25	05:55	
950	1875	Miguel Pereira	Individual	59:12	+27:25	05:55	
951	1964	Octávio Cerqueira	Individual	59:13	+27:26	05:55	
952	2268	Pedro Eira	Individual	59:13	+27:26	05:55	
953	1583	Marta Loureiro	Individual	59:14	+27:27	05:55	
954	1793	Luís Viana	Individual	59:15	+27:28	05:56	
955	1052	Paulo Regado	Individual	59:15	+27:28	05:56	
956	1741	Adriana Fernandes	Individual	59:19	+27:32	05:56	
957	1817	Sofia Ramos	Individual	59:20	+27:33	05:56	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
958	1141	Angela Sousa	Individual	59:20	+27:33	05:56	
959	1359	Paula Caetano	Individual	59:22	+27:35	05:56	
960	1219	Margarida Gomes	Individual	59:22	+27:35	05:56	
961	2240	Catarina Lindo	Cerqueira Centro de Treino - Valença	59:26	+27:39	05:57	
962	2033	Tiago Pena	GOGGINOS	59:27	+27:40	05:57	
963	2271	Nelson Miranda	Individual	59:30	+27:43	05:57	
964	1899	Luísa Hedvigés Lopes de Araujo	Eduardo e Luísa Running	59:31	+27:44	05:57	
965	2391	Eduardo Fernandes	Eduardo e Luísa Running	59:31	+27:44	05:57	
966	1784	José Nogueira	Individual	59:32	+27:45	05:57	
967	2104	Alfredo Silva	Individual	59:32	+27:45	05:57	
968	2155	Manuela Carvalho	Vila cova ativo	59:33	+27:46	05:57	
969	1799	Vera Gonçalves	Individual	59:38	+27:51	05:58	
970	1454	Sonia Rodrigues	Individual	59:40	+27:53	05:58	
971	1100	Pedro Pires	Viabike	59:41	+27:54	05:58	
972	1265	Marta Mota	Individual	59:41	+27:54	05:58	
973	1881	Ana Ferreira	Individual	59:41	+27:54	05:58	
974	1543	Manuel Francisco Vasco Gaifem Tito Gaifem	Individual	59:49	+28:02	05:59	
975	1067	Carolina Bastos	Pé-Coxinhos	59:58	+28:11	06:00	
976	2292	Inês Tereso	Individual	59:58	+28:11	06:00	
977	2042	Rui Ferreira	Individual	59:59	+28:12	06:00	
978	2367	Isa Catarina M. Ribeiro	ADE Trail Running	01:00:00	+28:13	06:00	
979	2397	Rui Miguel Rodrigues	ADE Trail Running	01:00:00	+28:13	06:00	
980	2040	Alexandre Alves	Individual	01:00:01	+28:14	06:00	
981	1246	Henrique Sousa	Individual	01:00:02	+28:15	06:00	
982	2394	Marcelo Silva	Individual	01:00:02	+28:15	06:00	
983	1857	Lucia de Jesus Fernandes da Corucho	Individual	01:00:02	+28:15	06:00	
984	1382	Marcos da Cruz	Individual	01:00:02	+28:15	06:00	
985	2238	Joana Vilaça	Individual	01:00:02	+28:15	06:00	
986	1894	Catarina Cepa	TEAM PILAR	01:00:02	+28:16	06:00	
987	1320	Sónia Ferreira	Individual	01:00:06	+28:19	06:01	
988	1190	Alcina Lopes	Individual	01:00:06	+28:19	06:01	
989	1536	Miguel Sousa	Individual	01:00:07	+28:20	06:01	
990	1464	Pedro Faria	Individual	01:00:09	+28:22	06:01	
991	1027	PAULO JORGE MADUREIRA RIBEIRO	Clube novobanco	01:00:10	+28:23	06:01	
992	1026	Adelaide Pereira	Clube novobanco	01:00:10	+28:23	06:01	
993	1090	Ana Alpuim	Individual	01:00:10	+28:23	06:01	
994	2131	Paulo Seabra	Individual	01:00:10	+28:23	06:01	
995	2114	Cristina Rosario	Individual	01:00:10	+28:23	06:01	
996	1974	Ivo Martins	Individual	01:00:11	+28:24	06:01	
997	2043	Gabriela Biasi	Tinto na Veia, Ritmo na Meia	01:00:11	+28:24	06:01	
998	1860	Diana Alves	Individual	01:00:14	+28:27	06:01	
999	1989	Joana Ferreira	Individual	01:00:17	+28:30	06:02	
1000	1335	Carlos Soares	Individual	01:00:19	+28:32	06:02	
1001	1942	Bruno Fonte	Individual	01:00:19	+28:32	06:02	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1002	1113	Diana Ribeiro	Individual	01:00:20	+28:33	06:02	
1003	1195	Carlos Marques	Quintas a Correr	01:00:20	+28:33	06:02	
1004	1941	Ana Rodrigues	Individual	01:00:20	+28:33	06:02	
1005	1516	Ana Alves	Individual	01:00:21	+28:34	06:02	
1006	1783	Vanessa Alves	Individual	01:00:21	+28:34	06:02	
1007	2509	Raquel Sousa	CDRC Amarense	01:00:28	+28:41	06:03	
1008	2414	Tatiana Marinho	Individual	01:00:29	+28:42	06:03	
1009	1968	Sérgio Costa	Individual	01:00:30	+28:43	06:03	
1010	2099	Rita Santos	Individual	01:00:31	+28:44	06:03	
1011	1020	Patrícia de Paula Paty	Individual	01:00:33	+28:46	06:03	
1012	2018	Ana Oliveira	Adttr travassos running fafe	01:00:36	+28:49	06:04	
1013	2092	Vania Cunha	Adttr travassos running fafe	01:00:37	+28:50	06:04	
1014	1124	Bernardo Areia de Carvalho	Individual	01:00:39	+28:52	06:04	
1015	1474	Joana Lobarinhas	Individual	01:00:42	+28:55	06:04	
1016	1475	Cristiano Martins	Individual	01:00:42	+28:55	06:04	
1017	1710	Tina Sciallo	Individual	01:00:43	+28:56	06:04	
1018	1595	Beatriz Cravinho	Individual	01:00:44	+28:57	06:04	
1019	1463	Paulo Coelho	Alcaides	01:00:48	+29:01	06:05	
1020	1865	Ricardo Carvalho	Individual	01:00:49	+29:02	06:05	
1021	2118	Rita Maia de Oliveira	AMVE - ASSOCIAÇÃO MOINHO DE VERMOIM	01:00:49	+29:02	06:05	
1022	1159	Ana Ribeiro	Pé Coxinhos	01:00:50	+29:03	06:05	
1023	2119	Filipe Oliveira	AMVE - ASSOCIAÇÃO MOINHO DE VERMOIM	01:00:51	+29:04	06:05	
1024	1589	Meirielly Jesus	Tinto na veia, ritmo na meia!	01:00:52	+29:05	06:05	
1025	1133	Olinda Neiva	100Ritmo	01:00:56	+29:09	06:06	
1026	2253	Isabel Ferreira	Individual	01:00:57	+29:10	06:06	
1027	2347	Conceição Queiroz	Individual	01:01:02	+29:15	06:06	
1028	2371	Juliana Pinheiral	ADE Trail Running	01:01:03	+29:16	06:06	
1029	1641	Susana Precioso	Lebres	01:01:04	+29:17	06:06	
1030	1705	Carina Ferreira	Individual	01:01:04	+29:17	06:06	
1031	1910	Daniel Barros	Individual	01:01:12	+29:25	06:07	
1032	2111	Fernando Ribeiro	Individual	01:01:17	+29:30	06:08	
1033	1206	Jose Oliveira	Individual	01:01:17	+29:30	06:08	
1034	2315	Ana Rita Dias	Individual	01:01:20	+29:33	06:08	
1035	1794	Marta Viana	Individual	01:01:21	+29:34	06:08	
1036	2381	Ana Catarina Bastos	Individual	01:01:22	+29:35	06:08	
1037	1747	Ana Sofia Silva	Individual	01:01:22	+29:35	06:08	
1038	2373	Mariana Capitão	Individual	01:01:23	+29:36	06:08	
1039	2372	Marcelino Mota	BragaRunnres	01:01:24	+29:37	06:08	
1040	1160	Fernanda Senra	Individual	01:01:24	+29:37	06:08	
1041	1973	Eduarda Vila-Chã	Individual	01:01:25	+29:38	06:09	
1042	2504	Vitor Ramalho	Vila cova ativo	01:01:26	+29:39	06:09	
1043	2124	Ana cunha	Vila cova ativo	01:01:27	+29:40	06:09	
1044	1703	Carlos Figueiredo	Individual	01:01:30	+29:43	06:09	
1045	1153	Joana Couto	Individual	01:01:30	+29:43	06:09	
1046	2438	Ana Arantes	CMB	01:01:31	+29:44	06:09	
1047	1951	Lena abreu	TeamBLC	01:01:32	+29:45	06:09	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1048	1567	Ana Ferreira	AudazRunClub	01:01:34	+29:47	06:09	
1049	1169	Inês Landolt Ferreira Gomes Abrunhosa Landolt	ADCRSME	01:01:34	+29:47	06:09	
1050	1126	José Paulo Areia de Carvalho	Individual	01:01:35	+29:48	06:10	
1051	1072	Dinis Campinho	Escola Secundária de Barcelinhos	01:01:37	+29:50	06:10	
1052	1459	Vitória Carneiro	Miles and Vibes	01:01:39	+29:52	06:10	
1053	1205	Margarida Martins	Individual	01:01:42	+29:55	06:10	
1054	1621	Angela Leite	Individual	01:01:42	+29:55	06:10	
1055	2231	Carla VilasBoas	Amigos da Montanha	01:01:42	+29:55	06:10	
1056	1707	Margarida Martins	MARATONAS	01:01:44	+29:57	06:10	
1057	2523	José Macedo	Individual	01:01:44	+29:57	06:10	
1058	1484	PEDRO DANIEL COELHO DO REGO	Individual	01:01:44	+29:57	06:10	
1059	1625	Sara Silva	Individual	01:01:48	+30:01	06:11	
1060	1336	Alex Mendes	Individual	01:01:50	+30:03	06:11	
1061	1758	Lucília Ribeiro	Individual	01:01:53	+30:06	06:11	
1062	1154	Sofia Barbosa	Individual	01:01:56	+30:09	06:12	
1063	1420	Márcio Pereira	Individual	01:01:57	+30:10	06:12	
1064	1559	Gonçalo Guimarães	Corredores de Siriposta	01:01:59	+30:12	06:12	
1065	1476	Aldara Isabel da Silva Torres	Individual	01:01:59	+30:12	06:12	
1066	1558	Filipa Lopes	Corredores de Siriposta	01:02:00	+30:13	06:12	
1067	1332	Isabel Cardoso	100Ritmo	01:02:00	+30:13	06:12	
1068	1921	Micaela Azevedo	Porta 10	01:02:01	+30:14	06:12	
1069	1791	Mário Fernandes	Individual	01:02:01	+30:14	06:12	
1070	1934	Inês Soucasaux Ferreira	Individual	01:02:02	+30:15	06:12	
1071	1826	Filipe Rodrigues	FW	01:02:06	+30:19	06:13	
1072	1152	Lurdes Sanguedo	Gens Sport clube Trail	01:02:08	+30:21	06:13	
1073	1572	Márcia Abreu	Individual	01:02:10	+30:23	06:13	
1074	2142	Diogo Gomes	Individual	01:02:12	+30:25	06:13	
1075	2237	Bruna Coto	Individual	01:02:14	+30:27	06:13	
1076	2532	Pedro Moreira	Individual	01:02:15	+30:28	06:13	
1077	1329	Joana Durães	Individual	01:02:19	+30:32	06:14	
1078	1130	Maria João Oliveira	Individual	01:02:20	+30:33	06:14	
1079	2492	Maria Sousa	GCDR GEMESES	01:02:28	+30:41	06:15	
1080	1193	Fernando Lopes	Individual	01:02:28	+30:41	06:15	
1081	2490	Joana Peixoto	GCDR GEMESES	01:02:29	+30:42	06:15	
1082	2049	Mónica Pedrosa	Individual	01:02:30	+30:43	06:15	
1083	2540	Guida Silva	Amigos da Montanha	01:02:37	+30:50	06:16	
1084	2541	José Gonçalves	Amigos da Montanha	01:02:37	+30:50	06:16	
1085	2542	Carlos Brito	Amigos da Montanha	01:02:37	+30:50	06:16	
1086	1596	Bárbara Correia	Individual	01:02:45	+30:58	06:16	
1087	1890	Mário Esteves	Alcaides	01:02:53	+31:06	06:17	
1088	1744	Marina Amorim	Individual	01:02:54	+31:07	06:17	
1089	2103	Cristina Silva	Individual	01:02:54	+31:07	06:17	
1090	2130	Ana Silva	ADCRSME	01:02:55	+31:08	06:17	
1091	2441	Stephanie pedra	Individual	01:02:55	+31:08	06:17	
1092	1832	Ana Ramos	GTRunners	01:03:00	+31:13	06:18	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1093	1139	Carlos Campelo	ADCRSME	01:03:01	+31:14	06:18	
1094	1375	José Cravino	Individual	01:03:03	+31:16	06:18	
1095	1753	Alexandra Mariz	Individual	01:03:14	+31:27	06:19	
1096	2083	Sérgio Sá	Individual	01:03:16	+31:29	06:20	
1097	2527	Luis Silva	Individual	01:03:16	+31:29	06:20	
1098	1421	Tania Ramos	Individual	01:03:16	+31:29	06:20	
1099	1180	Alberto Sa	Lobos do Monte Tun	01:03:17	+31:30	06:20	
1100	2413	Noël Freitas	Individual	01:03:20	+31:33	06:20	
1101	2154	Lucia Pilar	Pilarteam	01:03:27	+31:40	06:21	
1102	2307	Ezequiel Costa	Seca Pipas	01:03:29	+31:42	06:21	
1103	1892	Tania Sousa	Individual	01:03:29	+31:42	06:21	
1104	2302	Joana Cardoso	Individual	01:03:31	+31:44	06:21	
1105	2132	Viviana Miranda	Individual	01:03:33	+31:46	06:21	
1106	1357	Veronica Pereira	Individual	01:03:40	+31:53	06:22	
1107	1098	Vera Cruz	Individual	01:03:41	+31:54	06:22	
1108	2187	Óscar Gonçalves	juvmar	01:03:41	+31:54	06:22	
1109	1724	Caroline Belei	Individual	01:03:45	+31:58	06:23	
1110	1116	Bruno Bruno	Individual	01:03:52	+32:05	06:23	
1111	2106	Mariana Lopes	Individual	01:03:53	+32:06	06:23	
1112	2019	Susana Bras	Só estou aqui porque não ha ondas	01:03:59	+32:12	06:24	
1113	1529	Luís Gomes	Individual	01:04:05	+32:18	06:25	
1114	1379	Bruna Costa	Individual	01:04:06	+32:19	06:25	
1115	1512	Bárbara Lourenço	Individual	01:04:10	+32:23	06:25	
1116	1279	João Vaz	Porta 10	01:04:18	+32:31	06:26	
1117	1257	Eduarda Simões	Porta 10	01:04:18	+32:31	06:26	
1118	1700	Laura Afonso	Individual	01:04:20	+32:33	06:26	
1119	1401	José Faria	Individual	01:04:21	+32:34	06:26	
1120	2206	Francisco Rodrigues	Os que vão como podem!	01:04:21	+32:34	06:26	
1121	2115	Daniela Vegas	Daniela Vegas	01:04:23	+32:36	06:26	
1122	2317	Ana Silva	Individual	01:04:37	+32:50	06:28	
1123	1092	Cláudia Lobo	Individual	01:04:38	+32:51	06:28	
1124	1912	Maria Torres	Individual	01:04:38	+32:51	06:28	
1125	2205	Sónia Grilo	Os que vão como podem!	01:04:40	+32:53	06:28	
1126	1367	Filipa Rodrigues	Amigas corredoras	01:04:40	+32:53	06:28	
1127	2069	Diogo Rodrigues	Individual	01:04:40	+32:53	06:28	
1128	1500	Ana Vidal	Individual	01:04:46	+32:59	06:29	
1129	1016	Elisabete Vidal	Individual	01:04:46	+32:59	06:29	
1130	1496	Tânia Ramos	Individual	01:04:52	+33:05	06:29	
1131	1498	Bárbara Gonçalves	Individual	01:04:59	+33:12	06:30	
1132	1404	Andreia Ferreira	Individual	01:05:00	+33:13	06:30	
1133	2290	Joel Bicho	Individual	01:05:00	+33:13	06:30	
1134	1390	Sandra Vaz	Individual	01:05:06	+33:19	06:31	
1135	1389	Sara Gonçalves	Individual	01:05:07	+33:20	06:31	
1136	2335	Alexandra Cardoso	Individual	01:05:10	+33:23	06:31	
1137	1343	Liliana Loureiro	Renasce	01:05:11	+33:24	06:31	
1138	2166	António Jácomo	Carvalho Ferreira	01:05:18	+33:31	06:32	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1139	2435	Catia Andrade HENRIQUES	Individual	01:05:21	+33:34	06:32	
1140	1280	Diana Martins Ferreira	Speedy Gonzalas	01:05:22	+33:35	06:32	
1141	1238	João Araújo	Ninja	01:05:27	+33:40	06:33	
1142	1214	Filipe Simões	Ninja	01:05:27	+33:40	06:33	
1143	1776	João Campos	Individual	01:05:29	+33:42	06:33	
1144	2417	Stefano Boldrini	Individual	01:05:35	+33:48	06:33	
1145	2023	Joana Reis	Individual	01:05:39	+33:52	06:34	
1146	1673	Madalena Ferreira	Individual	01:05:40	+33:53	06:34	
1147	2091	Evelina Fernandes	Individual	01:05:41	+33:54	06:34	
1148	1754	Miguel Costa	Individual	01:05:43	+33:56	06:34	
1149	1777	Margarida Mota	Individual	01:05:43	+33:56	06:34	
1150	1044	Miguel Rodriguez	Sissi Bros	01:05:43	+33:56	06:34	
1151	1296	Joana Góis	Individual	01:05:44	+33:57	06:34	
1152	1297	Inês Coutinho	Individual	01:05:46	+33:59	06:35	
1153	2046	Henrique Rebelo	Power Room	01:05:49	+34:02	06:35	
1154	2311	Andreia Ferreira	Estela Bike Time	01:05:55	+34:08	06:35	
1155	1167	Eduardo Sousa	FERREIROLUX	01:05:55	+34:08	06:35	
1156	1836	Andreia Miranda	Individual	01:06:00	+34:13	06:36	
1157	1120	Soraia Alves	Individual	01:06:15	+34:28	06:38	
1158	1248	Isac furtado	Individual	01:06:24	+34:37	06:38	
1159	1751	LÁZARO CRUZ	INEM Moving	01:06:26	+34:39	06:39	
1160	1982	NATÁLIA COSTA	INEM Moving	01:06:26	+34:39	06:39	
1161	2209	Inês Pimentel	Individual	01:06:27	+34:40	06:39	
1162	1838	Cláudia Santos	Individual	01:06:28	+34:41	06:39	
1163	2223	Sara Coelho	Individual	01:06:38	+34:51	06:40	
1164	1101	Carina Viana	Viabike	01:06:40	+34:53	06:40	
1165	1034	Marina Ribeiro	100Ritmo	01:06:42	+34:55	06:40	
1166	2306	Jean-Jacques Costa	Seca Pipas	01:06:45	+34:58	06:40	
1167	2056	Sara senra	Individual	01:06:49	+35:02	06:41	
1168	1188	Carlos Felgueiras	ADCRSME	01:06:53	+35:06	06:41	
1169	2458	Andre Lima	Individual	01:07:01	+35:14	06:42	
1170	2459	Vladimiro Cledónio	Amigos da Montanha	01:07:01	+35:14	06:42	
1171	2041	Helena Pereira	GOGGINOS	01:07:03	+35:16	06:42	
1172	1385	Elisabete Gonçalves	Individual	01:07:05	+35:18	06:43	
1173	2453	Helder Mateus	Individual	01:07:06	+35:19	06:43	
1174	1983	Paula Ferreira	Individual	01:07:11	+35:24	06:43	
1175	1954	Carolina Lopes	Individual	01:07:16	+35:29	06:44	
1176	1957	Patrícia Pinto	Individual	01:07:16	+35:29	06:44	
1177	2199	Rita Soucasaux	Individual	01:07:16	+35:29	06:44	
1178	1365	Débora Marque	Porta10	01:07:17	+35:30	06:44	
1179	2214	Juliana Pereira	Individual	01:07:25	+35:38	06:44	
1180	1326	Rui Veloso	ADCRSME	01:07:32	+35:45	06:45	
1181	1168	Luís Carvalho	ADCRSME	01:07:33	+35:46	06:45	
1182	1709	Adriana Sciollo	Individual	01:07:35	+35:48	06:45	
1183	1657	Francisco Ferreira	Individual	01:07:40	+35:53	06:46	
1184	1398	Mariana Neto	Individual	01:07:48	+36:01	06:47	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1185	2448	Sérgio Sousa	Individual	01:07:54	+36:07	06:47	
1186	2449	Isabel Batista	Individual	01:07:55	+36:08	06:48	
1187	1085	Rafael Carvalho	Escola Secundária de Barcelinhos	01:08:00	+36:13	06:48	
1188	1089	Breyner Figueiredo	Escola Secundária de Barcelinhos	01:08:00	+36:13	06:48	
1189	1822	Marlene Palmeira	Individual	01:08:00	+36:13	06:48	
1190	1403	Manuela Ribeiro	Individual	01:08:03	+36:16	06:48	
1191	1197	Ana Abreu	Individual	01:08:06	+36:19	06:49	
1192	2346	Inês Romarigo	Individual	01:08:06	+36:19	06:49	
1193	1431	Mariana Martins	MARATONAS	01:08:18	+36:31	06:50	
1194	1871	Guilherme Simão	Individual	01:08:20	+36:33	06:50	
1195	2061	Mónica Vázquez Mayo	Mais Que Auga	01:08:30	+36:43	06:51	
1196	2062	Victoriano Sanmartín González	Mais Que Auga	01:08:31	+36:44	06:51	
1197	1900	Mariana Peixoto	PeixotoAbreu	01:08:32	+36:45	06:51	
1198	1901	Gonçalo Abreu	PeixotoAbreu	01:08:33	+36:46	06:51	
1199	1927	Inês Barbosa	Individual	01:08:33	+36:46	06:51	
1200	1291	Sara Guerra	Individual	01:08:37	+36:50	06:52	
1201	2243	Paola Camargo	Individual	01:08:37	+36:50	06:52	
1202	2440	João Barroso	Individual	01:08:38	+36:51	06:52	
1203	1656	Carina Oliveira	Individual	01:08:40	+36:53	06:52	
1204	1247	Daniela Furtado	Individual	01:08:41	+36:54	06:52	
1205	1947	Catarina Silva	Individual	01:08:45	+36:58	06:53	
1206	1117	Raquel André Vila Chã	PIMENTA	01:08:53	+37:06	06:53	
1207	1118	Hélder Assunção	PIMENTA	01:08:54	+37:07	06:53	
1208	1969	Catarina Pereira	Individual	01:09:13	+37:26	06:55	
1209	1852	Jose Cruz	Individual	01:09:17	+37:30	06:56	
1210	1704	Fernando Rocha	Impar Running Team	01:09:17	+37:30	06:56	
1211	1450	Inês Silva	Individual	01:09:31	+37:44	06:57	
1212	2390	Juliana Oliveira	Individual	01:09:37	+37:50	06:58	
1213	2285	Inês Monteiro	Individual	01:09:39	+37:52	06:58	
1214	1770	Raquel Moreira	Individual	01:09:44	+37:57	06:58	
1215	1893	Artur Silva	São Veríssimo Ativo	01:09:51	+38:04	06:59	
1216	1870	Tânia Costa	S. Veríssimo Ativo	01:09:51	+38:04	06:59	
1217	2055	Bárbara Barbosa	Individual	01:09:53	+38:06	06:59	
1218	1212	Suse Couto	Individual	01:09:53	+38:06	06:59	
1219	1946	Rosa Vila-Chã	Individual	01:10:05	+38:18	07:00	
1220	1171	Hugo Ferreira	ADCRSME	01:10:17	+38:30	07:02	
1221	2301	Fátima Novais	Perelhal a Correr	01:10:23	+38:36	07:02	
1222	2469	Marília Rodrigues	IAT Imobiliária	01:10:23	+38:36	07:02	
1223	2303	Natália Júlio	Perelhal a Correr	01:10:23	+38:36	07:02	
1224	1653	José Azevedo	Individual	01:10:24	+38:37	07:02	
1225	1301	Humberto Barros	Impar Running Team	01:10:34	+38:47	07:03	
1226	2412	Daniela Bessa	Individual	01:10:34	+38:47	07:03	
1227	2222	Flávia Carvalho	Individual	01:10:35	+38:48	07:03	
1228	1633	Catarina Ferreira	Individual	01:10:39	+38:52	07:04	
1229	1639	Carla Silva	Individual	01:10:41	+38:54	07:04	
1230	1811	Cristina Costa	Individual	01:11:02	+39:15	07:06	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1231	1810	Tiago Tiago Santos	Individual	01:11:03	+39:16	07:06	
1232	2244	Jacqueline Pacheco	Individual	01:11:04	+39:17	07:06	
1233	1502	Marta Quintas	Individual	01:11:07	+39:20	07:07	
1234	1888	Eliana Costa	McQueen's Legacy	01:11:15	+39:28	07:07	
1235	2275	Helder Goncalves	Individual	01:11:23	+39:36	07:08	
1236	2227	Carolina Cunha	Individual	01:11:24	+39:37	07:08	
1237	1425	Vânia Faria	Individual	01:11:33	+39:46	07:09	
1238	1428	Lígia Sousa	Individual	01:11:33	+39:46	07:09	
1239	1407	Maria Cosme	Individual	01:11:33	+39:46	07:09	
1240	2188	Luciana Queirós	juvmar	01:11:39	+39:52	07:10	
1241	1437	Amélia Maciel	Individual	01:11:46	+39:59	07:11	
1242	2100	Ana Teresa Viana	Individual	01:11:47	+40:00	07:11	
1243	2319	Jacinta Pilar	Pilar Team	01:11:48	+40:01	07:11	
1244	1528	Nuna Carvalho	Individual	01:11:51	+40:04	07:11	
1245	1885	Maria Vieira	Individual	01:11:52	+40:05	07:11	
1246	2278	SOFIA MOREIRA	Individual	01:11:58	+40:11	07:12	
1247	1675	Lucia Pinto	Individual	01:11:59	+40:12	07:12	
1248	1347	Suzana Pereira	Caranguejasrun	01:12:06	+40:19	07:13	
1249	2423	Sergio Enes	ATRIUM AREIAS TEAM	01:12:14	+40:27	07:13	
1250	1143	Andreia Silva	Individual	01:12:17	+40:30	07:14	
1251	1131	Elisa Ribeiro	Alcance	01:12:19	+40:32	07:14	
1252	2134	José Duarte	Individual	01:12:23	+40:36	07:14	
1253	1237	Marina Cepa	100Ritmo	01:12:35	+40:48	07:16	
1254	2211	Manuela Costa	100Ritmo	01:12:36	+40:49	07:16	
1255	2489	Inês Marques	GCDR GEMESSES	01:12:36	+40:49	07:16	
1256	1227	Pedro Faria	Individual	01:12:47	+41:00	07:17	
1257	2392	Maria Lima	Individual	01:12:52	+41:05	07:17	
1258	1743	Horacio Santos	Individual	01:13:00	+41:13	07:18	
1259	2514	Helena martins	Individual	01:13:06	+41:19	07:19	
1260	1095	Beatriz Silva	Cromos...somas	01:13:21	+41:34	07:20	
1261	1138	Bruno Ribeiro	ADCRSME	01:13:23	+41:36	07:20	
1262	1073	Diego Torres	Escola Secundária de Barcelinhos	01:13:27	+41:40	07:21	
1263	1685	Gustavo Ferreira	Individual	01:13:37	+41:50	07:22	
1264	1671	Alberto Ferreira	Individual	01:13:38	+41:51	07:22	
1265	1897	Hélder Gonçalves	Individual	01:13:43	+41:56	07:22	
1266	1241	Diogo Alves	Fake Running Club	01:13:47	+42:00	07:23	
1267	1465	Eduarda Torgal	Individual	01:13:47	+42:00	07:23	
1268	1933	Nuno Ferreira	S. Veríssimo Ativo	01:14:03	+42:16	07:24	
1269	1925	Cristiana Oliveira	São Veríssimo Activo	01:14:03	+42:16	07:24	
1270	1666	Isabel Marinha	Individual	01:14:10	+42:23	07:25	
1271	1716	SILVIA OLIVEIRA	Individual	01:14:11	+42:24	07:25	
1272	2274	RUI PALMEIRA	INEM Moving	01:14:16	+42:29	07:26	
1273	1663	NÍDIA AZEVEDO	INEM Moving	01:14:17	+42:30	07:26	
1274	1413	Margarida Ferreira	Individual	01:14:18	+42:31	07:26	
1275	1730	Anabela da Rocha Casal Casal	Trilhos de Viana	01:14:29	+42:42	07:27	
1276	1009	José Coelho	Individual	01:14:29	+42:42	07:27	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1277	1580	Cláudia Martins	Individual	01:14:32	+42:45	07:27	
1278	1262	Paulo Ribeiro	Individual	01:14:32	+42:45	07:27	
1279	1351	REGINA GONZALEZ MERA	Mais Que Auga	01:14:59	+43:12	07:30	
1280	1489	Jonathan Teixeira	Individual	01:15:01	+43:14	07:30	
1281	2411	Paulo Ribeiro	Altos e Baixos	01:15:01	+43:14	07:30	
1282	1996	Ana Pinheiro	ADCRSME	01:15:13	+43:26	07:31	
1283	2341	Rosa Costa	Individual	01:15:21	+43:34	07:32	
1284	1670	SOFIA MACHADO	INEM Moving	01:15:45	+43:58	07:34	
1285	1412	Bruno Rocha	Altos e Baixos	01:15:56	+44:09	07:36	
1286	1918	Rui silva Gomes	Altos e Baixos	01:15:57	+44:10	07:36	
1287	1819	Adriana Oliveira	Individual	01:16:05	+44:18	07:36	
1288	1295	José Miguel Ribeiro	100Pernas	01:16:20	+44:33	07:38	
1289	1269	Luís Pedro Ribeiro	100Pernas	01:16:21	+44:34	07:38	
1290	1889	Catarina Cruz	Individual	01:16:28	+44:41	07:39	
1291	1063	João Cajeira	MSS Grupo Desportivo Gondomar	01:16:37	+44:50	07:40	
1292	2020	Joao Rosario	Individual	01:16:39	+44:52	07:40	
1293	2273	Daniela Ribeiro Pereira	Individual	01:16:49	+45:02	07:41	
1294	1396	CARLOS PEREIRA	Individual	01:16:51	+45:04	07:41	
1295	1867	Letícia Lopess	Individual	01:16:55	+45:08	07:42	
1296	1806	Maria Rodrigues	Individual	01:16:58	+45:11	07:42	
1297	1698	Jose Novo	Individual	01:16:58	+45:11	07:42	
1298	2407	Cândido Oliveira	GTMB	01:16:59	+45:12	07:42	
1299	1697	Maria Novo	Individual	01:17:00	+45:13	07:42	
1300	1103	Patricia Leite Viana	Viabike	01:17:01	+45:14	07:42	
1301	1457	Renata Campinho Miranda	Individual	01:17:05	+45:18	07:42	
1302	1458	Steven Da Silva Boaventura	Individual	01:17:06	+45:19	07:43	
1303	2011	Diogo Soares	Coca Cola de Vidro	01:17:12	+45:25	07:43	
1304	1712	Teresa Oliveira	Individual	01:17:32	+45:45	07:45	
1305	2281	Rodrigo Silva	Individual	01:17:36	+45:49	07:46	
1306	2280	Joana Lourenço	Individual	01:17:36	+45:49	07:46	
1307	1299	Dulce Ribeiro	Individual	01:18:34	+46:47	07:51	
1308	1945	Alexandre Oliveira	Xuxus	01:19:04	+47:17	07:54	
1309	1944	Ana Luísa Cerqueira	Xuxus	01:19:05	+47:18	07:54	
1310	1041	Hugo Silva	Sissi Bros	01:19:11	+47:24	07:55	
1311	1042	Beatriz Silva	Sissi Bros	01:19:11	+47:24	07:55	
1312	2228	Cristiana VilasBoas	Amigos da Montanha	01:19:30	+47:43	07:57	
1313	1217	Helena Moutinho	Magos	01:19:44	+47:57	07:58	
1314	1216	Andreia Alvadia	Magos	01:19:44	+47:57	07:58	
1315	1608	Margarida Martins	Individual	01:19:52	+48:05	07:59	
1316	1524	Cátia Bogas	Individual	01:19:56	+48:09	08:00	
1317	2117	Sofia Silva	Individual	01:20:09	+48:22	08:01	
1318	2288	Tatiana Soares	Individual	01:20:14	+48:27	08:01	
1319	2444	Filipa Fonte	Individual	01:20:14	+48:27	08:01	
1320	1162	Ana Oliveira	Individual	01:20:24	+48:37	08:02	
1321	1481	Graça Sousa	Individual	01:20:24	+48:37	08:02	
1322	1059	Maria Ferreira	Individual	01:20:33	+48:46	08:03	



10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1323	1061	José Luís Pinheiro	Individual	01:20:33	+48:46	08:03	
1324	2443	Mariana Briote	Individual	01:20:54	+49:07	08:05	
1325	2096	Fernando Figueiredo	Individual	01:21:34	+49:47	08:09	
1326	2095	Mónica Caseiro	Individual	01:21:35	+49:48	08:09	
1327	1374	Maria Castro	Individual	01:21:42	+49:55	08:10	
1328	2204	Carla Pereira	Os que vão como podem!	01:22:52	+51:05	08:17	
1329	2207	Elisabete Rocha	Os que vão como podem!	01:22:52	+51:05	08:17	
1330	2525	Tiago Marques	Individual	01:22:52	+51:05	08:17	
1331	2282	Florinda Silva	Individual	01:28:09	+56:22	08:49	
1332	2116	Ricardo Santos	Individual	01:33:58	+01:02:11	09:24	

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	18:00	7,7°C	83%
End	19:34	7,7°C	83%

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

Senior Feminino

1	1010	Rute Ferreira	Miles & Vibes	Senior Feminino	41:28	04:09
2	2351	Patrícia Ferreira	opraticante.pt	Senior Feminino	43:12	+01:44 04:19
3	1790	Rita Rodrigues	Individual	Senior Feminino	44:00	+02:31 04:24
4	1392	Ana Ribeiro	RRTeam	Senior Feminino	45:03	+03:35 04:30
5	1695	Vera Silva	Individual	Senior Feminino	45:17	+03:48 04:32
6	1121	Ana Lúcia Silva Dias	EDL Trail	Senior Feminino	45:21	+03:53 04:32
7	1863	Catarina Milheiro	Foz do Cávado Restaurante	Senior Feminino	45:46	+04:18 04:35
8	1609	Fátima Oliveira	DIVE - Into The Mountains	Senior Feminino	45:48	+04:19 04:35
9	1823	Rosa Carmo	Academia Desportiva de Arcos de Valdevez	Senior Feminino	45:48	+04:20 04:35
10	1809	Vanessa Pereira de Sousa	PCRunners	Senior Feminino	46:20	+04:52 04:38
11	2512	Ana Cláudia vicelli	Individual	Senior Feminino	46:27	+04:58 04:39
12	1629	Maria Isabel Pereira	Clube de Atletismo Vilacondense	Senior Feminino	46:28	+05:00 04:39
13	1112	Alexandra Costa	Individual	Senior Feminino	46:40	+05:11 04:40
14	1287	Nathali Campos	Alcades	Senior Feminino	46:41	+05:12 04:40
15	1574	Patrícia Peixoto da Silva	Individual	Senior Feminino	47:16	+05:47 04:44
16	2125	Inês Ramalhosa	Individual	Senior Feminino	47:22	+05:54 04:44
17	2526	Cátia Viana	Individual	Senior Feminino	47:24	+05:55 04:44
18	1482	Ana Leal	Individual	Senior Feminino	47:35	+06:06 04:46
19	1066	Maria Carneiro	Pé-Coxinhos	Senior Feminino	49:09	+07:40 04:55
20	1051	Denise Pinheiro	Miles & Vibes	Senior Feminino	49:56	+08:27 05:00
21	2377	Sílvia Ferreira	ACADEMIA23	Senior Feminino	49:58	+08:30 05:00
22	2192	Inês Viana Meira	juvmar	Senior Feminino	50:03	+08:34 05:00
23	1953	Liliana Vieira	RIBEITRAIL	Senior Feminino	50:12	+08:44 05:01
24	1763	Tila Cerqueira	Embarca Running	Senior Feminino	50:13	+08:44 05:01
25	1284	Isadora Padovani Garcia	Individual	Senior Feminino	50:26	+08:57 05:03
26	1869	Maria João Azevedo	Individual	Senior Feminino	50:30	+09:01 05:03
27	2389	Susana Eusébio	CENTRO DESPOTIVO E CULTURAL DE NAVAIS	Senior Feminino	50:52	+09:23 05:05
28	1576	Mariana Sabino	Individual	Senior Feminino	50:52	+09:24 05:05
29	1987	Carla Peixoto	Individual	Senior Feminino	50:56	+09:27 05:06
30	1651	Catarina Ferreira	AudazRunClub	Senior Feminino	51:03	+09:35 05:06
31	2086	Maria Inês Peixoto	Miles & Vibes	Senior Feminino	51:22	+09:53 05:08
32	1613	Ana matilde miranda	Individual	Senior Feminino	51:35	+10:07 05:10
33	1935	Laura Gomes	Individual	Senior Feminino	51:37	+10:08 05:10
34	2506	Ana Alves	Individual	Senior Feminino	51:44	+10:16 05:10
35	1366	Mariana Santos	Amigas corredoras	Senior Feminino	51:58	+10:29 05:12
36	1874	Anabela Cortez	Individual	Senior Feminino	52:11	+10:42 05:13
37	1254	Diana Silva	Zé Dos Telhados	Senior Feminino	52:29	+11:00 05:15
38	1950	Margarida Marinho	Individual	Senior Feminino	52:30	+11:01 05:15

Official Timekeeper: Lap2Go	1 / 31	generate 17-jan.-2026 19:46
-----------------------------	--------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

39	1233	Sara Gonçalves	Individual	Senior Feminino	52:31	+11:02	05:15
40	1858	Joana Martins	Individual	Senior Feminino	52:32	+11:03	05:15
41	1919	Catarina Caramalho	Miles & Vibes	Senior Feminino	52:34	+11:05	05:15
42	1579	Ana Teresa Oliveira	Individual	Senior Feminino	52:47	+11:18	05:17
43	1259	Teresa Azevedo	Porta 10	Senior Feminino	52:50	+11:21	05:17
44	1097	Sónia Ramos	Individual	Senior Feminino	52:50	+11:21	05:17
45	1652	Margarida Falcao	Falcão Mendes	Senior Feminino	52:58	+11:29	05:18
46	1243	Filipa Pontes	Individual	Senior Feminino	53:14	+11:46	05:19
47	1286	Anna Wezgraj da Silva	Lobos do Atlântico	Senior Feminino	53:16	+11:48	05:20
48	1018	Paula Pereira	Individual	Senior Feminino	53:17	+11:48	05:20
49	2250	Beatriz Azevedo	Individual	Senior Feminino	53:21	+11:53	05:20
50	1882	Inês Veiga	Individual	Senior Feminino	53:22	+11:53	05:20
51	1922	Carolina Castendo	Individual	Senior Feminino	53:39	+12:10	05:22
52	2294	Mariana Miguela	Individual	Senior Feminino	53:44	+12:16	05:22
53	1495	Mariana Oliveira	FAJOZELI	Senior Feminino	53:50	+12:21	05:23
54	1057	Elisabete Maria Soutulho Alves	Embarca Running	Senior Feminino	53:58	+12:29	05:24
55	1031	Catarina Barros	CrossBox Vikings	Senior Feminino	54:00	+12:31	05:24
56	1132	Mariana Ferreira	Miles & Vibes	Senior Feminino	54:04	+12:35	05:24
57	1772	Anabela Ferreira	Individual	Senior Feminino	54:06	+12:38	05:25
58	1055	Marisa Pinheiro da Silva	Individual	Senior Feminino	54:27	+12:59	05:27
59	1550	Elsa Pereira	Atletas pelo mundo	Senior Feminino	54:30	+13:01	05:27
60	1244	Mariana Pires	Individual	Senior Feminino	54:34	+13:05	05:27
61	1966	Andreia Maia	Andreia Maia	Senior Feminino	54:36	+13:08	05:28
62	1975	Sindi Fonseca	TOP RUNNERS	Senior Feminino	54:54	+13:25	05:29
63	1288	Sara Monteiro	Alcaides	Senior Feminino	54:59	+13:31	05:30
64	1873	Tânia Isabel da Cruz Figueiredo	Individual	Senior Feminino	55:14	+13:46	05:31
65	1386	Carina Melo	A TURMA DA CARINA	Senior Feminino	55:31	+14:02	05:33
66	1592	Gracinda Palha	Individual	Senior Feminino	55:38	+14:09	05:34
67	1662	Ana Margarida Araújo	INEM Moving	Senior Feminino	55:40	+14:12	05:34
68	2098	Inês Pinto	Individual	Senior Feminino	55:53	+14:25	05:35
69	1686	Patrícia Gomes	Pro Pódio	Senior Feminino	56:03	+14:34	05:36
70	1410	Rosana Matos	Individual	Senior Feminino	56:13	+14:45	05:37
71	1851	Filipa Reis	Individual	Senior Feminino	56:14	+14:45	05:37
72	1591	Isabel Falcão	Falcão Mendes	Senior Feminino	56:20	+14:52	05:38
73	1503	Márcia Silva	Inter de Cepães	Senior Feminino	56:23	+14:55	05:38
74	1352	Adriana Vale	Individual	Senior Feminino	56:27	+14:58	05:39
75	1340	Daniela Oliveira	Treino de Domingo	Senior Feminino	56:30	+15:02	05:39
76	1485	Maria De Fátima Torres Pereira	Individual	Senior Feminino	56:36	+15:07	05:40
77	1876	Ana Gonçalves	Individual	Senior Feminino	56:38	+15:09	05:40
78	1037	Adriana Menina	Individual	Senior Feminino	56:39	+15:10	05:40
79	2139	Cristina Cortez	Individual	Senior Feminino	56:43	+15:14	05:40
80	1462	Cláudia Leite	Individual	Senior Feminino	56:44	+15:15	05:40
81	2081	Sofia Alves	Academia 23	Senior Feminino	56:48	+15:20	05:41
82	1333	NATALIA CASTROSEIROS GONZALEZ	Mais Que Auga	Senior Feminino	57:04	+15:35	05:42
83	1348	Paula Miranda	Caranguejasrun	Senior Feminino	57:04	+15:35	05:42
84	2408	Sara Duarte	São Veríssimo Ativo	Senior Feminino	57:38	+16:09	05:46

Official Timekeeper: Lap2Go	2 / 31	generate 17-jan.-2026 19:46
-----------------------------	--------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

85	1453	Cristiana Oliveira	Individual	Senior Feminino	57:46	+16:17	05:47
86	1339	Diana Rocha	Treino de Domingo	Senior Feminino	57:52	+16:23	05:47
87	1341	Andreia Figueiredo	Treino de Domingo	Senior Feminino	57:53	+16:24	05:47
88	1537	Andreia Silva	Individual	Senior Feminino	57:59	+16:30	05:48
89	1346	Sónia Lopes	Caranguejasrun	Senior Feminino	58:02	+16:33	05:48
90	1877	Sofia Moreira	Individual	Senior Feminino	58:04	+16:35	05:48
91	1309	Helena Coutinho	Individual	Senior Feminino	58:12	+16:43	05:49
92	1607	Alice Oliveira	Individual	Senior Feminino	58:21	+16:53	05:50
93	1311	Isabel Pires	Embarca Running	Senior Feminino	58:27	+16:58	05:51
94	1014	Diana Vilas Boas	Vila cova ativo	Senior Feminino	58:28	+16:59	05:51
95	2112	Liliana Queirós	MARATONAS	Senior Feminino	58:30	+17:01	05:51
96	1478	Carla Araújo	Individual	Senior Feminino	58:38	+17:09	05:52
97	1146	Catarina Lêdo	Individual	Senior Feminino	58:43	+17:14	05:52
98	1315	Joana Figueiredo	Alcaides	Senior Feminino	58:44	+17:15	05:52
99	1317	Joana Pereira	Alcaides	Senior Feminino	58:44	+17:15	05:52
100	1370	Joana Rasteiro	Individual	Senior Feminino	58:46	+17:17	05:53
101	2059	MARIA AURORA RODRÍGUEZ RODRÍGUEZ	Mais Que Auga	Senior Feminino	58:46	+17:18	05:53
102	2148	Ana Dinis	Miles & Vibes	Senior Feminino	58:49	+17:20	05:53
103	1739	Marta Fernandes	Individual	Senior Feminino	58:51	+17:22	05:53
104	1789	Ana Dias	Individual	Senior Feminino	58:52	+17:23	05:53
105	1204	Cátia SÁ	Individual	Senior Feminino	58:53	+17:24	05:53
106	1649	Cátia Oliveira	Individual	Senior Feminino	58:54	+17:26	05:53
107	1532	Alexandra Machado	Alexandra Machado	Senior Feminino	59:08	+17:39	05:55
108	1553	Marta Costinha	Individual	Senior Feminino	59:08	+17:40	05:55
109	2266	Joana Silva	Individual	Senior Feminino	59:09	+17:40	05:55
110	1583	Marta Loureiro	Individual	Senior Feminino	59:14	+17:45	05:55
111	1741	Adriana Fernandes	Individual	Senior Feminino	59:19	+17:50	05:56
112	1817	Sofia Ramos	Individual	Senior Feminino	59:20	+17:51	05:56
113	1141	Angela Sousa	Individual	Senior Feminino	59:20	+17:52	05:56
114	1359	Paula Caetano	Individual	Senior Feminino	59:22	+17:53	05:56
115	2240	Catarina Lindo	Cerqueira Centro de Treino - Valença	Senior Feminino	59:26	+17:57	05:57
116	2155	Manuela Carvalho	Vila cova ativo	Senior Feminino	59:33	+18:04	05:57
117	1454	Sonia Rodrigues	Individual	Senior Feminino	59:40	+18:11	05:58
118	1265	Marta Mota	Individual	Senior Feminino	59:41	+18:12	05:58
119	1881	Ana Ferreira	Individual	Senior Feminino	59:41	+18:13	05:58
120	1067	Carolina Bastos	Pé-Coxinhos	Senior Feminino	59:58	+18:29	06:00
121	2292	Inês Tereso	Individual	Senior Feminino	59:58	+18:29	06:00
122	2238	Joana Vilaça	Individual	Senior Feminino	01:00:02	+18:33	06:00
123	1894	Catarina Cepa	TEAM PILAR	Senior Feminino	01:00:02	+18:34	06:00
124	1090	Ana Alpuim	Individual	Senior Feminino	01:00:10	+18:41	06:01
125	1860	Diana Alves	Individual	Senior Feminino	01:00:14	+18:46	06:01
126	1989	Joana Ferreira	Individual	Senior Feminino	01:00:17	+18:48	06:02
127	1941	Ana Rodrigues	Individual	Senior Feminino	01:00:20	+18:52	06:02
128	1516	Ana Alves	Individual	Senior Feminino	01:00:21	+18:52	06:02
129	1783	Vanessa Alves	Individual	Senior Feminino	01:00:21	+18:52	06:02

Official Timekeeper: Lap2Go	3 / 31	generate 17-jan.-2026 19:46
-----------------------------	--------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

130	2414	Tatiana Marinho	Individual	Senior Feminino	01:00:29	+19:01	06:03
131	2099	Rita Santos	Individual	Senior Feminino	01:00:31	+19:03	06:03
132	2018	Ana Oliveira	Adttr travassos running fafe	Senior Feminino	01:00:36	+19:07	06:04
133	2092	Vania Cunha	Adttr travassos running fafe	Senior Feminino	01:00:37	+19:08	06:04
134	1474	Joana Lobarinhas	Individual	Senior Feminino	01:00:42	+19:13	06:04
135	1595	Beatriz Cravinho	Individual	Senior Feminino	01:00:44	+19:15	06:04
136	1159	Ana Ribeiro	Pé Coxinhos	Senior Feminino	01:00:50	+19:21	06:05
137	1589	Meirielly Jesus	Tinto na veia, ritmo na meia!	Senior Feminino	01:00:52	+19:23	06:05
138	1641	Susana Precioso	Lebres	Senior Feminino	01:01:04	+19:35	06:06
139	1705	Carina Ferreira	Individual	Senior Feminino	01:01:04	+19:35	06:06
140	2315	Ana Rita Dias	Individual	Senior Feminino	01:01:20	+19:51	06:08
141	1794	Marta Viana	Individual	Senior Feminino	01:01:21	+19:52	06:08
142	2381	Ana Catarina Bastos	Individual	Senior Feminino	01:01:22	+19:53	06:08
143	1747	Ana Sofia Silva	Individual	Senior Feminino	01:01:22	+19:53	06:08
144	1973	Eduarda Vila-Chã	Individual	Senior Feminino	01:01:25	+19:56	06:09
145	2124	Ana cunha	Vila cova ativo	Senior Feminino	01:01:27	+19:59	06:09
146	1153	Joana Couto	Individual	Senior Feminino	01:01:30	+20:02	06:09
147	2438	Ana Arantes	CMB	Senior Feminino	01:01:31	+20:02	06:09
148	1567	Ana Ferreira	AudazRunClub	Senior Feminino	01:01:34	+20:05	06:09
149	1169	Inês Landolt Ferreira Gomes Abrunhosa Landolt	ADCRSME	Senior Feminino	01:01:34	+20:06	06:09
150	1205	Margarida Martins	Individual	Senior Feminino	01:01:42	+20:13	06:10
151	1154	Sofia Barbosa	Individual	Senior Feminino	01:01:56	+20:28	06:12
152	1476	Aldara Isabel da Silva Torres	Individual	Senior Feminino	01:01:59	+20:31	06:12
153	1558	Filipa Lopes	Corredores de Siriposta	Senior Feminino	01:02:00	+20:31	06:12
154	1921	Micaela Azevedo	Porta 10	Senior Feminino	01:02:01	+20:32	06:12
155	1934	Inês Soucasaux Ferreira	Individual	Senior Feminino	01:02:02	+20:33	06:12
156	1572	Márcia Abreu	Individual	Senior Feminino	01:02:10	+20:42	06:13
157	2237	Bruna Coto	Individual	Senior Feminino	01:02:14	+20:45	06:13
158	1329	Joana Durães	Individual	Senior Feminino	01:02:19	+20:51	06:14
159	1596	Bárbara Correia	Individual	Senior Feminino	01:02:45	+21:16	06:16
160	1744	Marina Amorim	Individual	Senior Feminino	01:02:54	+21:25	06:17
161	2103	Cristina Silva	Individual	Senior Feminino	01:02:54	+21:25	06:17
162	1892	Tania Sousa	Individual	Senior Feminino	01:03:29	+22:00	06:21
163	2302	Joana Cardoso	Individual	Senior Feminino	01:03:31	+22:02	06:21
164	1357	Veronica Pereira	Individual	Senior Feminino	01:03:40	+22:11	06:22
165	1724	Caroline Belei	Individual	Senior Feminino	01:03:45	+22:16	06:23
166	2106	Mariana Lopes	Individual	Senior Feminino	01:03:53	+22:24	06:23
167	1257	Eduarda Simões	Porta 10	Senior Feminino	01:04:18	+22:49	06:26
168	1700	Laura Afonso	Individual	Senior Feminino	01:04:20	+22:52	06:26
169	2115	Daniela Vegas	Daniela Vegas	Senior Feminino	01:04:23	+22:54	06:26
170	2317	Ana Silva	Individual	Senior Feminino	01:04:37	+23:08	06:28
171	1092	Cláudia Lobo	Individual	Senior Feminino	01:04:38	+23:09	06:28
172	1912	Maria Torres	Individual	Senior Feminino	01:04:38	+23:09	06:28
173	1367	Filipa Rodrigues	Amigas corredoras	Senior Feminino	01:04:40	+23:11	06:28
174	1500	Ana Vidal	Individual	Senior Feminino	01:04:46	+23:18	06:29
175	1496	Tânia Ramos	Individual	Senior Feminino	01:04:52	+23:23	06:29

Official Timekeeper: Lap2Go	4 / 31	generate 17-jan.-2026 19:46
-----------------------------	--------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

176	1498	Bárbara Gonçalves	Individual	Senior Feminino	01:04:59	+23:30	06:30
177	1404	Andreia Ferreira	Individual	Senior Feminino	01:05:00	+23:31	06:30
178	1390	Sandra Vaz	Individual	Senior Feminino	01:05:06	+23:37	06:31
179	1389	Sara Gonçalves	Individual	Senior Feminino	01:05:07	+23:38	06:31
180	2335	Alexandra Cardoso	Individual	Senior Feminino	01:05:10	+23:41	06:31
181	2435	Catia Andrade HENRIQUES	Individual	Senior Feminino	01:05:21	+23:53	06:32
182	1280	Diana Martins Ferreira	Speedy Gonzalas	Senior Feminino	01:05:22	+23:53	06:32
183	2023	Joana Reis	Individual	Senior Feminino	01:05:39	+24:11	06:34
184	1296	Joana Góis	Individual	Senior Feminino	01:05:44	+24:16	06:34
185	1297	Inês Coutinho	Individual	Senior Feminino	01:05:46	+24:17	06:35
186	2311	Andreia Ferreira	Estela Bike Time	Senior Feminino	01:05:55	+24:26	06:35
187	1836	Andreia Miranda	Individual	Senior Feminino	01:06:00	+24:31	06:36
188	1120	Soraia Alves	Individual	Senior Feminino	01:06:15	+24:47	06:38
189	2209	Inês Pimentel	Individual	Senior Feminino	01:06:27	+24:58	06:39
190	1838	Cláudia Santos	Individual	Senior Feminino	01:06:28	+24:59	06:39
191	2223	Sara Coelho	Individual	Senior Feminino	01:06:38	+25:09	06:40
192	1101	Carina Viana	Viabike	Senior Feminino	01:06:40	+25:11	06:40
193	1034	Marina Ribeiro	100Ritmo	Senior Feminino	01:06:42	+25:13	06:40
194	2041	Helena Pereira	GOGGINOS	Senior Feminino	01:07:03	+25:34	06:42
195	1957	Patrícia Pinto	Individual	Senior Feminino	01:07:16	+25:47	06:44
196	1365	Débora Marque	Porta10	Senior Feminino	01:07:17	+25:49	06:44
197	2214	Juliana Pereira	Individual	Senior Feminino	01:07:25	+25:56	06:44
198	1709	Adriana Sciallo	Individual	Senior Feminino	01:07:35	+26:06	06:45
199	2449	Isabel Batista	Individual	Senior Feminino	01:07:55	+26:27	06:48
200	1822	Marlene Palmeira	Individual	Senior Feminino	01:08:00	+26:32	06:48
201	1197	Ana Abreu	Individual	Senior Feminino	01:08:06	+26:38	06:49
202	2346	Inês Romarigo	Individual	Senior Feminino	01:08:06	+26:38	06:49
203	1431	Mariana Martins	MARATONAS	Senior Feminino	01:08:18	+26:50	06:50
204	1900	Mariana Peixoto	PeixotoAbreu	Senior Feminino	01:08:32	+27:04	06:51
205	1927	Inês Barbosa	Individual	Senior Feminino	01:08:33	+27:04	06:51
206	2243	Paola Camargo	Individual	Senior Feminino	01:08:37	+27:09	06:52
207	1247	Daniela Furtado	Individual	Senior Feminino	01:08:41	+27:12	06:52
208	1947	Catarina Silva	Individual	Senior Feminino	01:08:45	+27:17	06:53
209	1117	Raquel André Vila Chã	PIMENTA	Senior Feminino	01:08:53	+27:25	06:53
210	2390	Juliana Oliveira	Individual	Senior Feminino	01:09:37	+28:08	06:58
211	1770	Raquel Moreira	Individual	Senior Feminino	01:09:44	+28:15	06:58
212	2055	Bárbara Barbosa	Individual	Senior Feminino	01:09:53	+28:24	06:59
213	1212	Suse Couto	Individual	Senior Feminino	01:09:53	+28:24	06:59
214	1946	Rosa Vila-Chã	Individual	Senior Feminino	01:10:05	+28:36	07:00
215	2301	Fátima Novais	Perelhal a Correr	Senior Feminino	01:10:23	+28:54	07:02
216	2469	Marília Rodrigues	IAT Imobiliária	Senior Feminino	01:10:23	+28:54	07:02
217	2222	Flávia Carvalho	Individual	Senior Feminino	01:10:35	+29:06	07:03
218	1633	Catarina Ferreira	Individual	Senior Feminino	01:10:39	+29:10	07:04
219	1811	Cristina Costa	Individual	Senior Feminino	01:11:02	+29:34	07:06
220	1502	Marta Quintas	Individual	Senior Feminino	01:11:07	+29:38	07:07
221	2227	Carolina Cunha	Individual	Senior Feminino	01:11:24	+29:55	07:08

Official Timekeeper: Lap2Go	5 / 31	generate 17-jan.-2026 19:46
-----------------------------	--------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

222	1428	Lígia Sousa	Individual	Senior Feminino	01:11:33	+30:04	07:09
223	1407	Maria Cosme	Individual	Senior Feminino	01:11:33	+30:04	07:09
224	2100	Ana Teresa Viana	Individual	Senior Feminino	01:11:47	+30:19	07:11
225	1528	Nuna Carvalho	Individual	Senior Feminino	01:11:51	+30:23	07:11
226	1885	Maria Vieira	Individual	Senior Feminino	01:11:52	+30:24	07:11
227	2278	SOFIA MOREIRA	Individual	Senior Feminino	01:11:58	+30:29	07:12
228	1675	Lucia Pinto	Individual	Senior Feminino	01:11:59	+30:31	07:12
229	1347	Suzana Pereira	Caranguejasrun	Senior Feminino	01:12:06	+30:37	07:13
230	1143	Andreia Silva	Individual	Senior Feminino	01:12:17	+30:48	07:14
231	2514	Helena martins	Individual	Senior Feminino	01:13:06	+31:37	07:19
232	1465	Eduarda Torgal	Individual	Senior Feminino	01:13:47	+32:19	07:23
233	1925	Cristiana Oliveira	São Veríssimo Activo	Senior Feminino	01:14:03	+32:35	07:24
234	1663	NÍDIA AZEVEDO	INEM Moving	Senior Feminino	01:14:17	+32:48	07:26
235	1413	Margarida Ferreira	Individual	Senior Feminino	01:14:18	+32:50	07:26
236	1580	Cláudia Martins	Individual	Senior Feminino	01:14:32	+33:04	07:27
237	1996	Ana Pinheiro	ADCRSME	Senior Feminino	01:15:13	+33:44	07:31
238	2341	Rosa Costa	Individual	Senior Feminino	01:15:21	+33:52	07:32
239	1670	SOFIA MACHADO	INEM Moving	Senior Feminino	01:15:45	+34:16	07:34
240	1889	Catarina Cruz	Individual	Senior Feminino	01:16:28	+35:00	07:39
241	2273	Daniela Ribeiro Pereira	Individual	Senior Feminino	01:16:49	+35:21	07:41
242	1806	Maria Rodrigues	Individual	Senior Feminino	01:16:58	+35:29	07:42
243	1103	Patricia Leite Viana	Viabike	Senior Feminino	01:17:01	+35:32	07:42
244	1457	Renata Campinho Miranda	Individual	Senior Feminino	01:17:05	+35:36	07:42
245	1712	Teresa Oliveira	Individual	Senior Feminino	01:17:32	+36:03	07:45
246	1299	Dulce Ribeiro	Individual	Senior Feminino	01:18:34	+37:06	07:51
247	1042	Beatriz Silva	Sissi Bros	Senior Feminino	01:19:11	+37:42	07:55
248	2228	Cristiana VilasBoas	Amigos da Montanha	Senior Feminino	01:19:30	+38:01	07:57
249	1608	Margarida Martins	Individual	Senior Feminino	01:19:52	+38:24	07:59
250	1524	Cátia Bogas	Individual	Senior Feminino	01:19:56	+38:28	08:00
251	2117	Sofia Silva	Individual	Senior Feminino	01:20:09	+38:40	08:01
252	2288	Tatiana Soares	Individual	Senior Feminino	01:20:14	+38:45	08:01
253	2444	Filipa Fonte	Individual	Senior Feminino	01:20:14	+38:45	08:01
254	2443	Mariana Briote	Individual	Senior Feminino	01:20:54	+39:25	08:05
255	2095	Mónica Caseiro	Individual	Senior Feminino	01:21:35	+40:06	08:09

Senior Masculino

1	1757	Rodrigo Viana	ZL PACE LAB	Senior Masculino	33:15		03:20
2	2328	Anthony Gomes	Vila Verde a Correr	Senior Masculino	33:42	+00:26	03:22
3	1486	Nuno Silva Carvalho	Realense Futebol Clube	Senior Masculino	34:33	+01:18	03:27
4	1981	Rúben Ferreira	G.D. Castelense	Senior Masculino	34:34	+01:18	03:27
5	1303	Bruno Pereira	Gil Vicente FC	Senior Masculino	34:42	+01:26	03:28
6	1681	Marco Silva	Pegasus OCR ProTeam	Senior Masculino	34:58	+01:42	03:30
7	1573	Luís Ribeiro	EDL Trail	Senior Masculino	35:09	+01:53	03:31
8	2291	Garry Gomes	Vila Verde a Correr	Senior Masculino	35:30	+02:15	03:33
9	1353	Cristiano Pereira	Trilhos de Viana	Senior Masculino	35:46	+02:31	03:35

Official Timekeeper: Lap2Go	6 / 31	generate 17-jan.-2026 19:46
-----------------------------	--------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

10	1626	Helder Costa	Individual	Senior Masculino	35:48	+02:32	03:35
11	2535	Pedro Carreiras	Individual	Senior Masculino	35:51	+02:36	03:35
12	1125	Filipe Abreu	RIO NEIVA ADA	Senior Masculino	35:55	+02:39	03:35
13	1178	Eduardo Oliveira	Núcleo Desportivo da Silva	Senior Masculino	36:25	+03:10	03:39
14	1285	Avelino Silva	Lobos do Atlântico	Senior Masculino	37:05	+03:50	03:43
15	2167	Rui Pinto Pinto	Individual	Senior Masculino	37:11	+03:56	03:43
16	1147	Ricardo Teixeira	LINCE TRIATHLON	Senior Masculino	37:25	+04:10	03:45
17	2339	Pedro Cruz	Individual	Senior Masculino	37:30	+04:14	03:45
18	1191	Vitor Barbosa	Miles & Vibes	Senior Masculino	37:43	+04:27	03:46
19	1815	Lucas Tucker	Individual	Senior Masculino	37:44	+04:28	03:46
20	1534	José Gonçalves	Perelhal a Correr	Senior Masculino	37:46	+04:31	03:47
21	2327	Manuel Oliveira	Vila Verde a Correr	Senior Masculino	38:08	+04:52	03:49
22	2027	Paulo Gomes	CENTRO DESPOTIVO E CULTURAL DE NAVAIS	Senior Masculino	38:09	+04:54	03:49
23	1213	Júlio Morgado	Individual	Senior Masculino	38:48	+05:32	03:53
24	1036	João Miranda	Individual	Senior Masculino	38:49	+05:33	03:53
25	1235	Vitor Lima	Individual	Senior Masculino	38:57	+05:41	03:54
26	2388	Mateus Ferreira	Inter de Cepães	Senior Masculino	38:57	+05:42	03:54
27	1507	Jose Martins	Núcleo Desportivo Silva	Senior Masculino	38:58	+05:42	03:54
28	1692	Rafael Dias	Embarca	Senior Masculino	39:01	+05:46	03:54
29	2089	Diogo Dias	Individual	Senior Masculino	39:01	+05:46	03:54
30	1058	Cláudio Cunha	Inter de Cepães	Senior Masculino	39:10	+05:54	03:55
31	1736	Filipe Gajo	Individual	Senior Masculino	39:15	+06:00	03:56
32	1006	Bruno Carvalho	Miles & Vibes	Senior Masculino	39:18	+06:03	03:56
33	2402	Rui Freitas	Individual	Senior Masculino	39:19	+06:03	03:56
34	1530	Tiago Oliveira	Individual	Senior Masculino	39:20	+06:05	03:56
35	1281	Pedro Leite	Individual	Senior Masculino	39:24	+06:09	03:56
36	1272	André Zão Santos	Miles & Vibes	Senior Masculino	39:26	+06:10	03:57
37	1742	Luís Sá.	FORunners	Senior Masculino	39:28	+06:13	03:57
38	1738	Manuel Silva	Individual	Senior Masculino	39:40	+06:24	03:58
39	1565	Francisco Barros	Audaz Run Club	Senior Masculino	39:41	+06:25	03:58
40	2144	Sergio Vilas Boas	NDS	Senior Masculino	39:42	+06:27	03:58
41	2344	Tomé Cruz	CENTRO DE ATLETISMO DE MAZAREFES	Senior Masculino	39:53	+06:37	03:59
42	1650	Luís Miguel da Cunha Oliveira	Audaz Run Club	Senior Masculino	39:58	+06:43	04:00
43	2502	Ricardo Correia	FORunners	Senior Masculino	40:05	+06:49	04:00
44	2232	Igor Lysyi	Amigos da Montanha	Senior Masculino	40:10	+06:54	04:01
45	1207	Tiago Pinheiro	Individual	Senior Masculino	40:19	+07:04	04:02
46	1136	João Leite	Individual	Senior Masculino	40:25	+07:09	04:02
47	1689	Francisco Teixeira	Move on Running	Senior Masculino	40:37	+07:21	04:04
48	2430	Tiago Martins	ADCRSME	Senior Masculino	40:57	+07:42	04:06
49	1460	Ricardo Martins	Individual	Senior Masculino	40:58	+07:43	04:06
50	1050	Pedro Gramoso	Individual	Senior Masculino	41:02	+07:47	04:06
51	1406	Rafael Loureiro	Individual	Senior Masculino	41:04	+07:48	04:06
52	2226	Luis Silva	Individual	Senior Masculino	41:04	+07:49	04:06
53	1520	Jorge Araujo	Corre Leve	Senior Masculino	41:05	+07:49	04:06
54	1845	João Faria	Individual	Senior Masculino	41:17	+08:01	04:08

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

55	1314	José Ferreira	Alcaides	Senior Masculino	41:37	+08:21	04:10
56	1924	Francisco Lemos	ADA Rio Neiva	Senior Masculino	41:39	+08:23	04:10
57	1740	António Ferreira	Individual	Senior Masculino	41:40	+08:25	04:10
58	1931	Filipe Manuel Pereira Teixeira	Clube atlético de codessoso	Senior Masculino	41:41	+08:25	04:10
59	1767	Marco Martins	Individual	Senior Masculino	41:41	+08:25	04:10
60	2242	Augusto Coelho	Individual	Senior Masculino	41:44	+08:28	04:10
61	1472	André Barbosa	LINCE TRIATHLON	Senior Masculino	41:44	+08:29	04:10
62	1677	Vitor Freitas	RIBEITRAIL	Senior Masculino	41:48	+08:33	04:11
63	1391	Alexandre Santos	Individual	Senior Masculino	41:49	+08:33	04:11
64	1278	Sérgio Pereira	Dragon Club	Senior Masculino	41:49	+08:34	04:11
65	1665	Paulo Sousa	Fão Runners	Senior Masculino	41:49	+08:34	04:11
66	2524	Germano Figueira	Individual	Senior Masculino	41:55	+08:39	04:11
67	1756	Pedro gomes	Individual	Senior Masculino	41:58	+08:42	04:12
68	2433	Carlos Viana	Individual	Senior Masculino	42:15	+09:00	04:14
69	1433	José Gomes	Fórum 3B	Senior Masculino	42:17	+09:02	04:14
70	1432	Nuno Ribeiro	MARATONAS	Senior Masculino	42:34	+09:19	04:15
71	1493	João Pinto	FAJOZELI	Senior Masculino	42:35	+09:20	04:16
72	1718	Nelson Magalhaes	Individual	Senior Masculino	42:41	+09:25	04:16
73	1402	Bruno Pontes	Individual	Senior Masculino	42:41	+09:26	04:16
74	1039	Paulo Ferreira	Miles & Vibes	Senior Masculino	42:46	+09:30	04:17
75	1393	Tiago Rodrigues	RRTeam	Senior Masculino	42:58	+09:43	04:18
76	1761	Filipe Ferreira	Individual	Senior Masculino	43:08	+09:53	04:19
77	1638	João Santos	Individual	Senior Masculino	43:17	+10:02	04:20
78	1752	André Faria	Individual	Senior Masculino	43:17	+10:02	04:20
79	1538	André Meira	Individual	Senior Masculino	43:26	+10:11	04:21
80	1570	Rui Lopes	Audaz Run Club	Senior Masculino	43:31	+10:15	04:21
81	1920	Artur Pereira	CN Marecos	Senior Masculino	43:37	+10:22	04:22
82	1531	Miguel Machado	Individual	Senior Masculino	43:41	+10:25	04:22
83	1380	Tiago Xavier Costa	100Pernas	Senior Masculino	43:46	+10:31	04:23
84	1236	David Azevedo	Individual	Senior Masculino	43:46	+10:31	04:23
85	1618	Tiago Martins	Individual	Senior Masculino	43:52	+10:37	04:23
86	1158	João Rilho	Individual	Senior Masculino	43:53	+10:38	04:23
87	1745	Ruben Neiva	Individual	Senior Masculino	43:55	+10:40	04:24
88	1523	José Soares	FORunners	Senior Masculino	43:58	+10:43	04:24
89	1837	Ricardo Fernandes	Individual	Senior Masculino	43:59	+10:43	04:24
90	2109	João Novo	Individual	Senior Masculino	44:03	+10:48	04:24
91	1775	Joao Sousa	“FC OS ACADÉMICOS” Running	Senior Masculino	44:05	+10:49	04:24
92	1494	Fabio Ferreira	FAJOZELI	Senior Masculino	44:06	+10:51	04:25
93	1732	Rui Costa	Individual	Senior Masculino	44:07	+10:52	04:25
94	1255	Carlos Areia	Zé Dos Telhados	Senior Masculino	44:11	+10:56	04:25
95	2080	Diogo Gonçalves	Academia 23	Senior Masculino	44:13	+10:57	04:25
96	2236	Nuno Lomba	Individual	Senior Masculino	44:13	+10:58	04:25
97	1334	ALEJANDRO DA SILVA PÉREZ	Mais Que Auga	Senior Masculino	44:15	+11:00	04:26
98	2457	Flávio Rocha	Individual	Senior Masculino	44:17	+11:02	04:26
99	1383	Ricardo Costa	Individual	Senior Masculino	44:20	+11:05	04:26
100	1788	Eduardo Soares	Individual	Senior Masculino	44:21	+11:05	04:26

Official Timekeeper: Lap2Go	8 / 31	generate 17-jan.-2026 19:46
-----------------------------	--------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

101	1664	Filipe Oliveira	Individual	Senior Masculino	44:25	+11:10	04:27
102	1328	Rui Sousa	Alcaides	Senior Masculino	44:36	+11:20	04:28
103	1648	Ricardo Torres	Realense FC	Senior Masculino	44:36	+11:20	04:28
104	2156	André Fernandes	Vila cova ativo	Senior Masculino	44:44	+11:29	04:28
105	2168	Silvano Oliveira	A.D.C.TREGOSA	Senior Masculino	44:45	+11:29	04:28
106	1547	Paulo Silva	FUUA RUNNERS	Senior Masculino	44:46	+11:30	04:29
107	1445	André Martins	Individual	Senior Masculino	44:46	+11:31	04:29
108	1318	Marcelo Maciel	Miles & Vibes	Senior Masculino	44:46	+11:31	04:29
109	1330	Joaquim Pereira	Soulfit Estúdio Fitness	Senior Masculino	44:46	+11:31	04:29
110	1623	Mauricio Leite	Individual	Senior Masculino	44:49	+11:33	04:29
111	1590	Óscar Mendes	Individual	Senior Masculino	44:51	+11:35	04:29
112	1263	Rúben Cunha	Individual	Senior Masculino	44:57	+11:41	04:30
113	1948	Carlos Loureiro	NBS Team	Senior Masculino	45:00	+11:44	04:30
114	2497	Ruben Ribeiro	Power Room	Senior Masculino	45:01	+11:45	04:30
115	1209	Guilherme Lima	Miles & Vibes	Senior Masculino	45:02	+11:46	04:30
116	2498	Cláudio Torres	Individual	Senior Masculino	45:03	+11:47	04:30
117	1275	Uirã Oliveira	Individual	Senior Masculino	45:05	+11:49	04:30
118	1173	Hugo Silva	Individual	Senior Masculino	45:08	+11:53	04:31
119	1012	José Miguel Pilar	Miles & Vibes	Senior Masculino	45:09	+11:54	04:31
120	2348	Pedro Vasconcelos	Individual	Senior Masculino	45:16	+12:00	04:32
121	1678	Pedro Pacheco	Individual	Senior Masculino	45:16	+12:01	04:32
122	2076	Pedro Rego	Individual	Senior Masculino	45:17	+12:01	04:32
123	1371	José Abreu	Individual	Senior Masculino	45:18	+12:02	04:32
124	1514	Alexandre Oliveira	Individual	Senior Masculino	45:19	+12:04	04:32
125	1270	Tiago Carneiro	Individual	Senior Masculino	45:20	+12:05	04:32
126	1321	Rui Costa	Alcaides	Senior Masculino	45:22	+12:07	04:32
127	1123	José Carlos Braga	Individual	Senior Masculino	45:24	+12:09	04:32
128	2128	Pedro Monteiro	Abstract	Senior Masculino	45:25	+12:09	04:32
129	2257	Daniel Vieira	Individual	Senior Masculino	45:25	+12:09	04:32
130	2259	Samuel Forte	Individual	Senior Masculino	45:27	+12:12	04:33
131	1562	Eduardo Pereira	AudazRunClub	Senior Masculino	45:29	+12:13	04:33
132	1762	João Areias	Individual	Senior Masculino	45:35	+12:19	04:33
133	1878	Diogo Ferreira	Individual	Senior Masculino	45:38	+12:23	04:34
134	2215	João Ribeiro	Individual	Senior Masculino	45:43	+12:28	04:34
135	1447	Vitor Silva	Individual	Senior Masculino	45:52	+12:37	04:35
136	1194	Carlos Silva	Individual	Senior Masculino	45:58	+12:43	04:36
137	1792	Helder Melo	Individual	Senior Masculino	46:04	+12:49	04:36
138	2287	Ruca Amaral	Individual	Senior Masculino	46:04	+12:49	04:36
139	2246	Luís Morgado	Individual	Senior Masculino	46:06	+12:50	04:37
140	1814	Joseph Tucker	Individual	Senior Masculino	46:06	+12:51	04:37
141	1614	José Gabriel Costa Grilo	AudazRunClub	Senior Masculino	46:15	+12:59	04:37
142	1909	Tiago Vaz	Individual	Senior Masculino	46:17	+13:02	04:38
143	1549	Pedro Henrique Cordeiro	Individual	Senior Masculino	46:24	+13:08	04:38
144	2038	André Fonseca	Individual	Senior Masculino	46:28	+13:12	04:39
145	2014	Pedro Vilela	Individual	Senior Masculino	46:28	+13:12	04:39
146	1906	Rui Miguel Reis Silva	Individual	Senior Masculino	46:29	+13:14	04:39

Official Timekeeper: Lap2Go	9 / 31	generate 17-jan.-2026 19:46
-----------------------------	--------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

147	1148	Paulo Rodrigues	LB SQUAD	Senior Masculino	46:37	+13:21	04:40
148	1647	Luís Pereira	Individual	Senior Masculino	46:39	+13:23	04:40
149	1271	Dinis Andrade	LINCE TRIATHLON	Senior Masculino	46:39	+13:24	04:40
150	1446	Sérgio Salgado	Porta10	Senior Masculino	46:45	+13:30	04:41
151	1646	Eusébio Eusébio	Individual	Senior Masculino	46:47	+13:32	04:41
152	1554	Alexandre Sousa	Realense FC	Senior Masculino	47:00	+13:44	04:42
153	1506	Nuno Mendes	Individual	Senior Masculino	47:01	+13:45	04:42
154	1843	José Barbosa	Individual	Senior Masculino	47:09	+13:53	04:43
155	1984	Bruno Silva	Moto Veiga	Senior Masculino	47:14	+13:58	04:43
156	2165	CESAR MIRANDA	Individual	Senior Masculino	47:22	+14:06	04:44
157	2005	Eduardo Pimentel	Individual	Senior Masculino	47:32	+14:17	04:45
158	1053	Joaquim Dourado	Individual	Senior Masculino	47:36	+14:21	04:46
159	2210	Paulo Lima	ADCRSME	Senior Masculino	47:38	+14:22	04:46
160	2024	Hugo Ribeiro	Individual	Senior Masculino	47:47	+14:31	04:47
161	2127	Miguel Duarte	Individual	Senior Masculino	47:49	+14:33	04:47
162	2360	João Ramos	jrexercicio	Senior Masculino	47:51	+14:35	04:47
163	1234	Daniel Leite	Individual	Senior Masculino	47:52	+14:37	04:47
164	2356	Tiago Lopes	Individual	Senior Masculino	47:58	+14:43	04:48
165	1586	Rui Silva	Falsos fraquinhos	Senior Masculino	48:05	+14:50	04:49
166	1313	Hugo de Sá	Alcaides	Senior Masculino	48:09	+14:53	04:49
167	2289	João Santos	Individual	Senior Masculino	48:15	+14:59	04:49
168	2122	Joni Gomes	Bombos S. Sebastião	Senior Masculino	48:18	+15:03	04:50
169	1923	Nuno Monteiro	Individual	Senior Masculino	48:23	+15:07	04:50
170	1986	Helder Silva	Individual	Senior Masculino	48:24	+15:08	04:50
171	2030	Bruno Azevedo	Individual	Senior Masculino	48:26	+15:11	04:51
172	1261	Joao Tiago M.G.Ribeiro	100Pernas	Senior Masculino	48:27	+15:11	04:51
173	2329	André Costa	Individual	Senior Masculino	48:42	+15:26	04:52
174	1611	António Santiago Carneiro	Individual	Senior Masculino	48:43	+15:28	04:52
175	1308	Ivo Lima	Individual	Senior Masculino	48:48	+15:32	04:53
176	1424	Diogo Sencadas	Individual	Senior Masculino	48:55	+15:39	04:53
177	2077	Sergio Filipe	Individual	Senior Masculino	48:56	+15:41	04:54
178	2053	Márcio Laranjeira	Individual	Senior Masculino	49:03	+15:47	04:54
179	1862	Ricardo Esposende	Individual	Senior Masculino	49:08	+15:52	04:55
180	1556	Vítor Magalhaes13	Individual	Senior Masculino	49:09	+15:53	04:55
181	2252	Luís Carvalho	Pé-Coxinhos	Senior Masculino	49:09	+15:54	04:55
182	1222	Fernando Marinho	Individual	Senior Masculino	49:10	+15:55	04:55
183	2496	Joao Figueiredo	Macaxeira Running Club	Senior Masculino	49:11	+15:55	04:55
184	1898	Paulo Gomes	Individual	Senior Masculino	49:15	+16:00	04:56
185	1785	Sérgio Carreirinha	Individual	Senior Masculino	49:21	+16:05	04:56
186	2460	Luis Dias	Individual	Senior Masculino	49:27	+16:12	04:57
187	2133	Pedro de Macedo	Individual	Senior Masculino	49:28	+16:12	04:57
188	2031	Pedro Gomes	Individual	Senior Masculino	49:31	+16:15	04:57
189	1827	Francisco Araújo	Individual	Senior Masculino	49:35	+16:20	04:58
190	1667	Diogo Silva	Fuaa Runners	Senior Masculino	49:36	+16:21	04:58
191	1312	Daniel Dinis	Alcaides	Senior Masculino	49:46	+16:30	04:59
192	2507	Miguel Ribeiro	Individual	Senior Masculino	49:47	+16:31	04:59

Official Timekeeper: Lap2Go	10 / 31	generate 17-jan.-2026 19:46
-----------------------------	---------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

193	1654	Bruno Freitas	Corredores de Sirposta	Senior Masculino	49:47	+16:32	04:59
194	1423	Mario Molho	Individual	Senior Masculino	50:00	+16:44	05:00
195	2522	Jorge Costa	Individual	Senior Masculino	50:00	+16:44	05:00
196	2415	Luis Correia	CENTRO DESPOTIVO E CULTURAL DE NAVAIS	Senior Masculino	50:02	+16:46	05:00
197	1617	Bruno Pereira	Individual	Senior Masculino	50:04	+16:48	05:00
198	1040	Miguel Silva	Individual	Senior Masculino	50:05	+16:49	05:00
199	2160	Filipe Biscoito	Individual	Senior Masculino	50:06	+16:50	05:01
200	1668	Gonalo Carneiro	Altos&Baixos	Senior Masculino	50:09	+16:54	05:01
201	1048	Pedro Brs	Sole Mates	Senior Masculino	50:10	+16:55	05:01
202	2135	Miguel costa	Individual	Senior Masculino	50:10	+16:55	05:01
203	1598	Herlander Cruz	Individual	Senior Masculino	50:12	+16:57	05:01
204	2494	Luis Silva	Individual	Senior Masculino	50:19	+17:04	05:02
205	1253	Emanuel Costa	SAMUDETAILER	Senior Masculino	50:24	+17:09	05:02
206	1985	Bernardo Amorim	Coca Cola de Vidro	Senior Masculino	50:26	+17:11	05:03
207	1880	Gonalo Silva	Coca Cola de Vidro	Senior Masculino	50:28	+17:12	05:03
208	2256	Francisco Silva	Individual	Senior Masculino	50:28	+17:13	05:03
209	1680	Ruben Moreira	Individual	Senior Masculino	50:33	+17:17	05:03
210	1378	Ismael Lamela	Individual	Senior Masculino	50:42	+17:26	05:04
211	2245	Bruno cunha	Individual	Senior Masculino	50:42	+17:27	05:04
212	2270	Cristiano Silva	Individual	Senior Masculino	50:43	+17:27	05:04
213	2261	Nuno Portela	ADCRSME	Senior Masculino	50:47	+17:31	05:05
214	1349	Joo Casal	Individual	Senior Masculino	50:49	+17:33	05:05
215	2101	Cndido Cunha	Pilar Team	Senior Masculino	50:59	+17:44	05:06
216	1929	Joo Gonalves	Individual	Senior Masculino	51:01	+17:45	05:06
217	2340	Lucas Rocha	Individual	Senior Masculino	51:04	+17:48	05:06
218	1473	Bruno Martins	Individual	Senior Masculino	51:08	+17:52	05:07
219	1522	Andr Patro	Individual	Senior Masculino	51:10	+17:54	05:07
220	2025	Matteo Kammerer	Individual	Senior Masculino	51:12	+17:57	05:07
221	1961	Jorge Pereira	Active Running	Senior Masculino	51:13	+17:58	05:07
222	2008	Adrien Silva	Individual	Senior Masculino	51:14	+17:59	05:07
223	1111	Nuno Carvalho	Individual	Senior Masculino	51:16	+18:01	05:08
224	1847	PAULO SOUSA	INEM Moving	Senior Masculino	51:24	+18:09	05:08
225	1258	Carlos Carvalho	Porta 10	Senior Masculino	51:30	+18:14	05:09
226	1542	Joo Rodrigues	Individual	Senior Masculino	51:30	+18:15	05:09
227	1708	Pedro Moreira	Individual	Senior Masculino	51:33	+18:18	05:09
228	2047	Cristiano Silva	Power Room	Senior Masculino	51:35	+18:20	05:10
229	1861	Bruno Alves	Individual	Senior Masculino	51:41	+18:25	05:10
230	1886	Carlos Sousa	Power Room - Viana do Castelo	Senior Masculino	51:43	+18:28	05:10
231	2097	Fbio Almeida	Individual	Senior Masculino	51:43	+18:28	05:10
232	1372	Ricardo Carqueij	Individual	Senior Masculino	51:44	+18:28	05:10
233	1220	Luis Cunha	Individual	Senior Masculino	51:45	+18:29	05:10
234	1325	Joo Miguel Freitas de Sousa Alves	Individual	Senior Masculino	51:56	+18:40	05:12
235	1429	Pedro Emanuel Costa Teixeira	MARATONAS	Senior Masculino	52:00	+18:45	05:12
236	2355	Rui Queiroga	Individual	Senior Masculino	52:03	+18:48	05:12
237	1232	Feliz Gaifm	TEAM LNGUA NO QUADRO	Senior Masculino	52:17	+19:01	05:14
238	2320	Tiago Filipe	Individual	Senior Masculino	52:24	+19:08	05:14

Official Timekeeper: Lap2Go	11 / 31	generate 17-jan.-2026 19:46
-----------------------------	---------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

239	1492	João Pedro Lima	FAJOZELI	Senior Masculino	52:24	+19:09	05:14
240	1249	Pascal Leiras	RIBEITRAIL	Senior Masculino	52:28	+19:13	05:15
241	2239	Rui Vieira	Individual	Senior Masculino	52:30	+19:14	05:15
242	2500	Miguel Ponte	Individual	Senior Masculino	52:31	+19:16	05:15
243	1129	Jose Pedro Castro Pereira	Individual	Senior Masculino	52:33	+19:18	05:15
244	1069	Rui Santos	Individual	Senior Masculino	52:42	+19:27	05:16
245	2265	Carlos Fernandes	Individual	Senior Masculino	52:43	+19:28	05:16
246	2218	Pedro Ferreira	Individual	Senior Masculino	52:46	+19:31	05:17
247	1455	Gonçalo Vasconcelos	Individual	Senior Masculino	53:08	+19:53	05:19
248	2505	Luiz Fellipe Santana	Individual	Senior Masculino	53:09	+19:53	05:19
249	1448	Filipe Ferreira	Go fitness	Senior Masculino	53:15	+19:59	05:19
250	1844	Tomás Rosado	Individual	Senior Masculino	53:15	+20:00	05:20
251	1142	Tiago Marques	Individual	Senior Masculino	53:16	+20:01	05:20
252	1868	Vitor Oliveira	Individual	Senior Masculino	53:16	+20:01	05:20
253	1509	Diogo Ribeiro	Individual	Senior Masculino	53:31	+20:15	05:21
254	1508	Carlos Ferreira	Individual	Senior Masculino	53:32	+20:17	05:21
255	2249	Miguel Brito	Individual	Senior Masculino	53:40	+20:25	05:22
256	1400	Xavier Araújo Carvalho	Individual	Senior Masculino	53:41	+20:26	05:22
257	2079	Bruno Costa	Individual	Senior Masculino	53:41	+20:26	05:22
258	2258	Samuel Santos	Individual	Senior Masculino	53:44	+20:29	05:22
259	2330	João Rodrigues	JR STUDIO ACTIVE	Senior Masculino	53:44	+20:29	05:22
260	1726	Jorge Fernandes	Individual	Senior Masculino	53:46	+20:30	05:23
261	2536	Francisco Amorim	Individual	Senior Masculino	53:48	+20:33	05:23
262	2418	António Costa	Individual	Senior Masculino	53:49	+20:33	05:23
263	1702	Hugo Marques	Individual	Senior Masculino	53:50	+20:35	05:23
264	1560	Bruno Novais	Corredores de Siriposta	Senior Masculino	53:51	+20:35	05:23
265	2090	Diogo Cunha	Individual	Senior Masculino	53:53	+20:37	05:23
266	1056	Vitor Gonçalves	Embarca Running	Senior Masculino	53:57	+20:41	05:24
267	2405	Tomás Pinto	Individual	Senior Masculino	53:57	+20:42	05:24
268	2126	Pedro Dias	Individual	Senior Masculino	53:59	+20:43	05:24
269	1821	Luis Filipe	Individual	Senior Masculino	54:01	+20:45	05:24
270	1449	Marco Alves	Go fitness	Senior Masculino	54:08	+20:52	05:25
271	1356	Pedro Couto	Individual	Senior Masculino	54:10	+20:54	05:25
272	2088	Ivo Fernandes	Individual	Senior Masculino	54:16	+21:01	05:26
273	1635	Pedro Cunha	Individual	Senior Masculino	54:19	+21:04	05:26
274	1230	Luís Simão	Individual	Senior Masculino	54:20	+21:05	05:26
275	1601	Simão Araújo	SNPS Runners	Senior Masculino	54:23	+21:07	05:26
276	2528	Henrique Azevedo	Individual	Senior Masculino	54:28	+21:12	05:27
277	2152	Diogo Silva	Individual	Senior Masculino	54:28	+21:12	05:27
278	1221	António Pereira	Individual	Senior Masculino	54:28	+21:12	05:27
279	2157	Pedro Costa	Individual	Senior Masculino	54:28	+21:13	05:27
280	1065	Diogo Abreu	Miles & Vibes	Senior Masculino	54:29	+21:14	05:27
281	1813	Marcelo Marcos	Individual	Senior Masculino	54:30	+21:14	05:27
282	1967	David Maia	Individual	Senior Masculino	54:36	+21:21	05:28
283	2219	Artur Queiroz	Individual	Senior Masculino	54:47	+21:31	05:29
284	1376	Tiago Vilarinho	Individual	Senior Masculino	54:48	+21:32	05:29

Official Timekeeper: Lap2Go	12 / 31	generate 17-jan.-2026 19:46
-----------------------------	---------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

285	1911	Hugo Braga	Individual	Senior Masculino	54:51	+21:36	05:29
286	2002	Carlos Laranjeira	Individual	Senior Masculino	54:51	+21:36	05:29
287	1119	Diogo Monteiro	THE VAULT	Senior Masculino	54:52	+21:36	05:29
288	1513	Sergio Carvalho	Alcaides	Senior Masculino	54:53	+21:37	05:29
289	2272	Alexandre Araújo	Individual	Senior Masculino	55:01	+21:46	05:30
290	1835	Hugo Gregório	Individual	Senior Masculino	55:03	+21:48	05:30
291	1468	Marcelo Borges	Individual	Senior Masculino	55:07	+21:52	05:31
292	1787	Mário Pereira	Individual	Senior Masculino	55:13	+21:58	05:31
293	1298	Duarte Rodrigues	Individual	Senior Masculino	55:14	+21:59	05:31
294	1480	Rui Correia	Fasminga	Senior Masculino	55:21	+22:05	05:32
295	1759	Helder Gonçalves	Gil Vicente	Senior Masculino	55:21	+22:06	05:32
296	1231	Ricardo Cordeiro	Individual	Senior Masculino	55:25	+22:10	05:33
297	1046	Luis Faria	Inter de Cepães	Senior Masculino	55:29	+22:14	05:33
298	1683	Jorge Coelho	T22	Senior Masculino	55:30	+22:14	05:33
299	1282	Emanuel Marques	Individual	Senior Masculino	55:32	+22:16	05:33
300	1283	Diogo Carneiro	Individual	Senior Masculino	55:35	+22:20	05:34
301	1797	Pedro Ribeiro	Individual	Senior Masculino	55:38	+22:22	05:34
302	1771	Guillaume Cepa	No trilho do castro	Senior Masculino	55:39	+22:24	05:34
303	1616	João Pedro Oliveira	Individual	Senior Masculino	55:40	+22:24	05:34
304	1161	Luís Areias	Individual	Senior Masculino	55:43	+22:28	05:34
305	2451	André Amorim	Individual	Senior Masculino	55:48	+22:32	05:35
306	2284	Fernando Cunha	Individual	Senior Masculino	55:48	+22:33	05:35
307	1820	Alexandre Ribas	Individual	Senior Masculino	55:51	+22:36	05:35
308	1242	João Lima	Individual	Senior Masculino	55:56	+22:41	05:36
309	2396	Michael Machado	Individual	Senior Masculino	56:03	+22:47	05:36
310	2382	Luis Lamas	Individual	Senior Masculino	56:08	+22:52	05:37
311	1274	Raphael Palheiras	Individual	Senior Masculino	56:13	+22:57	05:37
312	2286	João Martinho	CrossFit Viana do Castelo	Senior Masculino	56:15	+22:59	05:37
313	1816	Claudio Lages	Individual	Senior Masculino	56:45	+23:30	05:41
314	1561	Bruno Mesquita	Vimieiro	Senior Masculino	56:49	+23:33	05:41
315	2383	Renato Rodrigues	Individual	Senior Masculino	56:55	+23:39	05:41
316	1256	Ângelo Da Rocha	Embarca Running	Senior Masculino	56:56	+23:41	05:42
317	1713	Fábio Novo	Individual	Senior Masculino	57:02	+23:47	05:42
318	1720	Diogo Vieira	Individual	Senior Masculino	57:18	+24:03	05:44
319	2299	Pedro Silva	10 KMorgados	Senior Masculino	57:28	+24:12	05:45
320	1399	Alexandre Santos	HD Training	Senior Masculino	57:30	+24:14	05:45
321	1603	Guilherme Oliveira	Individual	Senior Masculino	57:44	+24:28	05:46
322	2241	Bruno Cruz	Individual	Senior Masculino	58:04	+24:48	05:48
323	2279	Bruno Silva	Individual	Senior Masculino	58:04	+24:48	05:48
324	1913	Jorge Rodrigues	Individual	Senior Masculino	58:26	+25:11	05:51
325	1490	Anglade Gomes	Individual	Senior Masculino	58:27	+25:12	05:51
326	1226	Júlio escrivães	Individual	Senior Masculino	58:31	+25:15	05:51
327	2401	Mario Pinheiro	Individual	Senior Masculino	58:31	+25:16	05:51
328	2293	Vítor Gomes	Individual	Senior Masculino	58:35	+25:20	05:52
329	2073	Pedro Costa	Individual	Senior Masculino	58:49	+25:34	05:53
330	1225	Luís Patrão	Individual	Senior Masculino	58:55	+25:39	05:53

Official Timekeeper: Lap2Go	13 / 31	generate 17-jan.-2026 19:46
-----------------------------	---------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

331	1557	Jose Silva	Individual	Senior Masculino	58:55	+25:39	05:53
332	2384	Marco Moreira	Individual	Senior Masculino	59:02	+25:46	05:54
333	1977	Nelson Soares	Individual	Senior Masculino	59:03	+25:47	05:54
334	1229	Jorge Peixoto	Individual	Senior Masculino	59:06	+25:50	05:55
335	1264	Luís Francisco Lima Castro	Individual	Senior Masculino	59:08	+25:52	05:55
336	1875	Miguel Pereira	Individual	Senior Masculino	59:12	+25:57	05:55
337	2268	Pedro Eira	Individual	Senior Masculino	59:13	+25:57	05:55
338	1793	Luís Viana	Individual	Senior Masculino	59:15	+26:00	05:56
339	1052	Paulo Regado	Individual	Senior Masculino	59:15	+26:00	05:56
340	2033	Tiago Pena	GOGGINOS	Senior Masculino	59:27	+26:11	05:57
341	2271	Nelson Miranda	Individual	Senior Masculino	59:30	+26:15	05:57
342	1784	José Nogueira	Individual	Senior Masculino	59:32	+26:16	05:57
343	1100	Pedro Pires	Viabike	Senior Masculino	59:41	+26:25	05:58
344	2042	Rui Ferreira	Individual	Senior Masculino	59:59	+26:43	06:00
345	2040	Alexandre Alves	Individual	Senior Masculino	01:00:01	+26:45	06:00
346	1382	Marcos da Cruz	Individual	Senior Masculino	01:00:02	+26:46	06:00
347	1536	Miguel Sousa	Individual	Senior Masculino	01:00:07	+26:52	06:01
348	1942	Bruno Fonte	Individual	Senior Masculino	01:00:19	+27:03	06:02
349	1195	Carlos Marques	Quintas a Correr	Senior Masculino	01:00:20	+27:04	06:02
350	1968	Sérgio Costa	Individual	Senior Masculino	01:00:30	+27:15	06:03
351	1124	Bernardo Areia de Carvalho	Individual	Senior Masculino	01:00:39	+27:24	06:04
352	1475	Cristiano Martins	Individual	Senior Masculino	01:00:42	+27:27	06:04
353	1463	Paulo Coelho	Alcaides	Senior Masculino	01:00:48	+27:32	06:05
354	1206	Jose Oliveira	Individual	Senior Masculino	01:01:17	+28:01	06:08
355	2504	Vitor Ramalho	Vila cova ativo	Senior Masculino	01:01:26	+28:11	06:09
356	1703	Carlos Figueiredo	Individual	Senior Masculino	01:01:30	+28:14	06:09
357	1484	PEDRO DANIEL COELHO DO REGO	Individual	Senior Masculino	01:01:44	+28:28	06:10
358	1336	Alex Mendes	Individual	Senior Masculino	01:01:50	+28:35	06:11
359	1420	Márcio Pereira	Individual	Senior Masculino	01:01:57	+28:41	06:12
360	1139	Carlos Campelo	ADCRSME	Senior Masculino	01:03:01	+29:46	06:18
361	2083	Sérgio Sá	Individual	Senior Masculino	01:03:16	+30:00	06:20
362	2527	Luis Silva	Individual	Senior Masculino	01:03:16	+30:00	06:20
363	1279	João Vaz	Porta 10	Senior Masculino	01:04:18	+31:02	06:26
364	1401	José Faria	Individual	Senior Masculino	01:04:21	+31:06	06:26
365	2069	Diogo Rodrigues	Individual	Senior Masculino	01:04:40	+31:24	06:28
366	2290	Joel Bicho	Individual	Senior Masculino	01:05:00	+31:45	06:30
367	1238	João Araújo	Ninja	Senior Masculino	01:05:27	+32:11	06:33
368	1214	Filipe Simões	Ninja	Senior Masculino	01:05:27	+32:12	06:33
369	1776	João Campos	Individual	Senior Masculino	01:05:29	+32:13	06:33
370	1754	Miguel Costa	Individual	Senior Masculino	01:05:43	+32:27	06:34
371	1751	LÁZARO CRUZ	INEM Moving	Senior Masculino	01:06:26	+33:10	06:39
372	1326	Rui Veloso	ADCRSME	Senior Masculino	01:07:32	+34:16	06:45
373	2448	Sérgio Sousa	Individual	Senior Masculino	01:07:54	+34:39	06:47
374	1901	Gonçalo Abreu	PeixotoAbreu	Senior Masculino	01:08:33	+35:17	06:51
375	1810	Tiago Tiago Santos	Individual	Senior Masculino	01:11:03	+37:48	07:06
376	2275	Helder Goncalves	Individual	Senior Masculino	01:11:23	+38:08	07:08

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

377	1131	Elisa Ribeiro	Alcance	Senior Masculino	01:12:19	+39:04	07:14
378	1138	Bruno Ribeiro	ADCRSME	Senior Masculino	01:13:23	+40:07	07:20
379	1671	Alberto Ferreira	Individual	Senior Masculino	01:13:38	+40:23	07:22
380	1241	Diogo Alves	Fake Running Club	Senior Masculino	01:13:47	+40:32	07:23
381	2274	RUI PALMEIRA	INEM Moving	Senior Masculino	01:14:16	+41:00	07:26
382	1262	Paulo Ribeiro	Individual	Senior Masculino	01:14:32	+41:17	07:27
383	1489	Jonathan Teixeira	Individual	Senior Masculino	01:15:01	+41:45	07:30
384	1295	José Miguel Ribeiro	100Pernas	Senior Masculino	01:16:20	+43:04	07:38
385	1458	Steven Da Silva Boaventura	Individual	Senior Masculino	01:17:06	+43:50	07:43
386	2011	Diogo Soares	Coca Cola de Vidro	Senior Masculino	01:17:12	+43:57	07:43
387	1945	Alexandre Oliveira	Xuxus	Senior Masculino	01:19:04	+45:49	07:54
388	1041	Hugo Silva	Sissi Bros	Senior Masculino	01:19:11	+45:55	07:55
389	2096	Fernando Figueiredo	Individual	Senior Masculino	01:21:34	+48:18	08:09
390	2525	Tiago Marques	Individual	Senior Masculino	01:22:52	+49:37	08:17
391	2116	Ricardo Santos	Individual	Senior Masculino	01:33:58	+01:00:43	09:24

Sub 23 Feminino

1	1999	Mafalda Eiras	MUCHACHOS	Sub 23 Feminino	43:35		04:22
2	1510	Marta Portela	Individual	Sub 23 Feminino	48:07	+04:31	04:49
3	2481	Mariana Santa Marinha	GCDR GEMESES	Sub 23 Feminino	51:44	+08:09	05:10
4	1624	Catarina Castro	Individual	Sub 23 Feminino	52:03	+08:28	05:12
5	1764	Andreia Da Silva	Individual	Sub 23 Feminino	54:30	+10:54	05:27
6	2486	Beatriz Sá	GCDR GEMESES	Sub 23 Feminino	55:21	+11:45	05:32
7	2482	Ana Gabriela Sá	GCDR GEMESES	Sub 23 Feminino	55:23	+11:47	05:32
8	2487	Lara Lopes	GCDR GEMESES	Sub 23 Feminino	55:23	+11:47	05:32
9	2334	Maria Macedo	Individual	Sub 23 Feminino	57:59	+14:23	05:48
10	1134	Matilde Couto	Individual	Sub 23 Feminino	57:59	+14:24	05:48
11	2113	Clara Miranda	Vila cova ativo	Sub 23 Feminino	58:49	+15:14	05:53
12	1504	Luisa Ferreira	Individual	Sub 23 Feminino	58:59	+15:23	05:54
13	1915	Ana Silva	Individual	Sub 23 Feminino	58:59	+15:24	05:54
14	1707	Margarida Martins	MARATONAS	Sub 23 Feminino	01:01:44	+18:08	06:10
15	1130	Maria João Oliveira	Individual	Sub 23 Feminino	01:02:20	+18:44	06:14
16	2490	Joana Peixoto	GCDR GEMESES	Sub 23 Feminino	01:02:29	+18:53	06:15
17	1753	Alexandra Mariz	Individual	Sub 23 Feminino	01:03:14	+19:39	06:19
18	1379	Bruna Costa	Individual	Sub 23 Feminino	01:04:06	+20:30	06:25
19	1777	Margarida Mota	Individual	Sub 23 Feminino	01:05:43	+22:07	06:34
20	2056	Sara senra	Individual	Sub 23 Feminino	01:06:49	+23:14	06:41
21	1954	Carolina Lopes	Individual	Sub 23 Feminino	01:07:16	+23:40	06:44
22	2199	Rita Soucasaux	Individual	Sub 23 Feminino	01:07:16	+23:41	06:44
23	1450	Inês Silva	Individual	Sub 23 Feminino	01:09:31	+25:55	06:57
24	1888	Eliana Costa	McQueen's Legacy	Sub 23 Feminino	01:11:15	+27:39	07:07
25	2489	Inês Marques	GCDR GEMESES	Sub 23 Feminino	01:12:36	+29:01	07:16
26	1095	Beatriz Silva	Cromos...somas	Sub 23 Feminino	01:13:21	+29:45	07:20
27	1867	Leticia Lopess	Individual	Sub 23 Feminino	01:16:55	+33:19	07:42
28	2280	Joana Lourenco	Individual	Sub 23 Feminino	01:17:36	+34:01	07:46

Official Timekeeper: Lap2Go	15 / 31	generate 17-jan.-2026 19:46
-----------------------------	---------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

29	1944	Ana Luísa Cerqueira	Xuxus	Sub 23 Feminino	01:19:05	+35:29	07:54
30	1374	Maria Castro	Individual	Sub 23 Feminino	01:21:42	+38:07	08:10

Sub 23 Masculino

1	1305	Dinis Azevedo	Individual	Sub 23 Masculino	35:58	03:36
2	1082	Gustavo Eiras	Escola Secundária de Barcelinhos	Sub 23 Masculino	38:53	+02:55 03:53
3	1038	Samuel Curto	Individual	Sub 23 Masculino	41:02	+05:04 04:06
4	2488	William Sampaio	GCDR GEMESES	Sub 23 Masculino	41:22	+05:23 04:08
5	2485	Afonso Lages	GCDR GEMESES	Sub 23 Masculino	42:15	+06:17 04:14
6	2427	Ludgero Ribeiro	ATRIUM AREIAS TEAM	Sub 23 Masculino	42:34	+06:35 04:15
7	2337	Rui Pedro Tereso	Individual	Sub 23 Masculino	42:40	+06:42 04:16
8	2054	Leonardo Torre	Individual	Sub 23 Masculino	43:58	+07:59 04:24
9	1122	Rodrigo Assunção	PIMENTA	Sub 23 Masculino	44:09	+08:11 04:25
10	2087	João Bernardo Couto Soares	Individual	Sub 23 Masculino	44:17	+08:18 04:26
11	2421	João Mendes Pacheco	Individual	Sub 23 Masculino	44:21	+08:23 04:26
12	1075	Leandro Silva	Escola Secundária de Barcelinhos	Sub 23 Masculino	44:57	+08:59 04:30
13	1087	Jonas Dantas	Escola Secundária de Barcelinhos	Sub 23 Masculino	45:27	+09:29 04:33
14	1416	Samuel Bret	Run Power	Sub 23 Masculino	45:29	+09:31 04:33
15	1632	Rodrigo Silva	Individual	Sub 23 Masculino	47:01	+11:02 04:42
16	1483	Adelino Meireles	Individual	Sub 23 Masculino	47:19	+11:21 04:44
17	1644	Simão Carvalho	Individual	Sub 23 Masculino	47:28	+11:30 04:45
18	1676	Renato Laranjeira de Sousa	Individual	Sub 23 Masculino	47:38	+11:40 04:46
19	1545	Edgar Araújo	Individual	Sub 23 Masculino	47:43	+11:45 04:46
20	2491	Pedro Senra Oliveira	GCDR GEMESES	Sub 23 Masculino	48:47	+12:49 04:53
21	1834	Pedro Costa	Individual	Sub 23 Masculino	49:04	+13:06 04:54
22	511	Diogo Figueiredo	CNF	Sub 23 Masculino	49:25	+13:27 04:56
23	1426	Vasco Silva	Os Muchos Brabos	Sub 23 Masculino	49:52	+13:54 04:59
24	1196	Nuno Vasconcelos	Individual	Sub 23 Masculino	50:03	+14:05 05:00
25	2484	Rodrigo Mimoso	GCDR GEMESES	Sub 23 Masculino	51:44	+15:46 05:10
26	1684	Duarte Morgado	Individual	Sub 23 Masculino	51:59	+16:00 05:12
27	2277	Rui Pedro Rodrigues	ADE Trail Running	Sub 23 Masculino	51:59	+16:01 05:12
28	1245	Simão Pires	Individual	Sub 23 Masculino	54:06	+18:07 05:25
29	1338	Dinis Amorim	Individual	Sub 23 Masculino	54:43	+18:45 05:28
30	1477	Francisco Ferreira	Individual	Sub 23 Masculino	55:22	+19:24 05:32
31	1688	Andre Mendes	Individual	Sub 23 Masculino	56:04	+20:05 05:36
32	1928	Vitor Ramos	Individual	Sub 23 Masculino	56:13	+20:14 05:37
33	1076	Jonas Meier	Escola Secundária de Barcelinhos	Sub 23 Masculino	57:28	+21:30 05:45
34	1533	Gonçalo Costa	Individual	Sub 23 Masculino	57:56	+21:57 05:48
35	1088	Diogo Silva	Escola Secundária de Barcelinhos	Sub 23 Masculino	58:01	+22:03 05:48
36	1307	Duarte Eusébio	Individual	Sub 23 Masculino	58:10	+22:11 05:49
37	2483	João Lima	GCDR GEMESES	Sub 23 Masculino	58:10	+22:12 05:49
38	1083	Ricardo Ramos	Escola Secundária de Barcelinhos	Sub 23 Masculino	58:40	+22:41 05:52
39	1774	Simão Lêdo	Individual	Sub 23 Masculino	58:42	+22:44 05:52
40	1072	Dinis Campinho	Escola Secundária de Barcelinhos	Sub 23 Masculino	01:01:37	+25:39 06:10
41	1559	Goncalo Guimarães	Corredores de Siriposta	Sub 23 Masculino	01:01:59	+26:01 06:12

Official Timekeeper: Lap2Go	16 / 31	generate 17-jan.-2026 19:46
-----------------------------	---------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

42	2492	Maria Sousa	GCDR GEMESES	Sub 23 Masculino	01:02:28	+26:30	06:15
43	1375	José Cravino	Individual	Sub 23 Masculino	01:03:03	+27:04	06:18
44	1085	Rafael Carvalho	Escola Secundária de Barcelinhos	Sub 23 Masculino	01:08:00	+32:01	06:48
45	1089	Breyner Figueiredo	Escola Secundária de Barcelinhos	Sub 23 Masculino	01:08:00	+32:02	06:48
46	1871	Guilherme Simão	Individual	Sub 23 Masculino	01:08:20	+32:22	06:50
47	1073	Diego Torres	Escola Secundária de Barcelinhos	Sub 23 Masculino	01:13:27	+37:28	07:21
48	1685	Gustavo Ferreira	Individual	Sub 23 Masculino	01:13:37	+37:38	07:22
49	1897	Hélder Gonçalves	Individual	Sub 23 Masculino	01:13:43	+37:44	07:22
50	2281	Rodrigo Silva	Individual	Sub 23 Masculino	01:17:36	+41:38	07:46

Veterana F40

1	2345	Doroteia Peixoto	Team El Comandante	Veterana F40	37:51		03:47
2	1587	Carina Carina Alves	Tia Top & Sobrinha Pop	Veterana F40	43:58	+06:06	04:24
3	1605	Paula Barbosa	EDV-VIANA TRAIL	Veterana F40	44:06	+06:14	04:25
4	1905	Andreia Branco	GRUPO JUVENIL DE VILA DE PUNHE	Veterana F40	45:01	+07:09	04:30
5	2016	Natalia Branco	ÁGUIAS DE ALVELOS	Veterana F40	45:14	+07:22	04:31
6	2350	Silvia Araújo	opraticante.pt	Veterana F40	45:16	+07:24	04:32
7	1769	Andreia Costa	Individual	Veterana F40	46:05	+08:14	04:37
8	2298	Raquel Abreu	Individual	Veterana F40	46:36	+08:44	04:40
9	1155	Marisa Ferreira	Individual	Veterana F40	49:03	+11:11	04:54
10	1734	Paula Silva	Individual	Veterana F40	49:44	+11:52	04:58
11	2035	Joana Melo	MARATONAS	Veterana F40	49:51	+12:00	04:59
12	2208	Sónia Faria	Individual	Veterana F40	49:57	+12:05	05:00
13	2398	Ana Pereira	ADE Trail Running	Veterana F40	50:06	+12:14	05:01
14	2365	Ana Carina Sá Pereira	ADE Trail Running	Veterana F40	50:11	+12:19	05:01
15	2263	Sofia Cardoso	Individual	Veterana F40	50:18	+12:26	05:02
16	1802	Ana Igrejas	Gordinho's Team	Veterana F40	51:08	+13:16	05:07
17	2230	Marcia Bandeira	Amigos da Montanha	Veterana F40	51:38	+13:46	05:10
18	1800	ANA PAULA ALVES	Individual	Veterana F40	51:45	+13:54	05:11
19	1003	Eloísa Cepinha	RunMates	Veterana F40	52:03	+14:11	05:12
20	1930	Zaida Costa	S. Veríssimo Ativo	Veterana F40	52:30	+14:38	05:15
21	1612	EUGENIE RIBEIRO	TEAM MARATONAS	Veterana F40	52:46	+14:54	05:17
22	1631	Filipa Branco	Individual	Veterana F40	52:52	+15:00	05:17
23	1965	Berta Carvalho	Individual	Veterana F40	52:56	+15:05	05:18
24	1151	Lígia Ribeiro	Leões de Tardariz Trail	Veterana F40	53:24	+15:32	05:20
25	1004	Antónia Guerra	RunMates	Veterana F40	53:42	+15:50	05:22
26	1679	Fatima Serra	Individual	Veterana F40	53:42	+15:50	05:22
27	1755	Sofia Araújo	Individual	Veterana F40	54:18	+16:26	05:26
28	1381	Manuela Vilas -boas	Vila cova activo	Veterana F40	54:32	+16:40	05:27
29	2262	Carina Silva	Individual	Veterana F40	54:45	+16:53	05:28
30	1099	Fatima Aragao	Individual	Veterana F40	54:50	+16:58	05:29
31	2067	Noa Ramos Gonzalez	Mais Que Auga	Veterana F40	54:50	+16:59	05:29
32	1588	Natália Domingues	Corre que é família!	Veterana F40	54:53	+17:01	05:29
33	1114	Isabel Maria Ribeiro Rodrigues Rodrigues	Individual	Veterana F40	55:09	+17:18	05:31

Official Timekeeper: Lap2Go	17 / 31	generate 17-jan.-2026 19:46
-----------------------------	---------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

34	1907	Hind Mchaal	100RITMO de HI-FIT	Veterana F40	55:15	+17:23	05:32
35	1568	Marta Domingues	AudazRunClub	Veterana F40	55:30	+17:38	05:33
36	1452	Elsa Cunha	MARATONAS	Veterana F40	55:32	+17:40	05:33
37	2580	Paula Costa	Individual	Veterana F40	55:45	+17:53	05:35
38	1387	Henriqueta Sampaio	Sempre em frente	Veterana F40	55:54	+18:02	05:35
39	1000	Marlene Enes	Individual	Veterana F40	55:56	+18:04	05:36
40	1937	Ana Leite	S.Veríssimo Ativo	Veterana F40	56:18	+18:26	05:38
41	1606	Teresa Patrao	Individual	Veterana F40	56:38	+18:47	05:40
42	1342	Isaura Antunes	Treino de Domingo	Veterana F40	56:50	+18:58	05:41
43	1228	Fátima Miranda	Move	Veterana F40	56:54	+19:02	05:41
44	1418	Paula Barros	Individual	Veterana F40	57:12	+19:20	05:43
45	2158	Bárbara Teixeira	Individual	Veterana F40	57:12	+19:20	05:43
46	1916	Joana Faria	Individual	Veterana F40	57:14	+19:22	05:43
47	1415	Ana Rita de Faria Pereira	Run Power	Veterana F40	57:15	+19:23	05:44
48	1060	Isabel Marques	Individual	Veterana F40	57:33	+19:41	05:45
49	1540	Emília Gomes	Individual	Veterana F40	57:59	+20:07	05:48
50	2446	Carla Mesquita	Individual	Veterana F40	58:05	+20:13	05:49
51	1722	Marta Ferreira	Individual	Veterana F40	58:19	+20:27	05:50
52	1362	Márcia Azevedo	Sushi e Batatas fritas	Veterana F40	58:28	+20:37	05:51
53	2176	Mónica Ferreira	Spin & Run Esposende	Veterana F40	58:42	+20:50	05:52
54	1511	Angelina Cruz	Alcaides	Veterana F40	58:43	+20:51	05:52
55	1687	Carina Novo	Individual	Veterana F40	58:46	+20:54	05:53
56	1643	Ângela Magalhães	Individual	Veterana F40	58:51	+20:59	05:53
57	1959	Gracinda Martins	Vila cova ativo	Veterana F40	58:54	+21:03	05:53
58	1600	Celia Rocha	Individual	Veterana F40	58:58	+21:07	05:54
59	2028	Sofia Mingote	Individual	Veterana F40	59:12	+21:20	05:55
60	1899	Luísa Hedvigés Lopes de Araujo	Eduardo e Luísa Running	Veterana F40	59:31	+21:39	05:57
61	1799	Vera Gonçalves	Individual	Veterana F40	59:38	+21:46	05:58
62	2367	Isa Catarina M. Ribeiro	ADE Trail Running	Veterana F40	01:00:00	+22:08	06:00
63	1113	Diana Ribeiro	Individual	Veterana F40	01:00:20	+22:28	06:02
64	2509	Raquel Sousa	CDRC Amarense	Veterana F40	01:00:28	+22:36	06:03
65	1710	Tina Scullo	Individual	Veterana F40	01:00:43	+22:52	06:04
66	2118	Rita Maia de Oliveira	AMVE - ASSOCIAÇÃO MOINHO DE VERMOIM	Veterana F40	01:00:49	+22:57	06:05
67	2371	Juliana Pinheiral	ADE Trail Running	Veterana F40	01:01:03	+23:11	06:06
68	2373	Mariana Capitão	Individual	Veterana F40	01:01:23	+23:32	06:08
69	1459	Vitória Carneiro	Miles and Vibes	Veterana F40	01:01:39	+23:47	06:10
70	1621	Angela Leite	Individual	Veterana F40	01:01:42	+23:50	06:10
71	1625	Sara Silva	Individual	Veterana F40	01:01:48	+23:56	06:11
72	1332	Isabel Cardoso	100Ritmo	Veterana F40	01:02:00	+24:09	06:12
73	2049	Mónica Pedrosa	Individual	Veterana F40	01:02:30	+24:38	06:15
74	2130	Ana Silva	ADCRSME	Veterana F40	01:02:55	+25:03	06:17
75	2441	Stephanie pedra	Individual	Veterana F40	01:02:55	+25:03	06:17
76	1421	Tania Ramos	Individual	Veterana F40	01:03:16	+25:25	06:20
77	2154	Lucia Pilar	Pilarteam	Veterana F40	01:03:27	+25:35	06:21
78	2132	Viviana Miranda	Individual	Veterana F40	01:03:33	+25:42	06:21
79	1098	Vera Cruz	Individual	Veterana F40	01:03:41	+25:49	06:22

Official Timekeeper: Lap2Go	18 / 31	generate 17-jan.-2026 19:46
-----------------------------	---------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

80	2019	Susana Bras	Só estou aqui porque não ha ondas	Veterana F40	01:03:59	+26:07	06:24
81	1512	Bárbara Lourenço	Individual	Veterana F40	01:04:10	+26:18	06:25
82	2205	Sónia Grilo	Os que vão como podem!	Veterana F40	01:04:40	+26:48	06:28
83	1016	Elisabete Vidal	Individual	Veterana F40	01:04:46	+26:55	06:29
84	1343	Liliana Loureiro	Renasce	Veterana F40	01:05:11	+27:19	06:30
85	2091	Evelina Fernandes	Individual	Veterana F40	01:05:41	+27:49	06:34
86	1982	NATÁLIA COSTA	INEM Moving	Veterana F40	01:06:26	+28:34	06:39
87	1385	Elisabete Gonçalves	Individual	Veterana F40	01:07:05	+29:13	06:43
88	1983	Paula Ferreira	Individual	Veterana F40	01:07:11	+29:19	06:43
89	1398	Mariana Neto	Individual	Veterana F40	01:07:48	+29:56	06:47
90	1291	Sara Guerra	Individual	Veterana F40	01:08:37	+30:45	06:52
91	1656	Carina Oliveira	Individual	Veterana F40	01:08:40	+30:48	06:52
92	2285	Inês Monteiro	Individual	Veterana F40	01:09:39	+31:47	06:58
93	1870	Tânia Costa	S. Veríssimo Ativo	Veterana F40	01:09:51	+31:59	06:59
94	2303	Natália Júlio	Perelhal a Correr	Veterana F40	01:10:23	+32:32	07:02
95	2412	Daniela Bessa	Individual	Veterana F40	01:10:34	+32:42	07:03
96	1639	Carla Silva	Individual	Veterana F40	01:10:41	+32:49	07:04
97	2244	Jacqueline Pacheco	Individual	Veterana F40	01:11:04	+33:12	07:06
98	1425	Vânia Faria	Individual	Veterana F40	01:11:33	+33:41	07:09
99	2188	Luciana Queirós	juvmar	Veterana F40	01:11:39	+33:47	07:10
100	1237	Marina Cepa	100Ritmo	Veterana F40	01:12:35	+34:43	07:16
101	1666	Isabel Marinha	Individual	Veterana F40	01:14:10	+36:18	07:25
102	1716	SILVIA OLIVEIRA	Individual	Veterana F40	01:14:11	+36:19	07:25
103	1730	Anabela da Rocha Casal Casal	Trilhos de Viana	Veterana F40	01:14:29	+36:37	07:27
104	1819	Adriana Oliveira	Individual	Veterana F40	01:16:05	+38:13	07:36
105	1217	Helena Moutinho	Magos	Veterana F40	01:19:44	+41:52	07:58
106	1216	Andreia Alvadia	Magos	Veterana F40	01:19:44	+41:52	07:58
107	1481	Graça Sousa	Individual	Veterana F40	01:20:24	+42:32	08:02
108	1059	Maria Ferreira	Individual	Veterana F40	01:20:33	+42:41	08:03
109	2204	Carla Pereira	Os que vão como podem!	Veterana F40	01:22:52	+45:00	08:17

Veterana F50

1	2021	Suzete André	Individual	Veterana F50	42:33		04:15
2	1157	Ana Correia	Individual	Veterana F50	45:20	+02:47	04:32
3	1186	Teresa Santos	Individual	Veterana F50	47:03	+04:29	04:42
4	2349	Helena Santos	opraticante.pt	Veterana F50	47:55	+05:22	04:47
5	2143	Sonia Mota	Individual	Veterana F50	48:29	+05:56	04:51
6	1717	Isabel Cunha	ACADEMIA23	Veterana F50	48:40	+06:07	04:52
7	1444	Ângela Costa	Individual	Veterana F50	49:31	+06:58	04:57
8	1546	Catarina Magalhães	Individual	Veterana F50	50:29	+07:56	05:03
9	2084	Sandra Aguiar	MSS Grupo Desportivo de Gondomar	Veterana F50	50:47	+08:13	05:05
10	2321	Laura Brito	Individual	Veterana F50	50:50	+08:16	05:05
11	2075	Ana Carvalho	Individual	Veterana F50	51:30	+08:57	05:09
12	2146	Elsa de Sá	Individual	Veterana F50	52:19	+09:46	05:14

Official Timekeeper: Lap2Go	19 / 31	generate 17-jan.-2026 19:46
-----------------------------	---------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

13	2174	Leonor Leite	A.D.C.TREGOSA	Veterana F50	52:27	+09:53	05:15
14	2178	Sameiro Fraguinha	Spin & Run Esposende	Veterana F50	52:31	+09:58	05:15
15	1551	Carla Soares	MOVIMENTO DE JUVENTUDE DE MERELIM	Veterana F50	52:42	+10:09	05:16
16	2177	Maria Campos	Spin&Run Esposende	Veterana F50	52:45	+10:12	05:17
17	1488	Isabel Alves	MOVIMENTO DE JUVENTUDE DE MERELIM	Veterana F50	53:54	+11:21	05:23
18	2173	Maria do Céu Figueiras	A.D.C.TREGOSA	Veterana F50	54:08	+11:35	05:25
19	2012	Aurora Silva	Individual	Veterana F50	55:04	+12:31	05:30
20	2150	Maria do Sameiro Araújo	Individual	Veterana F50	55:05	+12:31	05:30
21	2399	Gloria Bras	ADE Trail Running	Veterana F50	55:32	+12:59	05:33
22	1895	Maria Cepa	TEAM PILAR	Veterana F50	56:02	+13:29	05:36
23	1795	Maria Lomba	Individual	Veterana F50	56:57	+14:23	05:42
24	1544	Cláudia Pinho	Individual	Veterana F50	57:12	+14:39	05:43
25	2432	Maria Esperança Silva	Individual	Veterana F50	57:22	+14:49	05:44
26	1765	Clara Cerqueira	Embarca Running	Veterana F50	57:41	+15:08	05:46
27	1102	Cecília Viana	Viabike	Veterana F50	57:47	+15:14	05:47
28	1594	Paula Cristina Guedes	Individual	Veterana F50	57:49	+15:16	05:47
29	1864	Alberta Sousa	Individual	Veterana F50	58:15	+15:42	05:50
30	1978	Maria Ferreira	MSS- GRUPO DESPORTIVO DE GONDOMAR	Veterana F50	58:18	+15:45	05:50
31	1319	Jacinta Pereira	Individual	Veterana F50	58:26	+15:53	05:51
32	1604	Sandra Ribeiro	Raposas	Veterana F50	58:26	+15:53	05:51
33	1304	Judite Torres	Individual	Veterana F50	58:46	+16:13	05:53
34	1597	Ana Magalhães	Individual	Veterana F50	58:55	+16:22	05:54
35	1461	Berta Augusto	Individual	Veterana F50	58:59	+16:25	05:54
36	2063	Pilar Rivera Dobao	Mais Que Auga	Veterana F50	59:02	+16:29	05:54
37	1219	Margarida Gomes	Individual	Veterana F50	59:22	+16:49	05:56
38	1857	Lucia de Jesus Fernandes da Corucho	Individual	Veterana F50	01:00:02	+17:28	06:00
39	1320	Sónia Ferreira	Individual	Veterana F50	01:00:06	+17:33	06:01
40	1190	Alcina Lopes	Individual	Veterana F50	01:00:06	+17:33	06:01
41	2114	Cristina Rosario	Individual	Veterana F50	01:00:10	+17:37	06:01
42	2043	Gabriela Biasi	Tinto na Veia, Ritmo na Meia	Veterana F50	01:00:11	+17:38	06:01
43	1020	Patrícia de Paula Paty	Individual	Veterana F50	01:00:33	+18:00	06:03
44	1133	Olinda Neiva	100Ritmo	Veterana F50	01:00:56	+18:22	06:06
45	2253	Isabel Ferreira	Individual	Veterana F50	01:00:57	+18:23	06:06
46	1160	Fernanda Senra	Individual	Veterana F50	01:01:24	+18:51	06:08
47	1951	Lena abreu	TeamBLC	Veterana F50	01:01:32	+18:59	06:09
48	2231	Carla VilasBoas	Amigos da Montanha	Veterana F50	01:01:42	+19:09	06:10
49	1758	Lucília Ribeiro	Individual	Veterana F50	01:01:53	+19:20	06:11
50	1152	Lurdes Sanguedo	Gens Sport clube Trail	Veterana F50	01:02:08	+19:35	06:13
51	2540	Guida Silva	Amigos da Montanha	Veterana F50	01:02:37	+20:04	06:16
52	1832	Ana Ramos	GTRunners	Veterana F50	01:03:00	+20:27	06:18
53	1673	Madalena Ferreira	Individual	Veterana F50	01:05:40	+23:07	06:34
54	1403	Manuela Ribeiro	Individual	Veterana F50	01:08:03	+25:30	06:48
55	2061	Mónica Vázquez Mayo	Mais Que Auga	Veterana F50	01:08:30	+25:57	06:51
56	1969	Catarina Pereira	Individual	Veterana F50	01:09:13	+26:39	06:58

Official Timekeeper: Lap2Go	20 / 31	generate 17-jan.-2026 19:46
-----------------------------	---------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

57	1437	Amélia Maciel	Individual	Veterana F50	01:11:46	+29:12	07:11
58	2319	Jacinta Pilar	Pilar Team	Veterana F50	01:11:48	+29:14	07:11
59	2211	Manuela Costa	100Ritmo	Veterana F50	01:12:36	+30:03	07:16
60	2392	Maria Lima	Individual	Veterana F50	01:12:52	+30:19	07:17
61	1162	Ana Oliveira	Individual	Veterana F50	01:20:24	+37:50	08:02
62	2207	Elisabete Rocha	Os que vão como podem!	Veterana F50	01:22:52	+40:19	08:17

Veterana F60

1	2235	Maria Pereira	Sport Comércio e Salgueiros	Veterana F60	46:52	04:41
2	1354	Tomásia Escoval	Individual	Veterana F60	54:13	+07:20 05:25
3	2120	Susana Silva	Individual	Veterana F60	54:31	+07:39 05:27
4	1164	Fernanda Rocha	FERREIROLUX	Veterana F60	54:44	+07:52 05:28
5	1750	Maria Oliveira	Raposas	Veterana F60	57:09	+10:17 05:43
6	1672	Helena Moreira	Raposas	Veterana F60	58:25	+11:33 05:51
7	1026	Adelaide Pereira	Clube novobanco	Veterana F60	01:00:10	+13:18 06:01
8	2347	Conceição Queiroz	Individual	Veterana F60	01:01:02	+14:10 06:06
9	1351	REGINA GONZALEZ MERA	Mais Que Auga	Veterana F60	01:14:59	+28:07 07:30
10	1697	Maria Novo	Individual	Veterana F60	01:17:00	+30:08 07:42
11	2282	Florinda Silva	Individual	Veterana F60	01:28:09	+41:17 08:49

Veterano M40

1	2343	Ricardo Dias	Atlético Clube da Póvoa do Varzim	Veterano M40	31:47		03:11
2	1182	Adelino Sousa	Individual	Veterano M40	33:36	+01:49	03:22
3	2543	Vitor Rito	RUNNING ESPINHO	Veterano M40	34:35	+02:47	03:27
4	2163	Nuno Fernandes	Franqueira Adventure	Veterano M40	34:51	+03:03	03:29
5	1021	César Vilas Boas	cdcnavais	Veterano M40	35:08	+03:20	03:31
6	1731	Sérgio Araújo	Sérgio Araújo	Veterano M40	35:22	+03:35	03:32
7	1487	André Guimaraes	ASSOCIAÇÃO LINCE TRIATHLON	Veterano M40	35:36	+03:49	03:34
8	2378	JORGE FONTES	CENTRO DESPOTIVO E CULTURAL DE NAVAIS	Veterano M40	35:38	+03:50	03:34
9	2323	João Martins	Vila Verde a Correr	Veterano M40	36:32	+04:44	03:39
10	2161	Carlos Gomes	Sport Comércio e Salgueiros	Veterano M40	37:26	+05:39	03:45
11	1855	José Carlos Ferraz	Clube Atlético Codessoso	Veterano M40	37:29	+05:42	03:45
12	2379	PEDRO FERREIRA	CENTRO DESPOTIVO E CULTURAL DE NAVAIS	Veterano M40	38:04	+06:17	03:48
13	1013	Tiago De Barros Faria Viana	ZL PaceLab	Veterano M40	38:09	+06:22	03:49
14	1208	Renato Seara	Toldos Seara	Veterano M40	38:13	+06:26	03:49
15	2183	Francisco Pilar	juvmar	Veterano M40	39:25	+07:38	03:56
16	1841	Marco Vieira	RIBEITRAIL	Veterano M40	39:33	+07:46	03:57
17	1211	Nuno Silva	Individual	Veterano M40	39:43	+07:55	03:58
18	1963	Miguel Carvalho	Individual	Veterano M40	39:49	+08:01	03:59
19	1049	Carlos Lopes	Move	Veterano M40	39:52	+08:05	03:59
20	1634	Bruno Leite	Individual	Veterano M40	39:57	+08:10	04:00

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

21	1760	Carlos Martins	Individual	Veterano M40	40:03	+08:15	04:00
22	1725	Filipe Coelho	GD GOMA	Veterano M40	40:07	+08:20	04:01
23	2374	Mingos Vieira	Pedal'arte	Veterano M40	40:09	+08:22	04:01
24	1022	Daniel Mota	Individual	Veterano M40	40:23	+08:36	04:02
25	2085	Ricardo Silva	GTR	Veterano M40	40:26	+08:38	04:03
26	2151	Francisco Alves	GTR	Veterano M40	40:26	+08:39	04:03
27	1156	Pedro Torres	Individual	Veterano M40	40:34	+08:46	04:03
28	2479	Hugo André Pires Araújo	IAT Imobiliária	Veterano M40	40:41	+08:54	04:04
29	2322	Ricardo Peixoto	Vila Verde a Correr	Veterano M40	40:47	+09:00	04:05
30	1145	Filipe Almeida	Individual	Veterano M40	40:50	+09:03	04:05
31	2234	João Rodrigues	Amigos da Montanha	Veterano M40	40:56	+09:09	04:06
32	2462	Eurico Cunha	Individual	Veterano M40	40:59	+09:12	04:06
33	1693	André Correia	Individual	Veterano M40	41:01	+09:14	04:06
34	1988	Rui Fino	Individual	Veterano M40	41:13	+09:26	04:07
35	2362	Diogo Santa Marinha	Individual	Veterano M40	41:32	+09:45	04:09
36	1002	Hélder Filipe Silva	Team El Comandante	Veterano M40	41:33	+09:46	04:09
37	1470	Carlos Vilas-Boas	Alcaides	Veterano M40	41:40	+09:53	04:10
38	1025	Ricardo Ramalho	Individual	Veterano M40	41:40	+09:53	04:10
39	1917	Rui Ferreira	Individual	Veterano M40	41:51	+10:03	04:11
40	1438	Pedro Azevedo	Individual	Veterano M40	42:06	+10:18	04:13
41	1526	Márcio Silva	Individual	Veterano M40	42:06	+10:18	04:13
42	1622	Pedro Ferreira	PFArchStudioRunning	Veterano M40	42:16	+10:29	04:14
43	2304	Júlio Torres	Individual	Veterano M40	42:23	+10:36	04:14
44	2439	José Dantas	Individual	Veterano M40	42:31	+10:44	04:15
45	1177	Filipe Campos	AIRORUN	Veterano M40	42:39	+10:52	04:16
46	2513	Davide Pereira	Individual	Veterano M40	42:49	+11:01	04:17
47	2200	Joao Benta	Individual	Veterano M40	42:52	+11:05	04:17
48	1310	Leonardo Torres	Individual	Veterano M40	43:02	+11:14	04:18
49	2247	Miguel Maia	Pateirolas	Veterano M40	43:03	+11:16	04:18
50	1746	Miguel Pilar	Individual	Veterano M40	43:15	+11:28	04:20
51	2170	Pedro Maciel	A.D.C.TREGOSA	Veterano M40	43:26	+11:39	04:21
52	1581	Bruno Timóteo	Individual	Veterano M40	43:38	+11:51	04:22
53	2180	Carlos Fernandes	Spin&Run Esposende	Veterano M40	43:45	+11:57	04:22
54	2376	JOAO LARANJEIRA	Individual	Veterano M40	43:49	+12:01	04:23
55	1887	António Fernandes	Run You'fools	Veterano M40	43:50	+12:03	04:23
56	1017	Luís Madureira	Individual	Veterano M40	43:50	+12:03	04:23
57	1655	João Machado	Individual	Veterano M40	43:55	+12:08	04:24
58	1949	João Gonçalves	Individual	Veterano M40	44:08	+12:21	04:25
59	2179	Ricardo Capitão	Spin & Run - Esposende	Veterano M40	44:11	+12:24	04:25
60	2385	Gonçalo Meira	Erdal - Vimarunners	Veterano M40	44:14	+12:26	04:25
61	1801	Renato Fonseca	Gordinho's Team	Veterano M40	44:14	+12:27	04:25
62	1128	Paulo Carreiras	Individual	Veterano M40	44:18	+12:30	04:26
63	1047	Mingos Eiras	Individual	Veterano M40	44:24	+12:37	04:26
64	2428	Leonel Pacheco	ATRIUM AREIAS TEAM	Veterano M40	44:26	+12:39	04:27
65	2410	Nuno Ribeiro	El comandante	Veterano M40	44:35	+12:48	04:28
66	1144	Daniel Santos	Individual	Veterano M40	44:40	+12:52	04:28

Official Timekeeper: Lap2Go	22 / 31	generate 17-jan.-2026 19:46
-----------------------------	---------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

67	1749	José Araújo	Individual	Veterano M40	44:47	+13:00	04:29
68	1215	Rui Vilaça	Individual	Veterano M40	44:50	+13:02	04:29
69	1127	Leonardo Macedo	Individual	Veterano M40	44:51	+13:04	04:29
70	1170	JORGE LARANJEIRA	ADCRSME	Veterano M40	45:15	+13:28	04:32
71	1541	Sergio Peixoto	Individual	Veterano M40	45:17	+13:30	04:32
72	1361	Sérgio Ferreira Sá	Movimento Juventude de Merelim	Veterano M40	45:18	+13:31	04:32
73	1535	Fabio Costa	Individual	Veterano M40	45:22	+13:35	04:32
74	1007	Pedro Torres	Miles & Vibes	Veterano M40	45:36	+13:49	04:34
75	2283	Rui Viana	Individual	Veterano M40	45:48	+14:01	04:35
76	1642	Francisco Silva	AMVE - ASSOCIAÇÃO MOINHO DE VERMOIM	Veterano M40	45:50	+14:02	04:35
77	1106	Matias Gaston Gauna	Individual	Veterano M40	45:51	+14:04	04:35
78	1630	Filipe Moreira	Individual	Veterano M40	45:52	+14:05	04:35
79	1032	Paulo Cerqueira	Trilhos de Viana	Veterano M40	45:52	+14:05	04:35
80	2172	Bruno Rocha	A.D.C.TREGOSA	Veterano M40	46:14	+14:27	04:37
81	1239	Ricardo Duarte	Individual	Veterano M40	46:24	+14:36	04:38
82	2195	Miguel Fino Loureiro	juvmar	Veterano M40	46:25	+14:38	04:39
83	1883	Luis Barbosa	Individual	Veterano M40	46:33	+14:46	04:39
84	1521	Vitor Gonçalves	Rio Neiva	Veterano M40	46:41	+14:54	04:40
85	1976	José Ferreira	TOP RUNNERS	Veterano M40	46:47	+15:00	04:41
86	2058	Antonio Macías Nogueira	Mais Que Auga	Veterano M40	46:49	+15:02	04:41
87	2309	Artur Vieira	Individual	Veterano M40	46:52	+15:05	04:41
88	2015	André Rafael Rodrigues Ferreira	Individual	Veterano M40	46:55	+15:07	04:41
89	2138	Miguel Machado	Individual	Veterano M40	46:57	+15:10	04:42
90	1940	Carlos Pinto	ZUPPER	Veterano M40	47:15	+15:28	04:44
91	1990	Miguel Lagrifa	Unidos ao Garafão	Veterano M40	47:16	+15:29	04:44
92	1548	Pedro Silva	Individual	Veterano M40	47:19	+15:32	04:44
93	1035	Nuno Teixeira	RUNNING ESPINHO	Veterano M40	47:25	+15:37	04:44
94	1471	Leandro Silva	Individual	Veterano M40	47:29	+15:42	04:45
95	2181	Alberto Barroso	Spin & Run Esposende	Veterano M40	47:34	+15:47	04:45
96	1384	Rui Costa	Vila cova ativo	Veterano M40	47:35	+15:48	04:46
97	1780	Luis Neiva	Individual	Veterano M40	47:47	+16:00	04:47
98	2358	Américo Machado	Individual	Veterano M40	47:51	+16:04	04:47
99	2147	Ângelo Rafael Araújo	Individual	Veterano M40	47:52	+16:05	04:47
100	1306	Adelino Rego	Individual	Veterano M40	47:57	+16:09	04:48
101	2108	André Vilas-Boas	Vila cova ativo	Veterano M40	48:04	+16:17	04:48
102	2267	Pedro Silva	juvmar	Veterano M40	48:10	+16:23	04:49
103	1505	Tiago Sousa	Individual	Veterano M40	48:24	+16:37	04:50
104	2353	Orlando Silva	ADCRSME	Veterano M40	48:25	+16:38	04:50
105	2501	LUIS DIAS	Duros de Roer - Apulia	Veterano M40	48:28	+16:41	04:51
106	1435	Luís Silva	Sushi e Batatas fritas	Veterano M40	48:33	+16:46	04:51
107	1997	Júlio Lopes	Individual	Veterano M40	48:44	+16:57	04:52
108	2137	Miguel Cunha	Individual	Veterano M40	48:52	+17:05	04:53
109	1394	Eliseo Martínez	Speedy Burritos	Veterano M40	48:56	+17:09	04:54
110	1185	Francisco Marinha	Individual	Veterano M40	48:57	+17:09	04:54
111	2426	Manuel José Jesus	ATRIUM AREIAS TEAM	Veterano M40	48:58	+17:11	04:54
112	1417	Francisco Costa	Individual	Veterano M40	49:05	+17:17	04:54

Official Timekeeper: Lap2Go	23 / 31	generate 17-jan.-2026 19:46
-----------------------------	---------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

113	1202	Pedro Meixedo	Clube Zupper	Veterano M40	49:08	+17:21	04:55
114	2129	Jose Gonzalez	Mais Que Auga	Veterano M40	49:15	+17:28	04:56
115	1958	Rui Oliveira	Individual	Veterano M40	49:16	+17:29	04:56
116	2364	Ricardo Briote	ADE Trail Running	Veterano M40	49:23	+17:36	04:56
117	1289	Victor Mendes	Alcaides	Veterano M40	49:30	+17:42	04:57
118	2185	Pedro Rocha	juvmar	Veterano M40	49:30	+17:43	04:57
119	1619	Marcelo Moreira	Individual	Veterano M40	49:40	+17:53	04:58
120	2110	João Fernandes	Individual	Veterano M40	49:40	+17:53	04:58
121	1469	Gaspar dorey	LINCE TRIATHLON	Veterano M40	49:45	+17:58	04:58
122	2480	Paulo Parente	IAT Imobiliária	Veterano M40	49:46	+17:59	04:59
123	2442	Pedro Rego	Individual	Veterano M40	49:51	+18:04	04:59
124	2034	Eduardo Tomas	MARATONAS	Veterano M40	49:52	+18:05	04:59
125	2169	Abel Fernandes	A.D.C.TREGOSA	Veterano M40	49:55	+18:08	05:00
126	2078	José Carvalho	Individual	Veterano M40	49:58	+18:10	05:00
127	2529	Luís Miguel Rodrigues	Individual	Veterano M40	50:12	+18:25	05:01
128	2361	Pedro Bizarro	ATRIUM AREIAS TEAM	Veterano M40	50:13	+18:25	05:01
129	1015	Marcos Pedroso	Individual	Veterano M40	50:13	+18:25	05:01
130	2333	Filipe Mesquita	Individual	Veterano M40	50:17	+18:29	05:02
131	2450	Carlos Pinto	Individual	Veterano M40	50:18	+18:31	05:02
132	1267	Bruno Marques	100Pernas	Veterano M40	50:25	+18:38	05:02
133	2520	Bruno Antunes	CDRC Amarense	Veterano M40	50:25	+18:38	05:03
134	1005	Rui Almeida	RunMates	Veterano M40	50:26	+18:39	05:03
135	2017	Joaquim Malheiro	Malheiro	Veterano M40	50:31	+18:44	05:03
136	2220	João Oliveira	Individual	Veterano M40	50:37	+18:50	05:04
137	2052	José Rodrigues	Individual	Veterano M40	50:38	+18:51	05:04
138	2533	João Nobre	Individual	Veterano M40	50:41	+18:53	05:04
139	1768	Pedro Vieira	Individual	Veterano M40	50:49	+19:02	05:05
140	1373	Marcio Garrido Rodrigues	Individual	Veterano M40	50:54	+19:07	05:05
141	1711	Bruno Ribeiro	Individual	Veterano M40	50:59	+19:11	05:06
142	2508	Ricardo Sousa	CDRC Amarense	Veterano M40	51:06	+19:19	05:07
143	2400	André Ferreira Ferreira	Individual	Veterano M40	51:11	+19:23	05:07
144	1107	Nuno Castella	Miles & Vibes	Veterano M40	51:12	+19:25	05:07
145	1466	José Alves	Individual	Veterano M40	51:13	+19:26	05:07
146	2534	Bruno Martins	Individual	Veterano M40	51:19	+19:31	05:08
147	1377	Martinho Ribeiro	Individual	Veterano M40	51:20	+19:33	05:08
148	2026	Tiago Priegue	Individual	Veterano M40	51:24	+19:37	05:08
149	1701	Hugo Oterelo	Individual	Veterano M40	51:39	+19:52	05:10
150	2184	Carlos Carreira	juvmar	Veterano M40	51:43	+19:56	05:10
151	1840	Marco Mariz	Individual	Veterano M40	51:50	+20:03	05:11
152	1962	João Teixeira	Fiscais Run Team	Veterano M40	51:52	+20:05	05:11
153	1029	JOAO PAULO MACEDO	Individual	Veterano M40	51:58	+20:11	05:12
154	1184	Filipe Almendra	Veranja	Veterano M40	52:00	+20:12	05:12
155	1628	Hugo Pereira	Individual	Veterano M40	52:22	+20:35	05:14
156	2467	Nuno Goncalves	IAT Imobiliária	Veterano M40	52:24	+20:37	05:14
157	1519	Filipe Rodrigues	#atribodas06h	Veterano M40	52:26	+20:39	05:15
158	2048	Fernando Amorim	Tinto na Veia, Ritmo na Meia	Veterano M40	52:29	+20:41	05:15

Official Timekeeper: Lap2Go	24 / 31	generate 17-jan.-2026 19:46
-----------------------------	---------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

159	1872	Joao Magalhaes	Individual	Veterano M40	52:31	+20:44	05:15
160	1203	Pedro Vilas-Boas	Individual	Veterano M40	52:46	+20:58	05:17
161	1030	Jorge Teles Domingos	InShape Gym	Veterano M40	52:54	+21:06	05:17
162	2437	Tiago Carvalho	CMB	Veterano M40	53:05	+21:17	05:18
163	1723	Jorge Sarraguça	Leões de Tardariz Trail	Veterano M40	53:05	+21:18	05:18
164	1733	João Carvalho	Falsos Lentos	Veterano M40	53:19	+21:32	05:20
165	1980	Miguel Gonçalves	Individual	Veterano M40	53:20	+21:32	05:20
166	2182	João Laranjeira	juvmar	Veterano M40	53:20	+21:33	05:20
167	1045	Nuno Ferreira	Individual	Veterano M40	53:23	+21:35	05:20
168	1292	Bruno Augusto Martins Almeida Leite	Individual	Veterano M40	53:31	+21:44	05:21
169	2193	Pedro Ribeiro	juvmar	Veterano M40	53:38	+21:50	05:22
170	1011	Ricardo Moreira	100Ritmo	Veterano M40	53:41	+21:54	05:22
171	1599	Oscar Ribeiro	Individual	Veterano M40	53:42	+21:54	05:22
172	1660	MÁRCIO MOREIRA	INEM Moving	Veterano M40	53:47	+22:00	05:23
173	1368	Ricardo Marinho	Individual	Veterano M40	53:48	+22:00	05:23
174	2203	André Silva	Os que vão como podem!	Veterano M40	54:02	+22:15	05:24
175	2511	Nuno Leitão	Individual	Veterano M40	54:14	+22:27	05:25
176	1615	Nuno Leal	Falsos Lentos	Veterano M40	54:16	+22:28	05:26
177	2004	Fábio André Silva Aguiar	InterMile	Veterano M40	54:41	+22:54	05:28
178	2074	Ricardo Alves	PCRunners	Veterano M40	54:43	+22:56	05:28
179	2416	Pedro Serafim	LOUSADA RUNNERS	Veterano M40	55:06	+23:19	05:31
180	2123	Ricardo Fonseca	Individual	Veterano M40	55:20	+23:33	05:32
181	1252	Gustavo Simões	Individual	Veterano M40	55:21	+23:34	05:32
182	1658	Nuno Coelho	Individual	Veterano M40	55:29	+23:42	05:33
183	1602	Pedro Reina	Individual	Veterano M40	55:30	+23:43	05:33
184	1825	Wellington Alves	FW	Veterano M40	55:34	+23:46	05:33
185	1956	Asdrúbal Nogueira	TeamBLC	Veterano M40	55:34	+23:47	05:33
186	1938	Miguel Ferreira	Individual	Veterano M40	55:42	+23:55	05:34
187	2395	Paulo Meira R.	Individual	Veterano M40	55:43	+23:55	05:34
188	1388	Tiago Saleiro Costa	Sempre em frente	Veterano M40	55:54	+24:06	05:35
189	1001	Agostinho Enes	Individual	Veterano M40	55:56	+24:09	05:36
190	2295	Leandro Teixeira	Individual	Veterano M40	56:03	+24:16	05:36
191	1627	Luciano Rocha	Individual	Veterano M40	56:03	+24:16	05:36
192	1818	Goncalo Iglesias	Individual	Veterano M40	56:03	+24:16	05:36
193	2404	Hugo Patrão	ADCRSME	Veterano M40	56:24	+24:36	05:38
194	1408	Marco Ribeiro	Erdal - Vimarunners	Veterano M40	56:27	+24:40	05:39
195	1798	Mauro Fernandes	MiGray Team	Veterano M40	56:28	+24:41	05:39
196	2051	Rolando Costa	Team MDK	Veterano M40	56:32	+24:44	05:39
197	2434	ALBERTO VILLANUEVA MARTÍNEZ	Individual	Veterano M40	56:52	+25:05	05:41
198	2060	Roberto Garcia de la Cruz	Mais Que Auga	Veterano M40	57:04	+25:17	05:42
199	2159	Bruno Barcelos	Individual	Veterano M40	57:12	+25:25	05:43
200	2251	HELDER RIBEIRO	S. Veríssimo Ativo	Veterano M40	57:32	+25:44	05:45
201	2409	Bruno Teixeira	São Veríssimo Activo	Veterano M40	57:38	+25:50	05:46
202	1115	Vitor couto Couto	Individual	Veterano M40	58:01	+26:13	05:48
203	1479	José Araújo	Fasminga	Veterano M40	58:38	+26:50	05:52
204	2050	Hugo Cardoso	Individual	Veterano M40	58:42	+26:55	05:52

Official Timekeeper: Lap2Go	25 / 31	generate 17-jan.-2026 19:46
-----------------------------	---------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

205	2057	Enrique González Pérez	Mais Que Auga	Veterano M40	58:47	+27:00	05:53
206	2478	João Abreu	IAT Imobiliária	Veterano M40	58:50	+27:03	05:53
207	2463	Bruno Lemos	IAT Imobiliária	Veterano M40	58:50	+27:03	05:53
208	2105	Carlos Júnior	Individual	Veterano M40	58:55	+27:07	05:53
209	1891	Tony Silva	Tss	Veterano M40	59:00	+27:13	05:54
210	2217	Ricardo Cardoso	Moços	Veterano M40	59:00	+27:13	05:54
211	1070	Miguel Novais	Escola Secundária de Barcelinhos	Veterano M40	59:07	+27:19	05:55
212	2029	Pedro Cerqueira	airórun	Veterano M40	59:12	+27:25	05:55
213	1964	Octávio Cerqueira	Individual	Veterano M40	59:13	+27:25	05:55
214	2391	Eduardo Fernandes	Eduardo e Luísa Running	Veterano M40	59:31	+27:44	05:57
215	2397	Rui Miguel Rodrigues	ADE Trail Running	Veterano M40	01:00:00	+28:13	06:00
216	1246	Henrique Sousa	Individual	Veterano M40	01:00:02	+28:14	06:00
217	2394	Marcelo Silva	Individual	Veterano M40	01:00:02	+28:14	06:00
218	1464	Pedro Faria	Individual	Veterano M40	01:00:09	+28:21	06:01
219	1974	Ivo Martins	Individual	Veterano M40	01:00:11	+28:23	06:01
220	1335	Carlos Soares	Individual	Veterano M40	01:00:19	+28:32	06:02
221	2119	Filipe Oliveira	AMVE - ASSOCIAÇÃO MOINHO DE VERMOIM	Veterano M40	01:00:51	+29:04	06:05
222	2111	Fernando Ribeiro	Individual	Veterano M40	01:01:17	+29:29	06:08
223	2372	Marcelino Mota	BragaRunnres	Veterano M40	01:01:24	+29:36	06:08
224	2523	José Macedo	Individual	Veterano M40	01:01:44	+29:57	06:10
225	1791	Mário Fernandes	Individual	Veterano M40	01:02:01	+30:14	06:12
226	1826	Filipe Rodrigues	FW	Veterano M40	01:02:06	+30:18	06:13
227	2142	Diogo Gomes	Individual	Veterano M40	01:02:12	+30:25	06:13
228	2532	Pedro Moreira	Individual	Veterano M40	01:02:15	+30:28	06:13
229	1890	Mário Esteves	Alcaides	Veterano M40	01:02:53	+31:06	06:17
230	2413	Noél Freitas	Individual	Veterano M40	01:03:20	+31:32	06:20
231	2187	Óscar Gonçalves	juvmar	Veterano M40	01:03:41	+31:54	06:22
232	1116	Bruno Bruno	Individual	Veterano M40	01:03:52	+32:04	06:23
233	1044	Miguel Rodriguez	Sissi Bros	Veterano M40	01:05:43	+33:55	06:34
234	1248	Isacfurtado	Individual	Veterano M40	01:06:24	+34:36	06:38
235	1188	Carlos Felgueiras	ADCRSME	Veterano M40	01:06:53	+35:06	06:41
236	2458	Andre Lima	Individual	Veterano M40	01:07:01	+35:13	06:42
237	2459	Vladimiro Cledónio	Amigos da Montanha	Veterano M40	01:07:01	+35:13	06:42
238	1168	Luís Carvalho	ADCRSME	Veterano M40	01:07:33	+35:46	06:45
239	2062	Victoriano Sanmartín González	Mais Que Auga	Veterano M40	01:08:31	+36:44	06:51
240	2440	João Barroso	Individual	Veterano M40	01:08:38	+36:51	06:52
241	1118	Hélder Assunção	PIMENTA	Veterano M40	01:08:54	+37:06	06:53
242	1171	Hugo Ferreira	ADCRSME	Veterano M40	01:10:17	+38:30	07:02
243	1301	Humberto Barros	Impar Running Team	Veterano M40	01:10:34	+38:46	07:03
244	1227	Pedro Faria	Individual	Veterano M40	01:12:47	+40:59	07:17
245	1933	Nuno Ferreira	S. Veríssimo Ativo	Veterano M40	01:14:03	+42:16	07:24
246	1412	Bruno Rocha	Altos e Baixos	Veterano M40	01:15:56	+44:09	07:36
247	1918	Rui silva Gomes	Altos e Baixos	Veterano M40	01:15:57	+44:10	07:36
248	1269	Luís Pedro Ribeiro	100Pernas	Veterano M40	01:16:21	+44:33	07:38

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

249	2020	Joao Rosario	Individual	Veterano M40	01:16:39	+44:52	07:40
-----	------	--------------	------------	--------------	----------	--------	-------

Veterano M50

1	2202	Augusto Costa	Os que vão como podem!	Veterano M50	34:32	03:27
2	2387	Manuel Bessa	EV-PERALTAFIL	Veterano M50	35:32	+00:59 03:33
3	2447	Paulo Pereira	Dragon Club	Veterano M50	36:01	+01:28 03:36
4	2521	Orlando Pereira	Amigos da Montanha	Veterano M50	37:24	+02:52 03:44
5	2006	José Rocha	A.D.Amarante	Veterano M50	37:39	+03:06 03:46
6	1552	Hugo Prazeres	Individual	Veterano M50	37:46	+03:14 03:47
7	1582	Rui Cardoso	Team El Comandante	Veterano M50	38:31	+03:58 03:51
8	1571	Artur Rocha	Trilhos de Viana	Veterano M50	38:57	+04:25 03:54
9	2493	Américo Santos	Sport Comércio e Salgueiros	Veterano M50	39:24	+04:51 03:56
10	2198	Rui Marques	Individual	Veterano M50	39:53	+05:20 03:59
11	2354	Carlos Pereira	juvmar	Veterano M50	39:54	+05:22 03:59
12	2007	Manuel Ribeiro	A.D.Amarante	Veterano M50	39:58	+05:26 04:00
13	1024	Rui Ramalho	Individual	Veterano M50	39:59	+05:26 04:00
14	1364	Jose araujo	Individual	Veterano M50	40:06	+05:34 04:01
15	1694	Sebastião Pinto	Quebrarritmo	Veterano M50	41:38	+07:05 04:10
16	1277	Paulo Peixoto	M.O.VE	Veterano M50	41:44	+07:11 04:10
17	1501	Lourival Costa	SIPE RUNNING	Veterano M50	42:08	+07:36 04:13
18	1395	José Silva	Individual	Veterano M50	42:12	+07:40 04:13
19	2308	Carlos Mendes	Seca Pipas	Veterano M50	42:47	+08:15 04:17
20	2445	João Pedro Santos Sousa	Individual	Veterano M50	42:50	+08:18 04:17
21	2229	José Manuel Martins da Silva	Amigos da Montanha	Veterano M50	43:07	+08:34 04:19
22	2452	Vitor Gonçalves	Amigos da Montanha	Veterano M50	43:22	+08:49 04:20
23	2297	Alexandre Guimarães	Individual	Veterano M50	43:35	+09:02 04:22
24	1166	António Silva	FERREIROLUX	Veterano M50	43:37	+09:04 04:22
25	2264	Carlos Jorge Fernandes Mota	ADCRSME	Veterano M50	43:46	+09:13 04:23
26	1411	Paulo Sérgio Dias Ferreira Gonçalves	Individual	Veterano M50	44:19	+09:46 04:26
27	1748	Paulo Lima	SIPE RUNNING	Veterano M50	44:20	+09:47 04:26
28	1593	Christophe Fernandes	Christo	Veterano M50	44:24	+09:52 04:26
29	2425	Filipe Guedes	ATRIUM AREIAS TEAM	Veterano M50	44:27	+09:54 04:27
30	2420	Joao Pacheco	ATRIUM AREIAS TEAM	Veterano M50	44:41	+10:08 04:28
31	2072	David Pilar	TEAM PILAR	Veterano M50	44:42	+10:09 04:28
32	1610	MIGUEL CORREIA	Individual	Veterano M50	44:47	+10:15 04:29
33	1926	José Bernardino	SIPE RUNNING	Veterano M50	44:48	+10:15 04:29
34	2461	José Viana	Viabike	Veterano M50	44:53	+10:20 04:29
35	1443	Albano da Silva Parente	Individual	Veterano M50	44:53	+10:20 04:29
36	2225	FERNANDO AREZES	ATRIUM AREIAS	Veterano M50	44:59	+10:27 04:30
37	1096	Jose Dias	Individual	Veterano M50	45:04	+10:32 04:30
38	2009	Valdemar Fragoso.	Individual	Veterano M50	45:38	+11:06 04:34
39	2045	Fernando Silva	Power Room	Veterano M50	45:47	+11:14 04:35
40	2171	Daniel Nascimento	A.D.C.TREGOSA	Veterano M50	45:48	+11:15 04:35
41	2510	Luis Filipe Soares	CDRC Amarense	Veterano M50	45:59	+11:26 04:36

Official Timekeeper: Lap2Go	27 / 31	generate 17-jan.-2026 19:46
-----------------------------	---------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

42	1936	Pedro Coelho	Ótica Ourivesaria Sousa	Veterano M50	46:02	+11:29	04:36
43	1992	Manuel Jesus	Individual	Veterano M50	46:03	+11:30	04:36
44	2201	Vasco Magalhães	Individual	Veterano M50	46:03	+11:30	04:36
45	1578	Luis Filipe Araújo Amorim	Individual	Veterano M50	46:08	+11:35	04:37
46	1094	Vitor Pinto	Individual	Veterano M50	46:11	+11:38	04:37
47	1358	Luis Morais	Individual	Veterano M50	46:37	+12:04	04:40
48	1192	Domingos Sousa	Individual	Veterano M50	46:37	+12:05	04:40
49	1796	Manuel Alves	Individual	Veterano M50	47:15	+12:43	04:44
50	2503	Pedro Baptista	Individual	Veterano M50	47:23	+12:51	04:44
51	1699	Jorge Silva	Viana Running	Veterano M50	47:28	+12:55	04:45
52	1620	Francisco Alves	Individual	Veterano M50	47:57	+13:24	04:48
53	1584	Paulo Freitas	Individual	Veterano M50	48:05	+13:32	04:49
54	1539	José Manuel Freire Piñeiro	Individual	Veterano M50	48:24	+13:51	04:50
55	1260	Jorge Sousa	Individual	Veterano M50	48:28	+13:55	04:51
56	1302	Ricardo manuel nogueira costa	Individual	Veterano M50	48:35	+14:02	04:51
57	1585	Pedro Costa	Individual	Veterano M50	48:41	+14:08	04:52
58	1337	Vitor Roxo	Individual	Veterano M50	48:42	+14:10	04:52
59	2082	Rui Godinho	MSS Grupo Desportivo de Gondomar	Veterano M50	48:51	+14:18	04:53
60	1179	Francisco Cavalheiro	Individual	Veterano M50	48:55	+14:22	04:53
61	1110	Paulo Capitaó	Individual	Veterano M50	49:07	+14:34	04:55
62	2530	Gil Losa	Individual	Veterano M50	49:12	+14:39	04:55
63	1187	José Alves	Individual	Veterano M50	49:16	+14:43	04:56
64	2070	Manuel Ferreira	Individual	Veterano M50	49:19	+14:46	04:56
65	2107	Orlando Maciel	Individual	Veterano M50	49:49	+15:16	04:59
66	2380	André Barbosa Gonçalves	BTT BICO	Veterano M50	49:53	+15:20	04:59
67	2342	João paulo rodrigues	Vila cova ativo	Veterano M50	49:57	+15:24	05:00
68	2338	José Duarte	Sousa Duarte	Veterano M50	50:00	+15:27	05:00
69	2162	Diogo Oliveira	Individual	Veterano M50	50:01	+15:28	05:00
70	2194	António Capitão	juvmar	Veterano M50	50:02	+15:30	05:00
71	2001	Manuel Sousa	Ótica Ourivesaria Sousa	Veterano M50	50:05	+15:33	05:01
72	2419	Carlos Manuel Marques	ADCRSME	Veterano M50	50:13	+15:41	05:01
73	2332	Alexandre Neves	Individual	Veterano M50	50:17	+15:44	05:02
74	2300	Rui Vieira	Individual	Veterano M50	50:27	+15:54	05:03
75	1427	Flávio Silva	Individual	Veterano M50	50:32	+15:59	05:03
76	2336	Carlos Duarte Oliveira	Silgueiros Runners	Veterano M50	50:37	+16:04	05:04
77	1324	Manuel Iglesias	Individual	Veterano M50	50:52	+16:19	05:05
78	1456	Álvaro Costa	Individual	Veterano M50	50:56	+16:23	05:06
79	1273	Paulo Gonçalves	Individual	Veterano M50	51:05	+16:33	05:07
80	2022	Rui Vieira Vieira	Individual	Veterano M50	51:16	+16:43	05:08
81	2375	Miguel Costa	Individual	Veterano M50	51:17	+16:44	05:08
82	1735	Jorge Morais	Individual	Veterano M50	51:33	+17:01	05:09
83	2406	Paulo Costa	GTMB	Veterano M50	51:43	+17:10	05:10
84	2269	António Ferreira	Famalicão em forma	Veterano M50	52:05	+17:32	05:12
85	2316	Paulo Nogueira	Individual	Veterano M50	52:18	+17:45	05:14
86	2191	Rui couto	juvmar	Veterano M50	53:06	+18:33	05:19
87	1071	Domingos Silva	Escola Secundária de Barcelinhos	Veterano M50	53:55	+19:23	05:24

Official Timekeeper: Lap2Go	28 / 31	generate 17-jan.-2026 19:46
-----------------------------	---------	-----------------------------

Prova Principal

10 KM

OFFICIAL RESULT

Prova Principal

10 KM

OFFICIAL RESULT

133	1061	José Luís Pinheiro	Individual	Veterano M50	01:20:33	+46:00	08:03
-----	------	--------------------	------------	--------------	----------	--------	-------

Veterano M60

Official Timekeeper: Lap2Go	30 / 31	generate 17-jan.-2026 19:46
-----------------------------	---------	-----------------------------



10 KM

OFFICIAL RESULT

40	1743	Horacio Santos	Individual	Veterano M60	01:13:00	+33:00	07:18
41	1063	João Cajeira	MSS Grupo Desportivo Gondomar	Veterano M60	01:16:37	+36:37	07:40
42	1698	Jose Novo	Individual	Veterano M60	01:16:58	+36:59	07:42

TEAM RESULTS - PROVA PRINCIPAL

RANK	TEAM	DESCRIPTION	POINTS
1	VILA VERDE A CORRER	01:45:43 [4 + 15 + 26]	45
2	CENTRO DESPOTIVO E CULTURAL DE NAVAIS	01:51:51 [18 + 40 + 43]	101
3	MILES & VIBES	01:56:26 [35 + 57 + 63]	155
4	TEAM EL COMANDANTE	01:57:55 [39 + 45 + 111]	195
5	AMIGOS DA MONTANHA	01:58:30 [29 + 85 + 96]	210
6	TRILHOS DE VIANA	02:00:36 [19 + 51 + 294]	364
7	AUDAZ RUN CLUB	02:03:09 [67 + 76 + 170]	313
8	FORUNNERS	02:03:31 [64 + 81 + 190]	335
9	SPORT COMÉRCIO E SALGUEIROS	02:03:42 [31 + 60 + 335]	426
10	SIPE RUNNING	02:05:37 [79 + 132 + 169]	380
11	JUVMAR	02:05:44 [62 + 74 + 314]	450
12	LINCE TRIATHLON	02:05:48 [30 + 122 + 326]	478
13	ALCAIDES	02:07:52 [112 + 115 + 221]	448
14	ESCOLA SECUNDÁRIA DE BARCELINHOS	02:09:17 [48 + 242 + 275]	565
15	ADCRSME	02:09:58 [97 + 178 + 257]	532
16	ATRIUM AREIAS TEAM	02:11:26 [142 + 218 + 219]	579
17	RIBEITRAIL	02:11:33 [65 + 123 + 487]	675
18	GCDR GEMESES	02:12:24 [108 + 134 + 407]	649
19	INTER DE CEPÃES	02:13:36 [50 + 55 + 764]	869
20	A.D.C.TREGOSA	02:13:58 [167 + 227 + 286]	680
21	OPRATICANTE.PT	02:16:23 [162 + 258 + 374]	794
22	FAJOZELI	02:19:05 [144 + 196 + 596]	936
23	MAIS QUE AUGA	02:20:19 [206 + 334 + 430]	970
24	VILA COVA ATIVO	02:20:24 [226 + 362 + 379]	967
25	MARATONAS	02:22:17 [143 + 458 + 459]	1060
26	POWER ROOM	02:22:22 [247 + 285 + 560]	1092
27	100PERNAS	02:22:37 [179 + 394 + 499]	1072
28	AUDAZRUNCLUB	02:22:46 [277 + 309 + 534]	1120
29	IAT IMOBILIÁRIA	02:22:51 [93 + 453 + 597]	1143
30	FERREIROLUX	02:23:29 [173 + 254 + 723]	1150
31	CDRC AMARENSE	02:27:30 [296 + 500 + 537]	1333
32	ADE TRAIL RUNNING	02:29:39 [436 + 480 + 485]	1401
33	OS QUE VÃO COMO PODEM!	02:32:55 [5 + 685 + 1120]	1810
34	RUNMATES	02:36:10 [503 + 585 + 660]	1748
35	EMBARCA RUNNING	02:38:07 [489 + 678 + 680]	1847
36	PÉ-COXINHOS	02:38:15 [424 + 426 + 975]	1825
37	SPIN & RUN ESPOSENDE	02:38:47 [360 + 608 + 903]	1871
38	TEAM PILAR	02:40:46 [225 + 795 + 986]	2006

[illegible]

39	INEM MOVING	02:40:51 [554 + 667 + 780]	2001
40	VIABIKE	02:42:20 [239 + 862 + 971]	2072
41	RAPOSAS	02:45:28 [462 + 842 + 887]	2191
42	CORREDORES DE SIRIPOSTA	02:45:37 [455 + 673 + 1064]	2192
43	PORTA 10	02:46:20 [555 + 624 + 1068]	2247
44	AMVE - ASSOCIAÇÃO MOINHO DE VERMOIM	02:47:29 [290 + 1021 + 1023]	2334
45	TREINO DE DOMINGO	02:51:11 [817 + 830 + 864]	2511
46	SECA PIPAS	02:53:00 [152 + 1102 + 1166]	2420
47	TEAMBLC	02:53:39 [774 + 819 + 1047]	2640
48	100RITMO	02:56:37 [659 + 1025 + 1067]	2751
49	COCA COLA DE VIDRO	02:58:06 [502 + 505 + 1303]	2310
50	PERELHAL A CORRER	02:58:32 [37 + 1221 + 1223]	2481
51	S. VERÍSSIMO ATIVO	02:59:52 [606 + 855 + 1216]	2677
52	PIMENTA	03:01:56 [199 + 1206 + 1207]	2612
53	CARANGUEJASRUN	03:07:11 [839 + 874 + 1248]	2961
54	SISSI BROS	03:44:04 [1150 + 1310 + 1311]	3771
55	ALTOS E BAIXOS	03:46:54 [1281 + 1285 + 1286]	3852

BENJAMINS - STAGE 1

0,8 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	16:00	9,8°C	75%
End	16:06	9.8°C	75%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1		Tiago Pimenta	Mazarefes	02:55		-	
2	127	Leonor Ribeiro	Sporting Clube de Braga	03:01	+00:06	-	
3	122	Santiago Alves	Sporting Clube de Braga	03:08	+00:13	-	
4	3	João Teixeira	ARADA ATLÉTICO CLUBE	03:08	+00:13	-	
5	125	Alice Pinto	Sporting Clube de Braga	03:12	+00:17	-	
6	117	Guilherme de Sá e Sá	Individual	03:15	+00:20	-	
7	72	Miguel Azevedo Sousa	GCDR GEMESSES	03:17	+00:22	-	
8	106	Gustavo Costa	Individual	03:19	+00:24	-	
9	2	Duarte Araújo	Associação Académica de S. Mamede	03:19	+00:24	-	
10	123	Penélope Rodrigues	Sporting Clube de Braga	03:19	+00:24	-	
11	180	Ruben Ferreira	CDRC Amarense	03:21	+00:26	-	
12	114	António Laranjeira	juvmar	03:22	+00:27	-	
13	196	Santiago Rabaldinho	Individual	03:25	+00:30	-	
14	174	Rodrigo Pereira	Individual	03:25	+00:30	-	
15	15	Emily Ferreira	Individual	03:27	+00:32	-	
16	67	Martim Quintas	Individual	03:28	+00:33	-	
17	130	Lourenço Lopes	Individual	03:29	+00:34	-	
18	179	Diogo Maranhão	Individual	03:30	+00:35	-	
19	124	Leonardo Rodrigues	Sporting Clube de Braga	03:30	+00:35	-	
20	115	Gustavo Sousa	Individual	03:31	+00:36	-	
21	7	Pedro Teles	Individual	03:31	+00:36	-	
22	112	Duarte Nibra	Individual	03:32	+00:37	-	
23	55	Miguel Viana	juvmar	03:33	+00:38	-	
24	76	Tomás Gonçalves Passos	GCDR GEMESSES	03:33	+00:38	-	
25	1	Gonçalo Almeida	RunMates	03:33	+00:38	-	
26	74	Afonso Sá Pereira Maciel	GCDR GEMESSES	03:34	+00:39	-	
27	11	Joana Cruz	Individual	03:34	+00:39	-	
28	170	Dinis Novais	Amigos da Montanha	03:34	+00:39	-	
29	150	Miguel Patrão	Individual	03:37	+00:42	-	
30	105	Guilherme Alves	Individual	03:37	+00:42	-	
31	88	Manuel Cardoso	Individual	03:37	+00:42	-	
32	107	Diogo Fragoso	Individual	03:38	+00:43	-	
33	171	Luisa Costa	Amigos da Montanha	03:40	+00:45	-	
34	8	Matilde Moura Viana	Individual	03:41	+00:46	-	
35	169	Martim Novais	Amigos da Montanha	03:42	+00:47	-	
36	37	Duarte Gonçalves	juvmar	03:42	+00:47	-	
37	141	Leonardo Guimarães	ASSOCIAÇÃO LINCE TRIATHLON	03:45	+00:50	-	
38	175	Vasco Manuel Cunha da Fonseca	Individual	03:46	+00:51	-	
39	181	Diogo Cerqueira	CDRC Amarense	03:49	+00:54	-	
40	135	Francisco Da Silva Miranda	GCDR GEMESSES	03:49	+00:54	-	
41	89	António Fernandes	Run You'fools	03:50	+00:55	-	
42	131	Leonor Martins Ribeiro	Individual	03:51	+00:56	-	

BENJAMINS - STAGE 1

0,8 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	153	José Silva	CNF	03:55	+01:00	-	
44	111	Duarte Marques	Miles and Vibes	03:56	+01:01	-	
45	70	Miguel Miranda Duarte	GCDR GEMESSES	03:56	+01:01	-	
46	35	Clara Alves	juvmar	03:56	+01:01	-	
47	172	Diego Amorim	Amigos da Montanha	03:57	+01:02	-	
48	34	Bruno Calheiros	juvmar	03:58	+01:03	-	
49	96	Martim Pinto	Quebrarritmo	03:58	+01:03	-	
50	53	Helena Nóvoa	juvmar	03:59	+01:04	-	
51	95	Diogo Torres	Até ao infinito...	04:01	+01:06	-	
52	12	Inês Briote	ADE Trail Running	04:01	+01:06	-	
53	14	Gonçalo Briote	ADE Trail Running	04:01	+01:06	-	
54	13	Guilherme Briote	ADE Trail Running	04:01	+01:06	-	
55	188	Alice Moreira	Individual	04:02	+01:07	-	
56	201	Gabriel Maciel	Individual	04:02	+01:07	-	
57	113	Lucas Magalhães	juvmar	04:04	+01:09	-	
58	149	Alice Carvalho	Individual	04:06	+01:11	-	
59	92	Ines González	Mais Que Auga	04:06	+01:11	-	
60	118	Leah Gil Monteiro	Familia Gil Monteiro	04:08	+01:13	-	
61	136	Henrique Ferreira Branco	GCDR GEMESSES	04:11	+01:16	-	
62	143	Martim Fernandes	Individual	04:12	+01:17	-	
63	186	Fábio Correia	CNF	04:13	+01:18	-	
64	9	Maria Moura Viana	Individual	04:13	+01:18	-	
65	126	Sofia Casanova	Individual	04:15	+01:20	-	
66	51	Maria Inês Romero	juvmar	04:15	+01:20	-	
67	50	Luisa Laranjeira	juvmar	04:15	+01:20	-	
68	47	Jacinto Nóvoa	juvmar	04:15	+01:20	-	
69	120	Amália Santos Gomes	ADE Trail Running	04:16	+01:21	-	
70	22	Xavier Madureira	Individual	04:17	+01:22	-	
71	119	Maya Santos Gomes	ADE Trail Running	04:17	+01:22	-	
72	49	Martim Loureiro	juvmar	04:19	+01:24	-	
73	178	Eva Gomes	Clube AD Barrocelas	04:21	+01:26	-	
74	140	Lara teixeira	airórun	04:23	+01:28	-	
75	56	Maria Fernandes	juvmar	04:26	+01:31	-	
76	18	Salvador Furtado	Individual	04:30	+01:35	-	
77	78	Rodrigo Lima Pinto	GCDR GEMESSES	04:30	+01:35	-	
78	195	Mara Figueiredo	Individual	04:33	+01:38	-	
79	45	Joana Rodrigues	juvmar	04:35	+01:40	-	
80	90	Leonor Fernandes	Run You'fools	04:36	+01:41	-	
81	148	Maria Guimarães	Individual	04:37	+01:42	-	
82	160	Marco Guedes	CNF	04:41	+01:46	-	
83	10	Alexandre Vicelli	Individual	04:43	+01:48	-	
84	64	Sofia Marinho	Individual	04:46	+01:51	-	
85	48	Matilde Loureiro	juvmar	04:46	+01:51	-	
86	142	Maria Sousa Duarte	Sousa Duarte	04:47	+01:52	-	
87	63	João Pedro Coutinho	João Pedro Coutinho	04:47	+01:52	-	

BENJAMINS - STAGE 1

0,8 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	129	Amélia Sofia Pinto Gomes Pacheco de Oliveira	Individual	04:47	+01:52	-	
89	103	Leonor Morte	Individual	04:50	+01:55	-	
90	133	Ana Leonor	Individual	04:51	+01:56	-	
91	155	Guilherme Soares	CNF	04:54	+01:59	-	
92	199	Afonso Moreira	Individual	04:54	+01:59	-	
93	147	Antonia Castro	ATRIUM AREIAS TEAM	04:55	+02:00	-	
94	38	Maria Luís Rodrigues	juvmar	05:01	+02:06	-	
95	109	Áurea Pires	Individual	05:07	+02:12	-	
96	42	Ana Gomes	juvmar	05:12	+02:17	-	
97	138	Santiago Ferreira	PIMENTA	05:13	+02:18	-	
98	192	Alex Lima	juvmar	05:18	+02:23	-	
99	202	Camila Monteiro	Individual	05:19	+02:24	-	
100	61	Martim Miranda	juvmar	05:20	+02:25	-	
101	81	Lucas Morgado Fernandes	GCDR GEMESSES	05:20	+02:25	-	
102	197	Maria Laranjeira Coutinho	Individual	05:22	+02:27	-	
103	185	André Oliveira	CNF	05:22	+02:27	-	
104	194	Maria MAR	Individual	05:27	+02:32	-	
105	26	joana Miranda	juvmar	05:28	+02:33	-	
106	40	Margarida Laranjeira	juvmar	05:29	+02:34	-	
107	176	Matilde Gomes	juvmar	05:30	+02:35	-	
108	66	Matilde Martins	Individual	05:36	+02:41	-	
109	23	Jaime Madureira	Individual	05:38	+02:43	-	
110	102	Maria Morte	Individual	05:39	+02:44	-	
111	94	Daniel Torres	Até ao infinito...	05:43	+02:48	-	
112	6	Francisco Gonçalves	Embarca Running	05:44	+02:49	-	
113	83	Maria Benedita Da Silva Carvalho	GCDR GEMESSES	05:46	+02:51	-	
114	146	Amélia Castro	ATRIUM AREIAS TEAM	06:41	+03:46	-	

Benjamins

0,8 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	16:00	9,8°C	75%
End	16:06	9.8°C	75%

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

Benjamim Feminino

1	127	Leonor Ribeiro	Sporting Clube de Braga	Benjamim Feminino	03:01	-
2	125	Alice Pinto	Sporting Clube de Braga	Benjamim Feminino	03:12	+00:10
3	123	Penélope Rodrigues	Sporting Clube de Braga	Benjamim Feminino	03:19	+00:17
4	15	Emily Ferreira	Individual	Benjamim Feminino	03:27	+00:25
5	11	Joana Cruz	Individual	Benjamim Feminino	03:34	+00:32
6	171	Luisa Costa	Amigos da Montanha	Benjamim Feminino	03:40	+00:39
7	8	Matilde Moura Viana	Individual	Benjamim Feminino	03:41	+00:39
8	131	Leonor Martins Ribeiro	Individual	Benjamim Feminino	03:51	+00:49
9	35	Clara Alves	juvmar	Benjamim Feminino	03:56	+00:54
10	53	Helena Nóvoa	juvmar	Benjamim Feminino	03:59	+00:57
11	12	Inês Briote	ADE Trail Running	Benjamim Feminino	04:01	+00:59
12	188	Alice Moreira	Individual	Benjamim Feminino	04:02	+01:00
13	149	Alice Carvalho	Individual	Benjamim Feminino	04:06	+01:04
14	92	Ines González	Mais Que Auga	Benjamim Feminino	04:06	+01:04
15	118	Leah Gil Monteiro	Familia Gil Monteiro	Benjamim Feminino	04:08	+01:06
16	9	Maria Moura Viana	Individual	Benjamim Feminino	04:13	+01:11
17	126	Sofia Casanova	Individual	Benjamim Feminino	04:15	+01:13
18	51	Maria Inês Romero	juvmar	Benjamim Feminino	04:15	+01:13
19	50	Luisa Laranjeira	juvmar	Benjamim Feminino	04:15	+01:13
20	120	Amália Santos Gomes	ADE Trail Running	Benjamim Feminino	04:16	+01:14
21	119	Maya Santos Gomes	ADE Trail Running	Benjamim Feminino	04:17	+01:15
22	178	Eva Gomes	Clube AD Barroselas	Benjamim Feminino	04:21	+01:19
23	140	Lara teixeira	airórun	Benjamim Feminino	04:23	+01:21
24	56	Maria Fernandes	juvmar	Benjamim Feminino	04:26	+01:24
25	195	Mara Figueiredo	Individual	Benjamim Feminino	04:33	+01:31
26	45	Joana Rodrigues	juvmar	Benjamim Feminino	04:35	+01:33
27	90	Leonor Fernandes	Run You'fools	Benjamim Feminino	04:36	+01:34
28	148	Maria Guimarães	Individual	Benjamim Feminino	04:37	+01:35
29	64	Sofia Marinho	Individual	Benjamim Feminino	04:46	+01:44
30	48	Matilde Loureiro	juvmar	Benjamim Feminino	04:46	+01:45
31	142	Maria Sousa Duarte	Sousa Duarte	Benjamim Feminino	04:47	+01:45
32	129	Amélia Sofia Pinto Gomes Pacheco de Oliveira	Individual	Benjamim Feminino	04:47	+01:45
33	103	Leonor Morte	Individual	Benjamim Feminino	04:50	+01:48
34	133	Ana Leonor	Individual	Benjamim Feminino	04:51	+01:49
35	147	Antonia Castro	ATRIUM AREIAS TEAM	Benjamim Feminino	04:55	+01:53
36	38	Maria Luís Rodrigues	juvmar	Benjamim Feminino	05:01	+01:59
37	109	Áurea Pires	Individual	Benjamim Feminino	05:07	+02:05
38	42	Ana Gomes	juvmar	Benjamim Feminino	05:12	+02:10
39	202	Camila Monteiro	Individual	Benjamim Feminino	05:19	+02:17

Official Timekeeper: Lap2Go	1 / 3	generate 17-jan.-2026 16:30
-----------------------------	-------	-----------------------------

Benjamins

0,8 KM

[illegible]

OFFICIAL RESULT

[illegible]

40	197	Maria Laranjeira Coutinho	Individual	Benjamim Feminino	05:22	+02:20	-
41	194	Maria MAR	Individual	Benjamim Feminino	05:27	+02:25	-
42	26	joana Miranda	juvmar	Benjamim Feminino	05:28	+02:26	-
43	40	Margarida Laranjeira	juvmar	Benjamim Feminino	05:29	+02:27	-
44	176	Matilde Gomes	juvmar	Benjamim Feminino	05:30	+02:28	-
45	66	Matilde Martins	Individual	Benjamim Feminino	05:36	+02:34	-
46	102	Maria Morte	Individual	Benjamim Feminino	05:39	+02:37	-
47	83	Maria Benedita Da Silva Carvalho	GCDR GEMESES	Benjamim Feminino	05:46	+02:44	-
48	146	Amélia Castro	ATRIUM AREIAS TEAM	Benjamim Feminino	06:41	+03:39	-

Benjamim Masculino

1	5	Tiago Pimenta	Mazarefes	Benjamim Masculino	02:55	-
2	122	Santiago Alves	Sporting Clube de Braga	Benjamim Masculino	03:08	+00:12
3	3	João Teixeira	ARADA ATLÉTICO CLUBE	Benjamim Masculino	03:08	+00:13
4	117	Guilherme de Sá e Sá	Individual	Benjamim Masculino	03:15	+00:19
5	72	Miguel Azevedo Sousa	GCDR GEMESES	Benjamim Masculino	03:17	+00:21
6	106	Gustavo Costa	Individual	Benjamim Masculino	03:19	+00:23
7	2	Duarte Araújo	Associação Académica de S. Mamede	Benjamim Masculino	03:19	+00:23
8	180	Ruben Ferreira	CDRC Amarense	Benjamim Masculino	03:21	+00:25
9	114	António Laranjeira	juvmar	Benjamim Masculino	03:22	+00:27
10	196	Santiago Rabaldinho	Individual	Benjamim Masculino	03:25	+00:29
11	174	Rodrigo Pereira	Individual	Benjamim Masculino	03:25	+00:29
12	67	Martim Quintas	Individual	Benjamim Masculino	03:28	+00:32
13	130	Lourenço Lopes	Individual	Benjamim Masculino	03:29	+00:33
14	179	Diogo Maranhão	Individual	Benjamim Masculino	03:30	+00:34
15	124	Leonardo Rodrigues	Sporting Clube de Braga	Benjamim Masculino	03:30	+00:35
16	115	Gustavo Sousa	Individual	Benjamim Masculino	03:31	+00:35
17	7	Pedro Teles	Individual	Benjamim Masculino	03:31	+00:36
18	112	Duarte Nibra	Individual	Benjamim Masculino	03:32	+00:37
19	55	Miguel Viana	juvmar	Benjamim Masculino	03:33	+00:37
20	76	Tomás Gonçalves Passos	GCDR GEMESES	Benjamim Masculino	03:33	+00:37
21	1	Gonçalo Almeida	RunMates	Benjamim Masculino	03:33	+00:37
22	74	Afonso Sá Pereira Maciel	GCDR GEMESES	Benjamim Masculino	03:34	+00:38
23	170	Dinis Novais	Amigos da Montanha	Benjamim Masculino	03:34	+00:39
24	150	Miguel Patrão	Individual	Benjamim Masculino	03:37	+00:41
25	105	Guilherme Alves	Individual	Benjamim Masculino	03:37	+00:41
26	88	Manuel Cardoso	Individual	Benjamim Masculino	03:37	+00:42
27	107	Diogo Fragoso	Individual	Benjamim Masculino	03:38	+00:42
28	169	Martim Novais	Amigos da Montanha	Benjamim Masculino	03:42	+00:46
29	37	Duarte Gonçalves	juvmar	Benjamim Masculino	03:42	+00:46
30	141	Leonardo Guimarães	ASSOCIAÇÃO LINCE TRIATHLON	Benjamim Masculino	03:45	+00:49
31	175	Vasco Manuel Cunha da Fonseca	Individual	Benjamim Masculino	03:46	+00:51
32	181	Diogo Cerqueira	CDRC Amarense	Benjamim Masculino	03:49	+00:53
33	135	Francisco Da Silva Miranda	GCDR GEMESES	Benjamim Masculino	03:49	+00:54

Benjamins

0,8 KM

[illegible]

OFFICIAL RESULT

[illegible]

34	89	António Fernandes	Run You'fools	Benjamim Masculino	03:50	+00:54	-
35	153	José Silva	CNF	Benjamim Masculino	03:55	+00:59	-
36	111	Duarte Marques	Miles and Vibes	Benjamim Masculino	03:56	+01:00	-
37	70	Miguel Miranda Duarte	GCDR GEMESES	Benjamim Masculino	03:56	+01:00	-
38	172	Diego Amorim	Amigos da Montanha	Benjamim Masculino	03:57	+01:01	-
39	34	Bruno Calheiros	juvmar	Benjamim Masculino	03:58	+01:02	-
40	96	Martim Pinto	Quebraritmo	Benjamim Masculino	03:58	+01:03	-
41	95	Diogo Torres	Até ao infinito...	Benjamim Masculino	04:01	+01:05	-
42	14	Gonçalo Briote	ADE Trail Running	Benjamim Masculino	04:01	+01:05	-
43	13	Guilherme Briote	ADE Trail Running	Benjamim Masculino	04:01	+01:06	-
44	201	Gabriel Maciel	Individual	Benjamim Masculino	04:02	+01:06	-
45	113	Lucas Magalhães	juvmar	Benjamim Masculino	04:04	+01:08	-
46	136	Henrique Ferreira Branco	GCDR GEMESES	Benjamim Masculino	04:11	+01:15	-
47	143	Martim Fernandes	Individual	Benjamim Masculino	04:12	+01:17	-
48	186	Fábio Correia	CNF	Benjamim Masculino	04:13	+01:17	-
49	47	Jacinto Nóvoa	juvmar	Benjamim Masculino	04:15	+01:20	-
50	22	Xavier Madureira	Individual	Benjamim Masculino	04:17	+01:21	-
51	49	Martim Loureiro	juvmar	Benjamim Masculino	04:19	+01:23	-
52	18	Salvador Furtado	Individual	Benjamim Masculino	04:30	+01:34	-
53	78	Rodrigo Lima Pinto	GCDR GEMESES	Benjamim Masculino	04:30	+01:35	-
54	160	Marco Guedes	CNF	Benjamim Masculino	04:41	+01:45	-
55	10	Alexandre Vicelli	Individual	Benjamim Masculino	04:43	+01:48	-
56	63	João Pedro Coutinho	João Pedro Coutinho	Benjamim Masculino	04:47	+01:51	-
57	155	Guilherme Soares	CNF	Benjamim Masculino	04:54	+01:58	-
58	199	Afonso Moreira	Individual	Benjamim Masculino	04:54	+01:58	-
59	138	Santiago Ferreira	PIMENTA	Benjamim Masculino	05:13	+02:17	-
60	192	Alex Lima	juvmar	Benjamim Masculino	05:18	+02:22	-
61	61	Martim Miranda	juvmar	Benjamim Masculino	05:20	+02:24	-
62	81	Lucas Morgado Fernandes	GCDR GEMESES	Benjamim Masculino	05:20	+02:25	-
63	185	André Oliveira	CNF	Benjamim Masculino	05:22	+02:26	-
64	23	Jaime Madureira	Individual	Benjamim Masculino	05:38	+02:43	-
65	94	Daniel Torres	Até ao infinito...	Benjamim Masculino	05:43	+02:47	-
66	6	Francisco Gonçalves	Embarca Running	Benjamim Masculino	05:44	+02:48	-

INFANTIS - STAGE 1

1,609 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	16:05	9,8°C	75%
End	16:19	9.7°C	75%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	438	Guilherme Silva Marques	GCDR GEMESSES	06:13		-	
2	191	Alan Figueiredo	CDRC Amarense	06:13		-	
3	555	André Meira	juvmar	06:18	+00:05	-	
4	484	Nuno Correia	CNF	06:28	+00:15	-	
5	557	Maria Pilar	juvmar	06:30	+00:17	-	
6	100	Guilherme Pereira	Individual	06:41	+00:28	-	
7	485	Miguel Duarte	CNF	06:43	+00:30	-	
8	454	Gustavo Mimoso	Mimoso	06:47	+00:34	-	
9	177	Núria Fontelo	Clube AD Barroselas	06:48	+00:35	-	
10	173	João Ferreira	Amigos da Montanha	06:53	+00:40	-	
11	151	Afonso Figueiredo	CNF	07:03	+00:50	-	
12	545	Beatriz Silva	Sporting Clube de Braga	07:03	+00:50	-	
13	427	Bruno Miguel Santos Pereira	GCDR GEMESSES	07:08	+00:55	-	
14	198	Rodrigo santos	Individual	07:10	+00:57	-	
15	200	Caio Filipe Ferreira	Individual	07:11	+00:58	-	
16	486	Gonçalo Viana	CNF	07:13	+01:00	-	
17	549	Beatriz Cerqueira	CDRC Amarense	07:18	+01:05	-	
18	139	Beatriz loureiro	airórun	07:19	+01:06	-	
19	416	Leandro Rodrigues	juvmar	07:21	+01:08	-	
20	190	Carolina Gonçalves	Sporting Clube de Braga	07:24	+01:11	-	
21	540	Guilherme Peixoto	Amigos da Montanha	07:34	+01:21	-	
22	417	Laura Gomes	juvmar	07:36	+01:23	-	
23	488	Tiago Solinho	CNF	07:43	+01:30	-	
24	482	Maria Regada	CNF	07:43	+01:30	-	
25	128	Francisca Teixeira	Família em Fuga	07:45	+01:32	-	
26	132	Maria Silva	Individual	07:46	+01:33	-	
27	477	Sílvia Correia	CNF	07:47	+01:34	-	
28	457	Santiago Castro	Individual	07:50	+01:37	-	
29	439	Vasco Martins Barbosa	GCDR GEMESSES	07:54	+01:41	-	
30	419	Inês Pilar	juvmar	07:55	+01:42	-	
31	154	Afonso Silva	CNF	07:57	+01:44	-	
32	87	Íris Cardoso	Individual	08:09	+01:56	-	
33	461	Leonor Martins	ADE Trail Running	08:10	+01:57	-	
34	19	Luísa Gonçalves	Individual	08:16	+02:03	-	
35	404	Diana Cruz	Individual	08:37	+02:24	-	
36	472	Rafael Sá	CNF	08:43	+02:30	-	
37	476	Marta Correia	CNF	08:55	+02:42	-	
38	16	Daniel Dias	Individual	09:02	+02:49	-	
39	85	Miguel Lacerda	Individual	09:46	+03:33	-	
40	193	Anabela Duarte	airórun	10:15	+04:02	-	

Infantis

1,609 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	16:05	9,8°C	75%
End	16:19	9.7°C	75%

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

Infantil Feminino

1	557	Maria Pilar	juvmar	Infantil Feminino	06:30	-
2	177	Núria Fontelo	Clube AD Barroselas	Infantil Feminino	06:48	+00:17
3	545	Beatriz Silva	Sporting Clube de Braga	Infantil Feminino	07:03	+00:32
4	549	Beatriz Cerqueira	CDRC Amarense	Infantil Feminino	07:18	+00:47
5	139	Beatriz loureiro	airórun	Infantil Feminino	07:19	+00:48
6	190	Carolina Gonçalves	Sporting Clube de Braga	Infantil Feminino	07:24	+00:53
7	417	Laura Gomes	juvmar	Infantil Feminino	07:36	+01:05
8	482	Maria Regada	CNF	Infantil Feminino	07:43	+01:12
9	128	Francisca Teixeira	Família em Fuga	Infantil Feminino	07:45	+01:14
10	132	Maria Silva	Individual	Infantil Feminino	07:46	+01:15
11	477	Silvia Correia	CNF	Infantil Feminino	07:47	+01:16
12	419	Inês Pilar	juvmar	Infantil Feminino	07:55	+01:24
13	87	Íris Cardoso	Individual	Infantil Feminino	08:09	+01:38
14	461	Leonor Martins	ADE Trail Running	Infantil Feminino	08:10	+01:39
15	19	Luísa Gonçalves	Individual	Infantil Feminino	08:16	+01:45
16	404	Diana Cruz	Individual	Infantil Feminino	08:37	+02:06
17	476	Marta Correia	CNF	Infantil Feminino	08:55	+02:24
18	193	Anabela Duarte	airórun	Infantil Feminino	10:15	+03:44

Infantil Masculino

1	438	Guilherme Silva Marques	GCDR GEMESES	Infantil Masculino	06:13	-
2	191	Alan Figueiredo	CDRC Amarense	Infantil Masculino	06:13	+00:00
3	555	André Meira	juvmar	Infantil Masculino	06:18	+00:04
4	484	Nuno Correia	CNF	Infantil Masculino	06:28	+00:15
5	100	Guilherme Pereira	Individual	Infantil Masculino	06:41	+00:28
6	485	Miguel Duarte	CNF	Infantil Masculino	06:43	+00:30
7	454	Gustavo Mimoso	Mimoso	Infantil Masculino	06:47	+00:33
8	173	João Ferreira	Amigos da Montanha	Infantil Masculino	06:53	+00:39
9	151	Afonso Figueiredo	CNF	Infantil Masculino	07:03	+00:49
10	427	Bruno Miguel Santos Pereira	GCDR GEMESES	Infantil Masculino	07:08	+00:55
11	198	Rodrigo santos	Individual	Infantil Masculino	07:10	+00:57
12	200	Caio Filipe Ferreira	Individual	Infantil Masculino	07:11	+00:58
13	486	Gonçalo Viana	CNF	Infantil Masculino	07:13	+01:00
14	416	Leandro Rodrigues	juvmar	Infantil Masculino	07:21	+01:08
15	540	Guilherme Peixoto	Amigos da Montanha	Infantil Masculino	07:34	+01:21
16	488	Tiago Solinho	CNF	Infantil Masculino	07:43	+01:30
17	457	Santiago Castro	Individual	Infantil Masculino	07:50	+01:37
18	439	Vasco Martins Barbosa	GCDR GEMESES	Infantil Masculino	07:54	+01:40

Official Timekeeper: Lap2Go	1 / 2	generate 17-jan.-2026 16:31
-----------------------------	-------	-----------------------------



1,609 KM

OFFICIAL RESULT

19	154	Afonso Silva	CNF	Infantil Masculino	07:57	+01:44	-
20	472	Rafael Sá	CNF	Infantil Masculino	08:43	+02:30	-
21	16	Daniel Dias	Individual	Infantil Masculino	09:02	+02:49	-
22	85	Miguel Lacerda	Individual	Infantil Masculino	09:46	+03:33	-

INICIADOS - STAGE 1

1,609 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	16:10	9,7°C	75%
End	16:33	9.7°C	75%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	553	João Vilela	juvmar	05:30		-	
2	411	Joaquim Madureira	Individual	05:42	+00:12	-	
3	400	Henrique Araújo	Associação Académica de S. Mamede	05:52	+00:22	-	
4	539	Vasco Faria	Amigos da Montanha	05:53	+00:23	-	
5	559	Francisco Laranjeira	juvmar	05:59	+00:29	-	
6	401	Joana Teixeira	ARADA ATLÉTICO CLUBE	06:02	+00:32	-	
7	458	Xavier Jesus	Individual	06:09	+00:39	-	
8	464	Beatriz Ribeiro	Sporting Clube de Braga	06:17	+00:47	-	
9	495	Mateus Torre	CNF	06:17	+00:47	-	
10	550	Rodrigo Veloso	CNF	06:20	+00:50	-	
11	535	Eduardo Moreira	Clube AD Barrocelas	06:21	+00:51	-	
12	560	Diego Macedo	juvmar	06:26	+00:56	-	
13	509	Bernardo Marinha	CNF	06:30	+01:00	-	
14	431	Tomás Pereira Moreira	GCDR GEMESES	06:32	+01:02	-	
15	538	Gabriel Sousa	Amigos da Montanha	06:33	+01:03	-	
16	561	Rodrigo Brito Ribeiro	Individual	06:34	+01:04	-	
17	556	Francisca Silva	juvmar	06:36	+01:06	-	
18	430	João Miranda Duarte	GCDR GEMESES	06:37	+01:07	-	
19	459	Rodrigo Barroso	Spin & Run Esposende	06:43	+01:13	-	
20	537	Mariana Costa	Amigos da Montanha	06:49	+01:19	-	
21	436	Miguel Nogueira Ramos do Monte	GCDR GEMESES	06:53	+01:23	-	
22	413	Maria Paz	juvmar	06:56	+01:26	-	
23	407	Pedro Andrade Gabriel	GP Team	06:57	+01:27	-	
24	466	Joana ferreira	airórun	06:59	+01:29	-	
25	405	Rodrigo Duarte	Individual	07:01	+01:31	-	
26	415	Beatriz Arezes	juvmar	07:02	+01:32	-	
27	462	Leonor Silva	Individual	07:03	+01:33	-	
28	474	Bernardo Fonseca	CNF	07:03	+01:33	-	
29	420	Joana Silva Rodrigues	juvmar	07:05	+01:35	-	
30	473	Diogo Seara	CNF	07:05	+01:35	-	
31	428	Tomás Santos Pereira	GCDR GEMESES	07:08	+01:38	-	
32	406	Gonçalo Paiva	GP Team	07:09	+01:39	-	
33	558	Inês Duarte	juvmar	07:10	+01:40	-	
34	440	Diogo Renato Garrido Barbosa	GCDR GEMESES	07:16	+01:46	-	
35	554	Regina Viana	juvmar	07:19	+01:49	-	
36	510	Guilherme Lourenço	CNF	07:23	+01:53	-	
37	451	Óscar Miguel Domingues Moreira	GCDR GEMESES	07:26	+01:56	-	
38	437	Benedita dos Santos Faria	GCDR GEMESES	07:26	+01:56	-	
39	434	Dinis Senra Oliveira	GCDR GEMESES	07:26	+01:56	-	
40	502	Ana Rita Teixeira	CNF	08:07	+02:37	-	
41	542	Margarida Costa	Amigos	08:17	+02:47	-	
42	490	Beatriz Alves	CNF	08:18	+02:48	-	



1,609 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	448	Bárbara Carneiro Gonçalves	GCDR GEMESSES	09:48	+04:18	-	
44	403	Paola Vicelli	Individual	10:59	+05:29	-	

Iniciados

1,609 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	16:10	9,7°C	75%
End	16:33	9.7°C	75%

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

Iniciado Feminino

1	401	Joana Teixeira	ARADA ATLÉTICO CLUBE	Iniciado Feminino	06:02	-
2	464	Beatriz Ribeiro	Sporting Clube de Braga	Iniciado Feminino	06:17	+00:15
3	556	Francisca Silva	juvmar	Iniciado Feminino	06:36	+00:33
4	537	Mariana Costa	Amigos da Montanha	Iniciado Feminino	06:49	+00:46
5	413	Maria Paz	juvmar	Iniciado Feminino	06:56	+00:53
6	466	Joana ferreira	airórun	Iniciado Feminino	06:59	+00:57
7	415	Beatriz Arezes	juvmar	Iniciado Feminino	07:02	+01:00
8	462	Leonor Silva	Individual	Iniciado Feminino	07:03	+01:00
9	420	Joana Silva Rodrigues	juvmar	Iniciado Feminino	07:05	+01:02
10	558	Inês Duarte	juvmar	Iniciado Feminino	07:10	+01:07
11	554	Regina Viana	juvmar	Iniciado Feminino	07:19	+01:16
12	437	Benedita dos Santos Faria	GCDR GEMESES	Iniciado Feminino	07:26	+01:23
13	502	Ana Rita Teixeira	CNF	Iniciado Feminino	08:07	+02:04
14	542	Margarida Costa	Amigos	Iniciado Feminino	08:17	+02:14
15	490	Beatriz Alves	CNF	Iniciado Feminino	08:18	+02:16
16	448	Bárbara Carneiro Gonçalves	GCDR GEMESES	Iniciado Feminino	09:48	+03:45
17	403	Paola Vicelli	Individual	Iniciado Feminino	10:59	+04:56

Iniciado Masculino

1	553	João Vilela	juvmar	Iniciado Masculino	05:30	-
2	411	Joaquim Madureira	Individual	Iniciado Masculino	05:42	+00:11
3	400	Henrique Araújo	Associação Académica de S. Mamede	Iniciado Masculino	05:52	+00:21
4	539	Vasco Faria	Amigos da Montanha	Iniciado Masculino	05:53	+00:22
5	559	Francisco Laranjeira	juvmar	Iniciado Masculino	05:59	+00:28
6	458	Xavier Jesus	Individual	Iniciado Masculino	06:09	+00:38
7	495	Mateus Torre	CNF	Iniciado Masculino	06:17	+00:47
8	550	Rodrigo Veloso	CNF	Iniciado Masculino	06:20	+00:49
9	535	Eduardo Moreira	Clube AD Barroselas	Iniciado Masculino	06:21	+00:50
10	560	Diego Macedo	juvmar	Iniciado Masculino	06:26	+00:55
11	509	Bernardo Marinha	CNF	Iniciado Masculino	06:30	+00:59
12	431	Tomás Pereira Moreira	GCDR GEMESES	Iniciado Masculino	06:32	+01:01
13	538	Gabriel Sousa	Amigos da Montanha	Iniciado Masculino	06:33	+01:02
14	561	Rodrigo Brito Ribeiro	Individual	Iniciado Masculino	06:34	+01:03
15	430	João Miranda Duarte	GCDR GEMESES	Iniciado Masculino	06:37	+01:06
16	459	Rodrigo Barroso	Spin & Run Esposende	Iniciado Masculino	06:43	+01:13
17	436	Miguel Nogueira Ramos do Monte	GCDR GEMESES	Iniciado Masculino	06:53	+01:23
18	407	Pedro Andrade Gabriel	GP Team	Iniciado Masculino	06:57	+01:27

1,609 KM

OFFICIAL RESULT

19	405	Rodrigo Duarte	Individual	Iniciado Masculino	07:01	+01:30	-
20	474	Bernardo Fonseca	CNF	Iniciado Masculino	07:03	+01:32	-
21	473	Diogo Seara	CNF	Iniciado Masculino	07:05	+01:35	-
22	428	Tomás Santos Pereira	GCDR GEMESES	Iniciado Masculino	07:08	+01:37	-
23	406	Gonçalo Paiva	GP Team	Iniciado Masculino	07:09	+01:38	-
24	440	Diogo Renato Garrido Barbosa	GCDR GEMESES	Iniciado Masculino	07:16	+01:45	-
25	510	Guilherme Lourenço	CNF	Iniciado Masculino	07:23	+01:53	-
26	451	Óscar Miguel Domingues Moreira	GCDR GEMESES	Iniciado Masculino	07:26	+01:55	-
27	434	Dinis Senra Oliveira	GCDR GEMESES	Iniciado Masculino	07:26	+01:55	-

JUVENIS - STAGE 1

1,609 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	16:15	9,7°C	75%
End	16:30	9,7°C	75%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	519	Rodrigo Soares	CNF	05:56		-	
2	467	Afonso DUARTE	airórun	06:04	+00:08	-	
3	531	Diana Alves	Clube AD Barroselas	06:09	+00:13	-	
4	543	Henrique Lopes	Amigos da Montanha	06:09	+00:13	-	
5	541	Guilherme Duarte	Amigos da Montanha	06:11	+00:15	-	
6	465	Francisco loureiro	airórun	06:31	+00:35	-	
7	452	Dinis Miranda Azevedo	GCDR GEMESES	06:32	+00:36	-	
8	429	Filipe Ferreira Branco	GCDR GEMESES	06:32	+00:36	-	
9	410	Catarina Dias	Individual	06:33	+00:37	-	
10	460	Sullivan Jesus	Individual	07:08	+01:12	-	
11	518	Rodrigo Palmeira	CNF	07:32	+01:36	-	
12	412	Mara Cruz	juvmar	07:48	+01:52	-	
13	414	Mariana Viana	juvmar	07:48	+01:52	-	

1,609 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	16:15	9,7°C	75%
End	16:30	9.7°C	75%

Juvenil Feminino

Juvenil Masculino

1	519	Rodrigo Soares	CNF	Juvenil Masculino	05:56	-
2	467	Afonso DUARTE	airórun	Juvenil Masculino	06:04	+00:07
3	543	Henrique Lopes	Amigos da Montanha	Juvenil Masculino	06:09	+00:12
4	541	Guilherme Duarte	Amigos da Montanha	Juvenil Masculino	06:11	+00:15
5	465	Francisco loureiro	airórun	Juvenil Masculino	06:31	+00:34
6	452	Dinis Miranda Azevedo	GCDR GEMESES	Juvenil Masculino	06:32	+00:35
7	429	Filipe Ferreira Branco	GCDR GEMESES	Juvenil Masculino	06:32	+00:35
8	460	Sullivan Jesus	Individual	Juvenil Masculino	07:08	+01:11
9	518	Rodrigo Palmeira	CNF	Juvenil Masculino	07:32	+01:35