PROVA PRINCIPAL - STAGE 1 — 10 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	18:00	17,6ºC	58%
End	19:34	17,6ºC	58%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	154	Vitor Oliveira	GDC Guilhovai	31:55		03:12	
2	8	Nuno Alves	CDFEIRENSE	32:38	+00:43	03:16	
3	394	Fabio Barbosa	S.C. Espinho	32:58	+01:03	03:18	
4	104	Ricardo Alves	CDFEIRENSE	33:12	+01:17	03:19	
5	659	Gustavo Coelho	CDFEIRENSE	33:34	+01:39	03:21	
6	357	Diogo Fontes	Núcleo de Atletismo de Cucujães	33:40	+01:45	03:22	
7	124	Pedro Cerdeirinha	Clube de Futebol União de Lamas	33:54	+01:59	03:23	
8	153	André Adriano	GDC Guilhovai	34:07	+02:12	03:25	
9	157	Artur Rodrigues	GDC Guilhovai	34:17	+02:22	03:26	
10	130	João Amaro	CDFEIRENSE	34:31	+02:36	03:27	
11	119	CELSO LEITE	Clube Atletismo de Ovar	34:42	+02:47	03:28	
12	150	Rui Alves	GDC Guilhovai	34:49	+02:54	03:29	
13	27	Mario Ibarra	AG.D.A Ronda	34:57	+03:02	03:30	
14	161	Ricardo Belinha	GDSPO	36:08	+04:13	03:37	
15	429	Renato Reis Andrade	Teamrena	36:27	+04:32	03:39	
16	452	André Oliveira	Individual	36:43	+04:48	03:40	
17	141	João Sousa	EDL	36:49	+04:54	03:41	
18	155	Antonio Cristóvão	GDC Guilhovai	36:53	+04:58	03:41	
19	101	Ivan Silva	Caldas São Jorge Sport Clube	36:59	+05:04	03:42	
20	240	Ricardo Marques	Passo firme	37:15	+05:20	03:44	
21	224	Fabio Costa	Individual	37:31	+05:36	03:45	
22	445	Atleta 445	Individual	37:32	+05:37	03:45	
23	125	Vitor Resende	Clube de Futebol União de Lamas	38:06	+06:11	03:49	
24	324	Miguel Costa	Lourosa em Movimento	38:09	+06:14	03:49	
25	134	Pedro Freitas	Clube Termas Oquei clube	38:11	+06:16	03:49	
26	230	João silva	Individual	38:13	+06:18	03:49	
27	449	Telmo Oliveira	Individual	38:16	+06:21	03:50	
28	285	Filipe Marques	Individual	38:17	+06:22	03:50	
29	250	Tiago Oliveira	Individual	38:23	+06:28	03:50	
30	123	Pedro Trombatella	Clube de Futebol União de Lamas	38:24	+06:29	03:50	
31	106	Gonçalo Bernardo	CDFEIRENSE	38:36	+06:41	03:52	
32	151	Sandra Ferreira	GDC Guilhovai	38:39	+06:44	03:52	
33	28	André Melo	AG.D.A Ronda	38:49	+06:54	03:53	
34	156	José Tavares	GDC Guilhovai	38:58	+07:03	03:54	
35	164	Armando Bastos	GDSPO	39:03	+07:08	03:54	
36	171	João Sa	HMC	39:06	+07:11	03:55	
37	460	Rogerio Campos	Clube Atletismo de Ovar	39:23	+07:28	03:56	
38	278	Miguel Carvalho	Individual	39:25	+07:30	03:56	
39	378	Vasco Rocha	Pupilos do Zé-Tó	39:29	+07:34	03:57	
40	379	Rui Pereira	Pupilos do Zé-Tó	39:31	+07:36	03:57	
41	328	Marco China	Lourosa em Movimento	39:35	+07:40	03:58	
42	19	Filipe Silva	ACDCDSMF Os LARANJINHAS	39:41	+07:46	03:58	

PROVA PRINCIPAL - STAGE 1 — 10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	448	Leandro Coelho	Individual	39:47	+07:52	03:59	
44	301	Jose da silva reis	Individual	39:56	+08:01	04:00	
45	103	Joana Santos	CDFEIRENSE	39:59	+08:04	04:00	
46	381	JORGE FILIPE RODRIGUES PAIVA	RealConta	40:03	+08:08	04:00	
47	82	Paulo Oliveira	Brandoenses Running	40:05	+08:10	04:01	
48	109	Juca NS	Cicloturismo do feirense	40:05	+08:10	04:01	
49	349	Jorge Lagareiro	MC	40:17	+08:22	04:02	
50	216	António Santos	Individual	40:32	+08:37	04:03	
51	311	Ricardo Seromenho	JAM - Juventude Atlética Mozelense	40:42	+08:47	04:04	
52	26	Fatima Pinho	AFIS OVAR	41:00	+09:05	04:06	
53	376	Tiago Pereira	Pupilos do Zé-Tó	41:03	+09:08	04:06	
54	293	Serafim Rocha	Individual	41:06	+09:11	04:07	
55	425	João Pedro Soares Ferreira	Teamrena	41:07	+09:12	04:07	
56	242	Ricardo sousa	Individual	41:11	+09:16	04:07	
57	162	Manuel Silva	GDSPO	41:18	+09:23	04:08	
58	307	Alfredo Fraga	Arrasta Solas	41:20	+09:25	04:08	
59	356	José Correia	NIGHT RUNNERS FEIRA	41:24	+09:29	04:08	
60	76	Paulo Bandalho	Bandalhos Running	41:29	+09:34	04:09	
61	90	Samuel Adriano	Bravos e Bravitas	41:39	+09:44	04:10	
62	368	Paulo Maia	Paulo Maia	41:42	+09:47	04:10	
63	238	Ricardo Ferreira	Individual	41:43	+09:48	04:10	
64	159	Luis Magalhães	GDSPO	41:46	+09:51	04:11	
65	160	Manuel Belinha	GDSPO	41:47	+09:52	04:11	
66	433	Hélder Andrade	Teamrena	41:47	+09:52	04:11	
67	423	Francisco Lopes Carvalho	Teamrena	41:50	+09:55	04:11	
68	206	Marco Oliveira	Individual	42:04	+10:09	04:12	
69	13	JOSÉ SILVA	A. D. Grijó a correr	42:06	+10:11	04:13	
70	96	Fábio Pereira	Bravos e Bravitas	42:09	+10:14	04:13	
71	389	Claudio José	Run & Fun	42:13	+10:18	04:13	
72	129	Frederico santos	CDFEIRENSE	42:13	+10:18	04:13	
73	218	Cristiano Filipe da Silva Cardoso	Individual	42:16	+10:21	04:14	
74	299	Rui pinto	Individual	42:18	+10:23	04:14	
75	416	Fernando Barbosa	Team Shark	42:25	+10:30	04:14	
76	121	Alejandro Rodrigues	Clube de Futebol União de Lamas	42:26	+10:31	04:15	
77	83	António Espinheiro	Brandoenses Running	42:32	+10:37	04:15	
78	35	Manuel Bastos	AG.D.A Ronda	42:33	+10:38	04:15	
79	135	Cristiana Ferreira	DCI/Trilhos Luso Bussaco	42:34	+10:39	04:15	
80	352	Pereira Gusto	MSS	42:41	+10:46	04:16	
81	99	Alcides Relvas	Bravos e Bravitas	42:43	+10:48	04:16	
82	402	manuel rodrigues	Scespinho	42:46	+10:51	04:17	
83	175	Óscar Miguel	H-RAKY	42:56	+11:01	04:18	
84	426	Joel Cardoso	Teamrena	42:57	+11:02	04:18	
85	430	ruben aguiar	Teamrena	42:58	+11:03	04:18	
86	435	Marçio Pereira	Teamrena	43:06	+11:11	04:19	
87	431	Tiago Fonseca	Teamrena	43:12	+11:17	04:19	
88	86	José Luís Santos	Brandoenses Running	43:13	+11:18	04:19	

PROVA PRINCIPAL - STAGE 1 — 10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	140	ANTONIO FERNANDES	DOMINGO LEVO UM RADIO	43:21	+11:26	04:20	
90	21	Carlos paiva	ACDCDSMF Os LARANJINHAS	43:33	+11:38	04:21	
91	223	Duarte Lopes	Individual	43:38	+11:43	04:22	
92	231	João Silva	Individual	43:41	+11:46	04:22	
93	127	Vera Ferreira	CDFEIRENSE	43:47	+11:52	04:23	
94	84	HENRIQUE AMORIM	Brandoenses Running	43:50	+11:55	04:23	
95	377	Paulo Vidal	Pupilos do Zé-Tó	43:55	+12:00	04:24	
96	370	Anthony Suarez	PÉS no Asfalto	43:56	+12:01	04:24	
97	167	Américo Manuel Oliveira	Gemba Running	43:57	+12:02	04:24	
98	263	Suzete André	Individual	44:04	+12:09	04:24	
99	65	Fábio Azevedo	Associação de Pais da EBSJV	44:08	+12:13	04:25	
100	226	Francisco Monteiro	Individual	44:18	+12:23	04:26	
101	366	Vitor Cunha	Passo firme	44:21	+12:26	04:26	
102	23	Luis Machado	ACDCDSMF Os LARANJINHAS	44:22	+12:27	04:26	
103	393	Jorge Guerra	Running Esmoriz	44:22	+12:27	04:26	
104	365	Carlos Jesus	Passo firme	44:23	+12:28	04:26	
105	176	Pedro Renato Familiar	H-RAKY	44:30	+12:35	04:27	
106	276	Humberto Coelho	Individual	44:33	+12:38	04:27	
107	333	Luís Silva	Lusitania de Lourosa FC- Secção de Atletismo	44:34	+12:39	04:27	
108	47	Diogo Costa	Arrifana Running	44:34	+12:39	04:27	
109	353	Fernando lima	NAC	44:34	+12:39	04:27	
110	166	Mário Nogueira	GDSPO	44:44	+12:49	04:28	
111	138	Luís Pinho	DOMINGO LEVO UM RADIO	44:51	+12:56	04:29	
112	436	Óscar Brandão	Teamrena	44:54	+12:59	04:29	
113	342	André Castro	Malapeiros Rolantes	45:01	+13:06	04:30	
114	20	Hélder Filipe	ACDCDSMF Os LARANJINHAS	45:21	+13:26	04:32	
115	97	João Santos	Bravos e Bravitas	45:25	+13:30	04:32	
116	325	Vitor Moreia	Lourosa em Movimento	45:30	+13:35	04:33	
117	122	Pedro Magolo	Clube de Futebol União de Lamas	45:43	+13:48	04:34	
118	233	Jose Manuel Vieira Fernandes	Individual	45:47	+13:52	04:35	
119	115	Fernando Gonçalves	Cirac - Circulo de Recreio Arte e Cultura	45:54	+13:59	04:35	
120	114	Jorge Silva	Cirac - Circulo de Recreio Arte e Cultura	45:54	+13:59	04:35	
121	22	José Pinho	ACDCDSMF Os LARANJINHAS	45:56	+14:01	04:36	
122	375	André Cardoso	Pupilos do Zé-Tó	45:58	+14:03	04:36	
123	300	Vergilio Teixeira	Individual	46:09	+14:14	04:37	
124	48	Roberto Santos	Arrifana Running	46:19	+14:24	04:38	
125	98	Sérgio Almeida	Bravos e Bravitas	46:29	+14:34	04:39	
126	400	Miguel Pereira	Sacork	46:33	+14:38	04:39	
127	152	Clotilde Santos	GDC Guilhovai	46:34	+14:39	04:39	
128	179	Pedro Martins	H-RAKY	46:35	+14:40	04:40	
129	295	Joaquim Pinto	Individual	46:37	+14:42	04:40	
130	289	Paulo Pinto	Individual	46:37	+14:42	04:40	
131	247	Tiago Fonseca	Individual	46:42	+14:47	04:40	
132	158	Valdemar alves	GDC Guilhovai	47:00	+15:05	04:42	
133	354	Rosa Pinto	Nascidos para Correr	47:11	+15:16	04:43	
134	446	Francelino Resende	Nascidos para Correr	47:12	+15:17	04:43	

PROVA PRINCIPAL - STAGE 1 — 10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
135	72	Diogo Regadas	Associação EBKSJV	47:25	+15:30	04:44	
136	49	Sónia Vidal	Arrifana Running	47:28	+15:33	04:45	
137	395	Tiago Silva	Sacork	47:29	+15:34	04:45	
138	329	Michel Lopes	Lourosa em Movimento	47:38	+15:43	04:46	
139	391	ZE MOUTINHO	Run & Fun	47:48	+15:53	04:47	
140	107	Victor Silva	Chamas na Pista	48:00	+16:05	04:48	
141	251	Vítor Manuel da Silva Alves	Individual	48:09	+16:14	04:49	
142	347	Mara Celia	MC	48:16	+16:21	04:50	
143	93	Vera Leite	Bravos e Bravitas	48:16	+16:21	04:50	
144	408	Carlos Teixeira	Tainadas Team	48:18	+16:23	04:50	
145	180	oscar almeida	H-RAKY	48:18	+16:23	04:50	
146	70	Zenaide Alves	Associação desportiva de São Miguel	48:23	+16:28	04:50	
147	165	Avelino Freitas	GDSPO	48:23	+16:28	04:50	
148	249	Tiago Mendes	Individual	48:24	+16:29	04:50	
149	29	Celso Silva	AG.D.A Ronda	48:27	+16:32	04:51	
150	36	Paulo Mota	AG.D.A Ronda	48:31	+16:36	04:51	
151	78	ÓSCAR MARTINS	Brandoenses Running	48:35	+16:40	04:51	
152	271	André Çino	Individual	48:43	+16:48	04:52	
153	145	Mariana Magalhães	Espaço Trevo	48:46	+16:51	04:53	
154	12	Bruno Neves	A. D. Grijó a correr	48:52	+16:57	04:53	
155	372	Bruno Oliveira	PÉS no Asfalto	48:58	+17:03	04:54	
156	288	Marco Pinto	Individual	48:59	+17:04	04:54	
157	39	MANUEL CARDOSO	ARCORUN	49:02	+17:07	04:54	
158	40	PAULO GRILO	ARCORUN	49:04	+17:09	04:54	
159	443	Álvaro Carvalhinho	UFSMFTSE- União de freguesias de Santa Maria da Feira, Travanca, Sanfins e Espargo	49:06	+17:11	04:55	
160	63	Manuel Oliveira	Arrifana Running	49:07	+17:12	04:55	
161	37	Carlos Fazendeiro	AG.D.A Ronda	49:08	+17:13	04:55	
162	41	Quim Zé	ARCORUN	49:19	+17:24	04:56	
163	310	MATILDE BAPTISTA	JAM - Juventude Atlética Mozelense	49:20	+17:25	04:56	
164	312	Justino Soares	JAM - Juventude Atlética Mozelense	49:20	+17:25	04:56	
165	66	Gilberto Silva	Associação de Pais da EBSJV	49:21	+17:26	04:56	
166	214	Andre Silva	Individual	49:38	+17:43	04:58	
167	279	Ricardo Pais	Individual	49:46	+17:51	04:59	
168	358	Sofia Ferreira	Os Gondufenses	49:50	+17:55	04:59	
169	383	Rui Silva	Resistentes	49:53	+17:58	04:59	
170	388	Olga gomes	Run & Fun	49:58	+18:03	05:00	
171	434	Renato Seixas	Teamrena	50:03	+18:08	05:00	
172	237	Rafael Silva	Individual	50:03	+18:08	05:00	
173	327	Carla Cardoso	Lourosa em Movimento	50:06	+18:11	05:01	
174	79	Perpétua Silva	Brandoenses Running	50:13	+18:18	05:01	
175	146	Gabriel Pinho Magalhães	Espaço Trevo	50:31	+18:36	05:03	
176	56	Mario Pereira	Arrifana Running	50:40	+18:45	05:04	
177	43	Mária Calmeiro	Arrifana Running	51:20	+19:25	05:08	
178	178	Frederico Martins	H-RAKY	51:37	+19:42	05:10	
179	363	Cláudia Pais	Passo firme	51:43	+19:48	05:10	

PROVA PRINCIPAL - STAGE 1 — 10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
180	380	Tiago André Lima Sousa	RealConta	51:46	+19:51	05:11	
181	411	Paula Andrade	Team Shark	51:53	+19:58	05:11	
182	71	Bruno Almeida	Associação EBKSJV	51:58	+20:03	05:12	
183	44	Regina Costa	Arrifana Running	52:00	+20:05	05:12	
184	253	Anabela Soares Pimenta	Individual	52:14	+20:19	05:13	
185	340	Gabriel Dias	Malapeiros Rolantes	52:29	+20:34	05:15	
186	339	Francisca Dias	Malapeiros Rolantes	52:30	+20:35	05:15	
187	94	Denis Rocha	Bravos e Bravitas	52:32	+20:37	05:15	
188	257	Luciana Sousa	Individual	52:35	+20:40	05:15	
189	320	Luís Higino	JUF ACC	52:38	+20:43	05:16	
190	221	David Samuel Ferreira de Oliveira Correia Salgado	Individual	52:48	+20:53	05:17	
191	69	Roberto Dias	Associação de Pais da EBSJV	52:51	+20:56	05:17	
192	294	César Sousa	Individual	52:55	+21:00	05:18	
193	326	Vera Oliveira	Lourosa em Movimento	52:56	+21:01	05:18	
194	410	Cláudia Paula	Team Shark	53:08	+21:13	05:19	
195	222	Diogo Baptista	Individual	53:28	+21:33	05:21	
196	246	Tiago Filipe da Silva Reis	Individual	53:32	+21:37	05:21	
197	100	Miguel Santos	Caldas São Jorge Sport Clube	53:34	+21:39	05:21	
198	225	Fábio Soares	Individual	53:50	+21:55	05:23	
199	287	Lionel Rocha	Individual	53:57	+22:02	05:24	
200	266	Carla Augusta	Individual	53:57	+22:02	05:24	
201	92	Paula Soares	Bravos e Bravitas	53:59	+22:04	05:24	
202	343	Araldo Fidalgo	Malapeiros Rolantes	54:09	+22:14	05:25	
203	132	Isabel Sousa	CDFEIRENSE	54:32	+22:37	05:27	
204	133	António Amorim	CDFEIRENSE	54:47	+22:52	05:29	
205	131	Liliana Costa	CDFEIRENSE	54:47	+22:52	05:29	
206	68	Filipe Coelho	Associação de Pais da EBSJV	54:48	+22:53	05:29	
207	236	Pedro Gonçalves	Individual	54:51	+22:56	05:29	
208	275	Filipe Oliveira	Individual	54:58	+23:03	05:30	
209	192	Daniela Branco	Individual	55:00	+23:05	05:30	
210	38	Rafael Jesus	ARCORUN	55:00	+23:05	05:30	
211	306	Domingos Sousa Moreira	Individual	55:00	+23:05	05:30	
212	437	Joana Fonseca	UFSMFTSE- União de freguesias de Santa Maria da Feira, Travanca, Sanfins e Espargo	55:09	+23:14	05:31	
213	59	Joaquim Moreira	Arrifana Running	55:11	+23:16	05:31	
214	364	Orquídea Gomes	Passo firme	55:12	+23:17	05:31	
215	73	Eduardo Silva	Associação EBKSJV	55:15	+23:20	05:32	
216	196	Fabiana Pinto	Individual	55:19	+23:24	05:32	
217	290	Paulo silva	Individual	55:20	+23:25	05:32	
218	392	Hélder Mota	RUN FOR FEIRA	55:26	+23:31	05:33	
219	346	Sandra Almeida	MC	55:27	+23:32	05:33	
220	373	Rui Oliveira	PÉS no Asfalto	55:27	+23:32	05:33	
221	177	Francisco Gomes	H-RAKY	55:32	+23:37	05:33	
222	80	VICTÓRIA BERNARDES	Brandoenses Running	55:36	+23:41	05:34	
223	420	Jéssica Guimarães	Teamrena	55:36	+23:41	05:34	
224	399	Sónia Coelho	Sacork	55:37	+23:42	05:34	

PROVA PRINCIPAL - STAGE 1 — 10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
225	283	BRUNO MENDES	Individual	55:38	+23:43	05:34	
226	344	Raul Pereira	Malapeiros Rolantes	55:39	+23:44	05:34	
227	274	DUARTE LAMAS	Individual	55:44	+23:49	05:34	
228	330	Toninho Ventura	Lourosa em Movimento	55:45	+23:50	05:35	
229	105	Sonia Beleza	CDFEIRENSE	55:48	+23:53	05:35	
230	205	Mara Sousa	Individual	55:49	+23:54	05:35	
231	220	Daniel Coelho	Individual	55:49	+23:54	05:35	
232	188	Carla Nunes	Individual	55:50	+23:55	05:35	
233	74	Tiago Oliveira	Associação EBKSJV	55:53	+23:58	05:35	
234	217	Bruno Oliveira	Individual	55:54	+23:59	05:35	
235	174	Roberto Silva	HMC	56:01	+24:06	05:36	
236	369	Fátima Cruz	PÉS no Asfalto	56:01	+24:07	05:36	
237	173	António Rocha	HMC	56:02	+24:07	05:36	
238	417	Ana Capela	Teamrena	56:05	+24:10	05:36	
239	42	Pedro Melo	ARCORUN	56:07	+24:12	05:37	
240	291	Ruben Moura	Individual	56:08	+24:13	05:37	
241	438	Márcia Reis	UFSMFTSE- União de freguesias de Santa Maria da Feira, Travanca, Sanfins e Espargo	56:11	+24:16	05:37	
242	360	Normando Santos	Os Kágados	56:11	+24:16	05:37	
243	67	Óscar Pacheco	Associação de Pais da EBSJV	56:12	+24:17	05:37	
244	439	Paulo Costa	UFSMFTSE- União de freguesias de Santa Maria da Feira, Travanca, Sanfins e Espargo	56:13	+24:18	05:37	
245	371	Tiago Gonçalves	PÉS no Asfalto	56:13	+24:18	05:37	
246	215	António Pinho	Individual	56:31	+24:36	05:39	
247	440	Cristiana Lopes	UFSMFTSE- União de freguesias de Santa Maria da Feira, Travanca, Sanfins e Espargo	56:33	+24:38	05:39	
248	280	Serafim Augusto da Silva Almeida	Individual	56:44	+24:49	05:40	
249	190	Catarina Silva	Individual	56:44	+24:49	05:40	
250	182	Alexandra Catarina Neves Pinheiro	Individual	56:45	+24:50	05:40	
251	272	António Joaquim Pereira Alves Soares	Individual	56:45	+24:50	05:41	
252	60	Joaquim Pinto	Arrifana Running	56:46	+24:51	05:41	
253	308	Fernando pinheiro	Individual	56:54	+24:59	05:41	
254	89	Silvia Batista	Bravos e Bravitas	56:56	+25:01	05:42	
255	341	Junior Sabença	Malapeiros Rolantes	56:57	+25:02	05:42	
256	374	Eduarda Cardoso	Pupilos do Zé-Tó	56:58	+25:03	05:42	
257	421	Margarida Alves	Teamrena	57:01	+25:06	05:42	
258	244	Rui Santos	Individual	57:16	+25:21	05:44	
259	229	João Alves	Individual	57:20	+25:25	05:44	
260	405	Tania Rocha	Sport Ciclismo de S. João de Ver	57:50	+25:55	05:47	
261	406	Vasco Miguel Maia Costa	Sport Ciclismo de S. João de Ver	57:50	+25:55	05:47	
262	451	Arnaldo Rodriguez	Individual	57:54	+25:59	05:47	
263	58	Simão Pereira	Arrifana Running	58:07	+26:12	05:49	
264	362	Fábio Lourenço	Passo firme	58:23	+26:28	05:50	
265	304	Adriano Oliveira	Individual	58:31	+26:36	05:51	
266	415	Fernando Andrade	Team Shark	58:34	+26:39	05:51	
267	213	André Reis	Individual	58:36	+26:41	05:52	

PROVA PRINCIPAL - STAGE 1 — 10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
268	137	CARLOTA PINHO	DOMINGO LEVO UM RADIO	58:43	+26:48	05:52	
269	139	Nuno Pinho	DOMINGO LEVO UM RADIO	58:43	+26:48	05:52	
270	239	Ricardo Filipe Silva	Individual	58:43	+26:48	05:52	
271	258	Mafalda Sofia Bastos de Oliveira	Individual	58:46	+26:51	05:53	
272	316	Inês Almeida	JSD São João de Ver	59:00	+27:05	05:54	
273	264	Xana Albergaria	Individual	59:01	+27:06	05:54	
274	292	Rui Gonçalves	Individual	59:21	+27:26	05:56	
275	345	Ricardo José Gomes Rocha	Malapeiros Rolantes	59:28	+27:33	05:57	
276	412	Felismina Pinho	Team Shark	59:34	+27:39	05:57	
277	212	Sara Lia Castro	Individual	59:42	+27:47	05:58	
278	404	João Pedro Maia Costa	Sport Ciclismo de S. João de Ver	59:43	+27:48	05:58	
279	265	Ana Paula BASTOS TEIXEIRA	Individual	59:44	+27:49	05:58	
280	113	José Manuel Monteiro	Cirac - Circulo de Recreio Arte e Cultura	59:48	+27:53	05:59	
281	211	Sandra Alves	Individual	01:00:13	+28:18	06:01	
282	361	Rita Reis	Passo firme	01:00:13	+28:18	06:01	
283	235	Pedro Amorim	Individual	01:00:22	+28:27	06:02	
284	219	Daniel Aguiar	Individual	01:00:22	+28:27	06:02	
285	241	Ricardo Pedro	Individual	01:00:23	+28:28	06:02	
286	424	João Guedes	Teamrena	01:00:24	+28:29	06:02	
287	428	José Gonçalves	Teamrena	01:00:24	+28:29	06:02	
288	185	Andreia Filipa da Silva Machado	Individual	01:00:28	+28:33	06:03	
289	51	Susana Leite	Arrifana Running	01:00:29	+28:34	06:03	
290	52	Toi Almeida	Arrifana Running	01:00:29	+28:34	06:03	
291	382	Nelson santos	RealConta	01:00:35	+28:40	06:04	
292	210	Patrícia Carvalho	Individual	01:00:41	+28:46	06:04	
293	189	Carolina Alves	Individual	01:00:46	+28:51	06:05	
294	450	Rui Fardilha	Espaço Trevo	01:00:47	+28:52	06:05	
295	45	Vânia Gabriela Silva	Arrifana Running	01:00:50	+28:55	06:05	
296	57	Rui Pereira	Arrifana Running	01:00:50	+28:55	06:05	
297	62	Casimiro Fernandes	Arrifana Running	01:00:52	+28:57	06:05	
298	14	Paula Martins	A.A.R.C.C Arrifana Running	01:00:52	+28:57	06:05	
299	75	Beta Bandalha	Bandalhos Running	01:00:52	+28:57	06:05	
300	305	Candido Martins	Individual	01:00:57	+29:02	06:06	
301	81	GUALTER OLIVEIRA	Brandoenses Running	01:01:11	+29:16	06:07	
302	85	Rui Manuel Gomes Oliveira	Brandoenses Running	01:01:12	+29:17	06:07	
303	297	Miguel Valente	Individual	01:01:38	+29:43	06:10	
304	273	Cesar Valente	Individual	01:01:38	+29:43	06:10	
305	248	Tiago Gonçalves	Individual	01:01:38	+29:43	06:10	
306	407	Cristiana Reis	Tainadas Team	01:01:43	+29:48	06:10	
307	259	Sandra Pinto	Individual	01:01:50	+29:55	06:11	
308	193	Daniela Moreira	Individual	01:01:50	+29:55	06:11	
309	243	Ricardo Sousa Pinto	Individual	01:01:57	+30:02	06:12	
310	11	Ricardo Neves	A. D. Grijó a correr	01:02:09	+30:14	06:13	
311	208	Maria João Portela Lima	Individual	01:02:15	+30:20	06:14	
312	260	Catia Lopes	Individual	01:02:43	+30:48	06:16	
313	6	Gil Ferreira	Município de Santa Maria da Feira	01:04:14	+32:19	06:25	

PROVA PRINCIPAL - STAGE 1 — 10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
314	442	Maria Peixoto	UFSMFTSE- União de freguesias de Santa Maria da Feira, Travanca, Sanfins e Espargo	01:04:30	+32:35	06:27	
315	441	Vera Lopes	UFSMFTSE- União de freguesias de Santa Maria da Feira, Travanca, Sanfins e Espargo	01:04:31	+32:36	06:27	
316	200	Joana Cardoso	Individual	01:04:47	+32:52	06:29	
317	117	Débora Fonseca	Clínica Médica dos Dezassete	01:05:06	+33:11	06:31	
318	118	Fabiana Fonseca	Clínica Médica dos Dezassete	01:05:08	+33:13	06:31	
319	169	Vania Costa	HMC	01:05:11	+33:16	06:31	
320	181	Carlos Novais	H-RAKY	01:05:11	+33:16	06:31	
321	418	Bárbara Fonseca	Teamrena	01:05:27	+33:32	06:33	
322	432	Neuza Ferreira	Teamrena	01:05:28	+33:33	06:33	
323	187	Beatriz Sousa de Matos	Individual	01:06:03	+34:08	06:36	
324	191	Catia Sofia Silva Brandão	Individual	01:06:45	+34:50	06:40	
325	198	Isabel Patrícia Silva Brandao	Individual	01:06:52	+34:57	06:41	
326	18	Dulce Maria	ACDCDSMF Os LARANJINHAS	01:06:59	+35:04	06:42	
327	234	nuno magalhães	Individual	01:07:09	+35:14	06:43	
328	245	Simão Pinto	Individual	01:07:10	+35:15	06:43	
329	268	Amélia Nunes	Individual	01:07:47	+35:52	06:47	
330	197	Inês Lopes	Individual	01:07:49	+35:54	06:47	
331	207	Maria Almeida	Individual	01:07:49	+35:54	06:47	
332	195	Eva Martins	Individual	01:07:49	+35:54	06:47	
333	87	Leandra Oliveira	Bravos e Bravitas	01:08:57	+37:02	06:54	
334	88	Mariana Ribeiro	Bravos e Bravitas	01:08:58	+37:03	06:54	
335	427	Jose Coelho	Teamrena	01:10:30	+38:35	07:03	
336	419	Bárbara Marques	Teamrena	01:10:35	+38:40	07:03	
337	269	carla pinhal	Individual	01:11:39	+39:44	07:10	
338	194	Eloísa Pereira	Individual	01:11:49	+39:54	07:11	
339	199	Isabel Silva	Individual	01:12:59	+41:04	07:18	
340	270	Georgina Ferreira	Individual	01:13:46	+41:51	07:23	
341	95	Vírginia Moreira	Bravos e Bravitas	01:13:47	+41:52	07:23	
342	64	Tânia Ferreira	Associação de Pais da EBSJV	01:19:30	+47:35	07:57	
343	331	Solange Miranda	Ludonautas	01:19:33	+47:38	07:57	
344	332	Carlos Ribeiros Dias	Ludonautas	01:19:33	+47:38	07:57	
345	444	José Rodrigues	Vassoura	01:19:36	+47:41	07:58	
346	53	Lucinda Lemos	Arrifana Running	01:34:37	+01:02:42	09:28	

Prova Principal — 10 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	18:00	17,6ºC	58%
End	19:34	17,6ºC	58%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	103	Joana Santos	CDFEIRENSE	Senior Feminino	39:59		04:00
2	26	Fatima Pinho	AFIS OVAR	Senior Feminino	41:00	+01:00	04:06
3	135	Cristiana Ferreira	DCI/Trilhos Luso Bussaco	Senior Feminino	42:34	+02:34	04:15
4	127	Vera Ferreira	CDFEIRENSE	Senior Feminino	43:47	+03:47	04:23
5	145	Mariana Magalhães	Espaço Trevo	Senior Feminino	48:46	+08:46	04:53
6	43	Mária Calmeiro	Arrifana Running	Senior Feminino	51:20	+11:20	05:08
7	44	Regina Costa	Arrifana Running	Senior Feminino	52:00	+12:00	05:12
8	339	Francisca Dias	Malapeiros Rolantes	Senior Feminino	52:30	+12:30	05:15
9	192	Daniela Branco	Individual	Senior Feminino	55:00	+15:00	05:30
10	437	Joana Fonseca	UFSMFTSE- União de freguesias de Santa Maria da Feira, Travanca, Sanfins e Espargo	Senior Feminino	55:09	+15:09	05:31
11	196	Fabiana Pinto	Individual	Senior Feminino	55:19	+15:19	05:32
12	346	Sandra Almeida	MC	Senior Feminino	55:27	+15:27	05:33
13	420	Jéssica Guimarães	Teamrena	Senior Feminino	55:36	+15:36	05:34
14	205	Mara Sousa	Individual	Senior Feminino	55:49	+15:49	05:35
15	188	Carla Nunes	Individual	Senior Feminino	55:50	+15:50	05:35
16	369	Fátima Cruz	PÉS no Asfalto	Senior Feminino	56:01	+16:02	05:36
17	417	Ana Capela	Teamrena	Senior Feminino	56:05	+16:05	05:36
18	438	Márcia Reis	UFSMFTSE- União de freguesias de Santa Maria da Feira, Travanca, Sanfins e Espargo	Senior Feminino	56:11	+16:11	05:37
19	190	Catarina Silva	Individual	Senior Feminino	56:44	+16:44	05:40
20	182	Alexandra Catarina Neves Pinheiro	Individual	Senior Feminino	56:45	+16:45	05:40
21	374	Eduarda Cardoso	Pupilos do Zé-Tó	Senior Feminino	56:58	+16:58	05:42
22	421	Margarida Alves	Teamrena	Senior Feminino	57:01	+17:01	05:42
23	137	CARLOTA PINHO	DOMINGO LEVO UM RADIO	Senior Feminino	58:43	+18:43	05:52
24	316	Inês Almeida	JSD São João de Ver	Senior Feminino	59:00	+19:00	05:54
25	212	Sara Lia Castro	Individual	Senior Feminino	59:42	+19:42	05:58
26	211	Sandra Alves	Individual	Senior Feminino	01:00:13	+20:13	06:01
27	361	Rita Reis	Passo firme	Senior Feminino	01:00:13	+20:13	06:01
28	185	Andreia Filipa da Silva Machado	Individual	Senior Feminino	01:00:28	+20:28	06:03
29	210	Patrícia Carvalho	Individual	Senior Feminino	01:00:41	+20:41	06:04
30	189	Carolina Alves	Individual	Senior Feminino	01:00:46	+20:46	06:05
31	45	Vânia Gabriela Silva	Arrifana Running	Senior Feminino	01:00:50	+20:50	06:05
32	193	Daniela Moreira	Individual	Senior Feminino	01:01:50	+21:50	06:11
33	208	Maria João Portela Lima	Individual	Senior Feminino	01:02:15	+22:15	06:14
34	200	Joana Cardoso	Individual	Senior Feminino	01:04:47	+24:47	06:29
35	117	Débora Fonseca	Clínica Médica dos Dezassete	Senior Feminino	01:05:06	+25:06	06:31
36	418	Bárbara Fonseca	Teamrena	Senior Feminino	01:05:27	+25:27	06:33
37	187	Beatriz Sousa de Matos	Individual	Senior Feminino	01:06:03	+26:03	06:36

Prova Principal — 10 KM

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

OFFICIAL RESULT

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

38	191	Catia Sofia Silva Brandão	Individual	Senior Feminino	01:06:45	+26:45	06:40
39	198	Isabel Patrícia Silva Brandao	Individual	Senior Feminino	01:06:52	+26:52	06:41
40	197	Inês Lopes	Individual	Senior Feminino	01:07:49	+27:49	06:47
41	207	Maria Almeida	Individual	Senior Feminino	01:07:49	+27:49	06:47
42	195	Eva Martins	Individual	Senior Feminino	01:07:49	+27:49	06:47
43	87	Leandra Oliveira	Bravos e Bravitas	Senior Feminino	01:08:57	+28:57	06:54
44	88	Mariana Ribeiro	Bravos e Bravitas	Senior Feminino	01:08:58	+28:58	06:54
45	419	Bárbara Marques	Teamrena	Senior Feminino	01:10:35	+30:35	07:03
46	194	Eloísa Pereira	Individual	Senior Feminino	01:11:49	+31:49	07:11
47	199	Isabel Silva	Individual	Senior Feminino	01:12:59	+32:59	07:18
48	64	Tânia Ferreira	Associação de Pais da EBSJV	Senior Feminino	01:19:30	+39:30	07:57

Senior Masculino

1	154	Vitor Oliveira	GDC Guilhovai	Senior Masculino	31:55		03:12
2	8	Nuno Alves	CDFEIRENSE	Senior Masculino	32:38	+00:42	03:16
3	394	Fabio Barbosa	S.C. Espinho	Senior Masculino	32:58	+01:02	03:18
4	104	Ricardo Alves	CDFEIRENSE	Senior Masculino	33:12	+01:16	03:19
5	659	Gustavo Coelho	CDFEIRENSE	Senior Masculino	33:34	+01:38	03:21
6	357	Diogo Fontes	Núcleo de Atletismo de Cucujães	Senior Masculino	33:40	+01:44	03:22
7	130	João Amaro	CDFEIRENSE	Senior Masculino	34:31	+02:35	03:27
8	119	CELSO LEITE	Clube Atletismo de Ovar	Senior Masculino	34:42	+02:46	03:28
9	150	Rui Alves	GDC Guilhovai	Senior Masculino	34:49	+02:53	03:29
10	27	Mario Ibarra	AG.D.A Ronda	Senior Masculino	34:57	+03:01	03:30
11	429	Renato Reis Andrade	Teamrena	Senior Masculino	36:27	+04:31	03:39
12	141	João Sousa	EDL	Senior Masculino	36:49	+04:53	03:41
13	240	Ricardo Marques	Passo firme	Senior Masculino	37:15	+05:19	03:44
14	224	Fabio Costa	Individual	Senior Masculino	37:31	+05:35	03:45
15	445	Atleta 445	Individual	Senior Masculino	37:32	+05:36	03:45
16	324	Miguel Costa	Lourosa em Movimento	Senior Masculino	38:09	+06:14	03:49
17	230	João silva	Individual	Senior Masculino	38:13	+06:17	03:49
18	250	Tiago Oliveira	Individual	Senior Masculino	38:23	+06:27	03:50
19	123	Pedro Trombatella	Clube de Futebol União de Lamas	Senior Masculino	38:24	+06:28	03:50
20	216	António Santos	Individual	Senior Masculino	40:32	+08:36	04:03
21	376	Tiago Pereira	Pupilos do Zé-Tó	Senior Masculino	41:03	+09:07	04:06
22	425	João Pedro Soares Ferreira	Teamrena	Senior Masculino	41:07	+09:12	04:07
23	242	Ricardo sousa	Individual	Senior Masculino	41:11	+09:15	04:07
24	90	Samuel Adriano	Bravos e Bravitas	Senior Masculino	41:39	+09:43	04:10
25	238	Ricardo Ferreira	Individual	Senior Masculino	41:43	+09:47	04:10
26	159	Luis Magalhães	GDSPO	Senior Masculino	41:46	+09:50	04:11
27	423	Francisco Lopes Carvalho	Teamrena	Senior Masculino	41:50	+09:54	04:11
28	206	Marco Oliveira	Individual	Senior Masculino	42:04	+10:09	04:12
29	129	Frederico santos	CDFEIRENSE	Senior Masculino	42:13	+10:17	04:13
30	218	Cristiano Filipe da Silva Cardoso	Individual	Senior Masculino	42:16	+10:20	04:14
31	121	Alejandro Rodrigues	Clube de Futebol União de Lamas	Senior Masculino	42:26	+10:30	04:15
32	175	Óscar Miguel	H-RAKY	Senior Masculino	42:56	+11:00	04:18

Prova Principal — 10 KM

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

OFFICIAL RESULT

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33	426	Joel Cardoso	Teamrena	Senior Masculino	42:57	+11:01	04:18
34	430	ruben aguiar	Teamrena	Senior Masculino	42:58	+11:03	04:18
35	431	Tiago Fonseca	Teamrena	Senior Masculino	43:12	+11:16	04:19
36	223	Duarte Lopes	Individual	Senior Masculino	43:38	+11:42	04:22
37	231	João Silva	Individual	Senior Masculino	43:41	+11:45	04:22
38	370	Anthony Suarez	PÉS no Asfalto	Senior Masculino	43:56	+12:00	04:24
39	226	Francisco Monteiro	Individual	Senior Masculino	44:18	+12:22	04:26
40	333	Luís Silva	Lusitania de Lourosa FC- Secção de Atletismo	Senior Masculino	44:34	+12:38	04:27
41	47	Diogo Costa	Arrifana Running	Senior Masculino	44:34	+12:38	04:27
42	122	Pedro Magolo	Clube de Futebol União de Lamas	Senior Masculino	45:43	+13:47	04:34
43	233	Jose Manuel Vieira Fernandes	Individual	Senior Masculino	45:47	+13:51	04:35
44	375	André Cardoso	Pupilos do Zé-Tó	Senior Masculino	45:58	+14:02	04:36
45	48	Roberto Santos	Arrifana Running	Senior Masculino	46:19	+14:23	04:38
46	247	Tiago Fonseca	Individual	Senior Masculino	46:42	+14:46	04:40
47	72	Diogo Regadas	Associação EBKSJV	Senior Masculino	47:25	+15:29	04:44
48	395	Tiago Silva	Sacork	Senior Masculino	47:29	+15:33	04:45
49	107	Victor Silva	Chamas na Pista	Senior Masculino	48:00	+16:04	04:48
50	251	Vítor Manuel da Silva Alves	Individual	Senior Masculino	48:09	+16:13	04:49
51	249	Tiago Mendes	Individual	Senior Masculino	48:24	+16:29	04:50
52	78	ÓSCAR MARTINS	Brandoenses Running	Senior Masculino	48:35	+16:39	04:51
53	214	Andre Silva	Individual	Senior Masculino	49:38	+17:42	04:58
54	237	Rafael Silva	Individual	Senior Masculino	50:03	+18:08	05:00
55	380	Tiago André Lima Sousa	RealConta	Senior Masculino	51:46	+19:50	05:11
56	71	Bruno Almeida	Associação EBKSJV	Senior Masculino	51:58	+20:02	05:12
57	340	Gabriel Dias	Malapeiros Rolantes	Senior Masculino	52:29	+20:33	05:15
58	94	Denis Rocha	Bravos e Bravitas	Senior Masculino	52:32	+20:36	05:15
59	221	David Samuel Ferreira de Oliveira Correia Salgado	Individual	Senior Masculino	52:48	+20:52	05:17
60	222	Diogo Baptista	Individual	Senior Masculino	53:28	+21:32	05:21
61	246	Tiago Filipe da Silva Reis	Individual	Senior Masculino	53:32	+21:36	05:21
62	225	Fábio Soares	Individual	Senior Masculino	53:50	+21:54	05:23
63	236	Pedro Gonçalves	Individual	Senior Masculino	54:51	+22:55	05:29
64	38	Rafael Jesus	ARCORUN	Senior Masculino	55:00	+23:04	05:30
65	73	Eduardo Silva	Associação EBKSJV	Senior Masculino	55:15	+23:19	05:32
66	220	Daniel Coelho	Individual	Senior Masculino	55:49	+23:53	05:35
67	74	Tiago Oliveira	Associação EBKSJV	Senior Masculino	55:53	+23:57	05:35
68	217	Bruno Oliveira	Individual	Senior Masculino	55:54	+23:58	05:35
69	439	Paulo Costa	UFSMFTSE- União de freguesias de Santa Maria da Feira, Travanca, Sanfins e Espargo	Senior Masculino	56:13	+24:17	05:37
70	371	Tiago Gonçalves	PÉS no Asfalto	Senior Masculino	56:13	+24:17	05:37
71	215	António Pinho	Individual	Senior Masculino	56:31	+24:36	05:39
72	341	Junior Sabença	Malapeiros Rolantes	Senior Masculino	56:57	+25:01	05:42
73	244	Rui Santos	Individual	Senior Masculino	57:16	+25:20	05:44
74	229	João Alves	Individual	Senior Masculino	57:20	+25:25	05:44
75	451	Arnaldo Rodriguez	Individual	Senior Masculino	57:54	+25:58	05:47
76	362	Fábio Lourenço	Passo firme	Senior Masculino	58:23	+26:27	05:50

Prova Principal — 10 KM

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

OFFICIAL RESULT

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77	213	André Reis	Individual	Senior Masculino	58:36	+26:40	05:52
78	239	Ricardo Filipe Silva	Individual	Senior Masculino	58:43	+26:48	05:52
79	404	João Pedro Maia Costa	Sport Ciclismo de S. João de Ver	Senior Masculino	59:43	+27:47	05:58
80	113	José Manuel Monteiro	Cirac - Circulo de Recreio Arte e Cultura	Senior Masculino	59:48	+27:52	05:59
81	235	Pedro Amorim	Individual	Senior Masculino	01:00:22	+28:26	06:02
82	219	Daniel Aguiar	Individual	Senior Masculino	01:00:22	+28:26	06:02
83	241	Ricardo Pedro	Individual	Senior Masculino	01:00:23	+28:27	06:02
84	424	João Guedes	Teamrena	Senior Masculino	01:00:24	+28:28	06:02
85	428	José Gonçalves	Teamrena	Senior Masculino	01:00:24	+28:29	06:02
86	248	Tiago Gonçalves	Individual	Senior Masculino	01:01:38	+29:42	06:10
87	243	Ricardo Sousa Pinto	Individual	Senior Masculino	01:01:57	+30:01	06:12
88	234	nuno magalhães	Individual	Senior Masculino	01:07:09	+35:13	06:43
89	245	Simão Pinto	Individual	Senior Masculino	01:07:10	+35:14	06:43
90	427	Jose Coelho	Teamrena	Senior Masculino	01:10:30	+38:34	07:03

Veterana F40

1	347	Mara Celia	MC	Veterana F40	48:16		04:50
2	358	Sofia Ferreira	Os Gondufenses	Veterana F40	49:50	+01:33	04:59
3	363	Cláudia Pais	Passo firme	Veterana F40	51:43	+03:27	05:10
4	253	Anabela Soares Pimenta	Individual	Veterana F40	52:14	+03:58	05:13
5	257	Luciana Sousa	Individual	Veterana F40	52:35	+04:18	05:15
6	326	Vera Oliveira	Lourosa em Movimento	Veterana F40	52:56	+04:39	05:18
7	131	Liliana Costa	CDFEIRENSE	Veterana F40	54:47	+06:31	05:29
8	440	Cristiana Lopes	UFSMFTSE- União de freguesias de Santa Maria da Feira, Travanca, Sanfins e Espargo	Veterana F40	56:33	+08:16	05:39
9	405	Tania Rocha	Sport Ciclismo de S. João de Ver	Veterana F40	57:50	+09:34	05:47
10	258	Mafalda Sofia Bastos de Oliveira	Individual	Veterana F40	58:46	+10:29	05:53
11	259	Sandra Pinto	Individual	Veterana F40	01:01:50	+13:34	06:11
12	118	Fabiana Fonseca	Clínica Médica dos Dezassete	Veterana F40	01:05:08	+16:51	06:31
13	169	Vania Costa	HMC	Veterana F40	01:05:11	+16:55	06:31
14	432	Neuza Ferreira	Teamrena	Veterana F40	01:05:28	+17:11	06:33
15	331	Solange Miranda	Ludonautas	Veterana F40	01:19:33	+31:17	07:57

Veterana F45

1	151	Sandra Ferreira	GDC Guilhovai	Veterana F45	38:39		03:52
2	263	Suzete André	Individual	Veterana F45	44:04	+05:24	04:24
3	49	Sónia Vidal	Arrifana Running	Veterana F45	47:28	+08:48	04:45
4	93	Vera Leite	Bravos e Bravitas	Veterana F45	48:16	+09:37	04:50
5	79	Perpétua Silva	Brandoenses Running	Veterana F45	50:13	+11:34	05:01
6	410	Cláudia Paula	Team Shark	Veterana F45	53:08	+14:29	05:19
7	92	Paula Soares	Bravos e Bravitas	Veterana F45	53:59	+15:20	05:24
8	105	Sonia Beleza	CDFEIRENSE	Veterana F45	55:48	+17:09	05:35

Prova Principal — 10 KM

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

OFFICIAL RESULT

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9	264	Xana Albergaria	Individual	Veterana F45	59:01	+20:22	05:54
10	75	Beta Bandalha	Bandalhos Running	Veterana F45	01:00:52	+22:13	06:05
11	407	Cristiana Reis	Tainadas Team	Veterana F45	01:01:43	+23:04	06:10
12	260	Catia Lopes	Individual	Veterana F45	01:02:43	+24:04	06:16
13	441	Vera Lopes	UFSMFTSE- União de freguesias de Santa Maria da Feira, Travanca, Sanfins e Espargo	Veterana F45	01:04:31	+25:52	06:27

Veterana F50

1	152	Clotilde Santos	GDC Guilhovai	Veterana F50	46:34		04:39
2	70	Zenaide Alves	Associação desportiva de São Miguel	Veterana F50	48:23	+01:48	04:50
3	266	Carla Augusta	Individual	Veterana F50	53:57	+07:22	05:24
4	132	Isabel Sousa	CDFEIRENSE	Veterana F50	54:32	+07:58	05:27
5	80	VICTÓRIA BERNARDES	Brandoenses Running	Veterana F50	55:36	+09:01	05:34
6	399	Sónia Coelho	Sacork	Veterana F50	55:37	+09:02	05:34
7	89	Silvia Batista	Bravos e Bravitas	Veterana F50	56:56	+10:22	05:42
8	265	Ana Paula BASTOS TEIXEIRA	Individual	Veterana F50	59:44	+13:09	05:58
9	51	Susana Leite	Arrifana Running	Veterana F50	01:00:29	+13:54	06:03
10	52	Toi Almeida	Arrifana Running	Veterana F50	01:00:29	+13:55	06:03
11	14	Paula Martins	A.A.R.C.C Arrifana Running	Veterana F50	01:00:52	+14:18	06:05
12	442	Maria Peixoto	UFSMFTSE- União de freguesias de Santa Maria da Feira, Travanca, Sanfins e Espargo	Veterana F50	01:04:30	+17:55	06:27
13	95	Vírginia Moreira	Bravos e Bravitas	Veterana F50	01:13:47	+27:13	07:23

Veterana F55

1	310	MATILDE BAPTISTA	JAM - Juventude Atlética Mozelense	Veterana F55	49:20		04:56
2	388	Olga gomes	Run & Fun	Veterana F55	49:58	+00:38	05:00
3	327	Carla Cardoso	Lourosa em Movimento	Veterana F55	50:06	+00:46	05:01
4	364	Orquídea Gomes	Passo firme	Veterana F55	55:12	+05:51	05:31
5	268	Amélia Nunes	Individual	Veterana F55	01:07:47	+18:27	06:47
6	269	carla pinhal	Individual	Veterana F55	01:11:39	+22:19	07:10
7	53	Lucinda Lemos	Arrifana Running	Veterana F55	01:34:37	+45:17	09:28

Veterana F60

1	354	Rosa Pinto	Nascidos para Correr	Veterana F60	47:11		04:43
2	411	Paula Andrade	Team Shark	Veterana F60	51:53	+04:41	05:11
3	18	Dulce Maria	ACDCDSMF Os LARANJINHAS	Veterana F60	01:06:59	+19:47	06:42
4	270	Georgina Ferreira	Individual	Veterana F60	01:13:46	+26:34	07:23

Prova Principal — 10 KM

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

OFFICIAL RESULT

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Veterana F65

1	412	Felismina Pinho	Team Shark	Veterana F65	59:34		05:57

Veterano M40

1	124	Pedro Cerdeirinha	Clube de Futebol União de Lamas	Veterano M40	33:54		03:23
2	153	André Adriano	GDC Guilhovai	Veterano M40	34:07	+00:13	03:25
3	161	Ricardo Belinha	GDSPO	Veterano M40	36:08	+02:14	03:37
4	106	Gonçalo Bernardo	CDFEIRENSE	Veterano M40	38:36	+04:41	03:52
5	28	André Melo	AG.D.A Ronda	Veterano M40	38:49	+04:55	03:53
6	278	Miguel Carvalho	Individual	Veterano M40	39:25	+05:30	03:56
7	378	Vasco Rocha	Pupilos do Zé-Tó	Veterano M40	39:29	+05:34	03:57
8	328	Marco China	Lourosa em Movimento	Veterano M40	39:35	+05:40	03:58
9	19	Filipe Silva	ACDCDSMF Os LARANJINHAS	Veterano M40	39:41	+05:47	03:58
10	448	Leandro Coelho	Individual	Veterano M40	39:47	+05:52	03:59
11	381	JORGE FILIPE RODRIGUES PAIVA	RealConta	Veterano M40	40:03	+06:08	04:00
12	433	Hélder Andrade	Teamrena	Veterano M40	41:47	+07:53	04:11
13	96	Fábio Pereira	Bravos e Bravitas	Veterano M40	42:09	+08:14	04:13
14	377	Paulo Vidal	Pupilos do Zé-Tó	Veterano M40	43:55	+10:01	04:24
15	65	Fábio Azevedo	Associação de Pais da EBSJV	Veterano M40	44:08	+10:14	04:25
16	365	Carlos Jesus	Passo firme	Veterano M40	44:23	+10:29	04:26
17	176	Pedro Renato Familiar	H-RAKY	Veterano M40	44:30	+10:35	04:27
18	276	Humberto Coelho	Individual	Veterano M40	44:33	+10:38	04:27
19	20	Hélder Filipe	ACDCDSMF Os LARANJINHAS	Veterano M40	45:21	+11:26	04:32
20	97	João Santos	Bravos e Bravitas	Veterano M40	45:25	+11:30	04:32
21	329	Michel Lopes	Lourosa em Movimento	Veterano M40	47:38	+13:43	04:46
22	29	Celso Silva	AG.D.A Ronda	Veterano M40	48:27	+14:32	04:51
23	271	André Çino	Individual	Veterano M40	48:43	+14:48	04:52
24	372	Bruno Oliveira	PÉS no Asfalto	Veterano M40	48:58	+15:04	04:54
25	39	MANUEL CARDOSO	ARCORUN	Veterano M40	49:02	+15:08	04:54
26	66	Gilberto Silva	Associação de Pais da EBSJV	Veterano M40	49:21	+15:26	04:56
27	279	Ricardo Pais	Individual	Veterano M40	49:46	+15:52	04:59
28	434	Renato Seixas	Teamrena	Veterano M40	50:03	+16:08	05:00
29	146	Gabriel Pinho Magalhães	Espaço Trevo	Veterano M40	50:31	+16:36	05:03
30	56	Mario Pereira	Arrifana Running	Veterano M40	50:40	+16:45	05:04
31	100	Miguel Santos	Caldas São Jorge Sport Clube	Veterano M40	53:34	+19:40	05:21
32	275	Filipe Oliveira	Individual	Veterano M40	54:58	+21:04	05:30
33	392	Hélder Mota	RUN FOR FEIRA	Veterano M40	55:26	+21:31	05:33
34	274	DUARTE LAMAS	Individual	Veterano M40	55:44	+21:49	05:34
35	67	Óscar Pacheco	Associação de Pais da EBSJV	Veterano M40	56:12	+22:18	05:37
36	280	Serafim Augusto da Silva Almeida	Individual	Veterano M40	56:44	+22:50	05:40
37	272	António Joaquim Pereira Alves Soares	Individual	Veterano M40	56:45	+22:50	05:41
38	406	Vasco Miguel Maia Costa	Sport Ciclismo de S. João de Ver	Veterano M40	57:50	+23:56	05:47
39	81	GUALTER OLIVEIRA	Brandoenses Running	Veterano M40	01:01:11	+27:17	06:07

Prova Principal — 10 KM

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

OFFICIAL RESULT

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

40	273	Cesar Valente	Individual	Veterano M40	01:01:38	+27:43	06:10
41	11	Ricardo Neves	A. D. Grijó a correr	Veterano M40	01:02:09	+28:15	06:13
42	332	Carlos Ribeiros Dias	Ludonautas	Veterano M40	01:19:33	+45:39	07:57

Veterano M45

1	155	Antonio Cristóvão	GDC Guilhovai	Veterano M45	36:53		03:41
2	101	Ivan Silva	Caldas São Jorge Sport Clube	Veterano M45	36:59	+00:06	03:42
3	449	Telmo Oliveira	Individual	Veterano M45	38:16	+01:22	03:50
4	285	Filipe Marques	Individual	Veterano M45	38:17	+01:24	03:50
5	171	João Sa	HMC	Veterano M45	39:06	+02:12	03:55
6	82	Paulo Oliveira	Brandoenses Running	Veterano M45	40:05	+03:12	04:01
7	311	Ricardo Seromenho	JAM - Juventude Atlética Mozelense	Veterano M45	40:42	+03:48	04:04
8	293	Serafim Rocha	Individual	Veterano M45	41:06	+04:12	04:07
9	162	Manuel Silva	GDSPO	Veterano M45	41:18	+04:24	04:08
10	160	Manuel Belinha	GDSPO	Veterano M45	41:47	+04:54	04:11
11	435	Marçio Pereira	Teamrena	Veterano M45	43:06	+06:13	04:19
12	21	Carlos paiva	ACDCDSMF Os LARANJINHAS	Veterano M45	43:33	+06:40	04:21
13	23	Luis Machado	ACDCDSMF Os LARANJINHAS	Veterano M45	44:22	+07:28	04:26
14	342	André Castro	Malapeiros Rolantes	Veterano M45	45:01	+08:07	04:30
15	325	Vitor Moreia	Lourosa em Movimento	Veterano M45	45:30	+08:37	04:33
16	22	José Pinho	ACDCDSMF Os LARANJINHAS	Veterano M45	45:56	+09:02	04:36
17	179	Pedro Martins	H-RAKY	Veterano M45	46:35	+09:42	04:40
18	289	Paulo Pinto	Individual	Veterano M45	46:37	+09:44	04:40
19	408	Carlos Teixeira	Tainadas Team	Veterano M45	48:18	+11:24	04:50
20	12	Bruno Neves	A. D. Grijó a correr	Veterano M45	48:52	+11:59	04:53
21	288	Marco Pinto	Individual	Veterano M45	48:59	+12:05	04:54
22	443	Álvaro Carvalhinho	UFSMFTSE- União de freguesias de Santa Maria da Feira, Travanca, Sanfins e Espargo	Veterano M45	49:06	+12:13	04:55
23	383	Rui Silva	Resistentes	Veterano M45	49:53	+12:59	04:59
24	178	Frederico Martins	H-RAKY	Veterano M45	51:37	+14:43	05:10
25	69	Roberto Dias	Associação de Pais da EBSJV	Veterano M45	52:51	+15:57	05:17
26	287	Lionel Rocha	Individual	Veterano M45	53:57	+17:03	05:24
27	343	Araldo Fidalgo	Malapeiros Rolantes	Veterano M45	54:09	+17:15	05:25
28	68	Filipe Coelho	Associação de Pais da EBSJV	Veterano M45	54:48	+17:54	05:29
29	290	Paulo silva	Individual	Veterano M45	55:20	+18:26	05:32
30	177	Francisco Gomes	H-RAKY	Veterano M45	55:32	+18:39	05:33
31	283	BRUNO MENDES	Individual	Veterano M45	55:38	+18:44	05:34
32	344	Raul Pereira	Malapeiros Rolantes	Veterano M45	55:39	+18:45	05:34
33	330	Toninho Ventura	Lourosa em Movimento	Veterano M45	55:45	+18:52	05:35
34	291	Ruben Moura	Individual	Veterano M45	56:08	+19:14	05:37
35	292	Rui Gonçalves	Individual	Veterano M45	59:21	+22:27	05:56
36	345	Ricardo José Gomes Rocha	Malapeiros Rolantes	Veterano M45	59:28	+22:34	05:57
37	382	Nelson santos	RealConta	Veterano M45	01:00:35	+23:42	06:04
38	450	Rui Fardilha	Espaço Trevo	Veterano M45	01:00:47	+23:53	06:05

Prova Principal — 10 KM

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

OFFICIAL RESULT

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

39	57	Rui Pereira	Arrifana Running	Veterano M45	01:00:50	+23:57	06:05
40	6	Gil Ferreira	Município de Santa Maria da Feira	Veterano M45	01:04:14	+27:20	06:25

Veterano M50

1	157	Artur Rodrigues	GDC Guilhovai	Veterano M50	34:17		03:26
2	452	André Oliveira	Individual	Veterano M50	36:43	+02:25	03:40
3	134	Pedro Freitas	Clube Termas Oquei clube	Veterano M50	38:11	+03:54	03:49
4	164	Armando Bastos	GDSPO	Veterano M50	39:03	+04:45	03:54
5	379	Rui Pereira	Pupilos do Zé-Tó	Veterano M50	39:31	+05:14	03:57
6	109	Juca NS	Cicloturismo do feirense	Veterano M50	40:05	+05:48	04:01
7	349	Jorge Lagareiro	MC	Veterano M50	40:17	+06:00	04:02
8	356	José Correia	NIGHT RUNNERS FEIRA	Veterano M50	41:24	+07:06	04:08
9	368	Paulo Maia	Paulo Maia	Veterano M50	41:42	+07:25	04:10
10	13	JOSÉ SILVA	A. D. Grijó a correr	Veterano M50	42:06	+07:49	04:13
11	389	Claudio José	Run & Fun	Veterano M50	42:13	+07:55	04:13
12	299	Rui pinto	Individual	Veterano M50	42:18	+08:01	04:14
13	83	António Espinheiro	Brandoenses Running	Veterano M50	42:32	+08:15	04:15
14	35	Manuel Bastos	AG.D.A Ronda	Veterano M50	42:33	+08:16	04:15
15	84	HENRIQUE AMORIM	Brandoenses Running	Veterano M50	43:50	+09:32	04:23
16	366	Vitor Cunha	Passo firme	Veterano M50	44:21	+10:03	04:26
17	393	Jorge Guerra	Running Esmoriz	Veterano M50	44:22	+10:05	04:26
18	353	Fernando lima	NAC	Veterano M50	44:34	+10:17	04:27
19	300	Vergilio Teixeira	Individual	Veterano M50	46:09	+11:51	04:37
20	295	Joaquim Pinto	Individual	Veterano M50	46:37	+12:20	04:40
21	180	oscar almeida	H-RAKY	Veterano M50	48:18	+14:00	04:50
22	165	Avelino Freitas	GDSPO	Veterano M50	48:23	+14:06	04:50
23	36	Paulo Mota	AG.D.A Ronda	Veterano M50	48:31	+14:14	04:51
24	40	PAULO GRILO	ARCORUN	Veterano M50	49:04	+14:46	04:54
25	41	Quim Zé	ARCORUN	Veterano M50	49:19	+15:02	04:56
26	294	César Sousa	Individual	Veterano M50	52:55	+18:38	05:18
27	133	António Amorim	CDFEIRENSE	Veterano M50	54:47	+20:29	05:29
28	373	Rui Oliveira	PÉS no Asfalto	Veterano M50	55:27	+21:10	05:33
29	174	Roberto Silva	HMC	Veterano M50	56:01	+21:43	05:36
30	173	António Rocha	HMC	Veterano M50	56:02	+21:44	05:36
31	58	Simão Pereira	Arrifana Running	Veterano M50	58:07	+23:49	05:49
32	139	Nuno Pinho	DOMINGO LEVO UM RADIO	Veterano M50	58:43	+24:26	05:52
33	85	Rui Manuel Gomes Oliveira	Brandoenses Running	Veterano M50	01:01:12	+26:54	06:07
34	297	Miguel Valente	Individual	Veterano M50	01:01:38	+27:20	06:10

Veterano M55

1	460	Rogerio Campos	Clube Atletismo de Ovar	Veterano M55	39:23		03:56
2	301	Jose da silva reis	Individual	Veterano M55	39:56	+00:33	04:00
3	76	Paulo Bandalho	Bandalhos Running	Veterano M55	41:29	+02:06	04:09
4	167	Américo Manuel Oliveira	Gemba Running	Veterano M55	43:57	+04:34	04:24

Prova Principal — 10 KM

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

OFFICIAL RESULT

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

5	436	Óscar Brandão	Teamrena	Veterano M55	44:54	+05:31	04:29
6	114	Jorge Silva	Cirac - Circulo de Recreio Arte e Cultura	Veterano M55	45:54	+06:30	04:35
7	98	Sérgio Almeida	Bravos e Bravitas	Veterano M55	46:29	+07:06	04:39
8	400	Miguel Pereira	Sacork	Veterano M55	46:33	+07:10	04:39
9	446	Francelino Resende	Nascidos para Correr	Veterano M55	47:12	+07:48	04:43
10	59	Joaquim Moreira	Arrifana Running	Veterano M55	55:11	+15:48	05:31
11	42	Pedro Melo	ARCORUN	Veterano M55	56:07	+16:44	05:37
12	444	José Rodrigues	Vassoura	Veterano M55	01:19:36	+40:13	07:58

Veterano M60

1	125	Vitor Resende	Clube de Futebol União de Lamas	Veterano M60	38:06		03:49
2	156	José Tavares	GDC Guilhovai	Veterano M60	38:58	+00:51	03:54
3	416	Fernando Barbosa	Team Shark	Veterano M60	42:25	+04:18	04:14
4	86	José Luís Santos	Brandoenses Running	Veterano M60	43:13	+05:06	04:19
5	140	ANTONIO FERNANDES	DOMINGO LEVO UM RADIO	Veterano M60	43:21	+05:14	04:20
6	166	Mário Nogueira	GDSPO	Veterano M60	44:44	+06:37	04:28
7	138	Luís Pinho	DOMINGO LEVO UM RADIO	Veterano M60	44:51	+06:44	04:29
8	158	Valdemar alves	GDC Guilhovai	Veterano M60	47:00	+08:54	04:42
9	312	Justino Soares	JAM - Juventude Atlética Mozelense	Veterano M60	49:20	+11:13	04:56
10	320	Luís Higino	JUF ACC	Veterano M60	52:38	+14:31	05:16
11	306	Domingos Sousa Moreira	Individual	Veterano M60	55:00	+16:53	05:30
12	60	Joaquim Pinto	Arrifana Running	Veterano M60	56:46	+18:39	05:41
13	304	Adriano Oliveira	Individual	Veterano M60	58:31	+20:24	05:51
14	415	Fernando Andrade	Team Shark	Veterano M60	58:34	+20:27	05:51
15	305	Candido Martins	Individual	Veterano M60	01:00:57	+22:50	06:06
16	181	Carlos Novais	H-RAKY	Veterano M60	01:05:11	+27:04	06:31

Veterano M65

1	307	Alfredo Fraga	Arrasta Solas	Veterano M65	41:20		04:08
2	352	Pereira Gusto	MSS	Veterano M65	42:41	+01:20	04:16
3	99	Alcides Relvas	Bravos e Bravitas	Veterano M65	42:43	+01:22	04:16
4	115	Fernando Gonçalves	Cirac - Circulo de Recreio Arte e Cultura	Veterano M65	45:54	+04:33	04:35
5	391	ZE MOUTINHO	Run & Fun	Veterano M65	47:48	+06:28	04:47
6	37	Carlos Fazendeiro	AG.D.A Ronda	Veterano M65	49:08	+07:48	04:55
7	360	Normando Santos	Os Kágados	Veterano M65	56:11	+14:50	05:37
8	308	Fernando pinheiro	Individual	Veterano M65	56:54	+15:33	05:41

Veterano M70

1	402	manuel rodrigues	Scespinho	Veterano M70	42:46		04:17
2	63	Manuel Oliveira	Arrifana Running	Veterano M70	49:07	+06:21	04:55

Prova Principal — 10 KM

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

OFFICIAL RESULT

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

3	62	Casimiro Fernandes	Arrifana Running	Veterano M70	01:00:52	+18:06	06:05

TEAM RESULTS - PROVA PRINCIPAL

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

RANK	TEAM	DESCRIPTION	POINTS
1	CDFEIRENSE	2 + 4 + 5	11
2	GDC GUILHOVAI	1 + 8 + 9	18
3	CLUBE DE FUTEBOL UNIÃO DE LAMAS	7 + 23 + 30	60
4	GDSPO	14 + 35 + 57	106
5	AG.D.A RONDA	13 + 33 + 78	124
6	PUPILOS DO ZÉ-TÓ	39 + 40 + 53	132
7	TEAMRENA	15 + 55 + 66	136
8	LOUROSA EM MOVIMENTO	24 + 41 + 116	181
9	BRAVOS E BRAVITAS	61 + 70 + 81	212
10	BRANDOENSES RUNNING	47 + 77 + 88	212
11	PASSO FIRME	20 + 101 + 104	225
12	ACDCDSMF OS LARANJINHAS	42 + 90 + 102	234
13	H-RAKY	83 + 105 + 128	316
14	ARRIFANA RUNNING	108 + 124 + 136	368
15	JAM - JUVENTUDE ATLÉTICA MOZELENSE	51 + 163 + 164	378
16	RUN & FUN	71 + 139 + 170	380
17	MC	49 + 142 + 219	410
18	TEAM SHARK	75 + 181 + 194	450
19	ASSOCIAÇÃO DE PAIS DA EBSJV	99 + 165 + 191	455
20	DOMINGO LEVO UM RADIO	89 + 111 + 268	468
21	PÉS NO ASFALTO	96 + 155 + 220	471
22	ARCORUN	157 + 158 + 162	477
23	MALAPEIROS ROLANTES	113 + 185 + 186	484
24	SACORK	126 + 137 + 224	487
25	HMC	36 + 235 + 237	508
26	REALCONTA	46 + 180 + 291	517
27	CIRAC - CIRCULO DE RECREIO ARTE E CULTURA	119 + 120 + 280	519
28	ASSOCIAÇÃO EBKSJV	135 + 182 + 215	532
29	A. D. GRIJÓ A CORRER	69 + 154 + 310	533
30	UFSMFTSE- UNIÃO DE FREGUESIAS DE SANTA MARIA DA FEIRA, TRAVANCA, SANFINS E ESPARGO	159 + 212 + 241	612
31	ESPAÇO TREVO	153 + 175 + 294	622
32	SPORT CICLISMO DE S. JOÃO DE VER	260 + 261 + 278	799