

PROVA PRINCIPAL - STAGE 1

9 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	22:15	18,9°C	97%
End	00:00	18,9°C	97%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	734	Steven Lopes de Sá	Individual	32:27		03:36	
2	67	Bruno Filipe Novais Pereira	Individual	32:27		03:36	
3	390	Nuno da Silva Carvalho	Realense Futebol Clube	33:02	+00:35	03:40	
4	550	Tiago Simões Faria	Águias de Alvelos	33:29	+01:02	03:43	
5	551	Nuno Figueiredo	Águias de Alvelos	33:49	+01:22	03:45	
6	140	André Natário	Vizela Corre	33:58	+01:31	03:46	
7	479	João Carlos Melgo	Ginásio Clube de Bragança	34:06	+01:39	03:47	
8	623	Helder Filipe Ferreira Narciso	Ginásio Clube de Bragança	34:39	+02:12	03:51	
9	451	Helder Gonçalves	Ledechem	35:18	+02:51	03:55	
10	229	Vasco Rodrigues Teixeira	Individual	35:37	+03:10	03:57	
11	135	Hugo Cardoso	Vitória SC	35:41	+03:14	03:58	
12	80	Bruno Teixeira	GIL VICENTE F.C.	35:54	+03:27	03:59	
13	442	Diogo Filipe Morenso Fernandes	Becri	35:58	+03:31	04:00	
14	733	Augusto José Rodrigues da Costa	Amigos da montanha	36:49	+04:22	04:05	
15	657	Simão Rodrigues Cardoso	Aguias de Alvelos	36:50	+04:23	04:06	
16	750	Luís Filipe Duarte Azevedo	Individual	36:56	+04:29	04:06	
17	627	Felipe da Silva	Ginásio Clube de Bragança	37:00	+04:33	04:07	
18	719	Francisco Manuel Nunes de Oliveira	Individual	37:30	+05:03	04:10	
19	393	Paulo Jorge Gomes Peixoto	Individual	37:32	+05:05	04:10	
20	445	Pedro Filipe Matos Gomes	Becri	37:34	+05:07	04:10	
21	310	Sérgio Vilas Boas	NÚCLEO DESPORTIVO DA SILVA	37:34	+05:07	04:10	
22	701	Alexandre Inforcávado	Inforcávado	37:40	+05:13	04:11	
23	344	Nuno Tiago Fernandes Carvalho	Carvema	37:43	+05:16	04:11	
24	666	Yseult Van Vyve	Individual	38:00	+05:33	04:13	
25	3	Fátima Melo	Individual	38:00	+05:33	04:13	
26	653	Andre Silva	Individual	38:06	+05:39	04:14	
27	668	SYBILLE ANDRIES	Individual	38:13	+05:46	04:15	
28	643	Francisco Pilar	JUVMAR	38:42	+06:15	04:18	
29	487	Sergio miguel fernandes machado	Individual	38:48	+06:21	04:19	
30	576	Diogo António Apolinário Costa	GTMB	39:25	+06:58	04:23	
31	418	Rafael Filipe de Araujo	Fisacar	39:28	+07:01	04:23	
32	472	José Afonso	HSANTAMARIART	39:32	+07:05	04:24	
33	475	Vasco ribeiro	HSANTAMARIART	39:32	+07:05	04:24	
34	581	Vitor	WORST PACERS	39:54	+07:27	04:26	
35	508	Felipe Oliveira	Individual	39:56	+07:29	04:26	
36	293	Sérgio	Becri	40:02	+07:35	04:27	
37	114	Tiago Manuel Miranda Ribeiro	Gil Vicente FC	40:02	+07:35	04:27	
38	111	Carlos André Barroso Ferreira	Individual	40:04	+07:37	04:27	
39	724	Vitor Manuel Gomes Sousa	Individual	40:06	+07:39	04:27	
40	421	Bruno José da Costa Carvalho	Fisacar	40:12	+07:45	04:28	
41	457	Tomás da Silva Moreira	Minho e Lima Trail	40:13	+07:46	04:28	
42	84	Rafael Real	Atrium Areias Team	40:21	+07:54	04:29	

Official Timekeeper: Lap2Go	1 / 15	generate 19-jul.-2026 00:41
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PROVA PRINCIPAL - STAGE 1

9 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	245	Luís Filipe Vilas Boas Campos	Airórun	40:27	+08:00	04:30	
44	638	José Luís Matos Brito	Individual	40:38	+08:11	04:31	
45	112	Pedro Ferreira	Individual	40:42	+08:15	04:31	
46	716	Filipe Miguel Pontelo Faria	Carvema	40:45	+08:18	04:32	
47	276	Pedro senra	Individual	40:48	+08:21	04:32	
48	678	Diogo Rocha Rodrigues	“FC OS ACADÉMICOS” Running	40:51	+08:24	04:32	
49	531	Pedro Manuel Coutinho Lopes	Individual	40:51	+08:24	04:32	
50	273	Hugo Martins Ribeiro	Øcult	40:53	+08:26	04:33	
51	277	Marcos Dinis Tobias Ourives	Trail me	40:57	+08:30	04:33	
52	619	Jorge de Jesus Alves Pires	Ginásio Clube de Bragança	41:00	+08:33	04:33	
53	109	João Marques	WORST PACERS	41:01	+08:34	04:33	
54	672	Luis Claudio Oliveira Brito	Individual	41:01	+08:34	04:33	
55	413	Ricardo Miguel Ferreira Silva	Individual	41:05	+08:38	04:34	
56	50	Flávio Paulo esteves da Rocha	Blue Run Club	41:19	+08:52	04:35	
57	641	André Manuel Apolinário Costa	Individual	41:22	+08:55	04:36	
58	258	Luís Filipe Gomes Rodrigues	GRAAC	41:25	+08:58	04:36	
59	89	Rodrigo Oliveira	MilesAndVibes Run Club	41:35	+09:08	04:37	
60	69	Daniel Filipe Gonçalves Almeida	Individual	41:39	+09:12	04:38	
61	29	Gabriela Gomes	HR Estúdio	41:43	+09:16	04:38	
62	54	Domingos Eiras	Individual	41:43	+09:16	04:38	
63	661	Ricardo Manuel Dias Araujo	Individual	41:47	+09:20	04:39	
64	77	Rui Da Silva Sousa	Individual	41:51	+09:24	04:39	
65	275	Bruno José Lopes do Paço	Øcult	41:56	+09:29	04:40	
66	649	Gabriel Lucas Rodrigues	Individual	42:00	+09:33	04:40	
67	38	Fábio Pimentel	Individual	42:09	+09:42	04:41	
68	443	Diogo Bertoluci	Becri	42:12	+09:45	04:41	
69	304	Luís Pedro da Silva Torres	PRTexteis 1	42:19	+09:52	04:42	
70	447	Guilherme Lima	Miles & Vibes	42:21	+09:54	04:42	
71	53	Nuno José Gomes Rodrigues	Individual	42:33	+10:06	04:44	
72	708	Adélio de Sousa Ramalho	Carvema	42:41	+10:14	04:45	
73	172	Flora Catarina Maciel Leite	ADCT - Associação Desportiva e Cultural de Tregosa	42:41	+10:14	04:45	
74	612	Ruben Bertoluci	Individual	42:43	+10:16	04:45	
75	279	João Freitas	Individual	42:45	+10:18	04:45	
76	193	Joao Carlos da costa faria Gonçalves	Individual	42:47	+10:20	04:45	
77	90	José Miguel Machado Ferreira	Individual	42:47	+10:20	04:45	
78	408	Orlando Jorge Faria da Silva	Individual	42:54	+10:27	04:46	
79	101	Pedro Poças	A TEAM AGEAS	43:02	+10:35	04:47	
80	265	Márcia Santos	Run Girls Run	43:09	+10:42	04:48	
81	264	Ricardo Santos	Individual	43:09	+10:42	04:48	
82	91	Cláudio Silva	Individual	43:19	+10:52	04:49	
83	374	André Filipe Costa Pereira	Individual	43:30	+11:03	04:50	
84	458	José André Magalhães Barros	Individual	43:48	+11:21	04:52	
85	369	Gonçalo Castilho	Individual	43:50	+11:23	04:52	
86	751	António Ferreira da Silva	Individual	43:53	+11:26	04:53	
87	567	Jorge Agostinho da Silva Domingues	Lebres Minhotas	43:55	+11:28	04:53	

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[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	249	Rodrigo Horta Bartolo	Individual	44:00	+11:33	04:53	
89	323	Pedro Freitas	Individual	44:02	+11:35	04:54	
90	538	Ilverlon Silva Sousa	Quilómetros à Solta	44:04	+11:37	04:54	
91	667	Van vyve Jeanne	Individual	44:06	+11:39	04:54	
92	70	Mário Vilas Boas Montenegro	Individual	44:09	+11:42	04:54	
93	79	Ricardo costa	Individual	44:10	+11:43	04:54	
94	139	Leonel Lopes	Individual	44:13	+11:46	04:55	
95	98	Vítor Bruno da Silva Sousa	WORST PACERS	44:14	+11:47	04:55	
96	331	Pedro Neiva	Individual	44:19	+11:52	04:55	
97	116	João Tiago Magalhães Gomes Ribeiro	100Pernas	44:32	+12:05	04:57	
98	385	Raquel Silva	Dragon Club	44:37	+12:10	04:57	
99	126	Ricardo Bastos	Individual	44:38	+12:11	04:58	
100	624	Bianca Rodrigues de Albuquerque	Ginásio Clube de Bragança	44:44	+12:17	04:58	
101	554	João Pereira	Individual	44:52	+12:25	04:59	
102	677	Tiago Ferreira	“FC OS ACADÉMICOS” Running	44:55	+12:28	04:59	
103	715	Hugo Carvalho	Carvema	45:02	+12:35	05:00	
104	72	Mário Alexandre Marques Mendonça Montenegro	Individual	45:02	+12:35	05:00	
105	497	Rafael Rodrigues Araujo	Individual	45:05	+12:38	05:01	
106	717	António Miguel Silva Domingues	Lebres Minhotas	45:08	+12:41	05:01	
107	523	Vicente Nuno Guimarães Caravana	Individual	45:08	+12:41	05:01	
108	462	Afonso Machado Leitao	Individual	45:09	+12:42	05:01	
109	694	MIGUEL MARQUES LOPES	Individual	45:14	+12:47	05:02	
110	233	Tomás Ribeiro	Improve Running	45:16	+12:49	05:02	
111	565	George Ferreira Araújo	GTMB	45:20	+12:53	05:02	
112	338	José Carlos Rodrigues Cardoso	Individual	45:20	+12:53	05:02	
113	335	Luís Miguel Neco Lima	Individual	45:20	+12:53	05:02	
114	570	Cândido Manuel Fernandes Oliveira	GTMB	45:20	+12:53	05:02	
115	491	DIOGO GABRIEL SILVA ALVES	Heart Neon Team	45:25	+12:58	05:03	
116	99	Luis Marques	WORST PACERS	45:29	+13:02	05:03	
117	729	Diogo Faria Ferreira	Individual	45:33	+13:06	05:04	
118	660	Ricardo Miguel Campos Simões	Landeiro	45:34	+13:07	05:04	
119	218	Carlos Alberto da Cunha Pereira	Individual	45:36	+13:09	05:04	
120	362	Carlos Miguel Tomé Fernandes	Individual	45:40	+13:13	05:04	
121	722	Marco Ferreira	Individual	45:42	+13:15	05:05	
122	588	Pedro Miguel Ribeiro Bouça Nova	Individual	45:42	+13:15	05:05	
123	436	Luís Miguel Abreu Araújo	Individual	45:47	+13:20	05:05	
124	100	Manuel Francisco Moreira da Silva	Individual	45:48	+13:21	05:05	
125	480	Fabício Souza	Individual	45:50	+13:23	05:06	
126	493	George	Individual	45:51	+13:24	05:06	
127	192	José Miguel Sousa Ribeiro	Individual	45:58	+13:31	05:06	
128	253	Ivo Fernando Ribeiro Lima	Individual	46:10	+13:43	05:08	
129	702	Luis Manuel Oliveira Barbosa	Inforcávado	46:10	+13:43	05:08	
130	591	Joao manuel macedo rodrigues	Individual	46:13	+13:46	05:08	
131	703	Thiago Augusto Ribeiro de Moraes	Individual	46:16	+13:49	05:08	
132	78	Gustavo Pinto da Costa	Individual	46:17	+13:50	05:09	

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[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
133	314	Paulo Jorge Barbosa Fernandes	Individual	46:24	+13:57	05:09	
134	595	Lucas Silva Pinto Lisboa	EntreSilvas	46:26	+13:59	05:10	
135	737	Dinis Carvalho Pereira	Becri	46:27	+14:00	05:10	
136	320	Rui Mendes	Individual	46:27	+14:00	05:10	
137	102	Filipe Silva	A TEAM AGEAS	46:30	+14:03	05:10	
138	110	David José Machado Iira dias	WORST PACERS	46:32	+14:05	05:10	
139	162	José duraes	Individual	46:42	+14:15	05:11	
140	251	Fabio Pinho	Individual	46:50	+14:23	05:12	
141	606	Marta Andreia Sousa Martins	Individual	46:52	+14:25	05:12	
142	589	Claudio Jose Peixoto Campinho	Individual	46:52	+14:25	05:12	
143	16	MARIA LURDES COSTA FERREIRA	Individual	46:52	+14:25	05:12	
144	573	Tiago Casinhas Ribeiro	Individual	46:53	+14:26	05:13	
145	471	David	Individual	47:01	+14:34	05:13	
146	76	Lionel Cunha	HR Estúdio	47:11	+14:44	05:15	
147	552	Paulo Jorge Barbosa Carvalho	Individual	47:12	+14:45	05:15	
148	409	David Matos Azevedo	Individual	47:12	+14:45	05:15	
149	307	João Pedro Manhente Simoés	Individual	47:17	+14:50	05:15	
150	730	ANTONIO DE SOUSA LONGRAS	Individual	47:18	+14:51	05:15	
151	200	Filipe Almeida de Castro Pinheiro	JOANE CORRE CORRE	47:18	+14:51	05:15	
152	121	Miguel Costa Dias	Individual	47:28	+15:01	05:16	
153	738	Eduardo José Borges Machado	Individual	47:34	+15:07	05:17	
154	693	Sandro Cunha	Individual	47:43	+15:16	05:18	
155	256	Gonçalo Araújo	Individual	47:48	+15:21	05:19	
156	322	Eduardo Manuel Gomes Ribeiro	Vivurun	47:50	+15:23	05:19	
157	367	Ivone Linhares	Individual	47:52	+15:25	05:19	
158	302	Márcia Oliveira	PRTêxteis 1	47:56	+15:29	05:20	
159	664	SYBILLE ANDRIES	Individual	47:58	+15:31	05:20	
160	665	Thomas van vyve	Individual	47:58	+15:31	05:20	
161	575	Thiago de Oliveira Demiciano	Adriano Bastos	48:00	+15:33	05:20	
162	654	Ana Miguel Machado Monteiro da Costa	GTMB	48:15	+15:48	05:22	
163	682	Jose Martins	NÚCLEO DESPORTIVO DA SILVA	48:21	+15:54	05:22	
164	607	André Filipe Neiva Pires	SU RUN	48:24	+15:57	05:23	
165	386	Vítor Daniel Oliveira Silva	Individual	48:28	+16:01	05:23	
166	592	Renato Carneiro	Individual	48:47	+16:20	05:25	
167	718	Silvia Isabel Brandão Ferreira	Academia23	48:52	+16:25	05:26	
168	688	JOSE ANTONIO RIBEIRO ROCHA	Green Dye	49:02	+16:35	05:27	
169	398	António Rui Rocha Santos	Individual	49:16	+16:49	05:28	
170	240	Pedro Miguel Sá Alves	Individual	49:17	+16:50	05:29	
171	376	José Ribeiro	Individual	49:21	+16:54	05:29	
172	150	Martinho Dias	Individual	49:26	+16:59	05:30	
173	305	Teresa Maria Rei Ferreira Pilar	PRTêxteis 2	49:26	+17:00	05:30	
174	611	Rafael José Silva Freitas	QUILÓMETROS A SOLTA	49:27	+17:00	05:30	
175	609	André Silva	QUILÓMETROS A SOLTA	49:28	+17:01	05:30	
176	432	Fábio Bruno Correia Jales	SPORT COMÉRCIO E SALGUEIROS	49:45	+17:18	05:32	

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[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
177	226	Manuel António Alves D. Senra Ferreira	Individual	49:51	+17:24	05:32	
178	74	Rodrigo Antunes Pires de Jesus Pinheiro	Individual	49:52	+17:25	05:32	
179	73	Francisco Manuel de Jesus Pinheiro	Individual	49:52	+17:25	05:32	
180	574	Sander Jarden Farrapo Moita	Individual	49:58	+17:31	05:33	
181	290	Inês Sousa	Becri	50:02	+17:35	05:34	
182	340	Diogo Renato Teixeira Lemos	Individual	50:04	+17:37	05:34	
183	295	Davide	Becri	50:08	+17:41	05:34	
184	313	Micael Carvalho Rodrigues	Individual	50:09	+17:42	05:34	
185	58	Pedro Pinto	Ipswich em Julho	50:23	+17:56	05:36	
186	429	Ricardo Soares	Individual	50:26	+17:59	05:36	
187	593	Rodrigo Silva Pinto Lisboa	EntreSilvas	50:35	+18:08	05:37	
188	178	Bruno Lourenço Santos	Individual	50:48	+18:21	05:39	
189	571	Nuno Manuel Oliveira Pereira	Individual	51:02	+18:35	05:40	
190	671	Jorge Da torre Lage	Individual	51:05	+18:38	05:41	
191	549	LUCIANO FERNANDES DA SILVA	Individual	51:07	+18:40	05:41	
192	397	Nuno Miguel Pinto Alves Alves	Individual	51:11	+18:44	05:41	
193	396	Ana Silva	Individual	51:11	+18:44	05:41	
194	237	Ricardo Carvalho	Improve Running	51:13	+18:46	05:41	
195	732	Marco Paulo Oliveira Carvalho	Individual	51:13	+18:46	05:41	
196	25	Mario Mendez Melchor	Individual	51:25	+18:58	05:43	
197	467	David González Vázquez	Individual	51:26	+18:59	05:43	
198	333	Antonio Silva	Individual	51:27	+19:00	05:43	
199	103	Nuno Gomes	A TEAM AGEAS	51:34	+19:07	05:44	
200	147	Patrícia Ferreira	Team El Comandante	51:34	+19:07	05:44	
201	44	Rodolfo Manuel Ferreira de Abreu	Individual	51:36	+19:09	05:44	
202	43	Joana Araujo Azevedo	Individual	51:36	+19:09	05:44	
203	440	Rui Ferreira	Becri	51:39	+19:12	05:44	
204	267	José Miguel Dominguez	Individual	51:43	+19:16	05:45	
205	266	Miguel Angel Dominguez	Individual	51:44	+19:17	05:45	
206	319	Fernando Monteiro	Individual	51:44	+19:17	05:45	
207	632	Rui Salvador Santos Marques	Individual	51:46	+19:19	05:45	
208	485	Jorge Miguel Henriques Coelho	Copos e Trilhos	51:51	+19:24	05:46	
209	412	Cristina Carvalho	Individual	51:53	+19:26	05:46	
210	414	Marco António Fernandes da Silva Rodrigues	Individual	52:01	+19:34	05:47	
211	556	Patrícia Silva	Individual	52:02	+19:35	05:47	
212	316	Nuno Miguel Castro Costa	Individual	52:11	+19:44	05:48	
213	332	Aurora Silva	Becri	52:14	+19:47	05:48	
214	297	Catarina Ferreira	Posolis	52:15	+19:48	05:48	
215	683	Ângela Rafaela Cardoso Vilas Boas	Individual	52:22	+19:55	05:49	
216	622	Delmar António Agueiras Domingues	Ginásio Clube de Bragança	52:30	+20:03	05:50	
217	377	Liliana ribeiro	Individual	52:33	+20:06	05:50	
218	579	Manuel Araújo Brito	Lebres Minhotas	52:35	+20:08	05:51	
219	184	Fernando Lopes	Individual	52:36	+20:09	05:51	

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[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
220	163	Ana Rita Senra São Bento	Individual	52:38	+20:11	05:51	
221	92	Joel	Inter Cepaea	52:39	+20:12	05:51	
222	40	Flavio Alberto de Carvalho	Individual	52:52	+20:25	05:52	
223	568	Mónica Raquel Soares Martins	Lebres Minhotas	53:01	+20:34	05:53	
224	596	Rui Fernando Mendes Silva	EntreSilvas	53:06	+20:39	05:54	
225	448	Pedro Roseta	Ledechem	53:10	+20:43	05:54	
226	190	Ana Raquel Gomes da Rosa	Individual	53:12	+20:45	05:55	
227	191	Bruno Adriano Alves Dias Rafael	Individual	53:12	+20:45	05:55	
228	315	Adriana Miralhos	GRAAC	53:17	+20:50	05:55	
229	106	Filipa Costa	A TEAM AGEAS	53:21	+20:54	05:56	
230	49	Ângelo Marcelo Mendes da Rocha	Embarca Running	53:21	+20:54	05:56	
231	206	Ricardo Emanuel soares silva	HR estudio	53:27	+21:00	05:56	
232	326	Diana Margarida de Barros Pereira	Vila Verde a correr	53:28	+21:01	05:56	
233	365	Cátia Filipa Sousa Nero	On Track Run Club	53:29	+21:02	05:57	
234	728	Benjamim	Individual	53:36	+21:09	05:57	
235	180	Francisco Manuel Freitas Santos	Individual	53:38	+21:11	05:58	
236	296	João	Becri	53:45	+21:18	05:58	
237	289	Joana Amaral	Becri	53:45	+21:18	05:58	
238	473	Vasco neves	HSANTAMARIART	53:54	+21:27	05:59	
239	474	Paulo jorge silva freitas	HSANTAMARIART	53:54	+21:27	05:59	
240	325	Isabel Maria Ribeiro Rodrigues	Individual	53:56	+21:29	06:00	
241	378	Carla Filipa de Melo Coutinho	Individual	53:57	+21:30	06:00	
242	294	Carlos	Becri	54:05	+21:38	06:01	
243	736	Luís Miguel Pereira	Becri	54:05	+21:38	06:01	
244	28	Hugo Rodrigues	HR Estúdio	54:13	+21:46	06:01	
245	637	Isaura Alexandra Rodrigues Machado	Individual	54:16	+21:49	06:02	
246	639	Inês Filipa Ramos da Cruz	Individual	54:16	+21:49	06:02	
247	670	Tiago miguel ferreira de sa	Individual	54:18	+21:51	06:02	
248	610	Francisco José Gramoso Domingues	Individual	54:20	+21:53	06:02	
249	117	Joana Rasteiro	100Pernas	54:26	+21:59	06:03	
250	405	Romeu Miguel Lopes Ribeiro	100Pernas	54:32	+22:06	06:04	
251	155	Ana Isabel Campos da Silva	Individual	54:34	+22:07	06:04	
252	177	Joao Alves	Individual	54:34	+22:07	06:04	
253	306	Vitoria Sofia Capitão Carneiro Carvalho	PRTexteis 2	54:35	+22:08	06:04	
254	569	Tânia Manuela Sá Ribeiro	Individual	54:36	+22:09	06:04	
255	113	Fernanda Rocha	Individual	54:36	+22:09	06:04	
256	700	Tiago André Pinto Pimenta do Vale	Inforcávado	54:36	+22:09	06:04	
257	650	Duarte Da Silva Miranda	Individual	54:36	+22:09	06:04	
258	710	Pedro Miranda	Carvema	54:37	+22:10	06:04	
259	196	António Serino	A minha avó corre mais	54:38	+22:11	06:04	
260	205	Vera Lúcia Silva Fernandes	Individual	54:38	+22:11	06:04	
261	368	Eduardo Silva	Individual	54:39	+22:12	06:04	
262	540	Fernando Jorge Gonçalves Faria	Quilómetros à Solta	54:42	+22:15	06:05	

PROVA PRINCIPAL - STAGE 1

9 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
263	125	Deolinda de Fátima Sousa santos duro	Individual	54:46	+22:19	06:05	
264	679	Francisco Quelha	Individual	54:46	+22:19	06:05	
265	185	Rui Ferreira	Individual	54:49	+22:22	06:05	
266	312	Bruna Brito Costa	Individual	54:51	+22:24	06:06	
267	311	NUNO MIGUEL CARVALHIDO GOMES	Individual	54:53	+22:26	06:06	
268	438	Pedro silva	DaPortas	54:54	+22:27	06:06	
269	130	Nuno Miguel Carvalho Ferreira	Individual	55:10	+22:43	06:08	
270	129	Carlos Miguel Cerqueira Silva Lopes	Individual	55:10	+22:43	06:08	
271	383	Pedro Manuel Eiras Macedo	Individual	55:13	+22:46	06:08	
272	238	Valdemar Vale	Improve Running	55:13	+22:46	06:08	
273	420	Alexandre Manuel Nascimento dos Santos	Fisacar	55:28	+23:01	06:10	
274	402	Diogo Eduardo Costa Fonseca	Fisacar	55:28	+23:01	06:10	
275	87	Inês Soucasaux Ferreira	Individual	55:31	+23:04	06:10	
276	274	Jose antonio miranda da silva	Individual	55:32	+23:05	06:10	
277	628	Nádia Catarina Correia Carneiro Monteiro	Ginásio Clube de Bragança	55:33	+23:06	06:10	
278	476	Andreia Filipa Rodrigues Cunha	Individual	55:38	+23:11	06:11	
279	195	Cláudia Sofia Pereira Miranda	Brigada do Be-nu-ron	55:49	+23:22	06:12	
280	151	Andreia Filipa Pereira da Costa	Brigada do ben-u-ron	55:49	+23:22	06:12	
281	154	Vânia Raquel Coelho Loureiro	Brigada do ben-u-ron	55:50	+23:23	06:12	
282	631	Luis Filipe Bras da Silva	Individual	55:50	+23:23	06:12	
283	269	Claudia Ramoa	Beyond pace	55:51	+23:24	06:12	
284	95	Maria do Rosário da Costa	Individual	55:51	+23:24	06:12	
285	96	Ricardo Jorge Vieira Peixoto	Individual	55:52	+23:25	06:12	
286	511	Denise	Individual	55:54	+23:27	06:13	
287	510	Cátia Ferreira	Individual	55:54	+23:27	06:13	
288	339	Ana Pinheiro	Individual	56:00	+23:33	06:13	
289	270	Ines Pimentel	HR Estúdio	56:00	+23:33	06:13	
290	392	Alex Nogueira Mendes	Machada Run Club	56:01	+23:34	06:13	
291	52	Ulisses José Pimentel da Mota	Individual	56:07	+23:40	06:14	
292	51	Ricardo Américo Eiras Ribeiro Capitão	Individual	56:08	+23:41	06:14	
293	47	Cláudia Pinho	Individual	56:08	+23:41	06:14	
294	189	Maria da Conceição Ribeiro	100Pernas	56:14	+23:47	06:15	
295	563	Bruno Lopes de Oliveira	Braga Next Run	56:16	+23:49	06:15	
296	558	João Pedro Teixeira dos Santos	Individual	56:17	+23:50	06:15	
297	465	Carla maria meira dias mesquita	Individual	56:19	+23:52	06:15	
298	517	Mário José Gonçalves	Individual	56:20	+23:53	06:16	
299	186	Maria jose gomes correia	Movimento de juventude de merelim	56:21	+23:54	06:16	
300	428	Anabela Pereira Lopes	Mm	56:21	+23:54	06:16	
301	357	Pedro Lima Ribeiro	Inter de Cepães	56:29	+24:02	06:17	
302	27	Raquel Pilar Carqueijó	Individual	56:37	+24:10	06:17	
303	560	Mathéo Miranda	Individual	56:48	+24:21	06:19	
304	605	Andreia Ferreira	Individual	56:50	+24:23	06:19	

PROVA PRINCIPAL - STAGE 1

9 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
305	669	Afonso Ferreira	Individual	56:51	+24:24	06:19	
306	83	Daniel da Cunha Pinto Cardoso	Individual	56:51	+24:24	06:19	
307	118	João Alves	Individual	56:59	+24:33	06:20	
308	433	Cristiana Rocha	Individual	57:04	+24:37	06:20	
309	434	José Pedro Jesus Costinha	Individual	57:04	+24:37	06:20	
310	97	Ana Alpuim	Individual	57:07	+24:40	06:21	
311	460	Elisabete Sampaio Barros	Individual	57:12	+24:45	06:21	
312	459	Andréia Sofia Viana Martins	Individual	57:12	+24:45	06:21	
313	342	Guilherme Montenegro Almeida	Carvema	57:13	+24:46	06:21	
314	404	Rita Miguel Lopes Ribeiro	Individual	57:16	+24:49	06:22	
315	726	Ângelo Rafael Gomes Araújo	HR estudio	57:19	+24:52	06:22	
316	288	Filipe Correia	Becri	57:21	+24:54	06:22	
317	287	Fátima Marinho	Becri	57:22	+24:55	06:22	
318	456	Marta da Conceição Vieira da Silva	Individual	57:24	+24:57	06:23	
319	520	José Manuel Pereira Araújo	HR Estúdio	57:25	+24:58	06:23	
320	740	Paula Feuilletin	Individual	57:29	+25:03	06:23	
321	252	Andreia Falcão	Individual	57:41	+25:14	06:25	
322	659	João Humberto Pinheiro Campos	Landeiro	57:46	+25:19	06:25	
323	179	Elisabete Dias Miranda Lourenço	Individual	57:47	+25:20	06:25	
324	257	Diana Martins Ferreira	Individual	57:47	+25:20	06:25	
325	299	Bárbara Nogueira Vaz	Posolis	57:50	+25:23	06:26	
326	161	Joana Carvalho Lobarinhas de Miranda	Brigada Ben-u-ron	57:51	+25:24	06:26	
327	94	Cláudia Lobo	Individual	57:54	+25:27	06:26	
328	119	Afonso Costa Dias	Individual	58:13	+25:46	06:28	
329	272	Andreia Isaura da Silva Barros	Individual	58:14	+25:47	06:28	
330	426	Daniel sousa	MÁQUINAS	58:22	+25:55	06:29	
331	427	Fábio Neves	MÁQUINAS	58:23	+25:56	06:29	
332	298	Claúdio M. Pereira	Posolis	58:28	+26:01	06:30	
333	644	Luciana Queirós	JUVMAR	58:29	+26:02	06:30	
334	347	Cristiana Isabel Lima	Carvema	58:36	+26:09	06:31	
335	713	José Cunha	Carvema	58:40	+26:13	06:31	
336	587	Francisco Dinis	Individual	58:41	+26:14	06:31	
337	642	Carlos Vieira	Individual	58:41	+26:14	06:31	
338	449	António Salgueiro	Ledechem	58:42	+26:15	06:31	
339	518	Benjamim Peixoto Dias	Individual	58:44	+26:17	06:32	
340	743	Augusto Manuel Azevedo Pinto	Individual	58:51	+26:24	06:32	
341	689	JOSÉ MANUEL BARROSO ANDRADE FARIA	Green Dye	58:52	+26:25	06:32	
342	742	Liliana Pereira	Individual	58:55	+26:28	06:33	
343	615	Monica Ribeiro	Atletas	58:56	+26:30	06:33	
344	635	Bruno Pereira	Individual	59:04	+26:37	06:34	
345	334	Silvia Machado	Individual	59:04	+26:37	06:34	
346	711	Raquel Cunha	Carvema	59:06	+26:39	06:34	
347	222	Paulo Costa	Individual	59:06	+26:39	06:34	
348	712	Jorge Martins	Carvema	59:07	+26:40	06:34	
349	699	Filipa Carvalho Rodrigues Cardoso	Inforcávado	59:11	+26:44	06:35	

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
350	220	Marta Silva	Individual	59:11	+26:44	06:35	
351	219	Marcelo Cardoso	Individual	59:12	+26:45	06:35	
352	201	Mariana Abreu	Vieira Runners	59:16	+26:49	06:35	
353	203	Luís Fernandes	Vieira Runners	59:16	+26:49	06:35	
354	255	Joel Eduardo Sousa Neiva	Vieira Runners	59:16	+26:49	06:35	
355	141	Bruno Branco	Vieira Runners	59:17	+26:50	06:35	
356	171	Catarina Figueiredo	VieiraRunners	59:17	+26:50	06:35	
357	594	Pedro Pinto Lisboa	EntreSilvas	59:25	+26:58	06:36	
358	183	Liliana Martins Pereira	Individual	59:27	+27:00	06:36	
359	706	Eusébio Costa Gonçalves	Individual	59:28	+27:01	06:36	
360	725	Ana Rita Dias	Individual	59:29	+27:02	06:37	
361	375	Marta Cláudia Simões Ferreira	Individual	59:29	+27:02	06:37	
362	648	Avelino Loureiro	Individual	59:30	+27:03	06:37	
363	437	Maria Francisca de Sousa Vieira da Costa	Individual	59:31	+27:04	06:37	
364	435	Ana cristina ribeiro miranda	Individual	59:33	+27:06	06:37	
365	546	Vânia Filipa Rodrigues Leite	Quilómetros à Solta	59:34	+27:07	06:37	
366	93	Luis Peixoto Faria	Inter de Cepães	59:34	+27:07	06:37	
367	138	Maria Inês Campos da Silva	Individual	59:37	+27:10	06:37	
368	572	Maria Elisa Teixeira	Individual	59:38	+27:11	06:38	
369	176	Vítor Manuel Dias Gonçalves	Embarca Running	59:42	+27:15	06:38	
370	175	Elisabete Maria Soutulho Coelho Alves	Embarca Running	59:42	+27:15	06:38	
371	389	Nuno Miguel Dantas de Barros	Dantas Family	59:46	+27:19	06:38	
372	15	Ana Sofia dias esteves	Embarca Running	59:52	+27:25	06:39	
373	328	Sónia Maria da Silva de Jesus Ferreira Amorim	Individual	59:52	+27:25	06:39	
374	18	Carlos Marques	Quintas a Correr	59:58	+27:31	06:40	
375	22	Maria Alcina Lopes	Quintas a Correr	59:58	+27:31	06:40	
376	146	Helder Ribeiro	Individual	01:00:00	+27:33	06:40	
377	528	Beatriz Sousa de Matos	Individual	01:00:08	+27:41	06:41	
378	254	Catarina Ralha	GRAAC	01:00:12	+27:45	06:41	
379	504	Livia Sousa	Ledechem	01:00:21	+27:54	06:42	
380	286	Cristiana Loureiro	Becri	01:00:25	+27:58	06:43	
381	260	Pedro Costa	Habcarpintaria Team Run	01:00:26	+27:59	06:43	
382	261	Ana Rita Machado	Habcarpintaria Team Run	01:00:26	+27:59	06:43	
383	284	Pedro Costa	Becri	01:00:35	+28:08	06:44	
384	329	Elsa Agra	Individual	01:00:36	+28:09	06:44	
385	580	Isabel Maria Silva Domingues	Lebres Minhotas	01:00:37	+28:10	06:44	
386	406	Armindo Miguel Gomes Ferreira Ribeiro	100Pernas	01:00:44	+28:17	06:45	
387	584	Paulo Manuel Lopes Costa	GTMB	01:00:46	+28:19	06:45	
388	403	Joaquim Manuel Silva Gonçalves	Fisacar	01:00:50	+28:23	06:46	
389	263	JULIANA TROVISCO MESQUITA	Individual	01:00:56	+28:29	06:46	
390	120	José Daniel Ferreira Dias	Individual	01:00:59	+28:32	06:47	
391	26	Diogo Alves	HR Estúdio	01:01:01	+28:34	06:47	
392	48	Ana Sousa	Individual	01:01:02	+28:35	06:47	

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
393	608	Sofia adriana barbosa gonalves	Individual	01:01:02	+28:35	06:47	
394	470	Jorge Azevedo	Vilacelos	01:01:04	+28:37	06:47	
395	417	Nuno Filipe Pereira Miranda	Fisacar	01:01:08	+28:41	06:48	
396	578	Vitor Braga	Individual	01:01:10	+28:43	06:48	
397	577	JOCIELI HOLZ FOUCHY	Individual	01:01:11	+28:44	06:48	
398	159	Francisco Cunha	Individual	01:01:15	+28:48	06:48	
399	157	Adriana Gabriela Rodrigues Fernandes	Individual	01:01:15	+28:48	06:48	
400	85	Joana Barros	HR Estúdio	01:01:15	+28:48	06:48	
401	148	Ana Teresa Alves Fernandes	HRestúdio	01:01:15	+28:48	06:48	
402	501	Joana Gomes	Ledechem	01:01:34	+29:07	06:50	
403	66	Marina de Sa	Individual	01:01:34	+29:07	06:50	
404	500	Nuno Gomes	Ledechem	01:01:36	+29:09	06:51	
405	557	Diana Cardim Barata	AMANTES TRAIL AND RUN	01:01:38	+29:11	06:51	
406	348	Cristiano André Campos Fernandes	Carvema	01:01:39	+29:12	06:51	
407	566	Inês Maria Marques Delgado	Individual	01:01:40	+29:13	06:51	
408	590	Fernando Machado Eira	Individual	01:01:40	+29:13	06:51	
409	681	Sónia Costa	Individual	01:01:42	+29:15	06:51	
410	23	José Vieira Filipe	C.C.D Terroso	01:01:53	+29:26	06:53	
411	182	Elaine Simões	ARC vale São Cosme	01:01:57	+29:30	06:53	
412	696	Paula Alexandra Caridade Marques	Individual	01:01:57	+29:30	06:53	
413	695	Miguel Lopes	Individual	01:01:58	+29:31	06:53	
414	42	Samuel Gomes	Individual	01:02:00	+29:33	06:53	
415	629	Tiane Cristine Finimundy	Ginásio Clube de Bragança	01:02:04	+29:37	06:54	
416	363	José Domingues	Individual	01:02:10	+29:43	06:54	
417	364	Vânia Coelho	Individual	01:02:10	+29:43	06:54	
418	160	Jose Cruz	Individual	01:02:11	+29:44	06:55	
419	174	Mariana Leite Figueiras	ADCT - Associação Desportiva e Cultural de Tregosa	01:02:17	+29:50	06:55	
420	13	Marco António Marinhas Figueiras	Dantas Family	01:02:18	+29:51	06:55	
421	247	Cátia Carolina Alves Barros	Individual	01:02:27	+30:00	06:56	
422	246	Pedro Filipe Magalhães da Rocha	E-Bike Tour	01:02:27	+30:00	06:56	
423	187	Margarida de sousa gomes	Movimento de juventude de merelim	01:02:32	+30:05	06:57	
424	685	ANDRÉ DANIEL FERNANDES COSTA	Green Dye	01:02:36	+30:09	06:57	
425	391	Helena Silva	Individual	01:02:36	+30:09	06:57	
426	57	Raquel Tavares	Ipswich em Julho	01:02:36	+30:09	06:57	
427	321	Nelson Mendes	Individual	01:02:39	+30:12	06:58	
428	407	Rui Miguel Lopes Ribeiro	100Pernas	01:02:39	+30:12	06:58	
429	88	Rita Soucasaux	Individual	01:02:43	+30:16	06:58	
430	71	Liliana Montenegro	Individual	01:02:43	+30:16	06:58	
431	515	José David Miranda Amaral	Individual	01:02:58	+30:31	07:00	
432	424	Rui Sousa	Arranja Desculpas	01:03:16	+30:49	07:02	
433	425	Diogo Filipe Pereira de Castro	Arranja Desculpas	01:03:17	+30:50	07:02	
434	210	EVANDRO DOS SANTOS FERREIRA	Individual	01:03:20	+30:53	07:02	
435	211	Gicelia Queiroz Mendes	Individual	01:03:20	+30:53	07:02	
436	379	Margarida Oliveira	100Pernas	01:03:26	+30:59	07:03	

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
437	625	Agostinho Rui Fernandes Gomes	Ginásio Clube de Bragança	01:03:34	+31:07	07:04	
438	626	Giovana Colucci	Ginásio Clube de Bragança	01:03:34	+31:07	07:04	
439	634	Vitor Oliveira	Worthing Striders	01:03:35	+31:08	07:04	
440	633	Patricia Mendes	Worthing Striders	01:03:35	+31:08	07:04	
441	488	Marcia Alexandra Carvalho Ribeiro	Individual	01:03:37	+31:10	07:04	
442	532	Mauro Pimenta	Individual	01:03:37	+31:10	07:04	
443	720	Paulo Alexandre Carvalho Lobo	Individual	01:03:38	+31:11	07:04	
444	640	Maria da Conceição Bernardo	Individual	01:03:38	+31:11	07:04	
445	583	Sofia Manuela Gomes Carvalho	Individual	01:04:08	+31:41	07:08	
446	745	Atleta 745	Individual	01:04:08	+31:41	07:08	
447	582	David Faria Castanheira	Individual	01:04:08	+31:41	07:08	
448	166	Joana Fonseca Anjo	Individual	01:04:09	+31:42	07:08	
449	164	Maria Inês Anjo Loureiro	Individual	01:04:10	+31:43	07:08	
450	559	Alexandra Miranda	Individual	01:04:33	+32:06	07:10	
451	291	Cátia Duarte	Becri	01:04:47	+32:20	07:12	
452	292	Andreia Sousa	Becri	01:04:48	+32:21	07:12	
453	422	José Carlos da Silva	Fisacar	01:04:50	+32:23	07:12	
454	494	Diogo André Silva Pereira	Individual	01:04:57	+32:30	07:13	
455	495	Patricia Costa	Individual	01:04:58	+32:31	07:13	
456	214	CATARINA DANTAS	Dantas Family	01:04:59	+32:32	07:13	
457	215	Tiago Morais Dantas	Dantas Family	01:05:00	+32:33	07:13	
458	248	António Monteiro	100Pernas	01:05:05	+32:38	07:14	
459	616	Leonardo Ribeiro	100Pernas	01:05:06	+32:39	07:14	
460	282	Liliana Pereira Barbosa	Becri	01:05:29	+33:02	07:17	
461	354	Vladimir Proskuriakov	Individual	01:05:31	+33:04	07:17	
462	234	Marlene Martins	Improve Running	01:05:34	+33:07	07:17	
463	236	Maria da Luz Ferreira Barbosa	Improve Running	01:05:34	+33:07	07:17	
464	145	Cesar Manuel Miranda Costa	Individual	01:05:42	+33:15	07:18	
465	144	Carla Sofia vale Isidro	Individual	01:05:43	+33:16	07:18	
466	614	João Pedro Ribeiro	Individual	01:05:49	+33:22	07:19	
467	346	Ana Maria Carvalho Matos	Carvema	01:06:08	+33:41	07:21	
468	356	Sandra Moura	Individual	01:06:09	+33:42	07:21	
469	337	Pedro Gonçalves	Individual	01:06:10	+33:43	07:21	
470	281	Rui Ferreira	Carvema	01:06:10	+33:43	07:21	
471	499	Cândido Correia	Givec	01:06:10	+33:43	07:21	
472	107	Bruna Delgado	A TEAM AGEAS	01:06:10	+33:43	07:21	
473	104	Alvaro Pinto	A TEAM AGEAS	01:06:11	+33:44	07:21	
474	324	Filipa Magalhaes de Rooij	Individual	01:06:15	+33:48	07:22	
475	655	Ana Catarina Costa Azevedo	BeBetterCentroDeTreino	01:06:31	+34:04	07:23	
476	656	Álvaro José Dias Costa Carvalho	BeBetterCentroDeTreino	01:06:31	+34:04	07:23	
477	544	Anita Soares Alves	Quilómetros à Solta	01:06:37	+34:10	07:24	
478	207	Teresa Camelo	Quilómetros à Solta	01:06:37	+34:10	07:24	
479	217	Liziani Fernandes Souza	Individual	01:06:41	+34:14	07:25	
480	216	Mayara Raupp de Araujo	Individual	01:06:42	+34:15	07:25	
481	514	José Dinis Miranda Amaral	Individual	01:06:44	+34:17	07:25	
482	165	Joana Amaral Durrães	Individual	01:06:45	+34:18	07:25	

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
483	600	Afonso Salvado	Individual	01:06:46	+34:19	07:25	
484	601	José Ferreira	Individual	01:06:46	+34:19	07:25	
485	602	Sofia Ferreira	Individual	01:06:47	+34:20	07:25	
486	231	José Pereira	Improve Running	01:06:48	+34:21	07:25	
487	262	Sara Martins	Individual	01:06:51	+34:24	07:26	
488	423	Jerónimo Manuel Ferreira da Silva	Fisacar	01:06:52	+34:25	07:26	
489	122	Jorge Manuel Sá Ribeiro	Individual	01:06:55	+34:28	07:26	
490	123	Mariana Macedo Ribeiro	Individual	01:06:56	+34:29	07:26	
491	561	Beatriz Cotungi	Individual	01:06:56	+34:29	07:26	
492	562	Beatriz Bogas Barbosa Ferreira	Individual	01:06:56	+34:29	07:26	
493	327	Mensi	Individual	01:06:59	+34:32	07:27	
494	636	Manuel Carvalho	Individual	01:06:59	+34:32	07:27	
495	543	Lígia Vanessa Costa Rodrigues	Quilómetros à Solta	01:07:03	+34:36	07:27	
496	537	Hugo Jorge Pereira Lemos	Quilómetros à Solta	01:07:04	+34:37	07:27	
497	545	Beatriz Lopes Magalhães	Quilómetros à Solta	01:07:04	+34:37	07:27	
498	547	Ana Beatriz Silva Peixoto	Quilómetros à Solta	01:07:04	+34:37	07:27	
499	225	Anita Maria Vieira Camelo	Quilómetros à Solta	01:07:04	+34:37	07:27	
500	224	João Pedro Moreira Faria	Quilómetros à Solta	01:07:04	+34:37	07:27	
501	507	Eva Barros de Oliveira	Quilómetros à Solta	01:07:05	+34:38	07:27	
502	744	Maria José Costa Rodrigues	Individual	01:07:05	+34:38	07:27	
503	361	Inês de Melo Meireles	Dantas Family	01:07:16	+34:49	07:28	
504	318	João Miguel Dantas de Barros	Dantas Family	01:07:16	+34:49	07:28	
505	271	Ricardo Lopes	Individual	01:07:24	+34:57	07:29	
506	283	Juliana Vilas Boas	Becri	01:07:26	+34:59	07:30	
507	336	Carlos Pinheiro	Individual	01:07:27	+35:00	07:30	
508	108	Marta Dias	A TEAM AGEAS	01:07:36	+35:09	07:31	
509	105	Catia Ferreira	A TEAM AGEAS	01:07:36	+35:09	07:31	
510	401	Patrícia Fernandes Pires	Ginásio Clube de Bragança	01:07:38	+35:11	07:31	
511	158	Idalina Jesus Sousa Linhares	Individual	01:08:02	+35:35	07:34	
512	455	Jorge Miguel Silva Rodrigues	Individual	01:08:13	+35:46	07:35	
513	387	Cláudia Silva Oliveira Carvalho	Milhafres	01:08:13	+35:46	07:35	
514	24	Cristiana Fernandes Gomes	Individual	01:08:14	+35:47	07:35	
515	527	Sónia Silva	Individual	01:08:14	+35:47	07:35	
516	278	Vitória teixeira de sousa	Individual	01:08:29	+36:02	07:37	
517	170	José Cristiano Silva Martins	Brigada do ben-u-ron	01:08:34	+36:07	07:37	
518	675	Rosa Carmen Ferreira Campos	Individual	01:08:35	+36:08	07:37	
519	360	Fábio Rodrigues	Individual	01:08:36	+36:09	07:37	
520	127	Rita Isabel Magalhães Mendes	Individual	01:08:49	+36:22	07:39	
521	481	Joice Farias	Individual	01:08:54	+36:27	07:39	
522	482	Genifer Santos	Individual	01:08:55	+36:28	07:39	
523	134	Sara Cristina Figueiredo Barbosa	Individual	01:08:55	+36:28	07:39	
524	133	Ricardo Filipe Macedo Pereira	Individual	01:08:56	+36:29	07:40	
525	131	Daniel António Ferreira Da Cruz	Individual	01:08:56	+36:29	07:40	
526	132	Márcia Valente Ribeiro	Individual	01:08:57	+36:30	07:40	
527	484	Gustavo Jorge Matos Neves	Individual	01:09:03	+36:36	07:40	
528	522	Alexander Moraes	Individual	01:09:12	+36:45	07:41	

PROVA PRINCIPAL - STAGE 1

9 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
529	384	Fabio Miguel Silva Ramos	Individual	01:09:25	+36:58	07:43	
530	381	ANDRE FILIPE SILVA RAMOS	Individual	01:09:26	+36:59	07:43	
531	382	CARLA FILIPA LEMOS FIGUEIREDO	Individual	01:09:31	+37:04	07:43	
532	380	SILVIA ANDREIA LEMOS FIGUEIREDO	Individual	01:09:31	+37:04	07:43	
533	350	Marília Rodrigues	Carvema	01:10:26	+37:59	07:50	
534	351	Giovanía Eduardo	Carvema	01:10:26	+37:59	07:50	
535	355	José Salgado	Individual	01:10:26	+37:59	07:50	
536	411	Leonardo cerqueira	Individual	01:10:27	+38:00	07:50	
537	461	Iris rodrigues da silva	Individual	01:10:27	+38:00	07:50	
538	152	Nuno André Magalhães da Cunha Mesquita	Individual	01:10:30	+38:03	07:50	
539	686	BEATRIZ SOUSA SOARES	Green Dye	01:10:31	+38:04	07:50	
540	212	Fernando Manuel Moura Vaz	Individual	01:10:31	+38:04	07:50	
541	441	Ricardo Manuel Silva Miranda	Becri	01:10:34	+38:07	07:50	
542	444	João Pedro Barroso	Becri	01:10:35	+38:08	07:51	
543	230	Helena Ramos Rodrigues	Improve Running	01:11:19	+38:52	07:55	
544	647	Rosa Araújo	Posolis	01:11:22	+38:55	07:56	
545	646	Diana Lourenço	Posolis	01:11:22	+38:55	07:56	
546	555	Diene Maria Oliveira	Individual	01:11:31	+39:04	07:57	
547	188	Tiago Xavier Costa	100Pernas	01:12:15	+39:48	08:02	
548	454	Nuno Martins	Individual	01:12:49	+40:22	08:05	
549	439	Bruna Costa	Individual	01:12:49	+40:22	08:05	
550	478	Shayna Lopes	Individual	01:12:52	+40:25	08:06	
551	477	Ferreira Da Silva Angélique	Individual	01:12:52	+40:25	08:06	
552	603	Paulo Fernandes	Individual	01:13:01	+40:34	08:07	
553	39	Rute Marisa da Costa Delgado	Individual	01:13:10	+40:43	08:08	
554	533	Patricia Nobre santos martins da costa	Individual	01:13:10	+40:43	08:08	
555	197	Patrícia Araújo	Individual	01:13:16	+40:49	08:08	
556	198	André Carvalho	Individual	01:13:17	+40:50	08:09	
557	301	LEONARDO NOGUEIRA DE CAMPOS	CASAL DINK	01:13:22	+40:55	08:09	
558	658	Bruna Pereira	Individual	01:13:35	+41:09	08:11	
559	680	Paulo Dantas	Individual	01:13:36	+41:09	08:11	
560	534	Fred Martins	Individual	01:14:00	+41:33	08:13	
561	489	FERNANDA MANUELA SILVA MACHADO	Heart Neon Team	01:14:02	+41:35	08:14	
562	723	Cidália Fernandes	Individual	01:14:03	+41:36	08:14	
563	539	Arnaldo Pedro Novais Cardoso	Quilómetros à Solta	01:14:15	+41:48	08:15	
564	585	Luisa Manuela Silva Miranda	LuNo Runners	01:14:19	+41:52	08:15	
565	586	Nuno Filipe Real Carvalho	LuNo Runners	01:14:19	+41:52	08:15	
566	194	Patrícia Moreira	Individual	01:14:28	+42:01	08:16	
567	156	Cláudia Filipa Almeida Pereira	Individual	01:14:28	+42:01	08:16	
568	620	Cecília Mónica Sequeira Xavier	Ginásio Clube de Bragança	01:14:36	+42:09	08:17	
569	621	Maria Eufénia Diegues Domingues	Ginásio Clube de Bragança	01:14:36	+42:09	08:17	
570	64	Paula Cristina Neiva Vieira	Individual	01:14:39	+42:12	08:18	

PROVA PRINCIPAL - STAGE 1

9 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
571	63	Bruno Manuel Machado Pereira	Individual	01:14:40	+42:13	08:18	
572	505	Berta Ferreira	Ledechem	01:14:48	+42:21	08:19	
573	506	Antonio Costa	Ledechem	01:14:49	+42:22	08:19	
574	250	Sandra Pinho	Individual	01:14:54	+42:27	08:19	
575	492	HELDER BRUNO BRAGA LIMA	Heart Neon Team	01:15:01	+42:34	08:20	
576	490	JOSE PEREIRA	Heart Neon Team	01:15:02	+42:35	08:20	
577	415	Samuel Carvalho	Individual	01:15:20	+42:53	08:22	
578	370	Maria da Conceição Simões Ferreira	Individual	01:15:23	+42:56	08:23	
579	416	Margarida Peixoto	Individual	01:15:25	+42:58	08:23	
580	371	José Luis de Sá Pinheiro	Individual	01:15:25	+42:58	08:23	
581	521	Juan Antonio Araya Osorio	Individual	01:15:40	+43:13	08:24	
582	599	Carolina Fernandes	Individual	01:15:44	+43:17	08:25	
583	597	Luís Brito	Individual	01:15:45	+43:18	08:25	
584	303	Maria Cristina de Sousa Rosário da Silva	PRTexteis 1	01:15:45	+43:18	08:25	
585	598	Alda Faustino	Individual	01:15:45	+43:18	08:25	
586	735	Patrícia Faustino	Individual	01:15:46	+43:19	08:25	
587	512	MANUEL BALDELANA GARAYO	Brasilbao	01:18:35	+46:08	08:44	
588	399	Rute Emília Barbosa Lascasas Aguiar	Individual	01:18:38	+46:11	08:44	
589	388	Helder Lima	Centro Desportivo e Cultural de Navais	01:18:44	+46:17	08:45	
590	373	Rosária do Carmo Ribeiro da Costa	Individual	01:18:45	+46:18	08:45	
591	394	Pedro Costa	Centro Desportivo e Cultural de Navais	01:18:45	+46:18	08:45	
592	372	Cláudio Miguel Simões Ferreira	Individual	01:18:46	+46:19	08:45	
593	395	Patrícia Sencadas	Centro Desportivo e Cultural de Navais	01:18:47	+46:20	08:45	
594	12	Bruna Alexandra Barbosa Gonçalves	Individual	01:20:29	+48:02	08:57	
595	353	Rui Pedro Borges	Carvema	01:20:32	+48:05	08:57	
596	32	Patricia Roza Murcia	Individual	01:20:43	+48:16	08:58	
597	31	PEDRO ISAAC MORALES TORO	Individual	01:20:43	+48:16	08:58	
598	241	Paulo henrique alfenas santana	Individual	01:21:12	+48:45	09:01	
599	674	Diana Vanessa Ferreira Campos	Individual	01:21:29	+49:02	09:03	
600	673	Ana João Durães Gonçalves	Individual	01:21:29	+49:02	09:03	
601	645	Daniela Alexandra Sendas Melgo	Ginásio Clube de Bragança	01:22:12	+49:45	09:08	
602	464	María Goncalves	Individual	01:23:34	+51:07	09:17	
603	463	Alfonso javier casamayor botello	Individual	01:23:35	+51:08	09:17	
604	564	Miguel Barros	Individual	01:23:35	+51:08	09:17	
605	496	Graça da Conceição Gonçalves de Sousa	Individual	01:23:36	+51:09	09:17	
606	684	Fabio Daniel Rodrigues Gomes	Individual	01:23:36	+51:09	09:17	
607	168	Francisco José Barreto Freitas	Guerreiros de Basto	01:23:38	+51:11	09:18	
608	167	Maria Teresa Vieira da Silva	Guerreiros de Basto	01:23:41	+51:14	09:18	
609	466	José Domingos Lourenço Coelho	Individual	01:23:42	+51:15	09:18	
610	136	Maria Gomes Araújo	Individual	01:23:45	+51:18	09:18	
611	60	Marta Beatriz Pereira Fernandes	Individual	01:23:46	+51:19	09:18	
612	143	Sara Isabel Ribeiro Gomes	Individual	01:23:46	+51:19	09:18	
613	61	Fabio andre laranjeira cunha	Individual	01:23:46	+51:19	09:18	

PROVA PRINCIPAL - STAGE 1

9 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
614	62	Ana Raquel Moreira	Individual	01:23:46	+51:19	09:18	
615	410	Diana Cristina Sá Silva	Individual	01:23:47	+51:20	09:19	
616	86	Ana Catarina Simões	Miles & Vibes	01:23:48	+51:21	09:19	
617	199	António Gonçalves Ferreira	Individual	01:23:48	+51:21	09:19	
618	259	Ricardo Jorge Fernandes Alves	PCRunners	01:23:48	+51:21	09:19	
619	142	Nuno Domingos Sousa Rocha	Individual	01:23:49	+51:22	09:19	
620	516	Miguel Lopes Dias	Individual	01:23:49	+51:22	09:19	
621	613	Gil Martins	Individual	01:23:49	+51:22	09:19	
622	330	João Sousa	Vieira a Correr	01:25:04	+52:37	09:27	
623	33	Hernâni Manuel Silva Veríssimo	Individual	01:25:05	+52:38	09:27	
624	34	Ana Soares	Individual	01:25:05	+52:38	09:27	
625	36	David Sousa	Individual	01:25:05	+52:38	09:27	
626	35	Paula Carneiro	Individual	01:25:05	+52:38	09:27	
627	519	Paulo Silva	Individual	01:25:06	+52:39	09:27	
628	535	Avelino Carneiro da Silva	Vieira a Correr	01:25:06	+52:39	09:27	
629	46	Cristina Costa	Individual	01:25:27	+53:00	09:30	
630	228	Raquel	Individual	01:26:11	+53:44	09:35	
631	542	João Diogo Santos Correia	Quilómetros à Solta	01:26:12	+53:45	09:35	
632	45	Bruna Marques Matos	Individual	01:26:52	+54:25	09:39	
633	242	Eliana Caramujo Soukiazes	Ipswich em Julho	01:26:55	+54:28	09:39	
634	11	Cláudia Filipa Barbosa Gonçalves	Dantas Family	01:30:25	+57:58	10:03	
635	553	Beatriz Guerreiro Araújo Lopes	Individual	01:30:25	+57:58	10:03	
636	204	Matilde de Oliveira Pacheco	Individual	01:30:27	+58:00	10:03	
637	202	Diogo Francisco da Silva Gomes	Individual	01:30:28	+58:01	10:03	
638	149	Maria de Fatima Leite Oliveira	Individual	01:30:29	+58:02	10:03	
639	169	Paulo César da Silva Vieira	Individual	01:30:30	+58:03	10:03	
640	513	FABRÍCIA GABRIELA NOGUEIRA MOREIRA	Brasilbao	01:32:42	+01:00:15	10:18	
641	366	Sara Dias	Individual	01:32:46	+01:00:19	10:18	

Prova Principal

9 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	22:15	18,9°C	97%
End	00:00	18,9°C	97%

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

1	666	Yseult Van Vyve	Individual	Senior Feminino	38:00	04:13
2	3	Fátima Melo	Individual	Senior Feminino	38:00	+00:00 04:13
3	29	Gabriela Gomes	HR Estúdio	Senior Feminino	41:43	+03:43 04:38
4	172	Flora Catarina Maciel Leite	ADCT - Associação Desportiva e Cultural de Tregosa	Senior Feminino	42:41	+04:41 04:45
5	265	Márcia Santos	Run Girls Run	Senior Feminino	43:09	+05:09 04:48
6	667	Van vyve Jeanne	Individual	Senior Feminino	44:06	+06:06 04:54
7	385	Raquel Silva	Dragon Club	Senior Feminino	44:37	+06:37 04:57
8	624	Bianca Rodrigues de Albuquerque	Ginásio Clube de Bragança	Senior Feminino	44:44	+06:44 04:58
9	606	Marta Andreia Sousa Martins	Individual	Senior Feminino	46:52	+08:52 05:12
10	16	MARIA LURDES COSTA FERREIRA	Individual	Senior Feminino	46:52	+08:52 05:12
11	367	Ivone Linhares	Individual	Senior Feminino	47:52	+09:52 05:19
12	302	Márcia Oliveira	PRTêxteis 1	Senior Feminino	47:56	+09:56 05:20
13	664	SYBILLE ANDRIES	Individual	Senior Feminino	47:58	+09:58 05:20
14	654	Ana Miguel Machado Monteiro da Costa	GTMB	Senior Feminino	48:15	+10:15 05:22
15	718	Silvia Isabel Brandão Ferreira	Academia23	Senior Feminino	48:52	+10:52 05:26
16	305	Teresa Maria Rei Ferreira Pilar	PRTêxteis 2	Senior Feminino	49:26	+11:26 05:30
17	290	Inês Sousa	Becri	Senior Feminino	50:02	+12:02 05:34
18	396	Ana Silva	Individual	Senior Feminino	51:11	+13:11 05:41
19	147	Patrícia Ferreira	Team El Comandante	Senior Feminino	51:34	+13:34 05:44
20	43	Joana Araujo Azevedo	Individual	Senior Feminino	51:36	+13:36 05:44
21	412	Cristina Carvalho	Individual	Senior Feminino	51:53	+13:53 05:46
22	556	Patrícia Silva	Individual	Senior Feminino	52:02	+14:02 05:47
23	332	Aurora Silva	Becri	Senior Feminino	52:14	+14:14 05:48
24	297	Catarina Ferreira	Posolis	Senior Feminino	52:15	+14:15 05:48
25	683	Ângela Rafaela Cardoso Vilas Boas	Individual	Senior Feminino	52:22	+14:22 05:49
26	377	Liliana ribeiro	Individual	Senior Feminino	52:33	+14:33 05:50
27	163	Ana Rita Senra São Bento	Individual	Senior Feminino	52:38	+14:38 05:51
28	568	Mónica Raquel Soares Martins	Lebres Minhotas	Senior Feminino	53:01	+15:01 05:53
29	190	Ana Raquel Gomes da Rosa	Individual	Senior Feminino	53:12	+15:12 05:55
30	315	Adriana Miralhos	GRAAC	Senior Feminino	53:17	+15:17 05:55
31	106	Filipa Costa	A TEAM AGEAS	Senior Feminino	53:21	+15:21 05:56
32	326	Diana Margarida de Barros Pereira	Vila Verde a correr	Senior Feminino	53:28	+15:28 05:56
33	365	Cátia Filipa Sousa Nero	On Track Run Club	Senior Feminino	53:29	+15:29 05:57
34	289	Joana Amaral	Becri	Senior Feminino	53:45	+15:45 05:58
35	325	Isabel Maria Ribeiro Rodrigues	Individual	Senior Feminino	53:56	+15:56 06:00
36	378	Carla Filipa de Melo Coutinho	Individual	Senior Feminino	53:57	+15:57 06:00
37	637	Isaura Alexandra Rodrigues Machado	Individual	Senior Feminino	54:16	+16:16 06:02
38	639	Inês Filipa Ramos da Cruz	Individual	Senior Feminino	54:16	+16:16 06:02

Official Timekeeper: Lap2Go	1 / 15	generate 19-jul.-2026 00:41
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Prova Principal

9 KM

[illegible]

OFFICIAL RESULT

[illegible]

39	117	Joana Rasteiro	100Pernas	Senior Feminino	54:26	+16:26	06:03
40	155	Ana Isabel Campos da Silva	Individual	Senior Feminino	54:34	+16:34	06:04
41	306	Vitoria Sofia Capitão Carneiro Carvalho	PRTexteis 2	Senior Feminino	54:35	+16:35	06:04
42	569	Tânia Manuela Sá Ribeiro	Individual	Senior Feminino	54:36	+16:36	06:04
43	113	Fernanda Rocha	Individual	Senior Feminino	54:36	+16:36	06:04
44	205	Vera Lúcia Silva Fernandes	Individual	Senior Feminino	54:38	+16:38	06:04
45	125	Deolinda de Fátima Sousa santos duro	Individual	Senior Feminino	54:46	+16:46	06:05
46	312	Bruna Brito Costa	Individual	Senior Feminino	54:51	+16:51	06:06
47	87	Inês Soucasaux Ferreira	Individual	Senior Feminino	55:31	+17:31	06:10
48	628	Nádia Catarina Correia Carneiro Monteiro	Ginásio Clube de Bragança	Senior Feminino	55:33	+17:33	06:10
49	476	Andreia Filipa Rodrigues Cunha	Individual	Senior Feminino	55:38	+17:38	06:11
50	195	Cláudia Sofia Pereira Miranda	Brigada do Be-nu-ron	Senior Feminino	55:49	+17:49	06:12
51	151	Andreia Filipa Pereira da Costa	Brigada do ben-u-ron	Senior Feminino	55:49	+17:49	06:12
52	154	Vânia Raquel Coelho Loureiro	Brigada do ben-u-ron	Senior Feminino	55:50	+17:50	06:12
53	269	Claudia Ramoa	Beyond pace	Senior Feminino	55:51	+17:51	06:12
54	95	Maria do Rosário da Costa	Individual	Senior Feminino	55:51	+17:51	06:12
55	511	Denise	Individual	Senior Feminino	55:54	+17:54	06:13
56	510	Cátia Ferreira	Individual	Senior Feminino	55:54	+17:54	06:13
57	339	Ana Pinheiro	Individual	Senior Feminino	56:00	+18:00	06:13
58	270	Ines Pimentel	HR Estúdio	Senior Feminino	56:00	+18:00	06:13
59	47	Cláudia Pinho	Individual	Senior Feminino	56:08	+18:08	06:14
60	189	Maria da Conceição Ribeiro	100Pernas	Senior Feminino	56:14	+18:14	06:15
61	465	Carla maria meira dias mesquita	Individual	Senior Feminino	56:19	+18:19	06:15
62	186	Maria jose gomes correia	Movimento de juventude de merelim	Senior Feminino	56:21	+18:21	06:16
63	428	Anabela Pereira Lopes	Mm	Senior Feminino	56:21	+18:21	06:16
64	27	Raquel Pilar Carqueijó	Individual	Senior Feminino	56:37	+18:37	06:17
65	605	Andreia Ferreira	Individual	Senior Feminino	56:50	+18:50	06:19
66	433	Cristiana Rocha	Individual	Senior Feminino	57:04	+19:04	06:20
67	97	Ana Alpuim	Individual	Senior Feminino	57:07	+19:07	06:21
68	460	Elisabete Sampaio Barros	Individual	Senior Feminino	57:12	+19:12	06:21
69	459	Andréia Sofia Viana Martins	Individual	Senior Feminino	57:12	+19:12	06:21
70	404	Rita Miguel Lopes Ribeiro	Individual	Senior Feminino	57:16	+19:16	06:22
71	287	Fátima Marinho	Becri	Senior Feminino	57:22	+19:22	06:22
72	456	Marta da Conceição Vieira da Silva	Individual	Senior Feminino	57:24	+19:24	06:23
73	740	Paula Feuilletin	Individual	Senior Feminino	57:29	+19:29	06:23
74	252	Andreia Falcão	Individual	Senior Feminino	57:41	+19:41	06:25
75	179	Elisabete Dias Miranda Lourenço	Individual	Senior Feminino	57:47	+19:47	06:25
76	257	Diana Martins Ferreira	Individual	Senior Feminino	57:47	+19:47	06:25
77	299	Bárbara Nogueira Vaz	Posolis	Senior Feminino	57:50	+19:50	06:26
78	161	Joana Carvalho Lobarinhas de Miranda	Brigada Ben-u-ron	Senior Feminino	57:51	+19:51	06:26
79	94	Cláudia Lobo	Individual	Senior Feminino	57:54	+19:54	06:26
80	272	Andreia Isaura da Silva Barros	Individual	Senior Feminino	58:14	+20:14	06:28
81	644	Luciana Queirós	JUVMAR	Senior Feminino	58:29	+20:29	06:30
82	347	Cristiana Isabel Lima	Carvema	Senior Feminino	58:36	+20:36	06:31
83	742	Liliana Pereira	Individual	Senior Feminino	58:55	+20:55	06:33

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84	615	Monica Ribeiro	Atletas	Senior Feminino	58:56	+20:56	06:33
85	334	Silvia Machado	Individual	Senior Feminino	59:04	+21:04	06:34
86	711	Raquel Cunha	Carvema	Senior Feminino	59:06	+21:06	06:34
87	699	Filipa Carvalho Rodrigues Cardoso	Inforcávado	Senior Feminino	59:11	+21:11	06:35
88	220	Marta Silva	Individual	Senior Feminino	59:11	+21:11	06:35
89	201	Mariana Abreu	Vieira Runners	Senior Feminino	59:16	+21:16	06:35
90	171	Catarina Figueiredo	VieiraRunners	Senior Feminino	59:17	+21:17	06:35
91	183	Liliana Martins Pereira	Individual	Senior Feminino	59:27	+21:27	06:36
92	725	Ana Rita Dias	Individual	Senior Feminino	59:29	+21:29	06:37
93	375	Marta Cláudia Simões Ferreira	Individual	Senior Feminino	59:29	+21:29	06:37
94	437	Maria Francisca de Sousa Vieira da Costa	Individual	Senior Feminino	59:31	+21:31	06:37
95	435	Ana cristina ribeiro miranda	Individual	Senior Feminino	59:33	+21:33	06:37
96	546	Vânia Filipa Rodrigues Leite	Quilómetros à Solta	Senior Feminino	59:34	+21:34	06:37
97	138	Maria Inês Campos da Silva	Individual	Senior Feminino	59:37	+21:37	06:37
98	572	Maria Elisa Teixeira	Individual	Senior Feminino	59:38	+21:38	06:38
99	175	Elisabete Maria Soutulho Coelho Alves	Embarca Running	Senior Feminino	59:42	+21:42	06:38
100	15	Ana Sofia dias esteves	Embarca Running	Senior Feminino	59:52	+21:52	06:39
101	328	Sónia Maria da Silva de Jesus Ferreira Amorim	Individual	Senior Feminino	59:52	+21:52	06:39
102	22	Maria Alcina Lopes	Quintas a Correr	Senior Feminino	59:58	+21:58	06:40
103	528	Beatriz Sousa de Matos	Individual	Senior Feminino	01:00:08	+22:08	06:41
104	254	Catarina Ralha	GRAAC	Senior Feminino	01:00:12	+22:12	06:41
105	504	Livia Sousa	Ledechem	Senior Feminino	01:00:21	+22:21	06:42
106	286	Cristiana Loureiro	Becri	Senior Feminino	01:00:25	+22:25	06:43
107	261	Ana Rita Machado	Habcarpintaria Team Run	Senior Feminino	01:00:26	+22:26	06:43
108	329	Elsa Agra	Individual	Senior Feminino	01:00:36	+22:36	06:44
109	580	Isabel Maria Silva Domingues	Lebres Minhotas	Senior Feminino	01:00:37	+22:37	06:44
110	263	JULIANA TROVISCO MESQUITA	Individual	Senior Feminino	01:00:56	+22:56	06:46
111	48	Ana Sousa	Individual	Senior Feminino	01:01:02	+23:02	06:47
112	608	Sofia adriana barbosa goncalves	Individual	Senior Feminino	01:01:02	+23:02	06:47
113	577	JOCIELI HOLZ FOUCHY	Individual	Senior Feminino	01:01:11	+23:11	06:48
114	157	Adriana Gabriela Rodrigues Fernandes	Individual	Senior Feminino	01:01:15	+23:15	06:48
115	85	Joana Barros	HR Estúdio	Senior Feminino	01:01:15	+23:15	06:48
116	148	Ana Teresa Alves Fernandes	HRestúdio	Senior Feminino	01:01:15	+23:15	06:48
117	501	Joana Gomes	Ledechem	Senior Feminino	01:01:34	+23:34	06:50
118	66	Marina de Sa	Individual	Senior Feminino	01:01:34	+23:34	06:50
119	557	Diana Cardim Barata	AMANTES TRAIL AND RUN	Senior Feminino	01:01:38	+23:38	06:51
120	348	Cristiano André Campos Fernandes	Carvema	Senior Feminino	01:01:39	+23:39	06:51
121	566	Inês Maria Marques Delgado	Individual	Senior Feminino	01:01:40	+23:40	06:51
122	681	Sónia Costa	Individual	Senior Feminino	01:01:42	+23:42	06:51
123	182	Elaine Simões	ARC vale São Cosme	Senior Feminino	01:01:57	+23:57	06:53
124	696	Paula Alexandra Caridade Marques	Individual	Senior Feminino	01:01:57	+23:57	06:53
125	629	Tiane Cristine Finimundy	Ginásio Clube de Bragança	Senior Feminino	01:02:04	+24:04	06:54
126	364	Vânia Coelho	Individual	Senior Feminino	01:02:10	+24:10	06:54
127	174	Mariana Leite Figueiras	ADCT - Associação Desportiva e Cultural de Tregosa	Senior Feminino	01:02:17	+24:17	06:55

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128	247	Cátia Carolina Alves Barros	Individual	Senior Feminino	01:02:27	+24:27	06:56
129	187	Margarida de sousa gomes	Movimento de juventude de merelim	Senior Feminino	01:02:32	+24:32	06:57
130	391	Helena Silva	Individual	Senior Feminino	01:02:36	+24:36	06:57
131	57	Raquel Tavares	Ipswich em Julho	Senior Feminino	01:02:36	+24:36	06:57
132	88	Rita Soucasaux	Individual	Senior Feminino	01:02:43	+24:43	06:58
133	71	Liliana Montenegro	Individual	Senior Feminino	01:02:43	+24:43	06:58
134	211	Gicelia Queiroz Mendes	Individual	Senior Feminino	01:03:20	+25:20	07:02
135	379	Margarida Oliveira	100Pernas	Senior Feminino	01:03:26	+25:26	07:03
136	626	Giovana Colucci	Ginásio Clube de Bragança	Senior Feminino	01:03:34	+25:34	07:04
137	633	Patricia Mendes	Worthing Striders	Senior Feminino	01:03:35	+25:35	07:04
138	488	Marcia Alexandra Carvalho Ribeiro	Individual	Senior Feminino	01:03:37	+25:37	07:04
139	640	Maria da Conceição Bernardo	Individual	Senior Feminino	01:03:38	+25:38	07:04
140	583	Sofia Manuela Gomes Carvalho	Individual	Senior Feminino	01:04:08	+26:08	07:08
141	166	Joana Fonseca Anjo	Individual	Senior Feminino	01:04:09	+26:09	07:08
142	164	Maria Inês Anjo Loureiro	Individual	Senior Feminino	01:04:10	+26:10	07:08
143	559	Alexandra Miranda	Individual	Senior Feminino	01:04:33	+26:33	07:10
144	291	Cátia Duarte	Becri	Senior Feminino	01:04:47	+26:47	07:12
145	292	Andreia Sousa	Becri	Senior Feminino	01:04:48	+26:48	07:12
146	495	Patricia Costa	Individual	Senior Feminino	01:04:58	+26:58	07:13
147	214	CATARINA DANTAS	Dantas Family	Senior Feminino	01:04:59	+26:59	07:13
148	282	Liliana Pereira Barbosa	Becri	Senior Feminino	01:05:29	+27:29	07:17
149	234	Marlene Martins	Improve Running	Senior Feminino	01:05:34	+27:34	07:17
150	236	Maria da Luz Ferreira Barbosa	Improve Running	Senior Feminino	01:05:34	+27:34	07:17
151	144	Carla Sofia vale Isidro	Individual	Senior Feminino	01:05:43	+27:43	07:18
152	346	Ana Maria Carvalho Matos	Carvema	Senior Feminino	01:06:08	+28:08	07:21
153	356	Sandra Moura	Individual	Senior Feminino	01:06:09	+28:09	07:21
154	107	Bruna Delgado	A TEAM AGEAS	Senior Feminino	01:06:10	+28:10	07:21
155	324	Filipa Magalhaes de Rooij	Individual	Senior Feminino	01:06:15	+28:15	07:22
156	655	Ana Catarina Costa Azevedo	BeBetterCentroDeTreino	Senior Feminino	01:06:31	+28:31	07:23
157	544	Anita Soares Alves	Quilómetros à Solta	Senior Feminino	01:06:37	+28:37	07:24
158	207	Teresa Camelo	Quilómetros à Solta	Senior Feminino	01:06:37	+28:37	07:24
159	217	Liziani Fernandes Souza	Individual	Senior Feminino	01:06:41	+28:41	07:25
160	216	Mayara Raupp de Araujo	Individual	Senior Feminino	01:06:42	+28:42	07:25
161	165	Joana Amaral Durães	Individual	Senior Feminino	01:06:45	+28:45	07:25
162	602	Sofia Ferreira	Individual	Senior Feminino	01:06:47	+28:47	07:25
163	262	Sara Martins	Individual	Senior Feminino	01:06:51	+28:51	07:26
164	123	Mariana Macedo Ribeiro	Individual	Senior Feminino	01:06:56	+28:56	07:26
165	561	Beatriz Cotungi	Individual	Senior Feminino	01:06:56	+28:56	07:26
166	562	Beatriz Bogas Barbosa Ferreira	Individual	Senior Feminino	01:06:56	+28:56	07:26
167	327	Mensi	Individual	Senior Feminino	01:06:59	+28:59	07:27
168	543	Lígia Vanessa Costa Rodrigues	Quilómetros à Solta	Senior Feminino	01:07:03	+29:03	07:27
169	545	Beatriz Lopes Magalhães	Quilómetros à Solta	Senior Feminino	01:07:04	+29:04	07:27
170	547	Ana Beatriz Silva Peixoto	Quilómetros à Solta	Senior Feminino	01:07:04	+29:04	07:27
171	225	Anita Maria Vieira Camelo	Quilómetros à Solta	Senior Feminino	01:07:04	+29:04	07:27
172	507	Eva Barros de Oliveira	Quilómetros à Solta	Senior Feminino	01:07:05	+29:05	07:27
173	744	Maria José Costa Rodrigues	Individual	Senior Feminino	01:07:05	+29:05	07:27

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174	361	Inês de Melo Meireles	Dantas Family	Senior Feminino	01:07:16	+29:16	07:28
175	283	Juliana Vilas Boas	Becri	Senior Feminino	01:07:26	+29:26	07:30
176	108	Marta Dias	A TEAM AGEAS	Senior Feminino	01:07:36	+29:36	07:31
177	105	Catia Ferreira	A TEAM AGEAS	Senior Feminino	01:07:36	+29:36	07:31
178	401	Patrícia Fernandes Pires	Ginásio Clube de Bragança	Senior Feminino	01:07:38	+29:38	07:31
179	158	Idalina Jesus Sousa Linhares	Individual	Senior Feminino	01:08:02	+30:02	07:34
180	387	Cláudia Silva Oliveira Carvalho	Milhafres	Senior Feminino	01:08:13	+30:13	07:35
181	24	Cristiana Fernandes Gomes	Individual	Senior Feminino	01:08:14	+30:14	07:35
182	527	Sónia Silva	Individual	Senior Feminino	01:08:14	+30:14	07:35
183	278	Vitória teixeira de sousa	Individual	Senior Feminino	01:08:29	+30:29	07:37
184	675	Rosa Carmen Ferreira Campos	Individual	Senior Feminino	01:08:35	+30:35	07:37
185	127	Rita Isabel Magalhães Mendes	Individual	Senior Feminino	01:08:49	+30:49	07:39
186	481	Joice Farias	Individual	Senior Feminino	01:08:54	+30:54	07:39
187	482	Genifer Santos	Individual	Senior Feminino	01:08:55	+30:55	07:39
188	134	Sara Cristina Figueiredo Barbosa	Individual	Senior Feminino	01:08:55	+30:55	07:39
189	132	Márcia Valente Ribeiro	Individual	Senior Feminino	01:08:57	+30:57	07:40
190	522	Alexander Moraes	Individual	Senior Feminino	01:09:12	+31:12	07:41
191	382	CARLA FILIPA LEMOS FIGUEIREDO	Individual	Senior Feminino	01:09:31	+31:31	07:43
192	380	SILVIA ANDREIA LEMOS FIGUEIREDO	Individual	Senior Feminino	01:09:31	+31:31	07:43
193	350	Marília Rodrigues	Carvema	Senior Feminino	01:10:26	+32:26	07:50
194	351	Giovanía Eduardo	Carvema	Senior Feminino	01:10:26	+32:26	07:50
195	461	Iris rodrigues da silva	Individual	Senior Feminino	01:10:27	+32:27	07:50
196	686	BEATRIZ SOUSA SOARES	Green Dye	Senior Feminino	01:10:31	+32:31	07:50
197	230	Helena Ramos Rodrigues	Improve Running	Senior Feminino	01:11:19	+33:19	07:55
198	647	Rosa Araújo	Posolis	Senior Feminino	01:11:22	+33:22	07:56
199	646	Diana Lourenço	Posolis	Senior Feminino	01:11:22	+33:22	07:56
200	555	Diene Maria Oliveira	Individual	Senior Feminino	01:11:31	+33:31	07:57
201	439	Bruna Costa	Individual	Senior Feminino	01:12:49	+34:49	08:05
202	478	Shayna Lopes	Individual	Senior Feminino	01:12:52	+34:52	08:06
203	477	Ferreira Da Silva Angélique	Individual	Senior Feminino	01:12:52	+34:52	08:06
204	39	Rute Marisa da Costa Delgado	Individual	Senior Feminino	01:13:10	+35:10	08:08
205	533	Patricia Nobre santos martins da costa	Individual	Senior Feminino	01:13:10	+35:10	08:08
206	197	Patrícia Araújo	Individual	Senior Feminino	01:13:16	+35:16	08:08
207	658	Bruna Pereira	Individual	Senior Feminino	01:13:35	+35:35	08:11
208	489	FERNANDA MANUELA SILVA MACHADO	Heart Neon Team	Senior Feminino	01:14:02	+36:02	08:14
209	723	Cidália Fernandes	Individual	Senior Feminino	01:14:03	+36:03	08:14
210	585	Luisa Manuela Silva Miranda	LuNo Runners	Senior Feminino	01:14:19	+36:19	08:15
211	194	Patrícia Moreira	Individual	Senior Feminino	01:14:28	+36:28	08:16
212	156	Cláudia Filipa Almeida Pereira	Individual	Senior Feminino	01:14:28	+36:28	08:16
213	620	Cecília Mónica Sequeira Xavier	Ginásio Clube de Bragança	Senior Feminino	01:14:36	+36:36	08:17
214	621	Maria Eufénia Diegues Domingues	Ginásio Clube de Bragança	Senior Feminino	01:14:36	+36:36	08:17
215	64	Paula Cristina Neiva Vieira	Individual	Senior Feminino	01:14:39	+36:39	08:18
216	505	Berta Ferreira	Ledechem	Senior Feminino	01:14:48	+36:48	08:19
217	250	Sandra Pinho	Individual	Senior Feminino	01:14:54	+36:54	08:19
218	370	Maria da Conceição Simões Ferreira	Individual	Senior Feminino	01:15:23	+37:23	08:23

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219	416	Margarida Peixoto	Individual	Senior Feminino	01:15:25	+37:25	08:23
220	599	Carolina Fernandes	Individual	Senior Feminino	01:15:44	+37:44	08:25
221	303	Maria Cristina de Sousa Rosário da Silva	PRTeateis 1	Senior Feminino	01:15:45	+37:45	08:25
222	598	Alda Faustino	Individual	Senior Feminino	01:15:45	+37:45	08:25
223	735	Patrícia Faustino	Individual	Senior Feminino	01:15:46	+37:46	08:25
224	399	Rute Emília Barbosa Lascasas Aguiar	Individual	Senior Feminino	01:18:38	+40:38	08:4
225	373	Rosária do Carmo Ribeiro da Costa	Individual	Senior Feminino	01:18:45	+40:45	08:45
226	395	Patrícia Sencadas	Centro Desportivo e Cultural de Navais	Senior Feminino	01:18:47	+40:47	08:45
227	12	Bruna Alexandra Barbosa Gonçalves	Individual	Senior Feminino	01:20:29	+42:29	08:57
228	32	Patricia Roza Murcia	Individual	Senior Feminino	01:20:43	+42:43	08:58
229	674	Diana Vanessa Ferreira Campos	Individual	Senior Feminino	01:21:29	+43:29	09:03
230	673	Ana João Durães Gonçalves	Individual	Senior Feminino	01:21:29	+43:29	09:03
231	645	Daniela Alexandra Sendas Melgo	Ginásio Clube de Bragança	Senior Feminino	01:22:12	+44:12	09:08
232	464	María Goncalves	Individual	Senior Feminino	01:23:34	+45:34	09:17
233	496	Graça da Conceição Gonçalves de Sousa	Individual	Senior Feminino	01:23:36	+45:36	09:17
234	167	Maria Teresa Vieira da Silva	Guerreiros de Basto	Senior Feminino	01:23:41	+45:41	09:18
235	136	Maria Gomes Araújo	Individual	Senior Feminino	01:23:45	+45:45	09:18
236	60	Marta Beatriz Pereira Fernandes	Individual	Senior Feminino	01:23:46	+45:46	09:18
237	143	Sara Isabel Ribeiro Gomes	Individual	Senior Feminino	01:23:46	+45:46	09:18
238	62	Ana Raquel Moreira	Individual	Senior Feminino	01:23:46	+45:46	09:18
239	410	Diana Cristina Sá Silva	Individual	Senior Feminino	01:23:47	+45:47	09:19
240	86	Ana Catarina Simões	Miles & Vibes	Senior Feminino	01:23:48	+45:48	09:19
241	34	Ana Soares	Individual	Senior Feminino	01:25:05	+47:05	09:27
242	35	Paula Carneiro	Individual	Senior Feminino	01:25:05	+47:05	09:27
243	46	Cristina Costa	Individual	Senior Feminino	01:25:27	+47:27	09:30
244	228	Raquel	Individual	Senior Feminino	01:26:11	+48:11	09:35
245	45	Bruna Marques Matos	Individual	Senior Feminino	01:26:52	+48:52	09:39
246	242	Eliana Caramujo Soukiazes	Ipswich em Julho	Senior Feminino	01:26:55	+48:55	09:39
247	11	Cláudia Filipa Barbosa Gonçalves	Dantas Family	Senior Feminino	01:30:25	+52:25	10:03
248	553	Beatriz Guerreiro Araújo Lopes	Individual	Senior Feminino	01:30:25	+52:25	10:03
249	204	Matilde de Oliveira Pacheco	Individual	Senior Feminino	01:30:27	+52:27	10:03
250	149	Maria de Fatima Leite Oliveira	Individual	Senior Feminino	01:30:29	+52:29	10:03
251	513	FABRÍCIA GABRIELA NOGUEIRA MOREIRA	Brasilbao	Senior Feminino	01:32:42	+54:42	10:18
252	366	Sara Dias	Individual	Senior Feminino	01:32:46	+54:46	10:18

Senior Masculino

1	734	Steven Lopes de Sá	Individual	Senior Masculino	32:27		03:36
2	67	Bruno Filipe Novais Pereira	Individual	Senior Masculino	32:27	+00:00	03:36
3	390	Nuno da Silva Carvalho	Realense Futebol Clube	Senior Masculino	33:02	+00:34	03:40
4	550	Tiago Simões Faria	Águias de Alvelos	Senior Masculino	33:29	+01:02	03:43
5	551	Nuno Figueiredo	Águias de Alvelos	Senior Masculino	33:49	+01:21	03:45
6	140	André Natário	Vizela Corre	Senior Masculino	33:58	+01:30	03:46

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7	479	João Carlos Melgo	Ginásio Clube de Bragança	Senior Masculino	34:06	+01:38	03:47
8	623	Helder Filipe Ferreira Narciso	Ginásio Clube de Bragança	Senior Masculino	34:39	+02:11	03:51
9	451	Helder Gonçalves	Ledechem	Senior Masculino	35:18	+02:50	03:55
10	229	Vasco Rodrigues Teixeira	Individual	Senior Masculino	35:37	+03:09	03:57
11	135	Hugo Cardoso	Vitória SC	Senior Masculino	35:41	+03:13	03:58
12	80	Bruno Teixeira	GIL VICENTE F.C.	Senior Masculino	35:54	+03:26	03:59
13	442	Diogo Filipe Morenso Fernandes	Becri	Senior Masculino	35:58	+03:30	04:00
14	733	Augusto José Rodrigues da Costa	Amigos da montanha	Senior Masculino	36:49	+04:21	04:05
15	657	Simão Rodrigues Cardoso	Aguias de Alvelos	Senior Masculino	36:50	+04:22	04:06
16	750	Luís Filipe Duarte Azevedo	Individual	Senior Masculino	36:56	+04:28	04:06
17	627	Felipe da Silva	Ginásio Clube de Bragança	Senior Masculino	37:00	+04:32	04:07
18	719	Francisco Manuel Nunes de Oliveira	Individual	Senior Masculino	37:30	+05:02	04:10
19	393	Paulo Jorge Gomes Peixoto	Individual	Senior Masculino	37:32	+05:04	04:10
20	445	Pedro Filipe Matos Gomes	Becri	Senior Masculino	37:34	+05:06	04:10
21	310	Sérgio Vilas Boas	NÚCLEO DESPORTIVO DA SILVA	Senior Masculino	37:34	+05:06	04:10
22	701	Alexandre Inforcávado	Inforcávado	Senior Masculino	37:40	+05:12	04:11
23	344	Nuno Tiago Fernandes Carvalho	Carvema	Senior Masculino	37:43	+05:16	04:11
24	653	Andre Silva	Individual	Senior Masculino	38:06	+05:38	04:14
25	668	SYBILLE ANDRIES	Individual	Senior Masculino	38:13	+05:45	04:15
26	643	Francisco Pilar	JUVMAR	Senior Masculino	38:42	+06:14	04:18
27	487	Sergio miguel fernandes machado	Individual	Senior Masculino	38:48	+06:20	04:19
28	576	Diogo António Apolinário Costa	GTMB	Senior Masculino	39:25	+06:57	04:23
29	418	Rafael Filipe de Araujo	Fisacar	Senior Masculino	39:28	+07:00	04:23
30	472	José Afonso	HSANTAMARIART	Senior Masculino	39:32	+07:04	04:24
31	475	Vasco ribeiro	HSANTAMARIART	Senior Masculino	39:32	+07:05	04:24
32	581	Vitor	WORST PACERS	Senior Masculino	39:54	+07:26	04:26
33	508	Felipe Oliveira	Individual	Senior Masculino	39:56	+07:29	04:26
34	293	Sérgio	Becri	Senior Masculino	40:02	+07:34	04:27
35	114	Tiago Manuel Miranda Ribeiro	Gil Vicente FC	Senior Masculino	40:02	+07:34	04:27
36	111	Carlos André Barroso Ferreira	Individual	Senior Masculino	40:04	+07:36	04:27
37	724	Vitor Manuel Gomes Sousa	Individual	Senior Masculino	40:06	+07:38	04:27
38	421	Bruno José da Costa Carvalho	Fisacar	Senior Masculino	40:12	+07:44	04:28
39	457	Tomás da Silva Moreira	Minho e Lima Trail	Senior Masculino	40:13	+07:46	04:28
40	84	Rafael Real	Atrium Areias Team	Senior Masculino	40:21	+07:54	04:29
41	245	Luís Filipe Vilas Boas Campos	Airórun	Senior Masculino	40:27	+07:59	04:30
42	638	José Luís Matos Brito	Individual	Senior Masculino	40:38	+08:10	04:31
43	112	Pedro Ferreira	Individual	Senior Masculino	40:42	+08:15	04:31
44	716	Filipe Miguel Pontelo Faria	Carvema	Senior Masculino	40:45	+08:17	04:32
45	276	Pedro senra	Individual	Senior Masculino	40:48	+08:20	04:32
46	678	Diogo Rocha Rodrigues	"FC OS ACADÉMICOS" Running	Senior Masculino	40:51	+08:23	04:32
47	531	Pedro Manuel Coutinho Lopes	Individual	Senior Masculino	40:51	+08:24	04:32
48	273	Hugo Martins Ribeiro	Øcult	Senior Masculino	40:53	+08:25	04:33
49	277	Marcos Dinis Tobias Ourives	Trail me	Senior Masculino	40:57	+08:29	04:33
50	619	Jorge de Jesus Alves Pires	Ginásio Clube de Bragança	Senior Masculino	41:00	+08:32	04:33
51	109	João Marques	WORST PACERS	Senior Masculino	41:01	+08:33	04:33
52	672	Luis Claudio Oliveira Brito	Individual	Senior Masculino	41:01	+08:33	04:33

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OFFICIAL RESULT

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53	413	Ricardo Miguel Ferreira Silva	Individual	Senior Masculino	41:05	+08:38	04:34
54	50	Flávio Paulo esteves da Rocha	Blue Run Club	Senior Masculino	41:19	+08:51	04:35
55	641	André Manuel Apolinário Costa	Individual	Senior Masculino	41:22	+08:54	04:36
56	258	Luís Filipe Gomes Rodrigues	GRAAC	Senior Masculino	41:25	+08:57	04:36
57	89	Rodrigo Oliveira	MilesAndVibes Run Club	Senior Masculino	41:35	+09:07	04:37
58	69	Daniel Filipe Gonçalves Almeida	Individual	Senior Masculino	41:39	+09:11	04:38
59	54	Domingos Eiras	Individual	Senior Masculino	41:43	+09:15	04:38
60	661	Ricardo Manuel Dias Araujo	Individual	Senior Masculino	41:47	+09:19	04:39
61	77	Rui Da Silva Sousa	Individual	Senior Masculino	41:51	+09:23	04:39
62	275	Bruno José Lopes do Paço	Øcult	Senior Masculino	41:56	+09:28	04:40
63	649	Gabriel Lucas Rodrigues	Individual	Senior Masculino	42:00	+09:32	04:40
64	38	Fábio Pimentel	Individual	Senior Masculino	42:09	+09:41	04:41
65	443	Diogo Bertoluci	Becri	Senior Masculino	42:12	+09:44	04:41
66	304	Luís Pedro da Silva Torres	PRTexteis 1	Senior Masculino	42:19	+09:51	04:42
67	447	Guilherme Lima	Miles & Vibes	Senior Masculino	42:21	+09:53	04:42
68	53	Nuno José Gomes Rodrigues	Individual	Senior Masculino	42:33	+10:06	04:44
69	708	Adélio de Sousa Ramalho	Carvema	Senior Masculino	42:41	+10:13	04:45
70	612	Ruben Bertoluci	Individual	Senior Masculino	42:43	+10:15	04:45
71	279	João Freitas	Individual	Senior Masculino	42:45	+10:17	04:45
72	193	Joao Carlos da costa faria Gonçalves	Individual	Senior Masculino	42:47	+10:20	04:45
73	90	José Miguel Machado Ferreira	Individual	Senior Masculino	42:47	+10:20	04:45
74	408	Orlando Jorge Faria da Silva	Individual	Senior Masculino	42:54	+10:26	04:46
75	101	Pedro Poças	A TEAM AGEAS	Senior Masculino	43:02	+10:35	04:47
76	264	Ricardo Santos	Individual	Senior Masculino	43:09	+10:42	04:48
77	91	Cláudio Silva	Individual	Senior Masculino	43:19	+10:51	04:49
78	374	André Filipe Costa Pereira	Individual	Senior Masculino	43:30	+11:02	04:50
79	458	José André Magalhães Barros	Individual	Senior Masculino	43:48	+11:20	04:52
80	369	Gonçalo Castilho	Individual	Senior Masculino	43:50	+11:22	04:52
81	751	António Ferreira da Silva	Individual	Senior Masculino	43:53	+11:25	04:53
82	567	Jorge Agostinho da Silva Domingues	Lebres Minhotas	Senior Masculino	43:55	+11:27	04:53
83	249	Rodrigo Horta Bartolo	Individual	Senior Masculino	44:00	+11:33	04:53
84	323	Pedro Freitas	Individual	Senior Masculino	44:02	+11:34	04:54
85	538	Ilverlon Silva Sousa	Quilómetros à Solta	Senior Masculino	44:04	+11:36	04:54
86	70	Mário Vilas Boas Montenegro	Individual	Senior Masculino	44:09	+11:41	04:54
87	79	Ricardo costa	Individual	Senior Masculino	44:10	+11:43	04:54
88	139	Leonel Lopes	Individual	Senior Masculino	44:13	+11:45	04:55
89	98	Vítor Bruno da Silva Sousa	WORST PACERS	Senior Masculino	44:14	+11:46	04:55
90	331	Pedro Neiva	Individual	Senior Masculino	44:19	+11:51	04:55
91	116	João Tiago Magalhães Gomes Ribeiro	100Pernas	Senior Masculino	44:32	+12:05	04:57
92	126	Ricardo Bastos	Individual	Senior Masculino	44:38	+12:10	04:58
93	554	João Pereira	Individual	Senior Masculino	44:52	+12:25	04:59
94	677	Tiago Ferreira	“FC OS ACADÉMICOS” Running	Senior Masculino	44:55	+12:28	04:59
95	715	Hugo Carvalho	Carvema	Senior Masculino	45:02	+12:34	05:00
96	72	Mário Alexandre Marques Mendonça Montenegro	Individual	Senior Masculino	45:02	+12:35	05:00
97	497	Rafael Rodrigues Araujo	Individual	Senior Masculino	45:05	+12:38	05:01
98	717	António Miquel Silva Domingues	Lebres Minhotas	Senior Masculino	45:08	+12:40	05:01

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99	523	Vicente Nuno Guimarães Caravana	Individual	Senior Masculino	45:08	+12:40	05:01
100	462	Afonso Machado Leitao	Individual	Senior Masculino	45:09	+12:41	05:01
101	694	MIGUEL MARQUES LOPES	Individual	Senior Masculino	45:14	+12:46	05:02
102	233	Tomás Ribeiro	Improve Running	Senior Masculino	45:16	+12:48	05:02
103	565	George Ferreira Araújo	GTMB	Senior Masculino	45:20	+12:52	05:02
104	338	José Carlos Rodrigues Cardoso	Individual	Senior Masculino	45:20	+12:52	05:02
105	335	Luís Miguel Neco Lima	Individual	Senior Masculino	45:20	+12:52	05:02
106	570	Cândido Manuel Fernandes Oliveira	GTMB	Senior Masculino	45:20	+12:52	05:02
107	491	DIOGO GABRIEL SILVA ALVES	Heart Neon Team	Senior Masculino	45:25	+12:57	05:03
108	99	Luis Marques	WORST PACERS	Senior Masculino	45:29	+13:01	05:03
109	729	Diogo Faria Ferreira	Individual	Senior Masculino	45:33	+13:05	05:04
110	660	Ricardo Miguel Campos Simões	Landeiro	Senior Masculino	45:34	+13:06	05:04
111	218	Carlos Alberto da Cunha Pereira	Individual	Senior Masculino	45:36	+13:08	05:04
112	362	Carlos Miguel Tomé Fernandes	Individual	Senior Masculino	45:40	+13:12	05:04
113	722	Marco Ferreira	Individual	Senior Masculino	45:42	+13:14	05:05
114	588	Pedro Miguel Ribeiro Bouça Nova	Individual	Senior Masculino	45:42	+13:14	05:05
115	436	Luís Miguel Abreu Araújo	Individual	Senior Masculino	45:47	+13:19	05:05
116	100	Manuel Francisco Moreira da Silva	Individual	Senior Masculino	45:48	+13:20	05:05
117	480	Fabício Souza	Individual	Senior Masculino	45:50	+13:22	05:06
118	493	George	Individual	Senior Masculino	45:51	+13:23	05:06
119	192	José Miguel Sousa Ribeiro	Individual	Senior Masculino	45:58	+13:30	05:06
120	253	Ivo Fernando Ribeiro Lima	Individual	Senior Masculino	46:10	+13:42	05:08
121	702	Luis Manuel Oliveira Barbosa	Inforcávado	Senior Masculino	46:10	+13:42	05:08
122	591	Joao manuel macedo rodrigues	Individual	Senior Masculino	46:13	+13:45	05:08
123	703	Thiago Augusto Ribeiro de Moraes	Individual	Senior Masculino	46:16	+13:48	05:08
124	78	Gustavo Pinto da Costa	Individual	Senior Masculino	46:17	+13:49	05:09
125	314	Paulo Jorge Barbosa Fernandes	Individual	Senior Masculino	46:24	+13:57	05:09
126	595	Lucas Silva Pinto Lisboa	EntreSilvas	Senior Masculino	46:26	+13:59	05:10
127	737	Dinis Carvalho Pereira	Becri	Senior Masculino	46:27	+13:59	05:10
128	320	Rui Mendes	Individual	Senior Masculino	46:27	+13:59	05:10
129	102	Filipe Silva	A TEAM AGEAS	Senior Masculino	46:30	+14:02	05:10
130	110	David José Machado lira dias	WORST PACERS	Senior Masculino	46:32	+14:04	05:10
131	162	José duraes	Individual	Senior Masculino	46:42	+14:15	05:11
132	251	Fabio Pinho	Individual	Senior Masculino	46:50	+14:22	05:12
133	589	Claudio Jose Peixoto Campinho	Individual	Senior Masculino	46:52	+14:24	05:12
134	573	Tiago Casinhas Ribeiro	Individual	Senior Masculino	46:53	+14:25	05:13
135	471	David	Individual	Senior Masculino	47:01	+14:33	05:13
136	76	Lionel Cunha	HR Estúdio	Senior Masculino	47:11	+14:44	05:15
137	552	Paulo Jorge Barbosa Carvalho	Individual	Senior Masculino	47:12	+14:44	05:15
138	409	David Matos Azevedo	Individual	Senior Masculino	47:12	+14:44	05:15
139	307	João Pedro Manhente Simoés	Individual	Senior Masculino	47:17	+14:49	05:15
140	730	ANTONIO DE SOUSA LONGRAS	Individual	Senior Masculino	47:18	+14:50	05:15
141	200	Filipe Almeida de Castro Pinheiro	JOANE CORRE CORRE	Senior Masculino	47:18	+14:50	05:15
142	121	Miguel Costa Dias	Individual	Senior Masculino	47:28	+15:00	05:16
143	738	Eduardo José Borges Machado	Individual	Senior Masculino	47:34	+15:06	05:17
144	693	Sandro Cunha	Individual	Senior Masculino	47:43	+15:16	05:18

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145	256	Gonalo Araujo	Individual	Senior Masculino	47:48	+15:20	05:19
146	322	Eduardo Manuel Gomes Ribeiro	Vivarun	Senior Masculino	47:50	+15:22	05:19
147	665	Thomas van vyve	Individual	Senior Masculino	47:58	+15:30	05:20
148	575	Thiago de Oliveira Demiciano	Adriano Bastos	Senior Masculino	48:00	+15:33	05:20
149	682	Jose Martins	NCLEO DESPORTIVO DA SILVA	Senior Masculino	48:21	+15:53	05:22
150	607	Andr Filipe Neiva Pires	SU RUN	Senior Masculino	48:24	+15:56	05:23
151	386	Vtor Daniel Oliveira Silva	Individual	Senior Masculino	48:28	+16:00	05:23
152	592	Renato Carneiro	Individual	Senior Masculino	48:47	+16:19	05:25
153	688	JOSE ANTONIO RIBEIRO ROCHA	Green Dye	Senior Masculino	49:02	+16:34	05:27
154	398	Antnio Rui Rocha Santos	Individual	Senior Masculino	49:16	+16:48	05:28
155	240	Pedro Miguel S Alves	Individual	Senior Masculino	49:17	+16:49	05:29
156	376	Jos Ribeiro	Individual	Senior Masculino	49:21	+16:53	05:29
157	150	Martinho Dias	Individual	Senior Masculino	49:26	+16:58	05:30
158	611	Rafael Jos Silva Freitas	QUILMETROS A SOLTA	Senior Masculino	49:27	+17:00	05:30
159	609	Andr Silva	QUILMETROS A SOLTA	Senior Masculino	49:28	+17:00	05:30
160	432	Fbio Bruno Correia Jales	SPORT COMRCIO E SALGUEIROS	Senior Masculino	49:45	+17:17	05:32
161	226	Manuel Antnio Alves D. Senra Ferreira	Individual	Senior Masculino	49:51	+17:23	05:32
162	74	Rodrigo Antunes Pires de Jesus Pinheiro	Individual	Senior Masculino	49:52	+17:24	05:32
163	73	Francisco Manuel de Jesus Pinheiro	Individual	Senior Masculino	49:52	+17:24	05:32
164	574	Sander Jarden Farrapo Moita	Individual	Senior Masculino	49:58	+17:31	05:33
165	340	Diogo Renato Teixeira Lemos	Individual	Senior Masculino	50:04	+17:36	05:34
166	295	Davide	Becri	Senior Masculino	50:08	+17:40	05:34
167	313	Micael Carvalho Rodrigues	Individual	Senior Masculino	50:09	+17:41	05:34
168	58	Pedro Pinto	Ipswich em Julho	Senior Masculino	50:23	+17:56	05:36
169	429	Ricardo Soares	Individual	Senior Masculino	50:26	+17:58	05:36
170	593	Rodrigo Silva Pinto Lisboa	EntreSilvas	Senior Masculino	50:35	+18:07	05:37
171	178	Bruno Loureno Santos	Individual	Senior Masculino	50:48	+18:20	05:39
172	571	Nuno Manuel Oliveira Pereira	Individual	Senior Masculino	51:02	+18:34	05:40
173	671	Jorge Da torre Lage	Individual	Senior Masculino	51:05	+18:37	05:41
174	549	LUCIANO FERNANDES DA SILVA	Individual	Senior Masculino	51:07	+18:40	05:41
175	397	Nuno Miguel Pinto Alves Alves	Individual	Senior Masculino	51:11	+18:43	05:41
176	237	Ricardo Carvalho	Improve Running	Senior Masculino	51:13	+18:45	05:41
177	732	Marco Paulo Oliveira Carvalho	Individual	Senior Masculino	51:13	+18:45	05:41
178	25	Mario Mendez Melchor	Individual	Senior Masculino	51:25	+18:57	05:43
179	467	David Gonzlez Vzquez	Individual	Senior Masculino	51:26	+18:58	05:43
180	333	Antonio Silva	Individual	Senior Masculino	51:27	+18:59	05:43
181	103	Nuno Gomes	A TEAM AGEAS	Senior Masculino	51:34	+19:06	05:44
182	44	Rodolfo Manuel Ferreira de Abreu	Individual	Senior Masculino	51:36	+19:08	05:44
183	440	Rui Ferreira	Becri	Senior Masculino	51:39	+19:12	05:44
184	267	Jos Miguel Dominguez	Individual	Senior Masculino	51:43	+19:16	05:45
185	266	Miguel Angel Dominguez	Individual	Senior Masculino	51:44	+19:16	05:45
186	319	Fernando Monteiro	Individual	Senior Masculino	51:44	+19:17	05:45
187	632	Rui Salvador Santos Marques	Individual	Senior Masculino	51:46	+19:18	05:45
188	485	Jorge Miguel Henriques Coelho	Copos e Trilhos	Senior Masculino	51:51	+19:23	05:46

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189	414	Marco António Fernandes da Silva Rodrigues	Individual	Senior Masculino	52:01	+19:33	05:47
190	316	Nuno Miguel Castro Costa	Individual	Senior Masculino	52:11	+19:43	05:48
191	622	Delmar António Aguietas Domingues	Ginásio Clube de Bragança	Senior Masculino	52:30	+20:02	05:50
192	579	Manuel Araújo Brito	Lebres Minhotas	Senior Masculino	52:35	+20:08	05:51
193	184	Fernando Lopes	Individual	Senior Masculino	52:36	+20:09	05:51
194	92	Joel	Inter Cepaea	Senior Masculino	52:39	+20:11	05:51
195	40	Flavio Alberto de Carvalho	Individual	Senior Masculino	52:52	+20:24	05:52
196	596	Rui Fernando Mendes Silva	EntreSilvas	Senior Masculino	53:06	+20:38	05:54
197	448	Pedro Roseta	Ledechem	Senior Masculino	53:10	+20:42	05:54
198	191	Bruno Adriano Alves Dias Rafael	Individual	Senior Masculino	53:12	+20:44	05:55
199	49	Ângelo Marcelo Mendes da Rocha	Embarca Running	Senior Masculino	53:21	+20:53	05:56
200	206	Ricardo Emanuel soares silva	HR estudio	Senior Masculino	53:27	+20:59	05:56
201	728	Benjamim	Individual	Senior Masculino	53:36	+21:08	05:57
202	180	Francisco Manuel Freitas Santos	Individual	Senior Masculino	53:38	+21:10	05:58
203	296	João	Becri	Senior Masculino	53:45	+21:17	05:58
204	473	Vasco neves	HSANTAMARIART	Senior Masculino	53:54	+21:26	05:59
205	474	Paulo jorge silva freitas	HSANTAMARIART	Senior Masculino	53:54	+21:27	05:59
206	294	Carlos	Becri	Senior Masculino	54:05	+21:37	06:01
207	736	Luís Miguel Pereira	Becri	Senior Masculino	54:05	+21:37	06:01
208	28	Hugo Rodrigues	HR Estúdio	Senior Masculino	54:13	+21:46	06:01
209	670	Tiago miguel ferreira de sa	Individual	Senior Masculino	54:18	+21:51	06:02
210	610	Francisco José Gramoso Domingues	Individual	Senior Masculino	54:20	+21:52	06:02
211	405	Romeu Miguel Lopes Ribeiro	100Pernas	Senior Masculino	54:32	+22:05	06:04
212	177	Joao Alves	Individual	Senior Masculino	54:34	+22:06	06:04
213	700	Tiago André Pinto Pimenta do Vale	Inforcávado	Senior Masculino	54:36	+22:08	06:04
214	650	Duarte Da Silva Miranda	Individual	Senior Masculino	54:36	+22:09	06:04
215	710	Pedro Miranda	Carvema	Senior Masculino	54:37	+22:09	06:04
216	196	António Serino	A minha avó corre mais	Senior Masculino	54:38	+22:10	06:04
217	368	Eduardo Silva	Individual	Senior Masculino	54:39	+22:11	06:04
218	540	Fernando Jorge Gonçalves Faria	Quilómetros à Solta	Senior Masculino	54:42	+22:14	06:05
219	679	Francisco Quelha	Individual	Senior Masculino	54:46	+22:18	06:05
220	185	Rui Ferreira	Individual	Senior Masculino	54:49	+22:21	06:05
221	311	NUNO MIGUEL CARVALHIDO GOMES	Individual	Senior Masculino	54:53	+22:25	06:06
222	438	Pedro silva	DaPortas	Senior Masculino	54:54	+22:26	06:06
223	130	Nuno Miguel Carvalho Ferreira	Individual	Senior Masculino	55:10	+22:42	06:08
224	129	Carlos Miguel Cerqueira Silva Lopes	Individual	Senior Masculino	55:10	+22:42	06:08
225	383	Pedro Manuel Eiras Macedo	Individual	Senior Masculino	55:13	+22:45	06:08
226	238	Valdemar Vale	Improve Running	Senior Masculino	55:13	+22:45	06:08
227	420	Alexandre Manuel Nascimento dos Santos	Fisacar	Senior Masculino	55:28	+23:00	06:10
228	402	Diogo Eduardo Costa Fonseca	Fisacar	Senior Masculino	55:28	+23:00	06:10
229	274	Jose antonio miranda da silva	Individual	Senior Masculino	55:32	+23:04	06:10
230	631	Luis Filipe Bras da Silva	Individual	Senior Masculino	55:50	+23:23	06:12
231	96	Ricardo Jorge Vieira Peixoto	Individual	Senior Masculino	55:52	+23:24	06:12
232	392	Alex Nogueira Mendes	Machada Run Club	Senior Masculino	56:01	+23:33	06:13

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233	52	Ulisses José Pimentel da Mota	Individual	Senior Masculino	56:07	+23:39	06:14
234	51	Ricardo Américo Eiras Ribeiro Capitão	Individual	Senior Masculino	56:08	+23:40	06:14
235	563	Bruno Lopes de Oliveira	Braga Next Run	Senior Masculino	56:16	+23:48	06:15
236	558	João Pedro Teixeira dos Santos	Individual	Senior Masculino	56:17	+23:49	06:15
237	517	Mário José Gonçalves	Individual	Senior Masculino	56:20	+23:52	06:16
238	357	Pedro Lima Ribeiro	Inter de Cepães	Senior Masculino	56:29	+24:01	06:17
239	560	Mathéo Miranda	Individual	Senior Masculino	56:48	+24:20	06:19
240	669	Afonso Ferreira	Individual	Senior Masculino	56:51	+24:23	06:19
241	83	Daniel da Cunha Pinto Cardoso	Individual	Senior Masculino	56:51	+24:23	06:19
242	118	João Alves	Individual	Senior Masculino	56:59	+24:32	06:20
243	434	José Pedro Jesus Costinha	Individual	Senior Masculino	57:04	+24:36	06:20
244	342	Guilherme Montenegro Almeida	Carvema	Senior Masculino	57:13	+24:45	06:21
245	726	Ângelo Rafael Gomes Araújo	HR estudio	Senior Masculino	57:19	+24:51	06:22
246	288	Filipe Correia	Becri	Senior Masculino	57:21	+24:53	06:22
247	520	José Manuel Pereira Araújo	HR Estúdio	Senior Masculino	57:25	+24:57	06:23
248	659	João Humberto Pinheiro Campos	Landeiro	Senior Masculino	57:46	+25:18	06:25
249	119	Afonso Costa Dias	Individual	Senior Masculino	58:13	+25:45	06:28
250	426	Daniel sousa	MÁQUINAS	Senior Masculino	58:22	+25:54	06:29
251	427	Fábio Neves	MÁQUINAS	Senior Masculino	58:23	+25:55	06:29
252	298	Claúdio M. Pereira	Posolis	Senior Masculino	58:28	+26:00	06:30
253	713	José Cunha	Carvema	Senior Masculino	58:40	+26:13	06:31
254	587	Francisco Dinis	Individual	Senior Masculino	58:41	+26:13	06:31
255	642	Carlos Vieira	Individual	Senior Masculino	58:41	+26:13	06:31
256	449	António Sagueiro	Ledechem	Senior Masculino	58:42	+26:14	06:31
257	518	Benjamim Peixoto Dias	Individual	Senior Masculino	58:44	+26:16	06:32
258	743	Augusto Manuel Azevedo Pinto	Individual	Senior Masculino	58:51	+26:24	06:32
259	689	JOSÉ MANUEL BARROSO ANDRADE FARIA	Green Dye	Senior Masculino	58:52	+26:24	06:32
260	635	Bruno Pereira	Individual	Senior Masculino	59:04	+26:36	06:34
261	222	Paulo Costa	Individual	Senior Masculino	59:06	+26:39	06:34
262	712	Jorge Martins	Carvema	Senior Masculino	59:07	+26:40	06:34
263	219	Marcelo Cardoso	Individual	Senior Masculino	59:12	+26:44	06:35
264	203	Luís Fernandes	Vieira Runners	Senior Masculino	59:16	+26:48	06:35
265	255	Joel Eduardo Sousa Neiva	Vieira Runners	Senior Masculino	59:16	+26:48	06:35
266	141	Bruno Branco	Vieira Runners	Senior Masculino	59:17	+26:49	06:35
267	594	Pedro Pinto Lisboa	EntreSilvas	Senior Masculino	59:25	+26:57	06:36
268	706	Eusébio Costa Gonçalves	Individual	Senior Masculino	59:28	+27:00	06:36
269	648	Avelino Loureiro	Individual	Senior Masculino	59:30	+27:02	06:37
270	93	Luis Peixoto Faria	Inter de Cepães	Senior Masculino	59:34	+27:07	06:37
271	176	Vítor Manuel Dias Gonçalves	Embarca Running	Senior Masculino	59:42	+27:14	06:38
272	389	Nuno Miguel Dantas de Barros	Dantas Family	Senior Masculino	59:46	+27:19	06:38
273	18	Carlos Marques	Quintas a Correr	Senior Masculino	59:58	+27:30	06:40
274	146	Helder Ribeiro	Individual	Senior Masculino	01:00:00	+27:32	06:40
275	260	Pedro Costa	Habcarpintaria Team Run	Senior Masculino	01:00:26	+27:59	06:43
276	284	Pedro Costa	Becri	Senior Masculino	01:00:35	+28:08	06:44
277	406	Armindo Miguel Gomes Ferreira Ribeiro	100Pernas	Senior Masculino	01:00:44	+28:16	06:45
278	584	Paulo Manuel Lopes Costa	GTMB	Senior Masculino	01:00:46	+28:18	06:45

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Prova Principal

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279	403	Joaquim Manuel Silva Gonçalves	Fisacar	Senior Masculino	01:00:50	+28:23	06:46
280	120	José Daniel Ferreira Dias	Individual	Senior Masculino	01:00:59	+28:31	06:47
281	26	Diogo Alves	HR Estúdio	Senior Masculino	01:01:01	+28:34	06:47
282	470	Jorge Azevedo	Vilacelos	Senior Masculino	01:01:04	+28:37	06:47
283	417	Nuno Filipe Pereira Miranda	Fisacar	Senior Masculino	01:01:08	+28:40	06:48
284	578	Vitor Braga	Individual	Senior Masculino	01:01:10	+28:42	06:48
285	159	Francisco Cunha	Individual	Senior Masculino	01:01:15	+28:47	06:48
286	500	Nuno Gomes	Ledechem	Senior Masculino	01:01:36	+29:09	06:51
287	590	Fernando Machado Eira	Individual	Senior Masculino	01:01:40	+29:12	06:51
288	23	José Vieira Filipe	C.C.D Terroso	Senior Masculino	01:01:53	+29:25	06:53
289	695	Miguel Lopes	Individual	Senior Masculino	01:01:58	+29:30	06:53
290	42	Samuel Gomes	Individual	Senior Masculino	01:02:00	+29:32	06:53
291	363	José Domingues	Individual	Senior Masculino	01:02:10	+29:42	06:54
292	160	Jose Cruz	Individual	Senior Masculino	01:02:11	+29:43	06:55
293	13	Marco António Marinhas Figueiras	Dantas Family	Senior Masculino	01:02:18	+29:50	06:55
294	246	Pedro Filipe Magalhães da Rocha	E-Bike Tour	Senior Masculino	01:02:27	+29:59	06:56
295	685	ANDRÉ DANIEL FERNANDES COSTA	Green Dye	Senior Masculino	01:02:36	+30:08	06:57
296	321	Nelson Mendes	Individual	Senior Masculino	01:02:39	+30:11	06:58
297	407	Rui Miguel Lopes Ribeiro	100Pernas	Senior Masculino	01:02:39	+30:11	06:58
298	515	José David Miranda Amaral	Individual	Senior Masculino	01:02:58	+30:31	07:00
299	424	Rui Sousa	Arranja Desculpas	Senior Masculino	01:03:16	+30:48	07:02
300	425	Diogo Filipe Pereira de Castro	Arranja Desculpas	Senior Masculino	01:03:17	+30:49	07:02
301	210	EVANDRO DOS SANTOS FERREIRA	Individual	Senior Masculino	01:03:20	+30:52	07:02
302	625	Agostinho Rui Fernandes Gomes	Ginásio Clube de Bragança	Senior Masculino	01:03:34	+31:06	07:04
303	634	Vitor Oliveira	Worthing Striders	Senior Masculino	01:03:35	+31:07	07:04
304	532	Mauro Pimenta	Individual	Senior Masculino	01:03:37	+31:09	07:04
305	720	Paulo Alexandre Carvalho Lobo	Individual	Senior Masculino	01:03:38	+31:10	07:04
306	745	Atleta 745	Individual	Senior Masculino	01:04:08	+31:40	07:08
307	582	David Faria Castanheira	Individual	Senior Masculino	01:04:08	+31:40	07:08
308	422	José Carlos da Silva	Fisacar	Senior Masculino	01:04:50	+32:22	07:12
309	494	Diogo André Silva Pereira	Individual	Senior Masculino	01:04:57	+32:29	07:13
310	215	Tiago Morais Dantas	Dantas Family	Senior Masculino	01:05:00	+32:32	07:13
311	248	António Monteiro	100Pernas	Senior Masculino	01:05:05	+32:37	07:14
312	616	Leonardo Ribeiro	100Pernas	Senior Masculino	01:05:06	+32:38	07:14
313	354	Vladimir Proskuriakov	Individual	Senior Masculino	01:05:31	+33:03	07:17
314	145	Cesar Manuel Miranda Costa	Individual	Senior Masculino	01:05:42	+33:15	07:18
315	614	João Pedro Ribeiro	Individual	Senior Masculino	01:05:49	+33:21	07:19
316	337	Pedro Gonçalves	Individual	Senior Masculino	01:06:10	+33:42	07:21
317	281	Rui Ferreira	Carvema	Senior Masculino	01:06:10	+33:42	07:21
318	499	Cândido Correia	Givec	Senior Masculino	01:06:10	+33:42	07:21
319	104	Alvaro Pinto	A TEAM AGEAS	Senior Masculino	01:06:11	+33:43	07:21
320	656	Álvaro José Dias Costa Carvalho	BeBetterCentroDeTreino	Senior Masculino	01:06:31	+34:04	07:23
321	514	José Dinis Miranda Amaral	Individual	Senior Masculino	01:06:44	+34:17	07:25
322	600	Afonso Salvado	Individual	Senior Masculino	01:06:46	+34:18	07:25
323	601	José Ferreira	Individual	Senior Masculino	01:06:46	+34:18	07:25
324	231	José Pereira	Improve Running	Senior Masculino	01:06:48	+34:20	07:25

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325	423	Jerónimo Manuel Ferreira da Silva	Fisacar	Senior Masculino	01:06:52	+34:24	07:26
326	122	Jorge Manuel Sá Ribeiro	Individual	Senior Masculino	01:06:55	+34:27	07:26
327	636	Manuel Carvalho	Individual	Senior Masculino	01:06:59	+34:31	07:27
328	537	Hugo Jorge Pereira Lemos	Quilómetros à Solta	Senior Masculino	01:07:04	+34:36	07:27
329	224	João Pedro Moreira Faria	Quilómetros à Solta	Senior Masculino	01:07:04	+34:37	07:27
330	318	João Miguel Dantas de Barros	Dantas Family	Senior Masculino	01:07:16	+34:48	07:28
331	271	Ricardo Lopes	Individual	Senior Masculino	01:07:24	+34:56	07:29
332	336	Carlos Pinheiro	Individual	Senior Masculino	01:07:27	+34:59	07:30
333	455	Jorge Miguel Silva Rodrigues	Individual	Senior Masculino	01:08:13	+35:46	07:35
334	170	José Cristiano Silva Martins	Brigada do ben-u-ron	Senior Masculino	01:08:34	+36:06	07:37
335	360	Fábio Rodrigues	Individual	Senior Masculino	01:08:36	+36:08	07:37
336	133	Ricardo Filipe Macedo Pereira	Individual	Senior Masculino	01:08:56	+36:28	07:40
337	131	Daniel António Ferreira Da Cruz	Individual	Senior Masculino	01:08:56	+36:29	07:40
338	484	Gustavo Jorge Matos Neves	Individual	Senior Masculino	01:09:03	+36:36	07:40
339	384	Fabio Miguel Silva Ramos	Individual	Senior Masculino	01:09:25	+36:58	07:43
340	381	ANDRE FILIPE SILVA RAMOS	Individual	Senior Masculino	01:09:26	+36:59	07:43
341	355	José Salgado	Individual	Senior Masculino	01:10:26	+37:59	07:50
342	411	Leonardo cerqueira	Individual	Senior Masculino	01:10:27	+37:59	07:50
343	152	Nuno André Magalhães da Cunha Mesquita	Individual	Senior Masculino	01:10:30	+38:02	07:50
344	212	Fernando Manuel Moura Vaz	Individual	Senior Masculino	01:10:31	+38:03	07:50
345	441	Ricardo Manuel Silva Miranda	Becri	Senior Masculino	01:10:34	+38:06	07:50
346	444	João Pedro Barroso	Becri	Senior Masculino	01:10:35	+38:07	07:51
347	188	Tiago Xavier Costa	100Pernas	Senior Masculino	01:12:15	+39:48	08:02
348	454	Nuno Martins	Individual	Senior Masculino	01:12:49	+40:21	08:05
349	603	Paulo Fernandes	Individual	Senior Masculino	01:13:01	+40:33	08:07
350	198	André Carvalho	Individual	Senior Masculino	01:13:17	+40:49	08:09
351	301	LEONARDO NOGUEIRA DE CAMPOS	CASAL DINK	Senior Masculino	01:13:22	+40:54	08:09
352	680	Paulo Dantas	Individual	Senior Masculino	01:13:36	+41:08	08:11
353	534	Fred Martins	Individual	Senior Masculino	01:14:00	+41:32	08:13
354	539	Arnaldo Pedro Novais Cardoso	Quilómetros à Solta	Senior Masculino	01:14:15	+41:47	08:15
355	586	Nuno Filipe Real Carvalho	LuNo Runners	Senior Masculino	01:14:19	+41:52	08:15
356	63	Bruno Manuel Machado Pereira	Individual	Senior Masculino	01:14:40	+42:12	08:18
357	506	Antonio Costa	Ledechem	Senior Masculino	01:14:49	+42:21	08:19
358	492	HELDER BRUNO BRAGA LIMA	Heart Neon Team	Senior Masculino	01:15:01	+42:33	08:20
359	490	JOSE PEREIRA	Heart Neon Team	Senior Masculino	01:15:02	+42:34	08:20
360	415	Samuel Carvalho	Individual	Senior Masculino	01:15:20	+42:52	08:22
361	371	José Luis de Sá Pinheiro	Individual	Senior Masculino	01:15:25	+42:57	08:23
362	521	Juan Antonio Araya Osorio	Individual	Senior Masculino	01:15:40	+43:12	08:24
363	597	Luís Brito	Individual	Senior Masculino	01:15:45	+43:17	08:25
364	512	MANUEL BALDELANA GARAYO	Brasilbao	Senior Masculino	01:18:35	+46:07	08:44
365	388	Helder Lima	Centro Desportivo e Cultural de Navais	Senior Masculino	01:18:44	+46:17	08:45
366	394	Pedro Costa	Centro Desportivo e Cultural de Navais	Senior Masculino	01:18:45	+46:18	08:45
367	372	Cláudio Miguel Simões Ferreira	Individual	Senior Masculino	01:18:46	+46:18	08:45
368	353	Rui Pedro Borges	Carvema	Senior Masculino	01:20:32	+48:04	08:57

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369	31	PEDRO ISAAC MORALES TORO	Individual	Senior Masculino	01:20:43	+48:15	08:58
370	241	Paulo henrique alfenas santana	Individual	Senior Masculino	01:21:12	+48:44	09:01
371	463	Alfonso javier casamayor botello	Individual	Senior Masculino	01:23:35	+51:08	09:17
372	564	Miguel Barros	Individual	Senior Masculino	01:23:35	+51:08	09:17
373	684	Fabio Daniel Rodrigues Gomes	Individual	Senior Masculino	01:23:36	+51:09	09:17
374	168	Francisco José Barreto Freitas	Guerreiros de Basto	Senior Masculino	01:23:38	+51:11	09:18
375	466	José Domingos Lourenço Coelho	Individual	Senior Masculino	01:23:42	+51:15	09:18
376	61	Fabio andre laranjaeira cunha	Individual	Senior Masculino	01:23:46	+51:18	09:18
377	199	António Gonçalves Ferreira	Individual	Senior Masculino	01:23:48	+51:20	09:19
378	259	Ricardo Jorge Fernandes Alves	PCRrunners	Senior Masculino	01:23:48	+51:20	09:19
379	142	Nuno Domingos Sousa Rocha	Individual	Senior Masculino	01:23:49	+51:21	09:19
380	516	Miguel Lopes Dias	Individual	Senior Masculino	01:23:49	+51:21	09:19
381	613	Gil Martins	Individual	Senior Masculino	01:23:49	+51:21	09:19
382	330	João Sousa	Vieira a Correr	Senior Masculino	01:25:04	+52:36	09:27
383	33	Hernâni Manuel Silva Veríssimo	Individual	Senior Masculino	01:25:05	+52:37	09:27
384	36	David Sousa	Individual	Senior Masculino	01:25:05	+52:38	09:27
385	519	Paulo Silva	Individual	Senior Masculino	01:25:06	+52:38	09:27
386	535	Avelino Carneiro da Silva	Vieira a Correr	Senior Masculino	01:25:06	+52:38	09:27
387	542	João Diogo Santos Correia	Quilómetros à Solta	Senior Masculino	01:26:12	+53:44	09:35
388	202	Diogo Francisco da Silva Gomes	Individual	Senior Masculino	01:30:28	+58:00	10:03
389	169	Paulo César da Silva Vieira	Individual	Senior Masculino	01:30:30	+58:02	10:03