

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:00	11°C	82%
End	11:34	16°C	67%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	14	Diogo Rosário	acd jardim da serra	Senior Masculino	30:16		03:02
2	9	João Almeida	sport clube beira-mar	Senior Masculino	30:24	+00:08	03:02
3	5	Bernardo Santana	sport comércio e salgueiros	Senior Masculino	30:59	+00:43	03:06
4	8	Vitor oliveira	gdc guilhovai	Veterano M40	31:02	+00:46	03:06
5	7	RICARDO PEREIRA	estrelas vermelhas/peraltafil	Senior Masculino	31:12	+00:56	03:07
6	129	João Rodrigues	gdr santa tecla	Sub 23 Masculino	31:22	+01:06	03:08
7	12	Wilson Cabral	clube de atletismo olímpico vianense	Senior Masculino	31:29	+01:13	03:09
8	1074	José Vieira	acr vale de cambra	Senior Masculino	31:30	+01:13	03:09
9	11	João Carvalho	vitória sc	Senior Masculino	31:37	+01:20	03:10
10	30	ESMÊNIO BEIRÃO	estrelas vermelhas/peraltafil	Sub 23 Masculino	31:56	+01:39	03:12
11	1076	Pedro Magalhães	acr vale de cambra	Senior Masculino	32:00	+01:43	03:12
12	1073	Filipe Ferreira	acr vale de cambra	Senior Masculino	32:17	+02:00	03:14
13	10	João Trigueiros	são salvador do campo	Senior Masculino	32:21	+02:05	03:14
14	18	André Lopes	clube desportivo da póvoa	Sub 23 Masculino	32:27	+02:10	03:15
15	2549	João Alegria	cc são joão da madeira	Senior Masculino	32:35	+02:19	03:16
16	1277	Bruno Lima	escola do movimento	Veterano M40	32:40	+02:23	03:16
17	141	Pedro Cerdeirinha	clube de futebol união de lamas	Veterano M40	32:40	+02:24	03:16
18	2426	FÁBIO FERNANDES CORREIA	sce atletismo	Senior Masculino	32:42	+02:26	03:16
19	32	Fabio barbosa	individual	Senior Masculino	32:44	+02:27	03:16
20	1192	SERGIO PAIVA	clube atletismo de ovar	Senior Masculino	32:46	+02:29	03:17
21	43	Vitor Manuel Quintaneiro Almeida	individual	Senior Masculino	32:49	+02:32	03:17
22	25	HELDER PIRES	estrelas vermelhas/peraltafil	Senior Masculino	32:57	+02:41	03:18
23	756	Joaquim Figueiredo	individual	Veterano M50	33:05	+02:49	03:19
24	1109	Davide Figueiredo	associação figueiredos runners and friends	Veterano M50	33:05	+02:49	03:19
25	33	Daniel Sousa	sport clube beira-mar	Senior Masculino	33:18	+03:02	03:20
26	37	João Novo	atletismo clube da tocha	Senior Masculino	33:32	+03:15	03:21
27	48	Tozé Castro	gdc guilhovai	Veterano M40	33:34	+03:17	03:21
28	39	Domingos Manuel de Lima Fernandes	individual	Veterano M50	33:36	+03:19	03:22
29	2427	GIL MOREIRA MAIA	sce atletismo	Senior Masculino	33:49	+03:33	03:23
30	2540	Solange Jesus	s. c. braga	Senior Feminino	34:13	+03:57	03:25
31	1336	Jorge Cubal	gdc guilhovai	Senior Masculino	34:14	+03:58	03:25
32	2546	Manuel Alves	cc são joão da madeira	Veterano M60	34:19	+04:03	03:26
33	2538	Nuno Matos	individual	Sub 23 Masculino	34:19	+04:03	03:26
34	52	TIAGO DANIEL RAMOS ROSAS	sce atletismo	Senior Masculino	34:20	+04:03	03:26
35	2529	Mia Vinagre	a. f. salesianos	Sub 23 Feminino	34:25	+04:09	03:27
36	2337	Joao Fernandes	pupilos do zé-tó	Senior Masculino	34:25	+04:09	03:27
37	46	FÁBIO SOUSA	luz e vida gondomarense	Senior Masculino	34:29	+04:12	03:27
38	49	Rui Ferreira	são salvador do campo	Sub 23 Masculino	34:35	+04:18	03:27

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
39	45	Daniel Cardoso	grupo desportivo e cultural de castelo de paiva	Veterano M40	34:38	+04:21	03:28
40	378	Diogo Fontes	individual	Senior Masculino	34:38	+04:22	03:28
41	1308	Lucas Oliveira	fidalguinta	Sub 23 Masculino	34:39	+04:22	03:28
42	1256	André Lopes	dr. runner	Senior Masculino	34:41	+04:24	03:28
43	2086	Pedro Costa	individual	Veterano M40	34:49	+04:33	03:29
44	27	RENATO SOUSA	estrelas vermelhas/peraltafil	Senior Masculino	34:52	+04:35	03:29
45	1191	CELSE LEITE	clube atletismo de ovar	Senior Masculino	35:01	+04:44	03:30
46	44	Pedro Miguel Santos	individual	Senior Masculino	35:13	+04:56	03:31
47	2435	NUNO MIGUEL MENDES PAIS	sce atletismo	Veterano M40	35:16	+05:00	03:32
48	29	MARCO MARQUES	estrelas vermelhas/peraltafil	Senior Masculino	35:17	+05:01	03:32
49	206	Antonio Cristóvão	g d c guilhovai	Veterano M40	35:18	+05:01	03:32
50	47	DANIEL SILVA	luz e vida gondomarense	Senior Masculino	35:21	+05:05	03:32
51	1850	Vítor Miranda	individual	Senior Masculino	35:32	+05:16	03:33
52	1108	Hugo Santos	associação desportiva aventuras de paiva-tuga mobile	Veterano M40	35:33	+05:16	03:33
53	2027	Helder Costa	individual	Veterano M40	35:40	+05:23	03:34
54	38	Pedro Cardoso	scespinho triatlo	Senior Masculino	35:41	+05:24	03:34
55	2554	Carlos Carneiro	cinfaes a correr	Senior Masculino	35:44	+05:28	03:34
56	41	Cristiano Silva	individual	Veterano M40	35:45	+05:29	03:35
57	1080	Bruno Freitas	acr vale de cambra	Veterano M40	35:49	+05:33	03:35
58	1599	Andre Santos	individual	Senior Masculino	35:51	+05:34	03:35
59	1311	Fernando Lima	fidalguinta	Veterano M50	35:53	+05:36	03:35
60	59	Fábio Sousa	a.c.d os ilhaves	Senior Masculino	35:55	+05:38	03:35
61	31	MANUEL BESSA	estrelas vermelhas/peraltafil	Veterano M50	35:56	+05:39	03:36
62	138	Pedro Magolo	clube de futebol união de lamas	Senior Masculino	35:56	+05:39	03:36
63	1124	Marco Pinto	brabus runners	Senior Masculino	35:56	+05:40	03:36
64	2428	JOSÉ RICARDO FERREIRA DA SILVA BARROS	sce atletismo	Senior Masculino	35:59	+05:42	03:36
65	1357	Hugo Silva	grupo desportivo a ronda	Veterano M40	36:04	+05:47	03:36
66	653	João Dias	individual	Veterano M40	36:05	+05:49	03:36
67	1700	Joel Sousa Pinto	individual	Senior Masculino	36:07	+05:50	03:37
68	1358	José Costa	grupo desportivo a ronda	Veterano M40	36:12	+05:56	03:37
69	1083	Fernando Silva	acr vale de cambra	Veterano M50	36:14	+05:58	03:37
70	1799	Ricardo Areias	individual	Senior Masculino	36:15	+05:59	03:38
71	1273	Diogo Rouxinol	elite3700	Senior Masculino	36:17	+06:00	03:38
72	1196	José Miguel	clube de atletismo os gaienses/toyota	Veterano M50	36:18	+06:01	03:38
73	2356	José Pedro Dias	retorta- quinta das arcas	Senior Masculino	36:24	+06:08	03:38
74	1163	Alexandre Blasques	mountain goat coaching	Senior Masculino	36:25	+06:08	03:38
75	108	João Amaro	c.d.feirense	Senior Masculino	36:26	+06:10	03:39
76	2528	Doroteia Peixoto	team el comandante	Veterana F40	36:28	+06:12	03:39
77	1161	Nuno Silva	cal - clube atletismo de lamas	Veterano M40	36:32	+06:15	03:39
78	651	João Canedo	individual	Veterano M40	36:33	+06:17	03:39
79	1773	Pedro de Sousa Martins	individual	Senior Masculino	36:34	+06:17	03:39
80	670	Nuno Silva	darecardaes	Veterano M40	36:39	+06:23	03:40
81	1067	Nuno Silva	a.r.sequeirô/destemidos	Senior Masculino	36:41	+06:25	03:40

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
82	1068	Filipe Rocha	a.r.sequeirô/destemidos	Veterano M40	36:42	+06:25	03:40
83	1825	Rui Pinto	individual	Senior Masculino	36:44	+06:28	03:40
84	775	Manuel Silva	individual	Veterano M50	36:45	+06:29	03:41
85	1077	Tiago Silva	acr vale de cambra	Sub 23 Masculino	36:46	+06:30	03:41
86	1774	Pedro Dias Teresinho	individual	Senior Masculino	36:47	+06:30	03:41
87	847	RICARDO QUEIRÓZ	luz e vida gondomarense	Senior Masculino	36:55	+06:39	03:42
88	126	Renato Silva	gdr santa tecla	Veterano M50	36:55	+06:39	03:42
89	16	INES GONÇALVES	clube atletismo de ovar	Senior Feminino	36:59	+06:42	03:42
90	50	Artur Rodrigues	gdc guilhovai	Veterano M50	37:02	+06:46	03:42
91	51	Sandra Ferreira	gdc guilhovai	Veterana F40	37:03	+06:46	03:42
92	1760	Nuno Fernandes	individual	Senior Masculino	37:04	+06:47	03:42
93	986	Hugo Filipe Bastos Silva Sampaio	running espinho	Senior Masculino	37:05	+06:49	03:43
94	2436	AUGUSTO ALVES PINHAL ALUAI	sce atletismo	Veterano M50	37:09	+06:52	03:43
95	40	Paulo Castro	clube efacec	Veterano M40	37:10	+06:53	03:43
96	717	Telmo Oliveira	individual	Veterano M40	37:11	+06:55	03:43
97	2107	Secundino Oliveira	individual	Veterano M40	37:11	+06:55	03:43
98	1600	André Teresinho	individual	Senior Masculino	37:15	+06:59	03:44
99	1905	Ricardo Silva	individual	Sub 23 Masculino	37:17	+07:01	03:44
100	1075	Marco Pinho	acr vale de cambra	Senior Masculino	37:21	+07:04	03:44
101	61	Marco Soares	a.c.d os ilhavs	Senior Masculino	37:21	+07:05	03:44
102	2437	PAULO JORGE MOREIRA JESUS OLIVEIRA	sce atletismo	Veterano M50	37:22	+07:05	03:44
103	422	João Santos	individual	Senior Masculino	37:24	+07:07	03:44
104	2131	João Faria	individual	Veterano M50	37:25	+07:09	03:45
105	2547	Nuno Albergaria	cc são joão da madeira	Senior Masculino	37:26	+07:10	03:45
106	1826	Rui Santos	individual	Senior Masculino	37:27	+07:10	03:45
107	1725	Luís Gomes	individual	Senior Masculino	37:37	+07:20	03:46
108	1340	Pedro Cunha e Silva	gemba running	Senior Masculino	37:37	+07:21	03:46
109	1088	Jose de Oliveira	aej triatlo	Senior Masculino	37:44	+07:28	03:46
110	2513	Pedro Henriques Soares Cruz	individual	Senior Masculino	37:47	+07:30	03:47
111	2274	Fábio Almeida	night runners feira	Senior Masculino	37:47	+07:31	03:47
112	1082	António Pinto Almeida	acr vale de cambra	Veterano M50	37:48	+07:32	03:47
113	2021	Filipe Marques	individual	Veterano M40	37:49	+07:33	03:47
114	15	Joana Nunes	são salvador do campo	Veterana F40	37:51	+07:34	03:47
115	758	Pedro Antonio	individual	Senior Masculino	37:51	+07:35	03:47
116	1172	Joao Antonio	casa do povo de avanca	Senior Masculino	37:51	+07:35	03:47
117	2395	Belmiro Rodrigues	s.c.coimbrões/equipa a	Veterano M60	37:54	+07:37	03:47
118	1789	Pedro Silva	individual	Senior Masculino	37:58	+07:41	03:48
119	2430	RICARDO MIGUEL SILVA PEREIRA	sce atletismo	Senior Masculino	37:59	+07:42	03:48
120	648	Hugo Silva	individual	Veterano M40	38:01	+07:45	03:48
121	666	ZE BOSNIA	individual	Veterano M50	38:01	+07:45	03:48
122	1719	José Sá	individual	Senior Masculino	38:04	+07:48	03:48
123	1815	Rodrigo Jeronimo	individual	Senior Masculino	38:06	+07:50	03:49
124	829	Filipe Baptista	jam - juventude atlética mozelense	Senior Masculino	38:08	+07:51	03:49

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10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
125	2409	Filipe Silva	salgueiro properties	Veterano M40	38:08	+07:52	03:49
126	2459	Ricardo Pais	team el comandante	Senior Masculino	38:12	+07:56	03:49
127	1645	Fábio Almeida	individual	Senior Masculino	38:14	+07:58	03:49
128	1661	Francisco Santos	individual	Senior Masculino	38:15	+07:58	03:49
129	735	António José da Cunha Lourenço	individual	Veterano M50	38:17	+08:00	03:50
130	23	Andreia Cunha	dragon club atletismo	Senior Feminino	38:17	+08:00	03:50
131	1658	Francisco Ferrador	individual	Senior Masculino	38:19	+08:03	03:50
132	1152	Vitor Carvalho	c.d.feirense	Veterano M50	38:22	+08:06	03:50
133	1149	Márcio Dias	c.d.feirense	Sub 23 Masculino	38:24	+08:07	03:50
134	2535	Filipe Martins	fitness factory	Senior Masculino	38:24	+08:08	03:50
135	780	Paulo Resende	individual	Veterano M50	38:25	+08:08	03:50
136	2253	Rui Alvim	mss grupo desportivo de gondomar	Veterano M50	38:25	+08:09	03:51
137	838	Diogo Branco	l & r	Senior Masculino	38:26	+08:09	03:51
138	1003	João Leite	running espinho	Veterano M40	38:31	+08:15	03:51
139	1179	Fernando Antunes	cdc macieira de cambra	Veterano M50	38:40	+08:23	03:52
140	1669	Hélder Manuel da Costa Soares	individual	Senior Masculino	38:44	+08:28	03:52
141	1881	Diogo Lisandro Veiga Fernandes	individual	Sub 23 Masculino	38:44	+08:28	03:52
142	1181	Tiago Marcelino	cenap	Senior Masculino	38:46	+08:30	03:53
143	1594	André Pestana	individual	Senior Masculino	38:47	+08:31	03:53
144	2020	Filipe Almeida	individual	Veterano M40	38:48	+08:32	03:53
145	475	Pedro Tavares	individual	Senior Masculino	38:49	+08:32	03:53
146	1258	Tomás Leal	dr. runner	Senior Masculino	38:50	+08:34	03:53
147	1060	ANDRÁ PINA	a. d. grijó a correr	Veterana F40	38:52	+08:35	03:53
148	1015	Tiago Rosa	scespinho triatlo	Veterano M40	38:52	+08:36	03:53
149	1587	andré Ferreira	individual	Senior Masculino	38:54	+08:37	03:53
150	1707	José Ferreira	individual	Senior Masculino	38:54	+08:37	03:53
151	1883	Diogo silva	individual	Sub 23 Masculino	38:55	+08:39	03:54
152	1713	Jose Mendes	individual	Senior Masculino	38:56	+08:39	03:54
153	2471	Vitor Pinho	ten team	Veterano M50	38:58	+08:41	03:54
154	1173	Pedro Almeida	ccd siemens	Senior Masculino	38:58	+08:41	03:54
155	1595	André Pimenta	individual	Senior Masculino	38:58	+08:42	03:54
156	2425	Mário Contreiras	são salvador do campo	Veterano M50	39:03	+08:46	03:54
157	2447	Américo Valente	serviços sociais culturais dos trabalhadores do município de ovar	Veterano M60	39:05	+08:48	03:54
158	1023	Fábio Correia	tc running	Senior Masculino	39:05	+08:48	03:54
159	2049	Jose Santiago	individual	Veterano M40	39:06	+08:49	03:55
160	60	Flávio Cunha	a.c.d os ilhavos	Senior Masculino	39:06	+08:50	03:55
161	2452	CARLOS LOPES	sport comércio e salgueiros	Veterano M50	39:07	+08:50	03:55
162	2438	PEDRO SIMÃO SILVA SANTOS	sce atletismo	Veterano M50	39:10	+08:54	03:55
163	1048	Rui Pedro Moreira da Silva	#nãohá2sem3	Veterano M40	39:11	+08:54	03:55
164	1014	Pedro Emanuel de Oliveira Monteiro	scespinho triatlo	Senior Masculino	39:13	+08:56	03:55
165	2039	Jorge Costa	individual	Veterano M40	39:13	+08:56	03:55
166	451	Miguel Ribeiro	individual	Senior Masculino	39:14	+08:57	03:55

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
167	17	Mafalda Oliveira	clube atlético macedo de cavaleiros	Senior Feminino	39:20	+09:03	03:56
168	1737	Marco Almeida	individual	Senior Masculino	39:21	+09:04	03:56
169	1790	Pedro Sousa	individual	Senior Masculino	39:22	+09:05	03:56
170	1696	João Valente	individual	Senior Masculino	39:25	+09:08	03:56
171	1194	Pedro Silva	clube atletismo de ovar	Veterano M50	39:27	+09:10	03:57
172	2404	Francisco Travassos	salgueiro properties	Senior Masculino	39:27	+09:10	03:57
173	1171	MarcoManuel Válega Andrade	casa do povo de avanca	Veterano M40	39:27	+09:11	03:57
174	1012	Manuel António dos Santos Rodrigues	samtriman club	Senior Masculino	39:29	+09:12	03:57
175	2092	Pedro Pinto	individual	Veterano M40	39:30	+09:14	03:57
176	24	VITOR SANTOS	estrelas vermelhas/peraltafil	Veterano M40	39:30	+09:14	03:57
177	189	CLAUDIO COSTA	ev-peraltafil	Veterano M40	39:31	+09:14	03:57
178	28	JOSÉ ALMEIDA	estrelas vermelhas/peraltafil	Veterano M40	39:31	+09:14	03:57
179	2548	Fernando Oliveira	cc são joão da madeira	Senior Masculino	39:31	+09:15	03:57
180	680	Miguel Lopes	individual	Veterano M40	39:32	+09:15	03:57
181	760	Jose da silva reis	individual	Veterano M50	39:32	+09:15	03:57
182	725	Vítor felix	individual	Veterano M40	39:32	+09:16	03:57
183	219	Dimas Catarino	gdr granja trutas do mau	Veterano M40	39:33	+09:16	03:57
184	659	João Rodrigues de Sousa Fernandes	individual	Veterano M40	39:35	+09:18	03:57
185	825	BRUNO TIAGO DOS SANTOS GUIMARÃES	jam - juventude atlética mozelense	Senior Masculino	39:36	+09:19	03:58
186	2373	Francisco Silva	running espinho	Senior Masculino	39:37	+09:21	03:58
187	417	João Gonçalves	individual	Senior Masculino	39:40	+09:24	03:58
188	1662	Francisco Teles	individual	Senior Masculino	39:41	+09:24	03:58
189	22	ISABEL SILVA	running espinho	Senior Feminino	39:41	+09:24	03:58
190	2539	Paulo Moreira	running espinho	Senior Masculino	39:41	+09:25	03:58
191	1766	Nuno Sousa	individual	Senior Masculino	39:43	+09:27	03:58
192	1347	Raquel Cirne	grecas vagos	Senior Feminino	39:43	+09:27	03:58
193	500	Sérgio Coelho	individual	Senior Masculino	39:44	+09:27	03:58
194	115	Tiago Oliveira	gdr santa tecla	Senior Masculino	39:44	+09:28	03:58
195	845	Miguel Costa	lourosa em movimento	Senior Masculino	39:46	+09:29	03:59
196	80	Vitor Correia	ana cheri	Senior Masculino	39:47	+09:30	03:59
197	953	Telmo Pinho	powerrun team	Veterano M40	39:47	+09:31	03:59
198	892	Vítor Carmo	núcleo de corrida solveverde	Veterano M40	39:52	+09:36	03:59
199	1880	David Marques	individual	Sub 23 Masculino	39:53	+09:36	03:59
200	2458	Diogo Melo	team el comandante	Senior Masculino	39:56	+09:40	04:00
201	970	FERNANDO SANTOS	reumáticos	Veterano M50	40:00	+09:43	04:00
202	971	PAULO PEREIRA	reumáticos	Veterano M50	40:03	+09:46	04:00
203	1459	Filipa Magalhães	individual	Senior Feminino	40:05	+09:48	04:00
204	1064	JOSÉ SILVA	a. d. grijó a correr	Veterano M50	40:05	+09:49	04:01
205	1407	Renata Gonçalves	josé gomes	Senior Feminino	40:06	+09:50	04:01
206	1607	Bernardo Neto	individual	Senior Masculino	40:06	+09:50	04:01
207	425	Jorge Pacheco	individual	Senior Masculino	40:10	+09:53	04:01
208	192	MANUEL FERREIRA	ev-peraltafil	Veterano M50	40:10	+09:54	04:01
209	21	Lara Costa	arada atlético clube	Sub 23 Feminino	40:11	+09:55	04:01
210	391	Ernesto Rodrigues	individual	Senior Masculino	40:13	+09:57	04:01

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
211	2451	Carlos Gomes	sport comércio e salgueiros	Veterano M40	40:16	+09:59	04:02
212	1524	Marilyne Marques	individual	Senior Feminino	40:16	+09:59	04:02
213	1831	Sergio Pires	individual	Senior Masculino	40:16	+10:00	04:02
214	493	Rui Leandro	individual	Senior Masculino	40:17	+10:01	04:02
215	937	Miguel Sanchez	powerrun team	Senior Masculino	40:18	+10:02	04:02
216	2098	Ricardo feitaira	individual	Veterano M40	40:23	+10:07	04:02
217	284	Joaquim Gomes	individual	Senior Masculino	40:24	+10:07	04:02
218	2067	Miguel Carvalho	individual	Veterano M40	40:26	+10:10	04:03
219	2078	Paulino Reis	individual	Veterano M40	40:27	+10:11	04:03
220	1170	Tiago Costa	casa do povo de avanca	Senior Masculino	40:27	+10:11	04:03
221	167	Joel Simplício	dr runner	Senior Masculino	40:27	+10:11	04:03
222	550	João Santos	individual	Sub 23 Masculino	40:29	+10:13	04:03
223	736	António Ribeiro	individual	Veterano M50	40:31	+10:15	04:03
224	359	André Soares	individual	Senior Masculino	40:34	+10:17	04:03
225	2362	Khaue Viana	root	Senior Masculino	40:34	+10:18	04:03
226	1353	Mario Ibarra	grupo desportivo a ronda	Senior Masculino	40:35	+10:18	04:03
227	353	André António Oliveira Almeida	individual	Senior Masculino	40:35	+10:18	04:03
228	1650	Fernando Marinho	individual	Senior Masculino	40:35	+10:19	04:04
229	1362	Carlos Fazendeiro	grupo desportivo a ronda	Veterano M60	40:38	+10:22	04:04
230	1772	Pedro Castro	individual	Senior Masculino	40:39	+10:23	04:04
231	2339	Filipe Quintino	quintinoteam	Senior Masculino	40:40	+10:24	04:04
232	2212	Jorge Filipe Rodrigues Paiva	just_2	Veterano M40	40:45	+10:28	04:04
233	1284	JOSE SILVA	estrelas vermelhas/peraltafil	Veterano M50	40:46	+10:29	04:05
234	879	Rúben David da Mota Almeida	núcleo de corrida solveverde	Senior Masculino	40:46	+10:30	04:05
235	1695	Joao Tavares	individual	Senior Masculino	40:48	+10:31	04:05
236	1914	Vicente Cardoso	individual	Sub 23 Masculino	40:48	+10:32	04:05
237	2311	Sérgio Filipe Pinho Martins	parceirinhos	Senior Masculino	40:49	+10:32	04:05
238	139	Pedro Trombatella	clube de futebol união de lamas	Senior Masculino	40:49	+10:33	04:05
239	1066	Marcelo Teixeira	a.r.sequeirô/destemidos	Senior Masculino	40:50	+10:34	04:05
240	997	Angelo Fonseca	running espinho	Veterano M40	40:51	+10:34	04:05
241	2431	YOUSSEF EL FAHM	sce atletismo	Senior Masculino	40:52	+10:35	04:05
242	1621	Christian Geyer	individual	Senior Masculino	40:53	+10:37	04:05
243	1694	Lucas Oliveira	individual	Senior Masculino	40:54	+10:37	04:05
244	721	Vasco Regadas	individual	Veterano M40	40:55	+10:39	04:06
245	1089	Fátima Pinho	afis - ovar	Senior Feminino	40:55	+10:39	04:06
246	402	Guilherme Órfão	individual	Senior Masculino	40:59	+10:42	04:06
247	1714	José Oliveira	individual	Senior Masculino	41:00	+10:43	04:06
248	2219	Ernesto Alves	juventude cortegacense	Veterano M50	41:01	+10:45	04:06
249	1400	Ângela Martins	individual	Senior Feminino	41:02	+10:45	04:06
250	1746	Miguel Campos	individual	Senior Masculino	41:03	+10:46	04:06
251	469	Pedro Moisés Teixeira Roque	individual	Senior Masculino	41:03	+10:46	04:06
252	2496	victor PEREIRA	vcp team	Veterano M50	41:05	+10:48	04:06
253	248	Ariana Lino	individual	Senior Feminino	41:07	+10:50	04:07
254	435	Leonel Pereira	individual	Senior Masculino	41:07	+10:51	04:07
255	2286	Rui Freitas	night runners feira	Veterano M50	41:11	+10:55	04:07
256	2087	Pedro Espírito Santo	individual	Veterano M40	41:15	+10:58	04:07

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
257	1147	Paulo Pereira	c f os marialvas	Veterano M50	41:15	+10:59	04:08
258	187	RAFAEL JESUS	ev-peraltafil	Senior Masculino	41:17	+11:01	04:08
259	2016	Emanuel Ortega	individual	Veterano M40	41:18	+11:02	04:08
260	483	Ricardo Jorge Coelho Mendonça	individual	Senior Masculino	41:20	+11:04	04:08
261	140	Ricardo Sousa	clube de futebol união de lamas	Senior Masculino	41:29	+11:12	04:09
262	427	Jorge Teixeira	individual	Senior Masculino	41:34	+11:17	04:09
263	511	Tiago Pereira	individual	Senior Masculino	41:36	+11:20	04:10
264	486	Ricardo Pacheco	individual	Senior Masculino	41:38	+11:21	04:10
265	722	Vasco Rocha	individual	Veterano M40	41:41	+11:25	04:10
266	1235	Eurico Tavares	coporunners	Senior Masculino	41:42	+11:25	04:10
267	2467	Tiago Neto	ten team	Senior Masculino	41:42	+11:25	04:10
268	2224	Pedro Santos	l & r	Senior Masculino	41:42	+11:26	04:10
269	2441	MANUEL SEGUNDO SANTIAGO RODRIGUES	sce atletismo	Veterano M60	41:45	+11:29	04:11
270	2095	Ricardo Almeida	individual	Veterano M40	41:47	+11:30	04:11
271	727	Waldemar Druzin	individual	Veterano M40	41:50	+11:34	04:11
272	2132	Joaquim Silva	individual	Veterano M50	41:51	+11:35	04:11
273	621	António Cruz	individual	Veterano M40	41:54	+11:37	04:11
274	622	António Luís Cunha Barbosa	individual	Veterano M40	41:55	+11:38	04:11
275	1018	Daniel Machado	sport clube freamunde	Veterano M40	41:57	+11:40	04:12
276	1448	Sérgio Ruela	individual	Senior Masculino	41:58	+11:42	04:12
277	1360	Manuel Bastos	grupo desportivo a ronda	Veterano M50	41:59	+11:43	04:12
278	1164	Jorge Camboa	fitness factory	Senior Masculino	42:00	+11:44	04:12
279	1643	Eduardo Gonçalves de Souza	individual	Senior Masculino	42:02	+11:45	04:12
280	2543	Filipe Pereira	juventude cortegacense	Veterano M40	42:02	+11:46	04:12
281	1069	Sara Pereira	academia fernanda ribeiro	Senior Feminino	42:03	+11:46	04:12
282	1225	PAULO RAFAEL SOUSA TEIXEIRA	clube millennium bcp	Veterano M40	42:04	+11:48	04:12
283	35	PATRICIA FERREIRA	estrelas vermelhas/peraltafil	Veterana F40	42:05	+11:49	04:13
284	1805	Ricardo Oliveira	individual	Senior Masculino	42:06	+11:49	04:13
285	1732	Manuel Castro	individual	Senior Masculino	42:06	+11:49	04:13
286	1671	Hélio Dias	individual	Senior Masculino	42:06	+11:49	04:13
287	85	Ricardo Paiva	arcorun	Veterano M40	42:09	+11:53	04:13
288	2315	Pedro Serrano	pastello runners	Veterano M50	42:12	+11:55	04:13
289	632	Daniel Polonio	individual	Veterano M40	42:12	+11:56	04:13
290	705	Ricardo Doria Duarte	individual	Veterano M40	42:13	+11:57	04:13
291	1115	Paulo Bandalho	bandalhos running	Veterano M50	42:15	+11:59	04:14
292	1215	Camilo Guedes	clube do pessoal das águas de gaia	Veterano M50	42:17	+12:01	04:14
293	1095	Carlos Marques	alcateia do cabouco	Senior Masculino	42:18	+12:01	04:14
294	1005	Marco soares	running espinho	Veterano M40	42:18	+12:02	04:14
295	1663	Francisco Viterbo	individual	Senior Masculino	42:18	+12:02	04:14
296	2390	Marta Caeiro	runriver	Senior Feminino	42:19	+12:02	04:14
297	114	Samuel Marques	gdr santa tecla	Senior Masculino	42:19	+12:03	04:14
298	542	Diogo SOUSA	individual	Sub 23 Masculino	42:19	+12:03	04:14
299	1617	Carlos maques	individual	Senior Masculino	42:23	+12:07	04:14
300	1148	Rui Lopes Silva	c.d.feirense	Senior Masculino	42:24	+12:07	04:14

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
301	788	Sergio Looes	individual	Veterano M50	42:24	+12:07	04:14
302	1612	Bruno Noversa	individual	Senior Masculino	42:25	+12:08	04:14
303	689	PAULO GAVINA	individual	Veterano M40	42:26	+12:09	04:15
304	2080	Paulo Fernandes	individual	Veterano M40	42:27	+12:11	04:15
305	172	José Rodrigues	eles andem aí	Senior Masculino	42:28	+12:12	04:15
306	385	Edgar Silva	individual	Senior Masculino	42:29	+12:13	04:15
307	2444	Ângela Carvalho	scespinho triatlo	Veterana F40	42:29	+12:13	04:15
308	2126	César Baltar	individual	Veterano M50	42:31	+12:15	04:15
309	2291	Ricardo Teixeira	nós tentamos	Veterano M40	42:33	+12:16	04:15
310	1845	Valter Costa	individual	Senior Masculino	42:33	+12:17	04:15
311	1767	João Pedro	nme	Veterano M40	42:36	+12:19	04:16
312	1071	José Pinho	acdcsmf os laranjinhas	Veterano M40	42:36	+12:19	04:16
313	1193	LIGIA SANTOS	clube atletismo de ovar	Veterana F40	42:38	+12:21	04:16
314	1238	Marcos Fonseca	coporunners	Veterano M40	42:39	+12:23	04:16
315	2203	rodrigo pinhal	javalis100limites	Senior Masculino	42:40	+12:24	04:16
316	363	Carlos Pereira	individual	Senior Masculino	42:42	+12:26	04:16
317	462	Paulo Silva	individual	Senior Masculino	42:44	+12:27	04:16
318	2465	João Amorim	team sal	Senior Masculino	42:44	+12:27	04:16
319	1581	Alexandre Kowalski	individual	Senior Masculino	42:44	+12:28	04:16
320	1207	Carlos Domingos Alves	clube do pessoal da edp porto	Veterano M60	42:45	+12:28	04:16
321	439	Luís Silva	individual	Senior Masculino	42:45	+12:28	04:16
322	34	CRISTIANA SANTOS	estrelas vermelhas/peraltafil	Senior Feminino	42:45	+12:29	04:16
323	818	Paulo Dias	individual	Veterano M60	42:46	+12:30	04:17
324	1724	Luis Campos	individual	Senior Masculino	42:48	+12:31	04:17
325	1092	Gil Dudot	afis - ovar	Senior Masculino	42:50	+12:33	04:17
326	2292	Regina Maria Gilvaz	núcleo de atletismo de cucujães	Veterana F50	42:50	+12:33	04:17
327	754	João Sousa	individual	Veterano M50	42:50	+12:34	04:17
328	75	Tom Arnstein	amparo	Senior Masculino	42:51	+12:35	04:17
329	1483	Joana Mendes	individual	Senior Feminino	42:52	+12:35	04:17
330	769	Leonel Cuco	individual	Veterano M50	42:56	+12:40	04:18
331	362	Bruno Ribeiro	individual	Senior Masculino	42:57	+12:41	04:18
332	728	Xavier Miranda	individual	Veterano M40	42:57	+12:41	04:18
333	2423	Samuel Leal	samtriman club	Senior Masculino	42:59	+12:42	04:18
334	1011	Carlos Resende	samtriman club	Senior Masculino	43:01	+12:44	04:18
335	2450	Ricardo Machado	sport clube freamunde	Veterano M60	43:02	+12:46	04:18
336	1247	Isac Manuel Martins da Silva	crossfit couto	Senior Masculino	43:03	+12:47	04:18
337	1761	Nuno Gonçalves	individual	Senior Masculino	43:05	+12:48	04:18
338	668	Luis Alves	individual	Veterano M40	43:05	+12:49	04:19
339	1640	Diogo Tavares	individual	Senior Masculino	43:06	+12:50	04:19
340	2040	Jorge Filipe Moreira Ramos	individual	Veterano M40	43:07	+12:50	04:19
341	53	Rui Manuel Santos	sporting clube de espinho	Veterano M50	43:09	+12:52	04:19
342	903	Ismael Silva	os kágados	Veterano M60	43:09	+12:53	04:19
343	2299	António Ricardo Henriques	os dragões de mozelos	Senior Masculino	43:09	+12:53	04:19
344	2228	Duarte Eira	lobos do brunheiro de chaves/anteros	Senior Masculino	43:12	+12:55	04:19
345	1214	Sergio Castro	clube do pessoal das águas de gaia	Veterano M40	43:12	+12:55	04:19
346	510	Tiago Pereira	individual	Senior Masculino	43:12	+12:55	04:19

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
347	1024	José Correia	tc running	Veterano M50	43:12	+12:55	04:19
348	2520	Mário Félix	individual	Veterano M40	43:12	+12:56	04:19
349	589	Suzete Andre	individual	Veterana F40	43:13	+12:57	04:19
350	623	Antonio Pires	individual	Veterano M40	43:13	+12:57	04:19
351	20	Filipa Diamantino	clube desportivo da póvoa	Sub 23 Feminino	43:14	+12:57	04:19
352	1125	António Espinheira	brandoenses running	Veterano M50	43:15	+12:58	04:19
353	231	Miguel Coimbra	grupo recreativo eirense	Veterano M60	43:16	+13:00	04:20
354	458	NUNO PINTO	individual	Senior Masculino	43:17	+13:01	04:20
355	719	Tiago Resende	individual	Veterano M40	43:19	+13:03	04:20
356	1008	Carlos Lancha	running espinho	Veterano M50	43:21	+13:05	04:20
357	1801	Ricardo Filipe Pereira Couto	individual	Senior Masculino	43:24	+13:08	04:20
358	639	FILIPE ANTÓNIO GUEDES NEVES	individual	Veterano M40	43:24	+13:08	04:20
359	2146	Pablo Neves	individual	Veterano M50	43:25	+13:09	04:21
360	2011	Carlos Fernandes	individual	Veterano M40	43:29	+13:12	04:21
361	208	GABRIEL RODRIGUES	gaia-running	Veterano M40	43:34	+13:18	04:21
362	2034	Ivo Santos	individual	Veterano M40	43:34	+13:18	04:21
363	2234	Fátima Santos	lusitânia de lourosa	Veterana F50	43:35	+13:18	04:21
364	2026	Gustavo Marques	individual	Veterano M40	43:36	+13:20	04:22
365	998	Carlos Jesus	running espinho	Veterano M40	43:38	+13:21	04:22
366	1592	André Pato	individual	Senior Masculino	43:39	+13:22	04:22
367	2387	Carlos Rocha	running espinho	Veterano M50	43:41	+13:25	04:22
368	165	Victor Figueiredo	dci/trilhos luso bussaco	Veterano M40	43:42	+13:25	04:22
369	1243	João Pinto	cptbc	Veterano M50	43:42	+13:25	04:22
370	1622	Cristiano Cardoso	individual	Senior Masculino	43:44	+13:27	04:22
371	1211	Rodrigo Castro	clube do pessoal das águas de gaia	Senior Masculino	43:45	+13:28	04:22
372	980	Jose Almeida	running esmoriz	Senior Masculino	43:45	+13:29	04:23
373	2470	Ricardo Trigo	ten team	Veterano M40	43:45	+13:29	04:23
374	2114	Valter Silva	individual	Veterano M40	43:46	+13:30	04:23
375	672	Luis Oliveira	individual	Veterano M40	43:46	+13:30	04:23
376	1778	Pedro Granja	individual	Senior Masculino	43:47	+13:31	04:23
377	969	LUIS RAMOS	reumáticos	Veterano M40	43:49	+13:32	04:23
378	132	Leandro Ferreira	cf perosinho trail & running	Veterano M40	43:50	+13:33	04:23
379	771	Luis Pedro Dias Couto Rodrigues	individual	Veterano M50	43:51	+13:34	04:23
380	1637	Diogo Pinto	individual	Senior Masculino	43:51	+13:35	04:23
381	2521	Gustavo Beça	individual	Veterano M40	43:53	+13:36	04:23
382	1765	Nuno Sarabando	individual	Senior Masculino	43:53	+13:36	04:23
383	2454	RUI MIGUEL TAVARES DA COSTA	sporting clube da cruz	Veterano M40	43:55	+13:39	04:24
384	2084	Pedro Alves	individual	Veterano M40	43:55	+13:39	04:24
385	1604	Antonio Silva	individual	Senior Masculino	43:56	+13:39	04:24
386	974	Nelson Pais	run & fun	Veterano M40	43:57	+13:41	04:24
387	1126	José Luís Santos	brandoenses running	Veterano M60	43:57	+13:41	04:24
388	305	Maria Manuela Santos	individual	Senior Feminino	43:57	+13:41	04:24
389	379	Diogo Godinho	individual	Senior Masculino	43:58	+13:41	04:24
390	779	Paulo Conceição	individual	Veterano M50	43:58	+13:42	04:24

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
391	1231	Ana Pinho	clube spiridon de gaia	Senior Feminino	44:00	+13:44	04:24
392	1847	Vasco Ferrão Mendes	individual	Senior Masculino	44:00	+13:44	04:24
393	2230	Joaquim Gonçalves	los cobardes	Senior Masculino	44:02	+13:46	04:24
394	1007	Pedro Lobo	running espinho	Veterano M40	44:03	+13:47	04:24
395	1151	Marco Gonçalves	c.d.feirense	Veterano M40	44:04	+13:47	04:24
396	1537	Patrícia Filipa Moreira Teixeira	individual	Senior Feminino	44:04	+13:48	04:24
397	105	Vitor Paulino	brandoenses running	Veterano M50	44:07	+13:50	04:25
398	927	Tiago Cruz	pedras rolantes	Veterano M40	44:09	+13:52	04:25
399	2531	Rodrigo Oliveira	fitness factory	Sub 23 Masculino	44:09	+13:53	04:25
400	1684	João Moranguinho	individual	Senior Masculino	44:11	+13:54	04:25
401	366	Daniel Costa	individual	Senior Masculino	44:11	+13:54	04:25
402	1278	katerin oliveira	ésóatéali	Senior Feminino	44:12	+13:56	04:25
403	1741	Mário André Batos Rocha	individual	Senior Masculino	44:14	+13:57	04:25
404	143	Vitor Manuel Correia	clube do pessoal da edp porto	Veterano M40	44:15	+13:58	04:25
405	1641	Edgar Rodrigues	individual	Senior Masculino	44:17	+14:01	04:26
406	1203	Jorge Ribeiro	clube do pessoal da edp porto	Veterano M40	44:18	+14:01	04:26
407	1781	Pedro Miguel Santos Monteiro	individual	Senior Masculino	44:18	+14:01	04:26
408	2152	Paulo Miguel Moreira de Sousa	individual	Veterano M50	44:20	+14:03	04:26
409	2013	Damásio Pereira	individual	Veterano M40	44:20	+14:04	04:26
410	2130	Jaime Castro	individual	Veterano M50	44:24	+14:08	04:26
411	1096	Diogo Fraga	alcateia do cabouco	Sub 23 Masculino	44:26	+14:09	04:27
412	408	Hugo Valinho	individual	Senior Masculino	44:27	+14:10	04:27
413	1021	Rui Tavares	tavares	Senior Masculino	44:29	+14:12	04:27
414	755	Joaquim Cardoso	individual	Veterano M50	44:31	+14:14	04:27
415	136	Alejandro Rodrigues	clube de futebol união de lamas	Senior Masculino	44:33	+14:16	04:27
416	1016	Claudio Ferreira	sobidexe	Senior Masculino	44:33	+14:16	04:27
417	1416	Carla Martins	individual	Senior Feminino	44:33	+14:16	04:27
418	2389	Pedro Mouro	running espinho	Veterano M50	44:33	+14:17	04:27
419	946	Francisco Válga	powerrun team	Veterano M40	44:34	+14:17	04:27
420	952	Rui Pinho	powerrun team	Veterano M40	44:34	+14:18	04:27
421	1824	Rui Pedro Castro Coelho	individual	Senior Masculino	44:35	+14:19	04:28
422	2229	Francisco 3:53:59	los cobardes	Senior Masculino	44:35	+14:19	04:28
423	36	André oliveira	individual	Veterano M40	44:37	+14:21	04:28
424	688	Paulo Andre Rocha	individual	Veterano M40	44:37	+14:21	04:28
425	1796	Rafael Silva	individual	Senior Masculino	44:38	+14:21	04:28
426	155	Inês Gonçalves	crossfit couto	Senior Feminino	44:38	+14:22	04:28
427	1248	Ivo Pais	crossfit couto	Senior Masculino	44:39	+14:23	04:28
428	386	Edimar Lima	individual	Senior Masculino	44:40	+14:24	04:28
429	2488	Diogo Silva	trio run plus	Senior Masculino	44:41	+14:24	04:28
430	951	Rodolfo Andrade	powerrun team	Veterano M40	44:41	+14:25	04:28
431	650	Ivanoel lima	individual	Veterano M40	44:42	+14:25	04:28
432	1898	Martim Camarinha	individual	Sub 23 Masculino	44:43	+14:27	04:28
433	1471	Inês Pereira	individual	Senior Feminino	44:45	+14:28	04:28
434	1807	Ricardo Rocha	individual	Senior Masculino	44:45	+14:29	04:29
435	1908	Simão Marques	individual	Sub 23 Masculino	44:46	+14:30	04:29
436	1055	Luis Claro	1neuronio	Senior Masculino	44:48	+14:32	04:29

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
437	2330	Luís Soeira	petrus runners	Veterano M50	44:49	+14:33	04:29
438	233	Óscar Almeida	h-raky	Veterano M50	44:50	+14:34	04:29
439	1777	Pedro Gonçalves	individual	Senior Masculino	44:52	+14:35	04:29
440	1606	Bernardo Manahu	individual	Senior Masculino	44:52	+14:35	04:29
441	1708	JOSE FREITAS	individual	Senior Masculino	44:53	+14:36	04:29
442	1630	Dinis França	individual	Senior Masculino	44:58	+14:41	04:30
443	460	Óscar Mendes	individual	Senior Masculino	44:58	+14:42	04:30
444	101	Carlos Santos	brandoenses running	Veterano M50	45:02	+14:46	04:30
445	1004	GONCALO FERREIRA	running espinho	Senior Masculino	45:03	+14:47	04:30
446	752	FERNANDO COSTA	individual	Veterano M50	45:03	+14:47	04:30
447	2227	José Carlos Gomes	ligeirinhos	Veterano M60	45:04	+14:48	04:30
448	1692	João Silva	individual	Senior Masculino	45:05	+14:48	04:30
449	2111	Tiago Magalhães	individual	Veterano M40	45:06	+14:50	04:31
450	183	Fernando Carvalho	evolve	Veterano M40	45:06	+14:50	04:31
451	2093	Pedro Santos	individual	Veterano M40	45:09	+14:53	04:31
452	349	Afonso Pereira de Oliveira	individual	Senior Masculino	45:09	+14:53	04:31
453	626	Bruno Mendes	individual	Veterano M40	45:09	+14:53	04:31
454	466	Pedro Costa	individual	Senior Masculino	45:10	+14:54	04:31
455	214	Micael Gonçalves	gaz(n)elas	Senior Masculino	45:11	+14:54	04:31
456	2158	Roberto Bastos	individual	Veterano M50	45:11	+14:54	04:31
457	3	André Guimarães	cmespinho	Senior Masculino	45:12	+14:56	04:31
458	450	Miguel Pinto	individual	Senior Masculino	45:12	+14:56	04:31
459	882	Nuno Marinho	núcleo de corrida solveverde	Senior Masculino	45:13	+14:56	04:31
460	1787	Pedro Sa	individual	Senior Masculino	45:13	+14:57	04:31
461	1644	Eduardo Leite	individual	Senior Masculino	45:14	+14:57	04:31
462	1795	rafael sezino de lima	individual	Senior Masculino	45:14	+14:58	04:31
463	230	João Rocha	graciosa	Senior Masculino	45:14	+14:58	04:31
464	2405	Hugo Bras	salgueiro properties	Senior Masculino	45:16	+15:00	04:32
465	1511	Maria Manuel Santos	individual	Senior Feminino	45:17	+15:00	04:32
466	1818	Rúben Filipe Gomes Resende	individual	Senior Masculino	45:17	+15:01	04:32
467	2384	Noel Valadao	running espinho	Veterano M40	45:17	+15:01	04:32
468	1350	Simão Cardoso	grifagem j. pedro	Veterano M40	45:18	+15:02	04:32
469	2251	Diogo China	midi	Senior Masculino	45:19	+15:03	04:32
470	2106	Samuel Pereira	individual	Veterano M40	45:20	+15:04	04:32
471	2165	Victor Pinto	individual	Veterano M50	45:21	+15:04	04:32
472	945	David Braga	powerrun team	Veterano M40	45:22	+15:05	04:32
473	923	André Pinho	pedras rolantes	Senior Masculino	45:24	+15:07	04:32
474	221	Alcides Da Rocha Pereira	gdr granja trutas do mau	Veterano M50	45:27	+15:11	04:33
475	1652	Fernando Souza	individual	Senior Masculino	45:28	+15:11	04:33
476	1510	Maria López	individual	Senior Feminino	45:28	+15:12	04:33
477	2019	Fernando Pais	individual	Veterano M40	45:29	+15:12	04:33
478	776	Michel Tavares da Silva	individual	Veterano M50	45:29	+15:12	04:33
479	2053	Tiago Madureira	individual	Veterano M50	45:31	+15:14	04:33
480	1230	Beatriz Gonçalves	clube recreativo eirense	Sub 23 Feminino	45:31	+15:15	04:33
481	2028	Hélder Santos	individual	Veterano M40	45:33	+15:16	04:33
482	636	Edgar Ruben Queirós	individual	Veterano M40	45:34	+15:17	04:33

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
483	1239	Joaquim Rego	coporunners	Veterano M50	45:38	+15:21	04:34
484	947	Gentil Pereira	powerrun team	Veterano M40	45:39	+15:23	04:34
485	2105	Bruno Borges	individual	Veterano M40	45:39	+15:23	04:34
486	830	Daniel gomes	javalis100limites	Veterano M60	45:40	+15:23	04:34
487	1301	Milton Silva	federação de atletismo do quénia	Senior Masculino	45:40	+15:24	04:34
488	1902	Rafael Dias Ferreira	individual	Sub 23 Masculino	45:42	+15:25	04:34
489	2160	Rui Alves	individual	Veterano M50	45:42	+15:25	04:34
490	171	Catarina Barbosa	eat-escola de atletismo da trofa	Senior Feminino	45:42	+15:26	04:34
491	2012	Carlos Jorge da Costa Carvalho	individual	Veterano M40	45:43	+15:27	04:34
492	506	Tiago Couto	individual	Senior Masculino	45:46	+15:29	04:35
493	2440	JOSÉ JOAQUIM GOMES PEREIRA	sce atletismo	Veterano M60	45:46	+15:30	04:35
494	2534	Diogo Barreto	fitness factory	Senior Masculino	45:46	+15:30	04:35
495	870	Marcos Martins	marcos martins	Sub 23 Masculino	45:49	+15:32	04:35
496	1734	Manuel Ferreira da Silva Pereira	individual	Senior Masculino	45:49	+15:33	04:35
497	56	RAFAEL OLIVEIRA	a. d. grijó a correr	Sub 23 Masculino	45:50	+15:34	04:35
498	1361	Paulo Mota	grupo desportivo a ronda	Veterano M50	45:52	+15:35	04:35
499	1356	Celso Silva	grupo desportivo a ronda	Veterano M40	45:52	+15:36	04:35
500	2312	Constança Neves	pastello runners	Sub 23 Feminino	45:52	+15:36	04:35
501	2314	Vitor Neves	pastello runners	Veterano M40	45:52	+15:36	04:35
502	1355	Ana Oliveira	grupo desportivo a ronda	Veterana F40	45:53	+15:36	04:35
503	72	Alexandra Ligeti	amparo	Senior Feminino	45:54	+15:37	04:35
504	2003	Angelo Santos	individual	Veterano M40	45:54	+15:37	04:35
505	1625	Daniel Oliveira	individual	Senior Masculino	45:55	+15:38	04:35
506	1750	Miguel Gomes	individual	Senior Masculino	45:57	+15:40	04:36
507	693	Paulo Vidal	individual	Veterano M40	45:57	+15:41	04:36
508	1744	Maxim Mironov	individual	Senior Masculino	45:59	+15:42	04:36
509	1392	Ana Silva	individual	Senior Feminino	45:59	+15:42	04:36
510	1107	Joana Soares	associação desportiva aventuras de paiva-tuga mobile	Senior Feminino	45:59	+15:43	04:36
511	2133	joice jesus	individual	Veterano M50	46:00	+15:44	04:36
512	699	Pedro Resende	individual	Veterano M40	46:02	+15:45	04:36
513	1828	Rui violas Carvalho	individual	Senior Masculino	46:02	+15:46	04:36
514	2120	António Silva	individual	Veterano M50	46:04	+15:48	04:36
515	1189	Fernando Gonçalves	cirac - circulo de recreio arte e cultura	Veterano M60	46:04	+15:48	04:36
516	1112	Silvio ferreira	atletismo de aveleda	Veterano M40	46:05	+15:49	04:37
517	628	Bruno Santos	individual	Veterano M40	46:05	+15:49	04:37
518	2364	Ze Moutinho	run & fun	Veterano M60	46:05	+15:49	04:37
519	2141	Manuel Ferreira	individual	Veterano M50	46:06	+15:50	04:37
520	478	Renato Godinho	individual	Senior Masculino	46:06	+15:50	04:37
521	84	Manuel Cardoso	arcorun	Veterano M40	46:06	+15:50	04:37
522	159	Tiago Azevedo	crossfit couto	Senior Masculino	46:08	+15:52	04:37
523	2481	Renato Santos	toupeirinhas	Senior Masculino	46:09	+15:53	04:37
524	837	André Mota	l & r	Senior Masculino	46:10	+15:53	04:37
525	1609	Bruno Alão	individual	Senior Masculino	46:11	+15:55	04:37

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
526	2125	Cecilio Ferreira	individual	Veterano M50	46:12	+15:56	04:37
527	1602	António Oliveira	individual	Senior Masculino	46:13	+15:57	04:37
528	86	Paulo Grilo	arcorun	Veterano M50	46:14	+15:57	04:37
529	695	Pedro Costa	individual	Veterano M40	46:17	+16:01	04:38
530	2071	Mikael Svensson	individual	Veterano M40	46:18	+16:02	04:38
531	2181	Jose Mendes	individual	Veterano M60	46:20	+16:03	04:38
532	1853	Yann Lopes	individual	Senior Masculino	46:21	+16:04	04:38
533	2134	Jorge Cruz	individual	Veterano M50	46:22	+16:05	04:38
534	676	Marco Andrade	individual	Veterano M40	46:23	+16:07	04:38
535	803	Joaquim Almeida	individual	Veterano M60	46:24	+16:08	04:38
536	1544	Raquel Ferreira	individual	Senior Feminino	46:25	+16:09	04:39
537	2190	Porfirio Lírio	individual	Veterano M60	46:26	+16:09	04:39
538	1154	Luisa Jervell	cães d avenida	Veterana F40	46:26	+16:09	04:39
539	627	Bruno Ricardo de Ferraz Moreira	individual	Veterano M40	46:26	+16:10	04:39
540	2142	Marcelo Fernandes	individual	Veterano M50	46:26	+16:10	04:39
541	1501	Mafalda Lima	individual	Senior Feminino	46:26	+16:10	04:39
542	2138	Luís Miguel Ferreira Duarte	individual	Veterano M50	46:29	+16:12	04:39
543	1349	Nelson Fernandes	grifagem j. pedro	Veterano M40	46:31	+16:14	04:39
544	1312	Vicente João	fidelidade-gdc	Veterano M50	46:32	+16:15	04:39
545	1577	Vera Silva	individual	Senior Feminino	46:34	+16:17	04:39
546	2418	José Freitas	salgueiro properties	Veterano M50	46:34	+16:17	04:39
547	753	Fernando Magalhães	individual	Veterano M50	46:34	+16:18	04:39
548	761	José Fernando Jesus Almeida	individual	Veterano M50	46:35	+16:19	04:40
549	1244	Beatriz Figueiredo	crossfit couto	Senior Feminino	46:36	+16:19	04:40
550	1886	Eduardo Miguel Vitorino Pereira	individual	Sub 23 Masculino	46:36	+16:20	04:40
551	1352	Hugo Ferreira	grupo desportivo a ronda	Senior Masculino	46:37	+16:21	04:40
552	2050	José Santos	individual	Veterano M40	46:39	+16:22	04:40
553	2245	Silvio Carvalho	massagem d anus	Veterano M50	46:40	+16:24	04:40
554	2275	Paulo Amorim	night runners feira	Senior Masculino	46:41	+16:25	04:40
555	889	João Costa	núcleo de corrida solveverde	Veterano M40	46:42	+16:26	04:40
556	2198	MATILDE BAPTISTA	jam - juventude atlética mozelense	Veterana F50	46:42	+16:26	04:40
557	1019	Nuno Morais	stepbystep	Veterano M40	46:43	+16:27	04:40
558	1823	Rui Machado	individual	Senior Masculino	46:43	+16:27	04:40
559	186	NUNO DAVID	ev-peraltafil	Senior Masculino	46:44	+16:28	04:40
560	168	Alexandre Loureiro	dr. runner	Senior Masculino	46:46	+16:30	04:41
561	1324	Leandro Ferreyra	gaia-running	Senior Masculino	46:48	+16:31	04:41
562	876	Rosa Pinto	nascidos para correr	Veterana F60	46:48	+16:32	04:41
563	875	Jorge Fernando Ferreira da Luz	nascidos para correr	Veterano M60	46:48	+16:32	04:41
564	745	Carlos Marques	individual	Veterano M50	46:48	+16:32	04:41
565	224	Américo Manuel Oliveira	gemba running	Veterano M50	46:49	+16:32	04:41
566	1246	Alexandre Moreira	crossfit couto	Senior Masculino	46:49	+16:32	04:41
567	222	Toni Oliveira	gdr granja trutas do mau	Veterano M50	46:49	+16:33	04:41
568	216	Marlene da Costa Martins	gdr granja trutas do mau	Veterana F40	46:49	+16:33	04:41
569	223	Octávio da Silva Capela	gdr granja trutas do mau	Veterano M60	46:49	+16:33	04:41

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
615	1715	José Pinho	individual	Senior Masculino	47:29	+17:12	04:45
616	387	Eduardo Costa	individual	Senior Masculino	47:29	+17:13	04:45
617	1202	Carlos Pereira Pinto	clube do pessoal da edp porto	Veterano M40	47:30	+17:14	04:45
618	2522	Pedro Inácio	individual	Veterano M40	47:31	+17:15	04:45
619	1762	Nuno Oliveira	individual	Senior Masculino	47:32	+17:16	04:45
620	2145	Óscar Brandão	individual	Veterano M50	47:34	+17:17	04:45
621	1531	Mélanie Quintela	individual	Senior Feminino	47:35	+17:18	04:45
622	1763	Nuno Relvas	individual	Senior Masculino	47:35	+17:19	04:46
623	209	Pedro Costa	gaia-running	Veterano M50	47:35	+17:19	04:46
624	2148	Paulo Costa	individual	Veterano M50	47:35	+17:19	04:46
625	1729	Luís Silva	individual	Senior Masculino	47:36	+17:20	04:46
626	365	Cláudio Soares	individual	Senior Masculino	47:38	+17:22	04:46
627	368	Daniel Fernando Sousa Silva	individual	Senior Masculino	47:39	+17:22	04:46
628	1743	Mauro Rocha	individual	Senior Masculino	47:39	+17:23	04:46
629	2215	Diogo Silva	juventude cortegacense	Senior Masculino	47:39	+17:23	04:46
630	2449	Leandro Silva	sport clube freamunde	Veterano M40	47:40	+17:23	04:46
631	675	Márcio Oliveira	individual	Veterano M40	47:40	+17:24	04:46
632	1208	Pedro Ernesto Oliveira Dias	clube do pessoal da edp porto	Veterano M60	47:42	+17:26	04:46
633	1838	Tiago Campelo	individual	Senior Masculino	47:43	+17:26	04:46
634	1445	Daniela Onofre	individual	Senior Feminino	47:43	+17:27	04:46
635	2336	Miguel Damas	prime human performance	Senior Masculino	47:44	+17:27	04:46
636	2002	André Filipe Miranda Rocha	individual	Veterano M40	47:44	+17:27	04:46
637	1319	Pedro Miguel Sousa Pastor	fma	Senior Masculino	47:44	+17:27	04:46
638	1593	André Peixoto	individual	Senior Masculino	47:44	+17:27	04:46
639	1470	Inês Moreira	individual	Senior Feminino	47:44	+17:27	04:46
640	871	Samuel Dias Martins	marcos martins	Sub 23 Masculino	47:44	+17:28	04:46
641	476	Rafael Duarte	individual	Senior Masculino	47:46	+17:29	04:47
642	2340	Luís Peixoto	quintinoteam	Sub 23 Masculino	47:46	+17:30	04:47
643	508	Tiago Jesus Lima	individual	Senior Masculino	47:47	+17:30	04:47
644	662	Jorge costa	individual	Veterano M40	47:48	+17:31	04:47
645	2124	Carlos Gomes Silva	individual	Veterano M50	47:49	+17:32	04:47
646	1616	C. Oliveira	individual	Senior Masculino	47:49	+17:32	04:47
647	1798	Renato Mendes	individual	Senior Masculino	47:49	+17:33	04:47
648	494	Rui Manuel da Silva Ferreira	individual	Senior Masculino	47:49	+17:33	04:47
649	729	Zé Oliveira	individual	Veterano M40	47:50	+17:34	04:47
650	213	José Pedro Alves Oliveira	gaz(n)elas	Senior Masculino	47:50	+17:34	04:47
651	2469	Miguel Barbosa	ten team	Veterano M40	47:52	+17:35	04:47
652	2195	Ana Barbosa	invicta runners team	Veterana F60	47:52	+17:36	04:47
653	743	Carlos fontes	individual	Veterano M50	47:53	+17:36	04:47
654	2338	Bruno Quintino	quintinoteam	Senior Masculino	47:53	+17:36	04:47
655	2144	Nuno Miguel Abreu Fonseca Alves Moreira	individual	Veterano M50	47:53	+17:37	04:47
656	1756	Nanduca Couto	individual	Senior Masculino	47:54	+17:37	04:47
657	1997	Delfina Rompante	individual	Veterana F60	47:54	+17:37	04:47
658	787	Sérgio Gonçalves Pereira	individual	Veterano M50	47:55	+17:38	04:47
659	1854	Zé Diogo	individual	Senior Masculino	47:55	+17:38	04:47

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
660	218	Isabel Oliveira	gdr granja trutas do mau	Veterana F50	47:55	+17:38	04:47
661	125	Manuel Silva	gdr santa tecla	Veterano M50	47:55	+17:38	04:47
662	220	Fernando Oliveira	gdr granja trutas do mau	Veterano M40	47:55	+17:38	04:47
663	618	André Castro	individual	Veterano M40	47:55	+17:39	04:48
664	2321	Liliana Martins	petrus runners	Senior Feminino	47:56	+17:39	04:48
665	1632	Diogo Daniel Lopes Almeida	individual	Senior Masculino	47:56	+17:40	04:48
666	58	Tânia Henriques	a.c.d os ilhavos	Senior Feminino	47:56	+17:40	04:48
667	2037	João Oliveira	individual	Veterano M40	47:57	+17:41	04:48
668	2257	Ivone Martins	nascidos para correr	Veterana F40	47:58	+17:41	04:48
669	2044	José Filipe Alves	individual	Veterano M40	47:58	+17:42	04:48
670	110	PAULO NEVES	cal - clube atletismo de lamas	Veterano M50	47:59	+17:42	04:48
671	1156	Francisca Sampaio Freitas	cães d avenida	Veterana F50	47:59	+17:42	04:48
672	2550	Sérgio Leite Leal	individual	Veterano M40	47:59	+17:43	04:48
673	1911	Tiago Pina	individual	Sub 23 Masculino	48:01	+17:45	04:48
674	2495	Filipe Magalhães	vcp team	Veterano M40	48:02	+17:45	04:48
675	1779	Pedro Miguel Gomes Teixeira Oliveira	individual	Senior Masculino	48:02	+17:46	04:48
676	1657	Francisco Fernandes	individual	Senior Masculino	48:02	+17:46	04:48
677	1885	Eduardo Dias Barbosa051	individual	Sub 23 Masculino	48:03	+17:47	04:48
678	1062	Bruno Neves	a. d. grijó a correr	Veterano M40	48:03	+17:47	04:48
679	1052	Tiago Rabaçal Mota	+physio	Senior Masculino	48:04	+17:47	04:48
680	1134	Vera Mónica Ferreira Leite	bravos e bravitas	Veterana F40	48:05	+17:49	04:49
681	773	Manuel Faustino	individual	Veterano M50	48:06	+17:49	04:49
682	972	PAULO RAMOS	reumáticos	Veterano M50	48:06	+17:49	04:49
683	531	Maria Helena Nobre	individual	Sub 23 Feminino	48:09	+17:53	04:49
684	416	João Gil	individual	Senior Masculino	48:12	+17:56	04:49
685	812	Manuel Oliveira	individual	Veterano M60	48:13	+17:56	04:49
686	555	Tomás Alexandre da Silva Costa	individual	Sub 23 Masculino	48:14	+17:58	04:49
687	1972	Sónia Beleza	individual	Veterana F40	48:16	+18:00	04:50
688	1186	Paulo Pereira	cf os marialvas	Veterano M50	48:17	+18:01	04:50
689	1233	Fabiana Terra	coporunners	Senior Feminino	48:20	+18:04	04:50
690	1925	Catarina Leite	individual	Veterana F40	48:23	+18:07	04:50
691	1333	Carlos pinto	gaia-running	Veterano M60	48:24	+18:08	04:50
692	1666	Gonçalo Neves	individual	Senior Masculino	48:25	+18:09	04:51
693	144	José Manuel Martins Silva	clube do pessoal da edp porto	Veterano M60	48:26	+18:10	04:51
694	459	Orlando Xavier	individual	Senior Masculino	48:27	+18:11	04:51
695	786	Rui Sousa	individual	Veterano M50	48:28	+18:11	04:51
696	119	Hugo Santos	gdr santa tecla	Veterano M40	48:28	+18:12	04:51
697	895	Claudio Matos	opraticante.pt	Senior Masculino	48:30	+18:13	04:51
698	1070	Bruno Albergaria	acdcdsmf os laranjinhas	Veterano M40	48:30	+18:14	04:51
699	590	Tânia Mateus	individual	Veterana F40	48:31	+18:14	04:51
700	513	Tiago Sousa	individual	Senior Masculino	48:32	+18:16	04:51
701	684	Nuno Figueiredo	individual	Veterano M40	48:33	+18:16	04:51
702	941	Mónia Oliveira	powerrun team	Veterana F40	48:33	+18:16	04:51
703	1611	Bruno Marques Carvalho	individual	Senior Masculino	48:33	+18:16	04:51
704	1002	Germano Borges	running espinho	Veterano M40	48:37	+18:20	04:52

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
705	1234	Jéssica Andrade	coporunners	Senior Feminino	48:37	+18:21	04:52
706	121	António Conceição	gdr santa tecla	Veterano M50	48:38	+18:21	04:52
707	1237	Armando Sá	coporunners	Veterano M40	48:38	+18:22	04:52
708	1250	Daniel Sarabanda	crossfit feira	Senior Masculino	48:39	+18:22	04:52
709	1686	João Oliveira	individual	Senior Masculino	48:39	+18:22	04:52
710	1518	Mariana Martins	individual	Senior Feminino	48:39	+18:23	04:52
711	1365	Pedro Renato Familiar	h-raky	Veterano M40	48:40	+18:24	04:52
712	1318	Pedro Miguel Almeida de Oliveira	fma	Senior Masculino	48:41	+18:24	04:52
713	2136	José Augusto Ferreira	individual	Veterano M50	48:42	+18:25	04:52
714	1220	PAULO ALEXANDRE DOMINGUES BARBOSA	clube millennium bcp	Senior Masculino	48:43	+18:26	04:52
715	2127	Daniel Silva	individual	Veterano M50	48:43	+18:27	04:52
716	1385	Ana Pinho	individual	Senior Feminino	48:43	+18:27	04:52
717	2155	Paulo Silva	individual	Veterano M50	48:44	+18:27	04:52
718	2415	Rui Almeida	salgueiro properties	Veterano M40	48:44	+18:28	04:52
719	539	Diogo Couto	individual	Sub 23 Masculino	48:46	+18:29	04:53
720	874	João Dias	movimento de juventude de merelim	Senior Masculino	48:46	+18:29	04:53
721	400	Gonçalo Mendes Ferreira	individual	Senior Masculino	48:47	+18:30	04:53
722	935	António França	powerrun team	Senior Masculino	48:47	+18:30	04:53
723	954	Carlos Correia	powerrun team	Veterano M50	48:47	+18:31	04:53
724	841	Samuel Gonçalves	l & r	Senior Masculino	48:48	+18:31	04:53
725	1842	Tiago Ramos	individual	Senior Masculino	48:49	+18:33	04:53
726	616	Álvaro José Dias Carvalhinho	individual	Veterano M40	48:49	+18:33	04:53
727	973	RAÚL TEIXEIRA	reumáticos	Veterano M50	48:50	+18:34	04:53
728	2023	Francisco Santos	individual	Veterano M40	48:51	+18:35	04:53
729	1681	João Matos	individual	Senior Masculino	48:51	+18:35	04:53
730	94	João Matos	bastos matos	Veterano M40	48:54	+18:37	04:53
731	738	Armindo Bastos	individual	Veterano M50	48:54	+18:37	04:53
732	619	André Pereira	individual	Veterano M40	48:55	+18:38	04:53
733	2122	Auguato Pacheco	individual	Veterano M50	48:55	+18:38	04:53
734	1920	Anabela Barata	individual	Veterana F40	48:55	+18:38	04:53
735	2187	Marco Pinho	individual	Veterano M60	48:55	+18:39	04:54
736	2041	Jorge Machado	individual	Veterano M40	48:55	+18:39	04:54
737	1904	Ricardo Novo da Costa	individual	Sub 23 Masculino	48:55	+18:39	04:54
738	1006	Nuno Moreira	running espinho	Veterano M40	48:56	+18:40	04:54
739	1434	Catia Costa	individual	Senior Feminino	48:56	+18:40	04:54
740	1667	Bruno Fileno	individual	Senior Masculino	48:57	+18:41	04:54
741	1363	Frederico Martins	h-raky	Veterano M40	48:58	+18:42	04:54
742	2420	Tony Bri	salgueiro properties	Veterano M50	48:59	+18:43	04:54
743	196	Ana Luísa Ribeiro	famelga	Senior Feminino	48:59	+18:43	04:54
744	667	JULIO QUINTELA	individual	Veterano M40	49:00	+18:43	04:54
745	401	Gonçalo Miguel da Silva	individual	Senior Masculino	49:01	+18:44	04:54
746	2038	João Rocha	individual	Veterano M40	49:01	+18:44	04:54
747	308	Marta Matos	individual	Senior Feminino	49:01	+18:44	04:54
748	311	Mónica Pereira	individual	Senior Feminino	49:01	+18:45	04:54
749	154	Pedro Santos	cridos benfis	Veterano M50	49:02	+18:45	04:54

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
750	497	Rui Pedro Pinto Oliveira	individual	Senior Masculino	49:02	+18:45	04:54
751	2480	Gonalo Santos	toupeirinhas	Senior Masculino	49:03	+18:47	04:54
752	2413	PEDRO PINHO	salgueiro properties	Veterano M40	49:03	+18:47	04:54
753	2015	Elder Neves	individual	Veterano M40	49:03	+18:47	04:54
754	2014	Edgar Mota	individual	Veterano M40	49:04	+18:48	04:54
755	410	Ivo Soares	individual	Senior Masculino	49:05	+18:49	04:55
756	371	Daniel Toms	individual	Senior Masculino	49:06	+18:49	04:55
757	1455	Estela Maria Santos Ferreira	individual	Senior Feminino	49:06	+18:49	04:55
758	2006	Artur Rocha	individual	Veterano M40	49:06	+18:50	04:55
759	1646	Fbio Andr Dias Freire	individual	Senior Masculino	49:07	+18:50	04:55
760	1649	Fernando Loureiro Rolo	individual	Senior Masculino	49:08	+18:52	04:55
761	878	Manuel Anjos	ncleo de atletismo de cucujes	Veterano M60	49:11	+18:55	04:55
762	1182	Ismael Fraga	centro cultural d. t. da stcp/n seguros	Veterano M40	49:12	+18:55	04:55
763	244	Ana Sofia Chipelo	individual	Senior Feminino	49:12	+18:55	04:55
764	1919	Ana Gandra	individual	Veterana F40	49:12	+18:55	04:55
765	638	Fbio Almeida	individual	Veterano M40	49:12	+18:55	04:55
766	2249	Jorge Oliveira	mics	Veterano M40	49:13	+18:57	04:55
767	74	Frederico Carpinteiro	amparo	Senior Masculino	49:14	+18:57	04:55
768	412	Jason Philip Sardo Costa	individual	Senior Masculino	49:19	+19:03	04:56
769	348	Afonso Baptista Mota	individual	Senior Masculino	49:20	+19:03	04:56
770	127	Rui Moreira	gdr santa tecla	Veterano M50	49:20	+19:04	04:56
771	846	Ruben Silva	lourosa em movimento	Senior Masculino	49:20	+19:04	04:56
772	1117	Ricardo Bastos	bastos	Veterano M40	49:22	+19:06	04:56
773	1711	jose luis azevedo oliveira	individual	Senior Masculino	49:22	+19:06	04:56
774	920	Joo Sousa	pastelo runners	Veterano M50	49:25	+19:08	04:56
775	505	Tiago Correia de Sa	individual	Senior Masculino	49:25	+19:09	04:57
776	1512	Maria Pedroso	individual	Senior Feminino	49:25	+19:09	04:57
777	1971	Sofia Miranda	individual	Veterana F40	49:26	+19:09	04:57
778	512	Tiago Silva	individual	Senior Masculino	49:27	+19:10	04:57
779	2097	Ricardo Bastos	individual	Veterano M40	49:27	+19:11	04:57
780	2004	Antnio Santos	individual	Veterano M40	49:30	+19:13	04:57
781	102	Constantino Mota	brandoenses running	Veterano M50	49:30	+19:14	04:57
782	1769	Paulo Duarte	individual	Senior Masculino	49:33	+19:16	04:57
783	987	Miguel Carvalho	running espinho	Senior Masculino	49:33	+19:17	04:57
784	1872	Matilde Silva Oliveira	individual	Sub 23 Feminino	49:33	+19:17	04:57
785	985	Slvia Almeida	running espinho	Senior Feminino	49:33	+19:17	04:57
786	76	Joo Paiva	amparo	Sub 23 Masculino	49:33	+19:17	04:57
787	2121	Artur Pedro Enes	individual	Veterano M50	49:34	+19:17	04:57
788	210	Pedro Gonalves	gaia-running	Veterano M50	49:34	+19:18	04:57
789	2411	NELSON SILVA	salgueiro properties	Veterano M40	49:35	+19:19	04:58
790	1316	Andr Filipe Oliveira Gomes	fma	Senior Masculino	49:36	+19:20	04:58
791	424	Jorge Miguel Soares Salgado	individual	Senior Masculino	49:37	+19:20	04:58
792	894	Rosalina Marinho	ok runners	Veterana F50	49:37	+19:20	04:58
793	665	Jos Oliveira	individual	Veterano M40	49:37	+19:21	04:58
794	1668	Helder de Oliveira Mendes	individual	Senior Masculino	49:39	+19:23	04:58
795	2063	Marco Paiva	individual	Veterano M40	49:40	+19:24	04:58

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
796	254	Carina Gouveia	individual	Senior Feminino	49:41	+19:24	04:58
797	2151	Paulo Jorge Martins de Sousa	individual	Veterano M50	49:41	+19:25	04:58
798	580	Monica lopes	individual	Veterana F40	49:43	+19:26	04:58
799	504	Tiago Coelho	individual	Senior Masculino	49:43	+19:26	04:58
800	333	Sara Pinto	individual	Senior Feminino	49:46	+19:29	04:59
801	744	Carlos Manuel Silva Rama	individual	Veterano M50	49:46	+19:30	04:59
802	714	Rui Neves	individual	Veterano M40	49:47	+19:31	04:59
803	554	Pedro Oliveira	individual	Sub 23 Masculino	49:48	+19:31	04:59
804	2235	Ceu Costa	maia runners	Veterana F50	49:48	+19:31	04:59
805	1771	Pedro Campos	individual	Senior Masculino	49:49	+19:32	04:59
806	1313	Liliana Patrocínio da Silva	fma	Senior Feminino	49:50	+19:33	04:59
807	1733	Manuel Conceição	individual	Senior Masculino	49:50	+19:34	04:59
808	2073	Nuno Pinto	individual	Veterano M40	49:50	+19:34	04:59
809	545	Gabriel Mendes	individual	Sub 23 Masculino	49:51	+19:35	04:59
810	716	Rui Pimenta	individual	Veterano M40	49:53	+19:36	04:59
811	1280	Fernando Ferreira	espaço homem	Senior Masculino	49:53	+19:37	04:59
812	1317	Bruno José Silva Carvalho	fma	Senior Masculino	49:53	+19:37	04:59
813	2054	Leandro Costa	individual	Veterano M40	49:55	+19:38	04:59
814	1963	Patricia Soares	individual	Veterana F40	49:56	+19:39	05:00
815	796	Assis Azevedo	individual	Veterano M60	49:56	+19:40	05:00
816	1165	Ricky Silva	caldas são jorge sport clube	Veterano M40	49:57	+19:41	05:00
817	1226	AUGUSTO FERNANDO TEIXEIRA MAGALHAES	clube millennium bcp	Veterano M50	49:58	+19:41	05:00
818	2483	Rui Nelson Silva	toupeirinhas	Veterano M50	49:58	+19:42	05:00
819	1094	Manuel Gomes	afis - ovar	Veterano M50	50:00	+19:44	05:00
820	100	António Botelho	botelhocas running	Veterano M50	50:01	+19:45	05:00
821	350	Alexandre Beleza Rodrigues	individual	Senior Masculino	50:01	+19:45	05:00
822	1786	Pedro Rodrigues	individual	Senior Masculino	50:02	+19:46	05:00
823	2220	Salvador Alves	juventude cortegacense	Veterano M50	50:03	+19:46	05:00
824	1338	Sandra Camelo	gembra running	Senior Feminino	50:05	+19:49	05:01
825	1788	Pedro Sárria de Meneses Quintãos	individual	Senior Masculino	50:06	+19:49	05:01
826	1615	Bruno Silva	individual	Senior Masculino	50:07	+19:51	05:01
827	2385	Nuno Teixeira	running espinho	Veterano M40	50:07	+19:51	05:01
828	249	Bárbara Assunção Alves	individual	Senior Feminino	50:09	+19:52	05:01
829	2317	Rui Araújo	peixinhos do rio	Senior Masculino	50:11	+19:54	05:01
830	869	Tomás Domingues	marcos martins	Senior Masculino	50:11	+19:55	05:01
831	2066	Mário Pereira	individual	Veterano M40	50:12	+19:55	05:01
832	1310	Carlos Costa	fidalguinha	Veterano M50	50:12	+19:56	05:01
833	748	Eduardo Ferreira	individual	Veterano M50	50:13	+19:57	05:01
834	781	PAULO SÁ	individual	Veterano M50	50:13	+19:57	05:01
835	122	Joaquim Lobato	gdr santa tecla	Veterano M50	50:14	+19:57	05:01
836	2183	José Silva	individual	Veterano M60	50:14	+19:58	05:01
837	2182	José Salvador Pinto da Silva	individual	Veterano M60	50:15	+19:58	05:01
838	2055	Leandro Leite	individual	Veterano M40	50:15	+19:58	05:01
839	1948	Ivone Parente	individual	Veterana F40	50:15	+19:58	05:01
840	713	Rui Gabriel	individual	Veterano M40	50:15	+19:59	05:01

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
841	455	Nelson Marques Silva	individual	Senior Masculino	50:17	+20:01	05:02
842	2223	João Borges	l & r	Senior Masculino	50:18	+20:02	05:02
843	1261	Paula Gonçalves	dr. runner	Veterana F50	50:19	+20:02	05:02
844	1655	Filipe Silva	individual	Senior Masculino	50:19	+20:03	05:02
845	757	Jorge Costa	individual	Veterano M50	50:20	+20:03	05:02
846	949	Pedro Cruz	powerrun team	Veterano M40	50:20	+20:03	05:02
847	943	Rita Falcão	powerrun team	Veterana F40	50:20	+20:04	05:02
848	2047	José Nunes	individual	Veterano M40	50:20	+20:04	05:02
849	1697	Joao Vieira	individual	Senior Masculino	50:22	+20:06	05:02
850	2221	Fernando Camboa	juventude cortegacense	Veterano M60	50:22	+20:06	05:02
851	109	JOÃO NEVES	cal - clube atletismo de lamas	Veterano M50	50:24	+20:08	05:02
852	1821	Rúben Silva	individual	Senior Masculino	50:25	+20:08	05:02
853	1722	Lucas Bittar Bueno da Costa	individual	Senior Masculino	50:25	+20:09	05:03
854	1260	Liliana Silva	dr. runner	Veterana F40	50:26	+20:09	05:03
855	291	Joana Patrícia Costa Silva	individual	Senior Feminino	50:27	+20:11	05:03
856	1783	Pedro Pinto	individual	Senior Masculino	50:27	+20:11	05:03
857	826	Pedro leitão	jam - juventude atlética mozelense	Veterano M40	50:28	+20:11	05:03
858	537	Adriano Costa	individual	Sub 23 Masculino	50:28	+20:12	05:03
859	2439	AUGUSTO MANUEL MOREIRA DE CASTRO	sce atletismo	Veterano M60	50:30	+20:13	05:03
860	521	Zé Belinha	individual	Senior Masculino	50:30	+20:14	05:03
861	1131	Jorge Lima	bravos de croca	Veterano M40	50:31	+20:15	05:03
862	1209	Serafim António Ramos	clube do pessoal da edp porto	Veterano M60	50:31	+20:15	05:03
863	1204	Miguel Lagrifa	clube do pessoal da edp porto	Veterano M40	50:32	+20:16	05:03
864	1056	André Aguiar	2 aguiar + 1 leal	Senior Masculino	50:32	+20:16	05:03
865	261	Catarina Sousa	individual	Senior Feminino	50:33	+20:16	05:03
866	1351	António Silva	grupo de corrida de argoncilhe	Veterano M50	50:33	+20:17	05:03
867	1575	Vanessa Sofia Guimarães Catarino Nuno	individual	Senior Feminino	50:33	+20:17	05:03
868	746	Carlos Moço	individual	Veterano M50	50:34	+20:17	05:03
869	1887	Filipe Moço	individual	Sub 23 Masculino	50:34	+20:17	05:03
870	404	Gustavo Marques	individual	Senior Masculino	50:34	+20:18	05:03
871	1906	rodrigo teixeira santos	individual	Sub 23 Masculino	50:34	+20:18	05:03
872	2077	Orlando Henriques	individual	Veterano M40	50:34	+20:18	05:03
873	2555	Joana Moreira	powerrun team	Senior Feminino	50:35	+20:18	05:03
874	1957	Manuela Melo	individual	Veterana F40	50:35	+20:18	05:03
875	747	Cláudio Lopes	individual	Veterano M50	50:35	+20:19	05:04
876	2147	Paulo Alexandre Alves Vieira	individual	Veterano M50	50:36	+20:19	05:04
877	134	Alcides Sales	cirac - circulo de recreio arte e cultura	Veterano M60	50:36	+20:20	05:04
878	82	Fatima Aleixo	ana pinho	Veterana F50	50:39	+20:22	05:04
879	1894	João Oliveira	individual	Sub 23 Masculino	50:39	+20:23	05:04
880	821	Miguel Dias	it runners	Senior Masculino	50:40	+20:24	05:04
881	195	LUIS CRUZ	ev-peraltafil	Veterano M60	50:42	+20:25	05:04
882	193	SERGIO GOMES	ev-peraltafil	Veterano M50	50:43	+20:26	05:04
883	1025	Hugo Morais	tomé morais	Veterano M40	50:43	+20:27	05:04
884	872	Mariana Borges	marias da paz	Senior Feminino	50:44	+20:27	05:04
885	1102	Rui Maia	arcorun	Veterano M40	50:45	+20:28	05:04

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
886	1618	Carlos Rodrigues	individual	Senior Masculino	50:45	+20:29	05:04
887	515	Tiago Vieira	individual	Senior Masculino	50:46	+20:30	05:05
888	808	Manuel Cardoso	individual	Veterano M60	50:48	+20:31	05:05
889	2382	FERNANDA ROCHA	running espinho	Veterana F50	50:49	+20:32	05:05
890	1852	Xavier Moutinho	individual	Senior Masculino	50:50	+20:33	05:05
891	1542	Priscila Diana	individual	Senior Feminino	50:50	+20:34	05:05
892	2446	José Costa	serviços sociais culturais dos trabalhadores do município de ovar	Veterano M40	50:51	+20:35	05:05
893	2445	Maria Costa	serviços sociais culturais dos trabalhadores do município de ovar	Veterana F60	50:52	+20:35	05:05
894	1183	Francisco Pinheiro	centro cultural d. t. da stcp/n seguros	Veterano M50	50:52	+20:36	05:05
895	1232	Tiago Cardoso	clube spiridon de gaia	Senior Masculino	50:53	+20:36	05:05
896	1916	Alexandra Mendes Ribeiro	individual	Veterana F40	50:55	+20:39	05:06
897	91	Ricardo santos	atletismo de avelada	Veterano M40	50:57	+20:41	05:06
898	2378	Sara Sousa Baptista	running espinho	Senior Feminino	50:59	+20:43	05:06
899	1562	Solange Gonçalves Lopes	individual	Senior Feminino	51:00	+20:43	05:06
900	739	Avelino Passos	individual	Veterano M50	51:00	+20:44	05:06
901	679	Migsar Navarro	individual	Veterano M40	51:00	+20:44	05:06
902	2231	Michelangelo Lopes	loursa em movimento	Senior Masculino	51:01	+20:44	05:06
903	55	BEATRIZ BASTOS	a. d. grjô a correr	Senior Feminino	51:02	+20:45	05:06
904	2068	Miguel Ferraz	individual	Veterano M40	51:03	+20:46	05:06
905	2108	Sérgio Bandarra	individual	Veterano M40	51:04	+20:48	05:06
906	881	Kevin Silva	núcleo de corrida solveverde	Senior Masculino	51:05	+20:48	05:06
907	2276	Tiago Silva	night runners feira	Sub 23 Masculino	51:05	+20:49	05:07
908	66	Rui Martins	adccjclark	Veterano M50	51:06	+20:49	05:07
909	694	Pedro Beiramar	individual	Veterano M40	51:06	+20:50	05:07
910	1944	Inês Cruz	individual	Veterana F40	51:06	+20:50	05:07
911	766	Jose Pereira	individual	Veterano M50	51:07	+20:51	05:07
912	868	Rodrigo Reis	marcos martins	Senior Masculino	51:07	+20:51	05:07
913	1116	Nelson Bastos	bastos	Veterano M40	51:08	+20:51	05:07
914	2153	Paulo Moreira	individual	Veterano M50	51:08	+20:52	05:07
915	1255	Mariana Costa	dr. runner	Senior Feminino	51:08	+20:52	05:07
916	813	Manuel Silva	individual	Veterano M60	51:10	+20:54	05:07
917	2166	Vítor Cunha	individual	Veterano M50	51:13	+20:56	05:07
918	1794	Rafael Sá	individual	Senior Masculino	51:13	+20:57	05:07
919	1930	Cláudia Alexandra Silva Pais	individual	Veterana F40	51:14	+20:57	05:07
920	79	Pedro Espinhal	ana cheri	Senior Masculino	51:14	+20:57	05:07
921	1334	Pedro Jerónimo	gd outeiros	Senior Masculino	51:15	+20:58	05:07
922	1420	Carolina Capela	individual	Senior Feminino	51:16	+20:59	05:08
923	2022	Firmino Gomes	individual	Veterano M40	51:17	+21:01	05:08
924	2380	João Queirós	running espinho	Sub 23 Masculino	51:18	+21:02	05:08
925	1050	Sara Neves de Sousa	+physio	Senior Feminino	51:18	+21:02	05:08
926	2036	João Miguel Correia	individual	Veterano M40	51:21	+21:05	05:08
927	2103	Rúben Araujo	individual	Veterano M40	51:23	+21:06	05:08
928	1865	Joana Fonseca	individual	Sub 23 Feminino	51:24	+21:08	05:08
929	641	Filipe Dias	individual	Veterano M40	51:25	+21:09	05:09
930	1797	Renato Guimarães	individual	Senior Masculino	51:26	+21:10	05:09

PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
975	1921	Anabela Machado	individual	Veterana F40	51:55	+21:38	05:11
976	2489	Beatriz Bettercourt	undercover	Senior Feminino	51:55	+21:39	05:12
977	1864	Inês Correia	night runners feira	Sub 23 Feminino	51:55	+21:39	05:12
978	2284	José Correia	night runners feira	Veterano M50	51:55	+21:39	05:12
979	390	Emmanuel Neto	individual	Senior Masculino	51:56	+21:39	05:12
980	957	João Praça	praças	Veterano M50	51:56	+21:40	05:12
981	956	Margarida Praça	praças	Senior Feminino	51:56	+21:40	05:12
982	2518	BRUNO PEREIRA	beatriz dos panos	Senior Masculino	51:56	+21:40	05:12
983	2277	Vera Bastos	night runners feira	Veterana F40	51:56	+21:40	05:12
984	671	Luis Ferreira	individual	Veterano M40	51:57	+21:40	05:12
985	888	Daniel Couto	núcleo de corrida solveverde	Veterano M40	51:57	+21:41	05:12
986	2173	Avelino Pereira de Sousa	individual	Veterano M60	51:59	+21:42	05:12
987	2517	RICARDO ROCHA	beatriz dos panos	Senior Masculino	51:59	+21:42	05:12
988	686	Nuno Monteiro	individual	Veterano M40	51:59	+21:43	05:12
989	1001	Filipe Gonçalves	running espinho	Veterano M40	52:00	+21:43	05:12
990	2157	Ramiro Mendes	individual	Veterano M50	52:00	+21:44	05:12
991	1282	Ricardo Bastos	espaço homem	Senior Masculino	52:01	+21:45	05:12
992	485	Ricardo Oliveira	individual	Senior Masculino	52:02	+21:45	05:12
993	840	Rafael Ferreira	l & r	Senior Masculino	52:02	+21:46	05:12
994	955	Emanuel Dias	powerrun team	Veterano M50	52:03	+21:46	05:12
995	1670	Helder Rosas	individual	Senior Masculino	52:04	+21:47	05:12
996	2346	Francisco Almeida	regimento de engenharia n.º 3	Senior Masculino	52:04	+21:48	05:12
997	2293	Brruno Rodrigues	o jogo	Veterano M50	52:05	+21:48	05:12
998	396	Filipe Sequeira	individual	Senior Masculino	52:05	+21:49	05:12
999	1526	Marta Carvalho	individual	Senior Feminino	52:05	+21:49	05:13
1000	2082	Paulo Teixeira	individual	Veterano M40	52:06	+21:49	05:13
1001	902	RAIMUNDO SILVA	os falta d'ar	Veterano M60	52:06	+21:50	05:13
1002	2477	Nuno Coelho	to na pista	Senior Masculino	52:07	+21:50	05:13
1003	270	Débora correia	individual	Senior Feminino	52:08	+21:51	05:13
1004	420	João Pedro Pereira	individual	Senior Masculino	52:08	+21:52	05:13
1005	123	José Carlos	gdr santa tecla	Veterano M50	52:09	+21:52	05:13
1006	2007	Bruno Grilo	individual	Veterano M40	52:09	+21:52	05:13
1007	1176	Antonio Vinha	cdc macieira de cambra	Veterano M40	52:09	+21:53	05:13
1008	130	Cláudia Ferreira	casa benfica matosinhos	Senior Feminino	52:11	+21:54	05:13
1009	1675	Hugo Filipe Rodrigues de Ataíde	individual	Senior Masculino	52:11	+21:55	05:13
1010	146	Paulo Ribeiro	clube novobanco	Veterano M40	52:12	+21:55	05:13
1011	646	Helder Bernardo	individual	Veterano M40	52:12	+21:55	05:13
1012	217	Helena Almeida	gdr granja trutas do mau	Veterana F50	52:12	+21:55	05:13
1013	543	Eduardo Cruz	individual	Sub 23 Masculino	52:12	+21:56	05:13
1014	2433	HERNANI MOREIRA FURTADO	sce atletismo	Veterano M40	52:16	+22:00	05:14
1015	2161	Rui Fernandes	individual	Veterano M50	52:16	+22:00	05:14
1016	2104	Rui Costa	individual	Veterano M40	52:17	+22:00	05:14
1017	145	Manuel Costa	clube do pessoal da edp porto	Veterano M60	52:17	+22:01	05:14
1018	567	Cris Vanzeler	individual	Veterana F40	52:18	+22:02	05:14

10 KM

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1019	1223	JOSE ANTONIO VIGARIO NOVO	clube millennium bcp	Sub 23 Masculino	52:19	+22:03	05:14
1020	700	Pedro Santos	individual	Veterano M40	52:19	+22:03	05:14
1021	302	Maria Fael	individual	Senior Feminino	52:20	+22:03	05:14
1022	1775	Pedro Ferreira	individual	Senior Masculino	52:21	+22:04	05:14
1023	1926	Catarina Oliveira	individual	Veterana F40	52:21	+22:04	05:14
1024	2008	Bruno Marques	individual	Veterano M40	52:21	+22:05	05:14
1025	1046	Mariana Silva	wellstudio	Senior Feminino	52:22	+22:05	05:14
1026	592	Teresa Azevedo	individual	Veterana F40	52:22	+22:06	05:14
1027	2070	Miguel Valente	individual	Veterano M40	52:22	+22:06	05:14
1028	299	Mafalda Cardoso	individual	Senior Feminino	52:22	+22:06	05:14
1029	2202	joana perreira	javalis100limites	Senior Feminino	52:26	+22:09	05:15
1030	907	Marco Silva	os silvas	Veterano M40	52:26	+22:10	05:15
1031	2386	Tiago Almeida	running espinho	Veterano M40	52:28	+22:11	05:15
1032	948	Paulo Oliveira	powerrun team	Veterano M40	52:28	+22:11	05:15
1033	596	Yesika Oliveira	running espinho	Veterana F40	52:28	+22:11	05:15
1034	1091	Paula Cruz	afis - ovar	Senior Feminino	52:28	+22:12	05:15
1035	1328	Claudia Silva	gaia-running	Veterana F50	52:29	+22:13	05:15
1036	1329	Claudia Rolins	gaia-running	Veterana F60	52:30	+22:13	05:15
1037	965	João Guimarães	realnat	Senior Masculino	52:30	+22:14	05:15
1038	2322	Sónia Monteiro	petrus runners	Senior Feminino	52:31	+22:14	05:15
1039	917	Tiago Granja	partimpim	Senior Masculino	52:32	+22:16	05:15
1040	1648	Fábio Pereira	individual	Senior Masculino	52:33	+22:16	05:15
1041	1754	Miguel Pinho	individual	Senior Masculino	52:35	+22:18	05:15
1042	617	Álvaro Manuel Vilar da Silva	individual	Veterano M40	52:35	+22:19	05:16
1043	444	Mário Cunha	individual	Senior Masculino	52:37	+22:20	05:16
1044	1268	Cátia Costa	elite3700	Senior Feminino	52:37	+22:20	05:16
1045	890	João Macedo	núcleo de corrida solveirde	Veterano M40	52:39	+22:22	05:16
1046	1747	Miguel Campos	individual	Senior Masculino	52:39	+22:23	05:16
1047	1431	Catarina Silva	individual	Senior Feminino	52:39	+22:23	05:16
1048	614	Adão Santos	individual	Veterano M40	52:40	+22:24	05:16
1049	1945	Inês Maria Mendes Soares Gomes da Costa	individual	Veterana F40	52:42	+22:25	05:16
1050	1381	Ana lourenco	individual	Senior Feminino	52:42	+22:26	05:16
1051	2370	Luís Oliveira	running esmoriz	Veterano M40	52:42	+22:26	05:16
1052	1827	Rui Valente	individual	Senior Masculino	52:43	+22:27	05:16
1053	669	Luis Faria	individual	Veterano M40	52:45	+22:29	05:17
1054	1967	Sara Alves	individual	Veterana F40	52:46	+22:29	05:17
1055	568	Cristiana Moreira	individual	Veterana F40	52:46	+22:30	05:17
1056	2216	Ivo Valente	juventude cortegacense	Senior Masculino	52:48	+22:31	05:17
1057	789	Sílvio Ferreira	individual	Veterano M50	52:50	+22:33	05:17
1058	1889	Guilherme Silva	individual	Sub 23 Masculino	52:51	+22:34	05:17
1059	2072	Nelson Gomes Gomes	individual	Veterano M40	52:51	+22:35	05:17
1060	429	José Alexandre Marques	individual	Senior Masculino	52:53	+22:36	05:17
1061	620	André Ramos	individual	Veterano M40	52:55	+22:39	05:18
1062	1054	Luciano Silva	1neuronio	Senior Masculino	52:56	+22:39	05:18
1063	199	Nuno Ferreira	fc toranja apu & whisky	Veterano M40	52:58	+22:41	05:18

PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT

PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1154	1305	Sandra Gomes	fidalguiha	Veterana F40	54:18	+24:02	05:26
1155	2281	Rui Pereira	night runners feira	Veterano M40	54:20	+24:04	05:26
1156	2272	Vânia Silva	night runners feira	Senior Feminino	54:20	+24:04	05:26
1157	2285	Ricardo Portugal	night runners feira	Veterano M50	54:21	+24:05	05:26
1158	1980	Céu Moreira	individual	Veterana F50	54:22	+24:05	05:26
1159	1529	Marta Sousa	individual	Senior Feminino	54:22	+24:05	05:26
1160	1063	Ricardo Neves	a. d. grijó a correr	Veterano M40	54:23	+24:06	05:26
1161	1412	Bruna Dias	individual	Senior Feminino	54:24	+24:08	05:26
1162	1545	Raquel Queirós	individual	Senior Feminino	54:24	+24:08	05:26
1163	2030	Hugo Sa	individual	Veterano M40	54:25	+24:08	05:26
1164	1315	Marta Barros Ferreira	fma	Senior Feminino	54:25	+24:08	05:26
1165	2062	Marco Godinho	individual	Veterano M40	54:27	+24:10	05:27
1166	1454	Érica Gonçalves	individual	Senior Feminino	54:28	+24:11	05:27
1167	397	Francisco Araújo	individual	Senior Masculino	54:28	+24:11	05:27
1168	1557	Sara Isabel Brito Dantas Coelho	individual	Senior Feminino	54:29	+24:12	05:27
1169	1718	José Rocha	individual	Senior Masculino	54:30	+24:13	05:27
1170	1726	Luís Magolo	individual	Senior Masculino	54:30	+24:14	05:27
1171	1603	António Pereira	individual	Senior Masculino	54:33	+24:16	05:27
1172	975	Tino silva	run & fun	Veterano M40	54:33	+24:17	05:27
1173	2456	Antonio Neves	sce atletismo	Veterano M60	54:34	+24:17	05:27
1174	1810	Ricardo Vieira	individual	Senior Masculino	54:34	+24:18	05:27
1175	687	Nuno Senra	individual	Veterano M40	54:35	+24:18	05:27
1176	256	Carolina Pinhal	individual	Senior Feminino	54:35	+24:19	05:28
1177	2189	Paulo Pinhal	individual	Veterano M60	54:35	+24:19	05:28
1178	2143	Marco Batista	individual	Veterano M50	54:35	+24:19	05:28
1179	1253	Filipa Miranda	dr. runner	Senior Feminino	54:36	+24:19	05:28
1180	681	Nelson muguel ribeiro	individual	Veterano M40	54:36	+24:20	05:28
1181	1374	Alice Alves	individual	Senior Feminino	54:37	+24:21	05:28
1182	278	Filipa Soares	individual	Senior Feminino	54:37	+24:21	05:28
1183	2010	Carlos carneiro	individual	Veterano M40	54:39	+24:23	05:28
1184	293	Joana Sá	individual	Senior Feminino	54:39	+24:23	05:28
1185	2101	Ricardo Sergio Ferreira Nunes	individual	Veterano M40	54:41	+24:24	05:28
1186	465	Pedro Benfeito	individual	Senior Masculino	54:43	+24:27	05:28
1187	2502	Rosário Silva	wellstudio	Senior Feminino	54:43	+24:27	05:28
1188	599	Cristina Tavraes	individual	Veterana F50	54:44	+24:27	05:28
1189	630	Carlos Silva	individual	Veterano M40	54:44	+24:28	05:28
1190	697	Pedro Nuno Dias Oliveira	individual	Veterano M40	54:46	+24:29	05:29
1191	642	Filipe Dias Pereira	individual	Veterano M40	54:46	+24:30	05:29
1192	795	Armando Oliveira	individual	Veterano M60	54:47	+24:31	05:29
1193	1597	André Rocha	individual	Senior Masculino	54:48	+24:31	05:29
1194	1555	Sara Duarte	individual	Senior Feminino	54:48	+24:31	05:29
1195	643	Filipe Miguel Ferreira de Oliveira	individual	Veterano M40	54:49	+24:32	05:29
1196	1276	Marta Mendes	escola do movimento	Veterana F50	54:50	+24:33	05:29
1197	723	Vitor Alves	individual	Veterano M40	54:51	+24:35	05:29
1198	538	Antonio Antunes	individual	Sub 23 Masculino	54:52	+24:36	05:29

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1199	2270	Ana Almeida	night runners feira	Senior Feminino	54:52	+24:36	05:29
1200	1793	Rafael Meireles	individual	Senior Masculino	54:52	+24:36	05:29
1201	652	João Carvalho	individual	Veterano M40	54:55	+24:38	05:29
1202	1809	Ricardo Sousa	individual	Senior Masculino	54:55	+24:39	05:30
1203	1580	Alberto Ribeiro	individual	Senior Masculino	54:56	+24:39	05:30
1204	156	Sofia Santos	crossfit couto	Senior Feminino	54:57	+24:41	05:30
1205	2493	João Mouzinho	undercover	Veterano M40	54:58	+24:41	05:30
1206	2491	Teresa Ferreira	undercover	Senior Feminino	54:58	+24:41	05:30
1207	2524	Ana Martins	individual	Senior Feminino	54:58	+24:42	05:30
1208	573	Fátima Soares	individual	Veterana F40	54:58	+24:42	05:30
1209	188	BRUNO CABRAL	ev-peraltafil	Veterano M40	54:59	+24:42	05:30
1210	926	Ricardo Fernandes	pedras rolantes	Veterano M40	55:03	+24:46	05:30
1211	1508	Maria João Cerqueira	individual	Senior Feminino	55:05	+24:48	05:30
1212	704	Ricardo Dias	individual	Veterano M40	55:05	+24:48	05:30
1213	827	AUGUSTO BAPTISTA	jam - juventude atlética mozelense	Veterano M60	55:06	+24:49	05:31
1214	161	Andrés Soares	crossfit couto	Veterano M40	55:06	+24:49	05:31
1215	160	Sara Freitas	crossfit couto	Veterana F40	55:06	+24:50	05:31
1216	443	Mário Castro	individual	Senior Masculino	55:07	+24:51	05:31
1217	1780	Pedro Miguel Loureiro Mourão	individual	Senior Masculino	55:08	+24:51	05:31
1218	2466	Eduardo Duarte	team sal	Sub 23 Masculino	55:08	+24:51	05:31
1219	661	Joaquim Mendes	individual	Veterano M40	55:09	+24:52	05:31
1220	83	José Correia	arcorun	Veterano M40	55:09	+24:53	05:31
1221	1610	Bruno Marques	individual	Senior Masculino	55:10	+24:54	05:31
1222	163	Guilherme Pires	cupula	Senior Masculino	55:10	+24:54	05:31
1223	162	Filipi Pires	cupula	Senior Masculino	55:10	+24:54	05:31
1224	2110	Sérgio Morais	individual	Veterano M40	55:12	+24:56	05:31
1225	2123	Bernardino Machado	individual	Veterano M50	55:12	+24:56	05:31
1226	1588	André Lino	individual	Senior Masculino	55:12	+24:56	05:31
1227	370	Daniel Santos	individual	Senior Masculino	55:12	+24:56	05:31
1228	1574	Vanessa Pcheco	individual	Senior Feminino	55:13	+24:57	05:31
1229	1834	Steve Freitas	individual	Senior Masculino	55:14	+24:58	05:31
1230	655	João Guedes	individual	Veterano M40	55:14	+24:58	05:31
1231	1768	Óscar Miguel Martins de Sá Pereira	individual	Senior Masculino	55:15	+24:58	05:31
1232	1500	luísa silva	individual	Senior Feminino	55:18	+25:02	05:32
1233	2318	Simão Machado	peixinhos do rio	Senior Masculino	55:19	+25:02	05:32
1234	174	Vitor Gonçalves	embarca running	Senior Masculino	55:19	+25:03	05:32
1235	173	Elisabete Alves	embarca running	Senior Feminino	55:19	+25:03	05:32
1236	1383	Ana Maria Santos Oliveira	individual	Senior Feminino	55:19	+25:03	05:32
1237	1482	Joana Fonseca	individual	Senior Feminino	55:20	+25:04	05:32
1238	1330	José Lopes	gaia-running	Veterano M40	55:23	+25:07	05:32
1239	1327	Antónia Soares	gaia-running	Veterana F50	55:23	+25:07	05:32
1240	1332	Rui Silva	gaia-running	Veterano M50	55:24	+25:07	05:32
1241	797	Bernardino Fernandes	individual	Veterano M60	55:24	+25:07	05:32
1242	1740	Marinho Duarte	individual	Senior Masculino	55:24	+25:07	05:32
1243	258	Catarina Mendes	individual	Senior Feminino	55:25	+25:08	05:32

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1244	1586	André Beco	individual	Senior Masculino	55:26	+25:09	05:33
1245	742	Carlos Beco	individual	Veterano M50	55:26	+25:09	05:33
1246	1432	Catarina Silva	individual	Senior Feminino	55:27	+25:11	05:33
1247	356	André Gonçalves	individual	Senior Masculino	55:29	+25:13	05:33
1248	609	Susana Lopes	individual	Veterana F50	55:30	+25:14	05:33
1249	507	Tiago Ferreira	individual	Senior Masculino	55:30	+25:14	05:33
1250	1169	Hugo Silva	carla & hugo	Senior Masculino	55:31	+25:14	05:33
1251	1168	Carla Lima	carla & hugo	Senior Feminino	55:31	+25:14	05:33
1252	463	Pedro Alves	individual	Senior Masculino	55:34	+25:18	05:33
1253	962	António barbas	pupilos do zé-tó	Veterano M60	55:34	+25:18	05:33
1254	624	Bruno Barbosa	individual	Veterano M40	55:35	+25:18	05:33
1255	1953	Liliana Ordaz	individual	Veterana F40	55:35	+25:19	05:34
1256	595	Vera Patrícia Moreira Santos	individual	Veterana F40	55:36	+25:19	05:34
1257	708	Rogério Rodrigues	individual	Veterano M40	55:36	+25:19	05:34
1258	2302	Beatriz Fernandes Marinho	os pitas	Senior Feminino	55:36	+25:20	05:34
1259	339	Telma Santos	individual	Senior Feminino	55:36	+25:20	05:34
1260	2303	Paulo Filipe Pita da Silva	os pitas	Senior Masculino	55:36	+25:20	05:34
1261	2045	José Leite	individual	Veterano M40	55:37	+25:20	05:34
1262	1136	Silva Baptista	bravos e bravitas	Veterana F50	55:37	+25:20	05:34
1263	2278	Sónia Margarida Lopes Coelho	night runners feira	Veterana F50	55:37	+25:21	05:34
1264	2282	Carlos Silva	night runners feira	Veterano M50	55:37	+25:21	05:34
1265	1803	Ricardo Freitas	individual	Senior Masculino	55:40	+25:23	05:34
1266	1264	António Bogado	dr. runner	Veterano M50	55:40	+25:24	05:34
1267	1098	Manuel Marques	alcateia do cabouco	Veterano M50	55:40	+25:24	05:34
1268	2329	Ricardo Veludo	petrus runners	Veterano M40	55:40	+25:24	05:34
1269	1687	João Pereira	individual	Senior Masculino	55:42	+25:25	05:34
1270	958	Cátia Costa	pupilos do zé-tó	Senior Feminino	55:44	+25:27	05:34
1271	1964	Paula Lopes	individual	Veterana F40	55:44	+25:28	05:34
1272	1704	José Augusto Lopes Soares	individual	Senior Masculino	55:45	+25:29	05:35
1273	1816	Rodrigo Schell	individual	Senior Masculino	55:46	+25:30	05:35
1274	4	Luis Canelas	running espinho	Veterano M40	55:46	+25:30	05:35
1275	989	Mafalda Resende	running espinho	Veterana F40	55:46	+25:30	05:35
1276	1626	Daniel Pereira	individual	Senior Masculino	55:47	+25:30	05:35
1277	2102	Ruben Aires	individual	Veterano M40	55:47	+25:31	05:35
1278	2398	Maria Luís Guimarães PT	salgueiro properties	Senior Feminino	55:48	+25:31	05:35
1279	1554	Sara Cunha	individual	Senior Feminino	55:49	+25:32	05:35
1280	406	Hélio José Lopes Seixas	individual	Senior Masculino	55:49	+25:33	05:35
1281	2416	Sergio daniel Sousa Almeida	salgueiro properties	Veterano M40	55:49	+25:33	05:35
1282	2424	Graciela De Pinho Ferreira	samtriman club	Veterana F40	55:50	+25:34	05:35
1283	685	Nuno Miguel Rocha Pereira	individual	Veterano M40	55:51	+25:35	05:35
1284	1262	André Batista	dr. runner	Veterano M40	55:53	+25:37	05:35
1285	1286	Pedro Afonso Monteiro	estúdio goodshape	Sub 23 Masculino	55:55	+25:38	05:35
1286	1927	Cátia Ribeiro	individual	Veterana F40	55:55	+25:38	05:35
1287	1995	Albino Leite	individual	Veterana F60	55:56	+25:39	05:36
1288	1550	Rose Ramos	individual	Senior Feminino	55:56	+25:40	05:36
1289	1099	Tiago leite	alesil	Senior Masculino	55:56	+25:40	05:36

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1290	1425	Catarina Almeida	individual	Senior Feminino	55:56	+25:40	05:36
1291	1022	José Tavares	tavares	Veterano M60	55:57	+25:40	05:36
1292	1345	Mariana Monteiro	goodshape	Veterana F40	55:57	+25:40	05:36
1293	1213	Bruno Magalhães	clube do pessoal das águas de gaia	Veterano M40	55:59	+25:43	05:36
1294	2271	Cláudia Alexandra Sousa Reis	night runners feira	Senior Feminino	56:00	+25:44	05:36
1295	2273	António Manuel Couto Carneiro	night runners feira	Senior Masculino	56:00	+25:44	05:36
1296	1085	Manuela Alexandra Nunes Rodrigues	adccjclark	Veterana F50	56:02	+25:46	05:36
1297	832	Francisco Campos	jsd espinho	Senior Masculino	56:03	+25:46	05:36
1298	525	Beatriz Nunes	individual	Sub 23 Feminino	56:03	+25:46	05:36
1299	587	Sónia Ramos	individual	Veterana F40	56:03	+25:47	05:36
1300	706	Ricardo Ramos	individual	Veterano M40	56:03	+25:47	05:36
1301	1866	Laura Castro	individual	Sub 23 Feminino	56:03	+25:47	05:36
1302	540	Diogo Nogueira	individual	Sub 23 Masculino	56:04	+25:47	05:36
1303	395	Filipe Nogueira	individual	Senior Masculino	56:04	+25:48	05:36
1304	605	Manuela Conceição	individual	Veterana F50	56:04	+25:48	05:36
1305	737	armando pontes	individual	Veterano M50	56:05	+25:49	05:37
1306	654	Joao Fonseca	individual	Veterano M40	56:06	+25:49	05:37
1307	1285	VITOR GONÇALVES	estrelas vermelhas/peraltafil	Veterano M50	56:06	+25:50	05:37
1308	481	Ricardo Biscaia Faria	individual	Senior Masculino	56:08	+25:52	05:37
1309	2118	António Aidos	individual	Veterano M50	56:08	+25:52	05:37
1310	2432	JANETT CORREIA FERNANDES	sce atletismo	Veterana F40	56:10	+25:54	05:37
1311	1081	Marcos Fernandez Gomes	acr vale de cambra	Veterano M40	56:10	+25:54	05:37
1312	1061	FERNANDA RAMALHO	a. d. grijó a correr	Veterana F50	56:11	+25:54	05:37
1313	860	ROSA CONCEIÇÃO	magic (s)miles	Veterana F50	56:11	+25:55	05:37
1314	862	HERLANDER JORGE CORREIA	magic (s)miles	Veterano M50	56:11	+25:55	05:37
1315	1840	Tiago Joaquim de Sousa Santos	individual	Senior Masculino	56:12	+25:55	05:37
1316	211	Fernando Costa	gaz(n)elas	Senior Masculino	56:13	+25:57	05:37
1317	1242	Susana Oliveira	cptbc	Veterana F50	56:14	+25:57	05:37
1318	428	Jorge Teixeira	individual	Senior Masculino	56:15	+25:59	05:38
1319	1961	Leticia Cruz	running espinho	Veterana F40	56:15	+25:59	05:38
1320	720	Toninho ventura	individual	Veterano M40	56:17	+26:01	05:38
1321	2083	Pedro Almeida	individual	Veterano M40	56:18	+26:02	05:38
1322	548	Gustavo Silva	individual	Sub 23 Masculino	56:19	+26:03	05:38
1323	2232	Patrícia Laranjeira	lourosa em movimento	Veterana F40	56:20	+26:03	05:38
1324	181	Tiago Lourenço	evolve	Senior Masculino	56:21	+26:04	05:38
1325	2406	Maria Manuel Soares PT	salgueiro properties	Veterana F50	56:23	+26:06	05:38
1326	405	Gustavo Sanches de Castro	individual	Senior Masculino	56:25	+26:08	05:38
1327	1137	Susana Ganito	btsusy	Veterana F40	56:26	+26:10	05:39
1328	2099	Ricardo Gama	individual	Veterano M40	56:27	+26:10	05:39
1329	376	Diogo Costa	individual	Senior Masculino	56:27	+26:11	05:39
1330	1166	FLÁVIO Reis	caracóis	Senior Masculino	56:27	+26:11	05:39
1331	2065	Marco Rocha	individual	Veterano M40	56:28	+26:12	05:39

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1332	1660	Francisco Lourenço	individual	Senior Masculino	56:29	+26:12	05:39
1333	546	Gonçalo Moreira Amorim	individual	Sub 23 Masculino	56:30	+26:13	05:39
1334	1468	Inês Canedo	individual	Senior Feminino	56:32	+26:15	05:39
1335	492	Rui Ferreira	individual	Senior Masculino	56:32	+26:16	05:39
1336	1474	Inês Silva	individual	Senior Feminino	56:34	+26:18	05:39
1337	2244	Paula Cristina Rodrigues	massagem d anus	Veterana F40	56:35	+26:19	05:39
1338	364	César Rodrigues	individual	Senior Masculino	56:35	+26:19	05:40
1339	2172	António Santos	individual	Veterano M60	56:36	+26:19	05:40
1340	936	Fábio Aguiar	powerrun team	Senior Masculino	56:37	+26:20	05:40
1341	939	Liliana Rocha	powerrun team	Veterana F40	56:37	+26:20	05:40
1342	170	Vítor Pais	dragon runners	Senior Masculino	56:39	+26:23	05:40
1343	286	Jéssica Pinto	individual	Senior Feminino	56:40	+26:24	05:40
1344	978	Bruno Oliveira	run4him	Veterano M40	56:40	+26:24	05:40
1345	1494	Liliana Couto	individual	Senior Feminino	56:42	+26:26	05:40
1346	2032	Hugo Teixeira	individual	Veterano M40	56:42	+26:26	05:40
1347	1918	Ana Fernandes	individual	Veterana F40	56:42	+26:26	05:40
1348	2009	Bruno Pereira	individual	Veterano M40	56:43	+26:26	05:40
1349	918	Márcia Santos	partimpim	Veterana F40	56:43	+26:27	05:40
1350	411	Jaime Ricardo Costa Lopes Catarino	individual	Senior Masculino	56:44	+26:28	05:40
1351	190	DAVID OLIVEIRA	ev-peraltafil	Veterano M40	56:45	+26:29	05:41
1352	913	Licínio Carvalho	os trintões	Senior Masculino	56:45	+26:29	05:41
1353	613	Nilda Magalhães	individual	Veterana F60	56:46	+26:29	05:41
1354	1287	LUIS GOUVEIA	ev-peraltafil	Veterano M50	56:46	+26:30	05:41
1355	778	Paulo Amorim	individual	Veterano M50	56:49	+26:33	05:41
1356	1976	ANA FILIPA F M MENEZES FALCAO	individual	Veterana F50	56:49	+26:33	05:41
1357	1701	Joel Teixeira	individual	Senior Masculino	56:50	+26:34	05:41
1358	409	Ivo Miguel Pereira Soares	individual	Senior Masculino	56:51	+26:35	05:41
1359	979	Nuno Almeida	run4him	Veterano M40	56:52	+26:36	05:41
1360	767	José silva	individual	Veterano M50	56:53	+26:36	05:41
1361	1298	Hugo melo	fc luxemburgo	Veterano M40	56:53	+26:37	05:41
1362	1676	Hugo Marques	individual	Senior Masculino	56:54	+26:37	05:41
1363	1499	Lisa Robalinho	individual	Senior Feminino	56:54	+26:38	05:41
1364	1314	Mariana Rocha Soares	fma	Senior Feminino	56:55	+26:38	05:41
1365	1849	Vítor Hugo Pinto de Sousa	individual	Senior Masculino	56:55	+26:39	05:42
1366	1399	Andreia Soares	individual	Senior Feminino	56:56	+26:40	05:42
1367	2462	Emanuel Augusto Lourenço	team pt filipa	Veterano M40	56:57	+26:40	05:42
1368	1548	Rita Isabel	individual	Senior Feminino	56:59	+26:42	05:42
1369	594	Vera Fernandes	individual	Veterana F40	56:59	+26:43	05:42
1370	1159	BRUNA REIS	cal - clube atletismo de lamas	Senior Feminino	57:00	+26:44	05:42
1371	133	Jorge Silva	cirac - circulo de recreio arte e cultura	Veterano M50	57:00	+26:44	05:42
1372	811	Manuel Lopes	individual	Veterano M60	57:01	+26:44	05:42
1373	984	Filipa Sofia Oliveira Silva	running espinho	Senior Feminino	57:03	+26:46	05:42
1374	1515	Mariana Costa	individual	Senior Feminino	57:03	+26:47	05:42
1375	612	Maria João Fernandes	individual	Veterana F60	57:05	+26:49	05:43
1376	1938	Maria Oliveira	individual	Veterana F40	57:06	+26:49	05:43

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1377	995	Miguel Duarte Valente	running espinho	Veterano M50	57:06	+26:50	05:43
1378	905	Rui Pedro Arruda Pita	os pitas	Senior Masculino	57:06	+26:50	05:43
1379	1755	Miguel Rocha	individual	Senior Masculino	57:08	+26:52	05:43
1380	1090	Margarida Alves de Sousa	afis - ovar	Senior Feminino	57:09	+26:53	05:43
1381	2544	Carla Gomes	juventude cortegacense	Veterana F40	57:09	+26:53	05:43
1382	2397	Filipa campos	salgueiro properties	Senior Feminino	57:09	+26:53	05:43
1383	2407	Patricia Roxo	salgueiro properties	Veterana F50	57:10	+26:53	05:43
1384	2213	Ines Cardoso	juventude cortegacense	Senior Feminino	57:10	+26:53	05:43
1385	128	Abel Santos	gdr santa tecla	Veterano M60	57:10	+26:54	05:43
1386	1140	Francisco Oliveira	btsusy	Veterano M40	57:11	+26:54	05:43
1387	383	Domingos Oliveira	individual	Senior Masculino	57:11	+26:55	05:43
1388	2217	Mario Fonseca	juventude cortegacense	Senior Masculino	57:11	+26:55	05:43
1389	274	Fabiana Monteiro	individual	Senior Feminino	57:16	+26:59	05:44
1390	1270	Mariana Ferreira	elite3700	Senior Feminino	57:19	+27:03	05:44
1391	591	Tânia Moraes	individual	Veterana F40	57:20	+27:03	05:44
1392	2512	Vera Moreira	xuxas da laranja	Veterana F40	57:22	+27:06	05:44
1393	203	Eduardo Fardilha	força na canela	Veterano M50	57:24	+27:08	05:44
1394	919	Rui Coelho	partimpim	Veterano M40	57:25	+27:08	05:44
1395	768	José Silva	individual	Veterano M50	57:26	+27:10	05:45
1396	2076	Orlando Brizida	individual	Veterano M40	57:27	+27:10	05:45
1397	1879	Bruno Sousa	individual	Sub 23 Masculino	57:27	+27:10	05:45
1398	1941	Filipa Cardoso	individual	Veterana F40	57:29	+27:13	05:45
1399	2171	António Brandão	individual	Veterano M60	57:29	+27:13	05:45
1400	1731	Luis Violas	individual	Senior Masculino	57:30	+27:13	05:45
1401	2250	Inês Azevedo	midi	Senior Feminino	57:30	+27:14	05:45
1402	2096	Ricardo Almeida	individual	Veterano M40	57:30	+27:14	05:45
1403	407	Heliodoro Silva	individual	Senior Masculino	57:31	+27:14	05:45
1404	1814	Rodolfo Antero Oliveira Castro	individual	Senior Masculino	57:31	+27:15	05:45
1405	1991	Rosa Lopes	individual	Veterana F50	57:32	+27:16	05:45
1406	2327	Teresa Reis	petrus runners	Veterana F50	57:34	+27:17	05:45
1407	1143	João Silva	by care team	Senior Masculino	57:34	+27:17	05:45
1408	1830	Sergey Ross	individual	Senior Masculino	57:35	+27:19	05:46
1409	2516	ANTONIO SA	beatriz dos panos	Veterano M50	57:35	+27:19	05:46
1410	97	Marcel Maia	bnp paribas	Senior Masculino	57:36	+27:19	05:46
1411	2328	Bruno Silva	petrus runners	Veterano M40	57:37	+27:20	05:46
1412	1456	Filipa caridade	individual	Senior Feminino	57:37	+27:21	05:46
1413	1891	Hugo Silva	individual	Sub 23 Masculino	57:38	+27:22	05:46
1414	1378	Ana Dias	individual	Senior Feminino	57:40	+27:23	05:46
1415	1404	Beatriz Carvalho	individual	Senior Feminino	57:40	+27:23	05:46
1416	1742	Mauro Lamelas	individual	Senior Masculino	57:43	+27:26	05:46
1417	236	Ana Amorim	individual	Senior Feminino	57:43	+27:27	05:46
1418	569	Daniela Caetano De Sá	individual	Veterana F40	57:43	+27:27	05:46
1419	1254	Helena Teixeira	dr. runner	Senior Feminino	57:44	+27:27	05:46
1420	184	Ricardo Jafe	evolve	Veterano M40	57:44	+27:28	05:46
1421	198	Gustavo Carvalho	familia itavão	Senior Masculino	57:45	+27:29	05:47
1422	1267	Catarina Vieira	elite3700	Senior Feminino	57:46	+27:29	05:47

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1423	931	Maria João Barbosa	petrus runners	Senior Feminino	57:48	+27:31	05:47
1424	1279	Diana Gomes	espaço homem	Senior Feminino	57:48	+27:31	05:47
1425	1281	Miguel Gandra	espaço homem	Senior Masculino	57:48	+27:31	05:47
1426	1745	Micael Oliveira	individual	Senior Masculino	57:50	+27:33	05:47
1427	2457	Suzana Duarte	sspmsjm	Veterana F50	57:50	+27:34	05:47
1428	477	RENATO BASTOS	individual	Senior Masculino	57:50	+27:34	05:47
1429	1320	Frederico Macedo Mendes	fma	Veterano M40	57:51	+27:35	05:47
1430	158	Ruben Assunção	crossfit couto	Senior Masculino	57:52	+27:35	05:47
1431	914	Tiago Silva	os trintões	Senior Masculino	57:52	+27:36	05:47
1432	551	João Sarabando	individual	Sub 23 Masculino	57:52	+27:36	05:47
1433	1543	Raquel Fernandes	individual	Senior Feminino	57:53	+27:36	05:47
1434	1377	Ana Costa	individual	Senior Feminino	57:53	+27:37	05:47
1435	295	Kelly Sá	individual	Senior Feminino	57:53	+27:37	05:47
1436	1160	ana paula castro	cal - clube atletismo de lamas	Veterana F50	57:53	+27:37	05:47
1437	798	TIAGO MAIA	individual	Sub 23 Masculino	57:54	+27:37	05:47
1438	309	Maura Santos	individual	Senior Feminino	57:54	+27:37	05:47
1439	2168	Xavier Santiago	individual	Veterano M50	57:54	+27:37	05:47
1440	996	Paula Fernandes	running espinho	Veterana F60	57:54	+27:38	05:47
1441	777	Nuno Martins	individual	Veterano M50	57:54	+27:38	05:47
1442	1175	Patrícia Andreia Soares Monteiro	cdc macieira de cambra	Veterana F50	57:55	+27:38	05:47
1443	749	Eduardo Pinto	individual	Veterano M50	57:55	+27:39	05:48
1444	271	Diana Patrícia Rodrigues Faria	individual	Senior Feminino	57:56	+27:39	05:48
1445	993	Charly Duarte	running espinho	Veterana F50	57:56	+27:39	05:48
1446	1870	Maria Ferreira	individual	Sub 23 Feminino	57:57	+27:41	05:48
1447	1951	Joana Ribeiro	individual	Veterana F40	57:57	+27:41	05:48
1448	2222	Cláudia Sousa	l & r	Senior Feminino	57:58	+27:41	05:48
1449	765	José Manuel Pereira Alves	individual	Veterano M50	57:59	+27:42	05:48
1450	2175	Filipe Soares	individual	Veterano M60	57:59	+27:43	05:48
1451	1489	Karina Filomena Ferreira Moreira	individual	Senior Feminino	58:00	+27:43	05:48
1452	1659	Francisco José de Sousa Ferreira da Silva	individual	Senior Masculino	58:00	+27:43	05:48
1453	964	Rui Castro	rd74	Veterano M50	58:00	+27:44	05:48
1454	963	Daniela Lopes	rd74	Veterana F40	58:00	+27:44	05:48
1455	585	Rosa Rodrigues	individual	Veterana F40	58:01	+27:45	05:48
1456	239	Ana Isabel Couto	individual	Senior Feminino	58:01	+27:45	05:48
1457	2218	José Cruz	juventude cortegacense	Veterano M40	58:02	+27:45	05:48
1458	1946	Ines Rua	individual	Veterana F40	58:02	+27:46	05:48
1459	1935	Daniela Matos	individual	Veterana F40	58:04	+27:47	05:48
1460	1566	Susana Bessa	individual	Senior Feminino	58:04	+27:48	05:48
1461	1860	Carlota Ferreira	individual	Sub 23 Feminino	58:05	+27:48	05:48
1462	1720	Leandro Amorim	individual	Senior Masculino	58:05	+27:49	05:49
1463	351	Alexandre iglésias Fonseca da Cruz	individual	Senior Masculino	58:06	+27:49	05:49
1464	437	Luís Iglésias	individual	Senior Masculino	58:06	+27:50	05:49
1465	301	Maria Almeida	individual	Senior Feminino	58:06	+27:50	05:49

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1466	499	Sérgio Carvalho	individual	Senior Masculino	58:07	+27:51	05:49
1467	1541	Pauline Vanbelle	individual	Senior Feminino	58:08	+27:51	05:49
1468	782	Pedro Paula	individual	Veterano M50	58:09	+27:52	05:49
1469	586	Sara Almeida	individual	Veterana F40	58:09	+27:52	05:49
1470	1516	Mariana Costa	individual	Senior Feminino	58:09	+27:53	05:49
1471	1564	Sónia Patrícia Pinto Pereira	individual	Senior Feminino	58:09	+27:53	05:49
1472	106	Ana Rita Ferreira Pinto	byanariita	Sub 23 Feminino	58:10	+27:54	05:49
1473	536	Waltiana Luz	individual	Sub 23 Feminino	58:11	+27:55	05:49
1474	269	Daniela Lima	individual	Senior Feminino	58:12	+27:55	05:49
1475	313	Olha Halahan	individual	Senior Feminino	58:12	+27:56	05:49
1476	1981	Daniela Sá Costa	individual	Veterana F50	58:12	+27:56	05:49
1477	2332	José Santos	petrus runners	Veterano M60	58:13	+27:56	05:49
1478	2029	Hugo Rabaça	individual	Veterano M40	58:14	+27:58	05:49
1479	2476	Miguel Gaspar	to na pista	Senior Masculino	58:16	+27:59	05:50
1480	763	José Lopes	individual	Veterano M50	58:16	+28:00	05:50
1481	1570	Teresa Costa	individual	Senior Feminino	58:16	+28:00	05:50
1482	2374	Anabela Pinto	running espinho	Senior Feminino	58:17	+28:00	05:50
1483	1382	Ana Luisa Capela	individual	Senior Feminino	58:18	+28:01	05:50
1484	896	Xavier Barros	os 3 mosqueteiros	Sub 23 Masculino	58:18	+28:02	05:50
1485	2296	Sofia Duraes	os 3 mosqueteiros	Veterana F40	58:18	+28:02	05:50
1486	1829	Saul Tavares	individual	Senior Masculino	58:19	+28:03	05:50
1487	1851	William André	individual	Senior Masculino	58:20	+28:03	05:50
1488	255	Carina Viana	individual	Senior Feminino	58:20	+28:04	05:50
1489	2017	Emanuel Tavares Nunes	individual	Veterano M40	58:20	+28:04	05:50
1490	103	Pedro Alves	brandoenses running	Veterano M50	58:22	+28:05	05:50
1491	147	Luís Miguel Vieira	clube novobanco	Veterano M50	58:22	+28:05	05:50
1492	2208	Flávio de Lima Marques	jsd espinho	Sub 23 Masculino	58:23	+28:07	05:50
1493	418	João Mendes	individual	Senior Masculino	58:24	+28:07	05:50
1494	1764	Nuno Santos	individual	Senior Masculino	58:24	+28:08	05:50
1495	62	Helena Nunes Rodrigues	adccjclark	Sub 23 Feminino	58:24	+28:08	05:50
1496	63	Diogo Manuel Alves Monteiro	adccjclark	Sub 23 Masculino	58:24	+28:08	05:50
1497	1426	Catarina Coimbra	individual	Senior Feminino	58:27	+28:10	05:51
1498	2408	Emanuel Pinho	salgueiro properties	Veterano M40	58:27	+28:10	05:51
1499	1561	Sofia Pereira das Neves	individual	Senior Feminino	58:27	+28:11	05:51
1500	2206	Gustavo Luís Moreira da Costa	jsd espinho	Senior Masculino	58:28	+28:11	05:51
1501	740	Carlos Alberto Melo Júnior	individual	Veterano M50	58:28	+28:11	05:51
1502	272	Ellane Karlla Paiva Santos	individual	Senior Feminino	58:28	+28:11	05:51
1503	327	Rita Moreira	individual	Senior Feminino	58:28	+28:12	05:51
1504	1982	EDUARDA BRAGA	individual	Veterana F50	58:29	+28:12	05:51
1505	810	Manuel Gomes	individual	Veterano M60	58:32	+28:16	05:51
1506	131	Andreia Duarte	cf perosinho trail & running	Veterana F40	58:33	+28:17	05:51
1507	2069	Miguel Ferreira	individual	Veterano M40	58:37	+28:20	05:52
1508	1702	Jorge Miguel Ventura Faria	individual	Senior Masculino	58:38	+28:21	05:52
1509	1481	Joana Fitas	individual	Senior Feminino	58:38	+28:21	05:52
1510	1142	João Carvalho	btt isolamais/ molag sportaz	Senior Masculino	58:39	+28:22	05:52

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1511	2334	Rui Miguel Silva Almeida Teixeira	porto sentido running	Veterano M50	58:39	+28:22	05:52
1512	2396	Claudia	salgueiro properties	Senior Feminino	58:39	+28:22	05:52
1513	1578	Verónica Rodrigues	individual	Senior Feminino	58:40	+28:24	05:52
1514	2061	Marco Carvalho	individual	Veterano M40	58:41	+28:24	05:52
1515	1110	Amélia ramos	atletismo de aveleda	Veterana F40	58:41	+28:25	05:52
1516	977	Rui Mariano	run & fun	Veterano M50	58:42	+28:26	05:52
1517	556	Vitor Duarte	individual	Sub 23 Masculino	58:42	+28:26	05:52
1518	2326	Susana Marques	petrus runners	Veterana F40	58:43	+28:27	05:52
1519	335	Sofia Ferreira	individual	Senior Feminino	58:43	+28:27	05:52
1520	1009	Mário Alves	running espinho	Veterano M50	58:45	+28:28	05:52
1521	1677	Hugo Pinto	individual	Senior Masculino	58:47	+28:31	05:53
1522	1776	Pedro Filipe Do Novo Gonçalves	individual	Senior Masculino	58:47	+28:31	05:53
1523	1956	Lucybell Ferreira Moreira	individual	Veterana F40	58:49	+28:32	05:53
1524	1878	Afonso De Castro Granja	individual	Sub 23 Masculino	58:49	+28:32	05:53
1525	1417	Carla nunes	individual	Senior Feminino	58:50	+28:33	05:53
1526	1364	Pedro Martins	h-raky	Veterano M40	58:51	+28:35	05:53
1527	1038	Jorge França	uma equipa de gansos	Senior Masculino	58:53	+28:37	05:53
1528	1020	Vânia Alves	tartarugas de seixezelo	Senior Feminino	58:55	+28:39	05:54
1529	615	Alexandre Ferreira	individual	Veterano M40	58:57	+28:40	05:54
1530	564	Carina Magalhães	individual	Veterana F40	58:57	+28:40	05:54
1531	1873	Nicole Costa Santos	individual	Sub 23 Feminino	59:00	+28:43	05:54
1532	317	Paula Teixeira	individual	Senior Feminino	59:01	+28:45	05:54
1533	603	Jacinta Fonseca	individual	Veterana F50	59:01	+28:45	05:54
1534	988	Miguel Relvas Ladeira	running espinho	Senior Masculino	59:02	+28:46	05:54
1535	1874	Renata Rocha	individual	Sub 23 Feminino	59:03	+28:46	05:54
1536	250	Bárbara Filipa Ribeiro Barbosa	individual	Senior Feminino	59:04	+28:47	05:54
1537	343	Vanessa Filipa da Rocha Oliveira	individual	Senior Feminino	59:05	+28:48	05:54
1538	1705	José Barreto	individual	Senior Masculino	59:05	+28:48	05:54
1539	81	Ana Pinho	ana pinho	Veterana F40	59:07	+28:50	05:55
1540	99	Jaqueline Botelho	botelhocas running	Senior Feminino	59:07	+28:51	05:55
1541	637	Eduardo Ramos	individual	Veterano M40	59:08	+28:51	05:55
1542	201	Alexandra Graça	fénix voadoras	Veterana F50	59:09	+28:53	05:55
1543	200	Joana Fernandes	fénix voadoras	Veterana F40	59:10	+28:53	05:55
1544	644	Filipe Moreira	individual	Veterano M40	59:10	+28:53	05:55
1545	817	Olivier Michoud	individual	Veterano M60	59:10	+28:54	05:55
1546	1379	Ana Garcia	individual	Senior Feminino	59:14	+28:57	05:55
1547	901	ANTÓNIO GODINHO	os falta d´ar	Veterano M60	59:15	+28:59	05:56
1548	2088	Pedro Fernandes	individual	Veterano M40	59:15	+28:59	05:56
1549	1909	Simão Pereira	individual	Sub 23 Masculino	59:15	+28:59	05:56
1550	227	Marco Costa	gogo gina go	Veterano M40	59:16	+28:59	05:56
1551	2419	José Valente PT	salgueiro properties	Veterano M50	59:16	+28:59	05:56
1552	1917	Ana Catarina Correia de Almeida	individual	Veterana F40	59:16	+29:00	05:56
1553	2156	Pedro Silva	individual	Veterano M50	59:16	+29:00	05:56

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1554	225	Lúcio Nunes	gemba running	Veterano M60	59:18	+29:01	05:56
1555	1804	Ricardo Luís Araújo Teixeira de Almeida	individual	Senior Masculino	59:19	+29:02	05:56
1556	2442	Diego Santos	sce triatlo	Sub 23 Masculino	59:21	+29:05	05:56
1557	2443	Rony Santos	sce triatlo	Veterano M40	59:21	+29:05	05:56
1558	1440	Cláudia Sousa	individual	Senior Feminino	59:22	+29:06	05:56
1559	1680	João Geraldo Bastos Gomes de Paula e Silva	individual	Senior Masculino	59:23	+29:06	05:56
1560	1288	LEONEL SILVA	ev-peraltafil	Veterano M60	59:23	+29:06	05:56
1561	1792	Rafael Ferreira Gomes	individual	Senior Masculino	59:23	+29:06	05:56
1562	1490	LARA DIAS	individual	Senior Feminino	59:24	+29:07	05:56
1563	822	Jacinta Campos	jack daniels	Senior Feminino	59:24	+29:08	05:56
1564	2170	Antonio Armando	individual	Veterano M60	59:30	+29:13	05:57
1565	1372	Alexandra Borrego Trujillo	individual	Senior Feminino	59:31	+29:14	05:57
1566	1306	Alvaro Lopes	fidalguinha	Veterano M40	59:31	+29:15	05:57
1567	606	Porcina Maria Soares Marques Oliveira	individual	Veterana F50	59:32	+29:16	05:57
1568	2046	José Macedo	individual	Veterano M40	59:33	+29:17	05:57
1569	593	TERESA FILIPA Moreira Nogueira	individual	Veterana F40	59:34	+29:18	05:57
1570	922	Carla Teixeira	pedras rolantes	Senior Feminino	59:37	+29:20	05:58
1571	994	Cristina Couto	running espinho	Veterana F50	59:37	+29:21	05:58
1572	479	Renato Pedrosa Jesus	individual	Senior Masculino	59:38	+29:21	05:58
1573	1219	JOAO AFONSO NUNES SANTOS	clube millennium bcp	Senior Masculino	59:39	+29:22	05:58
1574	1259	Alexandra Teixeira	dr. runner	Veterana F40	59:39	+29:23	05:58
1575	1884	Diogo Sousa	individual	Sub 23 Masculino	59:39	+29:23	05:58
1576	1893	João Martins	individual	Sub 23 Masculino	59:40	+29:23	05:58
1577	1627	Daniel Pinto	individual	Senior Masculino	59:40	+29:24	05:58
1578	522	Adriana Oliveira	individual	Sub 23 Feminino	59:43	+29:27	05:58
1579	1274	Lara Pina	elite3700	Sub 23 Feminino	59:43	+29:27	05:58
1580	1113	Miguel Moreira	aztrail	Senior Masculino	59:45	+29:29	05:59
1581	899	Catarina Filomena Massano Sapage	os cansados	Veterana F40	59:47	+29:30	05:59
1582	1979	Augusta Zenha	individual	Veterana F50	59:48	+29:32	05:59
1583	1229	LUIS MIGUEL GARRETT C GUIMARAES MIRANDA	clube millennium bcp	Veterano M60	59:49	+29:33	05:59
1584	2323	João Martins	petrus runners	Senior Masculino	59:52	+29:36	05:59
1585	1656	Francisco Fabião Tavares da Rocha	individual	Senior Masculino	59:52	+29:36	05:59
1586	2331	António Dias	petrus runners	Veterano M60	59:53	+29:36	05:59
1587	1942	Gisela Avelar	individual	Veterana F40	59:54	+29:38	05:59
1588	176	Bruno Duarte	espinho trail	Veterano M40	59:55	+29:39	06:00
1589	2154	Paulo Silva	individual	Veterano M50	59:55	+29:39	06:00
1590	1993	sonia sousa	individual	Veterana F50	59:56	+29:39	06:00
1591	1910	Tiago Alves	individual	Sub 23 Masculino	59:56	+29:40	06:00
1592	177	Ricardo Duarte	espinho trail	Veterano M40	59:57	+29:41	06:00
1593	1323	Miguel Pinto	friends will be friends	Veterano M40	59:57	+29:41	06:00

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1594	205	Vasco Costa	friends will be friends	Veterano M40	59:57	+29:41	06:00
1595	204	Tânia Rocha	friends will be friends	Veterana F40	59:58	+29:41	06:00
1596	1275	Ana Alexandra Fernandes da Vinha	elite3700	Veterana F40	59:58	+29:41	06:00
1597	1389	Ana Rita Pinhal Costa	individual	Senior Feminino	59:58	+29:42	06:00
1598	1106	Tomas Figueiredo	as marias	Senior Masculino	01:00:00	+29:43	06:00
1599	452	Miguel Sousa	individual	Senior Masculino	01:00:00	+29:44	06:00
1600	1105	Vanessa Sousa	as marias	Senior Feminino	01:00:01	+29:44	06:00
1601	1299	António Carvalho	federação de atletismo do quénia	Senior Masculino	01:00:07	+29:51	06:01
1602	1390	Ana Rita Ribeiro	individual	Senior Feminino	01:00:07	+29:51	06:01
1603	835	Cristiana Ferreira	kokas	Sub 23 Feminino	01:00:08	+29:51	06:01
1604	836	Carlos Ferreira	kokas	Veterano M50	01:00:09	+29:52	06:01
1605	282	Inês Fernandes Moreira	individual	Senior Feminino	01:00:10	+29:54	06:01
1606	635	Diogo Mendes	individual	Veterano M40	01:00:11	+29:54	06:01
1607	2258	INÊS FERREIRA	natacinha.....s	Sub 23 Feminino	01:00:11	+29:54	06:01
1608	2260	RAFAEL TEIXEIRA	natacinha.....s	Sub 23 Masculino	01:00:11	+29:54	06:01
1609	2191	Ramos da Silva	individual	Veterano M60	01:00:12	+29:55	06:01
1610	1984	FILIPA RIBEIRO	individual	Veterana F50	01:00:14	+29:58	06:01
1611	2294	Diogo Matos	on track run club	Senior Masculino	01:00:15	+29:59	06:02
1612	1901	Pedro Serafim	individual	Sub 23 Masculino	01:00:15	+29:59	06:02
1613	1802	Ricardo Filipe Silva	individual	Senior Masculino	01:00:16	+30:00	06:02
1614	2204	Joana Sousa Alves da Silva	jsd espinho	Senior Feminino	01:00:17	+30:01	06:02
1615	2490	Margarida Pereira	undercover	Senior Feminino	01:00:17	+30:01	06:02
1616	1227	PAULO JORGE DA COSTA MONTEIRO	clube millennium bcp	Veterano M50	01:00:19	+30:02	06:02
1617	677	Marco Morgado	individual	Veterano M40	01:00:21	+30:04	06:02
1618	1201	João Alves	clube do pessoal da edp porto	Senior Masculino	01:00:21	+30:04	06:02
1619	413	João Campos	individual	Senior Masculino	01:00:21	+30:05	06:02
1620	1040	Pedro Neto	uma equipa de gansos	Senior Masculino	01:00:23	+30:06	06:02
1621	1569	Tatiana Varandas	individual	Senior Feminino	01:00:24	+30:08	06:02
1622	1856	Ana Rita Lopes Guedes	individual	Sub 23 Feminino	01:00:25	+30:09	06:03
1623	2280	Virgínia Moreira	night runners feira	Veterana F60	01:00:27	+30:10	06:03
1624	800	FERNANDO SILVA	individual	Veterano M60	01:00:27	+30:10	06:03
1625	2486	Diana Marques	trio run plus	Senior Feminino	01:00:27	+30:10	06:03
1626	823	Daniel Brandão	jack daniels	Veterano M40	01:00:27	+30:11	06:03
1627	1398	Andreia Moreira	individual	Senior Feminino	01:00:28	+30:12	06:03
1628	1411	Beu Ribeiro	individual	Senior Feminino	01:00:28	+30:12	06:03
1629	2485	Catarina Maia	trio run plus	Senior Feminino	01:00:30	+30:14	06:03
1630	1423	Carolina Sá	individual	Senior Feminino	01:00:32	+30:15	06:03
1631	2042	Jorge Santos	individual	Veterano M40	01:00:33	+30:16	06:03
1632	2085	Pedro Campos	individual	Veterano M40	01:00:36	+30:19	06:04
1633	1613	Bruno Oliveira	individual	Senior Masculino	01:00:36	+30:20	06:04
1634	2410	Hugo Fonseca	salgueiro properties	Veterano M40	01:00:36	+30:20	06:04
1635	2429	MIGUEL ANGELO VENTURA MARQUES	sce atletismo	Senior Masculino	01:00:38	+30:22	06:04
1636	64	Marta Sousa	adccjclark	Veterana F40	01:00:40	+30:24	06:04
1637	1751	Miguel João Amaral Pires	individual	Senior Masculino	01:00:41	+30:25	06:04

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1638	2264	Miguel Fernandes	natacinha.....s	Veterano M40	01:00:42	+30:25	06:04
1639	1573	Vanessa Ferreira	individual	Senior Feminino	01:00:43	+30:27	06:04
1640	1992	Sónia Cristina Pinto Lopes dos Santos	individual	Veterana F50	01:00:43	+30:27	06:04
1641	2150	Paulo Jorge Lopes Brito dos Santos	individual	Veterano M50	01:00:43	+30:27	06:04
1642	1651	Fernando Nogueira	individual	Senior Masculino	01:00:43	+30:27	06:04
1643	1444	Daniela Gomes Santos	individual	Senior Feminino	01:00:44	+30:27	06:04
1644	65	Armindo Rodrigues	adccjclark	Veterano M50	01:00:44	+30:28	06:04
1645	633	David Moura	individual	Veterano M40	01:00:47	+30:30	06:05
1646	764	José Manuel Cardao	individual	Veterano M50	01:00:47	+30:31	06:05
1647	498	Rui Ribeiro	individual	Senior Masculino	01:00:48	+30:32	06:05
1648	2324	Adriana Silva	petrus runners	Veterana F40	01:00:48	+30:32	06:05
1649	1977	Ana Ribeiro	individual	Veterana F50	01:00:50	+30:33	06:05
1650	2112	Tony Calvo	individual	Veterano M40	01:00:50	+30:33	06:05
1651	1188	José Manuel Monteiro	cirac - circulo de recreio arte e cultura	Senior Masculino	01:00:50	+30:34	06:05
1652	2479	Porfírio Martins	to na pista	Veterano M60	01:00:50	+30:34	06:05
1653	2511	isila Correia	xuxas da laranja	Senior Feminino	01:00:51	+30:34	06:05
1654	2368	Rita Carreira	running esmoriz	Sub 23 Feminino	01:00:51	+30:34	06:05
1655	1583	Alexandre Pires	individual	Senior Masculino	01:00:51	+30:35	06:05
1656	2377	Rita Azevedo	running espinho	Senior Feminino	01:00:52	+30:35	06:05
1657	2375	Inês Oliveira	running espinho	Senior Feminino	01:00:52	+30:35	06:05
1658	2297	Jorge Godinho	os 3 mosqueteiros	Veterano M50	01:00:52	+30:36	06:05
1659	182	Isabel Carvalho	evolve	Veterana F40	01:00:53	+30:37	06:05
1660	906	Carla Araujo	os silvas	Veterana F40	01:00:55	+30:38	06:05
1661	703	Rafa Gonçalves	individual	Veterano M40	01:00:57	+30:40	06:06
1662	2354	Gonçalo Maganinho	regimento de engenharia n.º 3	Sub 23 Masculino	01:00:57	+30:41	06:06
1663	2349	Luis Filipe Castro Ribeiro	regimento de engenharia n.º 3	Senior Masculino	01:00:57	+30:41	06:06
1664	2344	André Dias	regimento de engenharia n.º 3	Senior Masculino	01:00:57	+30:41	06:06
1665	2345	António José Gomez Soares	regimento de engenharia n.º 3	Senior Masculino	01:00:57	+30:41	06:06
1666	2348	Gustavo Ribeiro	regimento de engenharia n.º 3	Senior Masculino	01:00:58	+30:41	06:06
1667	2355	João Luís Serra Lobão	regimento de engenharia n.º 3	Sub 23 Masculino	01:00:58	+30:41	06:06
1668	2515	TIAGO ANDRE RODRIGUES SOARES	regimento engenharía 3	Sub 23 Masculino	01:00:58	+30:42	06:06
1669	2350	Micael Oliveira Costa	regimento de engenharia n.º 3	Senior Masculino	01:00:58	+30:42	06:06
1670	2353	Roberto Nunes Garcia	regimento de engenharia n.º 3	Senior Masculino	01:00:58	+30:42	06:06
1671	2514	DIOGO FILIPE GARCIA PEREIRA	regimento engenharía 3	Senior Masculino	01:00:59	+30:42	06:06
1672	2352	Ricardo Manuel Rodrigues Guedes	regimento de engenharia n.º 3	Senior Masculino	01:00:59	+30:42	06:06
1673	2351	Paulo Bruno de Pinho Rebelo	regimento de engenharia n.º 3	Senior Masculino	01:00:59	+30:42	06:06
1674	2347	Gabriel Filipe Correia Freitas	regimento de engenharia n.º 3	Senior Masculino	01:00:59	+30:42	06:06
1675	1585	Alexandre Silva	individual	Senior Masculino	01:00:59	+30:43	06:06
1676	1628	Daniel Zurita	individual	Senior Masculino	01:01:00	+30:43	06:06
1677	1375	Alice Batista da Costa	individual	Senior Feminino	01:01:00	+30:43	06:06
1678	1405	Beatriz Couto	individual	Senior Feminino	01:01:00	+30:44	06:06
1679	565	Catarina Gomes	individual	Veterana F40	01:01:03	+30:46	06:06

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1680	712	Rui Duarte	individual	Veterano M40	01:01:03	+30:47	06:06
1681	734	António Ferreira	individual	Veterano M50	01:01:04	+30:48	06:06
1682	2100	Ricardo Oliveira	individual	Veterano M40	01:01:06	+30:50	06:07
1683	111	LUCIDIO DIAS	cal - clube atletismo de lamas	Veterano M60	01:01:07	+30:51	06:07
1684	1146	Marco Pereira	by care team	Veterano M50	01:01:08	+30:52	06:07
1685	981	Alice Apolónia	running espinho	Senior Feminino	01:01:10	+30:54	06:07
1686	1097	Luísa Marques	alcateia do cabouco	Veterana F40	01:01:14	+30:57	06:07
1687	77	Diogo Tavares	ana cheri	Senior Masculino	01:01:14	+30:57	06:07
1688	245	Ana Sofia Miranda De Castro Resende Assis1	individual	Senior Feminino	01:01:16	+31:00	06:08
1689	2503	Sara Pinho	wellstudio	Senior Feminino	01:01:18	+31:02	06:08
1690	1480	Joana Carneiro	individual	Senior Feminino	01:01:19	+31:02	06:08
1691	1354	Natalia Santos	grupo desportivo a ronda	Veterana F40	01:01:19	+31:03	06:08
1692	983	Dulce Ferreira	running espinho	Senior Feminino	01:01:20	+31:04	06:08
1693	1034	Fabio Costa	uma equipa de gansos	Senior Masculino	01:01:22	+31:06	06:08
1694	715	Rui Neves	individual	Veterano M40	01:01:24	+31:08	06:08
1695	1478	Jéssica Matos	individual	Senior Feminino	01:01:26	+31:09	06:09
1696	1371	Aida Adams	individual	Senior Feminino	01:01:28	+31:11	06:09
1697	1506	Márcia Silva	individual	Senior Feminino	01:01:28	+31:11	06:09
1698	1974	Vânia Monteiro	individual	Veterana F40	01:01:28	+31:12	06:09
1699	1817	Ruben Castro	individual	Senior Masculino	01:01:28	+31:12	06:09
1700	1903	Rafael Neves	individual	Sub 23 Masculino	01:01:28	+31:12	06:09
1701	426	Jorge Pinho	individual	Senior Masculino	01:01:29	+31:13	06:09
1702	329	Rita Sousa	individual	Senior Feminino	01:01:29	+31:13	06:09
1703	1035	Fábio Humberto Pinto França	uma equipa de gansos	Senior Masculino	01:01:33	+31:16	06:09
1704	1584	Alexandre Santos Moreira	individual	Senior Masculino	01:01:33	+31:16	06:09
1705	1525	Marta Almeida	individual	Senior Feminino	01:01:33	+31:17	06:09
1706	544	Emanuel Pereira	individual	Sub 23 Masculino	01:01:34	+31:18	06:09
1707	1397	Andreia Magalhães	individual	Senior Feminino	01:01:44	+31:27	06:10
1708	403	Gustavo Casal	individual	Senior Masculino	01:01:45	+31:29	06:11
1709	1103	Inês Andrade	as lokas	Senior Feminino	01:01:46	+31:29	06:11
1710	1822	rui araujo	individual	Senior Masculino	01:01:46	+31:29	06:11
1711	2509	Carolina Rodrigues	xuxas da laranja	Senior Feminino	01:01:46	+31:29	06:11
1712	709	Ruben Moura	running espinho	Veterano M40	01:01:47	+31:30	06:11
1713	1505	Márcia Filipa Alves Reis	individual	Senior Feminino	01:01:47	+31:30	06:11
1714	361	Bernardo João da Costa Fonseca	individual	Senior Masculino	01:01:47	+31:31	06:11
1715	1635	Diogo Miguel Sousa Mendes	individual	Senior Masculino	01:01:48	+31:31	06:11
1716	292	Joana Rolo Dias Serrano	individual	Senior Feminino	01:01:50	+31:34	06:11
1717	584	Rita Sousa	individual	Veterana F40	01:01:51	+31:35	06:11
1718	120	Miguel Santos	caldas são jorge sport clube	Veterano M40	01:01:51	+31:35	06:11
1719	897	Maria Carvalho	os bonitos	Veterana F40	01:01:52	+31:35	06:11
1720	898	Tiago Pereira	os bonitos	Veterano M40	01:01:52	+31:36	06:11
1721	1457	Filipa Félix	individual	Senior Feminino	01:01:53	+31:36	06:11
1722	246	Andreia Dias	individual	Senior Feminino	01:01:53	+31:36	06:11
1723	2207	Ana Beatriz Ferreira	jsd espinho	Sub 23 Feminino	01:01:54	+31:37	06:11
1724	1975	Vânia Oliveira	individual	Veterana F40	01:01:55	+31:39	06:12

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1725	1293	Abílio Gomes	falta de ar, mas continua	Veterano M60	01:01:56	+31:39	06:12
1726	1958	Mara Oliveira	individual	Veterana F40	01:01:56	+31:39	06:12
1727	2461	Joana Rocha	team pt filipa	Veterana F50	01:01:56	+31:40	06:12
1728	924	Daniel Costa	pedras rolantes	Veterano M40	01:01:58	+31:41	06:12
1729	1688	Joao Rafael Cunha Dias	individual	Senior Masculino	01:01:58	+31:42	06:12
1730	336	Sofia Oliveira	individual	Senior Feminino	01:01:59	+31:43	06:12
1731	532	Maria Inês Nora	individual	Sub 23 Feminino	01:02:00	+31:43	06:12
1732	1547	Rita Faustino	individual	Senior Feminino	01:02:00	+31:44	06:12
1733	602	Fernanda Lirio	individual	Veterana F50	01:02:01	+31:44	06:12
1734	1861	Débora Costa	individual	Sub 23 Feminino	01:02:02	+31:45	06:12
1735	467	Pedro Figueiredo Anjo	individual	Senior Masculino	01:02:03	+31:46	06:12
1736	806	José Mendes	individual	Veterano M60	01:02:03	+31:47	06:12
1737	1401	Angela reis	individual	Senior Feminino	01:02:05	+31:48	06:12
1738	1532	Mylene Oliveira	individual	Senior Feminino	01:02:05	+31:49	06:13
1739	701	Pedro Sousa	individual	Veterano M40	01:02:07	+31:50	06:13
1740	2532	Joana Carvalho	fitness factory	Senior Feminino	01:02:07	+31:51	06:13
1741	1343	André Machado	goodshape	Senior Masculino	01:02:09	+31:52	06:13
1742	1869	Maria Faria	individual	Sub 23 Feminino	01:02:09	+31:53	06:13
1743	277	Filipa Paiva	individual	Senior Feminino	01:02:11	+31:54	06:13
1744	2197	Inês Santos	jam - juventude atlética mozelense	Veterana F40	01:02:11	+31:54	06:13
1745	2545	Joana Babo	individual	Senior Feminino	01:02:11	+31:55	06:13
1746	1135	Margarida neves	bravos e bravitas	Veterana F60	01:02:12	+31:55	06:13
1747	2300	José Oliveira	os dragões de mozelos	Veterano M40	01:02:12	+31:56	06:13
1748	2536	Inês Queirós	fitness factory	Senior Feminino	01:02:14	+31:57	06:13
1749	2533	Sofia Gonçalves	fitness factory	Senior Feminino	01:02:14	+31:57	06:13
1750	2176	Gaspar Cadete	individual	Veterano M60	01:02:17	+32:00	06:14
1751	815	Mário Rodrigues	individual	Veterano M60	01:02:19	+32:03	06:14
1752	2033	Humberto Barros	individual	Veterano M40	01:02:20	+32:04	06:14
1753	2414	Pedro Salgueiro	salgueiro properties	Veterano M40	01:02:20	+32:04	06:14
1754	588	Susana Ferreira	individual	Veterana F40	01:02:21	+32:04	06:14
1755	1978	Ana Sousa	individual	Veterana F50	01:02:21	+32:05	06:14
1756	1567	Tânia Cunha	individual	Senior Feminino	01:02:23	+32:07	06:14
1757	1484	Joana Pereira	individual	Senior Feminino	01:02:24	+32:07	06:14
1758	1535	Patrícia Almeida	individual	Senior Feminino	01:02:26	+32:10	06:15
1759	2474	Márcia Lemos	tertxugas	Senior Feminino	01:02:29	+32:13	06:15
1760	384	Dumitru Deliu	individual	Senior Masculino	01:02:29	+32:13	06:15
1761	2527	Tiago Silva	academica de espinho	Senior Masculino	01:02:33	+32:17	06:15
1762	2057	Luis Filipe Cadete	individual	Veterano M40	01:02:34	+32:17	06:15
1763	2526	Miguel Maia	academica de espinho	Veterano M50	01:02:34	+32:17	06:15
1764	1717	José Pinto	individual	Senior Masculino	01:02:34	+32:18	06:15
1765	741	Carlos Barroso	individual	Veterano M50	01:02:37	+32:20	06:16
1766	2178	Joao Dionisio Ruivo Neca	individual	Veterano M60	01:02:37	+32:21	06:16
1767	325	Rita Lopes	individual	Senior Feminino	01:02:38	+32:21	06:16
1768	373	Denis Pinto	individual	Senior Masculino	01:02:38	+32:22	06:16
1769	68	Jorge Catarino	almas penadas	Senior Masculino	01:02:38	+32:22	06:16
1770	69	Paulo Vasconcelos	almas penadas	Senior Masculino	01:02:39	+32:22	06:16

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1771	658	João Paulo Pinheiro Fernandes	individual	Veterano M40	01:02:39	+32:23	06:16
1772	2169	Antonio Gonçalves	individual	Veterano M60	01:02:42	+32:26	06:16
1773	1245	Sónia Ribeiro	crossfit couto	Senior Feminino	01:02:44	+32:27	06:16
1774	792	Abílio soares	individual	Veterano M60	01:02:45	+32:29	06:17
1775	610	Susana Soares	individual	Veterana F50	01:02:45	+32:29	06:17
1776	2005	Artur Fonseca	individual	Veterano M40	01:02:51	+32:34	06:17
1777	2505	Carla Ferreira	wellstudio	Veterana F40	01:02:52	+32:35	06:17
1778	2525	Sofia Moura	individual	Senior Feminino	01:02:53	+32:36	06:17
1779	157	Sónia Martins	crossfit couto	Senior Feminino	01:02:53	+32:36	06:17
1780	2523	José Rebelo	individual	Senior Masculino	01:02:53	+32:36	06:17
1781	1589	André Machado	individual	Senior Masculino	01:02:54	+32:38	06:17
1782	380	Diogo Gomes Ferreira	individual	Senior Masculino	01:02:56	+32:40	06:18
1783	759	José António	individual	Veterano M50	01:02:57	+32:41	06:18
1784	1039	Miguel Simões	uma equipa de gansos	Senior Masculino	01:02:57	+32:41	06:18
1785	1450	DIANA ALVES FERREIRA	individual	Senior Feminino	01:02:58	+32:41	06:18
1786	1158	Silvia Coimbra	cães d avenida	Veterana F60	01:02:59	+32:42	06:18
1787	1153	Bárbara Barbosa	cães d avenida	Veterana F40	01:02:59	+32:42	06:18
1788	519	Xavier Coelho Resende	individual	Senior Masculino	01:02:59	+32:43	06:18
1789	1139	Bruno Santos	btsusy	Veterano M40	01:02:59	+32:43	06:18
1790	1493	Leonor Ventura	individual	Senior Feminino	01:02:59	+32:43	06:18
1791	342	Vanessa Alves	individual	Senior Feminino	01:02:59	+32:43	06:18
1792	2537	Miguel Queiroz	individual	Senior Masculino	01:03:00	+32:43	06:18
1793	2139	Luis Neto	individual	Veterano M50	01:03:00	+32:43	06:18
1794	2388	Paulo Alexandre Ladeira	running espinho	Veterano M50	01:03:00	+32:44	06:18
1795	314	Patrícia Castro	individual	Senior Feminino	01:03:01	+32:44	06:18
1796	1928	Cátia Soares	individual	Veterana F40	01:03:01	+32:45	06:18
1797	1041	Rui Pedro Martins Ferreira	uma equipa de gansos	Senior Masculino	01:03:01	+32:45	06:18
1798	526	Beatriz Sousa	individual	Sub 23 Feminino	01:03:02	+32:46	06:18
1799	2551	Daniela Azevedo	wellstudio	Senior Feminino	01:03:02	+32:46	06:18
1800	1495	Liliana Lopes	individual	Senior Feminino	01:03:03	+32:46	06:18
1801	1988	Laurinda Maria de Jesus Ferreira	individual	Veterana F50	01:03:03	+32:47	06:18
1802	524	Beatriz Laranjeira	individual	Sub 23 Feminino	01:03:03	+32:47	06:18
1803	1923	Belinda Marques	individual	Veterana F40	01:03:04	+32:48	06:18
1804	884	Marta Rodrigues	núcleo de corrida solveverde	Veterana F40	01:03:06	+32:49	06:19
1805	2361	Juliane Albuquerque	root	Senior Feminino	01:03:09	+32:53	06:19
1806	1475	Íris Leite	individual	Senior Feminino	01:03:09	+32:53	06:19
1807	1559	Sarah Conceição	individual	Senior Feminino	01:03:15	+32:58	06:19
1808	1907	Vítor Claudino De Oliveira Meneses	individual	Veterano M60	01:03:16	+32:59	06:20
1809	2242	Marina Raquel Macedo Martins	marcap	Veterana F40	01:03:17	+33:01	06:20
1810	2243	Pedro Paiva	marcap	Veterano M40	01:03:17	+33:01	06:20
1811	324	Rita Ferreira	individual	Senior Feminino	01:03:18	+33:02	06:20
1812	1973	Sónia Rocha	individual	Veterana F40	01:03:19	+33:02	06:20
1813	1931	claudia fer rao	individual	Veterana F40	01:03:19	+33:02	06:20
1814	1344	Andreia Monteiro	goodshape	Veterana F40	01:03:20	+33:04	06:20

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1815	2487	Susana Martins	trio run plus	Senior Feminino	01:03:22	+33:06	06:20
1816	2259	Átila Ambrus	natacinha.....s	Sub 23 Masculino	01:03:23	+33:06	06:20
1817	1952	Liliana Ferreira	individual	Veterana F40	01:03:26	+33:10	06:21
1818	1936	Diana Santos	individual	Veterana F40	01:03:26	+33:10	06:21
1819	169	Fabio Lopes de Souza Saramago	dr. runner	Veterano M40	01:03:27	+33:10	06:21
1820	2393	Sandra Fernandes	runrun	Veterana F40	01:03:28	+33:11	06:21
1821	1900	Pedro Pinho	individual	Sub 23 Masculino	01:03:30	+33:14	06:21
1822	645	Gualter Oliveira	individual	Veterano M40	01:03:32	+33:16	06:21
1823	2475	Maria Melo	to na pista	Senior Feminino	01:03:33	+33:17	06:21
1824	1387	Ana Rita Monteiro	individual	Senior Feminino	01:03:39	+33:22	06:22
1825	1924	Bruna Paulino	individual	Veterana F40	01:03:39	+33:22	06:22
1826	2184	Luís Oliveira	individual	Veterano M60	01:03:39	+33:23	06:22
1827	807	José Soares Ferreira	individual	Veterano M60	01:03:41	+33:24	06:22
1828	316	Patrícia Pereira	individual	Senior Feminino	01:03:43	+33:27	06:22
1829	310	Milene Ladeira	individual	Senior Feminino	01:03:45	+33:28	06:22
1830	2193	Adelaide Horta	invicta runners team	Veterana F60	01:03:47	+33:31	06:23
1831	844	Bruno Linhares	linheira	Veterano M40	01:03:54	+33:37	06:23
1832	1427	Catarina Gonçalves	individual	Senior Feminino	01:03:56	+33:40	06:24
1833	345	Vera Coelho	individual	Senior Feminino	01:03:58	+33:41	06:24
1834	711	Rui Coelho	individual	Veterano M40	01:03:58	+33:42	06:24
1835	2091	Pedro Moreno	individual	Veterano M40	01:03:58	+33:42	06:24
1836	1272	Bruno Andrade	elite3700	Senior Masculino	01:04:00	+33:43	06:24
1837	116	Juiana Alves	gdr santa tecla	Veterana F40	01:04:02	+33:46	06:24
1838	1266	Carolina Figueiredo	elite3700	Senior Feminino	01:04:04	+33:47	06:24
1839	1394	Ana Vinhas	individual	Senior Feminino	01:04:05	+33:48	06:24
1840	1533	Nádia Santos	individual	Senior Feminino	01:04:07	+33:51	06:25
1841	2401	Suse Mara Gomes Oliveira	salgueiro properties	Senior Feminino	01:04:08	+33:51	06:25
1842	887	António Sá	núcleo de corrida solveverde	Veterano M40	01:04:09	+33:53	06:25
1843	1819	Ruben José Pires Maciel	individual	Senior Masculino	01:04:11	+33:54	06:25
1844	441	Manuel Lima	individual	Senior Masculino	01:04:12	+33:56	06:25
1845	1519	Mariana Neves	individual	Senior Feminino	01:04:12	+33:56	06:25
1846	1857	Beatriz cavaleiro	individual	Sub 23 Feminino	01:04:13	+33:56	06:25
1847	2000	Maria Melo	individual	Veterana F60	01:04:15	+33:58	06:25
1848	1386	Ana Rita Freitas	individual	Senior Feminino	01:04:16	+33:59	06:26
1849	57	MANUEL COUTO	a. d. grijó a correr	Veterano M60	01:04:18	+34:02	06:26
1850	820	Vítor Manuel Cruz Rocha	individual	Veterano M60	01:04:27	+34:11	06:27
1851	2174	Domingos Cardoso Baptista	individual	Veterano M60	01:04:30	+34:14	06:27
1852	1145	Monica Costa	by care team	Veterana F40	01:04:34	+34:18	06:27
1853	331	Sara Machado	individual	Senior Feminino	01:04:35	+34:18	06:27
1854	2542	Sofia Beatriz Costa Silva	individual	Veterana F40	01:04:38	+34:21	06:28
1855	2541	Maria Edite Guedes Oliveira	individual	Veterana F40	01:04:38	+34:21	06:28
1856	480	Ricardo Alves	individual	Senior Masculino	01:04:40	+34:23	06:28
1857	1049	Catarina Maria Brito Oliveira	+physio	Senior Feminino	01:04:40	+34:24	06:28
1858	1051	Tiago André Costa Lopes	+physio	Senior Masculino	01:04:40	+34:24	06:28
1859	2209	Elisa oliveira	juliza	Senior Feminino	01:04:41	+34:25	06:28

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1860	1698	Joaquim Ribeiro	individual	Senior Masculino	01:04:41	+34:25	06:28
1861	432	Jose Ribeiro	individual	Senior Masculino	01:04:43	+34:26	06:28
1862	1716	José Pinto	individual	Senior Masculino	01:04:44	+34:28	06:28
1863	290	Joana Marisa da Mota Ribeiro	individual	Senior Feminino	01:04:50	+34:33	06:29
1864	1380	Ana Isabel Teixeira	individual	Senior Feminino	01:04:50	+34:34	06:29
1865	1185	Tiago Moutinho Costa	centro óptico espinho	Veterano M50	01:04:55	+34:38	06:29
1866	1240	Joana Pádua	cptbc	Veterana F40	01:04:56	+34:39	06:30
1867	1813	Robson Souza	individual	Senior Masculino	01:04:56	+34:40	06:30
1868	1678	João Augusto Gomes	individual	Senior Masculino	01:05:01	+34:44	06:30
1869	1348	Liliana Monteiro	grifagem j. pedro	Veterana F40	01:05:03	+34:46	06:30
1870	2167	Vítor Ferreira	individual	Veterano M50	01:05:03	+34:46	06:30
1871	991	Alexandra Soares	running espinho	Veterana F50	01:05:03	+34:47	06:30
1872	1184	Luís Azevedo	centro óptico espinho	Veterano M50	01:05:04	+34:48	06:30
1873	2240	Ana Mónica Martins dos Santos	maratontos 1/2	Veterana F40	01:05:05	+34:49	06:30
1874	346	Verônica Aquino	individual	Senior Feminino	01:05:05	+34:49	06:31
1875	2241	Susana Monteiro	maratontos 1/2	Veterana F50	01:05:06	+34:49	06:31
1876	264	Cátia Sousa	individual	Senior Feminino	01:05:06	+34:50	06:31
1877	283	Inês Rocha	individual	Senior Feminino	01:05:08	+34:52	06:31
1878	1451	Diana Cunha	individual	Senior Feminino	01:05:12	+34:56	06:31
1879	306	Maria Virginia Chaves Freire	individual	Senior Feminino	01:05:14	+34:58	06:31
1880	334	Sofia Belinha	individual	Senior Feminino	01:05:16	+34:59	06:32
1881	2256	Fabio Xavier Rocha	não aplicavel	Senior Masculino	01:05:19	+35:03	06:32
1882	1624	Daniel Oliveira	individual	Senior Masculino	01:05:21	+35:04	06:32
1883	999	Eduardo Filipe Lima Ferreira	running espinho	Veterano M40	01:05:23	+35:07	06:32
1884	1376	Ana Abreu	individual	Senior Feminino	01:05:24	+35:08	06:32
1885	900	João Guedes	os falta d'ar	Veterano M50	01:05:27	+35:11	06:33
1886	607	ROSANE PRADO VALENTIM	individual	Veterana F50	01:05:31	+35:15	06:33
1887	1896	João Sousa	individual	Sub 23 Masculino	01:05:32	+35:15	06:33
1888	117	Maria Valente	gdr santa tecla	Veterana F60	01:05:32	+35:16	06:33
1889	243	Ana Sofia Castro Pinto	individual	Senior Feminino	01:05:33	+35:16	06:33
1890	559	Ana Manso	individual	Veterana F40	01:05:34	+35:18	06:33
1891	1970	Sílvia Alves	individual	Veterana F40	01:05:34	+35:18	06:33
1892	1309	Ricardo Nunes	fidalguinha	Veterano M40	01:05:35	+35:19	06:33
1893	2248	Carla Novais	mics	Veterana F40	01:05:38	+35:22	06:34
1894	1568	Tatiana Marinho	individual	Senior Feminino	01:05:41	+35:24	06:34
1895	802	João Luís Torres de Sousa Marques	individual	Veterano M60	01:05:43	+35:26	06:34
1896	1303	Liane Araújo	fidalguinha	Senior Feminino	01:05:44	+35:27	06:34
1897	1987	Júlia Seixas	individual	Veterana F50	01:05:44	+35:27	06:34
1898	266	Cláudia Ribeiro	individual	Senior Feminino	01:05:46	+35:30	06:35
1899	1960	Maria Joao Sousa	individual	Veterana F40	01:05:48	+35:32	06:35
1900	268	Cristiana Vendas	individual	Senior Feminino	01:05:48	+35:32	06:35
1901	265	Claudia Oliveira	individual	Senior Feminino	01:05:48	+35:32	06:35
1902	1520	Mariana Pires	individual	Senior Feminino	01:05:48	+35:32	06:35
1903	834	Leonor Rodrigues	jsd espinho	Sub 23 Feminino	01:05:50	+35:33	06:35
1904	442	Manuel Rocha	individual	Senior Masculino	01:05:52	+35:36	06:35

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1905	1939	Elisabete Silva	individual	Veterana F40	01:05:53	+35:36	06:35
1906	430	José Nogueira	individual	Senior Masculino	01:05:54	+35:38	06:35
1907	54	Carla Nogueira	100 stress running	Veterana F50	01:05:56	+35:39	06:36
1908	93	José Vilela	barrigas	Veterano M60	01:06:00	+35:43	06:36
1909	2453	JOSÉ PACHECO	sport comércio e salgueiros	Veterano M60	01:06:02	+35:45	06:36
1910	518	Vitor Alves	individual	Senior Masculino	01:06:05	+35:49	06:37
1911	341	Valcymeire Sant Ana	individual	Senior Feminino	01:06:05	+35:49	06:37
1912	487	Ricardo Tavares	individual	Senior Masculino	01:06:06	+35:50	06:37
1913	1556	Sara Gabriela Lobão Batista	individual	Senior Feminino	01:06:08	+35:51	06:37
1914	229	Inês Oliveira	graciosa	Senior Feminino	01:06:11	+35:55	06:37
1915	886	Yasmin Jaramillo	núcleo de corrida solveide	Veterana F40	01:06:12	+35:56	06:37
1916	423	Jonatan Modesto	individual	Senior Masculino	01:06:24	+36:07	06:38
1917	1832	Si Nabil Yacini	individual	Senior Masculino	01:06:29	+36:13	06:39
1918	1408	Beatriz Rola	individual	Senior Feminino	01:06:30	+36:13	06:39
1919	1393	Ana Sofia Moreira	individual	Senior Feminino	01:06:32	+36:16	06:39
1920	2254	Márcia Silva	namastê veloz	Senior Feminino	01:06:34	+36:18	06:39
1921	1843	Tiago Sousa	individual	Senior Masculino	01:06:36	+36:19	06:40
1922	2162	Rui Ferreira	individual	Veterano M50	01:06:38	+36:22	06:40
1923	2205	Carlos Pinho	jsd espinho	Senior Masculino	01:06:52	+36:36	06:41
1924	1598	Andre Sancho	individual	Senior Masculino	01:06:55	+36:38	06:41
1925	1915	YEVHEN RUDKOVSKYI	individual	Sub 23 Masculino	01:07:01	+36:44	06:42
1926	933	Fernando Guimarães	petrus runners	Veterano M40	01:07:01	+36:44	06:42
1927	1563	Sónia Barros	individual	Senior Feminino	01:07:02	+36:45	06:42
1928	1217	MARIA ELISA BARBOSA SILVEIRA	clube millennium bcp	Senior Feminino	01:07:02	+36:46	06:42
1929	1576	Vânia Patrícia Ferreira	individual	Senior Feminino	01:07:06	+36:49	06:43
1930	1614	Bruno Santos	individual	Senior Masculino	01:07:06	+36:49	06:43
1931	2325	Sandra Veludo	petrus runners	Veterana F40	01:07:06	+36:50	06:43
1932	2128	Fernando Manuel de Almeida Henriques	individual	Veterano M50	01:07:07	+36:50	06:43
1933	276	Filipa Fonseca Cruz	individual	Senior Feminino	01:07:11	+36:54	06:43
1934	2211	Odete Gaspar Valente	just_2	Veterana F50	01:07:11	+36:55	06:43
1935	1028	Filipe Figueiredo	traquinas	Veterano M40	01:07:12	+36:56	06:43
1936	1029	Luis Rodrigues	traquinas	Veterano M40	01:07:12	+36:56	06:43
1937	570	Débora Carneiro	individual	Veterana F40	01:07:13	+36:57	06:43
1938	2376	Raquel Ferreira	running espinho	Senior Feminino	01:07:13	+36:57	06:43
1939	1342	Catarina Gouveia	goodshape	Senior Feminino	01:07:14	+36:58	06:43
1940	2310	Patrícia Alexandra de Sousa Oliveira	parceirinhos	Senior Feminino	01:07:15	+36:58	06:43
1941	1955	Lúcia Simões	individual	Veterana F40	01:07:15	+36:59	06:43
1942	1748	Miguel Cardoso	individual	Senior Masculino	01:07:15	+36:59	06:44
1943	1384	Ana Marta Dias	individual	Senior Feminino	01:07:16	+36:59	06:44
1944	1409	Beatriz Teixeira	individual	Senior Feminino	01:07:18	+37:01	06:44
1945	287	Joana Almeida	individual	Senior Feminino	01:07:18	+37:02	06:44
1946	1897	Júlio Vital	individual	Sub 23 Masculino	01:07:18	+37:02	06:44
1947	990	Sandra Santos	running espinho	Veterana F40	01:07:22	+37:06	06:44
1948	2319	Rosa Bispo	pernas inertes lentos desde 2017	Veterana F60	01:07:27	+37:10	06:45

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1949	1491	Laura Cunha	individual	Senior Feminino	01:07:27	+37:11	06:45
1950	87	Pedro Melo	arcorun	Veterano M50	01:07:28	+37:11	06:45
1951	533	Mariana Fidalgo	individual	Sub 23 Feminino	01:07:28	+37:11	06:45
1952	448	Miguel Ângelo Dias Martins	individual	Senior Masculino	01:07:29	+37:13	06:45
1953	318	Priscila Strauss	individual	Senior Feminino	01:07:30	+37:13	06:45
1954	104	Rui Oliveira	brandoenses running	Veterano M50	01:07:33	+37:17	06:45
1955	1132	Jorge Rocha	bravos de croca	Veterano M50	01:07:34	+37:18	06:45
1956	1130	Vasco Ferreira	bravos de croca	Senior Masculino	01:07:34	+37:18	06:45
1957	1133	José Vieira	bravos de croca	Veterano M50	01:07:35	+37:18	06:45
1958	1128	Maria Rocha	bravos de croca	Senior Feminino	01:07:35	+37:18	06:45
1959	1058	Beatriz Aguiar	2 aguiar + 1 leal	Sub 23 Feminino	01:07:35	+37:19	06:46
1960	1138	Silvia Soreto	btsusy	Veterana F50	01:07:35	+37:19	06:46
1961	1528	Marta Pereira	individual	Senior Feminino	01:07:36	+37:19	06:46
1962	2316	Lúcia Ribeiro		Veterana F40	01:07:38	+37:22	06:46
1963	774	Manuel Marques	individual	Veterano M50	01:07:47	+37:30	06:47
1964	2018	Fabio Costa	individual	Veterano M40	01:07:49	+37:32	06:47
1965	1180	Sofia Santos	cenap	Senior Feminino	01:07:49	+37:33	06:47
1966	640	Filipe Daniel Silva	individual	Veterano M40	01:07:49	+37:33	06:47
1967	1033	Ines França	uma equipa de gansos	Senior Feminino	01:07:50	+37:34	06:47
1968	1036	Gonçalo Tavares	uma equipa de gansos	Senior Masculino	01:07:50	+37:34	06:47
1969	663	JORGE MAGALHÃES	individual	Veterano M40	01:07:52	+37:36	06:47
1970	262	Cátia Almeida	individual	Senior Feminino	01:07:56	+37:39	06:48
1971	1859	Beta Pereira	individual	Sub 23 Feminino	01:07:56	+37:40	06:48
1972	1292	Cila Gomes	falta de ar, mas continua	Veterana F50	01:07:57	+37:40	06:48
1973	2381	Joana Abreu	running espinho	Veterana F40	01:07:58	+37:42	06:48
1974	1863	Gabriela Silva	individual	Sub 23 Feminino	01:07:59	+37:42	06:48
1975	1673	Hugo Carvalho	individual	Senior Masculino	01:08:03	+37:46	06:48
1976	1962	Marta Andrade	individual	Veterana F40	01:08:07	+37:50	06:49
1977	2363	Augusta Rodrigues	run & fun	Veterana F60	01:08:09	+37:52	06:49
1978	553	Martim Dias Oliveira	individual	Sub 23 Masculino	01:08:10	+37:53	06:49
1979	1890	Henrique Teixeira	individual	Sub 23 Masculino	01:08:12	+37:56	06:49
1980	932	Marlene Oliveira	petrus runners	Veterana F40	01:08:23	+38:07	06:50
1981	1396	Andreia Gonçalves Couto	individual	Senior Feminino	01:08:30	+38:13	06:51
1982	251	Beatriz Oliveira	individual	Senior Feminino	01:08:30	+38:14	06:51
1983	399	Francisco Xavier	individual	Senior Masculino	01:08:31	+38:14	06:51
1984	2115	Victor Rocha	individual	Veterano M40	01:08:33	+38:17	06:51
1985	2289	Marta Araújo Branco	nós mesmas	Veterana F50	01:08:34	+38:18	06:51
1986	730	Alexander Correia de Oliveira	individual	Veterano M50	01:08:39	+38:22	06:52
1987	1876	Rita Ariana de Castro Ribeiro e Pereira Sobral	individual	Sub 23 Feminino	01:08:39	+38:22	06:52
1988	1994	Susana Isabel de Castro Ribeiro Sobral	individual	Veterana F50	01:08:39	+38:23	06:52
1989	2179	JOSÉ CASTRO	individual	Veterano M60	01:08:42	+38:26	06:52
1990	1430	Catarina Príncipe	individual	Senior Feminino	01:08:42	+38:26	06:52
1991	1709	Jose Lirio Castro	individual	Senior Masculino	01:08:42	+38:26	06:52
1992	2288	Ana maria carvalho da silva Silvau	nós mesmas	Veterana F50	01:08:47	+38:31	06:53

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1993	1366	Carlos Novais	h-raky	Veterano M60	01:08:52	+38:35	06:53
1994	2506	Rosa Veloso	wellstudio	Veterana F40	01:08:55	+38:39	06:53
1995	1871	Matilde Cruz Mendes	individual	Sub 23 Feminino	01:08:56	+38:39	06:54
1996	2192	Roberto Carlos	individual	Veterano M60	01:08:56	+38:40	06:54
1997	307	Mariana Costa	individual	Senior Feminino	01:09:00	+38:44	06:54
1998	503	Stefan Parker	individual	Senior Masculino	01:09:01	+38:44	06:54
1999	601	Dulce Nascimento	individual	Veterana F50	01:09:03	+38:47	06:54
2000	1551	Rute Gil	individual	Senior Feminino	01:09:13	+38:56	06:55
2001	911	Antero Miranda	os trintões	Senior Masculino	01:09:13	+38:57	06:55
2002	909	Andreia Fernandes	os trintões	Senior Feminino	01:09:13	+38:57	06:55
2003	2305	Isabel Lopes	os tá lentos	Senior Feminino	01:09:14	+38:57	06:55
2004	2304	Goreti Silva	os tá lentos	Senior Feminino	01:09:14	+38:58	06:55
2005	235	Alexandra Gomes	individual	Senior Feminino	01:09:21	+39:05	06:56
2006	1835	Tiago Alves	individual	Senior Masculino	01:09:21	+39:05	06:56
2007	1913	Tomás Monteiro	individual	Sub 23 Masculino	01:09:33	+39:16	06:57
2008	1867	Leonor Correia	individual	Sub 23 Feminino	01:09:33	+39:16	06:57
2009	1406	Beatriz Ferro	individual	Senior Feminino	01:09:42	+39:26	06:58
2010	1410	Beatriz Vieira	individual	Senior Feminino	01:09:42	+39:26	06:58
2011	1623	Daniel Filipe Pereira Monteiro	individual	Senior Masculino	01:09:43	+39:27	06:58
2012	547	Gonçalo Silva Monteiro	individual	Sub 23 Masculino	01:09:48	+39:32	06:59
2013	833	Ana Sofia Pereira	jsd espinho	Sub 23 Feminino	01:09:49	+39:32	06:59
2014	502	Simão Pereira	individual	Senior Masculino	01:09:53	+39:36	06:59
2015	321	Raquel Ferreira	individual	Senior Feminino	01:09:53	+39:37	06:59
2016	197	Inês Costa	familia itavão	Senior Feminino	01:09:59	+39:42	07:00
2017	2269	Vitor Ferreira	natacinha.....s	Veterano M50	01:10:07	+39:50	07:01
2018	1539	Patrícia Oliveira	individual	Senior Feminino	01:10:07	+39:50	07:01
2019	1620	Celso Miguel Araujo	individual	Senior Masculino	01:10:07	+39:51	07:01
2020	1419	Carmo Antunes	individual	Senior Feminino	01:10:08	+39:51	07:01
2021	904	Ana Rita da Silva Pinto	os pitas	Senior Feminino	01:10:08	+39:52	07:01
2022	785	Rui Silva	individual	Veterano M50	01:10:14	+39:57	07:01
2023	1291	Duda Gomes	falta de ar, mas continua	Sub 23 Feminino	01:10:21	+40:05	07:02
2024	1026	Cátia Diegas	traquinas	Senior Feminino	01:10:24	+40:08	07:02
2025	1027	Ana Tavares	traquinas	Veterana F40	01:10:24	+40:08	07:02
2026	2306	Sueli Silva	os tá lentos	Veterana F50	01:10:35	+40:18	07:03
2027	535	Sarah Venus	individual	Sub 23 Feminino	01:10:38	+40:21	07:04
2028	355	André Gomes	individual	Senior Masculino	01:10:38	+40:21	07:04
2029	1037	João Martins	uma equipa de gansos	Senior Masculino	01:10:43	+40:26	07:04
2030	1429	Catarina paiva	individual	Senior Feminino	01:10:44	+40:28	07:04
2031	1664	Frederico Fernandes	individual	Senior Masculino	01:10:49	+40:32	07:05
2032	1452	Ema Tatiana Mendes Pinto	individual	Senior Feminino	01:10:49	+40:32	07:05
2033	1472	Inês Rodrigo Pinto	individual	Senior Feminino	01:10:50	+40:34	07:05
2034	1367	Diana Gandra	ímpar running team	Senior Feminino	01:10:52	+40:36	07:05
2035	1370	Herculano Cardoso	ímpar running team	Veterano M60	01:10:52	+40:36	07:05
2036	563	Carina Gaspar	individual	Veterana F40	01:10:57	+40:40	07:06
2037	294	Joana Silva	individual	Senior Feminino	01:11:13	+40:57	07:07
2038	300	Mafalda Cardoso	individual	Senior Feminino	01:11:21	+41:05	07:08

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
2039	1403	Beatriz Barranquinho	individual	Senior Feminino	01:11:22	+41:06	07:08
2040	908	Ana Rufino	os trintões	Senior Feminino	01:11:23	+41:06	07:08
2041	328	Rita Pinho	individual	Senior Feminino	01:11:25	+41:09	07:09
2042	1498	Liliana Ribeiro	individual	Senior Feminino	01:11:29	+41:13	07:09
2043	1723	Luís Brandão	individual	Senior Masculino	01:11:29	+41:13	07:09
2044	831	Beatriz Oliveira	jsd espinho	Senior Feminino	01:11:43	+41:26	07:10
2045	1536	Patrícia Carvalho	individual	Senior Feminino	01:11:45	+41:29	07:11
2046	303	Camila Mariana Lazaretti Fernandes	individual	Senior Feminino	01:11:46	+41:29	07:11
2047	1965	Sandra Melo	individual	Veterana F40	01:11:55	+41:39	07:12
2048	2499	Elizabeth Peixoto de Pinho	vsc	Veterana F50	01:12:04	+41:47	07:12
2049	2500	Nuno F. Arantes	vsc	Veterano M50	01:12:04	+41:47	07:12
2050	2498	Nuno Tiago Arantes	vsc	Sub 23 Masculino	01:12:04	+41:47	07:12
2051	597	Clara Oliveira	individual	Veterana F50	01:12:07	+41:51	07:13
2052	1841	Tiago Manuel Moreira Fernandes	individual	Senior Masculino	01:12:10	+41:53	07:13
2053	374	Diogo Azenha	individual	Senior Masculino	01:12:10	+41:53	07:13
2054	731	Álvaro Manuel Sousa Carvalho	individual	Veterano M50	01:12:10	+41:54	07:13
2055	234	Alexandra Correia	individual	Senior Feminino	01:12:10	+41:54	07:13
2056	1190	Joaquim Oliveira	cirac - circulo de recreio arte e cultura	Veterano M60	01:12:11	+41:54	07:13
2057	312	Núria Rebelo	individual	Senior Feminino	01:12:13	+41:56	07:13
2058	2473	Francisca Silva	tertxugas	Senior Feminino	01:12:15	+41:59	07:14
2059	2472	Beatriz Gonzalez	tertxugas	Senior Feminino	01:12:16	+41:59	07:14
2060	1087	Sílvia Lima	adcr santa cristina	Senior Feminino	01:12:27	+42:10	07:15
2061	1123	Natália Lima	brabus runners	Senior Feminino	01:12:27	+42:10	07:15
2062	1086	Raquel Freitas	adcr santa cristina	Senior Feminino	01:12:27	+42:10	07:15
2063	315	Patrícia Morais	individual	Senior Feminino	01:12:29	+42:13	07:15
2064	332	Sara Oliveira	individual	Senior Feminino	01:12:30	+42:13	07:15
2065	281	Inês Coelho	individual	Senior Feminino	01:12:36	+42:20	07:16
2066	1996	Cristina Romariz	individual	Veterana F60	01:12:39	+42:23	07:16
2067	445	Mateus de Matos e Souza	individual	Senior Masculino	01:12:40	+42:24	07:16
2068	1517	Mariana de Castro Gomes e Sá Coimbra	individual	Senior Feminino	01:12:41	+42:24	07:16
2069	1413	Bruna Filipa Bento Branco	individual	Senior Feminino	01:12:42	+42:26	07:16
2070	2279	Emília Fazendeiro	night runners feira	Veterana F60	01:12:43	+42:26	07:16
2071	369	Daniel Ferreira	individual	Senior Masculino	01:12:44	+42:28	07:16
2072	1736	Marco Alexandre José Barreira	individual	Senior Masculino	01:12:52	+42:36	07:17
2073	1118	David Fontes	bengalas e muletas	Senior Masculino	01:12:54	+42:38	07:17
2074	1629	David Maia	individual	Senior Masculino	01:12:55	+42:38	07:17
2075	1421	Carolina Ferreira Leite	individual	Senior Feminino	01:12:55	+42:38	07:17
2076	1514	Mariana Conceição	individual	Senior Feminino	01:12:56	+42:39	07:18
2077	1326	Tamara costa	gaia-running	Veterana F40	01:12:56	+42:40	07:18
2078	576	Joana Barbosa	individual	Veterana F40	01:12:57	+42:40	07:18
2079	877	Jose Miguel Torres Pereira	nights team	Veterano M40	01:12:59	+42:42	07:18
2080	2392	Ângela Fernandes	runrun	Veterana F40	01:13:01	+42:44	07:18
2081	241	Ana Rita Justino	individual	Senior Feminino	01:13:01	+42:45	07:18
2082	2180	José falcao	individual	Veterano M60	01:13:01	+42:45	07:18

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
2128	1402	Bárbara Teixeira	individual	Senior Feminino	01:15:22	+45:06	07:32
2129	1999	Maria Manuela Vieira Ribeiro da Silva	individual	Veterana F60	01:15:38	+45:22	07:34
2130	732	Américo Vivas	individual	Veterano M50	01:15:45	+45:28	07:34
2131	1461	Filipa Verissimo	individual	Senior Feminino	01:15:47	+45:31	07:35
2132	891	José Pires	núcleo de corrida solveverde	Veterano M40	01:15:55	+45:38	07:35
2133	1504	Márcia Andreia Duarte Vieira	individual	Senior Feminino	01:16:03	+45:47	07:36
2134	2247	Sérgio Moreira	mccb - clínica médica	Veterano M40	01:16:07	+45:50	07:37
2135	175	Natasha Seabra	espinho trail	Veterana F40	01:16:08	+45:52	07:37
2136	1216	Andreia Rodrigues	clube jam	Sub 23 Feminino	01:16:16	+46:00	07:38
2137	1177	Ricardo Matos	cdc macieira de cambra	Veterano M40	01:16:18	+46:02	07:38
2138	2199	João Rodrigues	jam - juventude atlética mozelense	Veterano M40	01:16:20	+46:03	07:38
2139	1540	Paula Faustino	individual	Senior Feminino	01:16:22	+46:06	07:38
2140	1839	Tiago Emanuel Mota Carvalho	individual	Senior Masculino	01:16:26	+46:10	07:39
2141	338	Telma Gomes	individual	Senior Feminino	01:16:31	+46:15	07:39
2142	228	Catarina Pimenta	graciosa	Senior Feminino	01:16:37	+46:21	07:40
2143	1057	Marcelo Leal	2 aguiar + 1 leal	Senior Masculino	01:16:50	+46:34	07:41
2144	1437	Cintia Martins Alves	individual	Senior Feminino	01:16:51	+46:34	07:41
2145	880	Diogo Santos	núcleo de corrida solveverde	Senior Masculino	01:17:07	+46:51	07:43
2146	1572	Vanessa Alves	individual	Senior Feminino	01:17:09	+46:52	07:43
2147	247	Andreia Rocha	individual	Senior Feminino	01:17:12	+46:56	07:43
2148	1728	Luís Pinheiro	individual	Senior Masculino	01:17:13	+46:57	07:43
2149	90	Rebeca Honorato	as marias	Senior Feminino	01:17:27	+47:11	07:45
2150	2263	isabel Pereira	natacinha.....s	Veterana F50	01:17:36	+47:19	07:46
2151	2261	Sonia Dias	natacinha.....s	Veterana F40	01:17:36	+47:19	07:46
2152	1119	Manuel Gomes	bengalas e muletas	Senior Masculino	01:17:51	+47:35	07:47
2153	575	Iva Viana de Lemos	individual	Veterana F40	01:17:59	+47:43	07:48
2154	2262	Fatima Santos	natacinha.....s	Veterana F50	01:18:26	+48:10	07:51
2155	98	Luis Assunção	bnp paribas	Veterano M50	01:18:31	+48:15	07:51
2156	96	Ana Abrantes	bnp paribas	Senior Feminino	01:18:38	+48:21	07:52
2157	1929	Céu Ferreira	individual	Veterana F40	01:19:17	+49:01	07:56
2158	185	ANA TEIXEIRA	ev-peraltafil	Senior Feminino	01:19:17	+49:01	07:56
2159	1418	Carla Santos	individual	Senior Feminino	01:19:40	+49:24	07:58
2160	2320	José Pires Lima	pernas inertes lentos desde 2017	Veterano M60	01:19:53	+49:36	07:59
2161	2478	Pedro Martins	to na pista	Senior Masculino	01:19:57	+49:40	08:00
2162	279	Francisca Oliveira	individual	Senior Feminino	01:20:02	+49:45	08:00
2163	2194	Alice Guimarães	invicta runners team	Veterana F60	01:20:05	+49:48	08:00
2164	858	ELVIRA BAPTISTA	magic (s)miles	Veterana F50	01:20:08	+49:51	08:01
2165	89	Ranna sales	as marias	Senior Feminino	01:20:14	+49:57	08:01
2166	1791	Pery Machado	individual	Senior Masculino	01:20:20	+50:03	08:02
2167	857	DULCE CORREIA	magic (s)miles	Veterana F50	01:20:22	+50:06	08:02
2168	850	DIANA CARDOSO SOARES	magic (s)miles	Senior Feminino	01:20:23	+50:06	08:02
2169	859	MARIBEL CARDOSO	magic (s)miles	Veterana F50	01:20:23	+50:06	08:02
2170	604	Lúcia Correia	individual	Veterana F50	01:20:24	+50:08	08:02
2171	856	INÊS COSTA RAMOS	magic (s)miles	Veterana F40	01:20:28	+50:12	08:03
2172	861	AMÂNDIO MENDES	magic (s)miles	Veterano M50	01:20:29	+50:12	08:03

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
2173	1739	Marco Couto	individual	Senior Masculino	01:20:29	+50:13	08:03
2174	863	JORGE COSTA	magic (s)miles	Veterano M50	01:20:32	+50:16	08:03
2175	867	MANUEL HENRIQUE CRUZ	magic (s)miles	Veterano M60	01:20:34	+50:17	08:03
2176	866	PEDRO MANUEL MOURA	magic (s)miles	Veterano M50	01:20:34	+50:18	08:03
2177	851	DIANA GUERRA	magic (s)miles	Senior Feminino	01:20:35	+50:19	08:04
2178	854	PEDRO PINTO	magic (s)miles	Senior Masculino	01:20:35	+50:19	08:04
2179	855	LEONOR PEREIRA CANEDO	magic (s)miles	Sub 23 Feminino	01:20:36	+50:19	08:04
2180	864	JOSÉ MANUEL GOMES	magic (s)miles	Veterano M50	01:20:36	+50:20	08:04
2181	2313	Liliana Azevedo	pastello runners	Veterana F40	01:20:36	+50:20	08:04
2182	2001	Mercedes Elisabete Bittar	individual	Veterana F60	01:20:36	+50:20	08:04
2183	852	DANIEL OLIVEIRA	magic (s)miles	Senior Masculino	01:20:37	+50:20	08:04
2184	2090	Pedro Manuel Leite Pereira	individual	Veterano M40	01:20:44	+50:28	08:04
2185	226	Regina Marvão	gogo gina go	Veterana F40	01:21:25	+51:08	08:08
2186	2463	Luísa Amorim	team sal	Senior Feminino	01:21:55	+51:39	08:12
2187	2464	Maria Ana Santos	team sal	Senior Feminino	01:21:56	+51:39	08:12
2188	865	PAULO JORGE FORTUNATO	magic (s)miles	Veterano M50	01:22:03	+51:46	08:12
2189	1441	SAMARA KELLY LOPES	individual	Senior Feminino	01:22:15	+51:59	08:13
2190	1467	Gabriela Maria Guimarães Pinto	individual	Senior Feminino	01:22:38	+52:22	08:16
2191	578	Maria Veludo	individual	Veterana F40	01:22:56	+52:40	08:18
2192	1521	Mariana Silva	individual	Senior Feminino	01:22:58	+52:42	08:18
2193	805	Jose manuel candeias	individual	Veterano M60	01:23:03	+52:47	08:18
2194	2492	Diogo Rocha	undercover	Veterano M40	01:23:05	+52:49	08:19
2195	2494	Jorge Marciano	undercover	Veterano M40	01:23:05	+52:49	08:19
2196	1530	Matilda Oxelfelt	individual	Senior Feminino	01:23:29	+53:13	08:21
2197	375	Diogo Beco	individual	Senior Masculino	01:23:29	+53:13	08:21
2198	1538	Patrícia Oliveira	individual	Senior Feminino	01:24:26	+54:09	08:27
2199	1497	Liliana Pereira	individual	Senior Feminino	01:25:01	+54:44	08:30
2200	298	Lisbeth Freitas	individual	Senior Feminino	01:25:15	+54:58	08:31
2201	1507	Margarida Carvalho	individual	Senior Feminino	01:26:22	+56:05	08:38
2202	1388	Ana Rita Moreira Vieira	individual	Senior Feminino	01:26:22	+56:05	08:38
2203	253	Bruna Raquel Jesus Coelho	individual	Senior Feminino	01:26:39	+56:23	08:40
2204	67	Francisco Martinho	almas penadas	Senior Masculino	01:26:53	+56:36	08:41
2205	70	Ricardo Azevedo	almas penadas	Senior Masculino	01:26:53	+56:37	08:41
2206	566	Cátia Campos	individual	Veterana F40	01:28:42	+58:26	08:52
2207	2255	Diana Pereira	namastê veloz	Veterana F40	01:28:43	+58:26	08:52
2208	1877	Vanessa Sofia Dias Marques	individual	Sub 23 Feminino	01:29:09	+58:52	08:55
2209	1369	Chirlei Araújo	ímpar running team	Veterana F40	01:29:27	+59:11	08:57
2210	1368	Raquel Araújo	ímpar running team	Senior Feminino	01:29:27	+59:11	08:57
2211	2238	Inês Dias	mancos	Senior Feminino	01:29:53	+59:37	08:59
2212	2237	Ana Guiomar	mancos	Senior Feminino	01:29:54	+59:38	08:59
2213	2239	José Silva	mancos	Veterano M50	01:29:54	+59:38	08:59
2214	940	Liliana Silva	powerrun team	Veterana F40	01:30:04	+59:48	09:00
2215	1844	Tomás Reis	individual	Senior Masculino	01:30:40	+01:00:23	09:04
2216	1858	Beatriz Rocha	individual	Sub 23 Feminino	01:30:40	+01:00:24	09:04
2217	1503	Mafalda Silva	individual	Senior Feminino	01:30:41	+01:00:24	09:04

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
2218	461	Paulo Pereira	individual	Senior Masculino	01:33:17	+01:03:01	09:20
2219	1558	Sara Mendes	individual	Senior Feminino	01:34:15	+01:03:58	09:25

Obs

BIB	NOTE	NAME	TEAM	CAT
6	DQ	Carla Martinho	Sport Clube Beira-Mar	Veterana F40
19	DQ	Mónica Silva	Clube Atlético Macedo de Cavaleiros	Veterana F40
26	DQ	Luís Montenegro	RUNNING ESPINHO	Veterano M50
237	DQ	Ana Cardoso	Individual	Senior Feminino
275	DQ	Fabiana Teixeira	Individual	Senior Feminino
340	DQ	Teresa Coelho	Individual	Senior Feminino
389	DQ	Eduardo Xavier Alves Silva	Individual	Senior Masculino
392	DQ	Fabiano dos Santos	Individual	Senior Masculino
490	DQ	Rogério Silva	Individual	Senior Masculino
1032	DQ	Ana Ferreira	Uma Equipa de Gansos	Senior Feminino
1224	DQ	PEDRO AFONSO T T RODRIGUES CARVALHO	Clube Millennium BCP	Sub 23 Masculino
1337	DQ	António Santos	GDC Guilhovai	Veterano M50
1469	DQ	Inês Moreira	Individual	Senior Feminino
1690	DQ	João Sampaio	Individual	Senior Masculino
1735	DQ	Marcel Keller Gil	Individual	Senior Masculino
1986	DQ	Isabel Silva	Individual	Veterana F50
1990	DQ	Olga Brandão	Individual	Veterana F50
2307	DQ	Antonio Silva	Os tá lentos	Veterano M60
2400	DQ	Sofia	Salgueiro Properties	Senior Feminino
2402	DQ	Diego Oliveira	Salgueiro Properties	Senior Masculino
2552	DQ	Nuno Lopes	FC comércio e indústria	Senior Masculino
135	DNF	Oscar Magolo	Cirac - Circulo de Recreio Arte e Cultura	Veterano M60
191	DNF	PEDRO ALMEIDA	EV-PERALTAFIL	Veterano M40
447	DNF	Micael Santos	Individual	Senior Masculino
464	DNF	Pedro Américo Rocha Ferreira	Individual	Senior Masculino
520	DNF	Xavier Martins Tavares	Individual	Senior Masculino
557	DNF	Ana Couto	Individual	Veterana F40
560	DNF	Ana Rita Soares de Castro e Oliveira	Individual	Veterana F40
571	DNF	Eunice Macedo Ferraz Pinto	Individual	Veterana F40
793	DNF	alberto santos	Individual	Veterano M60
828	DNF	CARLOS BAPTISTA	JAM - Juventude Atlético Mozelense	Veterano M60
843	DNF	Marlene Moreira	Linheira	Senior Feminino
848	DNF	ROGÉRIO MOREIRA	Luz e Vida Gondomarense	Senior Masculino
849	DNF	ANA CATARINA CORREIA	Magic (S)Miles	Senior Feminino
916	DNF	Sara Pimentel	Partimpim	Senior Feminino
1042	DNF	Vasco Seifert	Uma Equipa de Gansos	Senior Masculino
1045	DNF	Vitor Peixoto	vit0r peixoto	Veterano M40
1084	DNF	José Pinho	ACR Vale de Cambra	Veterano M50
1218	DNF	MARIA INES NUNES SANTOS	Clube Millennium BCP	Senior Feminino
1228	DNF	AFONSO JOSE TEIXEIRA SANTOS	Clube Millennium BCP	Veterano M60

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

BIB	NOTE	NAME	TEAM	CAT
1236	DNF	Sandra Silva	CopoRunners	Veterana F40
1304	DNF	Nadia Fonseca	Fidalguinha	Senior Feminino
1322	DNF	Francelino Resende	Francelino Resende	Veterano M50
1331	DNF	José Ribeiro	GAIA-RUNNING	Veterano M50
1462	DNF	Florbela Silva	Individual	Senior Feminino
1492	DNF	Laura Garces	Individual	Senior Feminino
1560	DNF	Sofia Faria	Individual	Senior Feminino
1679	DNF	Joao Bento	Individual	Senior Masculino
1683	DNF	João Mendes	Individual	Senior Masculino
1699	DNF	Joel Marques	Individual	Senior Masculino
1727	DNF	Luis Miguel Santos	Individual	Senior Masculino
1784	DNF	Pedro Ribeiro	Individual	Senior Masculino
1785	DNF	Pedro Rocha	Individual	Senior Masculino
1855	DNF	Ana Luís Silva	Individual	Sub 23 Feminino
1912	DNF	tiago queiros	Individual	Sub 23 Masculino
2266	DNF	Attila Ambrus	NATACINHA.....S	Veterano M50
2268	DNF	Rui Pires	NATACINHA.....S	Veterano M50
2333	DNF	Sandra Carvalho	PORTO SENTIDO RUNNERS	Veterana F50
2335	DNF	Ricardo Queiros	Powerrun Team	Veterano M40
2403	DNF	Diogo Bastos PT	Salgueiro Properties	Senior Masculino
2434	DNF	ISABEL MARIA PALMEIRO DE AGUIAR	SCE Atletismo	Veterano M40

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:00	11°C	82%
End	11:34	16°C	67%

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

1	2540	Solange Jesus	S. C. Braga	Senior Feminino	34:13	+03:57	03:25
2	16	INES GONÇALVES	Clube Atletismo de Ovar	Senior Feminino	36:58	+06:42	03:42
3	23	Andreia Cunha	Dragon club atletismo	Senior Feminino	38:16	+08:00	03:50
4	17	Mafalda Oliveira	Clube Atlético Macedo de Cavaleiros	Senior Feminino	39:19	+09:03	03:56
5	22	ISABEL SILVA	RUNNING ESPINHO	Senior Feminino	39:40	+09:24	03:58
6	1347	Raquel Cirne	GRECAS Vagos	Senior Feminino	39:43	+09:27	03:58
7	1459	Filipa Magalhães	Individual	Senior Feminino	40:04	+09:48	04:00
8	1407	Renata Gonçalves	José Gomes	Senior Feminino	40:06	+09:50	04:01
9	1524	Marilyne Marques	Individual	Senior Feminino	40:15	+09:59	04:02
10	1089	Fátima Pinho	AFIS - Ovar	Senior Feminino	40:55	+10:39	04:06
11	1400	Ângela Martins	Individual	Senior Feminino	41:01	+10:45	04:06
12	248	Ariana Lino	Individual	Senior Feminino	41:06	+10:50	04:07
13	1069	Sara Pereira	ACADEMIA FERNANDA RIBEIRO	Senior Feminino	42:02	+11:46	04:12
14	2390	Marta Caeiro	RUNRIVER	Senior Feminino	42:18	+12:02	04:14
15	34	CRISTIANA SANTOS	Estrelas Vermelhas/Peraltafil	Senior Feminino	42:44	+12:29	04:16
16	1483	Joana Mendes	Individual	Senior Feminino	42:51	+12:35	04:17
17	305	Maria Manuela Santos	Individual	Senior Feminino	43:57	+13:41	04:24
18	1231	Ana Pinho	Clube Spiridon de Gaia	Senior Feminino	44:00	+13:44	04:24
19	1537	Patrícia Filipa Moreira Teixeira	Individual	Senior Feminino	44:03	+13:48	04:24
20	1278	katerin oliveira	ésóatéali	Senior Feminino	44:11	+13:56	04:25
21	1416	Carla Martins	Individual	Senior Feminino	44:32	+14:16	04:27
22	155	Inês Gonçalves	CrossFit Couto	Senior Feminino	44:38	+14:22	04:28
23	1471	Inês Pereira	Individual	Senior Feminino	44:44	+14:28	04:28
24	1511	Maria Manuel Santos	Individual	Senior Feminino	45:16	+15:00	04:32
25	1510	Maria López	Individual	Senior Feminino	45:28	+15:12	04:33
26	171	Catarina Barbosa	EAT-Escola de Atletismo da Trofa	Senior Feminino	45:42	+15:26	04:34
27	72	Alexandra Ligeti	Amparo	Senior Feminino	45:53	+15:37	04:35
28	1392	Ana Silva	Individual	Senior Feminino	45:58	+15:42	04:36
29	1107	Joana Soares	Associação Desportiva Aventuras de Paiva-Tuga Mobile	Senior Feminino	45:58	+15:43	04:36
30	1544	Raquel Ferreira	Individual	Senior Feminino	46:25	+16:09	04:39
31	1501	Mafalda Lima	Individual	Senior Feminino	46:26	+16:10	04:39
32	1577	Vera Silva	Individual	Senior Feminino	46:33	+16:17	04:39
33	1244	Beatriz Figueiredo	CrossFit Couto	Senior Feminino	46:35	+16:19	04:40
34	1335	Juliana Almeida	GDC Guilhovai	Senior Feminino	46:54	+16:38	04:41
35	1210	Mariana Moreira	Clube do Pessoal das Águas de Gaia	Senior Feminino	46:58	+16:42	04:42
36	263	Cátia Costa	Individual	Senior Feminino	47:04	+16:48	04:42
37	107	Vera Ferreira	C.d.feirense	Senior Feminino	47:19	+17:03	04:44

Official Timekeeper: Lap2Go	1 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

38	1460	Filipa Pinto de Sá	Individual	Senior Feminino	47:22	+17:06	04:44
39	1531	Mélanie Quintela	Individual	Senior Feminino	47:34	+17:18	04:45
40	1445	Daniela Onofre	Individual	Senior Feminino	47:43	+17:27	04:46
41	1470	Inês Moreira	Individual	Senior Feminino	47:43	+17:27	04:46
42	2321	Liliana Martins	PETRUS RUNNERS	Senior Feminino	47:55	+17:39	04:48
43	58	Tânia Henriques	A.C.D OS Ilhavos	Senior Feminino	47:56	+17:40	04:48
44	1233	Fabiana Terra	CopoRunners	Senior Feminino	48:20	+18:04	04:50
45	1234	Jéssica Andrade	CopoRunners	Senior Feminino	48:37	+18:21	04:52
46	1518	Mariana Martins	Individual	Senior Feminino	48:39	+18:23	04:52
47	1385	Ana Pinho	Individual	Senior Feminino	48:43	+18:27	04:52
48	1434	Catia Costa	Individual	Senior Feminino	48:56	+18:40	04:54
49	196	Ana Luísa Ribeiro	Famelga	Senior Feminino	48:59	+18:43	04:54
50	308	Marta Matos	Individual	Senior Feminino	49:00	+18:44	04:54
51	311	Mónica Pereira	Individual	Senior Feminino	49:01	+18:45	04:54
52	1455	Estela Maria Santos Ferreira	Individual	Senior Feminino	49:05	+18:49	04:55
53	244	Ana Sofia Chipelo	Individual	Senior Feminino	49:11	+18:55	04:55
54	1512	Maria Pedroso	Individual	Senior Feminino	49:25	+19:09	04:57
55	985	Sílvia Almeida	RUNNING ESPINHO	Senior Feminino	49:33	+19:17	04:57
56	254	Carina Gouveia	Individual	Senior Feminino	49:40	+19:24	04:58
57	333	Sara Pinto	Individual	Senior Feminino	49:45	+19:29	04:59
58	1313	Liliana Patrocínio da Silva	FMA	Senior Feminino	49:49	+19:33	04:59
59	1338	Sandra Camelo	Gemba Running	Senior Feminino	50:05	+19:49	05:01
60	249	Bárbara Assunção Alves	Individual	Senior Feminino	50:08	+19:52	05:01
61	291	Joana Patrícia Costa Silva	Individual	Senior Feminino	50:27	+20:11	05:03
62	261	Catarina Sousa	Individual	Senior Feminino	50:32	+20:16	05:03
63	1575	Vanessa Sofia Guimarães Catarino Nuno	Individual	Senior Feminino	50:33	+20:17	05:03
64	2555	Joana Moreira	Powerrun Team	Senior Feminino	50:34	+20:18	05:03
65	872	Mariana Borges	Marias da paz	Senior Feminino	50:43	+20:27	05:04
66	1542	Priscila Diana	Individual	Senior Feminino	50:49	+20:34	05:05
67	2378	Sara Sousa Baptista	RUNNING ESPINHO	Senior Feminino	50:59	+20:43	05:06
68	1562	Solange Gonçalves Lopes	Individual	Senior Feminino	50:59	+20:43	05:06
69	55	BEATRIZ BASTOS	A. D. GRIJÓ A CORRER	Senior Feminino	51:01	+20:45	05:06
70	1255	Mariana Costa	Dr. Runner	Senior Feminino	51:08	+20:52	05:07
71	1420	Carolina Capela	Individual	Senior Feminino	51:15	+20:59	05:08
72	1050	Sara Neves de Sousa	+Physio	Senior Feminino	51:18	+21:02	05:08
73	1446	Daniela Rodrigues	Individual	Senior Feminino	51:28	+21:12	05:09
74	1269	Fabiana Pereira	Elite3700	Senior Feminino	51:32	+21:16	05:09
75	1549	Rita Seara	Individual	Senior Feminino	51:33	+21:17	05:09
76	178	Filipa Pires	EVOLVE	Senior Feminino	51:35	+21:19	05:10
77	259	Catarina Silva	Individual	Senior Feminino	51:39	+21:24	05:10
78	1463	Francisca Coimbra	Individual	Senior Feminino	51:41	+21:25	05:10
79	1442	Cristina Tavares	Individual	Senior Feminino	51:43	+21:27	05:10
80	242	Ana Silva	Individual	Senior Feminino	51:52	+21:36	05:11
81	304	Maria Madalena Silva	Individual	Senior Feminino	51:53	+21:37	05:11
82	2489	Beatriz Bettercourt	UNDERCOVER	Senior Feminino	51:55	+21:39	05:12
83	956	Margarida Praça	Praças	Senior Feminino	51:56	+21:40	05:12

Official Timekeeper: Lap2Go	2 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

84	1526	Marta Carvalho	Individual	Senior Feminino	52:05	+21:49	05:13
85	270	Débora correira	Individual	Senior Feminino	52:07	+21:51	05:13
86	130	Cláudia Ferreira	Casa Benfica Matosinhos	Senior Feminino	52:10	+21:54	05:13
87	302	Maria Fael	Individual	Senior Feminino	52:19	+22:03	05:14
88	1046	Mariana Silva	Wellstudio	Senior Feminino	52:21	+22:05	05:14
89	299	Mafalda Cardoso	Individual	Senior Feminino	52:22	+22:06	05:14
90	2202	joana perreira	javalis100limites	Senior Feminino	52:25	+22:09	05:15
91	1091	Paula Cruz	AFIS - Ovar	Senior Feminino	52:28	+22:12	05:15
92	2322	Sónia Monteiro	PETRUS RUNNERS	Senior Feminino	52:30	+22:14	05:15
93	1268	Cátia Costa	Elite3700	Senior Feminino	52:36	+22:20	05:16
94	1431	Catarina Silva	Individual	Senior Feminino	52:39	+22:23	05:16
95	1381	Ana lourenco	Individual	Senior Feminino	52:42	+22:26	05:16
96	1464	Francisca Pinho Rocha	Individual	Senior Feminino	53:02	+22:46	05:18
97	1395	Andreia Barbosa	Individual	Senior Feminino	53:06	+22:50	05:19
98	2201	catarina pinhal	javalis100limites	Senior Feminino	53:06	+22:50	05:19
99	1438	Claudia Couto	Individual	Senior Feminino	53:12	+22:56	05:19
100	288	Joana Coutinho	Individual	Senior Feminino	53:26	+23:10	05:21
101	1265	Ana Aleixo	Elite3700	Senior Feminino	53:35	+23:19	05:22
102	1373	Alexandra Ramos	Individual	Senior Feminino	53:38	+23:22	05:22
103	151	Carolina Benfeito	Cridos Benfis	Senior Feminino	53:38	+23:22	05:22
104	152	Joana Reis	Cridos Benfis	Senior Feminino	53:39	+23:23	05:22
105	1449	Daniela Valério	Individual	Senior Feminino	53:40	+23:24	05:22
106	1415	Carina Gonçalves	Individual	Senior Feminino	53:45	+23:29	05:23
107	934	Ana Dias	Powerrun Team	Senior Feminino	53:53	+23:37	05:23
108	320	Raquel Couto	Individual	Senior Feminino	53:54	+23:39	05:23
109	285	Isa Daniela Marinho Queirós	Individual	Senior Feminino	54:00	+23:44	05:24
110	326	Rita Moreira	Individual	Senior Feminino	54:13	+23:57	05:25
111	2272	Vânia Silva	NIGHT Runners Feira	Senior Feminino	54:20	+24:04	05:26
112	1529	Marta Sousa	Individual	Senior Feminino	54:21	+24:05	05:26
113	1412	Bruna Dias	Individual	Senior Feminino	54:23	+24:08	05:26
114	1545	Raquel Queirós	Individual	Senior Feminino	54:24	+24:08	05:26
115	1315	Marta Barros Ferreira	FMA	Senior Feminino	54:24	+24:08	05:26
116	1454	Érica Gonçalves	Individual	Senior Feminino	54:27	+24:11	05:27
117	1557	Sara Isabel Brito Dantas Coelho	Individual	Senior Feminino	54:28	+24:12	05:27
118	256	Carolina Pinhal	Individual	Senior Feminino	54:35	+24:19	05:28
119	1253	Filipa Miranda	Dr. Runner	Senior Feminino	54:35	+24:19	05:28
120	1374	Alice Alves	Individual	Senior Feminino	54:36	+24:21	05:28
121	278	Filipa Soares	Individual	Senior Feminino	54:37	+24:21	05:28
122	293	Joana Sá	Individual	Senior Feminino	54:39	+24:23	05:28
123	2502	Rosário Silva	Wellstudio	Senior Feminino	54:43	+24:27	05:28
124	1555	Sara Duarte	Individual	Senior Feminino	54:47	+24:31	05:29
125	2270	Ana Almeida	NIGHT Runners Feira	Senior Feminino	54:52	+24:36	05:29
126	156	Sofia Santos	CrossFit Couto	Senior Feminino	54:57	+24:41	05:30
127	2491	Teresa Ferreira	UNDERCOVER	Senior Feminino	54:57	+24:41	05:30
128	2524	Ana Martins	Individual	Senior Feminino	54:58	+24:42	05:30
129	1508	Maria João Cerqueira	Individual	Senior Feminino	55:04	+24:48	05:30

Official Timekeeper: Lap2Go	3 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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130	1574	Vanessa Pcheco	Individual	Senior Feminino	55:13	+24:57	05:31
131	1500	Luísa Silva	Individual	Senior Feminino	55:18	+25:02	05:32
132	173	Elisabete Alves	Embarca Running	Senior Feminino	55:19	+25:03	05:32
133	1383	Ana Maria Santos Oliveira	Individual	Senior Feminino	55:19	+25:03	05:32
134	1482	Joana Fonseca	Individual	Senior Feminino	55:20	+25:04	05:32
135	258	Catarina Mendes	Individual	Senior Feminino	55:24	+25:08	05:32
136	1432	Catarina Silva	Individual	Senior Feminino	55:27	+25:11	05:33
137	1168	Carla Lima	Carla & Hugo	Senior Feminino	55:30	+25:14	05:33
138	2302	Beatriz Fernandes Marinho	Os Pitas	Senior Feminino	55:36	+25:20	05:34
139	339	Telma Santos	Individual	Senior Feminino	55:36	+25:20	05:34
140	958	Cátia Costa	Pupilos do Zé-Tó	Senior Feminino	55:43	+25:27	05:34
141	2398	Maria Luís Guimarães PT	Salgueiro Properties	Senior Feminino	55:47	+25:31	05:35
142	1554	Sara Cunha	Individual	Senior Feminino	55:48	+25:32	05:35
143	1550	Rose Ramos	Individual	Senior Feminino	55:56	+25:40	05:36
144	1425	Catarina Almeida	Individual	Senior Feminino	55:56	+25:40	05:36
145	2271	Cláudia Alexandra Sousa Reis	NIGHT Runners Feira	Senior Feminino	56:00	+25:44	05:36
146	1468	Inês Canedo	Individual	Senior Feminino	56:31	+26:15	05:39
147	1474	Inês Silva	Individual	Senior Feminino	56:34	+26:18	05:39
148	286	Jéssica Pinto	Individual	Senior Feminino	56:40	+26:24	05:40
149	1494	Liliana Couto	Individual	Senior Feminino	56:41	+26:26	05:40
150	1499	Lisa Robalinho	Individual	Senior Feminino	56:54	+26:38	05:41
151	1314	Mariana Rocha Soares	FMA	Senior Feminino	56:54	+26:38	05:41
152	1399	Andreia Soares	Individual	Senior Feminino	56:56	+26:40	05:42
153	1548	Rita Isabel	Individual	Senior Feminino	56:58	+26:42	05:42
154	1159	BRUNA REIS	CAL - Clube Atletismo de Lamas	Senior Feminino	57:00	+26:44	05:42
155	984	Filipa Sofia Oliveira Silva	RUNNING ESPINHO	Senior Feminino	57:02	+26:46	05:42
156	1515	Mariana Costa	Individual	Senior Feminino	57:02	+26:47	05:42
157	1090	Margarida Alves de Sousa	AFIS - Ovar	Senior Feminino	57:09	+26:53	05:43
158	2397	Filipa campos	Salgueiro Properties	Senior Feminino	57:09	+26:53	05:43
159	2213	Ines Cardoso	Juventude Cortegacense	Senior Feminino	57:09	+26:53	05:43
160	274	Fabiana Monteiro	Individual	Senior Feminino	57:15	+26:59	05:44
161	1270	Mariana Ferreira	Elite3700	Senior Feminino	57:19	+27:03	05:44
162	2250	Inês Azevedo	Midi	Senior Feminino	57:30	+27:14	05:45
163	1456	Filipa caridade	Individual	Senior Feminino	57:37	+27:21	05:46
164	1378	Ana Dias	Individual	Senior Feminino	57:39	+27:23	05:46
165	1404	Beatriz Carvalho	Individual	Senior Feminino	57:39	+27:23	05:46
166	236	Ana Amorim	Individual	Senior Feminino	57:43	+27:27	05:46
167	1254	Helena Teixeira	Dr. Runner	Senior Feminino	57:43	+27:27	05:46
168	1267	Catarina Vieira	Elite3700	Senior Feminino	57:45	+27:29	05:47
169	931	Maria João Barbosa	PETRUS RUNNERS	Senior Feminino	57:47	+27:31	05:47
170	1279	Diana Gomes	Espaço Homem	Senior Feminino	57:47	+27:31	05:47
171	1543	Raquel Fernandes	Individual	Senior Feminino	57:52	+27:36	05:47
172	1377	Ana Costa	Individual	Senior Feminino	57:52	+27:37	05:47
173	295	Kelly Sá	Individual	Senior Feminino	57:53	+27:37	05:47
174	309	Maura Santos	Individual	Senior Feminino	57:53	+27:37	05:47
175	271	Diana Patrícia Rodrigues Faria	Individual	Senior Feminino	57:55	+27:39	05:48

Official Timekeeper: Lap2Go	4 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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176	2222	Cláudia Sousa	L & R	Senior Feminino	57:57	+27:41	05:48
177	1489	Karina Filomena Ferreira Moreira	Individual	Senior Feminino	57:59	+27:43	05:48
178	239	Ana Isabel Couto	Individual	Senior Feminino	58:01	+27:45	05:48
179	1566	Susana Bessa	Individual	Senior Feminino	58:04	+27:48	05:48
180	301	Maria Almeida	Individual	Senior Feminino	58:06	+27:50	05:49
181	1541	Pauline Vanbelle	Individual	Senior Feminino	58:07	+27:51	05:49
182	1516	Mariana Costa	Individual	Senior Feminino	58:09	+27:53	05:49
183	1564	Sónia Patrícia Pinto Pereira	Individual	Senior Feminino	58:09	+27:53	05:49
184	269	Daniela Lima	Individual	Senior Feminino	58:11	+27:55	05:49
185	313	Olha Halahan	Individual	Senior Feminino	58:12	+27:56	05:49
186	1570	Teresa Costa	Individual	Senior Feminino	58:16	+28:00	05:50
187	2374	Anabela Pinto	RUNNING ESPINHO	Senior Feminino	58:16	+28:00	05:50
188	1382	Ana Luisa Capela	Individual	Senior Feminino	58:17	+28:01	05:50
189	255	Carina Viana	Individual	Senior Feminino	58:20	+28:04	05:50
190	1426	Catarina Coimbra	Individual	Senior Feminino	58:26	+28:10	05:51
191	1561	Sofia Pereira das Neves	Individual	Senior Feminino	58:27	+28:11	05:51
192	272	Ellane Karlla Paiva Santos	Individual	Senior Feminino	58:27	+28:11	05:51
193	327	Rita Moreira	Individual	Senior Feminino	58:28	+28:12	05:51
194	1481	Joana Fitas	Individual	Senior Feminino	58:37	+28:21	05:52
195	2396	Claudia	Salgueiro Properties	Senior Feminino	58:38	+28:22	05:52
196	1578	Verónica Rodrigues	Individual	Senior Feminino	58:40	+28:24	05:52
197	335	Sofia Ferreira	Individual	Senior Feminino	58:43	+28:27	05:52
198	1417	Carla nunes	Individual	Senior Feminino	58:49	+28:33	05:53
199	1020	Vânia Alves	Tartarugas de Seixezelo	Senior Feminino	58:55	+28:39	05:54
200	317	Paula Teixeira	Individual	Senior Feminino	59:01	+28:45	05:54
201	250	Bárbara Filipa Ribeiro Barbosa	Individual	Senior Feminino	59:03	+28:47	05:54
202	343	Vanessa Filipa da Rocha Oliveira	Individual	Senior Feminino	59:04	+28:48	05:54
203	99	Jaqueline Botelho	Botelhocas running	Senior Feminino	59:06	+28:51	05:55
204	1379	Ana Garcia	Individual	Senior Feminino	59:13	+28:57	05:55
205	1440	Cláudia Sousa	Individual	Senior Feminino	59:21	+29:06	05:56
206	1490	LARA DIAS	Individual	Senior Feminino	59:23	+29:07	05:56
207	822	Jacinta Campos	Jack Daniels	Senior Feminino	59:24	+29:08	05:56
208	1372	Alexandra Borrego Trujillo	Individual	Senior Feminino	59:30	+29:14	05:57
209	922	Carla Teixeira	Pedras Rolantes	Senior Feminino	59:36	+29:20	05:58
210	1389	Ana Rita Pinhal Costa	Individual	Senior Feminino	59:58	+29:42	06:00
211	1105	Vanessa Sousa	As Marias	Senior Feminino	01:00:00	+29:44	06:00
212	1390	Ana Rita Ribeiro	Individual	Senior Feminino	01:00:07	+29:51	06:01
213	282	Inês Fernandes Moreira	Individual	Senior Feminino	01:00:10	+29:54	06:01
214	2204	Joana Sousa Alves da Silva	JSD Espinho	Senior Feminino	01:00:17	+30:01	06:02
215	2490	Margarida Pereira	UNDERCOVER	Senior Feminino	01:00:17	+30:01	06:02
216	1569	Tatiana Varandas	Individual	Senior Feminino	01:00:24	+30:08	06:02
217	2486	Diana Marques	Trio Run Plus	Senior Feminino	01:00:26	+30:10	06:03
218	1398	Andreia Moreira	Individual	Senior Feminino	01:00:28	+30:12	06:03
219	1411	Beu Ribeiro	Individual	Senior Feminino	01:00:28	+30:12	06:03
220	2485	Catarina Maia	Trio Run Plus	Senior Feminino	01:00:30	+30:14	06:03
221	1423	Carolina Sá	Individual	Senior Feminino	01:00:31	+30:15	06:03

Official Timekeeper: Lap2Go	5 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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222	1573	Vanessa Ferreira	Individual	Senior Feminino	01:00:42	+30:27	06:04
223	1444	Daniela Gomes Santos	Individual	Senior Feminino	01:00:43	+30:27	06:04
224	2511	isila Correia	Xuxas da Laranja	Senior Feminino	01:00:50	+30:34	06:05
225	2377	Rita Azevedo	RUNNING ESPINHO	Senior Feminino	01:00:51	+30:35	06:05
226	2375	Inês Oliveira	RUNNING ESPINHO	Senior Feminino	01:00:51	+30:35	06:05
227	1375	Alice Batista da Costa	Individual	Senior Feminino	01:00:59	+30:43	06:06
228	1405	Beatriz Couto	Individual	Senior Feminino	01:01:00	+30:44	06:06
229	981	Alice Apolónia	RUNNING ESPINHO	Senior Feminino	01:01:10	+30:54	06:07
230	245	Ana Sofia Miranda De Castro Resende Assis1	Individual	Senior Feminino	01:01:16	+31:00	06:08
231	2503	Sara Pinho	Wellstudio	Senior Feminino	01:01:18	+31:02	06:08
232	1480	Joana Carneiro	Individual	Senior Feminino	01:01:18	+31:02	06:08
233	983	Dulce Ferreira	RUNNING ESPINHO	Senior Feminino	01:01:20	+31:04	06:08
234	1478	Jéssica Matos	Individual	Senior Feminino	01:01:25	+31:09	06:09
235	1371	Aida Adams	Individual	Senior Feminino	01:01:27	+31:11	06:09
236	1506	Márcia Silva	Individual	Senior Feminino	01:01:27	+31:11	06:09
237	329	Rita Sousa	Individual	Senior Feminino	01:01:29	+31:13	06:09
238	1525	Marta Almeida	Individual	Senior Feminino	01:01:33	+31:17	06:09
239	1397	Andreia Magalhães	Individual	Senior Feminino	01:01:43	+31:27	06:10
240	1103	Inês Andrade	As Lokas	Senior Feminino	01:01:45	+31:29	06:11
241	2509	Carolina Rodrigues	Xuxas da Laranja	Senior Feminino	01:01:45	+31:29	06:11
242	1505	Márcia Filipa Alves Reis	Individual	Senior Feminino	01:01:46	+31:30	06:11
243	292	Joana Rolo Dias Serrano	Individual	Senior Feminino	01:01:49	+31:34	06:11
244	1457	Filipa Félix	Individual	Senior Feminino	01:01:52	+31:36	06:11
245	246	Andreia Dias	Individual	Senior Feminino	01:01:52	+31:36	06:11
246	336	Sofia Oliveira	Individual	Senior Feminino	01:01:58	+31:43	06:12
247	1547	Rita Faustino	Individual	Senior Feminino	01:02:00	+31:44	06:12
248	1401	Angela reis	Individual	Senior Feminino	01:02:04	+31:48	06:12
249	1532	Mylene Oliveira	Individual	Senior Feminino	01:02:05	+31:49	06:13
250	2532	Joana Carvalho	Fitness Factory	Senior Feminino	01:02:07	+31:51	06:13
251	277	Filipa Paiva	Individual	Senior Feminino	01:02:10	+31:54	06:13
252	2545	Joana Babo	Individual	Senior Feminino	01:02:11	+31:55	06:13
253	2536	Inês Queirós	Fitness Factory	Senior Feminino	01:02:13	+31:57	06:13
254	2533	Sofia Gonçalves	Fitness Factory	Senior Feminino	01:02:13	+31:57	06:13
255	1567	Tânia Cunha	Individual	Senior Feminino	01:02:23	+32:07	06:14
256	1484	Joana Pereira	Individual	Senior Feminino	01:02:23	+32:07	06:14
257	1535	Patrícia Almeida	Individual	Senior Feminino	01:02:26	+32:10	06:15
258	2474	Márcia Lemos	Tertxugas	Senior Feminino	01:02:29	+32:13	06:15
259	325	Rita Lopes	Individual	Senior Feminino	01:02:37	+32:21	06:16
260	1245	Sónia Ribeiro	CrossFit Couto	Senior Feminino	01:02:43	+32:27	06:16
261	2525	Sofia Moura	Individual	Senior Feminino	01:02:52	+32:36	06:17
262	157	Sónia Martins	CrossFit Couto	Senior Feminino	01:02:52	+32:36	06:17
263	1450	DIANA ALVES FERREIRA	Individual	Senior Feminino	01:02:57	+32:41	06:18
264	1493	Leonor Ventura	Individual	Senior Feminino	01:02:59	+32:43	06:18
265	342	Vanessa Alves	Individual	Senior Feminino	01:02:59	+32:43	06:18
266	314	Patrícia Castro	Individual	Senior Feminino	01:03:00	+32:44	06:18
267	2551	Daniela Azevedo	Wellstudio	Senior Feminino	01:03:02	+32:46	06:18

Official Timekeeper: Lap2Go	6 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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268	1495	Liliana Lopes	Individual	Senior Feminino	01:03:02	+32:46	06:18
269	2361	Juliane Albuquerque	Root	Senior Feminino	01:03:09	+32:53	06:19
270	1475	Íris Leite	Individual	Senior Feminino	01:03:09	+32:53	06:19
271	1559	Sarah Conceição	Individual	Senior Feminino	01:03:14	+32:58	06:19
272	324	Rita Ferreira	Individual	Senior Feminino	01:03:17	+33:02	06:20
273	2487	Susana Martins	Trio Run Plus	Senior Feminino	01:03:22	+33:06	06:20
274	2475	Maria Melo	TO NA PISTA	Senior Feminino	01:03:33	+33:17	06:21
275	1387	Ana Rita Monteiro	Individual	Senior Feminino	01:03:38	+33:22	06:22
276	316	Patrícia Pereira	Individual	Senior Feminino	01:03:43	+33:27	06:22
277	310	Milene Ladeira	Individual	Senior Feminino	01:03:44	+33:28	06:22
278	1427	Catarina Gonçalves	Individual	Senior Feminino	01:03:56	+33:40	06:24
279	345	Vera Coelho	Individual	Senior Feminino	01:03:57	+33:41	06:24
280	1266	Carolina Figueiredo	Elite3700	Senior Feminino	01:04:03	+33:47	06:24
281	1394	Ana Vinhas	Individual	Senior Feminino	01:04:04	+33:48	06:24
282	1533	Nádia Santos	Individual	Senior Feminino	01:04:07	+33:51	06:25
283	2401	Suse Mara Gomes Oliveira	Salgueiro Properties	Senior Feminino	01:04:07	+33:51	06:25
284	1519	Mariana Neves	Individual	Senior Feminino	01:04:12	+33:56	06:25
285	1386	Ana Rita Freitas	Individual	Senior Feminino	01:04:15	+33:59	06:26
286	331	Sara Machado	Individual	Senior Feminino	01:04:34	+34:18	06:27
287	1049	Catarina Maria Brito Oliveira	+Physio	Senior Feminino	01:04:40	+34:24	06:28
288	2209	Elisa oliveira	Juliza	Senior Feminino	01:04:41	+34:25	06:28
289	290	Joana Marisa da Mota Ribeiro	Individual	Senior Feminino	01:04:49	+34:33	06:29
290	1380	Ana Isabel Teixeira	Individual	Senior Feminino	01:04:50	+34:34	06:29
291	346	Verônica Aquino	Individual	Senior Feminino	01:05:05	+34:49	06:31
292	264	Cátia Sousa	Individual	Senior Feminino	01:05:06	+34:50	06:31
293	283	Inês Rocha	Individual	Senior Feminino	01:05:08	+34:52	06:31
294	1451	Diana Cunha	Individual	Senior Feminino	01:05:12	+34:56	06:31
295	306	Maria Virginia Chaves Freire	Individual	Senior Feminino	01:05:14	+34:58	06:31
296	334	Sofia Belinha	Individual	Senior Feminino	01:05:15	+34:59	06:32
297	1376	Ana Abreu	Individual	Senior Feminino	01:05:24	+35:08	06:32
298	243	Ana Sofia Castro Pinto	Individual	Senior Feminino	01:05:32	+35:16	06:33
299	1568	Tatiana Marinho	Individual	Senior Feminino	01:05:40	+35:24	06:34
300	1303	Liane Araújo	Fidalguinha	Senior Feminino	01:05:43	+35:27	06:34
301	266	Cláudia Ribeiro	Individual	Senior Feminino	01:05:46	+35:30	06:35
302	268	Cristiana Vendas	Individual	Senior Feminino	01:05:47	+35:32	06:35
303	265	Claudia Oliveira	Individual	Senior Feminino	01:05:48	+35:32	06:35
304	1520	Mariana Pires	Individual	Senior Feminino	01:05:48	+35:32	06:35
305	341	Valcymeire Sant Ana	Individual	Senior Feminino	01:06:05	+35:49	06:37
306	1556	Sara Gabriela Lobão Batista	Individual	Senior Feminino	01:06:07	+35:51	06:37
307	229	Inês Oliveira	Graciosa	Senior Feminino	01:06:11	+35:55	06:37
308	1408	Beatriz Rola	Individual	Senior Feminino	01:06:29	+36:13	06:39
309	1393	Ana Sofia Moreira	Individual	Senior Feminino	01:06:32	+36:16	06:39
310	2254	Márcia Silva	Namastê veloz	Senior Feminino	01:06:34	+36:18	06:39
311	1563	Sónia Barros	Individual	Senior Feminino	01:07:01	+36:45	06:42
312	1217	MARIA ELISA BARBOSA SILVEIRA	Clube Millennium BCP	Senior Feminino	01:07:02	+36:46	06:42
313	1576	Vânia Patrícia Ferreira	Individual	Senior Feminino	01:07:05	+36:49	06:43

Official Timekeeper: Lap2Go	7 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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314	276	Filipa Fonseca Cruz	Individual	Senior Feminino	01:07:10	+36:54	06:43
315	2376	Raquel Ferreira	RUNNING ESPINHO	Senior Feminino	01:07:13	+36:57	06:43
316	1342	Catarina Gouveia	Goodshape	Senior Feminino	01:07:14	+36:58	06:43
317	2310	Patrícia Alexandra de Sousa Oliveira	Parceirinhos	Senior Feminino	01:07:14	+36:58	06:43
318	1384	Ana Marta Dias	Individual	Senior Feminino	01:07:15	+36:59	06:44
319	1409	Beatriz Teixeira	Individual	Senior Feminino	01:07:17	+37:01	06:44
320	287	Joana Almeida	Individual	Senior Feminino	01:07:18	+37:02	06:44
321	1491	Laura Cunha	Individual	Senior Feminino	01:07:27	+37:11	06:45
322	318	Priscila Strauss	Individual	Senior Feminino	01:07:29	+37:13	06:45
323	1128	Maria Rocha	Bravos de Croca	Senior Feminino	01:07:34	+37:18	06:45
324	1528	Marta Pereira	Individual	Senior Feminino	01:07:35	+37:19	06:46
325	1180	Sofia Santos	CENAP	Senior Feminino	01:07:48	+37:33	06:47
326	1033	Ines França	Uma Equipa de Gansos	Senior Feminino	01:07:50	+37:34	06:47
327	262	Cátia Almeida	Individual	Senior Feminino	01:07:55	+37:39	06:48
328	1396	Andreia Gonçalves Couto	Individual	Senior Feminino	01:08:29	+38:13	06:51
329	251	Beatriz Oliveira	Individual	Senior Feminino	01:08:30	+38:14	06:51
330	1430	Catarina Príncipe	Individual	Senior Feminino	01:08:42	+38:26	06:52
331	307	Mariana Costa	Individual	Senior Feminino	01:09:00	+38:44	06:54
332	1551	Rute Gil	Individual	Senior Feminino	01:09:12	+38:56	06:55
333	909	Andreia Fernandes	Os Trintões	Senior Feminino	01:09:13	+38:57	06:55
334	2305	Isabel Lopes	Os tá lentos	Senior Feminino	01:09:13	+38:57	06:55
335	2304	Goreti Silva	Os tá lentos	Senior Feminino	01:09:14	+38:58	06:55
336	235	Alexandra Gomes	Individual	Senior Feminino	01:09:21	+39:05	06:56
337	1406	Beatriz Ferro	Individual	Senior Feminino	01:09:42	+39:26	06:58
338	1410	Beatriz Vieira	Individual	Senior Feminino	01:09:42	+39:26	06:58
339	321	Raquel Ferreira	Individual	Senior Feminino	01:09:53	+39:37	06:59
340	197	Inês Costa	Familia Itavão	Senior Feminino	01:09:58	+39:42	07:00
341	1539	Patrícia Oliveira	Individual	Senior Feminino	01:10:06	+39:50	07:01
342	1419	Carmo Antunes	Individual	Senior Feminino	01:10:07	+39:51	07:01
343	904	Ana Rita da Silva Pinto	Os Pitas	Senior Feminino	01:10:08	+39:52	07:01
344	1026	Cátia Diegas	Traquinas	Senior Feminino	01:10:23	+40:08	07:02
345	1429	Catarina paiva	Individual	Senior Feminino	01:10:44	+40:28	07:04
346	1452	Ema Tatiana Mendes Pinto	Individual	Senior Feminino	01:10:48	+40:32	07:05
347	1472	Inês Rodrigo Pinto	Individual	Senior Feminino	01:10:50	+40:34	07:05
348	1367	Diana Gandra	ÍMPAR RUNNING TEAM	Senior Feminino	01:10:52	+40:36	07:05
349	294	Joana Silva	Individual	Senior Feminino	01:11:13	+40:57	07:07
350	300	Mafalda Cardoso	Individual	Senior Feminino	01:11:20	+41:05	07:08
351	1403	Beatriz Barranquinho	Individual	Senior Feminino	01:11:22	+41:06	07:08
352	908	Ana Rufino	Os Trintões	Senior Feminino	01:11:22	+41:06	07:08
353	328	Rita Pinho	Individual	Senior Feminino	01:11:25	+41:09	07:09
354	1498	Liliana Ribeiro	Individual	Senior Feminino	01:11:29	+41:13	07:09
355	831	Beatriz Oliveira	JSD Espinho	Senior Feminino	01:11:42	+41:26	07:10
356	1536	Patrícia Carvalho	Individual	Senior Feminino	01:11:45	+41:29	07:11
357	303	Camila Mariana Lazaretti Fernandes	Individual	Senior Feminino	01:11:45	+41:29	07:11
358	234	Alexandra Correia	Individual	Senior Feminino	01:12:10	+41:54	07:13
359	312	Núria Rebelo	Individual	Senior Feminino	01:12:12	+41:56	07:13

Official Timekeeper: Lap2Go	8 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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360	2473	Francisca Silva	Tertxugas	Senior Feminino	01:12:15	+41:59	07:14
361	2472	Beatriz Gonzalez	Tertxugas	Senior Feminino	01:12:15	+41:59	07:14
362	1087	Sílvia Lima	Adcr santa cristina	Senior Feminino	01:12:26	+42:10	07:15
363	1123	Natália Lima	Brabus Runners	Senior Feminino	01:12:26	+42:10	07:15
364	1086	Raquel Freitas	Adcr santa cristina	Senior Feminino	01:12:26	+42:10	07:15
365	315	Patrícia Moraes	Individual	Senior Feminino	01:12:29	+42:13	07:15
366	332	Sara Oliveira	Individual	Senior Feminino	01:12:29	+42:13	07:15
367	281	Inês Coelho	Individual	Senior Feminino	01:12:36	+42:20	07:16
368	1517	Mariana de Castro Gomes e Sá Coimbra	Individual	Senior Feminino	01:12:40	+42:24	07:16
369	1413	Bruna Filipa Bento Branco	Individual	Senior Feminino	01:12:42	+42:26	07:16
370	1421	Carolina Ferreira Leite	Individual	Senior Feminino	01:12:54	+42:38	07:17
371	1514	Mariana Conceição	Individual	Senior Feminino	01:12:55	+42:39	07:18
372	241	Ana Rita Justino	Individual	Senior Feminino	01:13:01	+42:45	07:18
373	323	Rita Borges	Individual	Senior Feminino	01:13:01	+42:45	07:18
374	322	Revette Aracelys	Individual	Senior Feminino	01:13:05	+42:49	07:19
375	297	Lisa NAUDOT	Individual	Senior Feminino	01:13:07	+42:51	07:19
376	1439	Claudia Figueiredo	Individual	Senior Feminino	01:13:12	+42:56	07:19
377	1458	Filipa Graça	Individual	Senior Feminino	01:13:20	+43:04	07:20
378	1447	Daniela silva	Individual	Senior Feminino	01:13:35	+43:20	07:22
379	1485	Joana Pinto Santos	Individual	Senior Feminino	01:14:23	+44:07	07:26
380	1424	Caroline Costa	Individual	Senior Feminino	01:14:25	+44:09	07:27
381	1433	Cátia Cardoso	Individual	Senior Feminino	01:14:38	+44:22	07:28
382	2508	Ana Santos	Xuxas da Laranja	Senior Feminino	01:14:39	+44:23	07:28
383	1477	Isabel Silva	Individual	Senior Feminino	01:15:05	+44:50	07:31
384	1302	Joana Pinho	Fidalguinha	Senior Feminino	01:15:08	+44:52	07:31
385	1402	Bárbara Teixeira	Individual	Senior Feminino	01:15:22	+45:06	07:32
386	1461	Filipa Verissimo	Individual	Senior Feminino	01:15:47	+45:31	07:35
387	1504	Márcia Andreia Duarte Vieira	Individual	Senior Feminino	01:16:02	+45:47	07:36
388	1540	Paula Faustino	Individual	Senior Feminino	01:16:22	+46:06	07:38
389	338	Telma Gomes	Individual	Senior Feminino	01:16:30	+46:15	07:39
390	228	Catarina Pimenta	Graciosa	Senior Feminino	01:16:37	+46:21	07:40
391	1437	Cintia Martins Alves	Individual	Senior Feminino	01:16:50	+46:34	07:41
392	1572	Vanessa Alves	Individual	Senior Feminino	01:17:08	+46:52	07:43
393	247	Andreia Rocha	Individual	Senior Feminino	01:17:12	+46:56	07:43
394	90	Rebeca Honorato	As Marias	Senior Feminino	01:17:27	+47:11	07:45
395	96	Ana Abrantes	BNP Paribas	Senior Feminino	01:18:37	+48:21	07:52
396	185	ANA TEIXEIRA	EV-PERALTAFIL	Senior Feminino	01:19:17	+49:01	07:56
397	1418	Carla Santos	Individual	Senior Feminino	01:19:40	+49:24	07:58
398	279	Francisca Oliveira	Individual	Senior Feminino	01:20:01	+49:45	08:00
399	89	Ranna sales	As Marias	Senior Feminino	01:20:13	+49:57	08:01
400	850	DIANA CARDOSO SOARES	Magic (S)Miles	Senior Feminino	01:20:22	+50:06	08:02
401	851	DIANA GUERRA	Magic (S)Miles	Senior Feminino	01:20:35	+50:19	08:04
402	2463	Luísa Amorim	TEAM SAL	Senior Feminino	01:21:55	+51:39	08:12
403	2464	Maria Ana Santos	TEAM SAL	Senior Feminino	01:21:55	+51:39	08:12
404	1441	SAMARA KELLY LOPES	Individual	Senior Feminino	01:22:14	+51:59	08:13
405	1467	Gabriela Maria Guimarães Pinto	Individual	Senior Feminino	01:22:38	+52:22	08:16

Official Timekeeper: Lap2Go	9 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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406	1521	Mariana Silva	Individual	Senior Feminino	01:22:57	+52:42	08:18
407	1530	Matilda Oxelfelt	Individual	Senior Feminino	01:23:29	+53:13	08:21
408	1538	Patrícia Oliveira	Individual	Senior Feminino	01:24:25	+54:09	08:27
409	1497	Liliana Pereira	Individual	Senior Feminino	01:25:00	+54:44	08:30
410	298	Lisbeth Freitas	Individual	Senior Feminino	01:25:14	+54:58	08:31
411	1507	Margarida Carvalho	Individual	Senior Feminino	01:26:21	+56:05	08:38
412	1388	Ana Rita Moreira Vieira	Individual	Senior Feminino	01:26:21	+56:05	08:38
413	253	Bruna Raquel Jesus Coelho	Individual	Senior Feminino	01:26:39	+56:23	08:40
414	1368	Raquel Araújo	ÍMPAR RUNNING TEAM	Senior Feminino	01:29:27	+59:11	08:57
415	2238	Inês Dias	Mancos	Senior Feminino	01:29:53	+59:37	08:59
416	2237	Ana Guiomar	Mancos	Senior Feminino	01:29:54	+59:38	08:59
417	1503	Mafalda Silva	Individual	Senior Feminino	01:30:40	+01:00:24	09:04
418	1558	Sara Mendes	Individual	Senior Feminino	01:34:14	+01:03:58	09:25

Senior Masculino

1	14	Diogo Rosário	ACD JARDIM DA SERRA	Senior Masculino	30:15		03:02
2	9	João Almeida	Sport Clube Beira-Mar	Senior Masculino	30:24	+00:08	03:02
3	5	Bernardo Santana	Sport Comércio e Salgueiros	Senior Masculino	30:58	+00:43	03:06
4	7	RICARDO PEREIRA	Estrelas Vermelhas/Peraltafil	Senior Masculino	31:12	+00:56	03:07
5	12	Wilson Cabral	CLUBE DE ATLETISMO OLÍMPICO VIANENSE	Senior Masculino	31:28	+01:13	03:09
6	1074	José Vieira	ACR Vale de Cambra	Senior Masculino	31:29	+01:13	03:09
7	11	João Carvalho	Vitória SC	Senior Masculino	31:36	+01:20	03:10
8	1076	Pedro Magalhães	ACR Vale de Cambra	Senior Masculino	31:59	+01:43	03:12
9	1073	Filipe Ferreira	ACR Vale de Cambra	Senior Masculino	32:16	+02:00	03:14
10	10	João Trigueiros	são salvador do campo	Senior Masculino	32:21	+02:05	03:14
11	2549	João Alegria	CC São João da Madeira	Senior Masculino	32:35	+02:19	03:16
12	2426	FÁBIO FERNANDES CORREIA	SCE Atletismo	Senior Masculino	32:42	+02:26	03:16
13	32	Fabio barbosa	Individual	Senior Masculino	32:43	+02:27	03:16
14	1192	SERGIO PAIVA	Clube Atletismo de Ovar	Senior Masculino	32:45	+02:29	03:17
15	43	Vitor Manuel Quintaneiro Almeida	Individual	Senior Masculino	32:48	+02:32	03:17
16	25	HELDER PIRES	Estrelas Vermelhas/Peraltafil	Senior Masculino	32:57	+02:41	03:18
17	33	Daniel Sousa	Sport Clube Beira-Mar	Senior Masculino	33:18	+03:02	03:20
18	37	João Novo	Atletismo Clube da Tocha	Senior Masculino	33:31	+03:15	03:21
19	2427	GIL MOREIRA MAIA	SCE Atletismo	Senior Masculino	33:49	+03:33	03:23
20	1336	Jorge Cubal	GDC Guilhovai	Senior Masculino	34:14	+03:58	03:25
21	52	TIAGO DANIEL RAMOS ROSAS	SCE Atletismo	Senior Masculino	34:19	+04:03	03:26
22	2337	Joao Fernandes	Pupilos do Zé-Tó	Senior Masculino	34:25	+04:09	03:27
23	46	FÁBIO SOUSA	Luz e Vida Gondomarense	Senior Masculino	34:28	+04:12	03:27
24	378	Diogo Fontes	Individual	Senior Masculino	34:38	+04:22	03:28
25	1256	André Lopes	Dr. Runner	Senior Masculino	34:40	+04:24	03:28
26	27	RENATO SOUSA	Estrelas Vermelhas/Peraltafil	Senior Masculino	34:51	+04:35	03:29
27	1191	CELSO LEITE	Clube Atletismo de Ovar	Senior Masculino	35:00	+04:44	03:30
28	44	Pedro Miguel Santos	Individual	Senior Masculino	35:12	+04:56	03:31
29	29	MARCO MARQUES	Estrelas Vermelhas/Peraltafil	Senior Masculino	35:16	+05:01	03:32

Prova Principal

10 KM

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30	47	DANIEL SILVA	Luz e Vida Gondomarense	Senior Masculino	35:21	+05:05	03:32
31	1850	Vítor Miranda	Individual	Senior Masculino	35:32	+05:16	03:33
32	38	Pedro Cardoso	Scespinho triatlo	Senior Masculino	35:40	+05:24	03:34
33	2554	Carlos Carneiro	Cinfães a Correr	Senior Masculino	35:44	+05:28	03:34
34	1599	Andre Santos	Individual	Senior Masculino	35:50	+05:34	03:35
35	59	Fábio Sousa	A.C.D OS Ilhavos	Senior Masculino	35:54	+05:38	03:35
36	138	Pedro Magolo	Clube de Futebol União de Lamas	Senior Masculino	35:55	+05:39	03:36
37	1124	Marco Pinto	Brabus Runners	Senior Masculino	35:55	+05:40	03:36
38	2428	JOSÉ RICARDO FERREIRA DA SILVA BARROS	SCE Atletismo	Senior Masculino	35:58	+05:42	03:36
39	1700	Joel Sousa Pinto	Individual	Senior Masculino	36:06	+05:50	03:37
40	1799	Ricardo Areias	Individual	Senior Masculino	36:15	+05:59	03:38
41	1273	Diogo Rouxinol	Elite3700	Senior Masculino	36:16	+06:00	03:38
42	2356	José Pedro Dias	RETORTA- QUINTA DAS ARCAS	Senior Masculino	36:24	+06:08	03:38
43	1163	Alexandre Blasques	Mountain Goat Coaching	Senior Masculino	36:24	+06:08	03:38
44	108	João Amaro	C.d.feirense	Senior Masculino	36:26	+06:10	03:39
45	1773	Pedro de Sousa Martins	Individual	Senior Masculino	36:33	+06:17	03:39
46	1067	Nuno Silva	A.R.Sequeirô/Destemidos	Senior Masculino	36:40	+06:25	03:40
47	1825	Rui Pinto	Individual	Senior Masculino	36:44	+06:28	03:40
48	1774	Pedro Dias Teresinho	Individual	Senior Masculino	36:46	+06:30	03:41
49	847	RICARDO QUEIRÓZ	Luz e Vida Gondomarense	Senior Masculino	36:55	+06:39	03:42
50	1760	Nuno Fernandes	Individual	Senior Masculino	37:03	+06:47	03:42
51	986	Hugo Filipe Bastos Silva Sampaio	RUNNING ESPINHO	Senior Masculino	37:05	+06:49	03:43
52	1600	André Teresinho	Individual	Senior Masculino	37:15	+06:59	03:44
53	1075	Marco Pinho	ACR Vale de Cambra	Senior Masculino	37:20	+07:04	03:44
54	61	Marco Soares	A.C.D OS Ilhavos	Senior Masculino	37:21	+07:05	03:44
55	422	João Santos	Individual	Senior Masculino	37:23	+07:07	03:44
56	2547	Nuno Albergaria	CC São João da Madeira	Senior Masculino	37:26	+07:10	03:45
57	1826	Rui Santos	Individual	Senior Masculino	37:26	+07:10	03:45
58	1725	Luís Gomes	Individual	Senior Masculino	37:36	+07:20	03:46
59	1340	Pedro Cunha e Silva	Gemba Running	Senior Masculino	37:37	+07:21	03:46
60	1088	Jose de Oliveira	AEJ Triatlo	Senior Masculino	37:44	+07:28	03:46
61	2513	Pedro Henriques Soares Cruz	Individual	Senior Masculino	37:46	+07:30	03:47
62	2274	Fábio Almeida	NIGHT Runners Feira	Senior Masculino	37:47	+07:31	03:47
63	758	Pedro Antonio	Individual	Senior Masculino	37:51	+07:35	03:47
64	1172	Joao Antonio	Casa do Povo de Avanca	Senior Masculino	37:51	+07:35	03:47
65	1789	Pedro Silva	Individual	Senior Masculino	37:57	+07:41	03:48
66	2430	RICARDO MIGUEL SILVA PEREIRA	SCE Atletismo	Senior Masculino	37:58	+07:42	03:48
67	1719	José Sá	Individual	Senior Masculino	38:04	+07:48	03:48
68	1815	Rodrigo Jeronimo	Individual	Senior Masculino	38:05	+07:50	03:49
69	829	Filipe Baptista	JAM - Juventude Atlética Mozelense	Senior Masculino	38:07	+07:51	03:49
70	2459	Ricardo Pais	Team El Comandante	Senior Masculino	38:12	+07:56	03:49
71	1645	Fábio Almeida	Individual	Senior Masculino	38:13	+07:58	03:49
72	1661	Francisco Santos	Individual	Senior Masculino	38:14	+07:58	03:49
73	1658	Francisco Ferrador	Individual	Senior Masculino	38:19	+08:03	03:50
74	2535	Filipe Martins	Fitness Factory	Senior Masculino	38:23	+08:08	03:50

Official Timekeeper: Lap2Go	11 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

OFFICIAL RESULT

Official Timekeeper: Lap2Go	12 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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121	1772	Pedro Castro	Individual	Senior Masculino	40:39	+10:23	04:04
122	2339	Filipe Quintino	QuintinoTeam	Senior Masculino	40:40	+10:24	04:04
123	879	Rúben David da Mota Almeida	Núcleo de Corrida Solverde	Senior Masculino	40:45	+10:30	04:05
124	1695	Joao Tavares	Individual	Senior Masculino	40:47	+10:31	04:05
125	2311	Sérgio Filipe Pinho Martins	Parceirinhos	Senior Masculino	40:48	+10:32	04:05
126	139	Pedro Trombatella	Clube de Futebol União de Lamas	Senior Masculino	40:49	+10:33	04:05
127	1066	Marcelo Teixeira	A.R.Sequeirô/Destemidos	Senior Masculino	40:50	+10:34	04:05
128	2431	YOUSSEF EL FAHM	SCE Atletismo	Senior Masculino	40:51	+10:35	04:05
129	1621	Christian Geyer	Individual	Senior Masculino	40:52	+10:37	04:05
130	1694	Lucas Oliveira	Individual	Senior Masculino	40:53	+10:37	04:05
131	402	Guilherme Órfão	Individual	Senior Masculino	40:58	+10:42	04:06
132	1714	José Oliveira	Individual	Senior Masculino	40:59	+10:43	04:06
133	1746	Miguel Campos	Individual	Senior Masculino	41:02	+10:46	04:06
134	469	Pedro Moisés Teixeira Roque	Individual	Senior Masculino	41:02	+10:46	04:06
135	435	Leonel Pereira	Individual	Senior Masculino	41:07	+10:51	04:07
136	187	RAFAEL JESUS	EV-PERALTAFIL	Senior Masculino	41:17	+11:01	04:08
137	483	Ricardo Jorge Coelho Mendonça	Individual	Senior Masculino	41:19	+11:04	04:08
138	140	Ricardo Sousa	Clube de Futebol União de Lamas	Senior Masculino	41:28	+11:12	04:09
139	427	Jorge Teixeira	Individual	Senior Masculino	41:33	+11:17	04:09
140	511	Tiago Pereira	Individual	Senior Masculino	41:36	+11:20	04:10
141	486	Ricardo Pacheco	Individual	Senior Masculino	41:37	+11:21	04:10
142	1235	Eurico Tavares	CopoRunners	Senior Masculino	41:41	+11:25	04:10
143	2467	Tiago Neto	TEN TEAM	Senior Masculino	41:41	+11:25	04:10
144	2224	Pedro Santos	L & R	Senior Masculino	41:42	+11:26	04:10
145	1448	Sérgio Ruela	Individual	Senior Masculino	41:58	+11:42	04:12
146	1164	Jorge Camboa	Fitness Factory	Senior Masculino	42:00	+11:44	04:12
147	1643	Eduardo Gonçalves de Souza	Individual	Senior Masculino	42:01	+11:45	04:12
148	1805	Ricardo Oliveira	Individual	Senior Masculino	42:05	+11:49	04:13
149	1732	Manuel Castro	Individual	Senior Masculino	42:05	+11:49	04:13
150	1671	Hélio Dias	Individual	Senior Masculino	42:05	+11:49	04:13
151	1095	Carlos Marques	Alcateia do Cabouco	Senior Masculino	42:17	+12:01	04:14
152	1663	Francisco Viterbo	Individual	Senior Masculino	42:18	+12:02	04:14
153	114	Samuel Marques	GDR Santa Tecla	Senior Masculino	42:19	+12:03	04:14
154	1617	Carlos maques	Individual	Senior Masculino	42:23	+12:07	04:14
155	1148	Rui Lopes Silva	C.d.feirense	Senior Masculino	42:23	+12:07	04:14
156	1612	Bruno Noversa	Individual	Senior Masculino	42:24	+12:08	04:14
157	172	José Rodrigues	Eles Andem Aí	Senior Masculino	42:28	+12:12	04:15
158	385	Edgar Silva	Individual	Senior Masculino	42:29	+12:13	04:15
159	1845	Valter Costa	Individual	Senior Masculino	42:33	+12:17	04:15
160	2203	rodrigo pinhal	javalis100limites	Senior Masculino	42:40	+12:24	04:16
161	363	Carlos Pereira	Individual	Senior Masculino	42:42	+12:26	04:16
162	462	Paulo Silva	Individual	Senior Masculino	42:43	+12:27	04:16
163	2465	João Amorim	TEAM SAL	Senior Masculino	42:43	+12:27	04:16
164	1581	Alexandre Kowalski	Individual	Senior Masculino	42:44	+12:28	04:16
165	439	Luís Silva	Individual	Senior Masculino	42:44	+12:28	04:16
166	1724	Luis Campos	Individual	Senior Masculino	42:47	+12:31	04:17

Official Timekeeper: Lap2Go	13 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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167	1092	Gil Dudot	AFIS - Ovar	Senior Masculino	42:49	+12:33	04:17
168	75	Tom Arnstein	Amparo	Senior Masculino	42:51	+12:35	04:17
169	362	Bruno Ribeiro	Individual	Senior Masculino	42:57	+12:41	04:18
170	2423	Samuel Leal	SamTriMan Club	Senior Masculino	42:58	+12:42	04:18
171	1011	Carlos Resende	SamTriMan Club	Senior Masculino	43:00	+12:44	04:18
172	1247	Isac Manuel Martins da Silva	CrossFit Couto	Senior Masculino	43:03	+12:47	04:18
173	1761	Nuno Gonçalves	Individual	Senior Masculino	43:04	+12:48	04:18
174	1640	Diogo Tavares	Individual	Senior Masculino	43:06	+12:50	04:19
175	2299	António Ricardo Henriques	Os Dragões de Mozelos	Senior Masculino	43:09	+12:53	04:19
176	2228	Duarte Eira	Lobos do Brunheiro de Chaves/Anteros	Senior Masculino	43:11	+12:55	04:19
177	510	Tiago Pereira	Individual	Senior Masculino	43:11	+12:55	04:19
178	458	NUNO PINTO	Individual	Senior Masculino	43:17	+13:01	04:20
179	1801	Ricardo Filipe Pereira Couto	Individual	Senior Masculino	43:23	+13:08	04:20
180	1592	André Pato	Individual	Senior Masculino	43:38	+13:22	04:22
181	1622	Cristiano Cardoso	Individual	Senior Masculino	43:43	+13:27	04:22
182	1211	Rodrigo Castro	Clube do Pessoal das Águas de Gaia	Senior Masculino	43:44	+13:28	04:22
183	980	Jose Almeida	Running Esmoriz	Senior Masculino	43:45	+13:29	04:23
184	1778	Pedro Granja	Individual	Senior Masculino	43:47	+13:31	04:23
185	1637	Diogo Pinto	Individual	Senior Masculino	43:51	+13:35	04:23
186	1765	Nuno Sarabando	Individual	Senior Masculino	43:52	+13:36	04:23
187	1604	Antonio Silva	Individual	Senior Masculino	43:55	+13:39	04:24
188	379	Diogo Godinho	Individual	Senior Masculino	43:57	+13:41	04:24
189	1847	Vasco Ferrão Mendes	Individual	Senior Masculino	44:00	+13:44	04:24
190	2230	Joaquim Gonçalves	Los cobardes	Senior Masculino	44:02	+13:46	04:24
191	1684	João Moranguinho	Individual	Senior Masculino	44:10	+13:54	04:25
192	366	Daniel Costa	Individual	Senior Masculino	44:10	+13:54	04:25
193	1741	Mário André Batos Rocha	Individual	Senior Masculino	44:13	+13:57	04:25
194	1641	Edgar Rodrigues	Individual	Senior Masculino	44:16	+14:01	04:26
195	1781	Pedro Miguel Santos Monteiro	Individual	Senior Masculino	44:17	+14:01	04:26
196	408	Hugo Valinho	Individual	Senior Masculino	44:26	+14:10	04:27
197	1021	Rui Tavares	Tavares	Senior Masculino	44:28	+14:12	04:27
198	136	Alejandro Rodrigues	Clube de Futebol União de Lamas	Senior Masculino	44:32	+14:16	04:27
199	1016	Claudio Ferreira	SOBI dexe	Senior Masculino	44:32	+14:16	04:27
200	1824	Rui Pedro Castro Coelho	Individual	Senior Masculino	44:35	+14:19	04:28
201	2229	Francisco 3:53:59	Los cobardes	Senior Masculino	44:35	+14:19	04:28
202	1796	Rafael Silva	Individual	Senior Masculino	44:37	+14:21	04:28
203	1248	Ivo Pais	CrossFit Couto	Senior Masculino	44:39	+14:23	04:28
204	386	Edimar Lima	Individual	Senior Masculino	44:40	+14:24	04:28
205	2488	Diogo Silva	Trio Run Plus	Senior Masculino	44:40	+14:24	04:28
206	1807	Ricardo Rocha	Individual	Senior Masculino	44:45	+14:29	04:29
207	1055	Luis Claro	1Neuronio	Senior Masculino	44:48	+14:32	04:29
208	1777	Pedro Gonçalves	Individual	Senior Masculino	44:51	+14:35	04:29
209	1606	Bernardo Manahu	Individual	Senior Masculino	44:51	+14:35	04:29
210	1708	JOSE FREITAS	Individual	Senior Masculino	44:52	+14:36	04:29
211	1630	Dinis França	Individual	Senior Masculino	44:57	+14:41	04:30

10 KM

OFFICIAL RESULT

212	460	Óscar Mendes	Individual	Senior Masculino	44:58	+14:42	04:30
213	1004	GONCALO FERREIRA	RUNNING ESPINHO	Senior Masculino	45:03	+14:47	04:30
214	1692	João Silva	Individual	Senior Masculino	45:04	+14:48	04:30
215	349	Afonso Pereira de Oliveira	Individual	Senior Masculino	45:09	+14:53	04:31
216	466	Pedro Costa	Individual	Senior Masculino	45:10	+14:54	04:31
217	214	Micael Gonçalves	Gaz(n)elas	Senior Masculino	45:10	+14:54	04:31
218	3	André Guimarães	CMEspinho	Senior Masculino	45:11	+14:56	04:31
219	450	Miguel Pinto	Individual	Senior Masculino	45:12	+14:56	04:31
220	882	Nuno Marinho	Núcleo de Corrida Solverde	Senior Masculino	45:12	+14:56	04:31
221	1787	Pedro Sa	Individual	Senior Masculino	45:13	+14:57	04:31
222	1644	Eduardo Leite	Individual	Senior Masculino	45:13	+14:57	04:31
223	1795	rafael sezino de lima	Individual	Senior Masculino	45:14	+14:58	04:31
224	230	João Rocha	Graciosa	Senior Masculino	45:14	+14:58	04:31
225	2405	Hugo Bras	Salgueiro Properties	Senior Masculino	45:16	+15:00	04:32
226	1818	Rúben Filipe Gomes Resende	Individual	Senior Masculino	45:17	+15:01	04:32
227	2251	Diogo China	Midi	Senior Masculino	45:19	+15:03	04:32
228	923	André Pinho	Pedras Rolantes	Senior Masculino	45:23	+15:07	04:32
229	1652	Fernando Souza	Individual	Senior Masculino	45:27	+15:11	04:33
230	1301	Milton Silva	Federação de Atletismo do Quénia	Senior Masculino	45:39	+15:24	04:34
231	506	Tiago Couto	Individual	Senior Masculino	45:45	+15:29	04:35
232	2534	Diogo Barreto	Fitness Factory	Senior Masculino	45:46	+15:30	04:35
233	1734	Manuel Ferreira da Silva Pereira	Individual	Senior Masculino	45:49	+15:33	04:35
234	1625	Daniel Oliveira	Individual	Senior Masculino	45:54	+15:38	04:35
235	1750	Miguel Gomes	Individual	Senior Masculino	45:56	+15:40	04:36
236	1744	Maxim Mironov	Individual	Senior Masculino	45:58	+15:42	04:36
237	1828	Rui violas Carvalho	Individual	Senior Masculino	46:02	+15:46	04:36
238	478	Renato Godinho	Individual	Senior Masculino	46:06	+15:50	04:37
239	159	Tiago Azevedo	CrossFit Couto	Senior Masculino	46:08	+15:52	04:37
240	2481	Renato Santos	Toupeirinhas	Senior Masculino	46:08	+15:53	04:37
241	837	André Mota	L & R	Senior Masculino	46:09	+15:53	04:37
242	1609	Bruno Alão	Individual	Senior Masculino	46:10	+15:55	04:37
243	1602	António Oliveira	Individual	Senior Masculino	46:13	+15:57	04:37
244	1853	Yann Lopes	Individual	Senior Masculino	46:20	+16:04	04:38
245	1352	Hugo Ferreira	Grupo Desportivo A Ronda	Senior Masculino	46:37	+16:21	04:40
246	2275	Paulo Amorim	NIGHT Runners Feira	Senior Masculino	46:41	+16:25	04:40
247	1823	Rui Machado	Individual	Senior Masculino	46:43	+16:27	04:40
248	186	NUNO DAVID	EV-PERALTAFIL	Senior Masculino	46:44	+16:28	04:40
249	168	Alexandre Loureiro	Dr. Runner	Senior Masculino	46:46	+16:30	04:41
250	1324	Leandro Ferreyra	GAIA-RUNNING	Senior Masculino	46:47	+16:31	04:41
251	1246	Alexandre Moreira	CrossFit Couto	Senior Masculino	46:48	+16:32	04:41
252	501	Sérgio Manuel Soares Barbosa	Individual	Senior Masculino	46:49	+16:33	04:41
253	488	Ricardo Teixeira	Individual	Senior Masculino	46:53	+16:37	04:41
254	2196	Ricardo Reis	JAM - Juventude Atlético Mozelense	Senior Masculino	46:53	+16:37	04:41
255	2214	Americo Costa	Juventude Cortegacense	Senior Masculino	46:54	+16:38	04:41
256	454	Moises Pinto	Individual	Senior Masculino	46:56	+16:40	04:42
257	372	david silva	Individual	Senior Masculino	47:02	+16:46	04:42

Prova Principal

10 KM

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OFFICIAL RESULT

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258	1682	João Matos	Individual	Senior Masculino	47:03	+16:48	04:42
259	1647	Fabio Oliveira	Individual	Senior Masculino	47:04	+16:48	04:42
260	1758	Nuno Bastos	Individual	Senior Masculino	47:05	+16:49	04:43
261	1634	Diogo Mata	Individual	Senior Masculino	47:07	+16:51	04:43
262	1608	Bernardo Pinho	Individual	Senior Masculino	47:08	+16:52	04:43
263	1703	Jorge Vieira	Individual	Senior Masculino	47:09	+16:53	04:43
264	166	Eduardo Ferreira	DR RUNNER	Senior Masculino	47:16	+17:00	04:44
265	1221	PEDRO JORGE GOUVEIA COUTO	Clube Millennium BCP	Senior Masculino	47:16	+17:00	04:44
266	2482	Vasco Custódio	Toupeirinhas	Senior Masculino	47:21	+17:05	04:44
267	1715	José Pinho	Individual	Senior Masculino	47:28	+17:12	04:45
268	387	Eduardo Costa	Individual	Senior Masculino	47:29	+17:13	04:45
269	1762	Nuno Oliveira	Individual	Senior Masculino	47:32	+17:16	04:45
270	1763	Nuno Relvas	Individual	Senior Masculino	47:35	+17:19	04:46
271	1729	Luís Silva	Individual	Senior Masculino	47:36	+17:20	04:46
272	365	Cláudio Soares	Individual	Senior Masculino	47:38	+17:22	04:46
273	368	Daniel Fernando Sousa Silva	Individual	Senior Masculino	47:38	+17:22	04:46
274	1743	Mauro Rocha	Individual	Senior Masculino	47:39	+17:23	04:46
275	2215	Diogo Silva	Juventude Cortegacense	Senior Masculino	47:39	+17:23	04:46
276	1838	Tiago Campelo	Individual	Senior Masculino	47:42	+17:26	04:46
277	2336	Miguel Damas	Prime Human Performance	Senior Masculino	47:43	+17:27	04:46
278	1319	Pedro Miguel Sousa Pastor	FMA	Senior Masculino	47:43	+17:27	04:46
279	1593	André Peixoto	Individual	Senior Masculino	47:43	+17:27	04:46
280	476	Rafael Duarte	Individual	Senior Masculino	47:45	+17:29	04:47
281	508	Tiago Jesus Lima	Individual	Senior Masculino	47:46	+17:30	04:47
282	1616	C. Oliveira	Individual	Senior Masculino	47:48	+17:32	04:47
283	1798	Renato Mendes	Individual	Senior Masculino	47:49	+17:33	04:47
284	494	Rui Manuel da Silva Ferreira	Individual	Senior Masculino	47:49	+17:33	04:47
285	213	José Pedro Alves Oliveira	Gaz(n)elas	Senior Masculino	47:50	+17:34	04:47
286	2338	Bruno Quintino	QuintinoTeam	Senior Masculino	47:52	+17:36	04:47
287	1756	Nanduca Couto	Individual	Senior Masculino	47:53	+17:37	04:47
288	1854	Zé Diogo	Individual	Senior Masculino	47:54	+17:38	04:47
289	1632	Diogo Daniel Lopes Almeida	Individual	Senior Masculino	47:56	+17:40	04:48
290	1779	Pedro Miguel Gomes Teixeira Oliveira	Individual	Senior Masculino	48:02	+17:46	04:48
291	1657	Francisco Fernandes	Individual	Senior Masculino	48:02	+17:46	04:48
292	1052	Tiago Rabaçal Mota	+Physio	Senior Masculino	48:03	+17:47	04:48
293	416	João Gil	Individual	Senior Masculino	48:12	+17:56	04:49
294	1666	Gonçalo Neves	Individual	Senior Masculino	48:25	+18:09	04:51
295	459	Orlando Xavier	Individual	Senior Masculino	48:27	+18:11	04:51
296	895	Claudio Matos	opraticante.pt	Senior Masculino	48:29	+18:13	04:51
297	513	Tiago Sousa	Individual	Senior Masculino	48:32	+18:16	04:51
298	1611	Bruno Marques Carvalho	Individual	Senior Masculino	48:32	+18:16	04:51
299	1250	Daniel Sarabanda	Crossfit Feira	Senior Masculino	48:38	+18:22	04:52
300	1686	João Oliveira	Individual	Senior Masculino	48:38	+18:22	04:52
301	1318	Pedro Miguel Almeida de Oliveira	FMA	Senior Masculino	48:40	+18:24	04:52
302	1220	PAULO ALEXANDRE DOMINGUES BARBOSA	Clube Millennium BCP	Senior Masculino	48:42	+18:26	04:52

Official Timekeeper: Lap2Go	16 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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303	874	João Dias	MOVIMENTO DE JUVENTUDE DE MERELIM	Senior Masculino	48:45	+18:29	04:53
304	400	Gonçalo Mendes Ferreira	Individual	Senior Masculino	48:46	+18:30	04:53
305	935	António França	Powerrun Team	Senior Masculino	48:46	+18:30	04:53
306	841	Samuel Gonçalves	L & R	Senior Masculino	48:47	+18:31	04:53
307	1842	Tiago Ramos	Individual	Senior Masculino	48:49	+18:33	04:53
308	1681	João Matos	Individual	Senior Masculino	48:51	+18:35	04:53
309	1667	Bruno Fileno	Individual	Senior Masculino	48:57	+18:41	04:54
310	401	Gonçalo Miguel da Silva	Individual	Senior Masculino	49:00	+18:44	04:54
311	497	Rui Pedro Pinto Oliveira	Individual	Senior Masculino	49:01	+18:45	04:54
312	2480	Gonçalo Santos	Toupeirinhas	Senior Masculino	49:03	+18:47	04:54
313	410	Ivo Soares	Individual	Senior Masculino	49:05	+18:49	04:55
314	371	Daniel Tomás	Individual	Senior Masculino	49:05	+18:49	04:55
315	1646	Fábio André Dias Freire	Individual	Senior Masculino	49:06	+18:50	04:55
316	1649	Fernando Loureiro Rolo	Individual	Senior Masculino	49:08	+18:52	04:55
317	74	Frederico Carpinteiro	Amparo	Senior Masculino	49:13	+18:57	04:55
318	412	Jason Philip Sardo Costa	Individual	Senior Masculino	49:19	+19:03	04:56
319	348	Afonso Baptista Mota	Individual	Senior Masculino	49:19	+19:03	04:56
320	846	Ruben Silva	Lourosa Em Movimento	Senior Masculino	49:20	+19:04	04:56
321	1711	jose luis azevedo oliveira	Individual	Senior Masculino	49:22	+19:06	04:56
322	505	Tiago Correia de Sa	Individual	Senior Masculino	49:25	+19:09	04:57
323	512	Tiago Silva	Individual	Senior Masculino	49:26	+19:10	04:57
324	1769	Paulo Duarte	Individual	Senior Masculino	49:32	+19:16	04:57
325	987	Miguel Carvalho	RUNNING ESPINHO	Senior Masculino	49:33	+19:17	04:57
326	1316	André Filipe Oliveira Gomes	FMA	Senior Masculino	49:36	+19:20	04:58
327	424	Jorge Miguel Soares Salgado	Individual	Senior Masculino	49:36	+19:20	04:58
328	1668	Helder de Oliveira Mendes	Individual	Senior Masculino	49:39	+19:23	04:58
329	504	Tiago Coelho	Individual	Senior Masculino	49:42	+19:26	04:58
330	1771	Pedro Campos	Individual	Senior Masculino	49:48	+19:32	04:59
331	1733	Manuel Conceição	Individual	Senior Masculino	49:50	+19:34	04:59
332	1280	Fernando Ferreira	Espaço Homem	Senior Masculino	49:53	+19:37	04:59
333	1317	Bruno José Silva Carvalho	FMA	Senior Masculino	49:53	+19:37	04:59
334	350	Alexandre Beleza Rodrigues	Individual	Senior Masculino	50:01	+19:45	05:00
335	1786	Pedro Rodrigues	Individual	Senior Masculino	50:02	+19:46	05:00
336	1788	Pedro Sárria de Meneses Quintãos	Individual	Senior Masculino	50:05	+19:49	05:01
337	1615	Bruno Silva	Individual	Senior Masculino	50:06	+19:51	05:01
338	2317	Rui Araújo	Peixinhos do Rio	Senior Masculino	50:10	+19:54	05:01
339	869	Tomás Domingues	Marcos Martins	Senior Masculino	50:11	+19:55	05:01
340	455	Nelson Marques Silva	Individual	Senior Masculino	50:17	+20:01	05:02
341	2223	João Borges	L & R	Senior Masculino	50:18	+20:02	05:02
342	1655	Filipe Silva	Individual	Senior Masculino	50:19	+20:03	05:02
343	1697	Joao Vieira	Individual	Senior Masculino	50:21	+20:06	05:02
344	1821	Rúben Silva	Individual	Senior Masculino	50:24	+20:08	05:02
345	1722	Lucas Bittar Bueno da Costa	Individual	Senior Masculino	50:25	+20:09	05:03
346	1783	Pedro Pinto	Individual	Senior Masculino	50:27	+20:11	05:03
347	521	Zé Belinha	Individual	Senior Masculino	50:30	+20:14	05:03
348	1056	André Aquiar	2 Aquiar + 1 Leal	Senior Masculino	50:32	+20:16	05:03

Official Timekeeper: Lap2Go	17 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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349	404	Gustavo Marques	Individual	Senior Masculino	50:34	+20:18	05:03
350	821	Miguel Dias	IT RUNNERS	Senior Masculino	50:40	+20:24	05:04
351	1618	Carlos Rodrigues	Individual	Senior Masculino	50:44	+20:29	05:04
352	515	Tiago Vieira	Individual	Senior Masculino	50:46	+20:30	05:05
353	1852	Xavier Moutinho	Individual	Senior Masculino	50:49	+20:33	05:05
354	1232	Tiago Cardoso	Clube Spiridon de Gaia	Senior Masculino	50:52	+20:36	05:05
355	2231	Michelangelo Lopes	Lourosa Em Movimento	Senior Masculino	51:00	+20:44	05:06
356	881	Kevin Silva	Núcleo de Corrida Solverde	Senior Masculino	51:04	+20:48	05:06
357	868	Rodrigo Reis	Marcos Martins	Senior Masculino	51:07	+20:51	05:07
358	1794	Rafael Sá	Individual	Senior Masculino	51:13	+20:57	05:07
359	79	Pedro Espinhal	Ana Cheri	Senior Masculino	51:13	+20:57	05:07
360	1334	Pedro Jerónimo	GD Outeiros	Senior Masculino	51:14	+20:58	05:07
361	1797	Renato Guimarães	Individual	Senior Masculino	51:26	+21:10	05:09
362	1770	Paulo Ferreira	Individual	Senior Masculino	51:26	+21:10	05:09
363	1633	Diogo Marques	Individual	Senior Masculino	51:27	+21:11	05:09
364	1639	Diogo Tavares	Individual	Senior Masculino	51:28	+21:12	05:09
365	1811	Ricardo Zenha Pereira	Individual	Senior Masculino	51:34	+21:18	05:09
366	381	Diogo Machado	Individual	Senior Masculino	51:35	+21:19	05:10
367	1721	Leonel Cristiano Lopes Cardoso	Individual	Senior Masculino	51:37	+21:21	05:10
368	78	Pedro Almeida	Ana Cheri	Senior Masculino	51:39	+21:23	05:10
369	1636	Diogo Oliveira	Individual	Senior Masculino	51:41	+21:25	05:10
370	2553	Chefe Armando Santiago	Powerrun Team	Senior Masculino	51:42	+21:26	05:10
371	1596	André Ribeiro	Individual	Senior Masculino	51:45	+21:30	05:11
372	1691	João Silva	Individual	Senior Masculino	51:46	+21:30	05:11
373	388	Eduardo Ferreira	Individual	Senior Masculino	51:49	+21:33	05:11
374	390	Emmanuel Neto	Individual	Senior Masculino	51:55	+21:39	05:12
375	2518	BRUNO PEREIRA	Beatriz dos Panos	Senior Masculino	51:56	+21:40	05:12
376	2517	RICARDO ROCHA	Beatriz dos Panos	Senior Masculino	51:58	+21:42	05:12
377	1282	Ricardo Bastos	Espaço Homem	Senior Masculino	52:01	+21:45	05:12
378	485	Ricardo Oliveira	Individual	Senior Masculino	52:01	+21:45	05:12
379	840	Rafael Ferreira	L & R	Senior Masculino	52:01	+21:46	05:12
380	1670	Helder Rosas	Individual	Senior Masculino	52:03	+21:47	05:12
381	2346	Francisco Almeida	REGIMENTO DE ENGENHARIA N.º 3	Senior Masculino	52:04	+21:48	05:12
382	396	Filipe Sequeira	Individual	Senior Masculino	52:04	+21:49	05:12
383	2477	Nuno Coelho	TO NA PISTA	Senior Masculino	52:06	+21:50	05:13
384	420	João Pedro Pereira	Individual	Senior Masculino	52:08	+21:52	05:13
385	1675	Hugo Filipe Rodrigues de Ataíde	Individual	Senior Masculino	52:10	+21:55	05:13
386	1775	Pedro Ferreira	Individual	Senior Masculino	52:20	+22:04	05:14
387	965	João Guimarães	RealNat	Senior Masculino	52:30	+22:14	05:15
388	917	Tiago Granja	Partimpim	Senior Masculino	52:32	+22:16	05:15
389	1648	Fábio Pereira	Individual	Senior Masculino	52:32	+22:16	05:15
390	1754	Miguel Pinho	Individual	Senior Masculino	52:34	+22:18	05:15
391	444	Mário Cunha	Individual	Senior Masculino	52:36	+22:20	05:16
392	1747	Miguel Campos	Individual	Senior Masculino	52:38	+22:23	05:16
393	1827	Rui Valente	Individual	Senior Masculino	52:43	+22:27	05:16
394	2216	Ivo Valente	Juventude Cortegacense	Senior Masculino	52:47	+22:31	05:17

Official Timekeeper: Lap2Go	18 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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395	429	José Alexandre Marques	Individual	Senior Masculino	52:52	+22:36	05:17
396	1054	Luciano Silva	1Neuronio	Senior Masculino	52:55	+22:39	05:18
397	118	Tiago Pereira	Caldas São Jorge Sport Clube	Senior Masculino	52:58	+22:42	05:18
398	1759	Nuno Fernandes	Individual	Senior Masculino	53:02	+22:46	05:18
399	180	Pedro Pinheiro	EVOLVE	Senior Masculino	53:03	+22:47	05:18
400	252	Joel Sousa	Individual	Senior Masculino	53:07	+22:51	05:19
401	457	Nuno Pinheiro	Individual	Senior Masculino	53:10	+22:54	05:19
402	421	João Ribeiro	Individual	Senior Masculino	53:12	+22:56	05:19
403	153	Simão Fernandes	Cridos Benfis	Senior Masculino	53:16	+23:00	05:20
404	1271	Ângelo Rodrigues	Elite3700	Senior Masculino	53:20	+23:04	05:20
405	1167	Xikilin Soares	caracóis	Senior Masculino	53:23	+23:07	05:20
406	484	Ricardo José Teixeira Reis	Individual	Senior Masculino	53:24	+23:08	05:20
407	1144	Pedro Neto	By Care Team	Senior Masculino	53:26	+23:10	05:21
408	1200	Hugo Bahut	Clube do Pessoal da EDP Porto	Senior Masculino	53:26	+23:10	05:21
409	393	Fabio Pinto	Individual	Senior Masculino	53:31	+23:15	05:21
410	1590	André Marques	Individual	Senior Masculino	53:32	+23:16	05:21
411	354	André Filipe Sousa Pinho	Individual	Senior Masculino	53:33	+23:17	05:21
412	382	Diogo Wilson	Individual	Senior Masculino	53:36	+23:20	05:22
413	470	Pedro Moreira	Individual	Senior Masculino	53:36	+23:20	05:22
414	1689	Joao rodrigues	Individual	Senior Masculino	53:41	+23:25	05:22
415	449	Miguel Coelho Ribeiro	Individual	Senior Masculino	53:42	+23:26	05:22
416	496	Rui Miguel Machado Oliveira	Individual	Senior Masculino	53:43	+23:27	05:22
417	1283	CARLOS COSTA	Estrelas Vermelhas/Peraltafil	Senior Masculino	53:46	+23:31	05:23
418	377	Diogo Ferreira	Individual	Senior Masculino	53:47	+23:31	05:23
419	1582	Alexandre Pinto15	Individual	Senior Masculino	53:50	+23:34	05:23
420	1300	Johnny Almeida	Federação de Atletismo do Quênia	Senior Masculino	54:00	+23:45	05:24
421	433	Kevin Sousa	Individual	Senior Masculino	54:04	+23:48	05:24
422	491	Rúben Almeida	Individual	Senior Masculino	54:07	+23:51	05:25
423	489	Rodrigo Osório	Individual	Senior Masculino	54:08	+23:52	05:25
424	471	Pedro Nogueira	Individual	Senior Masculino	54:08	+23:52	05:25
425	839	Nuno Sales	L & R	Senior Masculino	54:12	+23:56	05:25
426	357	André Gustavo Faria Alves Da Silva	Individual	Senior Masculino	54:13	+23:57	05:25
427	509	Tiago Moreira	Individual	Senior Masculino	54:13	+23:57	05:25
428	1812	Roberto Pinto de Oliveira	Individual	Senior Masculino	54:15	+23:59	05:26
429	397	Francisco Araújo	Individual	Senior Masculino	54:27	+24:11	05:27
430	1718	José Rocha	Individual	Senior Masculino	54:29	+24:13	05:27
431	1726	Luís Magolo	Individual	Senior Masculino	54:30	+24:14	05:27
432	1603	António Pereira	Individual	Senior Masculino	54:32	+24:16	05:27
433	1810	Ricardo Vieira	Individual	Senior Masculino	54:34	+24:18	05:27
434	465	Pedro Benfeito	Individual	Senior Masculino	54:42	+24:27	05:28
435	1597	André Rocha	Individual	Senior Masculino	54:47	+24:31	05:29
436	1793	Rafael Meireles	Individual	Senior Masculino	54:52	+24:36	05:29
437	1809	Ricardo Sousa	Individual	Senior Masculino	54:55	+24:39	05:30
438	1580	Alberto Ribeiro	Individual	Senior Masculino	54:55	+24:39	05:30
439	443	Mário Castro	Individual	Senior Masculino	55:07	+24:51	05:31
440	1780	Pedro Miguel Loureiro Mourão	Individual	Senior Masculino	55:07	+24:51	05:31

Official Timekeeper: Lap2Go	19 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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441	1610	Bruno Marques	Individual	Senior Masculino	55:10	+24:54	05:31
442	163	Guilherme Pires	Cupula	Senior Masculino	55:10	+24:54	05:31
443	162	Filipi Pires	Cupula	Senior Masculino	55:10	+24:54	05:31
444	1588	André Lino	Individual	Senior Masculino	55:12	+24:56	05:31
445	370	Daniel Santos	Individual	Senior Masculino	55:12	+24:56	05:31
446	1834	Steve Freitas	Individual	Senior Masculino	55:14	+24:58	05:31
447	1768	Óscar Miguel Martins de Sá Pereira	Individual	Senior Masculino	55:14	+24:58	05:31
448	2318	Simão Machado	Peixinhos do Rio	Senior Masculino	55:18	+25:02	05:32
449	174	Vitor Gonçalves	Embarca Running	Senior Masculino	55:19	+25:03	05:32
450	1740	Marinho Duarte	Individual	Senior Masculino	55:23	+25:07	05:32
451	1586	André Beco	Individual	Senior Masculino	55:25	+25:09	05:33
452	356	André Gonçalves	Individual	Senior Masculino	55:29	+25:13	05:33
453	507	Tiago Ferreira	Individual	Senior Masculino	55:30	+25:14	05:33
454	1169	Hugo Silva	Carla & Hugo	Senior Masculino	55:30	+25:14	05:33
455	463	Pedro Alves	Individual	Senior Masculino	55:34	+25:18	05:33
456	2303	Paulo Filipe Pita da Silva	Os Pitas	Senior Masculino	55:36	+25:20	05:34
457	1803	Ricardo Freitas	Individual	Senior Masculino	55:39	+25:23	05:34
458	1687	João Pereira	Individual	Senior Masculino	55:41	+25:25	05:34
459	1704	José Augusto Lopes Soares	Individual	Senior Masculino	55:45	+25:29	05:35
460	1816	Rodrigo Schell	Individual	Senior Masculino	55:46	+25:30	05:35
461	1626	Daniel Pereira	Individual	Senior Masculino	55:46	+25:30	05:35
462	406	Hélio José Lopes Seixas	Individual	Senior Masculino	55:49	+25:33	05:35
463	1099	Tiago leite	Alesil	Senior Masculino	55:56	+25:40	05:36
464	2273	António Manuel Couto Carneiro	NIGHT Runners Feira	Senior Masculino	56:00	+25:44	05:36
465	832	Francisco Campos	JSD Espinho	Senior Masculino	56:02	+25:46	05:36
466	395	Filipe Nogueira	Individual	Senior Masculino	56:03	+25:48	05:36
467	481	Ricardo Biscaia Faria	Individual	Senior Masculino	56:08	+25:52	05:37
468	1840	Tiago Joaquim de Sousa Santos	Individual	Senior Masculino	56:11	+25:55	05:37
469	211	Fernando Costa	Gaz(n)elas	Senior Masculino	56:13	+25:57	05:37
470	428	Jorge Teixeira	Individual	Senior Masculino	56:15	+25:59	05:38
471	181	Tiago Lourenço	EVOLVE	Senior Masculino	56:20	+26:04	05:38
472	405	Gustavo Sanches de Castro	Individual	Senior Masculino	56:24	+26:08	05:38
473	376	Diogo Costa	Individual	Senior Masculino	56:27	+26:11	05:39
474	1166	FLÁVIO Reis	caracóis	Senior Masculino	56:27	+26:11	05:39
475	1660	Francisco Lourenço	Individual	Senior Masculino	56:28	+26:12	05:39
476	492	Rui Ferreira	Individual	Senior Masculino	56:32	+26:16	05:39
477	364	César Rodrigues	Individual	Senior Masculino	56:35	+26:19	05:40
478	936	Fábio Aguiar	Powerrun Team	Senior Masculino	56:36	+26:20	05:40
479	170	Vítor Pais	Dragon Runners	Senior Masculino	56:38	+26:23	05:40
480	411	Jaime Ricardo Costa Lopes Catarino	Individual	Senior Masculino	56:44	+26:28	05:40
481	913	Licínio Carvalho	Os Trintões	Senior Masculino	56:45	+26:29	05:41
482	1701	Joel Teixeira	Individual	Senior Masculino	56:50	+26:34	05:41
483	409	Ivo Miguel Pereira Soares	Individual	Senior Masculino	56:51	+26:35	05:41
484	1676	Hugo Marques	Individual	Senior Masculino	56:53	+26:37	05:41
485	1849	Vítor Hugo Pinto de Sousa	Individual	Senior Masculino	56:55	+26:39	05:42
486	905	Rui Pedro Arruda Pita	Os Pitas	Senior Masculino	57:06	+26:50	05:43

Official Timekeeper: Lap2Go	20 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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487	1755	Miguel Rocha	Individual	Senior Masculino	57:08	+26:52	05:43
488	383	Domingos Oliveira	Individual	Senior Masculino	57:11	+26:55	05:43
489	2217	Mario Fonseca	Juventude Cortegacense	Senior Masculino	57:11	+26:55	05:43
490	1731	Luis Violas	Individual	Senior Masculino	57:29	+27:13	05:45
491	407	Heliodoro Silva	Individual	Senior Masculino	57:30	+27:14	05:45
492	1814	Rodolfo Antero Oliveira Castro	Individual	Senior Masculino	57:31	+27:15	05:45
493	1143	João Silva	By Care Team	Senior Masculino	57:33	+27:17	05:45
494	1830	Sergey Ross	Individual	Senior Masculino	57:35	+27:19	05:46
495	97	Marcel Maia	BNP Paribas	Senior Masculino	57:35	+27:19	05:46
496	1742	Mauro Lamelas	Individual	Senior Masculino	57:42	+27:26	05:46
497	198	Gustavo Carvalho	Familia Itavão	Senior Masculino	57:45	+27:29	05:47
498	1281	Miguel Gandra	Espaço Homem	Senior Masculino	57:47	+27:31	05:47
499	1745	Micael Oliveira	Individual	Senior Masculino	57:49	+27:33	05:47
500	477	RENATO BASTOS	Individual	Senior Masculino	57:50	+27:34	05:47
501	158	Ruben Assunção	CrossFit Couto	Senior Masculino	57:51	+27:35	05:47
502	914	Tiago Silva	Os Trintões	Senior Masculino	57:52	+27:36	05:47
503	1659	Francisco José de Sousa Ferreira da Silva	Individual	Senior Masculino	57:59	+27:43	05:48
504	1720	Leandro Amorim	Individual	Senior Masculino	58:05	+27:49	05:49
505	351	Alexandre iglésias Fonseca da Cruz	Individual	Senior Masculino	58:05	+27:49	05:49
506	437	Luís Iglésias	Individual	Senior Masculino	58:06	+27:50	05:49
507	499	Sérgio Carvalho	Individual	Senior Masculino	58:07	+27:51	05:49
508	2476	Miguel Gaspar	TO NA PISTA	Senior Masculino	58:15	+27:59	05:50
509	1829	Saul Tavares	Individual	Senior Masculino	58:19	+28:03	05:50
510	1851	William André	Individual	Senior Masculino	58:19	+28:03	05:50
511	418	João Mendes	Individual	Senior Masculino	58:23	+28:07	05:50
512	1764	Nuno Santos	Individual	Senior Masculino	58:24	+28:08	05:50
513	2206	Gustavo Luís Moreira da Costa	JSD Espinho	Senior Masculino	58:27	+28:11	05:51
514	1702	Jorge Miguel Ventura Faria	Individual	Senior Masculino	58:37	+28:21	05:52
515	1142	João Carvalho	BTT Isolamais/ Molag Sportaz	Senior Masculino	58:38	+28:22	05:52
516	1677	Hugo Pinto	Individual	Senior Masculino	58:47	+28:31	05:53
517	1776	Pedro Filipe Do Novo Gonçalves	Individual	Senior Masculino	58:47	+28:31	05:53
518	1038	Jorge França	Uma Equipa de Gansos	Senior Masculino	58:53	+28:37	05:53
519	988	Miguel Relvas Ladeira	RUNNING ESPINHO	Senior Masculino	59:02	+28:46	05:54
520	1705	José Barreto	Individual	Senior Masculino	59:04	+28:48	05:54
521	1804	Ricardo Luís Araújo Teixeira de Almeida	Individual	Senior Masculino	59:18	+29:02	05:56
522	1680	João Geraldo Bastos Gomes de Paula e Silva	Individual	Senior Masculino	59:22	+29:06	05:56
523	1792	Rafael Ferreira Gomes	Individual	Senior Masculino	59:22	+29:06	05:56
524	479	Renato Pedrosa Jesus	Individual	Senior Masculino	59:37	+29:21	05:58
525	1219	JOAO AFONSO NUNES SANTOS	Clube Millennium BCP	Senior Masculino	59:38	+29:22	05:58
526	1627	Daniel Pinto	Individual	Senior Masculino	59:40	+29:24	05:58
527	1113	Miguel Moreira	AZTrail	Senior Masculino	59:45	+29:29	05:59
528	2323	João Martins	PETRUS RUNNERS	Senior Masculino	59:52	+29:36	05:59
529	1656	Francisco Fabião Tavares da Rocha	Individual	Senior Masculino	59:52	+29:36	05:59
530	1106	Tomas Figueiredo	As Marias	Senior Masculino	59:59	+29:43	06:00

Official Timekeeper: Lap2Go	21 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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531	452	Miguel Sousa	Individual	Senior Masculino	01:00:00	+29:44	06:00
532	1299	António Carvalho	Federação de Atletismo do Quénia	Senior Masculino	01:00:07	+29:51	06:01
533	2294	Diogo Matos	On track run club	Senior Masculino	01:00:15	+29:59	06:02
534	1802	Ricardo Filipe Silva	Individual	Senior Masculino	01:00:16	+30:00	06:02
535	1201	João Alves	Clube do Pessoal da EDP Porto	Senior Masculino	01:00:20	+30:04	06:02
536	413	João Campos	Individual	Senior Masculino	01:00:21	+30:05	06:02
537	1040	Pedro Neto	Uma Equipa de Gansos	Senior Masculino	01:00:22	+30:06	06:02
538	1613	Bruno Oliveira	Individual	Senior Masculino	01:00:36	+30:20	06:04
539	2429	MIGUEL ANGELO VENTURA MARQUES	SCE Atletismo	Senior Masculino	01:00:37	+30:22	06:04
540	1751	Miguel João Amaral Pires	Individual	Senior Masculino	01:00:41	+30:25	06:04
541	1651	Fernando Nogueira	Individual	Senior Masculino	01:00:43	+30:27	06:04
542	498	Rui Ribeiro	Individual	Senior Masculino	01:00:48	+30:32	06:05
543	1188	José Manuel Monteiro	Cirac - Circulo de Recreio Arte e Cultura	Senior Masculino	01:00:50	+30:34	06:05
544	1583	Alexandre Pires	Individual	Senior Masculino	01:00:51	+30:35	06:05
545	2349	Luis Filipe Castro Ribeiro	REGIMENTO DE ENGENHARIA N.º 3	Senior Masculino	01:00:57	+30:41	06:06
546	2344	André Dias	REGIMENTO DE ENGENHARIA N.º 3	Senior Masculino	01:00:57	+30:41	06:06
547	2345	António José Gomez Soares	REGIMENTO DE ENGENHARIA N.º 3	Senior Masculino	01:00:57	+30:41	06:06
548	2348	Gustavo Ribeiro	REGIMENTO DE ENGENHARIA N.º 3	Senior Masculino	01:00:57	+30:41	06:06
549	2350	Micael Oliveira Costa	REGIMENTO DE ENGENHARIA N.º 3	Senior Masculino	01:00:58	+30:42	06:06
550	2353	Roberto Nunes Garcia	REGIMENTO DE ENGENHARIA N.º 3	Senior Masculino	01:00:58	+30:42	06:06
551	2514	DIOGO FILIPE GARCIA PEREIRA	REGIMENTO ENGENHARIA 3	Senior Masculino	01:00:58	+30:42	06:06
552	2352	Ricardo Manuel Rodrigues Guedes	REGIMENTO DE ENGENHARIA N.º 3	Senior Masculino	01:00:58	+30:42	06:06
553	2351	Paulo Bruno de Pinho Rebelo	REGIMENTO DE ENGENHARIA N.º 3	Senior Masculino	01:00:58	+30:42	06:06
554	2347	Gabriel Filipe Correia Freitas	REGIMENTO DE ENGENHARIA N.º 3	Senior Masculino	01:00:58	+30:42	06:06
555	1585	Alexandre Silva	Individual	Senior Masculino	01:00:59	+30:43	06:06
556	1628	Daniel Zurita	Individual	Senior Masculino	01:00:59	+30:43	06:06
557	77	Diogo Tavares	Ana Cheri	Senior Masculino	01:01:13	+30:57	06:07
558	1034	Fabio Costa	Uma Equipa de Gansos	Senior Masculino	01:01:22	+31:06	06:08
559	1817	Ruben Castro	Individual	Senior Masculino	01:01:28	+31:12	06:09
560	426	Jorge Pinho	Individual	Senior Masculino	01:01:29	+31:13	06:09
561	1035	Fábio Humberto Pinto França	Uma Equipa de Gansos	Senior Masculino	01:01:32	+31:16	06:09
562	1584	Alexandre Santos Moreira	Individual	Senior Masculino	01:01:32	+31:16	06:09
563	403	Gustavo Casal	Individual	Senior Masculino	01:01:45	+31:29	06:11
564	1822	rui araujo	Individual	Senior Masculino	01:01:45	+31:29	06:11
565	361	Bernardo João da Costa Fonseca	Individual	Senior Masculino	01:01:47	+31:31	06:11
566	1635	Diogo Miguel Sousa Mendes	Individual	Senior Masculino	01:01:47	+31:31	06:11
567	1688	Joao Rafael Cunha Dias	Individual	Senior Masculino	01:01:58	+31:42	06:12
568	467	Pedro Figueiredo Anjo	Individual	Senior Masculino	01:02:02	+31:46	06:12
569	1343	André Machado	Goodshape	Senior Masculino	01:02:08	+31:52	06:13

Official Timekeeper: Lap2Go	22 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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570	384	Dumitru Deliu	Individual	Senior Masculino	01:02:29	+32:13	06:15
571	2527	Tiago Silva	Academica de Espinho	Senior Masculino	01:02:33	+32:17	06:15
572	1717	José Pinto	Individual	Senior Masculino	01:02:34	+32:18	06:15
573	373	Denis Pinto	Individual	Senior Masculino	01:02:37	+32:22	06:16
574	68	Jorge Catarino	Almas Penadas	Senior Masculino	01:02:38	+32:22	06:16
575	69	Paulo Vasconcelos	Almas Penadas	Senior Masculino	01:02:38	+32:22	06:16
576	2523	José Rebelo	Individual	Senior Masculino	01:02:52	+32:36	06:17
577	1589	André Machado	Individual	Senior Masculino	01:02:54	+32:38	06:17
578	380	Diogo Gomes Ferreira	Individual	Senior Masculino	01:02:56	+32:40	06:18
579	1039	Miguel Simões	Uma Equipa de Gansos	Senior Masculino	01:02:57	+32:41	06:18
580	519	Xavier Coelho Resende	Individual	Senior Masculino	01:02:58	+32:43	06:18
581	2537	Miguel Queiroz	Individual	Senior Masculino	01:02:59	+32:43	06:18
582	1041	Rui Pedro Martins Ferreira	Uma Equipa de Gansos	Senior Masculino	01:03:01	+32:45	06:18
583	1272	Bruno Andrade	Elite3700	Senior Masculino	01:03:59	+33:43	06:24
584	1819	Ruben José Pires Maciel	Individual	Senior Masculino	01:04:10	+33:54	06:25
585	441	Manuel Lima	Individual	Senior Masculino	01:04:12	+33:56	06:25
586	480	Ricardo Alves	Individual	Senior Masculino	01:04:39	+34:23	06:28
587	1051	Tiago André Costa Lopes	+Physio	Senior Masculino	01:04:40	+34:24	06:28
588	1698	Joaquim Ribeiro	Individual	Senior Masculino	01:04:41	+34:25	06:28
589	432	Jose Ribeiro	Individual	Senior Masculino	01:04:42	+34:26	06:28
590	1716	José Pinto	Individual	Senior Masculino	01:04:44	+34:28	06:28
591	1813	Robson Souza	Individual	Senior Masculino	01:04:56	+34:40	06:30
592	1678	João Augusto Gomes	Individual	Senior Masculino	01:05:00	+34:44	06:30
593	2256	Fabio Xavier Rocha	Não aplicavel	Senior Masculino	01:05:19	+35:03	06:32
594	1624	Daniel Oliveira	Individual	Senior Masculino	01:05:20	+35:04	06:32
595	442	Manuel Rocha	Individual	Senior Masculino	01:05:52	+35:36	06:35
596	430	José Nogueira	Individual	Senior Masculino	01:05:54	+35:38	06:35
597	518	Vitor Alves	Individual	Senior Masculino	01:06:05	+35:49	06:37
598	487	Ricardo Tavares	Individual	Senior Masculino	01:06:06	+35:50	06:37
599	423	Jonatan Modesto	Individual	Senior Masculino	01:06:23	+36:07	06:38
600	1832	Si Nabil Yacini	Individual	Senior Masculino	01:06:29	+36:13	06:39
601	1843	Tiago Sousa	Individual	Senior Masculino	01:06:35	+36:19	06:40
602	2205	Carlos Pinho	JSD Espinho	Senior Masculino	01:06:52	+36:36	06:41
603	1598	Andre Sancho	Individual	Senior Masculino	01:06:54	+36:38	06:41
604	1614	Bruno Santos	Individual	Senior Masculino	01:07:05	+36:49	06:43
605	1748	Miguel Cardoso	Individual	Senior Masculino	01:07:15	+36:59	06:44
606	448	Miguel Ângelo Dias Martins	Individual	Senior Masculino	01:07:29	+37:13	06:45
607	1130	Vasco Ferreira	Bravos de Croca	Senior Masculino	01:07:34	+37:18	06:45
608	1036	Gonçalo Tavares	Uma Equipa de Gansos	Senior Masculino	01:07:50	+37:34	06:47
609	1673	Hugo Carvalho	Individual	Senior Masculino	01:08:02	+37:46	06:48
610	399	Francisco Xavier	Individual	Senior Masculino	01:08:30	+38:14	06:51
611	1709	Jose Lirio Castro	Individual	Senior Masculino	01:08:42	+38:26	06:52
612	503	Stefan Parker	Individual	Senior Masculino	01:09:00	+38:44	06:54
613	911	Antero Miranda	Os Trintões	Senior Masculino	01:09:13	+38:57	06:55
614	1835	Tiago Alves	Individual	Senior Masculino	01:09:21	+39:05	06:56
615	1623	Daniel Filipe Pereira Monteiro	Individual	Senior Masculino	01:09:43	+39:27	06:58

Official Timekeeper: Lap2Go	23 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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616	502	Simão Pereira	Individual	Senior Masculino	01:09:52	+39:36	06:59
617	1620	Celso Miguel Araujo	Individual	Senior Masculino	01:10:07	+39:51	07:01
618	355	André Gomes	Individual	Senior Masculino	01:10:37	+40:21	07:04
619	1037	João Martins	Uma Equipa de Gansos	Senior Masculino	01:10:42	+40:26	07:04
620	1664	Frederico Fernandes	Individual	Senior Masculino	01:10:48	+40:32	07:05
621	1723	Luís Brandão	Individual	Senior Masculino	01:11:29	+41:13	07:09
622	1841	Tiago Manuel Moreira Fernandes	Individual	Senior Masculino	01:12:09	+41:53	07:11
623	374	Diogo Azenha	Individual	Senior Masculino	01:12:09	+41:53	07:13
624	445	Mateus de Matos e Souza	Individual	Senior Masculino	01:12:40	+42:24	07:16
625	369	Daniel Ferreira	Individual	Senior Masculino	01:12:44	+42:28	07:16
626	1736	Marco Alexandre José Barreira	Individual	Senior Masculino	01:12:52	+42:36	07:17
627	1118	David Fontes	Bengalas e Muletas	Senior Masculino	01:12:54	+42:38	07:17
628	1629	David Maia	Individual	Senior Masculino	01:12:54	+42:38	07:17
629	473	Pedro Ribeiro	Individual	Senior Masculino	01:13:10	+42:54	07:19
630	1044	Vitor Morais	Vai-se andando	Senior Masculino	01:13:11	+42:55	07:19
631	1339	Carlos Monteiro	Gemba Running	Senior Masculino	01:13:28	+43:12	07:21
632	414	João Diogo Dias da Costa Almeida Carvalho	Individual	Senior Masculino	01:13:33	+43:17	07:21
633	1806	Ricardo Ramos	Individual	Senior Masculino	01:13:50	+43:34	07:23
634	1836	Tiago Alves Pereira de Santos Silva	Individual	Senior Masculino	01:14:24	+44:08	07:26
635	1579	Adolfo Laima	Individual	Senior Masculino	01:14:32	+44:16	07:27
636	472	Pedro Queirós	Individual	Senior Masculino	01:14:50	+44:34	07:29
637	446	Mateus Nascimento Barbosa	Individual	Senior Masculino	01:15:01	+44:45	07:30
638	1839	Tiago Emanuel Mota Carvalho	Individual	Senior Masculino	01:16:25	+46:10	07:39
639	1057	Marcelo Leal	2 Aguiar + 1 Leal	Senior Masculino	01:16:50	+46:34	07:41
640	880	Diogo Santos	Núcleo de Corrida Solverde	Senior Masculino	01:17:07	+46:51	07:43
641	1728	Luís Pinheiro	Individual	Senior Masculino	01:17:12	+46:57	07:43
642	1119	Manuel Gomes	Bengalas e Muletas	Senior Masculino	01:17:51	+47:35	07:47
643	2478	Pedro Martins	TO NA PISTA	Senior Masculino	01:19:56	+49:40	08:00
644	1791	Pery Machado	Individual	Senior Masculino	01:20:19	+50:03	08:02
645	1739	Marco Couto	Individual	Senior Masculino	01:20:29	+50:13	08:03
646	854	PEDRO PINTO	Magic (S)Miles	Senior Masculino	01:20:35	+50:19	08:04
647	852	DANIEL OLIVEIRA	Magic (S)Miles	Senior Masculino	01:20:36	+50:20	08:04
648	375	Diogo Beco	Individual	Senior Masculino	01:23:29	+53:13	08:21
649	67	Francisco Martinho	Almas Penadas	Senior Masculino	01:26:52	+56:36	08:41
650	70	Ricardo Azevedo	Almas Penadas	Senior Masculino	01:26:52	+56:37	08:41
651	1844	Tomás Reis	Individual	Senior Masculino	01:30:39	+01:00:23	09:04
652	461	Paulo Pereira	Individual	Senior Masculino	01:33:16	+01:03:01	09:20

Sub 23 Feminino

1	2529	Mia Vinagre	A. F. Salesianos	Sub 23 Feminino	34:25	+04:09	03:27
2	21	Lara Costa	ARADA ATLÉTICO CLUBE	Sub 23 Feminino	40:11	+09:55	04:01
3	20	Filipa Diamantino	CLUBE DESPORTIVO DA PÓVOA	Sub 23 Feminino	43:13	+12:57	04:19
4	1230	Beatriz Gonçalves	Clube Recreativo Eirense	Sub 23 Feminino	45:30	+15:15	04:33
5	2312	Constança Neves	Pastello Runners	Sub 23 Feminino	45:52	+15:36	04:35

Official Timekeeper: Lap2Go	24 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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6	531	Maria Helena Nobre	Individual	Sub 23 Feminino	48:09	+17:53	04:49
7	1872	Matilde Silva Oliveira	Individual	Sub 23 Feminino	49:33	+19:17	04:57
8	1865	Joana Fonseca	Individual	Sub 23 Feminino	51:24	+21:08	05:08
9	1864	Inês Correia	NIGHT Runners Feira	Sub 23 Feminino	51:55	+21:39	05:12
10	1101	Maria Francisco	Ana Cheri	Sub 23 Feminino	53:27	+23:11	05:21
11	1222	MARIA VENTURA OLIVEIRA SANTOS	Clube Millennium BCP	Sub 23 Feminino	53:38	+23:22	05:22
12	525	Beatriz Nunes	Individual	Sub 23 Feminino	56:02	+25:46	05:36
13	1866	Laura Castro	Individual	Sub 23 Feminino	56:03	+25:47	05:36
14	1870	Maria Ferreira	Individual	Sub 23 Feminino	57:57	+27:41	05:48
15	1860	Carlota Ferreira	Individual	Sub 23 Feminino	58:04	+27:48	05:48
16	106	Ana Rita Ferreira Pinto	Byanariita	Sub 23 Feminino	58:10	+27:54	05:49
17	536	Waltiana Luz	Individual	Sub 23 Feminino	58:11	+27:55	05:49
18	62	Helena Nunes Rodrigues	ADCCJCLARK	Sub 23 Feminino	58:24	+28:08	05:50
19	1873	Nicole Costa Santos	Individual	Sub 23 Feminino	58:59	+28:43	05:54
20	1874	Renata Rocha	Individual	Sub 23 Feminino	59:02	+28:46	05:54
21	522	Adriana Oliveira	Individual	Sub 23 Feminino	59:43	+29:27	05:58
22	1274	Lara Pina	Elite3700	Sub 23 Feminino	59:43	+29:27	05:58
23	835	Cristiana Ferreira	Kokas	Sub 23 Feminino	01:00:07	+29:51	06:01
24	2258	INÊS FERREIRA	NATACINHA..... .S	Sub 23 Feminino	01:00:10	+29:54	06:01
25	1856	Ana Rita Lopes Guedes	Individual	Sub 23 Feminino	01:00:25	+30:09	06:03
26	2368	Rita Carreira	Running Esmoriz	Sub 23 Feminino	01:00:50	+30:34	06:05
27	2207	Ana Beatriz Ferreira	JSD Espinho	Sub 23 Feminino	01:01:53	+31:37	06:11
28	532	Maria Inês Nora	Individual	Sub 23 Feminino	01:01:59	+31:43	06:12
29	1861	Débora Costa	Individual	Sub 23 Feminino	01:02:01	+31:45	06:12
30	1869	Maria Faria	Individual	Sub 23 Feminino	01:02:09	+31:53	06:13
31	526	Beatriz Sousa	Individual	Sub 23 Feminino	01:03:02	+32:46	06:18
32	524	Beatriz Laranjeira	Individual	Sub 23 Feminino	01:03:03	+32:47	06:18
33	1857	Beatriz cavaleiro	Individual	Sub 23 Feminino	01:04:12	+33:56	06:25
34	834	Leonor Rodrigues	JSD Espinho	Sub 23 Feminino	01:05:49	+35:33	06:35
35	533	Mariana Fidalgo	Individual	Sub 23 Feminino	01:07:27	+37:11	06:45
36	1058	Beatriz Aguiar	2 Aguiar + 1 Leal	Sub 23 Feminino	01:07:35	+37:19	06:46
37	1859	Beta Pereira	Individual	Sub 23 Feminino	01:07:56	+37:40	06:48
38	1863	Gabriela Silva	Individual	Sub 23 Feminino	01:07:58	+37:42	06:48
39	1876	Rita Ariana de Castro Ribeiro e Pereira Sobral	Individual	Sub 23 Feminino	01:08:38	+38:22	06:52
40	1871	Matilde Cruz Mendes	Individual	Sub 23 Feminino	01:08:55	+38:39	06:54
41	1867	Leonor Correia	Individual	Sub 23 Feminino	01:09:32	+39:16	06:57
42	833	Ana Sofia Pereira	JSD Espinho	Sub 23 Feminino	01:09:48	+39:32	06:59
43	1291	Duda Gomes	Falta de ar, mas continua	Sub 23 Feminino	01:10:21	+40:05	07:02
44	535	Sarah Venus	Individual	Sub 23 Feminino	01:10:37	+40:21	07:04
45	527	Bruna Moreira	Individual	Sub 23 Feminino	01:13:01	+42:45	07:18
46	528	Diana Marques	Individual	Sub 23 Feminino	01:13:02	+42:46	07:18
47	1875	Riana Prots	Individual	Sub 23 Feminino	01:13:23	+43:07	07:20
48	2290	Luana Teixeira	NÓS TENTAMOS	Sub 23 Feminino	01:14:01	+43:45	07:24
49	1868	Mafalda Barbosa da Silva	Individual	Sub 23 Feminino	01:14:04	+43:48	07:24
50	2308	Leonor Pepe	Outro Clube de Corrida (OCC)	Sub 23 Feminino	01:14:14	+43:58	07:25

Official Timekeeper: Lap2Go	25 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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51	1216	Andreia Rodrigues	Clube JAM	Sub 23 Feminino	01:16:16	+46:00	07:38
52	855	LEONOR PEREIRA CANEDO	Magic (S)Miles	Sub 23 Feminino	01:20:35	+50:19	08:04
53	1877	Vanessa Sofia Dias Marques	Individual	Sub 23 Feminino	01:29:08	+58:52	08:55
54	1858	Beatriz Rocha	Individual	Sub 23 Feminino	01:30:40	+01:00:24	09:04

Sub 23 Masculino

1	129	João Rodrigues	GDR Santa Tecla	Sub 23 Masculino	31:22	+01:06	03:08
2	30	ESMÊNIO BEIRÃO	Estrelas Vermelhas/Peraltafil	Sub 23 Masculino	31:55	+01:39	03:12
3	18	André Lopes	CLUBE DESPORTIVO DA PÓVOA	Sub 23 Masculino	32:26	+02:10	03:15
4	2538	Nuno Matos	Individual	Sub 23 Masculino	34:19	+04:03	03:26
5	49	Rui Ferreira	são salvador do campo	Sub 23 Masculino	34:34	+04:18	03:27
6	1308	Lucas Oliveira	Fidalguinha	Sub 23 Masculino	34:38	+04:22	03:28
7	1077	Tiago Silva	ACR Vale de Cambra	Sub 23 Masculino	36:46	+06:30	03:41
8	1905	Ricardo Silva	Individual	Sub 23 Masculino	37:17	+07:01	03:44
9	1149	Márcio Dias	C.d.feirense	Sub 23 Masculino	38:23	+08:07	03:50
10	1881	Diogo Lisandro Veiga Fernandes	Individual	Sub 23 Masculino	38:44	+08:28	03:52
11	1883	Diogo silva	Individual	Sub 23 Masculino	38:55	+08:39	03:54
12	1880	David Marques	Individual	Sub 23 Masculino	39:52	+09:36	03:59
13	550	João Santos	Individual	Sub 23 Masculino	40:29	+10:13	04:03
14	1914	Vicente Cardoso	Individual	Sub 23 Masculino	40:48	+10:32	04:05
15	542	Diogo SOUSA	Individual	Sub 23 Masculino	42:19	+12:03	04:14
16	2531	Rodrigo Oliveira	Fitness Factory	Sub 23 Masculino	44:09	+13:53	04:25
17	1096	Diogo Fraga	Alcateia do Cabouco	Sub 23 Masculino	44:25	+14:09	04:27
18	1898	Martim Camarinha	Individual	Sub 23 Masculino	44:42	+14:27	04:28
19	1908	Simão Marques	Individual	Sub 23 Masculino	44:46	+14:30	04:29
20	1902	Rafael Dias Ferreira	Individual	Sub 23 Masculino	45:41	+15:25	04:34
21	870	Marcos Martins	Marcos Martins	Sub 23 Masculino	45:48	+15:32	04:35
22	56	RAFAEL OLIVEIRA	A. D. GRIJÓ A CORRER	Sub 23 Masculino	45:49	+15:34	04:35
23	1886	Eduardo Miguel Vitorino Pereira	Individual	Sub 23 Masculino	46:36	+16:20	04:40
24	1882	Diogo Pereira	Individual	Sub 23 Masculino	47:13	+16:57	04:43
25	871	Samuel Dias Martins	Marcos Martins	Sub 23 Masculino	47:44	+17:28	04:46
26	2340	Luís Peixoto	QuintinoTeam	Sub 23 Masculino	47:46	+17:30	04:47
27	1911	Tiago Pina	Individual	Sub 23 Masculino	48:01	+17:45	04:48
28	1885	Eduardo Dias Barbosa051	Individual	Sub 23 Masculino	48:03	+17:47	04:48
29	555	Tomás Alexandre da Silva Costa	Individual	Sub 23 Masculino	48:14	+17:58	04:49
30	539	Diogo Couto	Individual	Sub 23 Masculino	48:45	+18:29	04:53
31	1904	Ricardo Novo da Costa	Individual	Sub 23 Masculino	48:55	+18:39	04:54
32	76	João Paiva	Amparo	Sub 23 Masculino	49:33	+19:17	04:57
33	554	Pedro Oliveira	Individual	Sub 23 Masculino	49:47	+19:31	04:59
34	545	Gabriel Mendes	Individual	Sub 23 Masculino	49:50	+19:35	04:59
35	537	Adriano Costa	Individual	Sub 23 Masculino	50:27	+20:12	05:03
36	1887	Filipe Moço	Individual	Sub 23 Masculino	50:33	+20:17	05:03
37	1906	rodrigo teixeira santos	Individual	Sub 23 Masculino	50:34	+20:18	05:03
38	1894	João Oliveira	Individual	Sub 23 Masculino	50:39	+20:23	05:04
39	2276	Tiago Silva	NIGHT Runners Feira	Sub 23 Masculino	51:05	+20:49	05:07

Official Timekeeper: Lap2Go	26 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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40	2380	João Queirós	RUNNING ESPINHO	Sub 23 Masculino	51:17	+21:02	05:08
41	543	Eduardo Cruz	Individual	Sub 23 Masculino	52:12	+21:56	05:13
42	1223	JOSE ANTONIO VIGARIO NOVO	Clube Millennium BCP	Sub 23 Masculino	52:18	+22:03	05:14
43	1889	Guilherme Silva	Individual	Sub 23 Masculino	52:50	+22:34	05:17
44	549	João Pedro Machado Oliveira	Individual	Sub 23 Masculino	53:42	+23:26	05:22
45	1892	João Lourenço	Individual	Sub 23 Masculino	54:16	+24:00	05:26
46	538	Antonio Antunes	Individual	Sub 23 Masculino	54:52	+24:36	05:29
47	2466	Eduardo Duarte	TEAM SAL	Sub 23 Masculino	55:07	+24:51	05:33
48	1286	Pedro Afonso Monteiro	Estúdio goodshape	Sub 23 Masculino	55:54	+25:38	05:35
49	540	Diogo Nogueira	Individual	Sub 23 Masculino	56:03	+25:47	05:36
50	548	Gustavo Silva	Individual	Sub 23 Masculino	56:19	+26:03	05:38
51	546	Gonçalo Moreira Amorim	Individual	Sub 23 Masculino	56:29	+26:13	05:39
52	1879	Bruno Sousa	Individual	Sub 23 Masculino	57:26	+27:10	05:45
53	1891	Hugo Silva	Individual	Sub 23 Masculino	57:38	+27:22	05:46
54	551	João Sarabando	Individual	Sub 23 Masculino	57:52	+27:36	05:47
55	798	TIAGO MAIA	Individual	Sub 23 Masculino	57:53	+27:37	05:47
56	896	Xavier Barros	Os 3 mosqueteiros	Sub 23 Masculino	58:18	+28:02	05:50
57	2208	Flávio de Lima Marques	JSD Espinho	Sub 23 Masculino	58:23	+28:07	05:50
58	63	Diogo Manuel Alves Monteiro	ADCCJCLARK	Sub 23 Masculino	58:24	+28:08	05:50
59	556	Vitor Duarte	Individual	Sub 23 Masculino	58:42	+28:26	05:52
60	1878	Afonso De Castro Granja	Individual	Sub 23 Masculino	58:48	+28:32	05:53
61	1909	Simão Pereira	Individual	Sub 23 Masculino	59:15	+28:59	05:56
62	2442	Diego Santos	SCE TRIATLO	Sub 23 Masculino	59:21	+29:05	05:56
63	1884	Diogo Sousa	Individual	Sub 23 Masculino	59:39	+29:23	05:58
64	1893	João Martins	Individual	Sub 23 Masculino	59:39	+29:23	05:58
65	1910	Tiago Alves	Individual	Sub 23 Masculino	59:56	+29:40	06:00
66	2260	RAFAEL TEIXEIRA	NATACINHA..... .S	Sub 23 Masculino	01:00:10	+29:54	06:01
67	1901	Pedro Serafim	Individual	Sub 23 Masculino	01:00:15	+29:59	06:02
68	2354	Gonçalo Maganinho	REGIMENTO DE ENGENHARIA N.º 3	Sub 23 Masculino	01:00:56	+30:41	06:06
69	2355	João Luís Serra Lobão	REGIMENTO DE ENGENHARIA N.º 3	Sub 23 Masculino	01:00:57	+30:41	06:06
70	2515	TIAGO ANDRE RODRIGUES SOARES	REGIMENTO ENGENHARIA 3	Sub 23 Masculino	01:00:57	+30:42	06:06
71	1903	Rafael Neves	Individual	Sub 23 Masculino	01:01:28	+31:12	06:09
72	544	Emanuel Pereira	Individual	Sub 23 Masculino	01:01:34	+31:18	06:09
73	2259	Àtila Ambrus	NATACINHA..... .S	Sub 23 Masculino	01:03:22	+33:06	06:20
74	1900	Pedro Pinho	Individual	Sub 23 Masculino	01:03:30	+33:14	06:21
75	1896	João Sousa	Individual	Sub 23 Masculino	01:05:31	+35:15	06:33
76	1915	YEVHEN RUDKOVSKYI	Individual	Sub 23 Masculino	01:07:00	+36:44	06:42
77	1897	Júlio Vital	Individual	Sub 23 Masculino	01:07:18	+37:02	06:44
78	553	Martim Dias Oliveira	Individual	Sub 23 Masculino	01:08:09	+37:53	06:49
79	1890	Henrique Teixeira	Individual	Sub 23 Masculino	01:08:12	+37:56	06:49
80	1913	Tomás Monteiro	Individual	Sub 23 Masculino	01:09:32	+39:16	06:57
81	547	Gonçalo Silva Monteiro	Individual	Sub 23 Masculino	01:09:48	+39:32	06:59

Official Timekeeper: Lap2Go	27 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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82	2498	Nuno Tiago Arantes	VSC	Sub 23 Masculino	01:12:03	+41:47	07:12
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Veterana F40

1	2528	Doroteia Peixoto	Team El Comandante	Veterana F40	36:28	+06:12	03:39
2	51	Sandra Ferreira	GDC Guilhovai	Veterana F40	37:02	+06:46	03:42
3	15	Joana Nunes	são salvador do campo	Veterana F40	37:50	+07:34	03:47
4	1060	ANDRÁ PINA	A. D. GRIJÓ A CORRER	Veterana F40	38:51	+08:35	03:53
5	35	PATRICIA FERREIRA	Estrelas Vermelhas/Peraltafil	Veterana F40	42:05	+11:49	04:13
6	2444	Ângela Carvalho	Scespinho triatlo	Veterana F40	42:29	+12:13	04:15
7	1193	LIGIA SANTOS	Clube Atletismo de Ovar	Veterana F40	42:37	+12:21	04:16
8	589	Suzete Andre	Individual	Veterana F40	43:13	+12:57	04:19
9	1355	Ana Oliveira	Grupo Desportivo A Ronda	Veterana F40	45:52	+15:36	04:35
10	1154	Luisa Jervell	Cães d Avenida	Veterana F40	46:25	+16:09	04:39
11	216	Marlene da Costa Martins	GDR GRANJA TRUTAS DO MAU	Veterana F40	46:49	+16:33	04:41
12	1950	joana creissac	Individual	Veterana F40	47:07	+16:52	04:43
13	942	Rita Cruz	Powerrun Team	Veterana F40	47:08	+16:52	04:43
14	2391	Liliana Campos	RUNRIVER	Veterana F40	47:24	+17:08	04:44
15	2257	Ivone Martins	Nascidos para Correr	Veterana F40	47:57	+17:41	04:48
16	1134	Vera Mónica Ferreira Leite	Bravos e Bravitas	Veterana F40	48:05	+17:49	04:49
17	1972	Sónia Beleza	Individual	Veterana F40	48:16	+18:00	04:50
18	1925	Catarina Leite	Individual	Veterana F40	48:23	+18:07	04:50
19	590	Tânia Mateus	Individual	Veterana F40	48:30	+18:14	04:51
20	941	Mónia Oliveira	Powerrun Team	Veterana F40	48:32	+18:16	04:51
21	1920	Anabela Barata	Individual	Veterana F40	48:54	+18:38	04:53
22	1919	Ana Gandra	Individual	Veterana F40	49:11	+18:55	04:55
23	1971	Sofia Miranda	Individual	Veterana F40	49:25	+19:09	04:57
24	580	Monica lopes	Individual	Veterana F40	49:42	+19:26	04:58
25	1963	Patricia Soares	Individual	Veterana F40	49:55	+19:39	05:00
26	1948	Ivone Parente	Individual	Veterana F40	50:14	+19:58	05:01
27	943	Rita Falcão	Powerrun Team	Veterana F40	50:20	+20:04	05:02
28	1260	Liliana Silva	Dr. Runner	Veterana F40	50:25	+20:09	05:03
29	1957	Manuela Melo	Individual	Veterana F40	50:34	+20:18	05:03
30	1916	Alexandra Mendes Ribeiro	Individual	Veterana F40	50:55	+20:39	05:06
31	1944	Inês Cruz	Individual	Veterana F40	51:06	+20:50	05:07
32	1930	Cláudia Alexandra Silva Pais	Individual	Veterana F40	51:13	+20:57	05:07
33	1047	Diana Isabel Simões Leal Ribeiro	#nãohá2sem3	Veterana F40	51:27	+21:11	05:09
34	1934	Cristiana Macedo	Individual	Veterana F40	51:35	+21:19	05:10
35	1940	Fernanda dos Santos Pestana	Individual	Veterana F40	51:35	+21:19	05:10
36	2530	Mariana Rocha	Individual	Veterana F40	51:46	+21:30	05:11
37	1921	Anabela Machado	Individual	Veterana F40	51:54	+21:38	05:11
38	2277	Vera Bastos	NIGHT Runners Feira	Veterana F40	51:56	+21:40	05:12
39	567	Cris Vanzeler	Individual	Veterana F40	52:18	+22:02	05:14
40	1926	Catarina Oliveira	Individual	Veterana F40	52:20	+22:04	05:14
41	592	Teresa Azevedo	Individual	Veterana F40	52:22	+22:06	05:14

Official Timekeeper: Lap2Go	28 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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42	596	Yesika Oliveira	RUNNING ESPINHO	Veterana F40	52:27	+22:11	05:15
43	1945	Inês Maria Mendes Soares Gomes da Costa	Individual	Veterana F40	52:41	+22:25	05:16
44	1967	Sara Alves	Individual	Veterana F40	52:45	+22:29	05:17
45	568	Cristiana Moreira	Individual	Veterana F40	52:46	+22:30	05:17
46	1968	Sara Oliveira	Individual	Veterana F40	52:59	+22:43	05:18
47	1325	Joana Cadinha	GAIA-RUNNING	Veterana F40	52:59	+22:43	05:18
48	207	Helena Correia	GAIA-RUNNING	Veterana F40	53:00	+22:44	05:18
49	1114	Beta Santos	Bandalhos running	Veterana F40	53:04	+22:48	05:18
50	1174	Ana Pinho	CDC Macieira de Cambra	Veterana F40	53:17	+23:02	05:20
51	1937	Diana Sousa	Individual	Veterana F40	53:37	+23:21	05:22
52	1947	Iolanda Oliveira	Individual	Veterana F40	53:38	+23:22	05:22
53	1949	Joana Araújo	Individual	Veterana F40	53:53	+23:38	05:23
54	960	Carla Soares	Pupilos do Zé-Tó	Veterana F40	54:00	+23:44	05:24
55	959	Ana Dias	Pupilos do Zé-Tó	Veterana F40	54:00	+23:44	05:24
56	1922	Aurora Pires	Individual	Veterana F40	54:03	+23:47	05:24
57	558	Ana Fidalgo Lopes Sequeira	Individual	Veterana F40	54:05	+23:49	05:25
58	1932	CLAUDIA PARODI	Individual	Veterana F40	54:10	+23:54	05:25
59	572	Fátima Moreira	Individual	Veterana F40	54:12	+23:56	05:25
60	966	Dalila Rocha	RealNat	Veterana F40	54:14	+23:59	05:26
61	1305	Sandra Gomes	Fidalguinha	Veterana F40	54:18	+24:02	05:26
62	573	Fátima Soares	Individual	Veterana F40	54:58	+24:42	05:30
63	160	Sara Freitas	CrossFit Couto	Veterana F40	55:05	+24:50	05:31
64	1953	Liliana Ordaz	Individual	Veterana F40	55:35	+25:19	05:34
65	595	Vera Patrícia Moreira Santos	Individual	Veterana F40	55:35	+25:19	05:34
66	1964	Paula Lopes	Individual	Veterana F40	55:44	+25:28	05:34
67	989	Mafalda Resende	RUNNING ESPINHO	Veterana F40	55:46	+25:30	05:35
68	2424	Graciela De Pinho Ferreira	SamTriMan Club	Veterana F40	55:49	+25:34	05:35
69	1927	Cátia Ribeiro	Individual	Veterana F40	55:54	+25:38	05:35
70	1345	Mariana Monteiro	Goodshape	Veterana F40	55:56	+25:40	05:36
71	587	Sónia Ramos	Individual	Veterana F40	56:03	+25:47	05:36
72	2432	JANETT CORREIA FERNANDES	SCE Atletismo	Veterana F40	56:10	+25:54	05:37
73	1961	Leticia Cruz	RUNNING ESPINHO	Veterana F40	56:15	+25:59	05:38
74	2232	Patrícia Laranjeira	Lourosa Em Movimento	Veterana F40	56:19	+26:03	05:38
75	1137	Susana Ganito	BTSusy	Veterana F40	56:26	+26:10	05:39
76	2244	Paula Cristina Rodrigues	Massagem D Anus	Veterana F40	56:34	+26:19	05:39
77	939	Liliana Rocha	Powerrun Team	Veterana F40	56:36	+26:20	05:40
78	1918	Ana Fernandes	Individual	Veterana F40	56:42	+26:26	05:40
79	918	Márcia Santos	Partimpim	Veterana F40	56:42	+26:27	05:40
80	594	Vera Fernandes	Individual	Veterana F40	56:59	+26:43	05:42
81	1938	Maria Oliveira	Individual	Veterana F40	57:05	+26:49	05:43
82	2544	Carla Gomes	Juventude Cortegacense	Veterana F40	57:09	+26:53	05:43
83	591	Tânia Morais	Individual	Veterana F40	57:19	+27:03	05:44
84	2512	Vera Moreira	Xuxas da Laranja	Veterana F40	57:21	+27:06	05:44
85	1941	Filipa Cardoso	Individual	Veterana F40	57:28	+27:13	05:45
86	569	Daniela Caetano De Sá	Individual	Veterana F40	57:43	+27:27	05:46
87	1951	Joana Ribeiro	Individual	Veterana F40	57:57	+27:41	05:48

Official Timekeeper: Lap2Go	29 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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88	963	Daniela Lopes	RD74	Veterana F40	58:00	+27:44	05:48
89	585	Rosa Rodrigues	Individual	Veterana F40	58:00	+27:45	05:48
90	1946	Ines Rua	Individual	Veterana F40	58:02	+27:46	05:48
91	1935	Daniela Matos	Individual	Veterana F40	58:03	+27:47	05:48
92	586	Sara Almeida	Individual	Veterana F40	58:08	+27:52	05:49
93	2296	Sofia Duraes	Os 3 mosqueteiros	Veterana F40	58:18	+28:02	05:50
94	131	Andreia Duarte	CF PEROSINHO TRAIL & RUNNING	Veterana F40	58:33	+28:17	05:51
95	1110	Amélia ramos	Atletismo de aveleda	Veterana F40	58:41	+28:25	05:52
96	2326	Susana Marques	PETRUS RUNNERS	Veterana F40	58:43	+28:27	05:52
97	1956	Lucybell Ferreira Moreira	Individual	Veterana F40	58:48	+28:32	05:53
98	564	Carina Magalhães	Individual	Veterana F40	58:56	+28:40	05:54
99	81	Ana Pinho	Ana Pinho	Veterana F40	59:06	+28:50	05:55
100	200	Joana Fernandes	Fénix Voadoras	Veterana F40	59:09	+28:53	05:55
101	1917	Ana Catarina Correia de Almeida	Individual	Veterana F40	59:16	+29:00	05:56
102	593	TERESA FILIPA Moreira Nogueira	Individual	Veterana F40	59:34	+29:18	05:57
103	1259	Alexandra Teixeira	Dr. Runner	Veterana F40	59:39	+29:23	05:58
104	899	Catarina Filomena Massano Sapage	Os Cansados	Veterana F40	59:46	+29:30	05:59
105	1942	Gisela Avelar	Individual	Veterana F40	59:54	+29:38	05:59
106	204	Tânia Rocha	Friends Will Be Friends	Veterana F40	59:57	+29:41	06:00
107	1275	Ana Alexandra Fernandes da Vinha	Elite3700	Veterana F40	59:57	+29:41	06:00
108	64	Marta Sousa	ADCCJCLARK	Veterana F40	01:00:40	+30:24	06:04
109	2324	Adriana Silva	PETRUS RUNNERS	Veterana F40	01:00:48	+30:32	06:05
110	182	Isabel Carvalho	EVOLVE	Veterana F40	01:00:53	+30:37	06:05
111	906	Carla Araujo	OS SILVAS	Veterana F40	01:00:54	+30:38	06:05
112	565	Catarina Gomes	Individual	Veterana F40	01:01:02	+30:46	06:06
113	1097	Luísa Marques	Alcateia do Cabouco	Veterana F40	01:01:13	+30:57	06:07
114	1354	Natalia Santos	Grupo Desportivo A Ronda	Veterana F40	01:01:19	+31:03	06:08
115	1974	Vânia Monteiro	Individual	Veterana F40	01:01:27	+31:12	06:09
116	584	Rita Sousa	Individual	Veterana F40	01:01:51	+31:35	06:11
117	897	Maria Carvalho	Os Bonitos	Veterana F40	01:01:51	+31:35	06:11
118	1975	Vânia Oliveira	Individual	Veterana F40	01:01:55	+31:39	06:12
119	1958	Mara Oliveira	Individual	Veterana F40	01:01:55	+31:39	06:12
120	2197	Inês Santos	JAM - Juventude Atlético Mozelense	Veterana F40	01:02:10	+31:54	06:13
121	588	Susana Ferreira	Individual	Veterana F40	01:02:20	+32:04	06:14
122	2505	Carla Ferreira	Wellstudio	Veterana F40	01:02:51	+32:35	06:17
123	1153	Bárbara Barbosa	Cães d Avenida	Veterana F40	01:02:58	+32:42	06:18
124	1928	Cátia Soares	Individual	Veterana F40	01:03:01	+32:45	06:18
125	1923	Belinda Marques	Individual	Veterana F40	01:03:04	+32:48	06:18
126	884	Marta Rodrigues	Núcleo de Corrida Solverde	Veterana F40	01:03:05	+32:49	06:19
127	2242	Marina Raquel Macedo Martins	Marcap	Veterana F40	01:03:17	+33:01	06:20
128	1973	Sónia Rocha	Individual	Veterana F40	01:03:18	+33:02	06:20
129	1931	claudia ferrao	Individual	Veterana F40	01:03:18	+33:02	06:20
130	1344	Andreia Monteiro	Goodshape	Veterana F40	01:03:20	+33:04	06:20
131	1952	Liliana Ferreira	Individual	Veterana F40	01:03:26	+33:10	06:21
132	1936	Diana Santos	Individual	Veterana F40	01:03:26	+33:10	06:21

Official Timekeeper: Lap2Go	30 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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133	2393	Sandra Fernandes	RunRun	Veterana F40	01:03:27	+33:11	06:21
134	1924	Bruna Paulino	Individual	Veterana F40	01:03:38	+33:22	06:22
135	116	Juiana Alves	GDR Santa Tecla	Veterana F40	01:04:02	+33:46	06:24
136	1145	Monica Costa	By Care Team	Veterana F40	01:04:34	+34:18	06:27
137	2542	Sofia Beatriz Costa Silva	Individual	Veterana F40	01:04:37	+34:21	06:28
138	2541	Maria Edite Guedes Oliveira	Individual	Veterana F40	01:04:37	+34:21	06:28
139	1240	Joana Pádua	CPTBC	Veterana F40	01:04:55	+34:39	06:30
140	1348	Liliana Monteiro	Grifagem J. Pedro	Veterana F40	01:05:02	+34:46	06:30
141	2240	Ana Mónica Martins dos Santos	Maratontos 1/2	Veterana F40	01:05:04	+34:49	06:30
142	559	Ana Manso	Individual	Veterana F40	01:05:33	+35:18	06:33
143	1970	Silvia Alves	Individual	Veterana F40	01:05:34	+35:18	06:33
144	2248	Carla Novais	MICS	Veterana F40	01:05:38	+35:22	06:34
145	1960	Maria Joao Sousa	Individual	Veterana F40	01:05:47	+35:32	06:35
146	1939	Elisabete Silva	Individual	Veterana F40	01:05:52	+35:36	06:35
147	886	Yasmin Jaramillo	Núcleo de Corrida Solverde	Veterana F40	01:06:12	+35:56	06:37
148	2325	Sandra Veludo	PETRUS RUNNERS	Veterana F40	01:07:06	+36:50	06:43
149	570	Débora Carneiro	Individual	Veterana F40	01:07:12	+36:57	06:43
150	1955	Lúcia Simões	Individual	Veterana F40	01:07:14	+36:59	06:43
151	990	Sandra Santos	RUNNING ESPINHO	Veterana F40	01:07:22	+37:06	06:44
152	2316	Lúcia Ribeiro		Veterana F40	01:07:38	+37:22	06:46
153	2381	Joana Abreu	RUNNING ESPINHO	Veterana F40	01:07:58	+37:42	06:48
154	1962	Marta Andrade	Individual	Veterana F40	01:08:06	+37:50	06:49
155	932	Marlene Oliveira	PETRUS RUNNERS	Veterana F40	01:08:23	+38:07	06:50
156	2506	Rosa Veloso	Wellstudio	Veterana F40	01:08:54	+38:39	06:53
157	1027	Ana Tavares	Traquinas	Veterana F40	01:10:24	+40:08	07:02
158	563	Carina Gaspar	Individual	Veterana F40	01:10:56	+40:40	07:06
159	1965	Sandra Melo	Individual	Veterana F40	01:11:55	+41:39	07:12
160	1326	Tamara costa	GAIA-RUNNING	Veterana F40	01:12:56	+42:40	07:18
161	576	Joana Barbosa	Individual	Veterana F40	01:12:56	+42:40	07:18
162	2392	Ângela Fernandes	RunRun	Veterana F40	01:13:00	+42:44	07:18
163	1959	Maria Costa	Individual	Veterana F40	01:13:50	+43:34	07:23
164	2210	Joana oliveira	Juliza	Veterana F40	01:13:58	+43:42	07:24
165	915	Patrícia Nogueira	Outro Clube de Corrida (OCC)	Veterana F40	01:14:15	+43:59	07:26
166	938	Catarina Amaral	Powerrun Team	Veterana F40	01:14:16	+44:00	07:26
167	2365	Sara Ribeiro	run2eat	Veterana F40	01:14:36	+44:20	07:28
168	561	Annamaria Vilner	Individual	Veterana F40	01:14:37	+44:21	07:28
169	1954	Liliana Resende	Individual	Veterana F40	01:14:57	+44:41	07:30
170	175	Natasha Seabra	Espinho Trail	Veterana F40	01:16:08	+45:52	07:37
171	2261	Sonia Dias	NATACINHA..... .S	Veterana F40	01:17:35	+47:19	07:46
172	575	Iva Viana de Lemos	Individual	Veterana F40	01:17:59	+47:43	07:48
173	1929	Céu Ferreira	Individual	Veterana F40	01:19:16	+49:01	07:56
174	856	INÊS COSTA RAMOS	Magic (S)Miles	Veterana F40	01:20:28	+50:12	08:03
175	2313	Liliana Azevedo	Pastello Runners	Veterana F40	01:20:36	+50:20	08:04
176	226	Regina Marvão	GoGo Gina Go	Veterana F40	01:21:24	+51:08	08:08
177	578	Maria Veludo	Individual	Veterana F40	01:22:56	+52:40	08:18
178	566	Cátia Campos	Individual	Veterana F40	01:28:42	+58:26	08:52

Official Timekeeper: Lap2Go	31 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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179	2255	Diana Pereira	Namastê veloz	Veterana F40	01:28:42	+58:26	08:52
180	1369	Chirlei Araújo	ÍMPAR RUNNING TEAM	Veterana F40	01:29:27	+59:11	08:57
181	940	Liliana Silva	Powerrun Team	Veterana F40	01:30:04	+59:48	09:00

Veterana F50

1	2292	Regina Maria Gilvaz	Núcleo de Atletismo de Cucujães	Veterana F50	42:49	+12:33	04:17
2	2234	Fátima Santos	Lusitânia de Lourosa	Veterana F50	43:34	+13:18	04:21
3	2198	MATILDE BAPTISTA	JAM - Juventude Atlética Mozelense	Veterana F50	46:42	+16:26	04:40
4	232	Helena Silva	Helena Silva	Veterana F50	47:12	+16:56	04:43
5	2383	ORQUIDEA SOUSA	RUNNING ESPINHO	Veterana F50	47:16	+17:00	04:44
6	1078	Susana Martins	ACR Vale de Cambra	Veterana F50	47:16	+17:00	04:44
7	218	Isabel Oliveira	GDR GRANJA TRUTAS DO MAU	Veterana F50	47:54	+17:38	04:47
8	1156	Francisca Sampaio Freitas	Cães d Avenida	Veterana F50	47:58	+17:42	04:48
9	894	Rosalina Marinho	Ok Runners	Veterana F50	49:36	+19:20	04:58
10	2235	Ceu Costa	MAIA RUNNERS	Veterana F50	49:47	+19:31	04:59
11	1261	Paula Gonçalves	Dr. Runner	Veterana F50	50:18	+20:02	05:02
12	82	Fatima Aleixo	Ana Pinho	Veterana F50	50:38	+20:22	05:04
13	2382	FERNANDA ROCHA	RUNNING ESPINHO	Veterana F50	50:48	+20:32	05:05
14	2225	Rosa Lídia Silva	Ligeirinhos	Veterana F50	51:44	+21:28	05:10
15	217	Helena Almeida	GDR GRANJA TRUTAS DO MAU	Veterana F50	52:11	+21:55	05:13
16	1328	Claudia Silva	GAIA-RUNNING	Veterana F50	52:29	+22:13	05:15
17	961	Sara Figueiredo	Pupilos do Zé-Tó	Veterana F50	52:59	+22:43	05:18
18	2031	Fatinha	Individual	Veterana F50	53:26	+23:10	05:21
19	1241	Paula Melo	CPTBC	Veterana F50	53:32	+23:16	05:21
20	1980	Céu Moreira	Individual	Veterana F50	54:21	+24:05	05:26
21	599	Cristina Tavraes	Individual	Veterana F50	54:43	+24:27	05:28
22	1276	Marta Mendes	ESCOLA DO MOVIMENTO	Veterana F50	54:49	+24:33	05:29
23	1327	Antónia Soares	GAIA-RUNNING	Veterana F50	55:23	+25:07	05:32
24	609	Susana Lopes	Individual	Veterana F50	55:30	+25:14	05:33
25	1136	Silva Baptista	Bravos e Bravitas	Veterana F50	55:36	+25:20	05:34
26	2278	Sónia Margarida Lopes Coelho	NIGHT Runners Feira	Veterana F50	55:37	+25:21	05:34
27	1085	Manuela Alexandra Nunes Rodrigues	ADCCJCLARK	Veterana F50	56:02	+25:46	05:36
28	605	Manuela Conceição	Individual	Veterana F50	56:04	+25:48	05:36
29	1061	FERNANDA RAMALHO	A. D. GRIJÓ A CORRER	Veterana F50	56:10	+25:54	05:37
30	860	ROSA CONCEIÇÃO	Magic (S)Miles	Veterana F50	56:11	+25:55	05:37
31	1242	Susana Oliveira	CPTBC	Veterana F50	56:13	+25:57	05:37
32	2406	Maria Manuel Soares PT	Salgueiro Properties	Veterana F50	56:22	+26:06	05:38
33	1976	ANA FILIPA F M MENEZES FALCAO	Individual	Veterana F50	56:49	+26:33	05:41
34	2407	Patricia Roxo	Salgueiro Properties	Veterana F50	57:09	+26:53	05:43
35	1991	Rosa Lopes	Individual	Veterana F50	57:32	+27:16	05:45
36	2327	Teresa Reis	PETRUS RUNNERS	Veterana F50	57:33	+27:17	05:45
37	2457	Suzana Duarte	SSPMSJM	Veterana F50	57:50	+27:34	05:47
38	1160	ana paula castro	CAL - Clube Atletismo de Lamas	Veterana F50	57:53	+27:37	05:47
39	1175	Patrícia Andreia Soares Monteiro	CDC Macieira de Cambra	Veterana F50	57:54	+27:38	05:47

Prova Principal

10 KM

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OFFICIAL RESULT

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40	993	Charly Duarte	RUNNING ESPINHO	Veterana F50	57:55	+27:39	05:48
41	1981	Daniela Sá Costa	Individual	Veterana F50	58:12	+27:56	05:49
42	1982	EDUARDA BRAGA	Individual	Veterana F50	58:28	+28:12	05:51
43	603	Jacinta Fonseca	Individual	Veterana F50	59:01	+28:45	05:54
44	201	Alexandra Graça	Fénix Voadoras	Veterana F50	59:09	+28:53	05:55
45	606	Porcina Maria Soares Marques Oliveira	Individual	Veterana F50	59:31	+29:16	05:57
46	994	Cristina Couto	RUNNING ESPINHO	Veterana F50	59:37	+29:21	05:58
47	1979	Augusta Zenha	Individual	Veterana F50	59:48	+29:32	05:59
48	1993	sonia sousa	Individual	Veterana F50	59:55	+29:39	06:00
49	1984	FILIPA RIBEIRO	Individual	Veterana F50	01:00:13	+29:58	06:01
50	1992	Sónia Cristina Pinto Lopes dos Santos	Individual	Veterana F50	01:00:43	+30:27	06:04
51	1977	Ana Ribeiro	Individual	Veterana F50	01:00:49	+30:33	06:05
52	2461	Joana Rocha	Team PT Filipa	Veterana F50	01:01:56	+31:40	06:12
53	602	Fernanda Lírio	Individual	Veterana F50	01:02:00	+31:44	06:12
54	1978	Ana Sousa	Individual	Veterana F50	01:02:21	+32:05	06:14
55	610	Susana Soares	Individual	Veterana F50	01:02:45	+32:29	06:17
56	1988	Laurinda Maria de Jesus Ferreira	Individual	Veterana F50	01:03:02	+32:47	06:18
57	991	Alexandra Soares	RUNNING ESPINHO	Veterana F50	01:05:02	+34:47	06:30
58	2241	Susana Monteiro	Maratontos 1/2	Veterana F50	01:05:05	+34:49	06:31
59	607	ROSANE PRADO VALENTIM	Individual	Veterana F50	01:05:31	+35:15	06:33
60	1987	Júlia Seixas	Individual	Veterana F50	01:05:43	+35:27	06:34
61	54	Carla Nogueira	100 STRESS RUNNING	Veterana F50	01:05:55	+35:39	06:36
62	2211	Odete Gaspar Valente	Just_2	Veterana F50	01:07:11	+36:55	06:43
63	1138	Sílvia Soreto	BTSusy	Veterana F50	01:07:35	+37:19	06:46
64	1292	Cila Gomes	Falta de ar, mas continua	Veterana F50	01:07:56	+37:40	06:48
65	2289	Marta Araújo Branco	Nós mesmas	Veterana F50	01:08:34	+38:18	06:51
66	1994	Susana Isabel de Castro Ribeiro Sobral	Individual	Veterana F50	01:08:39	+38:23	06:52
67	2288	Ana maria carvalho da silva Silvau	Nós mesmas	Veterana F50	01:08:47	+38:31	06:53
68	601	Dulce Nascimento	Individual	Veterana F50	01:09:02	+38:47	06:54
69	2306	Sueli Silva	Os tá lentos	Veterana F50	01:10:34	+40:18	07:03
70	2499	Elizabete Peixoto de Pinho	VSC	Veterana F50	01:12:03	+41:47	07:12
71	597	Clara Oliveira	Individual	Veterana F50	01:12:07	+41:51	07:13
72	1989	Maria José da Silva Barbosa	Individual	Veterana F50	01:14:05	+43:49	07:25
73	873	Paula Amaral	Marias da paz	Veterana F50	01:14:14	+43:59	07:25
74	944	Anabela Dias	Powerrun Team	Veterana F50	01:14:16	+44:00	07:26
75	2369	Orquídea Gomes	Running Esmoriz	Veterana F50	01:14:39	+44:23	07:28
76	2263	isabel Pereira	NATACINHA..... .S	Veterana F50	01:17:35	+47:19	07:46
77	2262	Fatima Santos	NATACINHA..... .S	Veterana F50	01:18:26	+48:10	07:51
78	858	ELVIRA BAPTISTA	Magic (S)Miles	Veterana F50	01:20:07	+49:51	08:01
79	857	DULCE CORREIA	Magic (S)Miles	Veterana F50	01:20:22	+50:06	08:02
80	859	MARIBEL CARDOSO	Magic (S)Miles	Veterana F50	01:20:22	+50:06	08:02
81	604	Lúcia Correia	Individual	Veterana F50	01:20:23	+50:08	08:02

Prova Principal

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OFFICIAL RESULT

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Veterana F60

1	876	Rosa Pinto	Nascidos para Correr	Veterana F60	46:48	+16:32	04:41
2	2195	Ana Barbosa	Invicta Runners Team	Veterana F60	47:52	+17:36	04:47
3	1997	Delfina Rompante	Individual	Veterana F60	47:53	+17:37	04:47
4	2445	Maria Costa	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	Veterana F60	50:51	+20:35	05:05
5	1329	Claudia Rolins	GAIA-RUNNING	Veterana F60	52:29	+22:13	05:15
6	1079	Fernanda Almeida	ACR Vale de Cambra	Veterana F60	53:41	+23:25	05:22
7	2226	Deolinda Camarinha	Ligeirinhos	Veterana F60	53:43	+23:27	05:22
8	1995	Albino Leite	Individual	Veterana F60	55:55	+25:39	05:36
9	613	Nilda Magalhães	Individual	Veterana F60	56:45	+26:29	05:41
10	612	Maria João Fernandes	Individual	Veterana F60	57:05	+26:49	05:43
11	996	Paula Fernandes	RUNNING ESPINHO	Veterana F60	57:53	+27:38	05:47
12	2280	Virgínia Moreira	NIGHT Runners Feira	Veterana F60	01:00:26	+30:10	06:03
13	1135	Margarida neves	Bravos e Bravitas	Veterana F60	01:02:11	+31:55	06:13
14	1158	Silvia Coimbra	Cães d Avenida	Veterana F60	01:02:58	+32:42	06:18
15	2193	Adelaide Horta	Invicta Runners Team	Veterana F60	01:03:47	+33:31	06:23
16	2000	Maria Melo	Individual	Veterana F60	01:04:14	+33:58	06:25
17	117	Maria Valente	GDR Santa Tecla	Veterana F60	01:05:31	+35:16	06:33
18	2319	Rosa Bispo	Pernas Inertes lentos desde 2017	Veterana F60	01:07:26	+37:10	06:45
19	2363	Augusta Rodrigues	Run & Fun	Veterana F60	01:08:08	+37:52	06:49
20	1996	Cristina Romariz	Individual	Veterana F60	01:12:39	+42:23	07:16
21	2279	Emília Fazendeiro	NIGHT Runners Feira	Veterana F60	01:12:42	+42:26	07:16
22	611	Fernanda Santos	Individual	Veterana F60	01:14:48	+44:32	07:29
23	1999	Maria Manuela Vieira Ribeiro da Silva	Individual	Veterana F60	01:15:38	+45:22	07:34
24	2194	Alice Guimarães	Invicta Runners Team	Veterana F60	01:20:04	+49:48	08:00
25	2001	Mercedes Elisabete Bittar	Individual	Veterana F60	01:20:36	+50:20	08:04

Veterano M40

1	8	Vitor oliveira	GDC Guilhovai	Veterano M40	31:02	+00:46	03:06
2	1277	Bruno Lima	ESCOLA DO MOVIMENTO	Veterano M40	32:39	+02:23	03:16
3	141	Pedro Cerdeirinha	Clube de Futebol União de Lamas	Veterano M40	32:40	+02:24	03:16
4	48	Tozé Castro	GDC Guilhovai	Veterano M40	33:33	+03:17	03:21
5	45	Daniel Cardoso	Grupo Desportivo e Cultural de Castelo de Paiva	Veterano M40	34:37	+04:21	03:28
6	2086	Pedro Costa	Individual	Veterano M40	34:49	+04:33	03:29
7	2435	NUNO MIGUEL MENDES PAIS	SCE Atletismo	Veterano M40	35:16	+05:00	03:32
8	206	Antonio Cristóvão	G D C GUILHOVAI	Veterano M40	35:17	+05:01	03:32
9	1108	Hugo Santos	Associação Desportiva Aventuras de Paiva-Tuga Mobile	Veterano M40	35:32	+05:16	03:33
10	2027	Helder Costa	Individual	Veterano M40	35:39	+05:23	03:34
11	41	Cristiano Silva	Individual	Veterano M40	35:45	+05:29	03:35
12	1080	Bruno Freitas	ACR Vale de Cambra	Veterano M40	35:49	+05:33	03:35
13	1357	Hugo Silva	Grupo Desportivo A Ronda	Veterano M40	36:03	+05:47	03:36

Official Timekeeper: Lap2Go	34 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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14	653	João Dias	Individual	Veterano M40	36:04	+05:49	03:36
15	1358	José Costa	Grupo Desportivo A Ronda	Veterano M40	36:12	+05:56	03:37
16	1161	Nuno Silva	CAL - Clube Atletismo de Lamas	Veterano M40	36:31	+06:15	03:39
17	651	João Canedo	Individual	Veterano M40	36:33	+06:17	03:39
18	670	Nuno Silva	DARecardaes	Veterano M40	36:39	+06:23	03:40
19	1068	Filipe Rocha	A.R.Sequeirô/Destemidos	Veterano M40	36:41	+06:25	03:40
20	40	Paulo Castro	Clube Efacec	Veterano M40	37:09	+06:53	03:43
21	717	Telmo Oliveira	Individual	Veterano M40	37:10	+06:55	03:43
22	2107	Secundino Oliveira	Individual	Veterano M40	37:11	+06:55	03:43
23	2021	Filipe Marques	Individual	Veterano M40	37:48	+07:33	03:47
24	648	Hugo Silva	Individual	Veterano M40	38:01	+07:45	03:48
25	2409	Filipe Silva	Salgueiro Properties	Veterano M40	38:08	+07:52	03:49
26	1003	João Leite	RUNNING ESPINHO	Veterano M40	38:31	+08:15	03:51
27	2020	Filipe Almeida	Individual	Veterano M40	38:47	+08:32	03:53
28	1015	Tiago Rosa	Scespinho triatlo	Veterano M40	38:52	+08:36	03:53
29	2049	Jose Santiago	Individual	Veterano M40	39:05	+08:49	03:55
30	1048	Rui Pedro Moreira da Silva	#nãohá2sem3	Veterano M40	39:10	+08:54	03:55
31	2039	Jorge Costa	Individual	Veterano M40	39:12	+08:56	03:55
32	1171	MarcoManuel Válega Andrade	Casa do Povo de Avanca	Veterano M40	39:27	+09:11	03:57
33	2092	Pedro Pinto	Individual	Veterano M40	39:30	+09:14	03:57
34	24	VITOR SANTOS	Estrelas Vermelhas/Peraltafil	Veterano M40	39:30	+09:14	03:57
35	189	CLAUDIO COSTA	EV-PERALTAFIL	Veterano M40	39:30	+09:14	03:57
36	28	JOSÉ ALMEIDA	Estrelas Vermelhas/Peraltafil	Veterano M40	39:30	+09:14	03:57
37	680	Miguel Lopes	Individual	Veterano M40	39:31	+09:15	03:57
38	725	Vítor felix	Individual	Veterano M40	39:32	+09:16	03:57
39	219	Dimas Catarino	GDR GRANJA TRUTAS DO MAU	Veterano M40	39:32	+09:16	03:57
40	659	João Rodrigues de Sousa Fernandes	Individual	Veterano M40	39:34	+09:18	03:57
41	953	Telmo Pinho	Powerrun Team	Veterano M40	39:47	+09:31	03:59
42	892	Vítor Carmo	Núcleo de Corrida Solverde	Veterano M40	39:52	+09:36	03:59
43	2451	Carlos Gomes	Sport Comércio e Salgueiros	Veterano M40	40:15	+09:59	04:02
44	2098	Ricardo feitaira	Individual	Veterano M40	40:22	+10:07	04:02
45	2067	Miguel Carvalho	Individual	Veterano M40	40:26	+10:10	04:03
46	2078	Paulino Reis	Individual	Veterano M40	40:27	+10:11	04:03
47	2212	Jorge Filipe Rodrigues Paiva	Just_2	Veterano M40	40:44	+10:28	04:04
48	997	Angelo Fonseca	RUNNING ESPINHO	Veterano M40	40:50	+10:34	04:05
49	721	Vasco Regadas	Individual	Veterano M40	40:55	+10:39	04:06
50	2087	Pedro Espírito Santo	Individual	Veterano M40	41:14	+10:58	04:07
51	2016	Emanuel Ortega	Individual	Veterano M40	41:18	+11:02	04:08
52	722	Vasco Rocha	Individual	Veterano M40	41:41	+11:25	04:10
53	2095	Ricardo Almeida	Individual	Veterano M40	41:46	+11:30	04:11
54	727	Waldemar Druzin	Individual	Veterano M40	41:50	+11:34	04:11
55	621	António Cruz	Individual	Veterano M40	41:53	+11:37	04:11
56	622	António Luís Cunha Barbosa	Individual	Veterano M40	41:54	+11:38	04:11
57	1018	Daniel Machado	Sport Clube Freamunde	Veterano M40	41:56	+11:40	04:12
58	2543	Filipe Pereira	Juventude Cortegacense	Veterano M40	42:02	+11:46	04:12
59	1225	PAULO RAFAEL SOUSA TEIXEIRA	Clube Millennium BCP	Veterano M40	42:04	+11:48	04:12

Official Timekeeper: Lap2Go	35 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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60	85	Ricardo Paiva	ARCORUN	Veterano M40	42:09	+11:53	04:13
61	632	Daniel Polonio	Individual	Veterano M40	42:12	+11:56	04:13
62	705	Ricardo Doria Duarte	Individual	Veterano M40	42:13	+11:57	04:13
63	1005	Marco soares	RUNNING ESPINHO	Veterano M40	42:18	+12:02	04:14
64	689	PAULO GAVINA	Individual	Veterano M40	42:25	+12:09	04:15
65	2080	Paulo Fernandes	Individual	Veterano M40	42:27	+12:11	04:15
66	2291	Ricardo Teixeira	NÓS TENTAMOS	Veterano M40	42:32	+12:16	04:15
67	1767	João Pedro	NME	Veterano M40	42:35	+12:19	04:16
68	1071	José Pinho	ACDCDSMF os Laranjinhas	Veterano M40	42:35	+12:19	04:16
69	1238	Marcos Fonseca	CopoRunners	Veterano M40	42:39	+12:23	04:16
70	728	Xavier Miranda	Individual	Veterano M40	42:57	+12:41	04:18
71	668	Luis Alves	Individual	Veterano M40	43:05	+12:49	04:19
72	2040	Jorge Filipe Moreira Ramos	Individual	Veterano M40	43:06	+12:50	04:19
73	1214	Sergio Castro	Clube do Pessoal das Águas de Gaia	Veterano M40	43:11	+12:55	04:19
74	2520	Mário Félix	Individual	Veterano M40	43:12	+12:56	04:19
75	623	Antonio Pires	Individual	Veterano M40	43:13	+12:57	04:19
76	719	Tiago Resende	Individual	Veterano M40	43:19	+13:03	04:20
77	639	FILIPE ANTÓNIO GUEDES NEVES	Individual	Veterano M40	43:24	+13:08	04:20
78	2011	Carlos Fernandes	Individual	Veterano M40	43:28	+13:12	04:21
79	208	GABRIEL RODRIGUES	GAIA-RUNNING	Veterano M40	43:34	+13:18	04:21
80	2034	Ivo Santos	Individual	Veterano M40	43:34	+13:18	04:21
81	2026	Gustavo Marques	Individual	Veterano M40	43:36	+13:20	04:22
82	998	Carlos Jesus	RUNNING ESPINHO	Veterano M40	43:37	+13:21	04:22
83	165	Victor Figueiredo	DCI/Trilhos Luso Bussaco	Veterano M40	43:41	+13:25	04:22
84	2470	Ricardo Trigo	TEN TEAM	Veterano M40	43:45	+13:29	04:23
85	2114	Valter Silva	Individual	Veterano M40	43:46	+13:30	04:23
86	672	Luis Oliveira	Individual	Veterano M40	43:46	+13:30	04:23
87	969	LUIS RAMOS	Reumáticos	Veterano M40	43:48	+13:32	04:23
88	132	Leandro Ferreira	CF PEROSINHO TRAIL & RUNNING	Veterano M40	43:49	+13:33	04:23
89	2521	Gustavo Beça	Individual	Veterano M40	43:52	+13:36	04:23
90	2454	RUI MIGUEL TAVARES DA COSTA	Sporting Clube da Cruz	Veterano M40	43:55	+13:39	04:24
91	2084	Pedro Alves	Individual	Veterano M40	43:55	+13:39	04:24
92	974	Nelson Pais	Run & Fun	Veterano M40	43:56	+13:41	04:24
93	1007	Pedro Lobo	RUNNING ESPINHO	Veterano M40	44:03	+13:47	04:24
94	1151	Marco Gonçalves	C.d.feirense	Veterano M40	44:03	+13:47	04:24
95	927	Tiago Cruz	Pedras Rolantes	Veterano M40	44:08	+13:52	04:25
96	143	Vitor Manuel Correia	Clube do Pessoal da EDP Porto	Veterano M40	44:14	+13:58	04:25
97	1203	Jorge Ribeiro	Clube do Pessoal da EDP Porto	Veterano M40	44:17	+14:01	04:26
98	2013	Damásio Pereira	Individual	Veterano M40	44:20	+14:04	04:26
99	946	Francisco Válga	Powerrun Team	Veterano M40	44:33	+14:17	04:27
100	952	Rui Pinho	Powerrun Team	Veterano M40	44:34	+14:18	04:27
101	36	André oliveira	Individual	Veterano M40	44:37	+14:21	04:28
102	688	Paulo Andre Rocha	Individual	Veterano M40	44:37	+14:21	04:28
103	951	Rodolfo Andrade	Powerrun Team	Veterano M40	44:41	+14:25	04:28
104	650	Ivanoel lima	Individual	Veterano M40	44:41	+14:25	04:28

Prova Principal

10 KM

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OFFICIAL RESULT

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105	2111	Tiago Magalhães	Individual	Veterano M40	45:06	+14:50	04:31
106	183	Fernando Carvalho	EVOLVE	Veterano M40	45:06	+14:50	04:31
107	2093	Pedro Santos	Individual	Veterano M40	45:09	+14:53	04:31
108	626	Bruno Mendes	Individual	Veterano M40	45:09	+14:53	04:31
109	2384	Noel Valadao	RUNNING ESPINHO	Veterano M40	45:17	+15:01	04:32
110	1350	Simão Cardoso	Grifagem J. Pedro	Veterano M40	45:18	+15:02	04:32
111	2106	Samuel Pereira	Individual	Veterano M40	45:20	+15:04	04:32
112	945	David Braga	Powerrun Team	Veterano M40	45:21	+15:05	04:32
113	2019	Fernando Pais	Individual	Veterano M40	45:28	+15:12	04:33
114	2028	Hélder Santos	Individual	Veterano M40	45:32	+15:16	04:33
115	636	Edgar Ruben Queirós	Individual	Veterano M40	45:33	+15:17	04:33
116	947	Gentil Pereira	Powerrun Team	Veterano M40	45:38	+15:23	04:34
117	2105	Bruno Borges	Individual	Veterano M40	45:39	+15:23	04:34
118	2012	Carlos Jorge da Costa Carvalho	Individual	Veterano M40	45:43	+15:27	04:34
119	1356	Celso Silva	Grupo Desportivo A Ronda	Veterano M40	45:52	+15:36	04:35
120	2314	Vitor Neves	Pastello Runners	Veterano M40	45:52	+15:36	04:35
121	2003	Angelo Santos	Individual	Veterano M40	45:53	+15:37	04:35
122	693	Paulo Vidal	Individual	Veterano M40	45:57	+15:41	04:36
123	699	Pedro Resende	Individual	Veterano M40	46:01	+15:45	04:36
124	1112	Silvio ferreira	Atletismo de aveleda	Veterano M40	46:05	+15:49	04:37
125	628	Bruno Santos	Individual	Veterano M40	46:05	+15:49	04:37
126	84	Manuel Cardoso	ARCORUN	Veterano M40	46:06	+15:50	04:37
127	695	Pedro Costa	Individual	Veterano M40	46:17	+16:01	04:38
128	2071	Mikael Svensson	Individual	Veterano M40	46:18	+16:02	04:38
129	676	Marco Andrade	Individual	Veterano M40	46:23	+16:07	04:38
130	627	Bruno Ricardo de Ferraz Moreira	Individual	Veterano M40	46:26	+16:10	04:39
131	1349	Nelson Fernandes	Grifagem J. Pedro	Veterano M40	46:30	+16:14	04:39
132	2050	José Santos	Individual	Veterano M40	46:38	+16:22	04:40
133	889	João Costa	Núcleo de Corrida Solverde	Veterano M40	46:42	+16:26	04:40
134	1019	Nuno Morais	Stepbystep	Veterano M40	46:43	+16:27	04:40
135	1290	Ricardo Costa	EZATA	Veterano M40	46:50	+16:34	04:41
136	674	Márcio Campelo	Individual	Veterano M40	46:51	+16:35	04:41
137	1072	Luis Machado	ACDCDSMF os Laranjinhas	Veterano M40	46:55	+16:39	04:42
138	682	Nuno Correia	Individual	Veterano M40	46:55	+16:39	04:42
139	2113	Valdemar lopes	Individual	Veterano M40	46:55	+16:40	04:42
140	950	Ricardo Brito	Powerrun Team	Veterano M40	47:07	+16:51	04:43
141	2236	Luis Leite	MAIA RUNNERS	Veterano M40	47:13	+16:57	04:43
142	2371	Paulo Reis	Running Esmoriz	Veterano M40	47:15	+16:59	04:44
143	1359	Luís Guimarães	Grupo Desportivo A Ronda	Veterano M40	47:16	+17:00	04:44
144	702	Quim Zé	Individual	Veterano M40	47:19	+17:03	04:44
145	710	Rui Albino	Individual	Veterano M40	47:19	+17:03	04:44
146	1289	Luciano Tavares	EZATA	Veterano M40	47:25	+17:09	04:45
147	2497	André Silva	Vizela Corre	Veterano M40	47:26	+17:10	04:45
148	1202	Carlos Pereira Pinto	Clube do Pessoal da EDP Porto	Veterano M40	47:30	+17:14	04:45
149	2522	Pedro Inácio	Individual	Veterano M40	47:31	+17:15	04:45
150	2449	Leandro Silva	Sport Clube Freamunde	Veterano M40	47:39	+17:23	04:46

Official Timekeeper: Lap2Go	37 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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151	675	Márcio Oliveira	Individual	Veterano M40	47:40	+17:24	04:46
152	2002	André Filipe Miranda Rocha	Individual	Veterano M40	47:43	+17:27	04:46
153	662	Jorge costa	Individual	Veterano M40	47:47	+17:31	04:47
154	729	Zé Oliveira	Individual	Veterano M40	47:50	+17:34	04:47
155	2469	Miguel Barbosa	TEN TEAM	Veterano M40	47:51	+17:35	04:47
156	220	Fernando Oliveira	GDR GRANJA TRUTAS DO MAU	Veterano M40	47:54	+17:38	04:47
157	618	André Castro	Individual	Veterano M40	47:55	+17:39	04:48
158	2037	João Oliveira	Individual	Veterano M40	47:57	+17:41	04:48
159	2044	José Filipe Alves	Individual	Veterano M40	47:58	+17:42	04:48
160	2550	Sérgio Leite Leal	Individual	Veterano M40	47:59	+17:43	04:48
161	2495	Filipe Magalhães	VCP TEAM	Veterano M40	48:01	+17:45	04:48
162	1062	Bruno Neves	A. D. GRIJÓ A CORRER	Veterano M40	48:03	+17:47	04:48
163	119	Hugo Santos	GDR Santa Tecla	Veterano M40	48:28	+18:12	04:51
164	1070	Bruno Albergaria	ACDCDSMF os Laranjinhas	Veterano M40	48:30	+18:14	04:51
165	684	Nuno Figueiredo	Individual	Veterano M40	48:32	+18:16	04:51
166	1002	Germano Borges	RUNNING ESPINHO	Veterano M40	48:36	+18:20	04:52
167	1237	Armando Sá	CopoRunners	Veterano M40	48:38	+18:22	04:52
168	1365	Pedro Renato Familiar	H-RAKY	Veterano M40	48:40	+18:24	04:52
169	2415	Rui Almeida	Salgueiro Properties	Veterano M40	48:44	+18:28	04:52
170	616	Álvaro José Dias Carvalhinho	Individual	Veterano M40	48:49	+18:33	04:53
171	2023	Francisco Santos	Individual	Veterano M40	48:51	+18:35	04:53
172	94	João Matos	Bastos Matos	Veterano M40	48:53	+18:37	04:53
173	619	André Pereira	Individual	Veterano M40	48:54	+18:38	04:53
174	2041	Jorge Machado	Individual	Veterano M40	48:55	+18:39	04:54
175	1006	Nuno Moreira	RUNNING ESPINHO	Veterano M40	48:55	+18:40	04:54
176	1363	Frederico Martins	H-RAKY	Veterano M40	48:58	+18:42	04:54
177	667	JULIO QUINTELA	Individual	Veterano M40	48:59	+18:43	04:54
178	2038	João Rocha	Individual	Veterano M40	49:00	+18:44	04:54
179	2413	PEDRO PINHO	Salgueiro Properties	Veterano M40	49:03	+18:47	04:54
180	2015	Elder Neves	Individual	Veterano M40	49:03	+18:47	04:54
181	2014	Edgar Mota	Individual	Veterano M40	49:04	+18:48	04:54
182	2006	Artur Rocha	Individual	Veterano M40	49:06	+18:50	04:55
183	1182	Ismael Fraga	Centro Cultural D. T. da STCP/N Seguros	Veterano M40	49:11	+18:55	04:55
184	638	Fábio Almeida	Individual	Veterano M40	49:11	+18:55	04:55
185	2249	Jorge Oliveira	MICS	Veterano M40	49:13	+18:57	04:55
186	1117	Ricardo Bastos	Bastos	Veterano M40	49:22	+19:06	04:56
187	2097	Ricardo Bastos	Individual	Veterano M40	49:27	+19:11	04:57
188	2004	António Santos	Individual	Veterano M40	49:29	+19:13	04:57
189	2411	NELSON SILVA	Salgueiro Properties	Veterano M40	49:35	+19:19	04:58
190	665	José Oliveira	Individual	Veterano M40	49:36	+19:21	04:58
191	2063	Marco Paiva	Individual	Veterano M40	49:40	+19:24	04:58
192	714	Rui Neves	Individual	Veterano M40	49:47	+19:31	04:59
193	2073	Nuno Pinto	Individual	Veterano M40	49:50	+19:34	04:59
194	716	Rui Pimenta	Individual	Veterano M40	49:52	+19:36	04:59
195	2054	Leandro Costa	Individual	Veterano M40	49:54	+19:38	04:59
196	1165	Ricky Silva	Caldas São Jorge Sport Clube	Veterano M40	49:57	+19:41	05:00

Official Timekeeper: Lap2Go	38 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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197	2385	Nuno Teixeira	RUNNING ESPINHO	Veterano M40	50:07	+19:51	05:01
198	2066	Mário Pereira	Individual	Veterano M40	50:11	+19:55	05:01
199	2055	Leandro Leite	Individual	Veterano M40	50:14	+19:58	05:01
200	713	Rui Gabriel	Individual	Veterano M40	50:14	+19:59	05:01
201	949	Pedro Cruz	Powerrun Team	Veterano M40	50:19	+20:03	05:02
202	2047	José Nunes	Individual	Veterano M40	50:20	+20:04	05:02
203	826	Pedro leitão	JAM - Juventude Atlético Mozelense	Veterano M40	50:27	+20:11	05:03
204	1131	Jorge Lima	Bravos de Croca	Veterano M40	50:31	+20:15	05:03
205	1204	Miguel Lagrifa	Clube do Pessoal da EDP Porto	Veterano M40	50:31	+20:16	05:03
206	2077	Orlando Henriques	Individual	Veterano M40	50:34	+20:18	05:03
207	1025	Hugo Morais	Tomé Morais	Veterano M40	50:43	+20:27	05:04
208	1102	Rui Maia	ARCORUN	Veterano M40	50:44	+20:28	05:04
209	2446	José Costa	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	Veterano M40	50:51	+20:35	05:05
210	91	Ricardo santos	Atletismo de aveleda	Veterano M40	50:56	+20:41	05:06
211	679	Migsar Navarro	Individual	Veterano M40	51:00	+20:44	05:06
212	2068	Miguel Ferraz	Individual	Veterano M40	51:02	+20:46	05:06
213	2108	Sérgio Bandarra	Individual	Veterano M40	51:04	+20:48	05:06
214	694	Pedro Beiramar	Individual	Veterano M40	51:06	+20:50	05:07
215	1116	Nelson Bastos	Bastos	Veterano M40	51:07	+20:51	05:07
216	2022	Firmino Gomes	Individual	Veterano M40	51:16	+21:01	05:08
217	2036	João Miguel Correia	Individual	Veterano M40	51:21	+21:05	05:08
218	2103	Rúben Araujo	Individual	Veterano M40	51:22	+21:06	05:08
219	641	Filipe Dias	Individual	Veterano M40	51:24	+21:09	05:09
220	1000	Filipe Couto	RUNNING ESPINHO	Veterano M40	51:36	+21:21	05:10
221	2079	Paulo Costa	Individual	Veterano M40	51:38	+21:22	05:10
222	691	Paulo Rocha	Individual	Veterano M40	51:38	+21:22	05:10
223	2519	jose correia	Individual	Veterano M40	51:39	+21:24	05:10
224	631	Daniel Alexandre Cruz Lima Simões	Individual	Veterano M40	51:41	+21:25	05:10
225	673	Marcelo Teixeira da mota	Individual	Veterano M40	51:51	+21:35	05:11
226	2056	Luis Carvalho	Individual	Veterano M40	51:53	+21:37	05:11
227	671	Luis Ferreira	Individual	Veterano M40	51:56	+21:40	05:12
228	888	Daniel Couto	Núcleo de Corrida Solverde	Veterano M40	51:57	+21:41	05:12
229	686	Nuno Monteiro	Individual	Veterano M40	51:59	+21:43	05:12
230	1001	Filipe Gonçalves	RUNNING ESPINHO	Veterano M40	51:59	+21:43	05:12
231	2082	Paulo Teixeira	Individual	Veterano M40	52:05	+21:49	05:13
232	2007	Bruno Grilo	Individual	Veterano M40	52:08	+21:52	05:13
233	1176	Antonio Vinha	CDC Macieira de Cambra	Veterano M40	52:08	+21:53	05:13
234	146	Paulo Ribeiro	Clube novobanco	Veterano M40	52:11	+21:55	05:13
235	646	Helder Bernardo	Individual	Veterano M40	52:11	+21:55	05:13
236	2433	HERNANI MOREIRA FURTADO	SCE Atletismo	Veterano M40	52:16	+22:00	05:14
237	2104	Rui Costa	Individual	Veterano M40	52:16	+22:00	05:14
238	700	Pedro Santos	Individual	Veterano M40	52:19	+22:03	05:14
239	2008	Bruno Marques	Individual	Veterano M40	52:20	+22:05	05:14
240	2070	Miguel Valente	Individual	Veterano M40	52:22	+22:06	05:14

Official Timekeeper: Lap2Go	39 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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241	907	Marco Silva	OS SILVAS	Veterano M40	52:26	+22:10	05:15
242	2386	Tiago Almeida	RUNNING ESPINHO	Veterano M40	52:27	+22:11	05:15
243	948	Paulo Oliveira	Powerrun Team	Veterano M40	52:27	+22:11	05:15
244	617	Álvaro Manuel Vilar da Silva	Individual	Veterano M40	52:35	+22:19	05:16
245	890	João Macedo	Núcleo de Corrida Solverde	Veterano M40	52:38	+22:22	05:16
246	614	Adão Santos	Individual	Veterano M40	52:40	+22:24	05:16
247	2370	Luís Oliveira	Running Esmoriz	Veterano M40	52:42	+22:26	05:16
248	669	Luis Faria	Individual	Veterano M40	52:45	+22:29	05:17
249	2072	Nelson Gomes Gomes	Individual	Veterano M40	52:50	+22:35	05:17
250	620	André Ramos	Individual	Veterano M40	52:55	+22:39	05:18
251	199	Nuno Ferreira	FC Toranja Apu & Whisky	Veterano M40	52:57	+22:41	05:18
252	718	Tiago Almeida	Individual	Veterano M40	53:01	+22:45	05:18
253	2252	Jorge Almeida	MPLA	Veterano M40	53:07	+22:51	05:19
254	2468	André Martins	TEN TEAM	Veterano M40	53:14	+22:58	05:19
255	925	Jean Carlos Sabença	Pedras Rolantes	Veterano M40	53:17	+23:01	05:20
256	2074	Nuno Silva	Individual	Veterano M40	53:28	+23:12	05:21
257	2094	Pedro Vaz	Individual	Veterano M40	53:30	+23:14	05:21
258	2024	Frederico Saraiva	Individual	Veterano M40	53:37	+23:21	05:22
259	2089	Pedro Ferreira	Individual	Veterano M40	53:45	+23:29	05:23
260	656	João Leite	Individual	Veterano M40	53:47	+23:31	05:23
261	625	Bruno Costa	Individual	Veterano M40	53:48	+23:32	05:23
262	1346	Ricardino Santos	Goodshape	Veterano M40	53:49	+23:33	05:23
263	629	Carlos Rocha	Individual	Veterano M40	54:14	+23:58	05:25
264	2281	Rui Pereira	NIGHT Runners Feira	Veterano M40	54:19	+24:04	05:26
265	1063	Ricardo Neves	A. D. GRIJÓ A CORRER	Veterano M40	54:22	+24:06	05:26
266	2030	Hugo Sa	Individual	Veterano M40	54:24	+24:08	05:26
267	2062	Marco Godinho	Individual	Veterano M40	54:26	+24:10	05:27
268	975	Tino silva	Run & Fun	Veterano M40	54:33	+24:17	05:27
269	687	Nuno Senra	Individual	Veterano M40	54:34	+24:18	05:27
270	681	Nelson muguel ribeiro	Individual	Veterano M40	54:36	+24:20	05:28
271	2010	Carlos carneiro	Individual	Veterano M40	54:38	+24:23	05:28
272	2101	Ricardo Sergio Ferreira Nunes	Individual	Veterano M40	54:40	+24:24	05:28
273	630	Carlos Silva	Individual	Veterano M40	54:43	+24:28	05:28
274	697	Pedro Nuno Dias Oliveira	Individual	Veterano M40	54:45	+24:29	05:29
275	642	Filipe Dias Pereira	Individual	Veterano M40	54:46	+24:30	05:29
276	643	Filipe Miguel Ferreira de Oliveira	Individual	Veterano M40	54:48	+24:32	05:29
277	723	Vitor Alves	Individual	Veterano M40	54:51	+24:35	05:29
278	652	João Carvalho	Individual	Veterano M40	54:54	+24:38	05:29
279	2493	João Mouzinho	UNDERCOVER	Veterano M40	54:57	+24:41	05:30
280	188	BRUNO CABRAL	EV-PERALTAFIL	Veterano M40	54:58	+24:42	05:30
281	926	Ricardo Fernandes	Pedras Rolantes	Veterano M40	55:02	+24:46	05:30
282	704	Ricardo Dias	Individual	Veterano M40	55:04	+24:48	05:30
283	161	Andrés Soares	CrossFit Couto	Veterano M40	55:05	+24:49	05:31
284	661	Joaquim Mendes	Individual	Veterano M40	55:08	+24:52	05:31
285	83	José Correia	ARCORUN	Veterano M40	55:08	+24:53	05:31
286	2110	Sérgio Morais	Individual	Veterano M40	55:12	+24:56	05:31

Official Timekeeper: Lap2Go	40 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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287	655	João Guedes	Individual	Veterano M40	55:14	+24:58	05:31
288	1330	José Lopes	GAIA-RUNNING	Veterano M40	55:23	+25:07	05:32
289	624	Bruno Barbosa	Individual	Veterano M40	55:34	+25:18	05:33
290	708	Rogério Rodrigues	Individual	Veterano M40	55:35	+25:19	05:34
291	2045	José Leite	Individual	Veterano M40	55:36	+25:20	05:34
292	2329	Ricardo Veludo	PETRUS RUNNERS	Veterano M40	55:40	+25:24	05:34
293	4	Luis Canelas	RUNNING ESPINHO	Veterano M40	55:46	+25:30	05:35
294	2102	Ruben Aires	Individual	Veterano M40	55:47	+25:31	05:35
295	2416	Sergio daniel Sousa Almeida	Salgueiro Properties	Veterano M40	55:49	+25:33	05:35
296	685	Nuno Miguel Rocha Pereira	Individual	Veterano M40	55:51	+25:35	05:35
297	1262	André Batista	Dr. Runner	Veterano M40	55:53	+25:37	05:35
298	1213	Bruno Magalhães	Clube do Pessoal das Águas de Gaia	Veterano M40	55:59	+25:43	05:36
299	706	Ricardo Ramos	Individual	Veterano M40	56:03	+25:47	05:36
300	654	Joao Fonseca	Individual	Veterano M40	56:05	+25:49	05:37
301	1081	Marcos Fernandez Gomes	ACR Vale de Cambra	Veterano M40	56:10	+25:54	05:37
302	720	Toninho ventura	Individual	Veterano M40	56:17	+26:01	05:38
303	2083	Pedro Almeida	Individual	Veterano M40	56:17	+26:02	05:38
304	2099	Ricardo Gama	Individual	Veterano M40	56:26	+26:10	05:39
305	2065	Marco Rocha	Individual	Veterano M40	56:28	+26:12	05:39
306	978	Bruno Oliveira	Run4Him	Veterano M40	56:40	+26:24	05:40
307	2032	Hugo Teixeira	Individual	Veterano M40	56:42	+26:26	05:40
308	2009	Bruno Pereira	Individual	Veterano M40	56:42	+26:26	05:40
309	190	DAVID OLIVEIRA	EV-PERALTAFIL	Veterano M40	56:45	+26:29	05:41
310	979	Nuno Almeida	Run4Him	Veterano M40	56:52	+26:36	05:41
311	1298	Hugo melo	FC Luxemburgo	Veterano M40	56:53	+26:37	05:41
312	2462	Emanuel Augusto Lourenço	Team PT Filipa	Veterano M40	56:56	+26:40	05:42
313	1140	Francisco Oliveira	BTSusy	Veterano M40	57:10	+26:54	05:43
314	919	Rui Coelho	Partimpim	Veterano M40	57:24	+27:08	05:44
315	2076	Orlando Brizida	Individual	Veterano M40	57:26	+27:10	05:45
316	2096	Ricardo Almeida	Individual	Veterano M40	57:30	+27:14	05:45
317	2328	Bruno Silva	PETRUS RUNNERS	Veterano M40	57:36	+27:20	05:46
318	184	Ricardo Jafe	EVOLVE	Veterano M40	57:44	+27:28	05:46
319	1320	Frederico Macedo Mendes	FMA	Veterano M40	57:51	+27:35	05:47
320	2218	José Cruz	Juventude Cortegacense	Veterano M40	58:01	+27:45	05:48
321	2029	Hugo Rabaça	Individual	Veterano M40	58:14	+27:58	05:49
322	2017	Emanuel Tavares Nunes	Individual	Veterano M40	58:20	+28:04	05:50
323	2408	Emanuel Pinho	Salgueiro Properties	Veterano M40	58:26	+28:10	05:51
324	2069	Miguel Ferreira	Individual	Veterano M40	58:36	+28:20	05:52
325	2061	Marco Carvalho	Individual	Veterano M40	58:40	+28:24	05:52
326	1364	Pedro Martins	H-RAKY	Veterano M40	58:51	+28:35	05:53
327	615	Alexandre Ferreira	Individual	Veterano M40	58:56	+28:40	05:54
328	637	Eduardo Ramos	Individual	Veterano M40	59:07	+28:51	05:55
329	644	Filipe Moreira	Individual	Veterano M40	59:09	+28:53	05:55
330	2088	Pedro Fernandes	Individual	Veterano M40	59:15	+28:59	05:56
331	227	Marco Costa	GoGo Gina Go	Veterano M40	59:15	+28:59	05:56
332	2443	Rony Santos	SCE TRIATLO	Veterano M40	59:21	+29:05	05:56

Official Timekeeper: Lap2Go	41 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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333	1306	Alvaro Lopes	Fidalguinha	Veterano M40	59:31	+29:15	05:57
334	2046	José Macedo	Individual	Veterano M40	59:33	+29:17	05:57
335	176	Bruno Duarte	Espinho Trail	Veterano M40	59:55	+29:39	06:00
336	177	Ricardo Duarte	Espinho Trail	Veterano M40	59:56	+29:41	06:00
337	1323	Miguel Pinto	Friends Will Be Friends	Veterano M40	59:57	+29:41	06:00
338	205	Vasco Costa	Friends Will Be Friends	Veterano M40	59:57	+29:41	06:00
339	635	Diogo Mendes	Individual	Veterano M40	01:00:10	+29:54	06:01
340	677	Marco Morgado	Individual	Veterano M40	01:00:20	+30:04	06:02
341	823	Daniel Brandão	Jack Daniels	Veterano M40	01:00:27	+30:11	06:03
342	2042	Jorge Santos	Individual	Veterano M40	01:00:32	+30:16	06:03
343	2085	Pedro Campos	Individual	Veterano M40	01:00:35	+30:19	06:04
344	2410	Hugo Fonseca	Salgueiro Properties	Veterano M40	01:00:36	+30:20	06:04
345	2264	Miguel Fernandes	NATACINHA..... .S	Veterano M40	01:00:41	+30:25	06:04
346	633	David Moura	Individual	Veterano M40	01:00:46	+30:30	06:05
347	2112	Tony Calvo	Individual	Veterano M40	01:00:49	+30:33	06:05
348	703	Rafa Gonçalves	Individual	Veterano M40	01:00:56	+30:40	06:06
349	712	Rui Duarte	Individual	Veterano M40	01:01:03	+30:47	06:06
350	2100	Ricardo Oliveira	Individual	Veterano M40	01:01:06	+30:50	06:07
351	715	Rui Neves	Individual	Veterano M40	01:01:24	+31:08	06:08
352	709	Ruben Moura	RUNNING ESPINHO	Veterano M40	01:01:46	+31:30	06:11
353	120	Miguel Santos	Caldas São Jorge Sport Clube	Veterano M40	01:01:51	+31:35	06:11
354	898	Tiago Pereira	Os Bonitos	Veterano M40	01:01:52	+31:36	06:11
355	924	Daniel Costa	Pedras Rolantes	Veterano M40	01:01:57	+31:41	06:12
356	701	Pedro Sousa	Individual	Veterano M40	01:02:06	+31:50	06:13
357	2300	José Oliveira	Os Dragões de Mozelos	Veterano M40	01:02:12	+31:56	06:13
358	2033	Humberto Barros	Individual	Veterano M40	01:02:20	+32:04	06:14
359	2414	Pedro Salgueiro	Salgueiro Properties	Veterano M40	01:02:20	+32:04	06:14
360	2057	Luis Filipe Cadete	Individual	Veterano M40	01:02:33	+32:17	06:15
361	658	João Paulo Pinheiro Fernandes	Individual	Veterano M40	01:02:39	+32:23	06:16
362	2005	Artur Fonseca	Individual	Veterano M40	01:02:50	+32:34	06:17
363	1139	Bruno Santos	BTSusy	Veterano M40	01:02:59	+32:43	06:18
364	2243	Pedro Paiva	Marcap	Veterano M40	01:03:17	+33:01	06:20
365	169	Fabio Lopes de Souza Saramago	Dr. Runner	Veterano M40	01:03:26	+33:10	06:21
366	645	Gualter Oliveira	Individual	Veterano M40	01:03:32	+33:16	06:21
367	844	Bruno Linhares	Linheira	Veterano M40	01:03:53	+33:37	06:23
368	711	Rui Coelho	Individual	Veterano M40	01:03:58	+33:42	06:24
369	2091	Pedro Moreno	Individual	Veterano M40	01:03:58	+33:42	06:24
370	887	António Sá	Núcleo de Corrida Solverde	Veterano M40	01:04:08	+33:53	06:25
371	999	Eduardo Filipe Lima Ferreira	RUNNING ESPINHO	Veterano M40	01:05:23	+35:07	06:32
372	1309	Ricardo Nunes	Fidalguinha	Veterano M40	01:05:34	+35:19	06:33
373	933	Fernando Guimarães	PETRUS RUNNERS	Veterano M40	01:07:00	+36:44	06:42
374	1028	Filipe Figueiredo	Traquinas	Veterano M40	01:07:12	+36:56	06:43
375	1029	Luis Rodrigues	Traquinas	Veterano M40	01:07:12	+36:56	06:43
376	2018	Fabio Costa	Individual	Veterano M40	01:07:48	+37:32	06:47
377	640	Filipe Daniel Silva	Individual	Veterano M40	01:07:49	+37:33	06:47
378	663	JORGE MAGALHÃES	Individual	Veterano M40	01:07:52	+37:36	06:47

Official Timekeeper: Lap2Go	42 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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379	2115	Victor Rocha	Individual	Veterano M40	01:08:33	+38:17	06:51
380	877	Jose Miguel Torres Pereira	Nights Team	Veterano M40	01:12:58	+42:42	07:18
381	2109	Sérgio Ferreira	Individual	Veterano M40	01:13:42	+43:26	07:22
382	2309	Pepe Nogueira	Outro Clube de Corrida (OCC)	Veterano M40	01:14:14	+43:58	07:25
383	2366	João Bairreira	run2eat	Veterano M40	01:14:36	+44:20	07:28
384	678	Menici Malheiro	Individual	Veterano M40	01:14:57	+44:41	07:30
385	891	José Pires	Núcleo de Corrida Solverde	Veterano M40	01:15:54	+45:38	07:35
386	2247	Sérgio Moreira	MCCB - Clínica Médica	Veterano M40	01:16:06	+45:50	07:37
387	1177	Ricardo Matos	CDC Macieira de Cambra	Veterano M40	01:16:18	+46:02	07:38
388	2199	João Rodrigues	JAM - Juventude Atlético Mozelense	Veterano M40	01:16:19	+46:03	07:38
389	2090	Pedro Manuel Leite Pereira	Individual	Veterano M40	01:20:43	+50:28	08:04
390	2492	Diogo Rocha	UNDERCOVER	Veterano M40	01:23:05	+52:49	08:19
391	2494	Jorge Marciano	UNDERCOVER	Veterano M40	01:23:05	+52:49	08:19

Veterano M50

1	756	Joaquim Figueiredo	Individual	Veterano M50	33:05	+02:49	03:19
2	1109	Davide Figueiredo	Associação Figueiredos Runners and Friends	Veterano M50	33:05	+02:49	03:19
3	39	Domingos Manuel de Lima Fernandes	Individual	Veterano M50	33:35	+03:19	03:22
4	1311	Fernando Lima	Fidalguinha	Veterano M50	35:52	+05:36	03:35
5	31	MANUEL BESSA	Estrelas Vermelhas/Peraltafil	Veterano M50	35:55	+05:39	03:36
6	1083	Fernando Silva	ACR Vale de Cambra	Veterano M50	36:14	+05:58	03:37
7	1196	José Miguel	Clube de Atletismo os Gaienses/Toyota	Veterano M50	36:17	+06:01	03:38
8	775	Manuel Silva	Individual	Veterano M50	36:45	+06:29	03:41
9	126	Renato Silva	GDR Santa Tecla	Veterano M50	36:55	+06:39	03:42
10	50	Artur Rodrigues	GDC Guilhovai	Veterano M50	37:02	+06:46	03:42
11	2436	AUGUSTO ALVES PINHAL ALUAI	SCE Atletismo	Veterano M50	37:08	+06:52	03:43
12	2437	PAULO JORGE MOREIRA JESUS OLIVEIRA	SCE Atletismo	Veterano M50	37:21	+07:05	03:44
13	2131	João Faria	Individual	Veterano M50	37:25	+07:09	03:45
14	1082	António Pinto Almeida	ACR Vale de Cambra	Veterano M50	37:48	+07:32	03:47
15	666	ZE BOSNIA	Individual	Veterano M50	38:01	+07:45	03:48
16	735	António José da Cunha Lourenço	Individual	Veterano M50	38:16	+08:00	03:50
17	1152	Vitor Carvalho	C.d.feirense	Veterano M50	38:22	+08:06	03:50
18	780	Paulo Resende	Individual	Veterano M50	38:24	+08:08	03:50
19	2253	Rui Alvim	MSS Grupo Desportivo de Gondomar	Veterano M50	38:25	+08:09	03:51
20	1179	Fernando Antunes	CDC Macieira de Cambra	Veterano M50	38:39	+08:23	03:52
21	2471	Vitor Pinho	TEN TEAM	Veterano M50	38:57	+08:41	03:54
22	2425	Mário Contreiras	são salvador do campo	Veterano M50	39:02	+08:46	03:54
23	2452	CARLOS LOPES	Sport Comércio e Salgueiros	Veterano M50	39:06	+08:50	03:55
24	2438	PEDRO SIMÃO SILVA SANTOS	SCE Atletismo	Veterano M50	39:09	+08:54	03:55
25	1194	Pedro Silva	Clube Atletismo de Ovar	Veterano M50	39:26	+09:10	03:57
26	760	Jose da silva reis	Individual	Veterano M50	39:31	+09:15	03:57
27	970	FERNANDO SANTOS	Reumáticos	Veterano M50	39:59	+09:43	04:00

Prova Principal

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OFFICIAL RESULT

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28	971	PAULO PEREIRA	Reumáticos	Veterano M50	40:02	+09:46	04:00
29	1064	JOSÉ SILVA	A. D. GRIJÓ A CORRER	Veterano M50	40:05	+09:49	04:01
30	192	MANUEL FERREIRA	EV-PERALTAFIL	Veterano M50	40:10	+09:54	04:01
31	736	António Ribeiro	Individual	Veterano M50	40:31	+10:15	04:03
32	1284	JOSE SILVA	Estrelas Vermelhas/Peraltafil	Veterano M50	40:45	+10:29	04:05
33	2219	Ernesto Alves	Juventude Cortegacense	Veterano M50	41:01	+10:45	04:06
34	2496	victor PEREIRA	VCP TEAM	Veterano M50	41:04	+10:48	04:06
35	2286	Rui Freitas	NIGHT Runners Feira	Veterano M50	41:11	+10:55	04:07
36	1147	Paulo Pereira	C F Os Marialvas	Veterano M50	41:15	+10:59	04:08
37	2132	Joaquim Silva	Individual	Veterano M50	41:51	+11:35	04:11
38	1360	Manuel Bastos	Grupo Desportivo A Ronda	Veterano M50	41:59	+11:43	04:12
39	2315	Pedro Serrano	Pastello Runners	Veterano M50	42:11	+11:55	04:13
40	1115	Paulo Bandalho	Bandalhos running	Veterano M50	42:15	+11:59	04:14
41	1215	Camilo Guedes	Clube do Pessoal das Águas de Gaia	Veterano M50	42:17	+12:01	04:14
42	788	Sergio Looes	Individual	Veterano M50	42:23	+12:07	04:14
43	2126	César Baltar	Individual	Veterano M50	42:31	+12:15	04:15
44	754	João Sousa	Individual	Veterano M50	42:49	+12:34	04:17
45	769	Leonel Cuco	Individual	Veterano M50	42:56	+12:40	04:18
46	53	Rui Manuel Santos	Sporting clube de Espinho	Veterano M50	43:08	+12:52	04:19
47	1024	José Correia	TC Running	Veterano M50	43:11	+12:55	04:19
48	1125	António Espinheira	Brandoenses running	Veterano M50	43:14	+12:58	04:19
49	1008	Carlos Lancha	RUNNING ESPINHO	Veterano M50	43:21	+13:05	04:20
50	2146	Pablo Neves	Individual	Veterano M50	43:25	+13:09	04:21
51	2387	Carlos Rocha	RUNNING ESPINHO	Veterano M50	43:41	+13:25	04:22
52	1243	João Pinto	CPTBC	Veterano M50	43:41	+13:25	04:22
53	771	Luis Pedro Dias Couto Rodrigues	Individual	Veterano M50	43:50	+13:34	04:23
54	779	Paulo Conceição	Individual	Veterano M50	43:58	+13:42	04:24
55	105	Vitor Paulino	Brandoenses running	Veterano M50	44:06	+13:50	04:25
56	2152	Paulo Miguel Moreira de Sousa	Individual	Veterano M50	44:19	+14:03	04:26
57	2130	Jaime Castro	Individual	Veterano M50	44:24	+14:08	04:26
58	755	Joaquim Cardoso	Individual	Veterano M50	44:30	+14:14	04:27
59	2389	Pedro Mouro	RUNNING ESPINHO	Veterano M50	44:33	+14:17	04:27
60	2330	Luís Soeira	PETRUS RUNNERS	Veterano M50	44:49	+14:33	04:29
61	233	Óscar Almeida	H-RAKY	Veterano M50	44:50	+14:34	04:29
62	101	Carlos Santos	Brandoenses running	Veterano M50	45:02	+14:46	04:30
63	752	FERNANDO COSTA	Individual	Veterano M50	45:03	+14:47	04:30
64	2158	Roberto Bastos	Individual	Veterano M50	45:10	+14:54	04:31
65	2165	Victor Pinto	Individual	Veterano M50	45:20	+15:04	04:32
66	221	Alcides Da Rocha Pereira	GDR GRANJA TRUTAS DO MAU	Veterano M50	45:27	+15:11	04:33
67	776	Michel Tavares da Silva	Individual	Veterano M50	45:28	+15:12	04:33
68	2053	Tiago Madureira	Individual	Veterano M50	45:30	+15:14	04:33
69	1239	Joaquim Rego	CopoRunners	Veterano M50	45:37	+15:21	04:34
70	2160	Rui Alves	Individual	Veterano M50	45:41	+15:25	04:34
71	1361	Paulo Mota	Grupo Desportivo A Ronda	Veterano M50	45:51	+15:35	04:35
72	2133	joice jesus	Individual	Veterano M50	46:00	+15:44	04:36
73	2120	António Silva	Individual	Veterano M50	46:03	+15:48	04:36

Official Timekeeper: Lap2Go	44 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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74	2141	Manuel Ferreira	Individual	Veterano M50	46:06	+15:50	04:37
75	2125	Cecilio Ferreira	Individual	Veterano M50	46:12	+15:56	04:37
76	86	Paulo Grilo	ARCORUN	Veterano M50	46:13	+15:57	04:37
77	2134	Jorge Cruz	Individual	Veterano M50	46:21	+16:05	04:38
78	2142	Marcelo Fernandes	Individual	Veterano M50	46:26	+16:10	04:39
79	2138	Luís Miguel Ferreira Duarte	Individual	Veterano M50	46:28	+16:12	04:39
80	1312	Vicente João	Fidelidade-GDC	Veterano M50	46:31	+16:15	04:39
81	2418	José Freitas	Salgueiro Properties	Veterano M50	46:33	+16:17	04:39
82	753	Fernando Magalhães	Individual	Veterano M50	46:33	+16:18	04:39
83	761	José Fernando Jesus Almeida	Individual	Veterano M50	46:35	+16:19	04:40
84	2245	Silvio Carvalho	Massagem D Anus	Veterano M50	46:40	+16:24	04:40
85	745	Carlos Marques	Individual	Veterano M50	46:48	+16:32	04:41
86	224	Américo Manuel Oliveira	Gemba Running	Veterano M50	46:48	+16:32	04:41
87	222	Toni Oliveira	GDR GRANJA TRUTAS DO MAU	Veterano M50	46:49	+16:33	04:41
88	790	Vasco Magalhães	Individual	Veterano M50	47:09	+16:53	04:43
89	2372	Jorge Guerra	Running Esmoriz	Veterano M50	47:16	+17:00	04:44
90	772	Manuel Domingues	Individual	Veterano M50	47:20	+17:04	04:44
91	2200	Justino Soares	JAM - Juventude Atlética Mozelense	Veterano M50	47:21	+17:05	04:44
92	2145	Óscar Brandão	Individual	Veterano M50	47:33	+17:17	04:45
93	209	Pedro Costa	GAIA-RUNNING	Veterano M50	47:35	+17:19	04:46
94	2148	Paulo Costa	Individual	Veterano M50	47:35	+17:19	04:46
95	2124	Carlos Gomes Silva	Individual	Veterano M50	47:48	+17:32	04:47
96	743	Carlos fontes	Individual	Veterano M50	47:52	+17:36	04:47
97	2144	Nuno Miguel Abreu Fonseca Alves Moreira	Individual	Veterano M50	47:53	+17:37	04:47
98	787	Sérgio Gonçalves Pereira	Individual	Veterano M50	47:54	+17:38	04:47
99	125	Manuel Silva	GDR Santa Tecla	Veterano M50	47:54	+17:38	04:47
100	110	PAULO NEVES	CAL - Clube Atletismo de Lamas	Veterano M50	47:58	+17:42	04:48
101	773	Manuel Faustino	Individual	Veterano M50	48:05	+17:49	04:49
102	972	PAULO RAMOS	Reumáticos	Veterano M50	48:05	+17:49	04:49
103	1186	Paulo Pereira	CF Os Marialvas	Veterano M50	48:17	+18:01	04:50
104	786	Rui Sousa	Individual	Veterano M50	48:27	+18:11	04:51
105	121	António Conceição	GDR Santa Tecla	Veterano M50	48:37	+18:21	04:52
106	2136	José Augusto Ferreira	Individual	Veterano M50	48:41	+18:25	04:52
107	2127	Daniel Silva	Individual	Veterano M50	48:42	+18:27	04:52
108	2155	Paulo Silva	Individual	Veterano M50	48:43	+18:27	04:52
109	954	Carlos Correia	Powerrun Team	Veterano M50	48:47	+18:31	04:53
110	973	RAÚL TEIXEIRA	Reumáticos	Veterano M50	48:50	+18:34	04:53
111	738	Armindo Bastos	Individual	Veterano M50	48:53	+18:37	04:53
112	2122	Auguato Pacheco	Individual	Veterano M50	48:54	+18:38	04:53
113	2420	Tony Bri	Salgueiro Properties	Veterano M50	48:59	+18:43	04:54
114	154	Pedro Santos	Cridos Benfis	Veterano M50	49:01	+18:45	04:54
115	127	Rui Moreira	GDR Santa Tecla	Veterano M50	49:20	+19:04	04:56
116	920	João Sousa	Pastelo Runners	Veterano M50	49:24	+19:08	04:56
117	102	Constantino Mota	Brandoenses running	Veterano M50	49:30	+19:14	04:57
118	2121	Artur Pedro Enes	Individual	Veterano M50	49:33	+19:17	04:57

Official Timekeeper: Lap2Go	45 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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119	210	Pedro Gonçalves	GAIA-RUNNING	Veterano M50	49:34	+19:18	04:57
120	2151	Paulo Jorge Martins de Sousa	Individual	Veterano M50	49:41	+19:25	04:58
121	744	Carlos Manuel Silva Rama	Individual	Veterano M50	49:45	+19:30	04:59
122	1226	AUGUSTO FERNANDO TEIXEIRA MAGALHAES	Clube Millennium BCP	Veterano M50	49:57	+19:41	05:00
123	2483	Rui Nelson Silva	Toupeirinhas	Veterano M50	49:58	+19:42	05:00
124	1094	Manuel Gomes	AFIS - Ovar	Veterano M50	50:00	+19:44	05:00
125	100	António Botelho	Botelhocas running	Veterano M50	50:01	+19:45	05:00
126	2220	Salvador Alves	Juventude Cortegacense	Veterano M50	50:02	+19:46	05:00
127	1310	Carlos Costa	Fidalguinha	Veterano M50	50:12	+19:56	05:01
128	748	Eduardo Ferreira	Individual	Veterano M50	50:13	+19:57	05:01
129	781	PAULO SÁ	Individual	Veterano M50	50:13	+19:57	05:01
130	122	Joaquim Lobato	GDR Santa Tecla	Veterano M50	50:13	+19:57	05:01
131	757	Jorge Costa	Individual	Veterano M50	50:19	+20:03	05:02
132	109	JOÃO NEVES	CAL - Clube Atletismo de Lamas	Veterano M50	50:24	+20:08	05:02
133	1351	António Silva	Grupo de Corrida de Argoncilhe	Veterano M50	50:33	+20:17	05:03
134	746	Carlos Moço	Individual	Veterano M50	50:33	+20:17	05:03
135	747	Cláudio Lopes	Individual	Veterano M50	50:35	+20:19	05:04
136	2147	Paulo Alexandre Alves Vieira	Individual	Veterano M50	50:35	+20:19	05:04
137	193	SERGIO GOMES	EV-PERALTAFIL	Veterano M50	50:42	+20:26	05:04
138	1183	Francisco Pinheiro	Centro Cultural D. T. da STCP/N Seguros	Veterano M50	50:52	+20:36	05:05
139	739	Avelino Passos	Individual	Veterano M50	51:00	+20:44	05:06
140	66	Rui Martins	ADCCJCLARK	Veterano M50	51:05	+20:49	05:07
141	766	Jose Pereira	Individual	Veterano M50	51:07	+20:51	05:07
142	2153	Paulo Moreira	Individual	Veterano M50	51:08	+20:52	05:07
143	2166	Vítor Cunha	Individual	Veterano M50	51:12	+20:56	05:07
144	2367	Vítor Laranjeira	Run4Pancakes	Veterano M50	51:27	+21:11	05:09
145	2119	António Moura	Individual	Veterano M50	51:31	+21:15	05:09
146	751	Ernesto Silva	Individual	Veterano M50	51:35	+21:19	05:10
147	2283	Joaquim Moreira	NIGHT Runners Feira	Veterano M50	51:41	+21:25	05:10
148	976	Mike fun	Run & Fun	Veterano M50	51:42	+21:26	05:10
149	2140	Manuel Fernando Alves	Individual	Veterano M50	51:48	+21:32	05:11
150	1249	RUI MIGUEL COSTA	CrossFit Couto	Veterano M50	51:49	+21:33	05:11
151	2301	Américo Silva	Os Dragões de Mozelos	Veterano M50	51:51	+21:35	05:11
152	2284	José Correia	NIGHT Runners Feira	Veterano M50	51:55	+21:39	05:12
153	957	João Praça	Praças	Veterano M50	51:56	+21:40	05:12
154	2157	Ramiro Mendes	Individual	Veterano M50	52:00	+21:44	05:12
155	955	Emanuel Dias	Powerrun Team	Veterano M50	52:02	+21:46	05:12
156	2293	Bruno Rodrigues	O Jogo	Veterano M50	52:04	+21:48	05:12
157	123	José Carlos	GDR Santa Tecla	Veterano M50	52:08	+21:52	05:13
158	2161	Rui Fernandes	Individual	Veterano M50	52:16	+22:00	05:14
159	789	Silvio Ferreira	Individual	Veterano M50	52:49	+22:33	05:17
160	2417	Jose Alberto Brito	Salgueiro Properties	Veterano M50	53:04	+22:48	05:18
161	893	António Magalhães	Núcleo de Corrida Solverde	Veterano M50	53:09	+22:53	05:19
162	784	Rui Gomes	Individual	Veterano M50	53:17	+23:01	05:20
163	791	Vítor Neto	Individual	Veterano M50	53:26	+23:10	05:21

Official Timekeeper: Lap2Go	46 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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164	124	José Torres	GDR Santa Tecla	Veterano M50	53:43	+23:27	05:22
165	2267	Pedro Pimentel	NATACINHA.....S	Veterano M50	53:52	+23:36	05:23
166	2285	Ricardo Portugal	NIGHT Runners Feira	Veterano M50	54:21	+24:05	05:26
167	2143	Marco Batista	Individual	Veterano M50	54:35	+24:19	05:28
168	2123	Bernardino Machado	Individual	Veterano M50	55:12	+24:56	05:31
169	1332	Rui Silva	GAIA-RUNNING	Veterano M50	55:23	+25:07	05:32
170	742	Carlos Beco	Individual	Veterano M50	55:25	+25:09	05:33
171	2282	Carlos Silva	NIGHT Runners Feira	Veterano M50	55:37	+25:21	05:34
172	1264	António Bogado	Dr. Runner	Veterano M50	55:40	+25:24	05:34
173	1098	Manuel Marques	Alcateia do Cabouco	Veterano M50	55:40	+25:24	05:34
174	737	armando pontes	Individual	Veterano M50	56:05	+25:49	05:37
175	1285	VITOR GONÇALVES	Estrelas Vermelhas/Peraltafil	Veterano M50	56:06	+25:50	05:37
176	2118	António Aidos	Individual	Veterano M50	56:08	+25:52	05:37
177	862	HERLANDER JORGE CORREIA	Magic (S)Miles	Veterano M50	56:11	+25:55	05:37
178	1287	LUIS GOUVEIA	EV-PERALTAFIL	Veterano M50	56:46	+26:30	05:41
179	778	Paulo Amorim	Individual	Veterano M50	56:48	+26:33	05:41
180	767	José silva	Individual	Veterano M50	56:52	+26:36	05:41
181	133	Jorge Silva	Cirac - Circulo de Recreio Arte e Cultura	Veterano M50	57:00	+26:44	05:42
182	995	Miguel Duarte Valente	RUNNING ESPINHO	Veterano M50	57:06	+26:50	05:43
183	203	Eduardo Fardilha	Força na Canela	Veterano M50	57:23	+27:08	05:44
184	768	José Silva	Individual	Veterano M50	57:26	+27:10	05:45
185	2516	ANTONIO SA	Beatriz dos Panos	Veterano M50	57:35	+27:19	05:46
186	2168	Xavier Santiago	Individual	Veterano M50	57:53	+27:37	05:47
187	777	Nuno Martins	Individual	Veterano M50	57:54	+27:38	05:47
188	749	Eduardo Pinto	Individual	Veterano M50	57:55	+27:39	05:48
189	765	José Manuel Pereira Alves	Individual	Veterano M50	57:58	+27:42	05:48
190	964	Rui Castro	RD74	Veterano M50	58:00	+27:44	05:48
191	782	Pedro Paula	Individual	Veterano M50	58:08	+27:52	05:49
192	763	José Lopes	Individual	Veterano M50	58:16	+28:00	05:50
193	103	Pedro Alves	Brandoenses running	Veterano M50	58:21	+28:05	05:50
194	147	Luís Miguel Vieira	Clube novobanco	Veterano M50	58:21	+28:05	05:50
195	740	Carlos Alberto Melo Júnior	Individual	Veterano M50	58:27	+28:11	05:51
196	2334	Rui Miguel Silva Almeida Teixeira	Porto Sentido Running	Veterano M50	58:38	+28:22	05:52
197	977	Rui Mariano	Run & Fun	Veterano M50	58:42	+28:26	05:52
198	1009	Mário Alves	RUNNING ESPINHO	Veterano M50	58:44	+28:28	05:52
199	2419	José Valente PT	Salgueiro Properties	Veterano M50	59:15	+28:59	05:56
200	2156	Pedro Silva	Individual	Veterano M50	59:16	+29:00	05:56
201	2154	Paulo Silva	Individual	Veterano M50	59:55	+29:39	06:00
202	836	Carlos Ferreira	Kokas	Veterano M50	01:00:08	+29:52	06:01
203	1227	PAULO JORGE DA COSTA MONTEIRO	Clube Millennium BCP	Veterano M50	01:00:18	+30:02	06:02
204	2150	Paulo Jorge Lopes Brito dos Santos	Individual	Veterano M50	01:00:43	+30:27	06:04
205	65	Armindo Rodrigues	ADCCJCLARK	Veterano M50	01:00:44	+30:28	06:04
206	764	José Manuel Cardao	Individual	Veterano M50	01:00:47	+30:31	06:05
207	2297	Jorge Godinho	Os 3 mosqueteiros	Veterano M50	01:00:51	+30:36	06:05

Official Timekeeper: Lap2Go	47 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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OFFICIAL RESULT

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208	734	António Ferreira	Individual	Veterano M50	01:01:04	+30:48	06:06
209	1146	Marco Pereira	By Care Team	Veterano M50	01:01:08	+30:52	06:07
210	2526	Miguel Maia	Academica de Espinho	Veterano M50	01:02:33	+32:17	06:15
211	741	Carlos Barroso	Individual	Veterano M50	01:02:36	+32:20	06:16
212	759	José António	Individual	Veterano M50	01:02:57	+32:41	06:18
213	2139	Luis Neto	Individual	Veterano M50	01:02:59	+32:43	06:18
214	2388	Paulo Alexandre Ladeira	RUNNING ESPINHO	Veterano M50	01:03:00	+32:44	06:18
215	1185	Tiago Moutinho Costa	Centro Óptico Espinho	Veterano M50	01:04:54	+34:38	06:29
216	2167	Vítor Ferreira	Individual	Veterano M50	01:05:02	+34:46	06:30
217	1184	Luís Azevedo	Centro Óptico Espinho	Veterano M50	01:05:04	+34:48	06:30
218	900	João Guedes	OS FALTA D'AR	Veterano M50	01:05:27	+35:11	06:33
219	2162	Rui Ferreira	Individual	Veterano M50	01:06:38	+36:22	06:40
220	2128	Fernando Manuel de Almeida Henriques	Individual	Veterano M50	01:07:06	+36:50	06:43
221	87	Pedro Melo	ARCORUN	Veterano M50	01:07:27	+37:11	06:45
222	104	Rui Oliveira	Brandoenses running	Veterano M50	01:07:32	+37:17	06:45
223	1132	Jorge Rocha	Bravos de Croca	Veterano M50	01:07:34	+37:18	06:45
224	1133	José Vieira	Bravos de Croca	Veterano M50	01:07:34	+37:18	06:45
225	774	Manuel Marques	Individual	Veterano M50	01:07:46	+37:30	06:47
226	730	Alexander Correia de Oliveira	Individual	Veterano M50	01:08:38	+38:22	06:52
227	2269	Vitor Ferreira	NATACINHA..... .S	Veterano M50	01:10:06	+39:50	07:01
228	785	Rui Silva	Individual	Veterano M50	01:10:13	+39:57	07:01
229	2500	Nuno F. Arantes	VSC	Veterano M50	01:12:03	+41:47	07:12
230	731	Álvaro Manuel Sousa Carvalho	Individual	Veterano M50	01:12:10	+41:54	07:13
231	733	António Costa	Individual	Veterano M50	01:14:48	+44:32	07:29
232	732	Américo Vivas	Individual	Veterano M50	01:15:44	+45:28	07:34
233	98	Luis Assunção	BNP Paribas	Veterano M50	01:18:31	+48:15	07:51
234	861	AMÂNDIO MENDES	Magic (S)Miles	Veterano M50	01:20:28	+50:12	08:03
235	863	JORGE COSTA	Magic (S)Miles	Veterano M50	01:20:32	+50:16	08:03
236	866	PEDRO MANUEL MOURA	Magic (S)Miles	Veterano M50	01:20:34	+50:18	08:03
237	864	JOSÉ MANUEL GOMES	Magic (S)Miles	Veterano M50	01:20:35	+50:20	08:04
238	865	PAULO JORGE FORTUNATO	Magic (S)Miles	Veterano M50	01:22:02	+51:46	08:12
239	2239	José Silva	Mancos	Veterano M50	01:29:54	+59:38	08:59

Veterano M60

1	2546	Manuel Alves	CC São João da Madeira	Veterano M60	34:19	+04:03	03:26
2	2395	Belmiro Rodrigues	S.C.Coimbrões/Equipa A	Veterano M60	37:53	+07:37	03:47
3	2447	Américo Valente	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	Veterano M60	39:04	+08:48	03:54
4	1362	Carlos Fazendeiro	Grupo Desportivo A Ronda	Veterano M60	40:37	+10:22	04:04
5	2441	MANUEL SEGUNDO SANTIAGO RODRIGUES	SCE Atletismo	Veterano M60	41:45	+11:29	04:11
6	1207	Carlos Domingos Alves	Clube do Pessoal da EDP Porto	Veterano M60	42:44	+12:28	04:16
7	818	Paulo Dias	Individual	Veterano M60	42:45	+12:30	04:17
8	2450	Ricardo Machado	Sport Clube Freamunde	Veterano M60	43:01	+12:46	04:18

Official Timekeeper: Lap2Go	48 / 51	generate 04-jan.-2026 16:16
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Prova Principal

10 KM

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9	903	Ismael Silva	Os Kágados	Veterano M60	43:09	+12:53	04:19
10	231	Miguel Coimbra	Grupo Recreativo Eirense	Veterano M60	43:16	+13:00	04:20
11	1126	José Luís Santos	Brandoenses running	Veterano M60	43:57	+13:41	04:24
12	2227	José Carlos Gomes	Ligeirinhos	Veterano M60	45:04	+14:48	04:30
13	830	Daniel gomes	javalis100limites	Veterano M60	45:39	+15:23	04:34
14	2440	JOSÉ JOAQUIM GOMES PEREIRA	SCE Atletismo	Veterano M60	45:46	+15:30	04:35
15	1189	Fernando Gonçalves	Cirac - Circulo de Recreio Arte e Cultura	Veterano M60	46:04	+15:48	04:36
16	2364	Ze Moutinho	Run & Fun	Veterano M60	46:05	+15:49	04:38
17	2181	Jose Mendes	Individual	Veterano M60	46:19	+16:03	04:38
18	803	Joaquim Almeida	Individual	Veterano M60	46:24	+16:08	04:38
19	2190	Porfirio Lírio	Individual	Veterano M60	46:25	+16:09	04:39
20	875	Jorge Fernando Ferreira da Luz	Nascidos para Correr	Veterano M60	46:48	+16:32	04:41
21	223	Octávio da Silva Capela	GDR GRANJA TRUTAS DO MAU	Veterano M60	46:49	+16:33	04:41
22	194	JOAQUIM PEREIRA	EV-PERALTAFIL	Veterano M60	46:59	+16:43	04:42
23	1208	Pedro Ernesto Oliveira Dias	Clube do Pessoal da EDP Porto	Veterano M60	47:42	+17:26	04:46
24	812	Manuel Oliveira	Individual	Veterano M60	48:12	+17:56	04:49
25	1333	Carlos pinto	GAIA-RUNNING	Veterano M60	48:24	+18:08	04:50
26	144	José Manuel Martins Silva	Clube do Pessoal da EDP Porto	Veterano M60	48:26	+18:10	04:51
27	2187	Marco Pinho	Individual	Veterano M60	48:55	+18:39	04:54
28	878	Manuel Anjos	Núcleo de Atletismo de Cucujães	Veterano M60	49:11	+18:55	04:55
29	796	Assis Azevedo	Individual	Veterano M60	49:56	+19:40	05:00
30	2183	José Silva	Individual	Veterano M60	50:14	+19:58	05:01
31	2182	José Salvador Pinto da Silva	Individual	Veterano M60	50:14	+19:58	05:01
32	2221	Fernando Camboa	Juventude Cortegacense	Veterano M60	50:22	+20:06	05:02
33	2439	AUGUSTO MANUEL MOREIRA DE CASTRO	SCE Atletismo	Veterano M60	50:29	+20:13	05:03
34	1209	Serafim António Ramos	Clube do Pessoal da EDP Porto	Veterano M60	50:31	+20:15	05:03
35	134	Alcides Sales	Cirac - Circulo de Recreio Arte e Cultura	Veterano M60	50:35	+20:20	05:04
36	195	LUIS CRUZ	EV-PERALTAFIL	Veterano M60	50:41	+20:25	05:04
37	808	Manuel Cardoso	Individual	Veterano M60	50:47	+20:31	05:05
38	813	Manuel Silva	Individual	Veterano M60	51:10	+20:54	05:07
39	1017	José Matos	Sport Clube Beira-Mar	Veterano M60	51:39	+21:23	05:10
40	1065	CARLOS RIPOLINS	A. D. GRIJÓ A CORRER	Veterano M60	51:43	+21:28	05:10
41	809	Manuel constantino silva	Individual	Veterano M60	51:53	+21:37	05:11
42	2173	Avelino Pereira de Sousa	Individual	Veterano M60	51:58	+21:42	05:12
43	902	RAIMUNDO SILVA	OS FALTA D'AR	Veterano M60	52:06	+21:50	05:13
44	145	Manuel Costa	Clube do Pessoal da EDP Porto	Veterano M60	52:17	+22:01	05:14
45	92	José Oliveira	Barrigas	Veterano M60	53:25	+23:09	05:21
46	2456	Antonio Neves	SCE Atletismo	Veterano M60	54:33	+24:17	05:27
47	2189	Paulo Pinhal	Individual	Veterano M60	54:35	+24:19	05:28
48	795	Armando Oliveira	Individual	Veterano M60	54:47	+24:31	05:29
49	827	AUGUSTO BAPTISTA	JAM - Juventude Atlética Mozelense	Veterano M60	55:05	+24:49	05:31
50	797	Bernardino Fernandes	Individual	Veterano M60	55:23	+25:07	05:32
51	962	António barbas	Pupilos do Zé-Tó	Veterano M60	55:34	+25:18	05:33
52	1022	José Tavares	Tavares	Veterano M60	55:56	+25:40	05:36

Official Timekeeper: Lap2Go	49 / 51	generate 04-jan.-2026 16:16
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Prova Principal

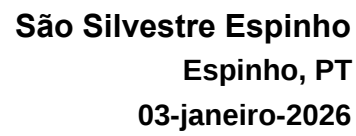
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OFFICIAL RESULT

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53	2172	António Santos	Individual	Veterano M60	56:35	+26:19	05:40
54	811	Manuel Lopes	Individual	Veterano M60	57:00	+26:44	05:42
55	128	Abel Santos	GDR Santa Tecla	Veterano M60	57:10	+26:54	05:43
56	2171	António Brandão	Individual	Veterano M60	57:29	+27:13	05:45
57	2175	Filipe Soares	Individual	Veterano M60	57:58	+27:43	05:48
58	2332	José Santos	PETRUS RUNNERS	Veterano M60	58:12	+27:56	05:49
59	810	Manuel Gomes	Individual	Veterano M60	58:32	+28:16	05:51
60	817	Olivier Michoud	Individual	Veterano M60	59:10	+28:54	05:55
61	901	ANTÓNIO GODINHO	OS FALTA D'AR	Veterano M60	59:15	+28:59	05:56
62	225	Lúcio Nunes	Gemba Running	Veterano M60	59:17	+29:01	05:56
63	1288	LEONEL SILVA	EV-PERALTAFIL	Veterano M60	59:22	+29:06	05:56
64	2170	Antonio Armando	Individual	Veterano M60	59:29	+29:13	05:57
65	1229	LUIS MIGUEL GARRETT C GUIMARAES MIRANDA	Clube Millennium BCP	Veterano M60	59:49	+29:33	05:59
66	2331	António Dias	PETRUS RUNNERS	Veterano M60	59:52	+29:36	05:59
67	2191	Ramos da Silva	Individual	Veterano M60	01:00:11	+29:55	06:01
68	800	FERNANDO SILVA	Individual	Veterano M60	01:00:26	+30:10	06:03
69	2479	Porfírio Martins	TO NA PISTA	Veterano M60	01:00:50	+30:34	06:05
70	111	LUCIDIO DIAS	CAL - Clube Atletismo de Lamas	Veterano M60	01:01:07	+30:51	06:07
71	1293	Abílio Gomes	Falta de ar, mas continua	Veterano M60	01:01:55	+31:39	06:12
72	806	José Mendes	Individual	Veterano M60	01:02:03	+31:47	06:12
73	2176	Gaspar Cadete	Individual	Veterano M60	01:02:16	+32:00	06:14
74	815	Mário Rodrigues	Individual	Veterano M60	01:02:19	+32:03	06:14
75	2178	Joao Dionisio Ruivo Neca	Individual	Veterano M60	01:02:37	+32:21	06:16
76	2169	Antonio Gonçalves	Individual	Veterano M60	01:02:42	+32:26	06:16
77	792	Abílio soares	Individual	Veterano M60	01:02:45	+32:29	06:17
78	1907	Vitor Claudino De Oliveira Meneses	Individual	Veterano M60	01:03:15	+32:59	06:20
79	2184	Luís Oliveira	Individual	Veterano M60	01:03:39	+33:23	06:22
80	807	José Soares Ferreira	Individual	Veterano M60	01:03:40	+33:24	06:22
81	57	MANUEL COUTO	A. D. GRIJÓ A CORRER	Veterano M60	01:04:18	+34:02	06:26
82	820	Vitor Manuel Cruz Rocha	Individual	Veterano M60	01:04:27	+34:11	06:27
83	2174	Domingos Cardoso Baptista	Individual	Veterano M60	01:04:30	+34:14	06:27
84	802	João Luís Torres de Sousa Marques	Individual	Veterano M60	01:05:42	+35:26	06:34
85	93	José Vilela	Barrigas	Veterano M60	01:05:59	+35:43	06:36
86	2453	JOSÉ PACHECO	Sport Comércio e Salgueiros	Veterano M60	01:06:01	+35:45	06:36
87	2179	JOSÉ CASTRO	Individual	Veterano M60	01:08:42	+38:26	06:52
88	1366	Carlos Novais	H-RAKY	Veterano M60	01:08:51	+38:35	06:53
89	2192	Roberto Carlos	Individual	Veterano M60	01:08:56	+38:40	06:54
90	1370	Herculano Cardoso	ÍMPAR RUNNING TEAM	Veterano M60	01:10:52	+40:36	07:05
91	1190	Joaquim Oliveira	Cirac - Circulo de Recreio Arte e Cultura	Veterano M60	01:12:10	+41:54	07:13
92	2180	José falcao	Individual	Veterano M60	01:13:01	+42:45	07:18
93	1205	Alberto José Ferreira	Clube do Pessoal da EDP Porto	Veterano M60	01:14:00	+43:44	07:24
94	2320	José Pires Lima	Pernas Inertes lentos desde 2017	Veterano M60	01:19:52	+49:36	07:59
95	867	MANUEL HENRIQUE CRUZ	Magic (S)Miles	Veterano M60	01:20:33	+50:17	08:03
96	805	Jose manuel candeias	Individual	Veterano M60	01:23:03	+52:47	08:18



10 KM

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