

TRAIL SPRINT - STAGE 1

22 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	20:00	19,8°C	60%
End	23:38	19,8°C	60%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	20	Nelson Carvalho	Ilumilamp/ADN/AcNorte	01:53:02		05:08	
2	31	Hermenegildo Mendes	Individual	01:55:59	+02:57	05:16	
3	4	Flavio Silva	Individual	01:56:07	+03:05	05:17	
4	61	João Gomes	tog Associação Running Team	01:57:22	+04:20	05:20	
5	50	João Martins	Leões de Tardariz Trail	01:58:30	+05:28	05:23	
6	15	Fábio Moreira	Amigos 100 Limites	02:00:13	+07:11	05:28	
7	14	António Gonçalves	Amigos 100 Limites	02:00:13	+07:11	05:28	
8	45	Rui pinto	Individual	02:10:45	+17:43	05:57	
9	26	João Figueiredo	Individual	02:13:29	+20:27	06:04	
10	23	Bruno Cunha	Individual	02:14:09	+21:07	06:06	
11	21	Ana Rita Ferreira	Individual	02:15:28	+22:26	06:09	
12	35	Hugo Silva	Individual	02:16:58	+23:56	06:14	
13	38	Nuno Morais	Individual	02:19:06	+26:04	06:19	
14	44	Francisco Pinheiro	Individual	02:19:09	+26:07	06:19	
15	32	VITOR FERREIRA	Individual	02:21:42	+28:40	06:26	
16	36	Isaac Costa	Individual	02:23:01	+29:59	06:30	
17	28	José Fernando da Costa Azevedo	Individual	02:23:30	+30:28	06:31	
18	66	José Graça	tog Associação Running Team	02:24:05	+31:03	06:33	
19	33	Bruno Leite	Individual	02:24:06	+31:04	06:33	
20	1	Alexandra Fernandes	Individual	02:24:49	+31:47	06:35	
21	39	Sergio Gomes	Individual	02:28:42	+35:40	06:46	
22	68	Fernando Leite	Yara Gabriela Lambarika Team	02:28:53	+35:51	06:46	
23	40	Vicente Sousa	tog Associação Running Team	02:33:10	+40:08	06:58	
24	55	Rui Sousa	OPraticante.pt	02:34:34	+41:32	07:02	
25	12	Guilherme Martins	AGENOR RUNNERS	02:35:30	+42:28	07:04	
26	51	Ceu Costa	Maia runners	02:38:39	+45:37	07:13	
27	52	Luis Leite	Maia runners	02:38:39	+45:37	07:13	
28	3	Cristina Madureira	OPraticante.pt	02:41:32	+48:30	07:21	
29	37	João Nunes	Individual	02:42:56	+49:54	07:24	
30	29	Daniel Duarte	Individual	02:48:10	+55:08	07:39	
31	65	Jorge Mesquita	tog Associação Running Team	02:53:15	+01:00:13	07:53	
32	27	Anabela Barata	Individual	02:53:59	+01:00:57	07:54	
33	10	Ricardo Moreira	100Ritmo do Hi-fit	02:56:09	+01:03:07	08:00	
34	6	Zé Abreu	100Ritmo do Hi-fit	02:56:09	+01:03:07	08:00	
35	63	Milita Andrade	tog Associação Running Team	02:58:46	+01:05:44	08:08	
36	57	Ricardo Neves	Os Zés Running Team	03:00:17	+01:07:15	08:12	
37	56	Fernando Araújo	Os Zés Running Team	03:00:18	+01:07:16	08:12	
38	58	Rui Sá	Os Zés Running Team	03:00:21	+01:07:19	08:12	
39	64	César Murilo	tog Associação Running Team	03:02:03	+01:09:01	08:17	
40	62	Ana Sá Pinto	tog Associação Running Team	03:02:04	+01:09:02	08:17	
41	22	André Costa	Individual	03:02:17	+01:09:15	08:17	
42	25	Daniel Almeida	Individual	03:02:18	+01:09:16	08:17	

TRAIL SPRINT - STAGE 1

22 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	49	Delfim Nunes	KeMedo Team	03:06:33	+01:13:31	08:29	
44	18	Paula Ferreira	Gansos trail e caminhada	03:06:43	+01:13:41	08:29	
45	17	Vitor Manuel Dias Gonçalves	Embarca Running	03:10:11	+01:17:09	08:39	
46	59	Paula Dias	Paula Manuela Dias	03:14:25	+01:21:23	08:50	
47	13	Rute Maia	AIRORUN	03:16:17	+01:23:15	08:55	
48	47	Adriano Rocha	Individual	03:16:31	+01:23:29	08:56	
49	7	Inês Landolt	100Ritmo do Hi-fit	03:29:05	+01:36:03	09:30	
50	2	Ana Isabel Lages	Individual	03:29:30	+01:36:28	09:31	
51	43	Bruno Rodrigues	Individual	03:29:50	+01:36:48	09:32	
52	9	Hind Michael	100Ritmo do Hi-fit	03:34:16	+01:41:14	09:44	
53	8	Isabel Cardoso	100Ritmo do Hi-fit	03:34:16	+01:41:14	09:44	
54	11	Carlos Espirito Santo	AFIPRE Team	03:34:18	+01:41:16	09:44	
55	46	Rui Taveira	Individual	03:35:31	+01:42:29	09:48	
56	42	António Santos	Individual	03:35:31	+01:42:29	09:48	
57	48	Manuel Cunha Lima	Individual	03:37:58	+01:44:56	09:54	

Obs

BIB	NOTE	NAME	TEAM
53	DQ	Bruno Videira	MIRO TRAIL
67	DQ	Henrique Bruno Santos	Vassoura
5	DNS	Paulo Gama	Individual
16	DNS	Joaquim Coelho	CF Perosinho Trail & Running
19	DNS	Filipe Leitão	GETRUN
24	DNS	Bruno José Dias	Individual
30	DNS	Daniel Fonseca	Individual
41	DNS	ALVARO AUGUSTO NUNES	Individual
54	DNS	Márcio Almeida	MSS Grupo Desportivo de Gondomar
60	DNS	Rui Barros	RETORTA - QUINTA DAS ARCAS

Trail Sprint
22 KM

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

OFFICIAL RESULT

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

Veterana F55

1	1	Alexandra Fernandes	Individual	Veterana F55	02:24:49		06:35
2	51	Ceu Costa	Maia runners	Veterana F55	02:38:39	+13:49	07:13
3	18	Paula Ferreira	Gansos trail e caminhada	Veterana F55	03:06:43	+41:53	08:29
4	59	Paula Dias	Paula Manuela Dias	Veterana F55	03:14:25	+49:36	08:50

Veterano M35

1	4	Flavio Silva	Individual	Veterano M35	01:56:07		05:17
2	15	Fábio Moreira	Amigos 100 Limites	Veterano M35	02:00:13	+04:06	05:28
3	28	José Fernando da Costa Azevedo	Individual	Veterano M35	02:23:30	+27:23	06:31
4	17	Vitor Manuel Dias Gonçalves	Embarca Running	Veterano M35	03:10:11	+01:14:04	08:39

Veterano M40

1	31	Hermenegildo Mendes	Individual	Veterano M40	01:55:59		05:16
2	32	VITOR FERREIRA	Individual	Veterano M40	02:21:42	+25:42	06:26
3	29	Daniel Duarte	Individual	Veterano M40	02:48:10	+52:10	07:39

Veterano M45

1	20	Nelson Carvalho	Ilumilamp/ADN/AcNorte	Veterano M45	01:53:02		05:08
2	35	Hugo Silva	Individual	Veterano M45	02:16:58	+23:55	06:14
3	38	Nuno Morais	Individual	Veterano M45	02:19:06	+26:03	06:19
4	36	Isaac Costa	Individual	Veterano M45	02:23:01	+29:59	06:30
5	33	Bruno Leite	Individual	Veterano M45	02:24:06	+31:03	06:33
6	39	Sergio Gomes	Individual	Veterano M45	02:28:42	+35:39	06:46
7	68	Fernando Leite	Yara Gabriela Lambarika Team	Veterano M45	02:28:53	+35:50	06:46
8	40	Vicente Sousa	tog Associação Running Team	Veterano M45	02:33:10	+40:07	06:58
9	55	Rui Sousa	OPraticante.pt	Veterano M45	02:34:34	+41:31	07:02
10	37	João Nunes	Individual	Veterano M45	02:42:56	+49:53	07:24
11	10	Ricardo Moreira	100Ritmo do Hi-fit	Veterano M45	02:56:09	+01:03:06	08:00

Veterano M50

1	45	Rui pinto	Individual	Veterano M50	02:10:45		05:57
2	44	Francisco Pinheiro	Individual	Veterano M50	02:19:09	+08:23	06:19
3	12	Guilherme Martins	AGENOR RUNNERS	Veterano M50	02:35:30	+24:45	07:04
4	52	Luis Leite	Maia runners	Veterano M50	02:38:39	+27:54	07:13
5	65	Jorge Mesquita	tog Associação Running Team	Veterano M50	02:53:15	+42:30	07:53
6	64	César Murilo	tog Associação Running Team	Veterano M50	03:02:03	+51:17	08:17
7	49	Delfim Nunes	KeMedo Team	Veterano M50	03:06:33	+55:47	08:29
8	43	Bruno Rodrigues	Individual	Veterano M50	03:29:50	+01:19:05	09:32

Trail Sprint

22 KM

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

OFFICIAL RESULT

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

9	46	Rui Taveira	Individual	Veterano M50	03:35:31	+01:24:45	09:48
10	42	António Santos	Individual	Veterano M50	03:35:31	+01:24:45	09:48

Veterano M55

1	66	José Graça	tog Associação Running Team	Veterano M55	02:24:05		06:33
2	47	Adriano Rocha	Individual	Veterano M55	03:16:31	+52:26	08:56
3	11	Carlos Espirito Santo	AFIPRE Team	Veterano M55	03:34:18	+01:10:13	09:44

Veterano M65

1	48	Manuel Cunha Lima	Individual	Veterano M65	03:37:58		09:54
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MINI TRAIL - STAGE 1

12 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	20:30	19,8°C	60%
End	22:24	19,8°C	60%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1182	Bruno Pereira	TURN0 DAS 7	55:08		04:36	
2	1025	Manuel Curral	ARA - Alfandeguense	55:17	+00:09	04:36	
3	1183	Andre Carneiro	TURN0 DAS 7	55:36	+00:28	04:38	
4	1002	André Almeida	Gens SC Trail	56:52	+01:44	04:44	
5	1034	Cláudio Silva	FC Estrelas Susanenses	58:16	+03:08	04:51	
6	1184	Jorge Dias	TURN0 DAS 7	58:33	+03:25	04:53	
7	1045	Luis Silva	Grupo Vilarinho Cima	59:31	+04:23	04:58	
8	1043	Cristiano Carvalho	Grupo Vilarinho Cima	01:02:57	+07:49	05:15	
9	1044	Pedro Jorge	Grupo Vilarinho Cima	01:03:14	+08:06	05:16	
10	1152	Rui Alvim	MSS Grupo Desportivo de Gondomar	01:03:24	+08:16	05:17	
11	1167	Nelson Fernandes	Promessas do Atletismo	01:04:40	+09:32	05:23	
12	1004	Zé Bosnia	Individual	01:05:21	+10:13	05:27	
13	1055	Luis Almeida	Individual	01:06:14	+11:06	05:31	
14	1001	Lucinda Sousa	Individual	01:07:08	+12:00	05:36	
15	1187	José Sá	GD Leões da Guarda - Lion Runners	01:08:02	+12:54	05:40	
16	1066	Thibaut Hiesse	Individual	01:08:53	+13:45	05:44	
17	1038	Rodrigo Ferreira	Gens SC Trail	01:10:33	+15:25	05:53	
18	1088	Francisco Manuel Teixeira Marques	Individual	01:10:34	+15:26	05:53	
19	1029	Leonel Videira	Centro de Atletismo de Arcos de Valdevez	01:10:39	+15:31	05:53	
20	1051	André Mendes	Individual	01:12:57	+17:49	06:05	
21	1127	Paulo Machado	Individual	01:13:17	+18:09	06:06	
22	1138	joaquim cunha	joaquim cunha	01:14:15	+19:07	06:11	
23	1185	Miguel Sampaio Vilas Boas Correia	União de Freguesias de Fânzeres e São Pedro da Cova	01:14:15	+19:07	06:11	
24	1114	Nuno guerra	Individual	01:14:29	+19:21	06:12	
25	1067	Victor Angot	Individual	01:15:15	+20:07	06:16	
26	1020	Alipio Fernandes	AMA - Associação Mondim Atletismo	01:16:29	+21:21	06:22	
27	1019	Bruno Madureira	AFIPRE Team	01:17:58	+22:50	06:30	
28	1005	Miguel lopes	Individual	01:18:06	+22:58	06:31	
29	1065	Nuno Vale	Individual	01:18:11	+23:03	06:31	
30	1137	Rui Moura	Individual	01:18:12	+23:04	06:31	
31	1136	Paulo Dias	Individual	01:19:00	+23:52	06:35	
32	1160	Fabio Santos	No fio da Navalha	01:19:12	+24:04	06:36	
33	1133	Manuel Domingues	Individual	01:19:16	+24:08	06:36	
34	1111	Filipe Ferreira	Individual	01:20:06	+24:58	06:40	
35	1024	João Moreira	Amigos 100 Limites	01:20:21	+25:13	06:42	
36	1140	Filipa Moreira	Leões de Tardariz Trail	01:20:25	+25:17	06:42	
37	1147	Bernardino Andrade	Maia runners	01:20:36	+25:28	06:43	
38	1006	Orlanda Rego	GAIA-RUNNING	01:21:39	+26:31	06:48	
39	1120	Berto castro	Individual	01:21:42	+26:34	06:48	
40	1123	Gabriel Rodrigues	Individual	01:22:03	+26:55	06:50	
41	1119	António Gomes	Individual	01:22:12	+27:04	06:51	

Mini Trail

12 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	20:30	19,8°C	60%
End	22:24	19,8°C	60%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Juvenil Masculino

1	1038	Rodrigo Ferreira	Gens SC Trail	Juvenil Masculino	01:10:33		05:53
2	1047	Martim Oliveira França	Individual	Juvenil Masculino	01:41:10	+30:37	08:26
3	1046	Francisco Sousa Coutinho	Individual	Juvenil Masculino	02:02:43	+52:09	10:14

Senior Feminino

1	1140	Filipa Moreira	Leões de Tardariz Trail	Senior Feminino	01:20:25		06:42
2	1049	Louise Ocana	Individual	Senior Feminino	01:32:02	+11:37	07:40
3	1021	Marina Moreira	Amigos 100 Limites	Senior Feminino	01:38:22	+17:57	08:12
4	1175	Rafaela Oliveira	tog Associação Running Team	Senior Feminino	01:42:56	+22:30	08:35
5	1050	Tatiana Pereira	Individual	Senior Feminino	01:57:56	+37:31	09:50
6	1013	Marina Ribeiro	100Ritmo do Hi-fit	Senior Feminino	02:00:45	+40:19	10:04
7	1012	Diana Ferreira	100Ritmo do Hi-fit	Senior Feminino	02:08:19	+47:54	10:42
8	1014	Sara Martins	100Ritmo do Hi-fit	Senior Feminino	02:08:19	+47:54	10:42

Senior Masculino

1	1025	Manuel Curral	ARA - Alfandeguense	Senior Masculino	55:17		04:36
2	1055	Luis Almeida	Individual	Senior Masculino	01:06:14	+10:57	05:31
3	1051	André Mendes	Individual	Senior Masculino	01:12:57	+17:40	06:05
4	1054	Ivo Moreira	Individual	Senior Masculino	01:23:11	+27:54	06:56
5	1061	Victor Julien	Individual	Senior Masculino	01:25:09	+29:52	07:06
6	1053	Goncalo Moreira	Individual	Senior Masculino	01:30:22	+35:05	07:32
7	1150	DAVID ROCHA	Mosqueteiros & Companhia	Senior Masculino	01:39:44	+44:27	08:19
8	1058	Rui Moreira	Individual	Senior Masculino	01:45:06	+49:49	08:45
9	1059	Rui Rocha	Individual	Senior Masculino	01:45:09	+49:52	08:46
10	1052	César Pereira	Individual	Senior Masculino	01:56:52	+01:01:35	09:44
11	1030	Helder Pinto	Empenados	Senior Masculino	01:59:21	+01:04:04	09:57
12	1031	Rui Pinto	Empenados	Senior Masculino	01:59:21	+01:04:04	09:57
13	1057	Nelson Ferreira	Individual	Senior Masculino	02:00:32	+01:05:15	10:03
14	1060	Tiago nazário	Individual	Senior Masculino	02:20:01	+01:24:44	11:40

Sub 23 Feminino

1	1062	Elise Julien	Individual	Sub 23 Feminino	01:25:09		07:06
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Mini Trail**12 KM**

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

OFFICIAL RESULT

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

Sub 23 Masculino

1	1066	Thibaut Hiesse	Individual	Sub 23 Masculino	01:08:53		05:44
2	1185	Miguel Sampaio Vilas Boas Correia	União de Freguesias de Fânzeres e São Pedro da Cova	Sub 23 Masculino	01:14:15	+05:22	06:11
3	1067	Victor Angot	Individual	Sub 23 Masculino	01:15:15	+06:22	06:16
4	1065	Nuno Vale	Individual	Sub 23 Masculino	01:18:11	+09:18	06:31
5	1032	João Pinho	Empenados	Sub 23 Masculino	01:58:45	+49:52	09:54

Veterana F35

1	1075	Sara Sousa Baptista	Individual	Veterana F35	01:26:45		07:14
2	1070	Ana Sousa	Individual	Veterana F35	01:34:55	+08:10	07:55
3	1071	Carolina Fernandes	Individual	Veterana F35	01:45:08	+18:22	08:46
4	1161	Helena Santos	OPraticante.pt	Veterana F35	01:45:47	+19:02	08:49
5	1068	Ana Azevedo	Individual	Veterana F35	01:49:58	+23:12	09:10
6	1022	Vânia Moreira	Amigos 100 Limites	Veterana F35	01:51:22	+24:37	09:17
7	1073	Cátia Sousa	Individual	Veterana F35	02:20:01	+53:16	11:40

Veterana F40

1	1159	Cláudia Campelo	No fio da Navalha	Veterana F40	01:33:24		07:47
2	1018	Paula Azevedo	AFIPRE Team	Veterana F40	01:42:11	+08:46	08:31
3	1076	Ana del Pino	Individual	Veterana F40	01:43:47	+10:22	08:39
4	1077	Mariana Pinto	Individual	Veterana F40	01:46:22	+12:57	08:52
5	1015	Marina Cepa	100Ritmo do Hi-fit	Veterana F40	02:00:45	+27:20	10:04
6	1142	Daniela Martins	Los Manos	Veterana F40	02:05:40	+32:15	10:28
7	1078	Silvana Silva	Individual	Veterana F40	02:06:16	+32:51	10:31

Veterana F45

1	1168	Raquel Vasconcelos	Sport Comércio e Salgueiros	Veterana F45	01:25:47		07:09
2	1170	Claudia Lopes	Team Shark	Veterana F45	01:38:50	+13:02	08:14
3	1026	Sónia Monteiro	Atlético clube de Alfenense	Veterana F45	01:45:10	+19:23	08:46
4	1169	Carla Barbosa	Team Shark	Veterana F45	01:49:49	+24:02	09:09
5	1041	Andreia Monteiro	Goodshape	Veterana F45	01:53:45	+27:57	09:29
6	1165	Luisa Cruz	OPraticante.pt	Veterana F45	02:06:14	+40:27	10:31
7	1080	Rute Silva	Individual	Veterana F45	02:06:16	+40:29	10:31
8	1146	Tânia Costa	Lourosa em Movimento	Veterana F45	02:18:03	+52:16	11:30
9	1177	Célia Pires	tog Associação Running Team	Veterana F45	02:23:38	+57:51	11:58
10	1176	Carla Cunha	tog Associação Running Team	Veterana F45	02:23:41	+57:54	11:58
11	1081	Sónia Matos	Individual	Veterana F45	02:23:43	+57:56	11:59

Mini Trail

12 KM

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

OFFICIAL RESULT

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

Veterana F50

1	1148	Alcina Cruz	Mirandela a Correr	Veterana F50	01:33:07		07:46
2	1082	Sandra Ferreira	Individual	Veterana F50	01:42:54	+09:47	08:35
3	1178	Kiniss Neves	tog Associação Running Team	Veterana F50	01:43:55	+10:48	08:40
4	1016	Olinda Neiva	100Ritmo do Hi-fit	Veterana F50	01:59:39	+26:32	09:58

Veterana F55

1	1001	Lucinda Sousa	Individual	Veterana F55	01:07:08		05:36
2	1006	Orlanda Rego	GAIA-RUNNING	Veterana F55	01:21:39	+14:30	06:48
3	1027	Guilhermina Amaral	Atlético clube de Alfenense	Veterana F55	01:31:12	+24:03	07:36
4	1086	Samy Oliveira	AFIPRE Team	Veterana F55	01:42:10	+35:01	08:31
5	1083	Maria do Carmo Loureiro	Individual	Veterana F55	01:43:47	+36:38	08:39
6	1084	paula cunha	Individual	Veterana F55	01:48:05	+40:56	09:00
7	1162	Hermínia Oliveira	OPraticante.pt	Veterana F55	02:03:51	+56:42	10:19

Veterana F60

1	1171	Paula Andrade	Team Shark	Veterana F60	01:38:48		08:14
2	1087	Rosa Mendes	Individual	Veterana F60	01:39:11	+00:23	08:16
3	1023	Paula Moreira	Amigos 100 Limites	Veterana F60	01:56:11	+17:22	09:41

Veterana F65

1	1163	Maria Laranja	OPraticante.pt	Veterana F65	01:45:32		08:48
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Veterana F70

1	1164	Carolina Silva	OPraticante.pt	Veterana F70	02:17:16		11:26
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Veterano M35

1	1182	Bruno Pereira	TURNO DAS 7	Veterano M35	55:08		04:36
2	1034	Cláudio Silva	FC Estrelas Susanenses	Veterano M35	58:16	+03:08	04:51
3	1043	Cristiano Carvalho	Grupo Vilarinho Cima	Veterano M35	01:02:57	+07:49	05:15
4	1044	Pedro Jorge	Grupo Vilarinho Cima	Veterano M35	01:03:14	+08:05	05:16
5	1088	Francisco Manuel Teixeira Marques	Individual	Veterano M35	01:10:34	+15:26	05:53
6	1029	Leonel Videira	Centro de Atletismo de Arcos de Valdevez	Veterano M35	01:10:39	+15:31	05:53
7	1160	Fabio Santos	No fio da Navalha	Veterano M35	01:19:12	+24:04	06:36
8	1089	João Ferreira	Individual	Veterano M35	01:25:48	+30:40	07:09
9	1093	Rafael Fernandes	Individual	Veterano M35	01:36:42	+41:34	08:03
10	1090	José Gama	Individual	Veterano M35	01:45:35	+50:27	08:48

Mini Trail

12 KM

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

OFFICIAL RESULT

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

18	1189	Bruno Sá	Individual	Veterano M45	02:23:45	+01:15:43	11:59
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Veterano M50

1	1184	Jorge Dias	TURNO DAS 7	Veterano M50	58:33		04:53
2	1152	Rui Alvim	MSS Grupo Desportivo de Gondomar	Veterano M50	01:03:24	+04:51	05:17
3	1004	Zé Bosnia	Individual	Veterano M50	01:05:21	+06:48	05:27
4	1127	Paulo Machado	Individual	Veterano M50	01:13:17	+14:43	06:06
5	1147	Bernardino Andrade	Maia runners	Veterano M50	01:20:36	+22:03	06:43
6	1120	Berto castro	Individual	Veterano M50	01:21:42	+23:09	06:48
7	1123	Gabriel Rodrigues	Individual	Veterano M50	01:22:03	+23:30	06:50
8	1119	António Gomes	Individual	Veterano M50	01:22:12	+23:39	06:51
9	1125	José Silva	Individual	Veterano M50	01:29:46	+31:13	07:29
10	1011	Joaquim Jorge Moreira Ferreira	#BarronoZoio	Veterano M50	01:33:42	+35:09	07:49
11	1121	Carlos Mendes	Individual	Veterano M50	01:42:41	+44:07	08:33
12	1181	Elisio Dias	TrepaTrilhos Trail Team	Veterano M50	01:42:45	+44:12	08:34
13	1179	Miguel Cunha	tog Associação Running Team	Veterano M50	01:43:56	+45:23	08:40
14	1122	Filipe Oliveira	Individual	Veterano M50	01:47:10	+48:37	08:56
15	1145	Rui Silva	Los Manos	Veterano M50	02:05:40	+01:07:06	10:28
16	1126	ORLANDO NOGUEIRA	Individual	Veterano M50	02:06:19	+01:07:46	10:32
17	1124	Helder Mota	Individual	Veterano M50	02:23:43	+01:25:10	11:59

Veterano M55

1	1138	joaquim cunha	joaquim cunha	Veterano M55	01:14:15		06:11
2	1133	Manuel Domingues	Individual	Veterano M55	01:19:16	+05:01	06:36
3	1131	Fernando Abílio Santos Vieira	Individual	Veterano M55	01:22:33	+08:18	06:53
4	1130	Clemente Meireles	Individual	Veterano M55	01:44:59	+30:43	08:45
5	1173	Fernando Mendes	Team Shark	Veterano M55	01:44:59	+30:43	08:45
6	1135	Paulo Santos	Individual	Veterano M55	01:45:35	+31:20	08:48
7	1172	Alex Silva	Team Shark	Veterano M55	01:49:49	+35:34	09:09
8	1129	Alcídio Figueiredo	Individual	Veterano M55	01:50:18	+36:03	09:12
9	1134	Manuel Santos	Individual	Veterano M55	01:57:55	+43:40	09:50

Veterano M60

1	1020	Alipio Fernandes	AMA - Associação Mondim Atletismo	Veterano M60	01:16:29		06:22
2	1137	Rui Moura	Individual	Veterano M60	01:18:12	+01:42	06:31
3	1136	Paulo Dias	Individual	Veterano M60	01:19:00	+02:30	06:35
4	1024	João Moreira	Amigos 100 Limites	Veterano M60	01:20:21	+03:51	06:42
5	1139	José Vaz	Lentinhos	Veterano M60	01:22:44	+06:14	06:54
6	1033	Jose Pereira	Equipa A	Veterano M60	01:46:20	+29:50	08:52

Mini Trail
12 KM
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION
OFFICIAL RESULT
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

7	1153	José Antonio Freitas	MSS Grupo Desportivo de Gondomar	Veterano M60	02:03:51	+47:21	10:19
8	1186	Fernando Pereira	Vassoura	Veterano M60	02:23:47	+01:07:17	11:59

Veterano M65

1	1037	Serafim Ramos	GD Leões da Guarda - Lion Runners	Veterano M65	01:26:47		07:14
2	1154	Manuel Pereira	MSS Grupo Desportivo de Gondomar	Veterano M65	01:31:12	+04:24	07:36
3	1174	Fernando Andrade	Team Shark	Veterano M65	01:59:02	+32:14	09:55
4	1166	Fernando Castro	OPraticante.pt	Veterano M65	02:23:57	+57:09	12:00

Veterano M70

1	1155	Serafim Fonseca	MSS Grupo Desportivo de Gondomar	Veterano M70	01:52:32		09:23
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CAMINHADA - STAGE 1

10 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	20:45	19,8°C	60%
End	23:36	19,8°C	60%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	2298	JOSÉ RIBEIRO	OS DESTEMIDOS	01:38:08		09:49	
2	2081	Tomás de Sousa Teixeira	GONDOMAR 2015	01:40:21	+02:13	10:02	
3	2274	Salvador Martins Cardoso	Individual	01:40:21	+02:13	10:02	
4	2236	Gonçalo Pereira Dias	Individual	01:41:07	+02:59	10:07	
5	2279	Tomás Pereira Dias	Individual	01:41:10	+03:02	10:07	
6	2223	Carlos Silva	Individual	01:44:32	+06:24	10:27	
7	2253	Manuel Gonçalves Santos	Individual	01:46:47	+08:39	10:41	
8	2214	Aires Dias	Individual	01:47:40	+09:32	10:46	
9	2247	José Marques Ferreira	Individual	01:47:40	+09:32	10:46	
10	2228	Emanuel Alexandre de Almeida Pereira Cardoso	Individual	01:48:04	+09:56	10:48	
11	2277	Santiago Martins Cardoso	Individual	01:48:04	+09:56	10:48	
12	2364	Maria Susana Oliveira Monteiro Moura	União de Freguesias de Fânzeres e São Pedro da Cova	01:50:43	+12:35	11:04	
13	2337	Rodrigo Alves Nogueira	SB Walker	01:54:06	+15:58	11:25	
14	2335	Domingos Filipe Pereira Nogueira	SB Walker	01:54:17	+16:09	11:26	
15	2260	Miguel Ribeiro	Individual	01:54:46	+16:38	11:29	
16	2101	Andreia Sousa	Individual	01:54:48	+16:40	11:29	
17	2267	Pedro Coelho	Individual	01:55:31	+17:23	11:33	
18	2051	Patrícia Isabel Lima Ferreira	GONDOMAR 2015	01:56:31	+18:23	11:39	
19	2080	Tiago Simão Lima Coelho	GONDOMAR 2015	01:56:32	+18:24	11:39	
20	2018	Fátima Veiga	Atletas da preguiça	01:58:50	+20:42	11:53	
21	2396	Ana Silva	Individual	02:01:18	+23:10	12:08	
22	2306	António Neves	Os Malteses	02:01:30	+23:22	12:09	
23	2307	Bruno Andrade	Os Malteses	02:01:30	+23:22	12:09	
24	2281	xavier barros	Individual	02:02:55	+24:47	12:17	
25	2102	Aurora Ribeiro	Individual	02:02:55	+24:47	12:18	
26	2179	Rute Neves	Individual	02:03:02	+24:54	12:18	
27	2286	Ana Patrícia Lima de Sá	Leões de Tardariz Trail	02:03:03	+24:55	12:18	
28	2350	Rodrigo Duarte	tog Associação Running Team	02:03:17	+25:09	12:20	
29	2254	Manuel Rodrigues	Individual	02:04:32	+26:24	12:27	
30	2285	Ana Oliveira	Lentinhos	02:04:54	+26:46	12:29	
31	2359	Carla Cristina Ferreira Pinto Ramos	União de Freguesias de Fânzeres e São Pedro da Cova	02:05:21	+27:13	12:32	
32	2393	Rui Oliveira	Individual	02:05:40	+27:32	12:34	
33	2119	Claudia Barbosa	Individual	02:07:05	+28:57	12:42	
34	2034	Ismael Fraga	Centro Cultural D. T. da STCP/N Seguros	02:07:39	+29:31	12:46	
35	2035	Rui Guedes	Centro Cultural D. T. da STCP/N Seguros	02:07:40	+29:32	12:46	
36	2219	Bruno Barbosa	Individual	02:07:47	+29:39	12:47	
37	2103	Beatriz Vieira Neto	Individual	02:07:54	+29:46	12:47	
38	2207	Teresa Vieira	Individual	02:07:55	+29:47	12:48	
39	2238	Helder Santos	Individual	02:08:37	+30:29	12:52	
40	2161	Marina Moreira	Individual	02:08:38	+30:30	12:52	

CAMINHADA - STAGE 1

10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
132	2139	Ivone Pinto	Individual	02:44:42	+01:06:34	16:28	
133	2079	Salvador Pinto Ferreira de Sousa Silveira	GONDOMAR 2015	02:44:53	+01:06:45	16:29	
134	2063	Enzo José dos Santos Rocha	GONDOMAR 2015	02:44:56	+01:06:48	16:30	
135	2295	ELISABETE SILVA	OS DESTEMIDOS	02:44:57	+01:06:49	16:30	
136	2297	FERNANDO CAETANO	OS DESTEMIDOS	02:44:58	+01:06:50	16:30	
137	2070	Martim Correia Fonseca	GONDOMAR 2015	02:44:58	+01:06:50	16:30	
138	2072	Martim Monteiro da Costa	GONDOMAR 2015	02:45:00	+01:06:52	16:30	
139	2066	Gustavo Rodrigues da Silva	GONDOMAR 2015	02:45:02	+01:06:54	16:30	
140	2088	Luisa Mota	Gundemarus	02:45:05	+01:06:57	16:31	
141	2090	Mónica Santos	Gundemarus	02:45:06	+01:06:58	16:31	
142	2085	Florinda Castro	Gundemarus	02:45:09	+01:07:01	16:31	
143	2083	Anabela Guimarães	Gundemarus	02:45:09	+01:07:01	16:31	
144	2052	Afonso Pereira da Silva	GONDOMAR 2015	02:45:11	+01:07:03	16:31	
145	2071	Martim Lima Coelho	GONDOMAR 2015	02:45:13	+01:07:05	16:31	
146	2170	Odete Maria França dos Santos Castro Rosas	Individual	02:45:14	+01:07:06	16:31	
147	2171	Otilia Castro	Individual	02:45:15	+01:07:07	16:31	
148	2363	Lucília Carmem Sousa Castro	União de Freguesias de Fânzeres e São Pedro da Cova	02:45:16	+01:07:08	16:32	
149	2162	Marina Soares	Individual	02:45:18	+01:07:10	16:32	
150	2150	Mafalda França Castro Oliveira	Individual	02:45:19	+01:07:11	16:32	
151	2167	Matilde Pinto	Individual	02:45:19	+01:07:11	16:32	
152	2242	João Miguel Barbosa de Pinho	Individual	02:45:19	+01:07:11	16:32	
153	2165	Marta Alexandra Castro Ferreira	Individual	02:45:21	+01:07:13	16:32	
154	2245	Jorge Pinto	Individual	02:45:22	+01:07:14	16:32	
155	2394	Silvia Gama	Individual	02:45:23	+01:07:15	16:32	
156	2131	Fátima Meinedo	Individual	02:45:25	+01:07:17	16:32	
157	2086	Glória Martins	Gundemarus	02:45:26	+01:07:18	16:33	
158	2087	Isa Santos	Gundemarus	02:45:27	+01:07:19	16:33	
159	2093	Rui Baltazar	Gundemarus	02:45:29	+01:07:21	16:33	
160	2155	Maria Clarisse Mota Rocha	Individual	02:45:40	+01:07:32	16:34	
161	2173	Paula Cristina da Silva Pereira	Individual	02:45:41	+01:07:33	16:34	
162	2061	Diogo Manuel Martins Moreira	GONDOMAR 2015	02:45:46	+01:07:38	16:35	
163	2060	Diego da Silva Barbosa	GONDOMAR 2015	02:45:47	+01:07:39	16:35	
164	2062	Duarte Fernandes Bento	GONDOMAR 2015	02:45:47	+01:07:39	16:35	
165	2381	Ivo Lopes	Xiolas	02:45:55	+01:07:47	16:36	
166	2046	Isabel Clarinda Martins Moreira	GONDOMAR 2015	02:46:09	+01:08:01	16:37	
167	2065	Guilherme António Espósito Oliveira Garrido	GONDOMAR 2015	02:46:09	+01:08:01	16:37	
168	2049	Patricia Alexandra Silva Santos	GONDOMAR 2015	02:46:20	+01:08:12	16:38	
169	2048	Márcia Alexandra Ramos Fernandes	GONDOMAR 2015	02:46:20	+01:08:12	16:38	
170	2292	Inês Borges	Os Borges	02:46:21	+01:08:13	16:38	
171	2293	David Barquinha	Os Borges	02:46:23	+01:08:15	16:38	
172	2008	Paulo Pereira	100Ritmo do Hi-fit	02:46:29	+01:08:21	16:39	
173	2005	Susana Rebelo	100Ritmo do Hi-fit	02:46:29	+01:08:21	16:39	
174	2001	Carla Lourido	100Ritmo do Hi-fit	02:46:30	+01:08:22	16:39	

CAMINHADA - STAGE 1

10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
220	2308	Pedro Silva	Os Malteses	02:57:56	+01:19:48	17:48	
221	2151	Manuela Lealj	Individual	02:58:53	+01:20:45	17:53	
222	2199	Sónia Moreira	Individual	02:58:55	+01:20:47	17:53	
223	2190	Silvia meireles	Individual	03:01:56	+01:23:48	18:12	
224	2261	Miguel Sousa	Individual	03:02:01	+01:23:53	18:12	
225	2031	Ana Martins	Casa D'ouro Team	03:02:04	+01:23:56	18:12	
226	2169	Neuza Pires	Individual	03:02:04	+01:23:56	18:12	
227	2392	Emilia Conceição	Individual	03:02:19	+01:24:11	18:14	
228	2208	Valeria Castro	Individual	03:04:18	+01:26:10	18:26	
229	2187	Sara Ribeiro	Individual	03:04:18	+01:26:10	18:26	
230	2239	Hernâni Pinheiro	Individual	03:04:20	+01:26:12	18:26	
231	2125	Daniela castro	Individual	03:04:21	+01:26:13	18:26	
232	2269	Pedro Santos	Individual	03:04:22	+01:26:14	18:26	
233	2273	Rui Macedo	Individual	03:04:42	+01:26:34	18:28	
234	2206	Tatiana Pereira	Individual	03:04:42	+01:26:34	18:28	
235	2291	Vicente Santos	MARAVILHA	03:05:07	+01:26:59	18:31	
236	2289	Afonso Pereira	MARAVILHA	03:05:13	+01:27:05	18:31	
237	2360	Eugénia Maria de Sousa Braga Leite de Faria	União de Freguesias de Fânzeres e São Pedro da Cova	03:05:41	+01:27:33	18:34	
238	2153	Margarida da Luz França da Rocha Savedra	Individual	03:05:43	+01:27:35	18:34	
239	2288	Catarina Sousa	MARAVILHA	03:05:53	+01:27:45	18:35	
240	2287	Ana Soares	MARAVILHA	03:05:53	+01:27:45	18:35	
241	2290	Rui Pereira	MARAVILHA	03:05:54	+01:27:46	18:35	
242	2032	Daniela Inacio	Casa D'ouro Team	03:07:06	+01:28:58	18:43	
243	2217	Armando Miguel Ribeiro Romank	Individual	03:07:07	+01:28:59	18:43	
244	2365	António José dos Santos Ramos Correia	União de Freguesias de Fânzeres e São Pedro da Cova	03:07:08	+01:29:00	18:43	
245	2367	José Mathanzi Bambi	União de Freguesias de Fânzeres e São Pedro da Cova	03:07:39	+01:29:31	18:46	
246	2128	Eduarda Pereira	Individual	03:08:01	+01:29:53	18:48	
247	2357	Ana Paula Alves Gomes Correia	União de Freguesias de Fânzeres e São Pedro da Cova	03:08:03	+01:29:55	18:48	
248	2218	Bruno Lascasas	Individual	03:08:03	+01:29:55	18:48	
249	2144	Leonor Lascasas	Individual	03:08:03	+01:29:55	18:48	
250	2361	Fabiana Patricia Silva Santos	União de Freguesias de Fânzeres e São Pedro da Cova	03:08:04	+01:29:56	18:48	
251	2145	Leonor Santos Azevedo	Individual	03:08:30	+01:30:22	18:51	
252	2113	Catarina Azevedo	Individual	03:08:49	+01:30:41	18:53	
253	2258	Miguel Mendes	Individual	03:08:53	+01:30:45	18:53	
254	2099	Andrea Chaves	Individual	03:08:54	+01:30:46	18:53	
255	2168	Micaela Joana Cruz Santos	Individual	03:11:00	+01:32:52	19:06	
256	2196	Solange Magalhães	Individual	03:11:19	+01:33:11	19:08	
257	2122	Claudia Tavares	Individual	03:11:20	+01:33:12	19:08	
258	2166	Marta Oliveira	Individual	03:11:31	+01:33:23	19:09	
259	2126	Daniela Oliveira	Individual	03:11:33	+01:33:25	19:09	
260	1097	Bruno França	Individual	03:11:36	+01:33:28	19:10	
261	2225	Dario Moutinho	Individual	03:11:40	+01:33:32	19:10	

CAMINHADA - STAGE 1

10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
262	2182	Sandra Loureiro	Individual	03:11:42	+01:33:34	19:10	
263	2037	Sérgio Duarte Alves Oliveira	Dragões Stº Cruz	03:12:37	+01:34:29	19:16	
264	2036	Leandro Mateus Moreira Pereira	Dragões Stº Cruz	03:12:39	+01:34:31	19:16	
265	2141	Joana Moreira	Individual	03:14:32	+01:36:24	19:27	
266	2154	Maria Clara Oliveira Cristóvão	Individual	03:14:33	+01:36:25	19:27	
267	2134	Graciete Aleixo	Individual	03:15:56	+01:37:48	19:36	
268	2216	André Monteiro	Individual	03:15:57	+01:37:49	19:36	
269	2110	Carla Santos	Individual	03:15:57	+01:37:49	19:36	
270	2180	Sabrina Cruz	Individual	03:15:57	+01:37:49	19:36	
271	2146	Liliana Monteiro	Individual	03:15:57	+01:37:49	19:36	
272	2174	Paula Ferreira	Individual	03:15:57	+01:37:49	19:36	
273	2160	Mariana Sousa	Individual	03:15:59	+01:37:51	19:36	
274	2197	Sónia Costa	Individual	03:16:00	+01:37:52	19:36	
275	2114	Catarina Sousa	Individual	03:16:01	+01:37:53	19:36	
276	2194	Sofia Jesus	Individual	03:16:01	+01:37:53	19:36	
277	2241	Humberto Oliveira	Individual	03:16:01	+01:37:53	19:36	
278	2226	Dinis Monteiro	Individual	03:16:01	+01:37:53	19:36	
279	2385	Mariana Faria	ZUMBA MB	03:16:07	+01:37:59	19:37	
280	2386	Henrique Baptista	ZUMBA MB	03:16:07	+01:37:59	19:37	
281	2383	Helena Sendim	ZUMBA MB	03:16:10	+01:38:02	19:37	
282	2370	Paula Teresa Ferreira Cordeiro	Vamos a todas	03:16:32	+01:38:24	19:39	
283	2373	Paulo Alexandre Martins Ferreira	Vamos a todas	03:16:34	+01:38:26	19:39	
284	2368	Carla Sofia da Silva Antunes Ferreira	Vamos a todas	03:16:35	+01:38:27	19:39	
285	2369	Joana Novais de Figueiredo	Vamos a todas	03:16:35	+01:38:27	19:40	
286	2371	Sandra Cristina Resende Van der Kellen	Vamos a todas	03:16:37	+01:38:29	19:40	
287	2121	Cláudia Pinto	Individual	03:16:40	+01:38:32	19:40	
288	2047	Luisa Raquel Jesus Neves Santos	GONDOMAR 2015	03:16:42	+01:38:34	19:40	
289	2106	Bruna Silva	Individual	03:16:42	+01:38:34	19:40	
290	2317	Catarina Soares	Santa Bolha	03:16:44	+01:38:36	19:40	
291	2105	Beatriz Ribeiro	Individual	03:16:47	+01:38:39	19:41	
292	2321	Sandra Correia	Santa Bolha	03:16:49	+01:38:41	19:41	
293	2316	Beatriz Fonseca	Santa Bolha	03:16:50	+01:38:42	19:41	
294	2324	Vera Rocha	Santa Bolha	03:16:53	+01:38:45	19:41	
295	34	Filipe Lopes	Individual	03:16:55	+01:38:47	19:41	
296	2319	Patrícia Lopes	Santa Bolha	03:16:55	+01:38:47	19:42	
297	2184	Sandra pontes	Individual	03:16:55	+01:38:47	19:42	
298	2330	Pedro Ferreira	Santa Bolha	03:16:56	+01:38:48	19:42	
299	2315	Adriana Dias	Santa Bolha	03:16:57	+01:38:49	19:42	
300	2320	Ricarda Gomes	Santa Bolha	03:16:57	+01:38:49	19:42	
301	2384	Manuela Matos	ZUMBA MB	03:16:57	+01:38:49	19:42	
302	2325	Benjamin Read	Santa Bolha	03:17:03	+01:38:55	19:42	
303	2322	Sandra Read	Santa Bolha	03:17:19	+01:39:11	19:44	
304	2329	Mário Moreira	Santa Bolha	03:17:20	+01:39:12	19:44	
305	2326	João Babo	Santa Bolha	03:17:20	+01:39:12	19:44	
306	2331	Victor Oliveira	Santa Bolha	03:17:21	+01:39:13	19:44	

CAMINHADA - STAGE 1

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
307	2328	Joel Soares	Santa Bolha	03:17:23	+01:39:15	19:44	
308	2323	Tânia Cerqueira	Santa Bolha	03:17:23	+01:39:15	19:44	
309	2318	Lígia Marques	Santa Bolha	03:17:58	+01:39:50	19:48	
310	2164	Marlene Leonor Costa de Carvalho	Individual	03:19:25	+01:41:17	19:56	
311	2152	Márcia Silva	Individual	03:19:32	+01:41:24	19:57	
312	2188	SILVIA ANDREIA OLIVEIRA COIMBRA	Individual	03:19:33	+01:41:25	19:57	
313	2183	Sandra Pinto	Individual	03:19:34	+01:41:26	19:57	
314	2212	Adriano Carneiro	Individual	03:20:37	+01:42:29	20:04	
315	2191	Silvia Rebelo	Individual	03:20:37	+01:42:29	20:04	
316	2108	Carla Guimaraes	Individual	03:20:38	+01:42:30	20:04	
317	2262	MIGUEL VIDAL	Individual	03:20:40	+01:42:32	20:04	
318	2149	Luísa Mota Ribeiro	Individual	03:20:40	+01:42:32	20:04	
319	2220	Bruno Correia	Individual	03:21:02	+01:42:54	20:06	
320	2237	Guilherme Correia	Individual	03:21:14	+01:43:06	20:07	
321	2233	Francisco Correia	Individual	03:21:15	+01:43:07	20:08	
322	2251	luis vilela	Individual	03:22:26	+01:44:18	20:15	
323	2095	Ana Carina Ferreira	Individual	03:23:17	+01:45:09	20:20	
324	2200	Sónia Pereira	Individual	03:23:19	+01:45:11	20:20	
325	2129	Ema Ramos	Individual	03:23:20	+01:45:12	20:20	
326	2100	Andreia Gomes	Individual	03:23:21	+01:45:13	20:20	
327	2266	Paulo Ramos	Individual	03:23:21	+01:45:13	20:20	
328	2235	Gonçalo Barros	Individual	03:26:52	+01:48:44	20:41	
329	2248	Luís Alves	Individual	03:26:52	+01:48:44	20:41	
330	2271	Renato Silva	Individual	03:26:52	+01:48:44	20:41	
331	2132	Filipa Castro	Individual	03:26:54	+01:48:46	20:41	
332	2278	Tiago Gonçalves Amorim	Individual	03:26:56	+01:48:48	20:42	
333	2351	Mariana Santos	Trio Sem Sono	03:29:10	+01:51:02	20:55	
334	2352	Suzana Santos	Trio Sem Sono	03:29:10	+01:51:02	20:55	
335	2353	Frederico Lemos	Trio Sem Sono	03:29:10	+01:51:02	20:55	
336	2116	Cátia Okiveira	Individual	03:34:02	+01:55:54	21:24	
337	2094	Alexandra Carvalho	Individual	03:34:02	+01:55:54	21:24	
338	2374	Carla Lopes	Vassoura	03:34:14	+01:56:06	21:25	
339	2376	Adalberto Martins	Vassoura	03:34:14	+01:56:06	21:25	
340	2375	Manuela Santos	Vassoura	03:34:17	+01:56:09	21:26	

Obs

BIB	NOTE	NAME	TEAM
2339	DQ	Carla Costa	Secundária Friends
2340	DQ	Manuela Barbosa	Secundária Friends
2343	DQ	Joao Barbosa	Secundária Friends
2344	DQ	Laurindo Costa	Secundária Friends
2345	DQ	Miguel Fisteus	Secundária Friends
2395	DQ	Ana Santos	Individual
2172	DNF	Patricia Carla Abreu Moura de Carvalho Meireles	Individual
2201	DNF	Susana Cristina Ferreira Teixeira	Individual

CAMINHADA - STAGE 1**10 KM**

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

OFFICIAL RESULT

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

2377	DNS	Anabela Barros	Xiolas
2378	DNS	Isabel Vieira	Xiolas
2379	DNS	Paula Faustino	Xiolas
2382	DNS	Vítor Barros	Xiolas

Caminhada

10 KM

OFFICIAL RESULT

39	2038	Elisabete Maria Soutulho Coelho Alves	Embarca Running	Senior Feminino	02:26:01	+35:18	14:36
40	2097	Anabela Dias	Individual	Senior Feminino	02:26:01	+35:18	14:36
41	2142	Joana Moutinho	Individual	Senior Feminino	02:27:52	+37:09	14:47
42	1074	Marisa Loureiro	Individual	Senior Feminino	02:28:21	+37:38	14:50
43	2120	Cláudia Gomes	Individual	Senior Feminino	02:34:24	+43:41	15:26
44	2111	Carla Vidigueira	Individual	Senior Feminino	02:34:24	+43:41	15:26
45	2140	Joana Maciel	Individual	Senior Feminino	02:34:30	+43:47	15:27
46	2195	Solange Costa	Individual	Senior Feminino	02:34:31	+43:48	15:27
47	2107	Cândida Oliveira	Individual	Senior Feminino	02:36:24	+45:40	15:38
48	2283	La-Salete Magalhães	LC	Senior Feminino	02:36:56	+46:13	15:42
49	2118	Cidalia Silva	Individual	Senior Feminino	02:37:27	+46:44	15:45
50	2202	Susana Ferreira	Individual	Senior Feminino	02:37:46	+47:03	15:47
51	2205	Tania Nogueira	Individual	Senior Feminino	02:37:47	+47:03	15:47
52	2198	Sonia Isabel Ferreira Martins	Individual	Senior Feminino	02:38:11	+47:28	15:49
53	2148	Lúcia Teixeira	Individual	Senior Feminino	02:38:12	+47:29	15:49
54	2181	Sandra Cristina da Azevedo Mendes	Individual	Senior Feminino	02:38:27	+47:44	15:51
55	2020	Cristina Silva	BODYNAMiCS	Senior Feminino	02:40:54	+50:11	16:05
56	2021	Gabriela Pereira	BODYNAMiCS	Senior Feminino	02:40:54	+50:11	16:05
57	2025	Sara Coelho	BODYNAMiCS	Senior Feminino	02:40:55	+50:12	16:05
58	2022	Liliana Sousa	BODYNAMiCS	Senior Feminino	02:40:56	+50:13	16:06
59	2019	Carla Marques	BODYNAMiCS	Senior Feminino	02:40:56	+50:13	16:06
60	2023	Margarida Sousa	BODYNAMiCS	Senior Feminino	02:40:56	+50:13	16:06
61	2302	Ana Catarina Rocha	Os Malteses	Senior Feminino	02:42:25	+51:42	16:15
62	2303	Carolina Moreira	Os Malteses	Senior Feminino	02:42:26	+51:42	16:15
63	2209	Vanda Ferreira	Individual	Senior Feminino	02:43:06	+52:23	16:19
64	2347	Inês Silva	SOFREDORES Anónimos	Senior Feminino	02:43:07	+52:24	16:19
65	2159	Maria Leonor Dias Gomes	Individual	Senior Feminino	02:43:12	+52:29	16:19
66	2158	Maria João Lemos Soares ferreira	Individual	Senior Feminino	02:43:12	+52:29	16:19
67	2156	Maria de Fátima Castro Paiva	Individual	Senior Feminino	02:43:17	+52:33	16:20
68	1180	Irene Nunes	TrepaTrilhos Trail Team	Senior Feminino	02:43:47	+53:04	16:23
69	2143	Joana Paiva Teixeira	Individual	Senior Feminino	02:43:59	+53:16	16:24
70	2387	Tatiana Alves de Sousa	Individual	Senior Feminino	02:44:01	+53:18	16:24
71	2163	Marisa Carvalho	Individual	Senior Feminino	02:44:12	+53:29	16:25
72	2002	Claudia Campos	100Ritmo do Hi-fit	Senior Feminino	02:44:14	+53:30	16:25
73	2004	Manuela Costa	100Ritmo do Hi-fit	Senior Feminino	02:44:14	+53:30	16:25
74	2003	Helena Pedrinha	100Ritmo do Hi-fit	Senior Feminino	02:44:14	+53:31	16:25
75	2211	Vera Antunes	Individual	Senior Feminino	02:44:42	+53:59	16:28
76	2139	Ivone Pinto	Individual	Senior Feminino	02:44:42	+53:59	16:28
77	2295	ELISABETE SILVA	OS DESTEMIDOS	Senior Feminino	02:44:57	+54:14	16:30
78	2088	Luisa Mota	Gundemarus	Senior Feminino	02:45:05	+54:22	16:31
79	2090	Mónica Santos	Gundemarus	Senior Feminino	02:45:06	+54:23	16:31
80	2085	Florinda Castro	Gundemarus	Senior Feminino	02:45:09	+54:26	16:31
81	2083	Anabela Guimarães	Gundemarus	Senior Feminino	02:45:09	+54:26	16:31
82	2170	Odete Maria França dos Santos Castro Rosas	Individual	Senior Feminino	02:45:14	+54:31	16:31
83	2171	Otilia Castro	Individual	Senior Feminino	02:45:15	+54:32	16:31

Caminhada

10 KM

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

OFFICIAL RESULT

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

173	2316	Beatriz Fonseca	Santa Bolha	Senior Feminino	03:16:50	+01:26:07	19:41
174	2324	Vera Rocha	Santa Bolha	Senior Feminino	03:16:53	+01:26:10	19:41
175	2319	Patrícia Lopes	Santa Bolha	Senior Feminino	03:16:55	+01:26:12	19:42
176	2184	Sandra pontes	Individual	Senior Feminino	03:16:55	+01:26:12	19:42
177	2315	Adriana Dias	Santa Bolha	Senior Feminino	03:16:57	+01:26:14	19:42
178	2320	Ricarda Gomes	Santa Bolha	Senior Feminino	03:16:57	+01:26:14	19:42
179	2384	Manuela Matos	ZUMBA MB	Senior Feminino	03:16:57	+01:26:14	19:42
180	2322	Sandra Read	Santa Bolha	Senior Feminino	03:17:19	+01:26:36	19:44
181	2323	Tânia Cerqueira	Santa Bolha	Senior Feminino	03:17:23	+01:26:39	19:44
182	2318	Lúgia Marques	Santa Bolha	Senior Feminino	03:17:58	+01:27:15	19:48
183	2164	Marlene Leonor Costa de Carvalho	Individual	Senior Feminino	03:19:25	+01:28:41	19:56
184	2152	Márcia Silva	Individual	Senior Feminino	03:19:32	+01:28:49	19:57
185	2188	SILVIA ANDREIA OLIVEIRA COIMBRA	Individual	Senior Feminino	03:19:33	+01:28:50	19:57
186	2183	Sandra Pinto	Individual	Senior Feminino	03:19:34	+01:28:50	19:57
187	2191	Silvia Rebelo	Individual	Senior Feminino	03:20:37	+01:29:54	20:04
188	2108	Carla Guimaraes	Individual	Senior Feminino	03:20:38	+01:29:54	20:04
189	2149	Luísa Mota Ribeiro	Individual	Senior Feminino	03:20:40	+01:29:57	20:04
190	2095	Ana Carina Ferreira	Individual	Senior Feminino	03:23:17	+01:32:33	20:20
191	2200	Sónia Pereira	Individual	Senior Feminino	03:23:19	+01:32:36	20:20
192	2129	Ema Ramos	Individual	Senior Feminino	03:23:20	+01:32:37	20:20
193	2100	Andreia Gomes	Individual	Senior Feminino	03:23:21	+01:32:37	20:20
194	2132	Filipa Castro	Individual	Senior Feminino	03:26:54	+01:36:11	20:41
195	2351	Mariana Santos	Trio Sem Sono	Senior Feminino	03:29:10	+01:38:26	20:55
196	2352	Suzana Santos	Trio Sem Sono	Senior Feminino	03:29:10	+01:38:27	20:55
197	2116	Cátia Okiveira	Individual	Senior Feminino	03:34:02	+01:43:18	21:24
198	2094	Alexandra Carvalho	Individual	Senior Feminino	03:34:02	+01:43:19	21:24
199	2374	Carla Lopes	Vassoura	Senior Feminino	03:34:14	+01:43:30	21:25
200	2375	Manuela Santos	Vassoura	Senior Feminino	03:34:17	+01:43:34	21:26

Senior Masculino

1	2298	JOSÉ RIBEIRO	OS DESTEMIDOS	Senior Masculino	01:38:08		09:49
2	2081	Tomás de Sousa Teixeira	GONDOMAR 2015	Senior Masculino	01:40:21	+02:12	10:02
3	2274	Salvador Martins Cardoso	Individual	Senior Masculino	01:40:21	+02:12	10:02
4	2236	Gonçalo Pereira Dias	Individual	Senior Masculino	01:41:07	+02:59	10:07
5	2279	Tomás Pereira Dias	Individual	Senior Masculino	01:41:10	+03:02	10:07
6	2223	Carlos Silva	Individual	Senior Masculino	01:44:32	+06:23	10:27
7	2253	Manuel Gonçalves Santos	Individual	Senior Masculino	01:46:47	+08:39	10:41
8	2214	Aires Dias	Individual	Senior Masculino	01:47:40	+09:31	10:46
9	2247	José Marques Ferreira	Individual	Senior Masculino	01:47:40	+09:31	10:46
10	2228	Emanuel Alexandre de Almeida Pereira Cardoso	Individual	Senior Masculino	01:48:04	+09:55	10:48
11	2277	Santiago Martins Cardoso	Individual	Senior Masculino	01:48:04	+09:55	10:48
12	2337	Rodrigo Alves Nogueira	SB Walker	Senior Masculino	01:54:06	+15:57	11:25
13	2335	Domingos Filipe Pereira Nogueira	SB Walker	Senior Masculino	01:54:17	+16:09	11:26
14	2260	Miguel Ribeiro	Individual	Senior Masculino	01:54:46	+16:37	11:29

Official Timekeeper: Lap2Go	5 / 8	generate 24-mai.-2026 15:29
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Caminhada

10 KM

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OFFICIAL RESULT

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15	2267	Pedro Coelho	Individual	Senior Masculino	01:55:31	+17:23	11:33
16	2080	Tiago Simão Lima Coelho	GONDOMAR 2015	Senior Masculino	01:56:32	+18:24	11:39
17	2306	António Neves	Os Malteses	Senior Masculino	02:01:30	+23:21	12:09
18	2307	Bruno Andrade	Os Malteses	Senior Masculino	02:01:30	+23:21	12:09
19	2281	xavier barros	Individual	Senior Masculino	02:02:55	+24:46	12:17
20	2350	Rodrigo Duarte	tog Associação Running Team	Senior Masculino	02:03:17	+25:08	12:20
21	2254	Manuel Rodrigues	Individual	Senior Masculino	02:04:32	+26:24	12:27
22	2393	Rui Oliveira	Individual	Senior Masculino	02:05:40	+27:31	12:34
23	2034	Ismael Fraga	Centro Cultural D. T. da STCP/N Seguros	Senior Masculino	02:07:39	+29:30	12:46
24	2035	Rui Guedes	Centro Cultural D. T. da STCP/N Seguros	Senior Masculino	02:07:40	+29:31	12:46
25	2219	Bruno Barbosa	Individual	Senior Masculino	02:07:47	+29:39	12:47
26	2238	Helder Santos	Individual	Senior Masculino	02:08:37	+30:28	12:52
27	2213	Afonso Pinto Caldas	Individual	Senior Masculino	02:11:50	+33:41	13:11
28	2232	Francisco Carlos Ribeiro da Silva Caldas	Individual	Senior Masculino	02:11:50	+33:42	13:11
29	2224	Daniel Martins Leal	Individual	Senior Masculino	02:12:34	+34:25	13:15
30	2257	Miguel Augusto da Silva Leal	Individual	Senior Masculino	02:12:35	+34:26	13:15
31	2300	MARTIM RIBEIRO	OS DESTEMIDOS	Senior Masculino	02:16:05	+37:57	13:37
32	2301	RICARDO RIBEIRO	OS DESTEMIDOS	Senior Masculino	02:18:48	+40:39	13:53
33	2299	MARCO CAETANO	OS DESTEMIDOS	Senior Masculino	02:18:51	+40:42	13:53
34	2294	Rafael Barquinha	Os Borges	Senior Masculino	02:21:57	+43:48	14:12
35	2222	Carlos Pinto	Individual	Senior Masculino	02:22:04	+43:55	14:12
36	2356	José Maria Moreira Santos	Turbolentos de Moreira	Senior Masculino	02:22:47	+44:38	14:17
37	2215	andré duarte	Individual	Senior Masculino	02:22:58	+44:49	14:18
38	2265	Paulo Andrade	Individual	Senior Masculino	02:22:58	+44:49	14:18
39	2276	Sandro Lopes	Individual	Senior Masculino	02:23:05	+44:56	14:18
40	2346	Nelson Fernandes	Secundária Friends	Senior Masculino	02:25:36	+47:28	14:34
41	2255	Marco Dias	Individual	Senior Masculino	02:26:01	+47:53	14:36
42	1094	Ricardo Loureiro	Individual	Senior Masculino	02:28:22	+50:13	14:50
43	2227	Diogo Silva	Individual	Senior Masculino	02:34:29	+56:21	15:27
44	2246	José Laranjeira	Individual	Senior Masculino	02:34:31	+56:23	15:27
45	2221	Carlos Martins	Individual	Senior Masculino	02:34:35	+56:26	15:28
46	2282	Xavier Silva	Individual	Senior Masculino	02:35:05	+56:56	15:30
47	2275	Salvador Neves	Individual	Senior Masculino	02:35:10	+57:01	15:31
48	2270	Raul Cesar Sousa Dinis	Individual	Senior Masculino	02:36:25	+58:16	15:39
49	2284	Célio Plácido	LC	Senior Masculino	02:36:54	+58:45	15:41
50	2272	Rui Dias	Individual	Senior Masculino	02:37:27	+59:18	15:45
51	2240	Hugo Almeida	Individual	Senior Masculino	02:38:32	+01:00:23	15:51
52	2026	Ricardo Sobral	BODYNAMiCS	Senior Masculino	02:40:56	+01:02:48	16:06
53	2250	Luis Silva	Individual	Senior Masculino	02:43:25	+01:05:16	16:21
54	2243	Joaquim da Conceição Teixeira	Individual	Senior Masculino	02:43:36	+01:05:27	16:22
55	2006	Alvaro Fernandes	100Ritmo do Hi-fit	Senior Masculino	02:44:15	+01:06:06	16:26
56	2249	Luis Regala	Individual	Senior Masculino	02:44:40	+01:06:32	16:28
57	2079	Salvador Pinto Ferreira de Sousa Silveira	GONDOMAR 2015	Senior Masculino	02:44:53	+01:06:44	16:29
58	2063	Enzo José dos Santos Rocha	GONDOMAR 2015	Senior Masculino	02:44:56	+01:06:47	16:30

Caminhada

10 KM

OFFICIAL RESULT

105	2289	Afonso Pereira	MARAVILHA	Senior Masculino	03:05:13	+01:27:04	18:31
106	2290	Rui Pereira	MARAVILHA	Senior Masculino	03:05:54	+01:27:45	18:35
107	2217	Armando Miguel Ribeiro Romank	Individual	Senior Masculino	03:07:07	+01:28:58	18:43
108	2365	António José dos Santos Ramos Correia	União de Freguesias de Fânzeres e São Pedro da Cova	Senior Masculino	03:07:08	+01:28:59	18:43
109	2367	José Mathanzi Bambi	União de Freguesias de Fânzeres e São Pedro da Cova	Senior Masculino	03:07:39	+01:29:30	18:46
110	2218	Bruno Lascasas	Individual	Senior Masculino	03:08:03	+01:29:54	18:48
111	2258	Miguel Mendes	Individual	Senior Masculino	03:08:53	+01:30:44	18:53
112	1097	Bruno França	Individual	Senior Masculino	03:11:36	+01:33:28	19:10
113	2225	Dario Moutinho	Individual	Senior Masculino	03:11:40	+01:33:32	19:10
114	2037	Sérgio Duarte Alves Oliveira	Dragões Stª Cruz	Senior Masculino	03:12:37	+01:34:29	19:16
115	2036	Leandro Mateus Moreira Pereira	Dragões Stª Cruz	Senior Masculino	03:12:39	+01:34:30	19:16
116	2216	André Monteiro	Individual	Senior Masculino	03:15:57	+01:37:48	19:36
117	2241	Humberto Oliveira	Individual	Senior Masculino	03:16:01	+01:37:52	19:36
118	2226	Dinis Monteiro	Individual	Senior Masculino	03:16:01	+01:37:53	19:36
119	2386	Henrique Baptista	ZUMBA MB	Senior Masculino	03:16:07	+01:37:59	19:37
120	2373	Paulo Alexandre Martins Ferreira	Vamos a todas	Senior Masculino	03:16:34	+01:38:25	19:39
121	34	Filipe Lopes	Individual	Senior Masculino	03:16:55	+01:38:46	19:41
122	2330	Pedro Ferreira	Santa Bolha	Senior Masculino	03:16:56	+01:38:48	19:42
123	2325	Benjamin Read	Santa Bolha	Senior Masculino	03:17:03	+01:38:54	19:42
124	2329	Mário Moreira	Santa Bolha	Senior Masculino	03:17:20	+01:39:11	19:44
125	2326	João Babo	Santa Bolha	Senior Masculino	03:17:20	+01:39:11	19:44
126	2331	Victor Oliveira	Santa Bolha	Senior Masculino	03:17:21	+01:39:13	19:44
127	2328	Joel Soares	Santa Bolha	Senior Masculino	03:17:23	+01:39:14	19:44
128	2212	Adriano Carneiro	Individual	Senior Masculino	03:20:37	+01:42:28	20:04
129	2262	MIGUEL VIDAL	Individual	Senior Masculino	03:20:40	+01:42:31	20:04
130	2220	Bruno Correia	Individual	Senior Masculino	03:21:02	+01:42:53	20:06
131	2237	Guilherme Correia	Individual	Senior Masculino	03:21:14	+01:43:05	20:07
132	2233	Francisco Correia	Individual	Senior Masculino	03:21:15	+01:43:07	20:08
133	2251	luis vilela	Individual	Senior Masculino	03:22:26	+01:44:18	20:15
134	2266	Paulo Ramos	Individual	Senior Masculino	03:23:21	+01:45:13	20:20
135	2235	Gonçalo Barros	Individual	Senior Masculino	03:26:52	+01:48:43	20:41
136	2248	Luis Alves	Individual	Senior Masculino	03:26:52	+01:48:43	20:41
137	2271	Renato Silva	Individual	Senior Masculino	03:26:52	+01:48:44	20:41
138	2278	Tiago Gonçalves Amorim	Individual	Senior Masculino	03:26:56	+01:48:47	20:42
139	2353	Frederico Lemos	Trio Sem Sono	Senior Masculino	03:29:10	+01:51:01	20:55
140	2376	Adalberto Martins	Vassoura	Senior Masculino	03:34:14	+01:56:05	21:25