

## PROVA PRINCIPAL - STAGE 1

10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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	18:30	8,9°C	66%
End	19:52	8,5°C	61%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	333	Hélder Lopes	dci/pedrulha-mealhada	Senior Masculino	32:13		03:13
2	582	Joao Almeida	individual	Senior Masculino	32:54	+00:40	03:17
3	135	Miguel Ângelo Bento Neves	bosch	Senior Masculino	33:30	+01:16	03:21
4	946	Bruno Silva	maia ac	Senior Masculino	33:56	+01:43	03:24
5	1099	Hugo Ramalho	recreio desportivo de águeda	Senior Masculino	34:06	+01:53	03:25
6	1170	Fabio fernandes correia	trail running clube btt sanguedo	Senior Masculino	34:28	+02:15	03:27
7	669	LUIS SILVA	individual	Veterano M40	34:29	+02:15	03:27
8	860	Ricardo Ferreira	individual	Veterano M40	34:29	+02:15	03:27
9	332	Fernando Marques	dci/pedrulha-mealhada	Senior Masculino	35:03	+02:49	03:30
10	765	Adelino Fernandes	individual	Veterano M40	35:06	+02:52	03:31
11	39	Pedro	adtravassô	Senior Masculino	35:07	+02:53	03:31
12	341	Messias Dias	dci/pedrulha-mealhada	Veterano M40	35:11	+02:57	03:31
13	1104	Luis Miguel	recreio desportivo de águeda	Veterano M40	35:19	+03:05	03:32
14	331	Diogo Pimenta	dci/pedrulha-mealhada	Senior Masculino	35:38	+03:25	03:34
15	366	Alberto Fonte	adrep	Veterano M40	35:43	+03:29	03:34
16	610	Marco Moreira	individual	Senior Masculino	35:46	+03:32	03:35
17	862	Rudimar da Rosa Sousa	individual	Veterano M40	35:46	+03:33	03:35
18	226	Fernando santos	casa povo mangualde	Veterano M40	35:51	+03:37	03:35
19	1105	Rúben Estima	recreio desportivo de águeda	Veterano M40	36:02	+03:48	03:36
20	586	João Patricio	individual	Senior Masculino	36:14	+04:00	03:37
21	340	Manuel Vicente	dci/pedrulha-mealhada	Veterano M40	36:26	+04:12	03:39
22	783	David Coutinho	individual	Veterano M40	36:34	+04:20	03:39
23	392	Manuel Silva	fundiven	Senior Masculino	36:34	+04:21	03:39
24	672	Rui Costa	individual	Senior Masculino	36:40	+04:26	03:40
25	1146	Milton Santos	sport clube beira-mar	Senior Masculino	36:42	+04:28	03:40
26	513	Andre Nobre	individual	Senior Masculino	36:43	+04:29	03:40
27	328	Márcia Martins	dci/pedrulha-mealhada	Senior Feminino	36:44	+04:30	03:40
28	517	Andre Santos	individual	Senior Masculino	36:58	+04:44	03:42
29	1098	Celso Moreira	recreio desportivo de águeda	Senior Masculino	37:25	+05:12	03:45
30	1229	JOSUE OLIVEIRA	individual	Veterano M40	37:29	+05:16	03:45
31	406	João Moreira dos Santos	grupel	Veterano M40	37:31	+05:17	03:45
32	338	Tozé Carvalho	dci/pedrulha-mealhada	Senior Masculino	37:31	+05:17	03:45
33	17	José Luís Tojal Marques	3 santos populares	Veterano M50	37:32	+05:18	03:45
34	139	Nuno Filipe Costa Alves	bosch	Senior Masculino	37:32	+05:19	03:45
35	173	Antonio Silva	bosch	Veterano M40	37:34	+05:20	03:45
36	1053	Bruno Macedo	os caga tacos running team	Senior Masculino	37:36	+05:22	03:46
37	346	Vítor Oliveira	dci/pedrulha-mealhada	Veterano M50	37:43	+05:29	03:46
38	344	João Paulo Almeida	dci/pedrulha-mealhada	Veterano M50	38:06	+05:53	03:49
39	336	Ricardo Santos	dci/pedrulha-mealhada	Senior Masculino	38:09	+05:55	03:49
40	799	Jorge Manuel Vilarinho Sardo Bola	individual	Veterano M40	38:11	+05:57	03:49
41	938	Tiago Garmelas	juventude vidigalense	Senior Masculino	38:12	+05:58	03:49



**PROVA PRINCIPAL - STAGE 1**

**10 KM**

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
86	253	Alexandre Henriques	cires running team	Veterano M40	40:32	+08:18	04:03
87	1197	Joao Portugal	duravit	Veterano M40	40:33	+08:19	04:03
88	409	Paulo Almeida	grupo desportivo gafanha	Veterano M40	40:33	+08:19	04:03
89	543	Dmytro Ostapchuk	individual	Senior Masculino	40:34	+08:20	04:03
90	1228	LEANDRO SILVA	individual	Senior Masculino	40:36	+08:22	04:04
91	1113	ANTÓNIO SILVA	ripolins grijó a correr	Veterano M50	40:40	+08:26	04:04
92	630	Paulo Fidalgo	individual	Senior Masculino	40:42	+08:28	04:04
93	956	Paulo Rafael Sousa Teixeira	mhcp aveiro agueda	Senior Masculino	40:44	+08:30	04:04
94	605	Luís Filipe Rodrigues Azevedo	individual	Senior Masculino	40:56	+08:43	04:06
95	824	Mario Paulo Ferreira	individual	Veterano M40	41:03	+08:49	04:06
96	343	Vitor Castro	dci/pedrolha-mealhada	Veterano M40	41:06	+08:52	04:07
97	345	Tony Graça	dci/pedrolha-mealhada	Veterano M50	41:11	+08:57	04:07
98	844	Paulo Joaquim Moreira Gomes	individual	Veterano M40	41:14	+09:00	04:07
99	997	joao neves	nuno troia personal trainer	Veterano M40	41:14	+09:00	04:07
100	1079	Vitor Paiva	pharmasaúde - sangalhos runners	Senior Masculino	41:15	+09:01	04:07
101	1187	Vital soares	viseu 360	Senior Masculino	41:16	+09:02	04:08
102	853	Pedro Miguel Laranjo	individual	Veterano M40	41:16	+09:02	04:08
103	1034	Jóias de Meira	onda team	Senior Masculino	41:19	+09:05	04:08
104	785	Fernando Manuel Rocha Freire	individual	Veterano M40	41:20	+09:06	04:08
105	812	LUIS CARLOS SILVA TEIXEIRA	individual	Veterano M40	41:22	+09:08	04:08
106	924	Carlos Alberto Ferreira	individual	Veterano M60	41:23	+09:09	04:08
107	774	António Jorge Martins Francisco	individual	Veterano M40	41:23	+09:09	04:08
108	921	Valdemar Oliveira	individual	Veterano M50	41:27	+09:13	04:09
109	698	Tony Almeida	individual	Senior Masculino	41:30	+09:16	04:09
110	884	Carlos Cunha	individual	Veterano M50	41:33	+09:19	04:09
111	1180	Jorge Correia	virithvs runners viseu	Veterano M40	41:34	+09:20	04:09
112	566	Gonçalo Arada Martins	individual	Senior Masculino	41:35	+09:21	04:09
113	873	Sérgio Teixeira	individual	Veterano M40	41:39	+09:25	04:10
114	260	Francisco Casegas	clube millennium bcp	Senior Masculino	41:41	+09:27	04:10
115	945	Daniela Gregório	maia ac	Senior Feminino	41:44	+09:30	04:10
116	362	Hugo Santos	adrep	Senior Masculino	41:45	+09:31	04:10
117	1092	Jorge Costa	qviagem	Veterano M40	41:45	+09:31	04:10
118	791	Hélder Guedes	individual	Veterano M40	41:50	+09:36	04:11
119	837	Nuno Milheiro	individual	Veterano M40	41:52	+09:38	04:11
120	286	sergio freitas	correio de albergaria trail running	Veterano M40	41:57	+09:43	04:12
121	795	João carlos ribeiro	individual	Veterano M40	41:58	+09:44	04:12
122	1150	Rui Oliveira	team bala	Veterano M40	41:58	+09:44	04:12
123	1151	Filipe Rito	team bala	Veterano M50	41:58	+09:44	04:12
124	438	Ricardo Silva	improváveis	Senior Masculino	42:00	+09:46	04:12
125	369	Jorge Martins	adrep	Veterano M40	42:02	+09:48	04:12
126	833	Nuno Alexandre Silva	individual	Veterano M40	42:02	+09:49	04:12
127	1141	Carlos Venancio	siroco	Senior Masculino	42:06	+09:52	04:13
128	813	Luis Figueiredo	individual	Veterano M40	42:09	+09:55	04:13
129	964	Pedro alves	melguinhas doces	Senior Masculino	42:13	+09:59	04:13
130	353	Tiago Castro	dellent consulting	Senior Masculino	42:16	+10:02	04:14

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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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
131	937	Helder Costa	jl aluminios	Senior Masculino	42:18	+10:04	04:14
132	820	Manuel António Roseiro Ferreira	individual	Veterano M40	42:19	+10:05	04:14
133	136	Miguel Ferreira	bosch	Senior Masculino	42:19	+10:05	04:14
134	22	Bruno Coelho	adabem running team	Senior Masculino	42:21	+10:07	04:14
135	1201	Carlos rocha	individual	Veterano M40	42:22	+10:08	04:14
136	693	Tiago Oliveira	individual	Senior Masculino	42:24	+10:10	04:14
137	245	Helder Afonso da Silva Costa	centro municipal de marcha e corrida de vale de cambra	Veterano M40	42:25	+10:12	04:15
138	977	Jorge Faria	nokia runners	Senior Masculino	42:28	+10:14	04:15
139	342	Pedro Barros	dci/pedrulha-mealhada	Veterano M40	42:28	+10:14	04:15
140	891	fernando morais	individual	Veterano M50	42:31	+10:17	04:15
141	896	Heitor Araújo	individual	Veterano M50	42:32	+10:18	04:15
142	978	Márcio Silva	nokia runners	Senior Masculino	42:34	+10:20	04:15
143	113	Hélder Duarte	bosch	Senior Masculino	42:39	+10:25	04:16
144	601	Leonardo Lourenço de Jesus	individual	Senior Masculino	42:40	+10:26	04:16
145	635	Pedro Almeida da Conceição	individual	Senior Masculino	42:45	+10:31	04:16
146	1182	Rui Pires	viriahtvs runners viseu	Veterano M40	42:51	+10:37	04:17
147	231	Rui Pedro Gomes Grangeio Fragoso	ccd dos funcionários da cmaveiro	Senior Masculino	42:55	+10:42	04:18
148	674	Rui Duarte Oliveira Pinto	individual	Senior Masculino	42:57	+10:43	04:18
149	680	Rui Moura	individual	Senior Masculino	42:57	+10:43	04:18
150	350	Ricardo Auxiliar	dellent consulting	Senior Masculino	43:11	+10:57	04:19
151	1226	OSCAR RAMALHO	individual	Veterano M40	43:11	+10:58	04:19
152	240	José Sousa	ccd renault, cacia	Senior Masculino	43:13	+10:59	04:19
153	549	EUGÉNIO SANTOS	individual	Senior Masculino	43:13	+10:59	04:19
154	193	Luís Monteiro	bosch	Veterano M40	43:16	+11:02	04:20
155	1013	Domingos Dias	oli	Senior Masculino	43:21	+11:07	04:20
156	908	MANUEL DO CARMO MARQUES	individual	Veterano M50	43:27	+11:13	04:21
157	550	Fábio Emanuel Anelhe Pizarro	individual	Senior Masculino	43:28	+11:14	04:21
158	1198	Hugo Silva	duravit	Senior Masculino	43:36	+11:22	04:22
159	294	Fernando Correia	correr viseu	Veterano M40	43:37	+11:24	04:22
160	186	João Santana	bosch	Veterano M40	43:47	+11:33	04:23
161	247	Nelson José Ribeiro da Cunha e Silva	centro municipal de marcha e corrida de vale de cambra	Veterano M60	43:49	+11:35	04:23
162	625	Nuno Mariz	individual	Senior Masculino	43:50	+11:36	04:23
163	1221	HENRIQUE MOTA PEREIRA	individual	Senior Masculino	43:50	+11:37	04:23
164	814	Luis manuel de almeida rodrigues	individual	Veterano M40	43:54	+11:40	04:23
165	644	Pedro Santos	individual	Senior Masculino	43:55	+11:42	04:24
166	609	Marco Filipe Araujo Morgado	individual	Senior Masculino	43:56	+11:42	04:24
167	925	DOMINGOS ALMEIDA	individual	Veterano M60	43:56	+11:43	04:24
168	1108	José Santos	recreio desportivo de águeda	Veterano M50	43:58	+11:45	04:24
169	665	Ricardo Santos	individual	Senior Masculino	43:59	+11:45	04:24
170	268	Bento Baptista	cluve - clube veteranos atletismo coimbra	Veterano M60	44:00	+11:46	04:24
171	361	Cláudio Pereira	adrep	Senior Masculino	44:03	+11:49	04:24
172	683	Sérgio Baptista	individual	Senior Masculino	44:04	+11:50	04:24

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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

## 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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
173	940	João Simões	kalenji team decathlon aveiro	Senior Masculino	44:06	+11:52	04:25
174	941	JOSE JOÃO DUARTE	kalenji team decathlon aveiro	Senior Masculino	44:06	+11:52	04:25
175	21	JOAO ALMADA	a.d.travasso	Veterano M50	44:07	+11:53	04:25
176	1167	Pedro Tavares	tondela runners	Veterano M40	44:08	+11:54	04:25
177	310	PeDrO MaDall	csp vera cruz	Veterano M40	44:09	+11:55	04:25
178	920	Rui silva	individual	Veterano M50	44:12	+11:58	04:25
179	700	Vasco Oliveira	individual	Senior Masculino	44:12	+11:58	04:25
180	375	Rui Matos	electrex	Veterano M60	44:14	+12:00	04:25
181	666	Ricardo Tavares Silva	individual	Senior Masculino	44:15	+12:01	04:25
182	1036	Tiago Rocha	onda team	Senior Masculino	44:18	+12:04	04:26
183	870	Sérgio Carlos	individual	Veterano M40	44:19	+12:05	04:26
184	839	Nuno Queiroz	individual	Veterano M40	44:21	+12:07	04:26
185	152	Ricardo Coelho Bosch	bosch	Senior Masculino	44:25	+12:11	04:26
186	174	Armindo Bastos	bosch	Veterano M40	44:25	+12:11	04:27
187	914	Paul Shepherd	individual	Veterano M50	44:27	+12:13	04:27
188	1207	Rui Amorim	royal school	Veterano M40	44:28	+12:14	04:27
189	767	Agostinho Moreira	individual	Veterano M40	44:31	+12:18	04:27
190	957	Carlos Manuel Correia Pinheiro	mhcp aveiro agueda	Veterano M40	44:32	+12:18	04:27
191	1080	Rui Russo dos Santos	porto runners	Veterano M50	44:33	+12:19	04:27
192	1068	João Alves	panoramah	Senior Masculino	44:33	+12:19	04:27
193	1136	Pedro Lares	serious team	Senior Masculino	44:34	+12:20	04:27
194	1135	Ana Raquel Santos	serious team	Senior Feminino	44:34	+12:20	04:27
195	144	Paulo Baptista	bosch	Senior Masculino	44:34	+12:20	04:27
196	330	Maria Ramos	dci/pedrulha-mealhada	Senior Feminino	44:40	+12:26	04:28
197	367	Francisco Roque	adrep	Veterano M40	44:42	+12:29	04:28
198	371	Rui Urbano	adrep	Veterano M40	44:43	+12:29	04:28
199	789	Francisco Lamas	individual	Veterano M40	44:46	+12:32	04:29
200	284	nelson santiago	correio de albergaria trail running	Veterano M40	44:47	+12:33	04:29
201	975	Flávio Silvestre	nokia runners	Senior Masculino	44:47	+12:33	04:29
202	897	Heitor de Oliveira Sntos	individual	Veterano M50	44:53	+12:39	04:29
203	782	Cláudio Manuel Silva Soares Carvalho	individual	Veterano M40	44:56	+12:42	04:30
204	888	DUARTE REINALDO ANTUNES SEQUEIRA	individual	Veterano M50	44:57	+12:43	04:30
205	648	Renato Costa	individual	Senior Masculino	44:58	+12:44	04:30
206	510	André	individual	Senior Masculino	44:59	+12:45	04:30
207	1081	Daniel Rodrigues	powertools	Senior Masculino	45:00	+12:46	04:30
208	1157	Luis Ferreira	tondela runners	Senior Masculino	45:01	+12:47	04:30
209	847	Paulo Marçal	individual	Veterano M40	45:02	+12:48	04:30
210	1097	Manuel Pereira Da Silva Campos	rasgamatabtt	Veterano M50	45:04	+12:50	04:30
211	1169	José Mário Marques Almeida	tondela runners	Veterano M50	45:04	+12:50	04:30
212	402	Filipe Lopes Carvalho	grupel	Senior Masculino	45:05	+12:51	04:30
213	822	Marco Coelho	individual	Veterano M40	45:09	+12:55	04:31
214	1166	Paulo Silva	tondela runners	Veterano M40	45:09	+12:55	04:31
215	276	Samuel Proença	correio de albergaria trail running	Senior Masculino	45:13	+12:59	04:31
216	612	Mário João da Costa Pires	individual	Senior Masculino	45:15	+13:01	04:31





PROVA PRINCIPAL - STAGE 1

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

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
261	832	Nuno Alegria	individual	Veterano M40	46:37	+14:23	04:40
262	316	Hugo Martins	dar-recardães	Senior Masculino	46:38	+14:24	04:40
263	901	Joaquim Almeida	individual	Veterano M50	46:42	+14:28	04:40
264	297	André Almeida	crossfit agd	Senior Masculino	46:43	+14:29	04:40
265	869	Rui Vieito	individual	Veterano M40	46:43	+14:30	04:40
266	574	Hugo luzio	individual	Senior Masculino	46:44	+14:30	04:40
267	699	Valter José Gomes da Silva	individual	Senior Masculino	46:44	+14:30	04:40
268	456	Cláudia Silva	individual	Senior Feminino	46:45	+14:31	04:41
269	807	José Fernando Simões Pereira	individual	Veterano M40	46:45	+14:32	04:41
270	971	Júlio Tomé	montanha club trail running / efapel	Veterano M40	46:47	+14:33	04:41
271	157	Tiago Caetano Oliveira	bosch	Senior Masculino	46:47	+14:33	04:41
272	614	Miguel Aguiar	individual	Senior Masculino	46:48	+14:34	04:41
273	1140	André Filipe Henriques Paiva	siroco	Senior Masculino	46:48	+14:34	04:41
274	204	Pedro Cunha	bosch	Veterano M40	46:50	+14:36	04:41
275	1202	Sérgio Martins	individual	Veterano M40	46:54	+14:40	04:41
276	793	Hugo Silva	individual	Veterano M40	46:55	+14:41	04:41
277	790	Francisco Leite	individual	Veterano M40	46:55	+14:41	04:42
278	1164	Dina Mota	tondela runners	Veterana F50	46:56	+14:42	04:42
279	1124	PAULO ABRANTES	run4fun	Senior Masculino	46:56	+14:42	04:42
280	626	Nuno Santos	individual	Senior Masculino	46:56	+14:43	04:42
281	287	Evaristo Bastos	correio de albergaria trail running	Veterano M50	47:00	+14:46	04:42
282	91	André Pereira	bosch	Senior Masculino	47:01	+14:47	04:42
283	759	Maria Salome M. S. Oliveira	individual	Veterana F50	47:01	+14:47	04:42
284	627	Óscar Miguel Silva Resende	individual	Senior Masculino	47:03	+14:49	04:42
285	104	Eurico Couto	bosch	Senior Masculino	47:03	+14:49	04:42
286	634	Paulo Tavares	individual	Senior Masculino	47:05	+14:51	04:42
287	825	Mário Silva	individual	Veterano M40	47:06	+14:52	04:43
288	1174	Luís Henriques	valle longum runners	Senior Masculino	47:13	+14:59	04:43
289	565	Gilberto Duarte Vaz dos Santos	individual	Senior Masculino	47:15	+15:01	04:43
290	1173	Bruno Henriques	valle longum runners	Senior Masculino	47:15	+15:01	04:43
291	522	BRUNO JOSE MELO CORGA	individual	Senior Masculino	47:15	+15:01	04:44
292	951	Manuel Matos	manquinhos	Veterano M60	47:18	+15:04	04:44
293	898	João Capelo	individual	Veterano M50	47:19	+15:05	04:44
294	881	Armindo Ferreira Dias	individual	Veterano M50	47:21	+15:07	04:44
295	588	Joel Oliveira	individual	Senior Masculino	47:31	+15:17	04:45
296	125	Jorge Augusto Magano Maio	bosch	Senior Masculino	47:32	+15:18	04:45
297	562	Fred Pinheiro Gomes	individual	Senior Masculino	47:34	+15:20	04:45
298	42	Tiago Leite	afis/ovar	Senior Masculino	47:34	+15:20	04:45
299	46	Eduardo Oliveira	afis/ovar	Veterano M40	47:34	+15:21	04:45
300	45	Américo Oliveira	afis/ovar	Veterano M40	47:35	+15:21	04:45
301	40	Hugo Oliveira	afis/ovar	Senior Masculino	47:35	+15:21	04:45
302	52	Manuel Gomes	afis/ovar	Veterano M50	47:35	+15:21	04:46
303	1204	sergio ferraz	penta clube covilhã	Veterano M40	47:35	+15:21	04:46
304	100	Dinis Nunes	bosch	Senior Masculino	47:35	+15:21	04:46
305	325	Paulo Sá	db schenker	Veterano M40	47:36	+15:22	04:46













## PROVA PRINCIPAL - STAGE 1

10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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	CAT	RESULT	DIFF	t/KM
518	1172	Margarida Pinho	valle longum runners	Senior Feminino	51:33	+19:19	05:09
519	604	Luís Filipe Ribeiro Todo Bom	individual	Senior Masculino	51:34	+19:20	05:09
520	134	Miguel A. Martins	bosch	Senior Masculino	51:36	+19:22	05:10
521	277	Sérgio Marco Medeiros Tavares	correio de albergaria trail running	Senior Masculino	51:36	+19:22	05:10
522	1029	Raquel Teixeira	onda team	Senior Feminino	51:36	+19:22	05:10
523	54	Mário Conde	afis/ovar	Veterano M60	51:40	+19:26	05:10
524	7	Porfírio Martins	#bmlfit	Veterano M50	51:42	+19:28	05:10
525	481	Mariana Pinho	individual	Senior Feminino	51:43	+19:30	05:10
526	890	Fernando Camarheiro	individual	Veterano M50	51:44	+19:30	05:10
527	5	Carlos Ribeiro	#bmlfit	Veterano M40	51:45	+19:31	05:11
528	828	Miguel Jorge F. O. Reis	individual	Veterano M40	51:47	+19:33	05:11
529	727	ines almeida	individual	Veterana F40	51:47	+19:34	05:11
530	768	Alberto Branco	individual	Veterano M40	51:48	+19:35	05:11
531	520	Bruno Ferreira	individual	Senior Masculino	51:54	+19:40	05:11
532	1237	JOAO ANTONIO AZEVEDO DOS SANTOS	individual	Senior Masculino	51:56	+19:42	05:12
533	36	Hélder Ribeiro	adreqeixo	Veterano M40	51:57	+19:43	05:12
534	2	Hernâni Petiz	#bmlfit	Senior Masculino	51:58	+19:44	05:12
535	796	João Dono	individual	Veterano M40	51:59	+19:45	05:12
536	878	ANTONIO TEIXEIRA	individual	Veterano M50	52:00	+19:46	05:12
537	1185	Oscar Rocha	viriativs runners viseu	Veterano M50	52:00	+19:46	05:12
538	1159	Anabela Simões Correia	tondela runners	Veterana F40	52:02	+19:48	05:12
539	225	Ricardo Fonte	canianos	Veterano M40	52:05	+19:51	05:12
540	305	Joel Oliveira	csp vera cruz	Senior Masculino	52:07	+19:53	05:13
541	736	Maria João Almeida	individual	Veterana F40	52:07	+19:54	05:13
542	1101	Cristina Xavier	recreio desportivo de águeda	Veterana F40	52:08	+19:54	05:13
543	236	José Manuel da Silva Natálio	ccd dos funcionários da cmaveiro	Veterano M40	52:08	+19:54	05:13
544	537	Daniel Tavares Ferreira	individual	Senior Masculino	52:11	+19:57	05:13
545	589	Johnny Almeida	individual	Senior Masculino	52:12	+19:58	05:13
546	919	Rui Jorge Malva Parreiral	individual	Veterano M50	52:13	+19:59	05:13
547	359	André Duarte	adrep	Senior Masculino	52:13	+19:59	05:13
548	1214	Carlos Neves	individual	Senior Masculino	52:14	+20:00	05:13
549	923	ARMÉNIO NEVES	individual	Veterano M60	52:14	+20:00	05:13
550	1213	LEANDRO AMADOR	individual	Senior Masculino	52:14	+20:00	05:13
551	800	Jorge Miguel Ferreira Julião	individual	Veterano M40	52:15	+20:02	05:14
552	171	António Lopes	bosch	Veterano M40	52:18	+20:04	05:14
553	399	Andrés María Silos Montero	grupel	Senior Masculino	52:19	+20:06	05:14
554	489	ANDRE CARDOSO	individual	Senior Masculino	52:20	+20:06	05:14
555	320	Arlindo Santos	dar-recardães	Veterano M60	52:21	+20:07	05:14
556	809	José Quadrado	individual	Veterano M40	52:25	+20:12	05:15
557	590	Joni Pandeirada Rocha	individual	Senior Masculino	52:26	+20:12	05:15
558	552	Fernando José de Oliveira Santos	individual	Senior Masculino	52:28	+20:14	05:15
559	506	Teresa Campos Amorim Silva Dias	individual	Senior Feminino	52:28	+20:14	05:15
560	20	André Andrade	a bé e o zé	Senior Masculino	52:29	+20:15	05:15

**PROVA PRINCIPAL - STAGE 1**

**10 KM**

**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
561	695	Tiago Ramos	individual	Senior Masculino	52:29	+20:15	05:15
562	594	José Carlos Loura Martins	individual	Senior Masculino	52:34	+20:20	05:15
563	875	victor manuel da silva barreto	individual	Veterano M40	52:37	+20:23	05:16
564	257	Rui Correia	cires running team	Veterano M50	52:38	+20:24	05:16
565	922	Antonio Tafula	individual	Veterano M60	52:38	+20:24	05:16
566	882	Carlos Barroso	individual	Veterano M50	52:38	+20:24	05:16
567	961	Rodolfo Manuel Silva Coutinho Guimaráes	mbcp aveiro agueda	Veterano M40	52:42	+20:28	05:16
568	515	André Pereira	individual	Senior Masculino	52:42	+20:28	05:16
569	854	Pedro Neves	individual	Veterano M40	52:44	+20:30	05:16
570	1225	HUMBERTO MANUEL MIRANDA DIAS DA SILVA	individual	Veterano M40	52:46	+20:32	05:17
571	199	Nuno Fontoura	bosch	Veterano M40	52:46	+20:32	05:17
572	904	Jorge Manuel de Almeida Crespo	individual	Veterano M50	52:46	+20:32	05:17
573	994	Adriano Carreira	nuno troia personal trainer	Veterano M40	52:49	+20:35	05:17
574	1004	Artur varum	nuno troia personal trainer	Veterano M50	52:49	+20:35	05:17
575	1193	Pedro Aguiar	workout	Senior Masculino	52:50	+20:36	05:17
576	306	José Carvalho	csp vera cruz	Senior Masculino	52:50	+20:36	05:17
577	1083	Anabela Machado	quenianos	Veterana F40	52:51	+20:37	05:17
578	1	José Agostinho Ribau Esteves	individual	Veterano M50	52:53	+20:40	05:17
579	689	Tiago Cruz	individual	Senior Masculino	52:58	+20:44	05:18
580	472	Lia Miranda	individual	Senior Feminino	53:00	+20:46	05:18
581	66	Rodrigo Silva	belone - office furniture	Veterano M40	53:01	+20:47	05:18
582	676	Rui Henrique Ramos Estima	individual	Senior Masculino	53:02	+20:48	05:18
583	410	PAULO RAMOS	grupo juvenil pinheiro da bemposta - o. azeméis	Veterano M40	53:03	+20:50	05:18
584	637	pedro jose nunes correia ferreira	individual	Senior Masculino	53:04	+20:50	05:18
585	237	Vitor Manuel Jesus Maia Silva	ccd dos funcionários da cmaveiro	Veterano M40	53:06	+20:52	05:19
586	645	Pedro Vieira	individual	Senior Masculino	53:09	+20:55	05:19
587	234	Ana Maria Nunes dos Santos Gandaio	ccd dos funcionários da cmaveiro	Veterana F60	53:11	+20:57	05:19
588	239	Carlos Martins	ccd renault, cacia	Senior Masculino	53:12	+20:58	05:19
589	746	Sandra Santos	individual	Veterana F40	53:13	+20:59	05:19
590	926	Fernando Lacerda	individual	Veterano M60	53:15	+21:01	05:19
591	538	David Menezes Morgado	individual	Senior Masculino	53:15	+21:02	05:20
592	516	André Rodrigues Almeida	individual	Senior Masculino	53:16	+21:02	05:20
593	960	Pedro Miguel Queiroz Pombal	mbcp aveiro agueda	Veterano M40	53:17	+21:03	05:20
594	996	Hugo Caixa	nuno troia personal trainer	Veterano M40	53:18	+21:04	05:20
595	47	Gabriel Alegre	afis/ovar	Veterano M40	53:20	+21:06	05:20
596	715	Arcelina de Jesus Martinho	individual	Veterana F40	53:20	+21:06	05:20
597	899	João Manuel da Silva Rodrigues Barroco	individual	Veterano M50	53:21	+21:07	05:20
598	557	Filipe da Costa Fernandes	individual	Senior Masculino	53:22	+21:08	05:20
599	570	Helder Gonçalves	individual	Senior Masculino	53:23	+21:09	05:20
600	701	Vasco Rosa Pires	individual	Senior Masculino	53:23	+21:09	05:20
601	462	Dinora Bastos	individual	Senior Feminino	53:23	+21:09	05:20



## PROVA PRINCIPAL - STAGE 1

10 KM

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
602	521	Bruno Gonçalves	individual	Senior Masculino	53:23	+21:10	05:20
603	967	Elizabeth Santos Rocha	molinhas team	Senior Feminino	53:25	+21:12	05:21
604	969	Carlos Ilídio Oliveira Costa	molinhas team	Veterano M40	53:26	+21:12	05:21
605	950	Fernando Teixeira	manquinhos	Veterano M60	53:27	+21:13	05:21
606	223	Ricardo Ferreira	c.d.c. paradela	Senior Masculino	53:27	+21:13	05:21
607	262	Carlos Martins	clube nortada aventura - mnr	Veterano M40	53:28	+21:14	05:21
608	279	Teresa Cecilia F Marques Magalhães Malheiro	correio de albergaria trail running	Veterana F50	53:28	+21:15	05:21
609	1161	Estefânia Lopes	tondela runners	Veterana F40	53:29	+21:15	05:21
610	652	Ricardo Barbosa	individual	Senior Masculino	53:29	+21:15	05:21
611	713	Anabela Amorim Lete	individual	Veterana F40	53:30	+21:16	05:21
612	1063	João Almeida	os franciscos	Senior Masculino	53:31	+21:17	05:21
613	841	Óscar Filipe Fernandes Lopes	individual	Veterano M40	53:31	+21:17	05:21
614	28	Paula Ferreira	adreveixo	Senior Feminino	53:31	+21:17	05:21
615	31	Filipe Costa	adreveixo	Senior Masculino	53:32	+21:18	05:21
616	742	Raquel Brito	individual	Veterana F40	53:33	+21:19	05:21
617	37	Jorge Vilela	adreveixo	Veterano M40	53:33	+21:19	05:21
618	329	Maria Carvalho	dci/pedrulha-mealhada	Senior Feminino	53:34	+21:20	05:21
619	1171	Helena Lopes	tribo nr	Veterana F40	53:34	+21:20	05:21
620	34	Judite Dias	adreveixo	Veterana F40	53:34	+21:20	05:21
621	109	Filipe Oliveira	bosch	Senior Masculino	53:40	+21:26	05:22
622	917	rogerio silva	individual	Veterano M50	53:47	+21:33	05:23
623	9	António Ribeiro	#gepab	Veterano M50	53:48	+21:34	05:23
624	781	Celso Maia	individual	Veterano M40	53:49	+21:35	05:23
625	1195	Nuno Gomes	workout	Veterano M40	53:52	+21:38	05:23
626	33	Clárisse Flamengo	adreveixo	Veterana F40	53:54	+21:40	05:23
627	30	Adriano Santos	adreveixo	Senior Masculino	53:55	+21:41	05:24
628	682	Rui Silva	individual	Senior Masculino	53:56	+21:42	05:24
629	657	Ricardo Filipe de Oliveira Nascimento	individual	Senior Masculino	53:56	+21:42	05:24
630	1095	Rogério Nunes	rasgamatabtt	Senior Masculino	53:57	+21:43	05:24
631	1096	Jorge Miguel Lourenço Ferreira	rasgamatabtt	Veterano M40	53:57	+21:43	05:24
632	451	Catarina Pinho	individual	Senior Feminino	53:58	+21:44	05:24
633	623	Nuno Fernandes	individual	Senior Masculino	54:03	+21:49	05:24
634	1126	LILIANA MARTINS	run4fun	Veterana F40	54:08	+21:54	05:25
635	1002	Pedro Pires	nuno troia personal trainer	Veterano M40	54:09	+21:55	05:25
636	858	Ricardo Custódio	individual	Veterano M40	54:10	+21:56	05:25
637	886	Carlos Pereira	individual	Veterano M50	54:10	+21:56	05:25
638	1058	Rui Figueiredo	os coninhas	Veterano M40	54:10	+21:56	05:25
639	1209	Juliana Jacinto	g.d.c codal	Senior Feminino	54:12	+21:59	05:25
640	986	VERA MAIA	nuno troia personal trainer	Senior Feminino	54:18	+22:04	05:26
641	384	NATACHA SILVA	épicos	Senior Feminino	54:19	+22:05	05:26
642	378	João Morgado	emete.com	Senior Masculino	54:19	+22:05	05:26
643	435	Liliana Amorim	improváveis	Senior Feminino	54:22	+22:08	05:26
644	885	Carlos Manuel Ferreira Dias	individual	Veterano M50	54:25	+22:11	05:27
645	622	Nuno Clemente	individual	Senior Masculino	54:28	+22:14	05:27
646	536	Daniel Santos Silva	individual	Senior Masculino	54:28	+22:15	05:27

**PROVA PRINCIPAL - STAGE 1****10 KM**

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
647	212	Carlos Manuel da Silva Martins	bosch	Veterano M50	54:29	+22:16	05:27
648	1222	ETERNO SOBRINHO	individual	Senior Masculino	54:30	+22:16	05:27
649	656	Ricardo Ferreira	individual	Senior Masculino	54:40	+22:26	05:28
650	823	MÁRIO JORGE FERREIRA CORREIA	individual	Veterano M40	54:41	+22:27	05:28
651	128	José Filipe Dourado Santos Veiga	bosch	Senior Masculino	54:41	+22:28	05:28
652	821	Manuel Fernando Florêncio Ribeiro	individual	Veterano M40	54:43	+22:29	05:28
653	944	Antonio Loureiro	loureiro's team	Senior Masculino	54:45	+22:31	05:28
654	389	Cristina Ribeiro	fundiven	Senior Feminino	54:46	+22:32	05:29
655	403	Hugo Miguel Coelho Pires	grupel	Senior Masculino	54:47	+22:33	05:29
656	317	Vitó Figueiredo	dar-recardães	Veterano M40	54:47	+22:33	05:29
657	663	Ricardo Oliveira	individual	Senior Masculino	54:49	+22:35	05:29
658	1156	João Filipe Coimbra Tavares	tondela runners	Senior Masculino	54:51	+22:37	05:29
659	1232	Helena Sendas	bosch	Senior Feminino	54:52	+22:38	05:29
660	1052	Andreia Valente	os caga tacos running team	Senior Feminino	54:55	+22:41	05:30
661	988	Ana Rita Morais	nuno troia personal trainer	Veterana F40	54:57	+22:43	05:30
662	1025	Manuel Araujo	oli	Veterano M40	54:59	+22:45	05:30
663	603	Luís Cunha	individual	Senior Masculino	55:00	+22:46	05:30
664	1115	Pedro Marques	rumo34	Senior Masculino	55:05	+22:51	05:31
665	1114	Sofia Azenha	rumo34	Senior Feminino	55:05	+22:52	05:31
666	705	Vitor Silva	individual	Senior Masculino	55:06	+22:52	05:31
667	818	Luís Silva	individual	Veterano M40	55:06	+22:52	05:31
668	673	Rui De Almeida	individual	Senior Masculino	55:07	+22:53	05:31
669	500	Sara Nunes	individual	Senior Feminino	55:08	+22:54	05:31
670	318	Antonio Agostinho Soares Gomes	dar-recardães	Veterano M50	55:10	+22:56	05:31
671	73	Ana Catarina Ribães Alves	bosch	Senior Feminino	55:11	+22:57	05:31
672	1019	Alcina Antunes	oli	Veterana F40	55:11	+22:57	05:31
673	620	Nuno Abrantes	individual	Senior Masculino	55:11	+22:57	05:31
674	381	Antonio Marques	emete.com	Veterano M50	55:15	+23:01	05:31
675	606	Luis Gomes	individual	Senior Masculino	55:15	+23:02	05:32
676	337	Ruben Baptista	dci/pedrulha-mealhada	Senior Masculino	55:23	+23:09	05:32
677	1031	Davide Amaral	onda team	Senior Masculino	55:26	+23:12	05:33
678	758	maria clemencio	individual	Veterana F50	55:27	+23:13	05:33
679	388	Reinaldo Miranda	equipa maravilha	Veterano M50	55:27	+23:13	05:33
680	387	Paula Miranda	equipa maravilha	Veterana F40	55:27	+23:13	05:33
681	460	Daniela Sofia Bandeira Gomes Duarte	individual	Senior Feminino	55:27	+23:14	05:33
682	267	António Tavares	cluve - clube veteranos atletismo coimbra	Veterano M60	55:28	+23:14	05:33
683	577	Hugo Seabra	individual	Senior Masculino	55:28	+23:14	05:33
684	811	Juan Ferreira	individual	Veterano M40	55:28	+23:15	05:33
685	910	Mario Jorge Resende	individual	Veterano M50	55:29	+23:15	05:33
686	269	Carlos Lopes	cluve - clube veteranos atletismo coimbra	Veterano M60	55:29	+23:15	05:33
687	642	Pedro Pereira	individual	Senior Masculino	55:29	+23:15	05:33
688	849	Paulo Santos	individual	Veterano M40	55:29	+23:15	05:33



**PROVA PRINCIPAL - STAGE 1**
**10 KM**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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	CAT	RESULT	DIFF	t/KM
734	598	José Manuel Pereira de Almeida	individual	Senior Masculino	56:14	+24:00	05:37
735	1191	Humberto Martins	workout	Senior Masculino	56:14	+24:00	05:37
736	1217	PEDRO FIGUEIREDO	individual	Veterano M60	56:14	+24:00	05:37
737	315	Rita Tavares	dar-recardães	Senior Feminino	56:17	+24:03	05:38
738	314	Joana Campos	dar-recardães	Senior Feminino	56:17	+24:04	05:38
739	1048	Manuel Ferreira	onda team	Veterano M50	56:18	+24:04	05:38
740	1123	Nuno Conde	run4fun	Senior Masculino	56:20	+24:06	05:38
741	299	HÉLDER MACHADO	csp aradas	Veterano M40	56:23	+24:09	05:38
742	482	Marina vinhos	individual	Senior Feminino	56:25	+24:11	05:38
743	851	Pedro Alexandre de Almeida Gomes	individual	Veterano M40	56:28	+24:15	05:39
744	877	Albano Manuel Pedro Ferreira	individual	Veterano M50	56:29	+24:15	05:39
745	196	Manuel Melo	bosch	Veterano M40	56:33	+24:19	05:39
746	167	Sonia Alipio	bosch	Veterana F40	56:33	+24:19	05:39
747	383	Cristina Cotrim	épicos	Senior Feminino	56:33	+24:19	05:39
748	955	Cristina Maria Pereira Esteves	mhcp aveiro agueda	Senior Feminino	56:35	+24:21	05:40
749	629	Paulo Alexandre Claro de Pinho	individual	Senior Masculino	56:39	+24:25	05:40
750	99	César Miguel Rodrigues de Sousa	bosch	Senior Masculino	56:40	+24:26	05:40
751	659	RICARDO JORGE CARDADEIRO LOPES	individual	Senior Masculino	56:40	+24:26	05:40
752	989	Carla torres	nuno troia personal trainer	Veterana F40	56:40	+24:26	05:40
753	806	José Carvalho	individual	Veterano M40	56:43	+24:29	05:40
754	272	Rita Coelho	correio de albergaria trail running	Senior Feminino	56:43	+24:29	05:40
755	288	Gaspar Santiago	correio de albergaria trail running	Veterano M50	56:43	+24:29	05:40
756	184	João Bastos	bosch	Veterano M40	56:45	+24:31	05:40
757	69	Gonçalo Magalhães	borabora, vamos lá!	Senior Masculino	56:49	+24:35	05:41
758	1168	João Carlos de São João Martins da Cruz	tondela runners	Veterano M50	56:51	+24:37	05:41
759	805	Jose Carlos Marques Silva Jesus Pinhal	individual	Veterano M40	56:53	+24:40	05:41
760	446	Ana Marta	individual	Senior Feminino	56:54	+24:40	05:41
761	503	sofia santos	individual	Senior Feminino	56:55	+24:41	05:41
762	12	Ana Paiva	100 limites	Senior Feminino	56:56	+24:42	05:42
763	1055	António Macedo	os caga tacos running team	Veterano M60	56:57	+24:43	05:42
764	1006	Albino Silva Resende	nuno troia personal trainer	Veterano M60	57:00	+24:46	05:42
765	918	Rui Amaral	individual	Veterano M50	57:00	+24:46	05:42
766	999	Nuno Felix	nuno troia personal trainer	Veterano M40	57:01	+24:47	05:42
767	432	Carla Santos	improváveis	Senior Feminino	57:02	+24:48	05:42
768	707	Alexandra Pinho	individual	Veterana F40	57:06	+24:52	05:43
769	64	Eurico Inocêncio	athlon runner's	Veterano M50	57:07	+24:53	05:43
770	476	Lúcia Cândido	individual	Senior Feminino	57:10	+24:56	05:43
771	859	Ricardo Esteves	individual	Veterano M40	57:11	+24:57	05:43
772	722	Eduarda Vinagre	individual	Veterana F40	57:12	+24:58	05:43
773	238	Carlos Calisto Jorge Gandaio	ccd dos funcionários da cmaveiro	Veterano M50	57:12	+24:58	05:43
774	632	PAULO PEREIRA	individual	Senior Masculino	57:12	+24:59	05:43









**PROVA PRINCIPAL - STAGE 1****10 KM**

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
862	68	Sara Neves	borabora, vamos lá!	Senior Feminino	01:00:50	+28:36	06:05
863	57	Beatriz Nunes	amadores&basta	Senior Feminino	01:00:52	+28:38	06:05
864	445	Ana Lúcia Pires	individual	Senior Feminino	01:00:52	+28:38	06:05
865	1059	Vitor Henriques	os coninhas	Veterano M40	01:00:52	+28:38	06:05
866	718	Carla Sofia Ribeiro Alegria	individual	Veterana F40	01:00:53	+28:39	06:05
867	86	Sara Branco	bosch	Senior Feminino	01:00:53	+28:40	06:05
868	233	Maria Aurora Bernardo Henriques	ccd dos funcionários da cmaveiro	Veterana F50	01:00:58	+28:44	06:06
869	449	Carla Maia	individual	Senior Feminino	01:01:02	+28:49	06:06
870	840	Nuno Torres	individual	Veterano M40	01:01:03	+28:50	06:06
871	61	Rita Castro	athlon runner's	Senior Feminino	01:01:05	+28:51	06:07
872	1040	Nazaré Peixoto	onda team	Veterana F40	01:01:11	+28:57	06:07
873	1039	Elizabete Ferreira	onda team	Veterana F40	01:01:11	+28:57	06:07
874	13	Maria José Soares	100 limites	Veterana F40	01:01:14	+29:00	06:07
875	486	miriam reis	individual	Senior Feminino	01:01:15	+29:01	06:08
876	71	Sónia Cláudia Marques	borabora, vamos lá!	Veterana F40	01:01:25	+29:11	06:08
877	763	Alice Sarabando	individual	Veterana F60	01:01:33	+29:19	06:09
878	110	Filipe Pinto	bosch	Senior Masculino	01:01:39	+29:25	06:10
879	540	Davide Silva	individual	Senior Masculino	01:01:39	+29:26	06:10
880	444	Ana Fernandes	individual	Senior Feminino	01:01:40	+29:26	06:10
881	1010	Sonia Linhares	oli	Senior Feminino	01:01:45	+29:31	06:10
882	1020	Maria Jose Rodrigues	oli	Veterana F40	01:01:45	+29:31	06:10
883	1200	Mariana Melo Ferreira	individual	Senior Feminino	01:01:45	+29:32	06:11
884	670	Rui Almeida	individual	Senior Masculino	01:01:48	+29:34	06:11
885	735	MARIA IRENE AUGUSTA AZEVEDO MARTINS	individual	Veterana F40	01:01:49	+29:35	06:11
886	734	MARIA HELENA GOMES TEIXEIRA	individual	Veterana F40	01:01:49	+29:35	06:11
887	442	Ana Almeida	individual	Senior Feminino	01:01:52	+29:38	06:11
888	1210	Manuel Jacinto	individual	Veterano M40	01:01:53	+29:39	06:11
889	292	Carla Martins	correr viseu	Senior Feminino	01:01:53	+29:39	06:11
890	958	Eduardo José Martins Pinto	mbcp aveiro agueda	Veterano M40	01:01:55	+29:41	06:11
891	880	António José Santos Sarabando	individual	Veterano M50	01:01:56	+29:42	06:12
892	56	Ana Castro	amadores&basta	Senior Feminino	01:01:57	+29:43	06:12
893	215	Jorge Jesus	bosch	Veterano M50	01:02:09	+29:55	06:13
894	867	Rui miguel de Jesus Ferreira	individual	Veterano M40	01:02:09	+29:55	06:13
895	671	Rui Cesar Aguiar Pinto	individual	Senior Masculino	01:02:24	+30:10	06:14
896	731	Maria Aurora Ferreira Mendes Lemos	individual	Veterana F40	01:02:25	+30:11	06:14
897	750	Susana Vieira	individual	Veterana F40	01:02:27	+30:13	06:15
898	706	Vitor Sousa	individual	Senior Masculino	01:02:30	+30:16	06:15
899	1076	Juliana Santiago	pharmasaúde - sangalhos runners	Senior Feminino	01:02:33	+30:20	06:15
900	1142	Sandra Santos	siroco	Veterana F40	01:02:37	+30:24	06:16
901	507	Vanessa portela barreiro	individual	Senior Feminino	01:02:38	+30:24	06:16
902	804	José Carlos Marques dos Santos	individual	Veterano M40	01:02:58	+30:44	06:18
903	726	Filipa saraiva	individual	Veterana F40	01:03:00	+30:47	06:18



**PROVA PRINCIPAL - STAGE 1****10 KM**

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
949	1177	Vera Oliveira	vera oliveira	Senior Feminino	01:05:49	+33:35	06:35
950	89	Alexandre Pereira	bosch	Senior Masculino	01:06:00	+33:46	06:36
951	205	Pedro Rui Ferreira Cruz	bosch	Veterano M40	01:06:04	+33:50	06:36
952	457	Cleide Sofia Lemos Martins	individual	Senior Feminino	01:06:29	+34:15	06:39
953	1220	CARLOS DOMINGUES	individual	Senior Masculino	01:06:29	+34:15	06:39
954	1118	ISABEL SANTOS	run4fun	Senior Feminino	01:06:36	+34:22	06:40
955	984	Margarida cunha	nuno troia personal trainer	Senior Feminino	01:06:41	+34:27	06:40
956	1238	HUGO LIMA	individual	Senior Masculino	01:07:04	+34:50	06:42
957	929	Manuel Carvalho e Silva	individual	Veterano M60	01:07:06	+34:52	06:43
958	161	Margarida Silva	bosch	Veterana F40	01:07:07	+34:53	06:43
959	162	Maria Alice Gonçalves Oliveira	bosch	Veterana F40	01:07:07	+34:53	06:43
960	564	Gabriel Alexandre Santos Silva	individual	Senior Masculino	01:07:09	+34:55	06:43
961	118	Ivo Matos	bosch	Senior Masculino	01:07:22	+35:08	06:44
962	1112	Susana Branco	ria stone	Veterana F40	01:07:25	+35:11	06:45
963	265	Manuela Fernandes	cluta runners	Senior Feminino	01:07:30	+35:16	06:45
964	266	Ivo Angélico	cluta runners	Senior Masculino	01:07:30	+35:16	06:45
965	892	FERNANDO OLIMPIO MARQUES CASTILHO	individual	Veterano M50	01:07:35	+35:21	06:45
966	739	MARIA ROSA RESENDE	individual	Veterana F40	01:07:35	+35:21	06:46
967	380	Carlo Marques	emete.com	Veterano M40	01:07:58	+35:44	06:48
968	304	Emanuel Mendonça Marques da Silva	csp vera cruz	Senior Masculino	01:08:03	+35:49	06:48
969	1041	Susana Cruz	onda team	Veterana F40	01:08:05	+35:51	06:49
970	1030	Rita Gonçalves	onda team	Senior Feminino	01:08:05	+35:51	06:49
971	382	Ervin Triana	emete.com	Veterano M50	01:08:10	+35:57	06:49
972	1176	Fátima Oliveira	vera oliveira	Senior Feminino	01:08:14	+36:01	06:49
973	181	Felisberto Teixeira	bosch	Veterano M40	01:08:15	+36:01	06:49
974	280	isaura gonçales costa marques da silva	correio de albergaria trail running	Veterana F60	01:08:32	+36:18	06:51
975	952	Mariana Ferreira	marifer	Senior Feminino	01:08:43	+36:30	06:52
976	720	Clélia Conceição	individual	Veterana F40	01:08:50	+36:36	06:53
977	752	ANA BELA GASPAS	individual	Veterana F50	01:08:50	+36:36	06:53
978	461	Diana Silva	individual	Senior Feminino	01:09:19	+37:05	06:56
979	398	Marlene Sofia Pinto Martins	grupel	Senior Feminino	01:09:19	+37:05	06:56
980	450	Catarina Madeira Pinto	individual	Senior Feminino	01:09:20	+37:06	06:56
981	10	Patrícia Rodrigues	#powercouple	Senior Feminino	01:09:48	+37:34	06:59
982	11	Ricardo Pinto	#powercouple	Senior Masculino	01:09:48	+37:34	06:59
983	458	Cristina João Frade Pires	individual	Senior Feminino	01:09:48	+37:34	06:59
984	477	Magda Catarina Ferreira de Sousa	individual	Senior Feminino	01:09:49	+37:35	06:59
985	1194	Tiago Godinho	workout	Senior Masculino	01:10:08	+37:54	07:01
986	192	Leonel Monteiro	bosch	Veterano M40	01:10:26	+38:12	07:03
987	1127	NATÉRCIA ALMEIDA	run4fun	Veterana F40	01:10:27	+38:13	07:03
988	1147	Rita do Céu do Aido Fernande	sportcamp aveiro	Senior Feminino	01:10:45	+38:31	07:04
989	1148	Telma Alexandra Magalhães Figueiredo	sportcamp aveiro	Senior Feminino	01:10:45	+38:31	07:04
990	1121	Sónia Oliveira	run4fun	Senior Feminino	01:10:56	+38:42	07:06









## Prova Principal

**10 KM**

### OFFICIAL RESULT

85	1120	SÓNIA MARTINS	run4fun	Senior Feminino	58:34	+26:20	05:51
86	502	SMónica	Individual	Senior Feminino	59:04	+26:50	05:54
87	85	Sandra Cristina Marques Resende	Bosch	Senior Feminino	59:41	+27:27	05:58
88	434	Inês Pinto	Improváveis	Senior Feminino	59:41	+27:27	05:58
89	484	Marta Almeida Pereira	Individual	Senior Feminino	59:53	+27:39	05:59
90	271	Catarina silva	Correio de Albergaria Trail Running	Senior Feminino	01:00:17	+28:03	06:02
91	68	Sara Neves	BoraBora, Vamos Lá!	Senior Feminino	01:00:50	+28:36	06:05
92	57	Beatriz Nunes	Amadores&Basta	Senior Feminino	01:00:52	+28:38	06:05
93	445	Ana Lúcia Pires	Individual	Senior Feminino	01:00:52	+28:38	06:05
94	86	Sara Branco	Bosch	Senior Feminino	01:00:53	+28:40	06:05
95	449	Carla Maia	Individual	Senior Feminino	01:01:02	+28:49	06:06
96	61	Rita Castro	ATHLON RUNNER'S	Senior Feminino	01:01:05	+28:51	06:07
97	486	miriam reis	Individual	Senior Feminino	01:01:15	+29:01	06:08
98	444	Ana Fernandes	Individual	Senior Feminino	01:01:40	+29:26	06:10
99	1010	Sonia Linhares	OLI	Senior Feminino	01:01:45	+29:31	06:10
100	1200	Mariana Melo Ferreira	Individual	Senior Feminino	01:01:45	+29:32	06:11
101	442	Ana Almeida	Individual	Senior Feminino	01:01:52	+29:38	06:11
102	292	Carla Martins	CORRER VISEU	Senior Feminino	01:01:53	+29:39	06:11
103	56	Ana Castro	Amadores&Basta	Senior Feminino	01:01:57	+29:43	06:12
104	1076	Juliana Santiago	Pharmasaúde - Sangalhos Runners	Senior Feminino	01:02:33	+30:20	06:15
105	507	Vanessa portela barreiro	Individual	Senior Feminino	01:02:38	+30:24	06:16
106	60	Carla Carmo	ATHLON RUNNER'S	Senior Feminino	01:03:44	+31:30	06:22
107	492	Paula Joana Moreira Simões	Individual	Senior Feminino	01:03:49	+31:35	06:23
108	1188	Ana Cecilia Santos	Where is the Rum?	Senior Feminino	01:04:03	+31:49	06:24
109	411	LILIANA CATARINA MARQUES SANTOS	GS MORENOS	Senior Feminino	01:04:12	+31:58	06:25
110	505	FILIPA MARQUES	Individual	Senior Feminino	01:04:13	+31:59	06:25
111	26	Cláudia Ramos	ADRequeixo	Senior Feminino	01:04:15	+32:01	06:25
112	1203	Angela Almeida	PENTA CLUBE COVILHÃ	Senior Feminino	01:04:41	+32:27	06:28
113	454	Cláudia Pinto	Individual	Senior Feminino	01:04:55	+32:41	06:29
114	83	PINAR KURT	Bosch	Senior Feminino	01:05:00	+32:46	06:30
115	1117	ANDREIA ANTUNES	run4fun	Senior Feminino	01:05:02	+32:48	06:30
116	1116	ANA MARQUES	run4fun	Senior Feminino	01:05:02	+32:48	06:30
117	27	Fátima Dias	ADRequeixo	Senior Feminino	01:05:13	+32:59	06:31
118	1177	Vera Oliveira	Vera Oliveira	Senior Feminino	01:05:49	+33:35	06:35
119	457	Cleide Sofia Lemos Martins	Individual	Senior Feminino	01:06:29	+34:15	06:39
120	1118	ISABEL SANTOS	run4fun	Senior Feminino	01:06:36	+34:22	06:40
121	984	Margarida cunha	Nuno TROIA Personal Trainer	Senior Feminino	01:06:41	+34:27	06:40
122	265	Manuela Fernandes	CLUTA Runners	Senior Feminino	01:07:30	+35:16	06:45
123	1030	Rita Gonçalves	ONDA TEAM	Senior Feminino	01:08:05	+35:51	06:49
124	1176	Fátima Oliveira	Vera Oliveira	Senior Feminino	01:08:14	+36:01	06:49
125	952	Mariana Ferreira	Marifer	Senior Feminino	01:08:43	+36:30	06:52
126	461	Diana Silva	Individual	Senior Feminino	01:09:19	+37:05	06:56
127	398	Marlene Sofia Pinto Martins	GRUPEL	Senior Feminino	01:09:19	+37:05	06:56
128	450	Catarina Madeira Pinto	Individual	Senior Feminino	01:09:20	+37:06	06:56
129	10	Patrícia Rodrigues	#powercouple	Senior Feminino	01:09:48	+37:34	06:59

Official Timekeeper: Lap2Go	3 / 24	generate 02-dez-2017 20:03
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**Prova Principal****10 KM****OFFICIAL RESULT**

111	116	Hugo Gonçalves	Bosch	Senior Masculino	45:41	+13:27	04:34
112	624	Nuno Hélder Silva	Individual	Senior Masculino	45:45	+13:31	04:35
113	309	Ruben Matos	CSP Vera Cruz	Senior Masculino	45:49	+13:35	04:35
114	533	Daniel Alves	Individual	Senior Masculino	46:00	+13:46	04:36
115	615	Miguel Ângelo Rios Faria	Individual	Senior Masculino	46:02	+13:48	04:36
116	59	José Quintinha	Amadores&Basta	Senior Masculino	46:06	+13:52	04:37
117	1033	Ivo Gonçalves	ONDA TEAM	Senior Masculino	46:08	+13:54	04:37
118	585	João Henriques	Individual	Senior Masculino	46:15	+14:02	04:38
119	512	André Filipe Pereira Alves	Individual	Senior Masculino	46:24	+14:10	04:38
120	597	José Luís da Silva Rosa	Individual	Senior Masculino	46:24	+14:10	04:38
121	561	Filipe Tavares	Individual	Senior Masculino	46:30	+14:16	04:39
122	658	Ricardo Freitas	Individual	Senior Masculino	46:36	+14:22	04:40
123	316	Hugo Martins	DAR-Recardães	Senior Masculino	46:38	+14:24	04:40
124	297	André Almeida	Crossfit AGD	Senior Masculino	46:43	+14:29	04:40
125	574	Hugo luzio	Individual	Senior Masculino	46:44	+14:30	04:40
126	699	Valter José Gomes da Silva	Individual	Senior Masculino	46:44	+14:30	04:40
127	157	Tiago Caetano Oliveira	Bosch	Senior Masculino	46:47	+14:33	04:41
128	614	Miguel Aguiar	Individual	Senior Masculino	46:48	+14:34	04:41
129	1140	André Filipe Henriques Paiva	Siroco	Senior Masculino	46:48	+14:34	04:41
130	1124	PAULO ABRANTES	run4fun	Senior Masculino	46:56	+14:42	04:42
131	626	Nuno Santos	Individual	Senior Masculino	46:56	+14:43	04:42
132	91	André Pereira	Bosch	Senior Masculino	47:01	+14:47	04:42
133	627	Óscar Miguel Silva Resende	Individual	Senior Masculino	47:03	+14:49	04:42
134	104	Eurico Couto	Bosch	Senior Masculino	47:03	+14:49	04:42
135	634	Paulo Tavares	Individual	Senior Masculino	47:05	+14:51	04:42
136	1174	Luís Henriques	Valle Longum Runners	Senior Masculino	47:13	+14:59	04:43
137	565	Gilberto Duarte Vaz dos Santos	Individual	Senior Masculino	47:15	+15:01	04:43
138	1173	Bruno Henriques	Valle Longum Runners	Senior Masculino	47:15	+15:01	04:43
139	522	BRUNO JOSE MELO CORGA	Individual	Senior Masculino	47:15	+15:01	04:44
140	588	Joel Oliveira	Individual	Senior Masculino	47:31	+15:17	04:45
141	125	Jorge Augusto Magano Maio	Bosch	Senior Masculino	47:32	+15:18	04:45
142	562	Fred Pinheiro Gomes	Individual	Senior Masculino	47:34	+15:20	04:45
143	42	Tiago Leite	AFIS/OVAR	Senior Masculino	47:34	+15:20	04:45
144	40	Hugo Oliveira	AFIS/OVAR	Senior Masculino	47:35	+15:21	04:45
145	100	Dinis Nunes	Bosch	Senior Masculino	47:35	+15:21	04:46
146	558	FILIPE LAGE	Individual	Senior Masculino	47:37	+15:23	04:46
147	579	Hugo Tavares	Individual	Senior Masculino	47:37	+15:24	04:46
148	681	Rui Sérgio Bastos Alves Silva	Individual	Senior Masculino	47:38	+15:24	04:46
149	274	Hélder Duarte de Magalhães Oliveira Baptista	Correio de Albergaria Trail Running	Senior Masculino	47:41	+15:27	04:46
150	607	Manuel Antonio Fernandes Mendea	Individual	Senior Masculino	47:42	+15:28	04:46
151	608	Marco Caçador	Individual	Senior Masculino	47:52	+15:38	04:47
152	258	Dinarte Vieira	Clube Desportivo Torreira-Mar	Senior Masculino	47:53	+15:39	04:47
153	696	Tiago Teixeira	Individual	Senior Masculino	47:56	+15:42	04:48
154	581	JOÃO ALEIXO	Individual	Senior Masculino	48:01	+15:47	04:48
155	436	Isaac Gonçalves	Improváveis	Senior Masculino	48:03	+15:49	04:48
156	1089	Ricardo Gonçalves	QViagem	Senior Masculino	48:06	+15:52	04:49



**Prova Principal**

**10 KM**

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

157	662	Ricardo Oliveira	Individual	Senior Masculino	48:07	+15:53	04:49
158	947	André Coimbra	Manquinhos	Senior Masculino	48:09	+15:55	04:49
159	611	Marcos André Roldão	Individual	Senior Masculino	48:12	+15:58	04:49
160	692	Tiago Gonçalves	Individual	Senior Masculino	48:16	+16:02	04:50
161	679	Rui Miguel Gonçalves Nunes	Individual	Senior Masculino	48:25	+16:11	04:50
162	575	Hugo Miguel Gonçalves Canseiro	Individual	Senior Masculino	48:33	+16:19	04:51
163	511	André Alfredo Francisco de Sá	Individual	Senior Masculino	48:35	+16:21	04:51
164	514	André Pais	Individual	Senior Masculino	48:37	+16:23	04:52
165	123	JOÃO JOSÉ POITO COELHO	Bosch	Senior Masculino	48:47	+16:33	04:53
166	14	João Miguel Teixeira Monteiro	3 ESTAROLAS	Senior Masculino	48:51	+16:37	04:53
167	599	José Miguel Félix Ferreira	Individual	Senior Masculino	48:52	+16:38	04:53
168	1018	Paulo Matos	OLI	Senior Masculino	48:54	+16:40	04:53
169	580	J. Alex Pires	Individual	Senior Masculino	48:54	+16:40	04:53
170	360	André Nova	ADREP	Senior Masculino	48:55	+16:41	04:54
171	1192	João Tavares	Workout	Senior Masculino	49:01	+16:47	04:54
172	646	Rafael Gabriel Gomes Gouveia	Individual	Senior Masculino	49:03	+16:49	04:54
173	613	Mario Rocha	Individual	Senior Masculino	49:05	+16:51	04:54
174	636	Pedro Gabriel Silva	Individual	Senior Masculino	49:09	+16:55	04:55
175	553	Fernando Marques	Individual	Senior Masculino	49:10	+16:56	04:55
176	526	Carlos André Queirós Madureira	Individual	Senior Masculino	49:11	+16:57	04:55
177	352	Sandro Pires	Dellent Consulting	Senior Masculino	49:12	+16:58	04:55
178	1071	Samuel Melo	PapaLéguas	Senior Masculino	49:16	+17:02	04:56
179	405	Pedro Rafael Ferreira Sendão	GRUPEL	Senior Masculino	49:20	+17:07	04:56
180	592	Jorge Humberto Soares Marques	Individual	Senior Masculino	49:26	+17:12	04:57
181	569	Helder Aleixo	Individual	Senior Masculino	49:28	+17:14	04:57
182	1122	Francisco Santos	run4fun	Senior Masculino	49:30	+17:16	04:57
183	298	Filipe Rosado	Crossfit AGD	Senior Masculino	49:31	+17:17	04:57
184	1218	Pedro Simões	Individual	Senior Masculino	49:40	+17:26	04:58
185	551	Fábio Martins	Individual	Senior Masculino	49:43	+17:29	04:58
186	108	Filipe Martins	Bosch	Senior Masculino	49:44	+17:30	04:58
187	401	Carlos Eduardo Tavares Martins	GRUPEL	Senior Masculino	49:44	+17:30	04:58
188	1070	Miguel António da Cunha Rasteiro	PapaLéguas	Senior Masculino	49:45	+17:32	04:59
189	535	Daniel Oliveira	Individual	Senior Masculino	49:47	+17:33	04:59
190	158	Tiago Manuel Burmester Baptista	Bosch	Senior Masculino	49:48	+17:34	04:59
191	559	Filipe Mota	Individual	Senior Masculino	49:48	+17:34	04:59
192	423	Tiago Azevedo	IDECacia Canoagem	Senior Masculino	49:49	+17:35	04:59
193	694	Tiago Rafael Da Cunha Ferreira	Individual	Senior Masculino	49:49	+17:35	04:59
194	948	Joel Teixeira	Manquinhos	Senior Masculino	49:49	+17:35	04:59
195	1206	Paulo Silva	Royal School	Senior Masculino	49:50	+17:36	04:59
196	419	Hugo Castanho	IDECacia Canoagem	Senior Masculino	49:54	+17:40	04:59
197	3	José Silva	#bmlfit	Senior Masculino	49:57	+17:43	05:00
198	323	Pedro Sousa	DB Schenker	Senior Masculino	50:04	+17:50	05:00
199	1189	Leonid Kholkine	Where is the Rum?	Senior Masculino	50:05	+17:51	05:01
200	379	Paulo Barbosa	emete.com	Senior Masculino	50:06	+17:52	05:01
201	1223	Rodrigo André Melo Almeida	Individual	Senior Masculino	50:06	+17:52	05:01
202	1240	PUZNIAK	Individual	Senior Masculino	50:09	+17:55	05:01



**Prova Principal**

**10 KM**

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

203	404	João Luís Semedo Pintado	GRUPEL	Senior Masculino	50:10	+17:56	05:01
204	1073	João Lima	Pedro & Inês	Senior Masculino	50:10	+17:57	05:01
205	555	Fernando resende	Individual	Senior Masculino	50:12	+17:58	05:01
206	654	ricardo branquinho	Individual	Senior Masculino	50:13	+17:59	05:01
207	667	Rogério Vieira da Silva	Individual	Senior Masculino	50:15	+18:01	05:01
208	554	Fernando Martins	Individual	Senior Masculino	50:16	+18:02	05:02
209	427	Filipe Fontes	IMPERRIA	Senior Masculino	50:17	+18:03	05:02
210	691	Tiago Ferreira Henriques	Individual	Senior Masculino	50:20	+18:06	05:02
211	618	Nelson José de Azevedo Simões	Individual	Senior Masculino	50:21	+18:07	05:02
212	684	Sérgio Henriques	Individual	Senior Masculino	50:22	+18:08	05:02
213	126	Jorge Daniel de Jesus Reis	Bosch	Senior Masculino	50:22	+18:08	05:02
214	391	João Rodrigues	FUNDIVEN	Senior Masculino	50:26	+18:12	05:03
215	530	Carlos Simões	Individual	Senior Masculino	50:28	+18:14	05:03
216	976	Gaspar Dias	Nokia Runners	Senior Masculino	50:29	+18:15	05:03
217	675	Rui Gomes Gonçalves	Individual	Senior Masculino	50:31	+18:18	05:03
218	668	Rúben Filipe Nascimento Marques	Individual	Senior Masculino	50:38	+18:24	05:04
219	591	Jorge André Coutinho Pereira	Individual	Senior Masculino	50:38	+18:24	05:04
220	1016	Joao Valente	OLI	Senior Masculino	50:39	+18:25	05:04
221	660	Ricardo José Carrola Susana	Individual	Senior Masculino	50:42	+18:28	05:04
222	241	Ricardo Silva	CCD RENAULT, CACIA	Senior Masculino	50:43	+18:29	05:04
223	1224	JONHY DOS SANTOS MARQUES	Individual	Senior Masculino	50:44	+18:30	05:04
224	527	Carlos Ferreira	Individual	Senior Masculino	50:56	+18:42	05:06
225	129	José Marques	Bosch	Senior Masculino	51:00	+18:46	05:06
226	966	Diogo Oliveira	Micróbios	Senior Masculino	51:01	+18:47	05:06
227	965	Daniel Santos	Micróbios	Senior Masculino	51:01	+18:47	05:06
228	602	Luciano Mortágua	Individual	Senior Masculino	51:03	+18:49	05:06
229	133	Mário Oliveira	Bosch	Senior Masculino	51:06	+18:52	05:07
230	576	Hugo Rodrigues	Individual	Senior Masculino	51:07	+18:54	05:07
231	661	Ricardo Manuel Horta Patrício	Individual	Senior Masculino	51:08	+18:54	05:07
232	653	Ricardo Botelho	Individual	Senior Masculino	51:11	+18:58	05:07
233	15	Júlio Tomás Gomes Teixeira	3 ESTAROLAS	Senior Masculino	51:12	+18:58	05:07
234	587	João Rainho	Individual	Senior Masculino	51:16	+19:02	05:08
235	120	João Baldaia	Bosch	Senior Masculino	51:20	+19:06	05:08
236	1178	Joel Ramalhoto	Viriathvs Runners Viseu	Senior Masculino	51:23	+19:09	05:08
237	222	Jil Coelho	C.D.C. Paradela	Senior Masculino	51:24	+19:10	05:08
238	8	André Ribeiro	#GEPAB	Senior Masculino	51:24	+19:11	05:08
239	578	Hugo Soares	Individual	Senior Masculino	51:25	+19:11	05:08
240	686	Telmo Brandão	Individual	Senior Masculino	51:29	+19:15	05:09
241	148	Pedro Filipe Ferreira Fonseca	Bosch	Senior Masculino	51:32	+19:18	05:09
242	88	Alexandre Chambel	Bosch	Senior Masculino	51:32	+19:19	05:09
243	604	Luís Filipe Ribeiro Todo Bom	Individual	Senior Masculino	51:34	+19:20	05:09
244	134	Miguel A. Martins	Bosch	Senior Masculino	51:36	+19:22	05:10
245	277	Sérgio Marco Medeiros Tavares	Correio de Albergaria Trail Running	Senior Masculino	51:36	+19:22	05:10
246	520	Bruno Ferreira	Individual	Senior Masculino	51:54	+19:40	05:11
247	1237	JOAO ANTONIO AZEVEDO DOS SANTOS	Individual	Senior Masculino	51:56	+19:42	05:12
248	2	Hernâni Petiz	#bmlfit	Senior Masculino	51:58	+19:44	05:12







## Prova Principal

## 10 KM

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

2	251	Lígia Casimiro	CIRES Running Team	Veterana F40	48:41	+16:27	04:52
3	1084	Celeste Dias	Quenianos	Veterana F40	48:50	+16:36	04:53
4	1037	Carla Gonçalves	ONDA TEAM	Veterana F40	48:59	+16:45	04:54
5	733	MARIA FERNANDA MARQUES GOMES	Individual	Veterana F40	48:59	+16:46	04:54
6	439	Helena Cristina Lopes Silva	Improváveis	Veterana F40	49:52	+17:38	04:59
7	1162	Mafalda Frias	Tondela Runners	Veterana F40	50:53	+18:40	05:05
8	385	ISABEL RIBAU	ÉPICOS	Veterana F40	51:05	+18:51	05:06
9	440	Sílvia Maria Lopes Silva	Improváveis	Veterana F40	51:08	+18:54	05:07
10	727	ines almeida	Individual	Veterana F40	51:47	+19:34	05:11
11	1159	Anabela Simões Correia	Tondela Runners	Veterana F40	52:02	+19:48	05:12
12	736	Maria João Almeida	Individual	Veterana F40	52:07	+19:54	05:13
13	1101	Cristina Xavier	RECREIO DESPORTIVO DE ÁGUEDA	Veterana F40	52:08	+19:54	05:13
14	1083	Anabela Machado	Quenianos	Veterana F40	52:51	+20:37	05:17
15	746	Sandra Santos	Individual	Veterana F40	53:13	+20:59	05:19
16	715	Arcelina de Jesus Martinho	Individual	Veterana F40	53:20	+21:06	05:20
17	1161	Estefânia Lopes	Tondela Runners	Veterana F40	53:29	+21:15	05:21
18	713	Anabela Amorim Lete	Individual	Veterana F40	53:30	+21:16	05:21
19	742	Raquel Brito	Individual	Veterana F40	53:33	+21:19	05:21
20	1171	Helena Lopes	TRIBO NR	Veterana F40	53:34	+21:20	05:21
21	34	Judite Dias	ADRequeixo	Veterana F40	53:34	+21:20	05:21
22	33	Clarisse Flamengo	ADRequeixo	Veterana F40	53:54	+21:40	05:23
23	1126	LILIANA MARTINS	run4fun	Veterana F40	54:08	+21:54	05:25
24	988	Ana Rita Morais	Nuno Troia Personal Trainer	Veterana F40	54:57	+22:43	05:30
25	1019	Alcina Antunes	OLI	Veterana F40	55:11	+22:57	05:31
26	387	Paula Miranda	Equipa Maravilha	Veterana F40	55:27	+23:13	05:33
27	250	Isabel Enes	CIRES Running Team	Veterana F40	55:31	+23:17	05:33
28	744	Sandra Aguiar	Individual	Veterana F40	55:34	+23:20	05:33
29	709	Ana Almeida	Individual	Veterana F40	55:38	+23:24	05:34
30	1038	Claudia Figueiredo	ONDA TEAM	Veterana F40	55:40	+23:26	05:34
31	1091	Catarina Mónica	QViagem	Veterana F40	56:02	+23:48	05:36
32	743	Renata Andreia Silva Carvalho	Individual	Veterana F40	56:13	+24:00	05:37
33	167	Sonia Alipio	Bosch	Veterana F40	56:33	+24:19	05:39
34	989	Carla torres	Nuno Troia personal trainer	Veterana F40	56:40	+24:26	05:40
35	707	Alexandra Pinho	Individual	Veterana F40	57:06	+24:52	05:43
36	722	Eduarda Vinagre	Individual	Veterana F40	57:12	+24:58	05:43
37	365	Cláudia Faustino	ADREP	Veterana F40	57:20	+25:06	05:44
38	748	silvina félix	Individual	Veterana F40	57:27	+25:13	05:45
39	751	Teresa Almeida	Individual	Veterana F40	57:33	+25:20	05:45
40	717	Carla Santos	Individual	Veterana F40	57:41	+25:27	05:46
41	723	Elisângela Nardin	Individual	Veterana F40	57:53	+25:39	05:47
42	278	Paula Santos Paiva	Correio de Albergaria Trail Running	Veterana F40	58:19	+26:05	05:50
43	710	Ana Paula Braga Marques	Individual	Veterana F40	58:19	+26:05	05:50
44	721	Dulce Silva	Individual	Veterana F40	58:19	+26:06	05:50
45	712	Ana Solange Silva	Individual	Veterana F40	58:31	+26:17	05:51
46	242	Anabela Teixeira	CCD RENAULT, CACIA	Veterana F40	58:51	+26:37	05:53







**Prova Principal****10 KM**

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

3	753	Ana Maria Batista Monteiro Cardoso	Individual	Veterana F50	49:34	+17:20	04:57
4	279	Teresa Cecilia F Marques Magalhães Malheiro	Correio de Albergaria Trail Running	Veterana F50	53:28	+21:15	05:21
5	758	maria clemencio	Individual	Veterana F50	55:27	+23:13	05:33
6	756	Filomena Santos	Individual	Veterana F50	56:07	+23:53	05:37
7	757	Isabel Lourenço	Individual	Veterana F50	59:12	+26:58	05:55
8	762	Rosa Bispo	Individual	Veterana F50	01:00:23	+28:09	06:02
9	248	Olívia Brandão	CGD-Ovar	Veterana F50	01:00:40	+28:26	06:04
10	233	Maria Aurora Bernardo Henriques	CCD dos funcionários da CMAveiro	Veterana F50	01:00:58	+28:44	06:06
11	760	Paula Cristina Melo Simões Oliveira	Individual	Veterana F50	01:04:27	+32:13	06:27
12	755	Estela Pinto	Individual	Veterana F50	01:04:55	+32:41	06:29
13	752	ANA BELA GASPAR	Individual	Veterana F50	01:08:50	+36:36	06:53
14	761	Renate Saur	Individual	Veterana F50	01:12:17	+40:03	07:14
15	754	Ana Maria Campos Castro Gonçalves	Individual	Veterana F50	01:19:59	+47:45	08:00

**Veterana F60**

1	234	Ana Maria Nunes dos Santos Gandaio	CCD dos funcionários da CMAveiro	Veterana F60	53:11	+20:57	05:19
2	763	Alice Sarabando	Individual	Veterana F60	01:01:33	+29:19	06:09
3	764	Rosa Maria Queirós	Individual	Veterana F60	01:03:34	+31:20	06:21
4	280	isaura gonçales costa marques da silva	Correio de Albergaria Trail Running	Veterana F60	01:08:32	+36:18	06:51

**Veterano M40**

1	669	LUIS SILVA	Individual	Veterano M40	34:29	+02:15	03:27
2	860	Ricardo Ferreira	Individual	Veterano M40	34:29	+02:15	03:27
3	765	Adelino Fernandes	Individual	Veterano M40	35:06	+02:52	03:31
4	341	Messias Dias	DCI/Pedrulha-Mealhada	Veterano M40	35:11	+02:57	03:31
5	1104	Luis Miguel	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M40	35:19	+03:05	03:32
6	366	Alberto Fonte	ADREP	Veterano M40	35:43	+03:29	03:34
7	862	Rudimar da Rosa Sousa	Individual	Veterano M40	35:46	+03:33	03:35
8	226	Fernando santos	Casa povo mangualde	Veterano M40	35:51	+03:37	03:35
9	1105	Rúben Estima	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M40	36:02	+03:48	03:36
10	340	Manuel Vicente	DCI/Pedrulha-Mealhada	Veterano M40	36:26	+04:12	03:39
11	783	David Coutinho	Individual	Veterano M40	36:34	+04:20	03:39
12	1229	JOSUE OLIVEIRA	Individual	Veterano M40	37:29	+05:16	03:45
13	406	João Moreira dos Santos	GRUPEL	Veterano M40	37:31	+05:17	03:45
14	173	Antonio Silva	Bosch	Veterano M40	37:34	+05:20	03:45
15	799	Jorge Manuel Vilarinho Sardo Bola	Individual	Veterano M40	38:11	+05:57	03:49
16	852	Pedro Canha	Individual	Veterano M40	38:17	+06:03	03:50
17	408	Armando Correia	Grupo Desportivo Gafanha	Veterano M40	38:25	+06:11	03:51
18	395	Luís Soares	FUNDIVEN	Veterano M40	38:26	+06:13	03:51
19	393	Heitor Costa	FUNDIVEN	Veterano M40	38:27	+06:13	03:51

Official Timekeeper: Lap2Go	15 / 24	generate 02-dez-2017 20:03
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## Prova Principal

10 KM

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

20	827	Miguel Campos	Individual	Veterano M40	38:49	+06:35	03:53
21	339	José Campar	DCI/Pedrulha-Mealhada	Veterano M40	39:20	+07:06	03:56
22	373	Cláudio Queiroga	DINAMO CLUBE DA ESTAÇÃO	Veterano M40	39:29	+07:15	03:57
23	808	José Plácido	Individual	Veterano M40	39:33	+07:19	03:57
24	203	Pedro Cardoso	Bosch	Veterano M40	39:56	+07:42	04:00
25	347	ELISIO GONÇALVES	DCI/Pedrulha-Mealhada	Veterano M40	40:02	+07:48	04:00
26	803	Jose avelino de oliveira almeida	Individual	Veterano M40	40:03	+07:49	04:00
27	48	Mário Costa	AFIS/OVAR	Veterano M40	40:07	+07:53	04:01
28	775	António José da Cunha Lourenço	Individual	Veterano M40	40:23	+08:09	04:02
29	772	António Correia	Individual	Veterano M40	40:25	+08:11	04:02
30	354	Paulo Pereira	Dellent Consulting	Veterano M40	40:30	+08:16	04:03
31	253	Alexandre Henriques	CIRES Running Team	Veterano M40	40:32	+08:18	04:03
32	1197	Joao Portugal	Duravit	Veterano M40	40:33	+08:19	04:03
33	409	Paulo Almeida	Grupo Desportivo Gafanha	Veterano M40	40:33	+08:19	04:03
34	824	Mario Paulo Ferreira	Individual	Veterano M40	41:03	+08:49	04:06
35	343	Vítor Castro	DCI/Pedrulha-Mealhada	Veterano M40	41:06	+08:52	04:07
36	844	Paulo Joaquim Moreira Gomes	Individual	Veterano M40	41:14	+09:00	04:07
37	997	joao neves	Nuno Troia Personal Trainer	Veterano M40	41:14	+09:00	04:07
38	853	Pedro Miguel Laranjo	Individual	Veterano M40	41:16	+09:02	04:08
39	785	Fernando Manuel Rocha Freire	Individual	Veterano M40	41:20	+09:06	04:08
40	812	LUIS CARLOS SILVA TEIXEIRA	Individual	Veterano M40	41:22	+09:08	04:08
41	774	António Jorge Martins Francisco	Individual	Veterano M40	41:23	+09:09	04:08
42	1180	Jorge Correia	Viriathvs Runners Viseu	Veterano M40	41:34	+09:20	04:09
43	873	Sérgio Teixeira	Individual	Veterano M40	41:39	+09:25	04:10
44	1092	Jorge Costa	QViagem	Veterano M40	41:45	+09:31	04:10
45	791	Hélder Guedes	Individual	Veterano M40	41:50	+09:36	04:11
46	837	Nuno Milheiro	Individual	Veterano M40	41:52	+09:38	04:11
47	286	sergio freitas	Correio de Albergaria Trail Running	Veterano M40	41:57	+09:43	04:12
48	795	João carlos ribeiro	Individual	Veterano M40	41:58	+09:44	04:12
49	1150	Rui Oliveira	TEAM BALA	Veterano M40	41:58	+09:44	04:12
50	369	Jorge Martins	ADREP	Veterano M40	42:02	+09:48	04:12
51	833	Nuno Alexandre Silva	Individual	Veterano M40	42:02	+09:49	04:12
52	813	Luis Figueiredo	Individual	Veterano M40	42:09	+09:55	04:13
53	820	Manuel António Roseiro Ferreira	Individual	Veterano M40	42:19	+10:05	04:14
54	1201	Carlos rocha	Individual	Veterano M40	42:22	+10:08	04:14
55	245	Helder Afonso da Silva Costa	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M40	42:25	+10:12	04:15
56	342	Pedro Barros	DCI/Pedrulha-Mealhada	Veterano M40	42:28	+10:14	04:15
57	1182	Rui Pires	Viriathvs Runners Viseu	Veterano M40	42:51	+10:37	04:17
58	1226	OSCAR RAMALHO	Individual	Veterano M40	43:11	+10:58	04:19
59	193	Luís Monteiro	Bosch	Veterano M40	43:16	+11:02	04:20
60	294	Fernando Correia	CORRER VISEU	Veterano M40	43:37	+11:24	04:22
61	186	João Santana	Bosch	Veterano M40	43:47	+11:33	04:23
62	814	Luis manuel de almeida rodrigues	Individual	Veterano M40	43:54	+11:40	04:23
63	1167	Pedro Tavares	Tondela Runners	Veterano M40	44:08	+11:54	04:25
64	310	PeDrO MaDall	CSP Vera Cruz	Veterano M40	44:09	+11:55	04:25
65	870	Sérgio Carlos	Individual	Veterano M40	44:19	+12:05	04:26















**Prova Principal**

**10 KM**

**OFFICIAL RESULT**

28	901	Joaquim Almeida	Individual	Veterano M50	46:42	+14:28	04:40
29	287	Evaristo Bastos	Correio de Albergaria Trail Running	Veterano M50	47:00	+14:46	04:42
30	898	João Capelo	Individual	Veterano M50	47:19	+15:05	04:44
31	881	Armindo Ferreira Dias	Individual	Veterano M50	47:21	+15:07	04:44
32	52	Manuel Gomes	AFIS/OVAR	Veterano M50	47:35	+15:21	04:46
33	1027	José Joaquim Gomes Pereira	OLI	Veterano M50	47:58	+15:44	04:48
34	911	Mário Simões	Individual	Veterano M50	48:15	+16:01	04:50
35	970	José Manuel da Cruz Costa	Molinhas Team	Veterano M50	48:32	+16:18	04:51
36	912	Miguel Queirós	Individual	Veterano M50	48:32	+16:18	04:51
37	1005	Carlos Jorge Fialho da Cunha Lourenço	Nuno Troia Personal trainer	Veterano M50	48:34	+16:20	04:51
38	216	José Luís Eça	Bosch	Veterano M50	48:42	+16:28	04:52
39	218	Ruediger Saur	Bosch	Veterano M50	48:43	+16:29	04:52
40	887	DELFIN MANUEL FERREIRA DA COSTA	Individual	Veterano M50	48:45	+16:31	04:52
41	949	Manuel Teixeira	Manquinhos	Veterano M50	48:46	+16:32	04:53
42	879	António dos santos lopes	Individual	Veterano M50	49:10	+16:56	04:55
43	902	Joaquim Balreira	Individual	Veterano M50	49:23	+17:09	04:56
44	319	José Pedro Tavares	DAR-Recardães	Veterano M50	49:50	+17:36	04:59
45	1184	Luis Figueiredo	Viriathvs Runners Viseu	Veterano M50	50:00	+17:46	05:00
46	1186	Paulo José Marques Fernandes	Viriathvs Runners Viseu	Veterano M50	50:03	+17:49	05:00
47	916	Ricardo Monteiro	Individual	Veterano M50	50:24	+18:10	05:02
48	16	Alberto Artur Teixeira Vieira	3 ESTAROLAS	Veterano M50	50:25	+18:12	05:03
49	913	Octavio Sergio Rodrigues Linhares	Individual	Veterano M50	50:35	+18:21	05:03
50	50	Carlos Campos	AFIS/OVAR	Veterano M50	50:38	+18:24	05:04
51	893	Fernando Resende	Individual	Veterano M50	50:53	+18:40	05:05
52	261	Firmino Nogueira	Clube Millennium BCP	Veterano M50	51:00	+18:46	05:06
53	301	António RAMOS	CSP Aradas	Veterano M50	51:03	+18:49	05:06
54	1138	Carlos Manuel Jesus	Sesimbrenses	Veterano M50	51:03	+18:50	05:06
55	51	Joaquim Ferreira	AFIS/OVAR	Veterano M50	51:05	+18:51	05:07
56	1196	Joao Manuel Carvalho da Silva Maia	Bosch	Veterano M50	51:19	+19:05	05:08
57	426	jose rosa	IDECacia Canoagem	Veterano M50	51:30	+19:16	05:09
58	7	Porfírio Martins	#bmlfit	Veterano M50	51:42	+19:28	05:10
59	890	Fernando Camarneiro	Individual	Veterano M50	51:44	+19:30	05:10
60	878	ANTONIO TEIXEIRA	Individual	Veterano M50	52:00	+19:46	05:12
61	1185	Oscar Rocha	Viriathvs Runners Viseu	Veterano M50	52:00	+19:46	05:12
62	919	Rui Jorge Malva Parreiral	Individual	Veterano M50	52:13	+19:59	05:13
63	257	Rui Correia	CIRES Running Team	Veterano M50	52:38	+20:24	05:16
64	882	Carlos Barroso	Individual	Veterano M50	52:38	+20:24	05:16
65	904	Jorge Manuel de Almeida Crespo	Individual	Veterano M50	52:46	+20:32	05:17
66	1004	Artur varum	Nuno Troia personal trainer	Veterano M50	52:49	+20:35	05:17
67	1	José Agostinho Ribau Esteves	Individual	Veterano M50	52:53	+20:40	05:17
68	899	João Manuel da Silva Rodrigues Barroco	Individual	Veterano M50	53:21	+21:07	05:20
69	917	rogerio silva	Individual	Veterano M50	53:47	+21:33	05:23
70	9	António Ribeiro	#GEPAB	Veterano M50	53:48	+21:34	05:23
71	886	Carlos Pereira	Individual	Veterano M50	54:10	+21:56	05:25
72	885	Carlos Manuel Ferreira Dias	Individual	Veterano M50	54:25	+22:11	05:27



