

PROVA PRINCIPAL - STAGE 1

10 KM

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	18:00	11,7°C	94%
End	19:37	11,7°C	94%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	522	Fábio Oliveira	GDC Guilhovai	29:04		02:54	
2	293	Vitor Oliveira	Cortegacense	29:27	+00:23	02:57	
3	466	Tomás Silva	Sporting Clube de Portugal	30:12	+01:08	03:01	
4	491	Ricardo Pereira	ACD JARDIM DA SERRA	31:16	+02:12	03:08	
5	86	Filipe Ferreira	ACR DE VALE DE CAMBRA	32:37	+03:33	03:16	
6	456	Eduardo Beça	Grecas	32:44	+03:40	03:16	
7	556	Luis Gomes	Nascido para correr	32:44	+03:40	03:16	
8	505	André Adriano	Kirchhoff konect running team	32:45	+03:41	03:17	
9	563	Carla Martinho	RECREIO DESPORTIVO DE ÁGUEDA	32:47	+03:43	03:17	
10	507	Tiago Pinho	ACR DE VALE DE CAMBRA	32:51	+03:47	03:17	
11	137	Celso Leite	CAO - Clube Atletismo de Ovar	33:01	+03:57	03:18	
12	85	Marco Pinho	ACR DE VALE DE CAMBRA	33:32	+04:28	03:21	
13	455	Ricardo Gomes	Clube Desportivo Feirense	33:34	+04:30	03:21	
14	521	Paulo Pereira	GDC Guilhovai	33:37	+04:33	03:22	
15	574	Andreia Santos	Clube Desportivo Feirense	33:45	+04:41	03:23	
16	23	Francisco Silva	Individual	34:00	+04:56	03:24	
17	564	Joana Nunes	RECREIO DESPORTIVO DE ÁGUEDA	34:08	+05:04	03:25	
18	462	Daniel Peixoto	RECREIO DESPORTIVO DE ÁGUEDA	34:09	+05:05	03:25	
19	65	Hernani Furtado	Individual	34:26	+05:22	03:27	
20	314	Hélder Pires	E V PERALTATIL	34:41	+05:37	03:28	
21	362	Rui Gomes	S. C. Espinho Fersilva-Triatlo	34:41	+05:37	03:28	
22	226	Fernando Lima	Individual	34:47	+05:43	03:29	
23	74	Salviano Ferreira	ARADA ATLÉTICO CLUBE	34:53	+05:49	03:29	
24	5	Nuno Pais	CAL - Clube Atletismo de Lamas	35:34	+06:30	03:33	
25	240	Ricardo Pereira	#lobosolitário	35:41	+06:37	03:34	
26	197	António Pinto	ACR DE VALE DE CAMBRA	35:43	+06:39	03:34	
27	565	Sara Carvalho	RECREIO DESPORTIVO DE ÁGUEDA	35:58	+06:54	03:36	
28	348	Manuel Ferreira	ARADA ATLÉTICO CLUBE	36:04	+07:00	03:36	
29	344	Antonio Nunes	ARADA ATLÉTICO CLUBE	36:10	+07:06	03:37	
30	256	Daniel Barros	Cortegacense	36:16	+07:12	03:38	
31	266	Rui Almeida	GDC Codal Vale de Cambra	36:24	+07:20	03:38	
32	284	Williams Rodriguez	Cortegacense	36:26	+07:22	03:39	
33	128	Joao Dias	Núcleo de Atletismo de Cucujães	36:31	+07:27	03:39	
34	69	José Figueiredo	AFIS/OVAR	36:40	+07:36	03:40	
35	97	José Santos	Individual	36:50	+07:46	03:41	
36	64	Jose Costa	Ronda - Restaurante Grelha/Auto Marques	37:14	+08:10	03:43	
37	264	Roland Sousa	GDC Codal Vale de Cambra	37:16	+08:12	03:44	
38	166	Manuel Ferreira	G.D.A Ronda	37:17	+08:13	03:44	
39	157	Rui Tavares	A.D.GRIJÓ A CORRER	37:26	+08:22	03:45	
40	476	André Soares	Individual	37:41	+08:37	03:46	
41	87	André Aniceto	ACR DE VALE DE CAMBRA	37:50	+08:46	03:47	
42	317	Jorge Pina	Individual	37:55	+08:51	03:47	

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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

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
43	17	Sérgio Mota	SC Espinho Triatlo	37:55	+08:51	03:48	
44	545	José Correia	Clube Desportivo Feirense	37:58	+08:54	03:48	
45	582	Pedro Alves	RUNNING ESPINHO	37:59	+08:55	03:48	
46	140	Tiago Ferreira	ARADA ATLÉTICO CLUBE	38:02	+08:58	03:48	
47	134	Paulo Resende	CAO - Clube Atletismo de Ovar	38:02	+08:58	03:48	
48	542	Antonio Amorim	Clube Desportivo Feirense	38:04	+09:00	03:48	
49	554	Jorge Luz	Nascido para correr	38:17	+09:13	03:50	
50	437	Jorge Silva	Os Falta D'Ar	38:21	+09:17	03:50	
51	82	Paulo Maia	ARADA ATLÉTICO CLUBE	38:35	+09:31	03:52	
52	386	Belarmino Mendonça	Guisande Trail Running	38:38	+09:34	03:52	
53	70	José Godinho	AFIS/OVAR	38:39	+09:35	03:52	
54	32	Cecílio Ferreira	Individual	38:40	+09:36	03:52	
55	133	Marco Silva	CAO - Clube Atletismo de Ovar	38:42	+09:38	03:52	
56	470	César Ferreira	Individual	38:45	+09:41	03:53	
57	509	Sandra Ferreira	G.D.C GUILHOVAI	38:49	+09:45	03:53	
58	567	FILIPE André dos Santos OLIVEIRA	Clube Desportivo Feirense	38:58	+09:54	03:54	
59	265	André Santos	GDC Codal Vale de Cambra	39:04	+10:00	03:54	
60	354	João Ribeiro	Sporting Clube de Espinho - Fersilva	39:22	+10:18	03:56	
61	552	Domingos Silva	Nascido para correr	39:24	+10:20	03:56	
62	122	Jose Silva	A.D.GRIJÓ A CORRER	39:31	+10:27	03:57	
63	562	Carolina Ribeiro	RECREIO DESPORTIVO DE ÁGUEDA	39:37	+10:33	03:58	
64	22	Abel Silva	Individual	39:38	+10:34	03:58	
65	347	Ricardo Costa	ARADA ATLÉTICO CLUBE	39:39	+10:35	03:58	
66	130	Frederico Costa	Individual	39:42	+10:38	03:58	
67	72	Paulo Grilo	ARCORUN	39:44	+10:40	03:58	
68	523	António Ratola	Individual	40:07	+11:03	04:01	
69	543	Paulo Oliveira	Clube Desportivo Feirense	40:08	+11:04	04:01	
70	81	Milton Silva	Uriah	40:21	+11:17	04:02	
71	546	Rui Lopes	Clube Desportivo Feirense	40:21	+11:17	04:02	
72	372	Ricardo Pereira	Sporting Clube de Espinho / António Leitão	40:42	+11:38	04:04	
73	341	Armando Sá	COPO RUNNERS	40:51	+11:47	04:05	
74	419	Hélder Teixeira	Running Esmoriz	40:53	+11:49	04:05	
75	645	António Carvalho	Individual	41:01	+11:57	04:06	
76	138	Jorge Araujo	CAO - Clube Atletismo de Ovar	41:02	+11:58	04:06	
77	171	Samuel Rocha	Btovelhasnaosaoparamato	41:02	+11:58	04:06	
78	57	Celeste Oliveira	Villa Cesari/Flama	41:11	+12:07	04:07	
79	584	Nuno Moreira	RUNNING ESPINHO	41:12	+12:08	04:07	
80	375	José Granja	Individual	41:12	+12:08	04:07	
81	143	Flávio Cunha	Individual	41:13	+12:09	04:07	
82	299	Paulo Silva	Cortegacense	41:21	+12:17	04:08	
83	640	Edgar Cruz	Individual	41:24	+12:20	04:08	
84	47	Rafael Ribeiro	SEM ESFORÇO NÃO HÁ TINTO	41:26	+12:22	04:09	
85	235	Filipe Almeida	Arrifana Running	41:29	+12:25	04:09	
86	581	Eduardo Pinto	RUNNING ESPINHO	41:30	+12:26	04:09	
87	337	José Bernardes	Individual	41:32	+12:28	04:09	
88	580	Carlos Lancha	RUNNING ESPINHO	41:38	+12:34	04:10	

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10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	591	Rodrigo Nunes	Individual	41:44	+12:40	04:10	
90	450	Filipe Fontes	CAL - Clube Atletismo de Lamas	41:50	+12:46	04:11	
91	222	Francisco Terra	Individual	41:51	+12:47	04:11	
92	296	Luís Costa	G.D.A Ronda	41:56	+12:52	04:12	
93	6	Vitor Salgado	Vitor Salgado	42:11	+13:07	04:13	
94	231	Ricky Matias	Individual	42:19	+13:15	04:14	
95	359	Francisco Santos	The Dobermans	42:23	+13:19	04:14	
96	168	Ricardo Seromenho	JAM - Juventude Atlético Mozelense	42:24	+13:20	04:14	
97	95	Paulo Camboa	Zero2Hero	42:31	+13:27	04:15	
98	335	Leandro Caetano	Caetano Motorsport	42:35	+13:31	04:16	
99	1	Vitor Sa	Individual	42:37	+13:33	04:16	
100	109	Fábio Almeida	Individual	42:37	+13:33	04:16	
101	230	Armenio Silva	MC	42:41	+13:37	04:16	
102	605	Francisco Teixeira	Individual	42:41	+13:37	04:16	
103	428	Porfirio Martins	Endividual	42:43	+13:39	04:16	
104	483	Mafalda Resende	RUNNING ESPINHO	42:47	+13:43	04:17	
105	327	António Ribeiro	António Ribeiro	42:57	+13:53	04:18	
106	123	Carlos Ripolins	A.D.GRIJÓ A CORRER	43:02	+13:58	04:18	
107	445	Rui Miguel	Os Falta D'Ar	43:03	+13:59	04:18	
108	537	Nelson Ramos	Individual	43:05	+14:01	04:19	
109	90	Óscar Brandão	ARADA ATLÉTICO CLUBE	43:06	+14:02	04:19	
110	571	DORA Sofia Moreira de SÁ	Clube Desportivo Feirense	43:08	+14:04	04:19	
111	156	Paulo Jorge	Individual	43:09	+14:05	04:19	
112	557	Rogério Sarmento	Nascido para correr	43:16	+14:12	04:20	
113	199	João Garranas	Individual	43:17	+14:13	04:20	
114	489	Bruno Santos	Restaurante Iago	43:24	+14:20	04:20	
115	531	Guilherme Brito	Individual	43:25	+14:21	04:20	
116	191	Hélder Costa	Grupo Lago	43:26	+14:22	04:21	
117	103	Márcio Oliveira	AFIS/OVAR	43:27	+14:23	04:21	
118	41	Américo Oliveira	AFIS/OVAR	43:32	+14:28	04:21	
119	276	Miguel Matos	Cortegacense	43:32	+14:28	04:21	
120	238	Paulo Pires	Individual	43:33	+14:29	04:21	
121	159	João Costa	Individual	43:33	+14:29	04:21	
122	493	Marisa João	CAO - Clube Atletismo de Ovar	43:35	+14:31	04:21	
123	412	Carlos Osório	Running Esmoriz	43:40	+14:36	04:22	
124	292	Carlos Fazendeiro	G.D.A Ronda	43:46	+14:42	04:23	
125	178	Rodrigo Oliveira	Individual	43:47	+14:43	04:23	
126	186	João Alves	Individual	43:48	+14:44	04:23	
127	463	João Fernando	SCE FERSILVA	43:58	+14:54	04:24	
128	343	Rui Albino	Individual	44:03	+14:59	04:24	
129	614	Hugo Martins	Individual	44:04	+15:00	04:24	
130	115	Hugo Sousa	Individual	44:07	+15:03	04:25	
131	44	Elisa Pires	SEM ESFORÇO NÃO HÁ TINTO	44:09	+15:05	04:25	
132	275	Marlene Ferreira	Clube Desportivo Feirense	44:14	+15:10	04:25	
133	221	Anthony Suarez	Arrifana Running	44:18	+15:14	04:26	
134	436	Jorge Guerra	Os Falta D'Ar	44:19	+15:15	04:26	

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

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	RESULT	DIFF	t/KM	CARD
135	279	Ricardo Teixeira	Cortegacense	44:20	+15:16	04:26	
136	392	Matilde Baptista	JAM - Juventude Atlético Mozelense	44:21	+15:17	04:26	
137	213	José Reis	A.D.GRIJÓ A CORRER	44:23	+15:19	04:26	
138	139	Joaquim Costa	CAO - Clube Atletismo de Ovar	44:23	+15:19	04:26	
139	229	Helder Mota	Individual	44:25	+15:21	04:27	
140	182	Vitor Dias	Arrifana Running	44:27	+15:23	04:27	
141	460	Inês Correia	Barrinha Surf School	44:28	+15:24	04:27	
142	298	Marta Reis	Cortegacense	44:29	+15:25	04:27	
143	196	Paulo Ribeiro	Ribsol	44:35	+15:31	04:28	
144	192	Davide Pereira	ARCPRUN	44:35	+15:31	04:28	
145	194	Rui Ferreira	ACR DE VALE DE CAMBRA	44:42	+15:38	04:28	
146	43	Tiago Santos	SEM ESFORÇO NÃO HÁ TINTO	44:43	+15:39	04:28	
147	290	Celso Silva	G.D.A Ronda	44:46	+15:42	04:29	
148	502	Ana Pinto	Lavra	44:46	+15:42	04:29	
149	558	Rosa Pinto	Nascido para correr	44:47	+15:43	04:29	
150	294	Antonio Ferreira	G.D.A Ronda	44:47	+15:43	04:29	
151	96	José Sousa	Associação de atletismo Lebres do sado	44:50	+15:46	04:29	
152	391	Pedro Magalhães	Zero 2 Hero	44:50	+15:46	04:29	
153	390	Carolina Silva	Zero 2 Hero	44:51	+15:47	04:29	
154	224	Luis Gomes	Arrifana Running	44:53	+15:49	04:29	
155	68	Pedro Necho	AFIS/OVAR	44:53	+15:49	04:29	
156	84	Clotilde Santos	ACR DE VALE DE CAMBRA	44:57	+15:53	04:30	
157	267	Eduardo Amorim	Individual	44:59	+15:55	04:30	
158	330	Neuza Montenegro	Daniilo Maia	45:00	+15:56	04:30	
159	324	André Ribeiro	Sporting Clube de Espinho - Fersilva	45:08	+16:04	04:31	
160	150	José Duarte	A.D.GRIJÓ A CORRER	45:09	+16:05	04:31	
161	158	Dora Dias	CAL - Clube Atletismo de Lamas	45:10	+16:06	04:31	
162	160	Carlos Cardoso	CAL - Clube Atletismo de Lamas	45:10	+16:06	04:31	
163	570	NUNO Miguel Almeida CARDOSO	Clube Desportivo Feirense	45:12	+16:08	04:31	
164	236	Mario Martins	Os Kágados	45:19	+16:15	04:32	
165	110	Andre Silva	Individual	45:20	+16:16	04:32	
166	204	Silvio Carvalho	Individual	45:20	+16:16	04:32	
167	49	Rui Carvalho	SEM ESFORÇO NÃO HÁ TINTO	45:20	+16:16	04:32	
168	525	Joel Santos	Individual	45:22	+16:18	04:32	
169	165	Paulo Cruz	ADI ÍLHAVO	45:28	+16:24	04:33	
170	478	Márcio Oliveira	Individual	45:31	+16:27	04:33	
171	593	Nuno Cardoso	Individual	45:32	+16:28	04:33	
172	46	Sandra Pires	SEM ESFORÇO NÃO HÁ TINTO	45:33	+16:29	04:33	
173	569	GRAÇA Maria Fonseca BELEZA	Clube Desportivo Feirense	45:35	+16:31	04:33	
174	211	Joao Silva	Individual	45:36	+16:32	04:34	
175	488	Oldair Mendes	Santos Runners	45:37	+16:33	04:34	
176	185	Vasco Regadas	Individual	45:38	+16:34	04:34	
177	572	SÓNIA Maria Fonseca BELEZA	Clube Desportivo Feirense	45:45	+16:41	04:35	
178	394	Nelson Nelson	Lusitanos	45:47	+16:43	04:35	
179	413	Luis Silva	Lusitanos	45:48	+16:44	04:35	
180	269	Joao Oliveira	Cortegacense	45:57	+16:53	04:36	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
181	438	Manuel Ferreira	Os Falta D'Ar	45:57	+16:53	04:36	
182	366	José Brito	Individual	46:05	+17:01	04:37	
183	251	Antonio Neves	Cortegacense	46:07	+17:03	04:37	
184	107	Tiago Oliveira	Individual	46:14	+17:10	04:37	
185	510	Carlos Pinho	...	46:14	+17:10	04:37	
186	127	Luís Vicente	Luís Pedro Preto Vicente	46:17	+17:13	04:38	
187	449	Sergio Guedes	Individual	46:21	+17:17	04:38	
188	447	Vitor Rente	Os Falta D'Ar	46:23	+17:19	04:38	
189	98	Frank Santos	SC Espinho Triatlo	46:24	+17:20	04:38	
190	498	Fernando Ramalho	Individual	46:26	+17:22	04:39	
191	547	André Batista	Clube Desportivo Feirense	46:27	+17:23	04:39	
192	423	Vareiro Vareiro	Running Esmoriz	46:30	+17:26	04:39	
193	487	Mafalda Lima	Mafalda Lima	46:31	+17:27	04:39	
194	480	Henrique Neves	Individual	46:31	+17:27	04:39	
195	550	Ana Castro	Individual	46:31	+17:27	04:39	
196	338	Danilo Maia	Danilo Maia	46:33	+17:29	04:39	
197	242	Rita Paupério	Individual	46:36	+17:32	04:40	
198	285	José Oliveira	Cortegacense	46:38	+17:34	04:40	
199	490	Jorge Santos	AJS	46:38	+17:34	04:40	
200	368	Miguel Ferreira	Individual	46:42	+17:38	04:40	
201	147	Valter Soares	Individual	46:43	+17:39	04:40	
202	151	Filipa Liz	Individual	46:44	+17:40	04:40	
203	244	Ana Resende	Individual	46:48	+17:44	04:41	
204	217	Ricardo Vendeira	Individual	46:49	+17:45	04:41	
205	583	Fernando Silva	RUNNING ESPINHO	46:51	+17:47	04:41	
206	309	Nuno Alvim	Running Esmoriz	46:52	+17:48	04:41	
207	234	Paulo Silva	Individual	46:53	+17:49	04:41	
208	472	Francisco Oliveira	Individual	47:03	+17:59	04:42	
209	553	Isaac Pinto	Nascido para correr	47:05	+18:01	04:43	
210	577	Fernanda Rocha	RUNNING ESPINHO	47:08	+18:04	04:43	
211	559	Manuel Ferreira	Nascido para correr	47:14	+18:10	04:43	
212	508	Luís Silvestre	MSS CONTABILIDADE TRAIL TEAM	47:15	+18:11	04:43	
213	184	Sandra Moreira	COPO RUNNERS	47:16	+18:12	04:44	
214	367	Raquel Rocha	Individual	47:17	+18:13	04:44	
215	219	Leida Bello	Arrifana Running	47:21	+18:17	04:44	
216	332	Flávio Soares	CAL - Clube Atletismo de Lamas	47:22	+18:18	04:44	
217	551	António Monteiro	Nascido para correr	47:23	+18:19	04:44	
218	273	Manuel Constantino	Cortegacense	47:24	+18:20	04:44	
219	626	Rafael Silva	Individual	47:25	+18:21	04:44	
220	576	Orquídea Sousa	RUNNING ESPINHO	47:25	+18:21	04:45	
221	100	Luis Pereira	ARCORUN	47:26	+18:22	04:45	
222	331	Carlos Marinho	Individual	47:26	+18:22	04:45	
223	169	Ricardo Duarte	Individual	47:29	+18:25	04:45	
224	336	Ana Cirne	AFIS/OVAR	47:32	+18:28	04:45	
225	101	Diogo Maia	Individual	47:46	+18:42	04:47	
226	25	Ruben Almeida	Individual	47:53	+18:49	04:47	

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	RESULT	DIFF	t/KM	CARD
227	129	Sara Costa	Núcleo de Atletismo de Cucujães	47:54	+18:50	04:47	
228	252	Antonio Moura	Cortegacense	47:55	+18:51	04:47	
229	329	Luis Pinho	Danilo Maia	47:55	+18:51	04:48	
230	9	Carlos Silva	Individual	47:57	+18:53	04:48	
231	533	Nicolau Costa	Running Esmoriz	48:09	+19:05	04:49	
232	566	VANESSA OLIVEIRA	Clube Desportivo Feirense	48:09	+19:05	04:49	
233	421	Afonso Costa	Running Esmoriz	48:10	+19:06	04:49	
234	142	Nelson Gomes	Individual	48:11	+19:07	04:49	
235	63	Luis Lamas	Clube Atlético Chibinha	48:12	+19:08	04:49	
236	403	Paulo Reis	Running Esmoriz	48:12	+19:08	04:49	
237	474	António Sá	Individual	48:14	+19:10	04:49	
238	212	Paulo Oliveira	Individual	48:15	+19:11	04:49	
239	514	Jose Almeida	Kirchhoff Running Team	48:18	+19:14	04:50	
240	364	Oscar Magolo	CIRAC	48:18	+19:14	04:50	
241	549	Cristiano Tavares	Individual	48:18	+19:14	04:50	
242	648	Sérgio Almeida	Individual	48:20	+19:16	04:50	
243	393	Paulo Paulo	InterCaima	48:29	+19:25	04:51	
244	277	Nuno Ferreira	Cortegacense	48:34	+19:30	04:51	
245	610	Nuno Costa	Individual	48:40	+19:36	04:52	
246	568	MARCO António Gomes GONÇALVES	Clube Desportivo Feirense	48:44	+19:40	04:52	
247	33	Manuel Oliveira	Individual	48:49	+19:45	04:53	
248	42	Filipa ângela	Individual	48:52	+19:48	04:53	
249	10	Isabel Correia	Ovar Run	48:58	+19:54	04:54	
250	208	Ivo Petiz	Barrinha Surf School	49:00	+19:56	04:54	
251	536	Alexandra Domingues	Individual	49:03	+19:59	04:54	
252	302	António Leal	Cortegacense	49:04	+20:00	04:54	
253	55	Rui Araujo	Vai Mais Um Copo	49:06	+20:02	04:55	
254	376	Anabela Cardoso	Individual	49:06	+20:02	04:55	
255	334	Manuel Pereira	Individual	49:08	+20:04	04:55	
256	527	Maria Franco Oliveira	Cortegacense	49:16	+20:12	04:56	
257	635	Carlos Silva	Individual	49:16	+20:12	04:56	
258	257	Domingos Camboa	Cortegacense	49:19	+20:15	04:56	
259	342	Alberto Espinheira	Paulo Silva	49:23	+20:19	04:56	
260	371	Vítor Cardoso	Corre São João	49:29	+20:25	04:57	
261	263	Ana Brandão	Individual	49:31	+20:27	04:57	
262	503	José Fonseca	Individual	49:38	+20:34	04:58	
263	225	Vera Leite	Arrifana Running	49:39	+20:35	04:58	
264	187	Pedro Rodrigues	Individual	49:46	+20:42	04:59	
265	104	Paulo Costa	Dragões de Ovar	49:50	+20:46	04:59	
266	464	Hélder Paiva	Kirchhoff konect running team	49:51	+20:47	04:59	
267	188	Carmo Marinho	Individual	49:54	+20:50	04:59	
268	233	Armando Rocha	Individual	49:56	+20:52	05:00	
269	360	Helder Lourenço	Individual	50:14	+21:10	05:01	
270	34	Manuel Jorge	sunday morning	50:14	+21:10	05:01	
271	39	Claudio Caldas	sunday morning	50:14	+21:10	05:01	

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	RESULT	DIFF	t/KM	CARD
272	321	Frederico Figueiredo	Individual	50:15	+21:11	05:01	
273	496	Eduardo Azevedo	Individual	50:15	+21:11	05:02	
274	206	Xavier Xavier	A.D.GRIJÓ A CORRER	50:23	+21:19	05:02	
275	26	Paulo Santos	Rodelo Running Team	50:24	+21:20	05:02	
276	345	José Coutinho	Individual	50:29	+21:25	05:03	
277	75	Julio Costa	Salgueiros Running	50:29	+21:25	05:03	
278	45	Rosa Gomes	SEM ESFORÇO NÃO HÁ TINTO	50:34	+21:30	05:03	
279	499	Rui Pinhão	Individual	50:44	+21:40	05:04	
280	124	Jorge Maciel	Individual	50:44	+21:40	05:04	
281	38	Francisco Caldas	sunday morning	50:45	+21:41	05:04	
282	288	Rosa Ferreira	Cortegacense	50:45	+21:41	05:05	
283	105	Miguel Marujo	Individual	50:46	+21:42	05:05	
284	414	Bruno Almeida	Bruno Almeida	50:46	+21:42	05:05	
285	35	Paulo Valente	sunday morning	50:48	+21:44	05:05	
286	228	Maria Paiva	Arrifana Running	50:48	+21:44	05:05	
287	80	Miguel Sanches	Individual	50:49	+21:45	05:05	
288	172	Carla Cardoso	Night runners	50:50	+21:46	05:05	
289	356	Rita Pinto	Individual	50:52	+21:48	05:05	
290	357	José Vaz	Individual	50:54	+21:50	05:05	
291	73	Pedro Melo	ARCORUN	50:55	+21:51	05:06	
292	59	William Martinez	Will40	50:56	+21:52	05:06	
293	579	José Aires Moreira	RUNNING ESPINHO	51:04	+22:00	05:06	
294	433	Rui Santos	Individual	51:10	+22:06	05:07	
295	439	Marco Botelho	Os Falta D'Ar	51:10	+22:06	05:07	
296	67	André Pais	Rodelo Running Team	51:12	+22:08	05:07	
297	289	Angelina Ferreira	Cortegacense	51:15	+22:11	05:07	
298	355	Daniel Gomes	Individual	51:21	+22:17	05:08	
299	467	Filipe Cruz	Individual	51:21	+22:17	05:08	
300	358	Alexandra Lopes	Sporting Clube de Espinho / António Leitão	51:22	+22:18	05:08	
301	4	Rui Sousa	Individual	51:22	+22:18	05:08	
302	425	Eduarda Gouveia	Individual	51:27	+22:23	05:09	
303	170	Jorge Santos	Vai Mais Um Copo	51:30	+22:26	05:09	
304	183	Vera Santos	COPO RUNNERS	51:40	+22:36	05:10	
305	60	Filipe Manta	100 SEM ESFORÇO NÃO HÁ TINTO	51:46	+22:42	05:11	
306	119	Andreia Cerqueira	Outlaw	51:47	+22:43	05:11	
307	126	José Pinto	A.D.GRIJÓ A CORRER	51:49	+22:45	05:11	
308	578	Rui Oliveira	RUNNING ESPINHO	51:53	+22:49	05:11	
309	469	Paulo Santana	Individual	51:54	+22:50	05:11	
310	37	Rui Fardilha	sunday morning	51:55	+22:51	05:11	
311	409	Isabel Sousa	Running Esmoriz	52:01	+22:57	05:12	
312	416	Miguel Gouveia	Running Esmoriz	52:01	+22:57	05:12	
313	118	Ângela Couto	Outlaw	52:17	+23:13	05:14	
314	448	Joaquim Guerra	Os Falta D'Ar	52:34	+23:30	05:15	
315	36	Leonardo Marques	sunday morning	52:40	+23:36	05:16	
316	378	Miguel Coelho	Individual	52:40	+23:36	05:16	
317	603	Pedro Silva	Individual	52:46	+23:42	05:17	

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	RESULT	DIFF	t/KM	CARD
318	602	Joaquim Batista	Individual	52:47	+23:43	05:17	
319	475	Ricardo Rocha	Individual	52:51	+23:47	05:17	
320	181	Maria Martins	Individual	52:52	+23:48	05:17	
321	180	Manuel Silva	Individual	52:52	+23:48	05:17	
322	102	José Campos	Individual	52:52	+23:48	05:17	
323	339	Micaela Santos	Micaela Santos	52:54	+23:50	05:17	
324	387	Bruno Jorge	Individual	52:54	+23:50	05:17	
325	99	Rossana Ferreira	Individual	52:55	+23:51	05:18	
326	203	Suzana Duarte	Individual	53:03	+23:59	05:18	
327	18	António Brandão	Individual	53:04	+24:00	05:18	
328	117	Marlene Couto	Outlaw	53:04	+24:00	05:18	
329	61	Bruno Batista	Individual	53:05	+24:01	05:18	
330	313	Sofia Chipelo	pardelhas	53:12	+24:08	05:19	
331	312	Goreti Silva	pardelhas	53:13	+24:09	05:19	
332	48	Rui Gaspar	SEM ESFORÇO NÃO HÁ TINTO	53:15	+24:11	05:20	
333	484	Diogo Dias	Running Esmoriz	53:18	+24:14	05:20	
334	418	Álvaro Silva	Running Esmoriz	53:19	+24:15	05:20	
335	108	Mónica Pereira	Individual	53:21	+24:17	05:20	
336	398	Ana Oliveira	Running Esmoriz	53:21	+24:17	05:20	
337	373	Helder Costa	Individual	53:22	+24:18	05:20	
338	497	Mário Batista	Individual	53:23	+24:19	05:20	
339	13	Nuno Pereira	CAL - Clube Atletismo de Lamas	53:33	+24:29	05:21	
340	141	Nuno Moreira	BB de Elite	53:34	+24:30	05:21	
341	83	Elisabete Silva	AFIS/OVAR	53:41	+24:37	05:22	
342	113	Belmiro Lopes	CAL - Clube Atletismo de Lamas	53:49	+24:45	05:23	
343	434	António Godinho	Os Falta D'Ar	53:54	+24:50	05:23	
344	333	Teresa Tavares	CAL - Clube Atletismo de Lamas	53:56	+24:52	05:24	
345	405	Orquídea Gomes	Running Esmoriz	53:59	+24:55	05:24	
346	161	Angela Mogadouro	Carlos Gomes	54:00	+24:56	05:24	
347	380	Paulo Gomes	Individual	54:01	+24:57	05:24	
348	461	Mario Saxe	Barrinha Surf School	54:06	+25:02	05:25	
349	427	Lucidio Dias	CAL - Clube Atletismo de Lamas	54:13	+25:09	05:25	
350	154	Rui Santos	A.D.GRIJÓ A CORRER	54:15	+25:11	05:25	
351	410	Juliana Carvalho	Running Esmoriz	54:17	+25:13	05:26	
352	411	André Santos	Running Esmoriz	54:18	+25:14	05:26	
353	153	Manu Nogueira	A.D.GRIJÓ A CORRER	54:18	+25:14	05:26	
354	377	Anabela Coelho	Individual	54:21	+25:17	05:26	
355	248	Milton Viana	Individual	54:25	+25:21	05:26	
356	540	Alexandre Espirito Santo	Individual	54:33	+25:29	05:27	
357	607	Andre Vieira	Individual	54:34	+25:30	05:27	
358	534	Martim Lopes Ferreira	Individual	54:38	+25:34	05:28	
359	307	Sandra Pinho	Individual	54:39	+25:35	05:28	
360	415	Ernesto Maia	Running Esmoriz	54:42	+25:38	05:28	
361	40	Joao Valente	sunday morning	54:47	+25:43	05:29	
362	179	Julia Grilo	Run Run	54:48	+25:44	05:29	
363	408	Clara Oliveira	Running Esmoriz	54:49	+25:45	05:29	

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 - 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	RESULT	DIFF	t/KM	CARD
364	417	Sandra Ferreira	Clube Desportivo Feirense	54:50	+25:46	05:29	
365	486	Marcio Santos	Running Esmoriz	54:51	+25:47	05:29	
366	431	Pedro Caetano	Individual	54:54	+25:50	05:29	
367	396	Maria Caetano	Brutas	54:54	+25:50	05:29	
368	432	Filipa Sá	Brutas	54:54	+25:50	05:29	
369	114	Lourenço Maria	Individual	55:02	+25:58	05:30	
370	7	Hélder Pereira	Individual	55:03	+25:59	05:30	
371	308	Vera Reis	Tirmilhos	55:14	+26:10	05:31	
372	209	Fernando Azevedo	Fernando Azevedo	55:18	+26:14	05:32	
373	513	Daniela Daniela	Kirchhoff konect running team	55:20	+26:16	05:32	
374	370	Dinis Canastro	Individual	55:22	+26:18	05:32	
375	383	Rafael Fernandes	Individual	55:22	+26:18	05:32	
376	295	Deolinda Ferreira	Individual	55:24	+26:20	05:32	
377	297	José Silva	G.D.A Ronda	55:25	+26:21	05:32	
378	243	Marcia Campos	Individual	55:25	+26:21	05:33	
379	306	Virgilio Neves	Individual	55:26	+26:22	05:33	
380	458	Jose Manuel	Barrinha Surf School	55:26	+26:22	05:33	
381	223	José Beleza	Arrifana Running	55:37	+26:33	05:34	
382	148	António Barbosa	Individual	55:40	+26:36	05:34	
383	631	Diogo Silva	Individual	55:44	+26:40	05:34	
384	16	Sofia Martins	RUNNING ESPINHO	55:46	+26:42	05:35	
385	162	Ana Ferreira	Cortegacense	55:52	+26:48	05:35	
386	15	Marta Silva	BB de Elite	55:53	+26:49	05:35	
387	14	Renato Santo	BB de Elite	55:53	+26:49	05:35	
388	125	Simão Florim	Simão	56:01	+26:57	05:36	
389	422	Bianca Bernard	Running Esmoriz	56:10	+27:06	05:37	
390	227	Rosa Silva	Arrifana Running	56:18	+27:14	05:38	
391	301	Inês Cardoso	Cortegacense	56:21	+27:17	05:38	
392	561	Alexandra Reboredo	Nascido para correr	56:22	+27:18	05:38	
393	560	Adão Dias	Nascido para correr	56:23	+27:19	05:38	
394	190	Liliana Mogadouro	Individual	56:25	+27:21	05:39	
395	146	Tiago Cadete	Armazém do Fitness	56:25	+27:21	05:39	
396	369	Emanuel Coelho	Individual	56:26	+27:22	05:39	
397	152	Tânia Gonçalves	Individual	56:28	+27:24	05:39	
398	155	Márcio Costa	Individual	56:28	+27:24	05:39	
399	62	Sofia Oliveira	Individual	56:31	+27:27	05:39	
400	76	Mário Fonseca	D&M	56:32	+27:28	05:39	
401	451	Ivo Valente	Individual	56:33	+27:29	05:39	
402	399	Américo Fonseca	Running Esmoriz	56:37	+27:33	05:40	
403	400	Joel Sá	Running Esmoriz	56:39	+27:35	05:40	
404	218	Maria Gomes	Arrifana Running	56:45	+27:41	05:40	
405	220	Paula Martins	Arrifana Running	56:45	+27:41	05:40	
406	351	Diogo Camboa	Individual	56:46	+27:42	05:41	
407	319	António Sousa	Individual	56:47	+27:43	05:41	
408	174	Olga Brandão	Individual	57:03	+27:59	05:42	
409	444	Rui Pinto	Os Falta D'Ar	57:16	+28:12	05:44	

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	RESULT	DIFF	t/KM	CARD
410	94	Filipa Ribeiro	Individual	57:20	+28:16	05:44	
411	245	Susana Almeida	Individual	57:21	+28:17	05:44	
412	232	J.m.ribeiro J.m.ribeiro	Individual	57:21	+28:17	05:44	
413	164	Vítor Meneses	VARM	57:21	+28:17	05:44	
414	492	Alexandra Ramos	Individual	57:25	+28:21	05:45	
415	453	Filipe Sousa	Individual	57:34	+28:30	05:45	
416	135	Ana Pinho	CAO - Clube Atletismo de Ovar	57:38	+28:34	05:46	
417	136	Fatima Aleixo	CAO - Clube Atletismo de Ovar	57:38	+28:34	05:46	
418	116	Francisco Costa	CAL - Clube Atletismo de Lamas	57:47	+28:43	05:47	
419	512	Odete Valente	Only 2	57:48	+28:44	05:47	
420	511	Cláudia Moreira	Only 2	57:49	+28:45	05:47	
421	19	Paulo Pádua	Individual	57:49	+28:45	05:47	
422	58	Isabela Rodrigues	Isabela	57:50	+28:46	05:47	
423	254	Celso Gomes	Cortegacense	57:53	+28:49	05:47	
424	430	Carlos Marques	@corredoresderua@	57:53	+28:49	05:47	
425	253	Catarina Ferreira	Cortegacense	57:53	+28:49	05:47	
426	250	Anabela Cardoso	Cortegacense	57:54	+28:50	05:47	
427	304	Simão Barros	A.D.GRIJÓ A CORRER	58:07	+29:03	05:49	
428	621	Alice Valente	Individual	58:09	+29:05	05:49	
429	121	Manuel Couto	A.D.GRIJÓ A CORRER	58:09	+29:05	05:49	
430	79	António Carvalho	Individual	58:13	+29:09	05:49	
431	3	Ricardo Silva	Individual	58:17	+29:13	05:50	
432	404	Vigínia Costa	Running Esmoriz	58:22	+29:18	05:50	
433	538	Márcia Oliveira	Running Esmoriz	58:22	+29:18	05:50	
434	175	Sandra Fernandes	Run Run	58:25	+29:21	05:50	
435	167	José Falcão	RIO LARGO CLUBE DE ESPINHO	58:25	+29:21	05:51	
436	305	Mauricio Lins	Forvia Runners	58:30	+29:26	05:51	
437	441	João Guedes	Os Falta D'Ar	58:51	+29:47	05:53	
438	11	Maria Borges	Individual	59:13	+30:09	05:55	
439	384	Raul Loureiro	Individual	59:19	+30:15	05:56	
440	189	Ana Pais	Individual	59:22	+30:18	05:56	
441	93	Jorge Mota	Individual	59:27	+30:23	05:57	
442	247	Maria Resende	Individual	59:30	+30:26	05:57	
443	246	Miguel Resende	Individual	59:30	+30:26	05:57	
444	340	António Miguel	Anabela Monteiro	59:33	+30:29	05:57	
445	78	Erasmo Correia	Individual	59:37	+30:33	05:58	
446	385	Georgina Dias	Individual	59:40	+30:36	05:58	
447	50	João Domingues	Individual	59:56	+30:52	06:00	
448	479	José Andrade	Individual	59:58	+30:54	06:00	
449	388	Jorge Brito	Individual	59:58	+30:54	06:00	
450	630	Maria Martins	Individual	59:58	+30:54	06:00	
451	530	Levi Silva	Individual	01:00:03	+30:59	06:00	
452	361	Vera Silva	Vera	01:00:07	+31:03	06:01	
453	435	Joaquim Neto	Os Falta D'Ar	01:00:08	+31:04	06:01	
454	440	Nelson Ferreira	Os Falta D'Ar	01:00:08	+31:04	06:01	
455	374	Filipe Marques	Individual	01:00:08	+31:04	06:01	

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	RESULT	DIFF	t/KM	CARD
456	270	João Carreira	Cortegacense	01:00:09	+31:05	06:01	
457	193	Catarina Jorge	Individual	01:00:22	+31:19	06:02	
458	92	Serafim Coutinho	Zero2Hero	01:00:37	+31:33	06:04	
459	363	Joaquim Oliveira	CIRAC	01:00:41	+31:37	06:04	
460	465	Hugo Velhote	KIRCHHOFF	01:00:42	+31:38	06:04	
461	29	Filipe Gonçalves	Ovar Run	01:00:45	+31:41	06:04	
462	91	Maria Coutinho	Zero2Hero	01:00:45	+31:41	06:05	
463	519	Sofia Baptista	Sofia Baptista	01:00:55	+31:51	06:06	
464	520	José Cunha	Individual	01:00:55	+31:51	06:06	
465	532	Ricardo Sousa	Individual	01:01:16	+32:12	06:08	
466	173	Paula Pereira	Individual	01:01:30	+32:26	06:09	
467	402	Luís Oliveira	Running Esmoriz	01:01:39	+32:35	06:10	
468	452	Samanta Maia	CAL - Clube Atletismo de Lamas	01:01:40	+32:36	06:10	
469	401	Cristiana Pinto	Running Esmoriz	01:01:43	+32:39	06:10	
470	24	Tiago Silva	Individual	01:01:47	+32:43	06:11	
471	624	Fabiana Costa	Individual	01:01:54	+32:50	06:11	
472	625	Inês Ferreira	Individual	01:01:55	+32:51	06:12	
473	274	Marcia Rola	Cortegacense	01:02:12	+33:08	06:13	
474	379	Claudia Oliveira	Individual	01:02:15	+33:11	06:13	
475	215	Rúben Faria	Individual	01:02:19	+33:15	06:14	
476	214	Poonam Sharma	Individual	01:02:55	+33:51	06:18	
477	198	Dinesh Sharma	Individual	01:02:56	+33:52	06:18	
478	177	Eliana Silva	Individual	01:03:16	+34:12	06:20	
479	176	Nuno Oliveira	Individual	01:03:16	+34:12	06:20	
480	446	Vitor Leite	Os Falta D'Ar	01:03:32	+34:28	06:21	
481	261	Helder Correia	Cortegacense	01:03:38	+34:34	06:22	
482	352	Luís Castro	Individual	01:03:40	+34:36	06:22	
483	66	Francisca Pereira	Ovar Run	01:04:15	+35:11	06:25	
484	618	Ana Dias	Individual	01:04:20	+35:16	06:26	
485	608	Matilde Cunha	Individual	01:04:20	+35:16	06:26	
486	606	Ana Marta	Individual	01:04:20	+35:16	06:26	
487	604	Carolina Rodrigues	Individual	01:04:20	+35:16	06:26	
488	617	Sofia Andrade	Individual	01:04:21	+35:17	06:26	
489	612	Simão Carvalho	Individual	01:04:25	+35:21	06:26	
490	641	Nuno Baptista	Individual	01:04:26	+35:22	06:27	
491	613	Xavier Pinho	Individual	01:04:54	+35:50	06:29	
492	632	Mafalda Carvalho	Individual	01:05:36	+36:32	06:34	
493	457	Andreia Sá	Kirchhoff konect running team	01:05:56	+36:52	06:36	
494	12	Maria Brandão	Ratos do Asfalto	01:06:01	+36:57	06:36	
495	31	Sara Brandão	Individual	01:06:03	+36:59	06:36	
496	468	Nelson Silva	IMO 2007	01:06:11	+37:07	06:37	
497	471	Sílvia Costa	IMO 2007	01:06:12	+37:08	06:37	
498	500	Luís Matos	Individual	01:06:27	+37:23	06:39	
499	201	Américo Gomes	CAL - Clube Atletismo de Lamas	01:07:21	+38:17	06:44	
500	200	Lia Gomes	CAL - Clube Atletismo de Lamas	01:07:21	+38:17	06:44	
501	51	Paulo Pinho	Individual	01:07:26	+38:22	06:45	

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 - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
502	54	Artur Rodrigues	S S S Team	01:07:26	+38:22	06:45	
503	52	Manuel Pereira	Individual	01:07:26	+38:22	06:45	
504	53	Isabel Santos	S S S Team	01:07:27	+38:23	06:45	
505	310	Antonio Silva	pardelhas	01:07:35	+38:31	06:45	
506	311	Sueli Silva	pardelhas	01:07:35	+38:31	06:45	
507	389	Paulo Correia	Paulo Correia Clínic	01:08:21	+39:17	06:50	
508	30	Francisco Gonçalves	Ovar Run	01:08:34	+39:30	06:51	
509	21	Andrew Andrew	Ovar Run	01:09:11	+40:07	06:55	
510	20	Fatima Fatima	Ovar Run	01:09:12	+40:08	06:55	
511	494	Ana Castro	Individual	01:11:29	+42:25	07:09	
512	473	António Castro	Individual	01:11:29	+42:25	07:09	
513	426	Tiago Castro	Individual	01:11:30	+42:26	07:09	
514	609	Beatriz Coelho Silva	Individual	01:11:56	+42:52	07:12	
515	634	Leandro Moreira	Individual	01:12:13	+43:09	07:13	
516	619	Francisca Couto	Individual	01:12:26	+43:22	07:15	
517	627	Leonor Antunes	Individual	01:12:28	+43:24	07:15	
518	615	Beatriz Teixeira	Individual	01:12:32	+43:28	07:15	
519	611	Fabiana Macedo	Individual	01:12:49	+43:45	07:17	
520	420	Renato Tavares	Running Esmoriz	01:13:09	+44:05	07:19	
521	406	Zé Paulo	Running Esmoriz	01:14:42	+45:38	07:28	
522	407	Ana Almeida	Running Esmoriz	01:14:43	+45:39	07:28	
523	622	Joana Silva	Individual	01:14:54	+45:50	07:29	
524	620	Ana Sousa	Individual	01:16:34	+47:30	07:39	
525	210	Filomena Azevedo	Individual	01:17:20	+48:16	07:44	
526	636	Constança Laranjeira	Individual	01:22:19	+53:15	08:14	
527	639	Pedro Coelho	Individual	01:22:21	+53:17	08:14	
528	623	Mariana Araújo	Individual	01:22:22	+53:18	08:14	
529	637	Francisco Monteiro	Individual	01:35:44	+01:06:40	09:34	
530	628	Miriam Bastos	Individual	01:35:50	+01:06:46	09:35	
531	638	Fabio Costa	Individual	01:35:54	+01:06:50	09:35	
532	629	Catarina Santos	Individual	01:36:00	+01:06:56	09:36	

Prova Principal

10 KM

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

	Time	Temperature	Humidity
Start	18:00	11,7°C	94%
End	19:37	11,7°C	94%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
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Senior Feminino

1	574	Andreia Santos	Clube Desportivo Feirense	Senior Feminino	33:45	+04:41	03:23
2	564	Joana Nunes	RECREIO DESPORTIVO DE ÁGUEDA	Senior Feminino	34:08	+05:04	03:25
3	565	Sara Carvalho	RECREIO DESPORTIVO DE ÁGUEDA	Senior Feminino	35:58	+06:54	03:36
4	562	Carolina Ribeiro	RECREIO DESPORTIVO DE ÁGUEDA	Senior Feminino	39:36	+10:33	03:58
5	57	Celeste Oliveira	Villa Cesari/Flama	Senior Feminino	41:10	+12:07	04:07
6	44	Elisa Pires	SEM ESFORÇO NÃO HÁ TINTO	Senior Feminino	44:08	+15:05	04:25
7	275	Marlene Ferreira	Clube Desportivo Feirense	Senior Feminino	44:14	+15:10	04:25
8	460	Inês Correia	Barrinha Surf School	Senior Feminino	44:27	+15:24	04:27
9	502	Ana Pinto	Lavra	Senior Feminino	44:45	+15:42	04:29
10	390	Carolina Silva	Zero 2 Hero	Senior Feminino	44:50	+15:47	04:29
11	330	Neuza Montenegro	Danilo Maia	Senior Feminino	45:00	+15:56	04:30
12	46	Sandra Pires	SEM ESFORÇO NÃO HÁ TINTO	Senior Feminino	45:32	+16:29	04:33
13	487	Mafalda Lima	Mafalda Lima	Senior Feminino	46:30	+17:26	04:39
14	151	Filipa Liz	Individual	Senior Feminino	46:43	+17:40	04:40
15	244	Ana Resende	Individual	Senior Feminino	46:47	+17:44	04:41
16	367	Raquel Rocha	Individual	Senior Feminino	47:17	+18:13	04:44
17	219	Leida Bello	Arrifana Running	Senior Feminino	47:21	+18:17	04:44
18	626	Rafael Silva	Individual	Senior Feminino	47:24	+18:21	04:44
19	336	Ana Cirne	AFIS/OVAR	Senior Feminino	47:32	+18:28	04:45
20	566	VANESSA OLIVEIRA	Clube Desportivo Feirense	Senior Feminino	48:09	+19:05	04:49
21	610	Nuno Costa	Individual	Senior Feminino	48:39	+19:36	04:52
22	10	Isabel Correia	Ovar Run	Senior Feminino	48:57	+19:54	04:54
23	536	Alexandra Domingues	Individual	Senior Feminino	49:02	+19:59	04:54
24	263	Ana Brandão	Individual	Senior Feminino	49:31	+20:27	04:57
25	45	Rosa Gomes	SEM ESFORÇO NÃO HÁ TINTO	Senior Feminino	50:33	+21:30	05:03
26	425	Eduarda Gouveia	Individual	Senior Feminino	51:27	+22:23	05:09
27	183	Vera Santos	COPO RUNNERS	Senior Feminino	51:40	+22:36	05:10
28	118	Ângela Couto	Outlaw	Senior Feminino	52:17	+23:13	05:14
29	339	Micaela Santos	Micaela Santos	Senior Feminino	52:54	+23:50	05:17
30	313	Sofia Chipelo	pardelhas	Senior Feminino	53:12	+24:08	05:19
31	312	Goreti Silva	pardelhas	Senior Feminino	53:12	+24:09	05:19
32	161	Angela Mogadouro	Carlos Gomes	Senior Feminino	53:59	+24:56	05:24
33	410	Juliana Carvalho	Running Esmoriz	Senior Feminino	54:16	+25:13	05:26
34	307	Sandra Pinho	Individual	Senior Feminino	54:39	+25:35	05:28
35	396	Maria Caetano	Brutas	Senior Feminino	54:53	+25:50	05:29
36	432	Filipa Sá	Brutas	Senior Feminino	54:53	+25:50	05:29
37	15	Marta Silva	BB de Elite	Senior Feminino	55:52	+26:49	05:35

Prova Principal

10 KM

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

38	422	Bianca Bernard	Running Esmoriz	Senior Feminino	56:10	+27:06	05:37
39	301	Inês Cardoso	Cortegacense	Senior Feminino	56:20	+27:17	05:38
40	190	Liliana Mogadouro	Individual	Senior Feminino	56:25	+27:21	05:39
41	62	Sofia Oliveira	Individual	Senior Feminino	56:30	+27:27	05:39
42	245	Susana Almeida	Individual	Senior Feminino	57:20	+28:16	05:44
43	492	Alexandra Ramos	Individual	Senior Feminino	57:25	+28:21	05:45
44	135	Ana Pinho	CAO - Clube Atletismo de Ovar	Senior Feminino	57:37	+28:33	05:46
45	511	Cláudia Moreira	Only 2	Senior Feminino	57:48	+28:45	05:47
46	58	Isabela Rodrigues	Isabela	Senior Feminino	57:49	+28:46	05:47
47	253	Catarina Ferreira	Cortegacense	Senior Feminino	57:53	+28:49	05:47
48	621	Alice Valente	Individual	Senior Feminino	58:08	+29:04	05:49
49	538	Márcia Oliveira	Running Esmoriz	Senior Feminino	58:22	+29:18	05:50
50	11	Maria Borges	Individual	Senior Feminino	59:13	+30:09	05:55
51	630	Maria Martins	Individual	Senior Feminino	59:58	+30:54	06:00
52	193	Catarina Jorge	Individual	Senior Feminino	01:00:22	+31:18	06:02
53	91	Maria Coutinho	Zero2Hero	Senior Feminino	01:00:45	+31:41	06:05
54	519	Sofia Baptista	Sofia Baptista	Senior Feminino	01:00:55	+31:51	06:06
55	401	Cristiana Pinto	Running Esmoriz	Senior Feminino	01:01:43	+32:39	06:10
56	624	Fabiana Costa	Individual	Senior Feminino	01:01:53	+32:49	06:11
57	625	Inês Ferreira	Individual	Senior Feminino	01:01:55	+32:51	06:12
58	379	Claudia Oliveira	Individual	Senior Feminino	01:02:14	+33:11	06:13
59	618	Ana Dias	Individual	Senior Feminino	01:04:19	+35:15	06:26
60	608	Matilde Cunha	Individual	Senior Feminino	01:04:19	+35:16	06:26
61	606	Ana Marta	Individual	Senior Feminino	01:04:19	+35:16	06:26
62	617	Sofia Andrade	Individual	Senior Feminino	01:04:20	+35:17	06:26
63	632	Mafalda Carvalho	Individual	Senior Feminino	01:05:35	+36:32	06:34
64	457	Andreia Sá	Kirchhoff konect running team	Senior Feminino	01:05:55	+36:52	06:36
65	12	Maria Brandão	Ratos do Asfalto	Senior Feminino	01:06:01	+36:57	06:36
66	31	Sara Brandão	Individual	Senior Feminino	01:06:02	+36:59	06:36
67	494	Ana Castro	Individual	Senior Feminino	01:11:28	+42:24	07:09
68	609	Beatriz Coelho Silva	Individual	Senior Feminino	01:11:56	+42:52	07:12
69	619	Francisca Couto	Individual	Senior Feminino	01:12:26	+43:22	07:15
70	627	Leonor Antunes	Individual	Senior Feminino	01:12:27	+43:23	07:15
71	615	Beatriz Teixeira	Individual	Senior Feminino	01:12:31	+43:28	07:15
72	622	Joana Silva	Individual	Senior Feminino	01:14:53	+45:50	07:29
73	620	Ana Sousa	Individual	Senior Feminino	01:16:33	+47:29	07:39
74	636	Constança Laranjeira	Individual	Senior Feminino	01:22:19	+53:15	08:14
75	623	Mariana Araújo	Individual	Senior Feminino	01:22:22	+53:18	08:14
76	628	Miriam Bastos	Individual	Senior Feminino	01:35:49	+01:06:45	09:35
77	629	Catarina Santos	Individual	Senior Feminino	01:35:59	+01:06:55	09:36

Senior Masculino

1	522	Fábio Oliveira	GDC Guilhovai	Senior Masculino	29:03		02:54
2	466	Tomás Silva	Sporting Clube de Portugal	Senior Masculino	30:11	+01:07	03:01
3	491	Ricardo Pereira	ACD JARDIM DA SERRA	Senior Masculino	31:15	+02:11	03:08

Prova Principal
10 KM
OFFICIAL RESULT

4	86	Filipe Ferreira	ACR DE VALE DE CAMBRA	Senior Masculino	32:36	+03:32	03:16
5	456	Eduardo Beça	Grecas	Senior Masculino	32:43	+03:40	03:16
6	556	Luis Gomes	Nascido para correr	Senior Masculino	32:44	+03:40	03:16
7	505	André Adriano	Kirchhoff konect running team	Senior Masculino	32:45	+03:41	03:17
8	507	Tiago Pinho	ACR DE VALE DE CAMBRA	Senior Masculino	32:50	+03:46	03:17
9	137	Celso Leite	CAO - Clube Atletismo de Ovar	Senior Masculino	33:00	+03:57	03:18
10	85	Marco Pinho	ACR DE VALE DE CAMBRA	Senior Masculino	33:31	+04:28	03:21
11	455	Ricardo Gomes	Clube Desportivo Feirense	Senior Masculino	33:33	+04:30	03:21
12	23	Francisco Silva	Individual	Senior Masculino	34:00	+04:56	03:24
13	314	Hélder Pires	E V PERALTATIL	Senior Masculino	34:41	+05:37	03:28
14	5	Nuno Pais	CAL - Clube Atletismo de Lamas	Senior Masculino	35:34	+06:30	03:33
15	264	Roland Sousa	GDC Codal Vale de Cambra	Senior Masculino	37:15	+08:12	03:44
16	476	André Soares	Individual	Senior Masculino	37:40	+08:37	03:46
17	87	André Aniceto	ACR DE VALE DE CAMBRA	Senior Masculino	37:50	+08:46	03:47
18	140	Tiago Ferreira	ARADA ATLÉTICO CLUBE	Senior Masculino	38:01	+08:58	03:48
19	567	FILIPE André dos Santos OLIVEIRA	Clube Desportivo Feirense	Senior Masculino	38:57	+09:54	03:54
20	265	André Santos	GDC Codal Vale de Cambra	Senior Masculino	39:03	+09:59	03:54
21	22	Abel Silva	Individual	Senior Masculino	39:37	+10:33	03:58
22	347	Ricardo Costa	ARADA ATLÉTICO CLUBE	Senior Masculino	39:39	+10:35	03:58
23	130	Frederico Costa	Individual	Senior Masculino	39:42	+10:38	03:58
24	523	António Ratola	Individual	Senior Masculino	40:07	+11:03	04:01
25	81	Milton Silva	Uriah	Senior Masculino	40:20	+11:17	04:02
26	546	Rui Lopes	Clube Desportivo Feirense	Senior Masculino	40:21	+11:17	04:02
27	372	Ricardo Pereira	Sporting Clube de Espinho / António Leitão	Senior Masculino	40:42	+11:38	04:04
28	645	António Carvalho	Individual	Senior Masculino	41:00	+11:57	04:06
29	171	Samuel Rocha	Btovelhasnaosaoparamato	Senior Masculino	41:02	+11:58	04:06
30	143	Flávio Cunha	Individual	Senior Masculino	41:13	+12:09	04:07
31	640	Edgar Cruz	Individual	Senior Masculino	41:23	+12:20	04:08
32	47	Rafael Ribeiro	SEM ESFORÇO NÃO HÁ TINTO	Senior Masculino	41:25	+12:22	04:09
33	337	José Bernardes	Individual	Senior Masculino	41:31	+12:27	04:09
34	296	Luís Costa	G.D.A Ronda	Senior Masculino	41:55	+12:52	04:12
35	359	Francisco Santos	The Dobermans	Senior Masculino	42:23	+13:19	04:14
36	95	Paulo Camboa	Zero2Hero	Senior Masculino	42:30	+13:27	04:15
37	335	Leandro Caetano	Caetano Motorsport	Senior Masculino	42:35	+13:31	04:16
38	109	Fábio Almeida	Individual	Senior Masculino	42:37	+13:33	04:16
39	605	Francisco Teixeira	Individual	Senior Masculino	42:41	+13:37	04:16
40	531	Guilherme Brito	Individual	Senior Masculino	43:24	+14:20	04:20
41	238	Paulo Pires	Individual	Senior Masculino	43:32	+14:28	04:21
42	412	Carlos Osório	Running Esmoriz	Senior Masculino	43:39	+14:36	04:22
43	178	Rodrigo Oliveira	Individual	Senior Masculino	43:46	+14:43	04:23
44	186	João Alves	Individual	Senior Masculino	43:47	+14:43	04:23
45	614	Hugo Martins	Individual	Senior Masculino	44:03	+15:00	04:24
46	221	Anthony Suarez	Arrifana Running	Senior Masculino	44:18	+15:14	04:26
47	279	Ricardo Teixeira	Cortegacense	Senior Masculino	44:20	+15:16	04:26
48	229	Helder Mota	Individual	Senior Masculino	44:25	+15:21	04:27
49	182	Vitor Dias	Arrifana Running	Senior Masculino	44:26	+15:22	04:27

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

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50	192	Davide Pereira	ARCPRUN	Senior Masculino	44:35	+15:31	04:28
51	194	Rui Ferreira	ACR DE VALE DE CAMBRA	Senior Masculino	44:42	+15:38	04:28
52	43	Tiago Santos	SEM ESFORÇO NÃO HÁ TINTO	Senior Masculino	44:43	+15:39	04:28
53	391	Pedro Magalhães	Zero 2 Hero	Senior Masculino	44:50	+15:46	04:29
54	267	Eduardo Amorim	Individual	Senior Masculino	44:59	+15:55	04:30
55	324	André Ribeiro	Sporting Clube de Espinho - Fersilva	Senior Masculino	45:07	+16:03	04:31
56	110	Andre Silva	Individual	Senior Masculino	45:19	+16:15	04:32
57	478	Márcio Oliveira	Individual	Senior Masculino	45:31	+16:27	04:33
58	488	Oldair Mendes	Santos Runners	Senior Masculino	45:37	+16:33	04:34
59	107	Tiago Oliveira	Individual	Senior Masculino	46:14	+17:10	04:37
60	127	Luís Vicente	Luís Pedro Preto Vicente	Senior Masculino	46:17	+17:13	04:38
61	547	André Batista	Clube Desportivo Feirense	Senior Masculino	46:27	+17:23	04:39
62	423	Vareiro Vareiro	Running Esmoriz	Senior Masculino	46:30	+17:26	04:39
63	338	Danilo Maia	Danilo Maia	Senior Masculino	46:33	+17:29	04:39
64	147	Valter Soares	Individual	Senior Masculino	46:42	+17:39	04:40
65	309	Nuno Alvim	Running Esmoriz	Senior Masculino	46:51	+17:48	04:41
66	551	António Monteiro	Nascido para correr	Senior Masculino	47:22	+18:19	04:44
67	100	Luis Pereira	ARCORUN	Senior Masculino	47:26	+18:22	04:45
68	169	Ricardo Duarte	Individual	Senior Masculino	47:29	+18:25	04:45
69	101	Diogo Maia	Individual	Senior Masculino	47:45	+18:42	04:47
70	329	Luis Pinho	Danilo Maia	Senior Masculino	47:55	+18:51	04:48
71	533	Nicolau Costa	Running Esmoriz	Senior Masculino	48:08	+19:04	04:49
72	421	Afonso Costa	Running Esmoriz	Senior Masculino	48:10	+19:06	04:49
73	549	Cristiano Tavares	Individual	Senior Masculino	48:18	+19:14	04:50
74	648	Sérgio Almeida	Individual	Senior Masculino	48:19	+19:16	04:50
75	208	Ivo Petiz	Barrinha Surf School	Senior Masculino	49:00	+19:56	04:54
76	55	Rui Araujo	Vai Mais Um Copo	Senior Masculino	49:05	+20:02	04:55
77	635	Carlos Silva	Individual	Senior Masculino	49:16	+20:12	04:56
78	187	Pedro Rodrigues	Individual	Senior Masculino	49:45	+20:41	04:59
79	321	Frederico Figueiredo	Individual	Senior Masculino	50:14	+21:11	05:01
80	124	Jorge Maciel	Individual	Senior Masculino	50:44	+21:40	05:04
81	105	Miguel Marujo	Individual	Senior Masculino	50:46	+21:42	05:05
82	80	Miguel Sanches	Individual	Senior Masculino	50:49	+21:45	05:05
83	4	Rui Sousa	Individual	Senior Masculino	51:21	+22:18	05:08
84	170	Jorge Santos	Vai Mais Um Copo	Senior Masculino	51:30	+22:26	05:09
85	60	Filipe Manta	100 SEM ESFORÇO NÃO HÁ TINTO	Senior Masculino	51:45	+22:41	05:11
86	378	Miguel Coelho	Individual	Senior Masculino	52:40	+23:36	05:16
87	603	Pedro Silva	Individual	Senior Masculino	52:46	+23:42	05:17
88	475	Ricardo Rocha	Individual	Senior Masculino	52:51	+23:47	05:17
89	102	José Campos	Individual	Senior Masculino	52:52	+23:48	05:17
90	387	Bruno Jorge	Individual	Senior Masculino	52:54	+23:50	05:17
91	484	Diogo Dias	Running Esmoriz	Senior Masculino	53:18	+24:14	05:20
92	497	Mário Batista	Individual	Senior Masculino	53:22	+24:18	05:20
93	141	Nuno Moreira	BB de Elite	Senior Masculino	53:33	+24:30	05:21
94	411	André Santos	Running Esmoriz	Senior Masculino	54:17	+25:13	05:26

Prova Principal

10 KM

OFFICIAL RESULT

95	540	Alexandre Espirito Santo	Individual	Senior Masculino	54:33	+25:29	05:27
96	607	Andre Vieira	Individual	Senior Masculino	54:33	+25:30	05:27
97	534	Martim Lopes Ferreira	Individual	Senior Masculino	54:37	+25:34	05:28
98	40	Joao Valente	sunday morning	Senior Masculino	54:46	+25:43	05:29
99	486	Marcio Santos	Running Esmoriz	Senior Masculino	54:51	+25:47	05:29
100	431	Pedro Caetano	Individual	Senior Masculino	54:53	+25:49	05:29
101	114	Lourenço Maria	Individual	Senior Masculino	55:01	+25:57	05:30
102	370	Dinis Canastro	Individual	Senior Masculino	55:22	+26:18	05:32
103	383	Rafael Fernandes	Individual	Senior Masculino	55:22	+26:18	05:32
104	631	Diogo Silva	Individual	Senior Masculino	55:43	+26:40	05:34
105	125	Simão Florim	Simão	Senior Masculino	56:01	+26:57	05:36
106	369	Emanuel Coelho	Individual	Senior Masculino	56:26	+27:22	05:39
107	76	Mário Fonseca	D&M	Senior Masculino	56:31	+27:28	05:39
108	451	Ivo Valente	Individual	Senior Masculino	56:32	+27:28	05:39
109	400	Joel Sá	Running Esmoriz	Senior Masculino	56:39	+27:35	05:40
110	351	Diogo Camboa	Individual	Senior Masculino	56:45	+27:41	05:41
111	304	Simão Barros	A.D.GRIJÓ A CORRER	Senior Masculino	58:07	+29:03	05:49
112	79	António Carvalho	Individual	Senior Masculino	58:12	+29:09	05:49
113	3	Ricardo Silva	Individual	Senior Masculino	58:16	+29:13	05:50
114	246	Miguel Resende	Individual	Senior Masculino	59:29	+30:25	05:57
115	530	Levi Silva	Individual	Senior Masculino	01:00:03	+30:59	06:00
116	270	João Carreira	Cortegacense	Senior Masculino	01:00:09	+31:05	06:01
117	29	Filipe Gonçalves	Ovar Run	Senior Masculino	01:00:44	+31:40	06:04
118	520	José Cunha	Individual	Senior Masculino	01:00:55	+31:51	06:06
119	532	Ricardo Sousa	Individual	Senior Masculino	01:01:16	+32:12	06:08
120	402	Luís Oliveira	Running Esmoriz	Senior Masculino	01:01:39	+32:35	06:10
121	215	Rúben Faria	Individual	Senior Masculino	01:02:19	+33:15	06:14
122	352	Luís Castro	Individual	Senior Masculino	01:03:40	+34:36	06:22
123	604	Carolina Rodrigues	Individual	Senior Masculino	01:04:20	+35:16	06:26
124	612	Simão Carvalho	Individual	Senior Masculino	01:04:24	+35:21	06:26
125	641	Nuno Baptista	Individual	Senior Masculino	01:04:26	+35:22	06:27
126	613	Xavier Pinho	Individual	Senior Masculino	01:04:54	+35:50	06:29
127	426	Tiago Castro	Individual	Senior Masculino	01:11:30	+42:26	07:09
128	634	Leandro Moreira	Individual	Senior Masculino	01:12:12	+43:08	07:13
129	611	Fabiana Macedo	Individual	Senior Masculino	01:12:48	+43:45	07:17
130	406	Zé Paulo	Running Esmoriz	Senior Masculino	01:14:41	+45:38	07:28
131	639	Pedro Coelho	Individual	Senior Masculino	01:22:20	+53:17	08:14
132	637	Francisco Monteiro	Individual	Senior Masculino	01:35:43	+01:06:39	09:34
133	638	Fabio Costa	Individual	Senior Masculino	01:35:53	+01:06:49	09:35

Veterana F40

1	509	Sandra Ferreira	G.D.C GUILHOVAI	Veterana F40	38:49	+09:45	03:53
2	483	Mafalda Resende	RUNNING ESPINHO	Veterana F40	42:47	+13:43	04:17
3	298	Marta Reis	Cortegacense	Veterana F40	44:28	+15:24	04:27
4	158	Dora Dias	CAL - Clube Atletismo de Lamas	Veterana F40	45:09	+16:06	04:31

Official Timekeeper: Lap2Go	5 / 13	generate 11-dez-2022 19:41
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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 - 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

5	569	GRAÇA Maria Fonseca BELEZA	Clube Desportivo Feirense	Veterana F40	45:34	+16:31	04:33
6	242	Rita Paupério	Individual	Veterana F40	46:35	+17:32	04:40
7	184	Sandra Moreira	COPO RUNNERS	Veterana F40	47:15	+18:12	04:44
8	129	Sara Costa	Núcleo de Atletismo de Cucujães	Veterana F40	47:54	+18:50	04:47
9	42	Filipa ângela	Individual	Veterana F40	48:51	+19:47	04:53
10	376	Anabela Cardoso	Individual	Veterana F40	49:06	+20:02	04:55
11	225	Vera Leite	Arrifana Running	Veterana F40	49:38	+20:35	04:58
12	356	Rita Pinto	Individual	Veterana F40	50:52	+21:48	05:05
13	119	Andreia Cerqueira	Outlaw	Veterana F40	51:47	+22:43	05:11
14	99	Rossana Ferreira	Individual	Veterana F40	52:55	+23:51	05:18
15	117	Marlene Couto	Outlaw	Veterana F40	53:04	+24:00	05:18
16	108	Mónica Pereira	Individual	Veterana F40	53:20	+24:16	05:20
17	308	Vera Reis	Tirmilhos	Veterana F40	55:14	+26:10	05:31
18	513	Daniela Daniela	Kirchhoff konect running team	Veterana F40	55:20	+26:16	05:32
19	243	Marcia Campos	Individual	Veterana F40	55:25	+26:21	05:33
20	152	Tânia Gonçalves	Individual	Veterana F40	56:27	+27:24	05:39
21	175	Sandra Fernandes	Run Run	Veterana F40	58:24	+29:21	05:50
22	361	Vera Silva	Vera	Veterana F40	01:00:06	+31:03	06:01
23	452	Samanta Maia	CAL - Clube Atletismo de Lamas	Veterana F40	01:01:40	+32:36	06:10
24	274	Marcia Rola	Cortegacense	Veterana F40	01:02:11	+33:07	06:13
25	471	Sílvia Costa	IMO 2007	Veterana F40	01:06:11	+37:07	06:37

Veterana F45

1	563	Carla Martinho	RECREIO DESPORTIVO DE ÁGUEDA	Veterana F45	32:46	+03:42	03:17
2	571	DORA Sofia Moreira de SÁ	Clube Desportivo Feirense	Veterana F45	43:08	+14:04	04:19
3	493	Marisa João	CAO - Clube Atletismo de Ovar	Veterana F45	43:34	+14:30	04:21
4	84	Clotilde Santos	ACR DE VALE DE CAMBRA	Veterana F45	44:57	+15:53	04:30
5	572	SÓNIA Maria Fonseca BELEZA	Clube Desportivo Feirense	Veterana F45	45:45	+16:41	04:35
6	577	Fernanda Rocha	RUNNING ESPINHO	Veterana F45	47:07	+18:03	04:43
7	576	Orquídea Sousa	RUNNING ESPINHO	Veterana F45	47:25	+18:21	04:45
8	527	Maria Franco Oliveira	Cortegacense	Veterana F45	49:15	+20:11	04:56
9	228	Maria Paiva	Arrifana Running	Veterana F45	50:48	+21:44	05:05
10	358	Alexandra Lopes	Sporting Clube de Espinho / António Leitão	Veterana F45	51:21	+22:18	05:08
11	409	Isabel Sousa	Running Esmoriz	Veterana F45	52:01	+22:57	05:12
12	153	Manu Nogueira	A.D.GRIJÓ A CORRER	Veterana F45	54:17	+25:14	05:26
13	377	Anabela Coelho	Individual	Veterana F45	54:21	+25:17	05:26
14	417	Sandra Ferreira	Clube Desportivo Feirense	Veterana F45	54:49	+25:46	05:29
15	162	Ana Ferreira	Cortegacense	Veterana F45	55:51	+26:47	05:35
16	218	Maria Gomes	Arrifana Running	Veterana F45	56:44	+27:40	05:40
17	94	Filipa Ribeiro	Individual	Veterana F45	57:20	+28:16	05:44
18	512	Odete Valente	Only 2	Veterana F45	57:48	+28:44	05:47
19	250	Anabela Cardoso	Cortegacense	Veterana F45	57:54	+28:50	05:47
20	404	Vigínia Costa	Running Esmoriz	Veterana F45	58:21	+29:18	05:50
21	189	Ana Pais	Individual	Veterana F45	59:21	+30:18	05:56

Official Timekeeper: Lap2Go	6 / 13	generate 11-dez-2022 19:41
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Prova Principal

10 KM

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OFFICIAL RESULT

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22	173	Paula Pereira	Individual	Veterana F45	01:01:30	+32:26	06:09
23	177	Eliana Silva	Individual	Veterana F45	01:03:15	+34:11	06:20

Veterana F50

1	550	Ana Castro	Individual	Veterana F50	46:30	+17:27	04:39
2	172	Carla Cardoso	Night runners	Veterana F50	50:50	+21:46	05:05
3	181	Maria Martins	Individual	Veterana F50	52:51	+23:48	05:17
4	203	Suzana Duarte	Individual	Veterana F50	53:03	+23:59	05:18
5	333	Teresa Tavares	CAL - Clube Atletismo de Lamas	Veterana F50	53:56	+24:52	05:24
6	405	Orquídea Gomes	Running Esmoriz	Veterana F50	53:59	+24:55	05:24
7	179	Julia Grilo	Run Run	Veterana F50	54:48	+25:44	05:29
8	408	Clara Oliveira	Running Esmoriz	Veterana F50	54:49	+25:45	05:29
9	295	Deolinda Ferreira	Individual	Veterana F50	55:23	+26:20	05:32
10	16	Sofia Martins	RUNNING ESPINHO	Veterana F50	55:45	+26:42	05:35
11	227	Rosa Silva	Arrifana Running	Veterana F50	56:17	+27:14	05:38
12	220	Paula Martins	Arrifana Running	Veterana F50	56:44	+27:40	05:40
13	174	Olga Brandão	Individual	Veterana F50	57:02	+27:58	05:42
14	247	Maria Resende	Individual	Veterana F50	59:29	+30:25	05:57
15	214	Poonam Sharma	Individual	Veterana F50	01:02:55	+33:51	06:18
16	66	Francisca Pereira	Ovar Run	Veterana F50	01:04:14	+35:11	06:25
17	200	Lia Gomes	CAL - Clube Atletismo de Lamas	Veterana F50	01:07:21	+38:17	06:44
18	53	Isabel Santos	S S S Team	Veterana F50	01:07:27	+38:23	06:45
19	20	Fatima Fatima	Ovar Run	Veterana F50	01:09:11	+40:07	06:55

Veterana F55

1	392	Matilde Baptista	JAM - Juventude Atlética Mozelense	Veterana F55	44:21	+15:17	04:26
2	188	Carmo Marinho	Individual	Veterana F55	49:54	+20:50	04:59
3	288	Rosa Ferreira	Cortegacense	Veterana F55	50:44	+21:41	05:05
4	289	Angelina Ferreira	Cortegacense	Veterana F55	51:14	+22:10	05:07
5	398	Ana Oliveira	Running Esmoriz	Veterana F55	53:20	+24:17	05:20
6	83	Elisabete Silva	AFIS/OVAR	Veterana F55	53:40	+24:36	05:22
7	561	Alexandra Reboredo	Nascido para correr	Veterana F55	56:22	+27:18	05:38
8	311	Sueli Silva	pardelhas	Veterana F55	01:07:34	+38:31	06:45
9	407	Ana Almeida	Running Esmoriz	Veterana F55	01:14:42	+45:39	07:28

Veterana F60

1	558	Rosa Pinto	Nascido para correr	Veterana F60	44:46	+15:43	04:29
2	385	Georgina Dias	Individual	Veterana F60	59:39	+30:36	05:58

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 - 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

Veterana F65

1	210	Filomena Azevedo	Individual	Veterana F65	01:17:20	+48:16	07:44
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Veterano M40

1	293	Vitor Oliveira	Cortegacense	Veterano M40	29:27	+00:23	02:57
2	462	Daniel Peixoto	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M40	34:08	+05:05	03:25
3	65	Hernani Furtado	Individual	Veterano M40	34:25	+05:22	03:27
4	240	Ricardo Pereira	#lobosolitário	Veterano M40	35:41	+06:37	03:34
5	256	Daniel Barros	Cortegacense	Veterano M40	36:15	+07:11	03:38
6	284	Williams Rodriguez	Cortegacense	Veterano M40	36:25	+07:22	03:39
7	128	Joao Dias	Núcleo de Atletismo de Cucujães	Veterano M40	36:30	+07:26	03:39
8	97	José Santos	Individual	Veterano M40	36:49	+07:45	03:41
9	157	Rui Tavares	A.D.GRIJÓ A CORRER	Veterano M40	37:26	+08:22	03:45
10	17	Sérgio Mota	SC Espinho Triatlo	Veterano M40	37:55	+08:51	03:48
11	582	Pedro Alves	RUNNING ESPINHO	Veterano M40	37:58	+08:55	03:48
12	133	Marco Silva	CAO - Clube Atletismo de Ovar	Veterano M40	38:41	+09:38	03:52
13	354	João Ribeiro	Sporting Clube de Espinho - Fersilva	Veterano M40	39:22	+10:18	03:56
14	552	Domingos Silva	Nascido para correr	Veterano M40	39:24	+10:20	03:56
15	543	Paulo Oliveira	Clube Desportivo Feirense	Veterano M40	40:08	+11:04	04:01
16	419	Hélder Teixeira	Running Esmoriz	Veterano M40	40:53	+11:49	04:05
17	584	Nuno Moreira	RUNNING ESPINHO	Veterano M40	41:11	+12:08	04:07
18	222	Francisco Terra	Individual	Veterano M40	41:51	+12:47	04:11
19	168	Ricardo Seromenho	JAM - Juventude Atlético Mozelense	Veterano M40	42:24	+13:20	04:14
20	230	Armenio Silva	MC	Veterano M40	42:41	+13:37	04:16
21	445	Rui Miguel	Os Falta D'Ar	Veterano M40	43:03	+13:59	04:18
22	489	Bruno Santos	Restaurante Iago	Veterano M40	43:23	+14:19	04:20
23	191	Hélder Costa	Grupo Lago	Veterano M40	43:26	+14:22	04:21
24	103	Márcio Oliveira	AFIS/OVAR	Veterano M40	43:27	+14:23	04:21
25	276	Miguel Matos	Cortegacense	Veterano M40	43:31	+14:28	04:21
26	463	João Fernando	SCE FERSILVA	Veterano M40	43:57	+14:54	04:24
27	343	Rui Albino	Individual	Veterano M40	44:02	+14:58	04:24
28	115	Hugo Sousa	Individual	Veterano M40	44:06	+15:02	04:25
29	290	Celso Silva	G.D.A Ronda	Veterano M40	44:45	+15:42	04:29
30	570	NUNO Miguel Almeida CARDOSO	Clube Desportivo Feirense	Veterano M40	45:12	+16:08	04:31
31	49	Rui Carvalho	SEM ESFORÇO NÃO HÁ TINTO	Veterano M40	45:19	+16:16	04:32
32	165	Paulo Cruz	ADI ÍLHAVO	Veterano M40	45:28	+16:24	04:33
33	211	Joao Silva	Individual	Veterano M40	45:36	+16:32	04:34
34	185	Vasco Regadas	Individual	Veterano M40	45:37	+16:33	04:34
35	394	Nelson Nelson	Lusitanos	Veterano M40	45:47	+16:43	04:35
36	368	Miguel Ferreira	Individual	Veterano M40	46:41	+17:38	04:40

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

37	217	Ricardo Vendeira	Individual	Veterano M40	46:49	+17:45	04:41
38	331	Carlos Marinheiro	Individual	Veterano M40	47:26	+18:22	04:45
39	25	Ruben Almeida	Individual	Veterano M40	47:52	+18:48	04:47
40	403	Paulo Reis	Running Esmoriz	Veterano M40	48:12	+19:08	04:49
41	277	Nuno Ferreira	Cortegacense	Veterano M40	48:34	+19:30	04:51
42	568	MARCO António Gomes GONÇALVES	Clube Desportivo Feirense	Veterano M40	48:43	+19:40	04:52
43	464	Hélder Paiva	Kirchhoff konekt running team	Veterano M40	49:51	+20:47	04:59
44	360	Helder Lourenço	Individual	Veterano M40	50:13	+21:09	05:01
45	34	Manuel Jorge	sunday morning	Veterano M40	50:14	+21:10	05:01
46	38	Francisco Caldas	sunday morning	Veterano M40	50:44	+21:41	05:04
47	414	Bruno Almeida	Bruno Almeida	Veterano M40	50:46	+21:42	05:05
48	35	Paulo Valente	sunday morning	Veterano M40	50:47	+21:43	05:05
49	59	William Martinez	Will40	Veterano M40	50:55	+21:51	05:06
50	67	André Pais	Rodelo Running Team	Veterano M40	51:12	+22:08	05:07
51	469	Paulo Santana	Individual	Veterano M40	51:53	+22:50	05:11
52	373	Helder Costa	Individual	Veterano M40	53:21	+24:17	05:20
53	248	Milton Viana	Individual	Veterano M40	54:24	+25:20	05:26
54	14	Renato Santo	BB de Elite	Veterano M40	55:52	+26:49	05:35
55	146	Tiago Cadete	Armazém do Fitness	Veterano M40	56:25	+27:21	05:39
56	155	Márcio Costa	Individual	Veterano M40	56:27	+27:24	05:39
57	232	J.m.ribeiro J.m.ribeiro	Individual	Veterano M40	57:20	+28:17	05:44
58	19	Paulo Pádua	Individual	Veterano M40	57:48	+28:45	05:47
59	78	Erasmo Correia	Individual	Veterano M40	59:37	+30:33	05:58
60	440	Nelson Ferreira	Os Falta D'Ar	Veterano M40	01:00:08	+31:04	06:01
61	374	Filipe Marques	Individual	Veterano M40	01:00:08	+31:04	06:01
62	389	Paulo Correia	Paulo Correia Clínic	Veterano M40	01:08:20	+39:17	06:50

Veterano M45

1	521	Paulo Pereira	GDC Guilhovai	Veterano M45	33:36	+04:33	03:22
2	362	Rui Gomes	S. C. Espinho Fersilva-Triatlo	Veterano M45	34:41	+05:37	03:28
3	226	Fernando Lima	Individual	Veterano M45	34:47	+05:43	03:29
4	74	Salviano Ferreira	ARADA ATLÉTICO CLUBE	Veterano M45	34:52	+05:48	03:29
5	266	Rui Almeida	GDC Codal Vale de Cambra	Veterano M45	36:24	+07:20	03:38
6	64	Jose Costa	Ronda - Restaurante Grelha/Auto Marques	Veterano M45	37:13	+08:10	03:43
7	317	Jorge Pina	Individual	Veterano M45	37:54	+08:50	03:47
8	545	José Correia	Clube Desportivo Feirense	Veterano M45	37:58	+08:54	03:48
9	134	Paulo Resende	CAO - Clube Atletismo de Ovar	Veterano M45	38:02	+08:58	03:48
10	542	Antonio Amorim	Clube Desportivo Feirense	Veterano M45	38:03	+09:00	03:48
11	437	Jorge Silva	Os Falta D'Ar	Veterano M45	38:20	+09:17	03:50
12	386	Belarmino Mendonça	Guisande Trail Running	Veterano M45	38:37	+09:33	03:52
13	32	Cecílio Ferreira	Individual	Veterano M45	38:39	+09:36	03:52
14	470	César Ferreira	Individual	Veterano M45	38:45	+09:41	03:53
15	341	Armando Sá	COPO RUNNERS	Veterano M45	40:50	+11:47	04:05
16	375	José Granja	Individual	Veterano M45	41:12	+12:08	04:07

Prova Principal

10 KM

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

17	235	Filipe Almeida	Arrifana Running	Veterano M45	41:29	+12:25	04:09
18	581	Eduardo Pinto	RUNNING ESPINHO	Veterano M45	41:29	+12:25	04:09
19	6	Vitor Salgado	Vitor Salgado	Veterano M45	42:10	+13:07	04:13
20	231	Ricky Matias	Individual	Veterano M45	42:18	+13:14	04:14
21	1	Vitor Sa	Individual	Veterano M45	42:37	+13:33	04:16
22	156	Paulo Jorge	Individual	Veterano M45	43:08	+14:05	04:19
23	436	Jorge Guerra	Os Falta D'Ar	Veterano M45	44:18	+15:15	04:26
24	224	Luis Gomes	Arrifana Running	Veterano M45	44:52	+15:49	04:29
25	68	Pedro Necho	AFIS/OVAR	Veterano M45	44:53	+15:49	04:29
26	204	Silvio Carvalho	Individual	Veterano M45	45:19	+16:15	04:32
27	525	Joel Santos	Individual	Veterano M45	45:21	+16:17	04:32
28	593	Nuno Cardoso	Individual	Veterano M45	45:31	+16:28	04:33
29	413	Luis Silva	Lusitanos	Veterano M45	45:48	+16:44	04:35
30	269	Joao Oliveira	Cortegacense	Veterano M45	45:56	+16:53	04:36
31	438	Manuel Ferreira	Os Falta D'Ar	Veterano M45	45:57	+16:53	04:36
32	251	Antonio Neves	Cortegacense	Veterano M45	46:06	+17:03	04:37
33	447	Vitor Rente	Os Falta D'Ar	Veterano M45	46:22	+17:19	04:38
34	98	Frank Santos	SC Espinho Triatlo	Veterano M45	46:24	+17:20	04:38
35	498	Fernando Ramalho	Individual	Veterano M45	46:25	+17:21	04:39
36	285	José Oliveira	Cortegacense	Veterano M45	46:37	+17:34	04:40
37	472	Francisco Oliveira	Individual	Veterano M45	47:02	+17:58	04:42
38	559	Manuel Ferreira	Nascido para correr	Veterano M45	47:13	+18:10	04:43
39	332	Flávio Soares	CAL - Clube Atletismo de Lamas	Veterano M45	47:22	+18:18	04:44
40	9	Carlos Silva	Individual	Veterano M45	47:57	+18:53	04:48
41	142	Nelson Gomes	Individual	Veterano M45	48:11	+19:07	04:49
42	474	António Sá	Individual	Veterano M45	48:14	+19:10	04:49
43	212	Paulo Oliveira	Individual	Veterano M45	48:14	+19:10	04:49
44	514	Jose Almeida	Kirchhoff Running Team	Veterano M45	48:17	+19:13	04:50
45	393	Paulo Paulo	InterCaima	Veterano M45	48:29	+19:25	04:51
46	334	Manuel Pereira	Individual	Veterano M45	49:07	+20:03	04:55
47	233	Armando Rocha	Individual	Veterano M45	49:55	+20:52	05:00
48	39	Claudio Caldas	sunday morning	Veterano M45	50:14	+21:10	05:01
49	496	Eduardo Azevedo	Individual	Veterano M45	50:15	+21:11	05:02
50	345	José Coutinho	Individual	Veterano M45	50:28	+21:25	05:03
51	499	Rui Pinhão	Individual	Veterano M45	50:43	+21:39	05:04
52	357	José Vaz	Individual	Veterano M45	50:54	+21:50	05:05
53	433	Rui Santos	Individual	Veterano M45	51:09	+22:06	05:07
54	439	Marco Botelho	Os Falta D'Ar	Veterano M45	51:10	+22:06	05:07
55	467	Filipe Cruz	Individual	Veterano M45	51:21	+22:17	05:08
56	126	José Pinto	A.D.GRIJÓ A CORRER	Veterano M45	51:48	+22:44	05:11
57	36	Leonardo Marques	sunday morning	Veterano M45	52:39	+23:36	05:16
58	61	Bruno Batista	Individual	Veterano M45	53:04	+24:00	05:18
59	13	Nuno Pereira	CAL - Clube Atletismo de Lamas	Veterano M45	53:32	+24:28	05:21
60	461	Mario Saxe	Barrinha Surf School	Veterano M45	54:05	+25:01	05:25
61	154	Rui Santos	A.D.GRIJÓ A CORRER	Veterano M45	54:14	+25:10	05:25
62	7	Hélder Pereira	Individual	Veterano M45	55:02	+25:59	05:30

Official Timekeeper: Lap2Go	10 / 13	generate 11-dez-2022 19:41
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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

33	180	Manuel Silva	Individual	Veterano M50	52:52	+23:48	05:17
34	48	Rui Gaspar	SEM ESFORÇO NÃO HÁ TINTO	Veterano M50	53:15	+24:11	05:20
35	113	Belmiro Lopes	CAL - Clube Atletismo de Lamas	Veterano M50	53:49	+24:45	05:23
36	380	Paulo Gomes	Individual	Veterano M50	54:00	+24:57	05:24
37	415	Ernesto Maia	Running Esmoriz	Veterano M50	54:41	+25:37	05:28
38	297	José Silva	G.D.A Ronda	Veterano M50	55:24	+26:20	05:32
39	458	Jose Manuel	Barrinha Surf School	Veterano M50	55:26	+26:22	05:33
40	399	Américo Fonseca	Running Esmoriz	Veterano M50	56:37	+27:33	05:40
41	136	Fatima Aleixo	CAO - Clube Atletismo de Ovar	Veterano M50	57:37	+28:34	05:46
42	305	Mauricio Lins	Forvia Runners	Veterano M50	58:29	+29:26	05:51
43	441	João Guedes	Os Falta D'Ar	Veterano M50	58:51	+29:47	05:53
44	384	Raul Loureiro	Individual	Veterano M50	59:19	+30:15	05:56
45	93	Jorge Mota	Individual	Veterano M50	59:27	+30:23	05:57
46	340	António Miguel	Anabela Monteiro	Veterano M50	59:33	+30:29	05:57
47	388	Jorge Brito	Individual	Veterano M50	59:58	+30:54	06:00
48	435	Joaquim Neto	Os Falta D'Ar	Veterano M50	01:00:07	+31:04	06:01
49	468	Nelson Silva	IMO 2007	Veterano M50	01:06:11	+37:07	06:37
50	500	Luis Matos	Individual	Veterano M50	01:06:27	+37:23	06:39
51	201	Américo Gomes	CAL - Clube Atletismo de Lamas	Veterano M50	01:07:20	+38:17	06:44
52	54	Artur Rodrigues	S S S Team	Veterano M50	01:07:26	+38:22	06:45
53	473	António Castro	Individual	Veterano M50	01:11:29	+42:25	07:09
54	420	Renato Tavares	Running Esmoriz	Veterano M50	01:13:08	+44:05	07:19

Veterano M55

1	197	António Pinto	ACR DE VALE DE CAMBRA	Veterano M55	35:42	+06:39	03:34
2	348	Manuel Ferreira	ARADA ATLÉTICO CLUBE	Veterano M55	36:04	+07:00	03:36
3	69	José Figueiredo	AFIS/OVAR	Veterano M55	36:39	+07:36	03:40
4	554	Jorge Luz	Nascido para correr	Veterano M55	38:17	+09:13	03:50
5	138	Jorge Araujo	CAO - Clube Atletismo de Ovar	Veterano M55	41:01	+11:57	04:06
6	537	Nelson Ramos	Individual	Veterano M55	43:05	+14:01	04:19
7	236	Mario Martins	Os Kágados	Veterano M55	45:19	+16:15	04:32
8	366	José Brito	Individual	Veterano M55	46:05	+17:01	04:37
9	490	Jorge Santos	AJS	Veterano M55	46:37	+17:34	04:40
10	234	Paulo Silva	Individual	Veterano M55	46:53	+17:49	04:41
11	553	Isaac Pinto	Nascido para correr	Veterano M55	47:05	+18:01	04:43
12	273	Manuel Constantino	Cortegacense	Veterano M55	47:24	+18:20	04:44
13	371	Vítor Cardoso	Corre São João	Veterano M55	49:28	+20:24	04:57
14	73	Pedro Melo	ARCORUN	Veterano M55	50:55	+21:51	05:06
15	355	Daniel Gomes	Individual	Veterano M55	51:20	+22:16	05:08
16	434	António Godinho	Os Falta D'Ar	Veterano M55	53:54	+24:50	05:23
17	164	Vítor Meneses	VARM	Veterano M55	57:21	+28:17	05:44
18	254	Celso Gomes	Cortegacense	Veterano M55	57:52	+28:49	05:47
19	198	Dinesh Sharma	Individual	Veterano M55	01:02:56	+33:52	06:18
20	51	Paulo Pinho	Individual	Veterano M55	01:07:25	+38:22	06:45

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 - 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

21	21	Andrew Andrew	Ovar Run	Veterano M55	01:09:10	+40:07	06:55
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Veterano M60

1	591	Rodrigo Nunes	Individual	Veterano M60	41:44	+12:40	04:10
2	557	Rogério Sarmento	Nascido para correr	Veterano M60	43:15	+14:12	04:20
3	159	João Costa	Individual	Veterano M60	43:33	+14:29	04:21
4	292	Carlos Fazendeiro	G.D.A Ronda	Veterano M60	43:46	+14:42	04:23
5	213	José Reis	A.D.GRIJÓ A CORRER	Veterano M60	44:22	+15:19	04:26
6	294	Antonio Ferreira	G.D.A Ronda	Veterano M60	44:46	+15:43	04:29
7	583	Fernando Silva	RUNNING ESPINHO	Veterano M60	46:50	+17:47	04:41
8	364	Oscar Magolo	CIRAC	Veterano M60	48:17	+19:13	04:50
9	33	Manuel Oliveira	Individual	Veterano M60	48:49	+19:45	04:53
10	302	António Leal	Cortegacense	Veterano M60	49:03	+20:00	04:54
11	257	Domingos Camboa	Cortegacense	Veterano M60	49:18	+20:15	04:56
12	342	Alberto Espinheira	Paulo Silva	Veterano M60	49:23	+20:19	04:56
13	18	António Brandão	Individual	Veterano M60	53:03	+24:00	05:18
14	418	Álvaro Silva	Running Esmoriz	Veterano M60	53:18	+24:15	05:20
15	148	António Barbosa	Individual	Veterano M60	55:39	+26:36	05:34
16	116	Francisco Costa	CAL - Clube Atletismo de Lamas	Veterano M60	57:46	+28:43	05:47
17	430	Carlos Marques	@corredoresderua@	Veterano M60	57:53	+28:49	05:47
18	446	Vitor Leite	Os Falta D'Ar	Veterano M60	01:03:31	+34:28	06:21
19	52	Manuel Pereira	Individual	Veterano M60	01:07:26	+38:22	06:45
20	310	Antonio Silva	pardelhas	Veterano M60	01:07:34	+38:30	06:45
21	30	Francisco Gonçalves	Ovar Run	Veterano M60	01:08:33	+39:30	06:51

Veterano M65

1	123	Carlos Ripolins	A.D.GRIJÓ A CORRER	Veterano M65	43:02	+13:58	04:18
2	139	Joaquim Costa	CAO - Clube Atletismo de Ovar	Veterano M65	44:22	+15:19	04:26
3	104	Paulo Costa	Dragões de Ovar	Veterano M65	49:50	+20:46	04:59
4	579	José Aires Moreira	RUNNING ESPINHO	Veterano M65	51:03	+21:59	05:06
5	578	Rui Oliveira	RUNNING ESPINHO	Veterano M65	51:53	+22:49	05:11
6	427	Lucidio Dias	CAL - Clube Atletismo de Lamas	Veterano M65	54:12	+25:08	05:25
7	209	Fernando Azevedo	Fernando Azevedo	Veterano M65	55:17	+26:14	05:32
8	223	José Beleza	Arrifana Running	Veterano M65	55:37	+26:33	05:34
9	560	Adão Dias	Nascido para correr	Veterano M65	56:23	+27:19	05:38
10	121	Manuel Couto	A.D.GRIJÓ A CORRER	Veterano M65	58:08	+29:05	05:49
11	167	José Falcão	RIO LARGO CLUBE DE ESPINHO	Veterano M65	58:25	+29:21	05:51
12	92	Serafim Coutinho	Zero2Hero	Veterano M65	01:00:36	+31:33	06:04
13	363	Joaquim Oliveira	CIRAC	Veterano M65	01:00:41	+31:37	06:04