

**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

	Time	Temperature	Humidity
Start	18:30	12.2°C	86%
End	19:54	12.2°C	86%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	212	Marcelo Gonçalves	GDR Granja-Trutas Do Mau	32:39		03:16	
2	79	Nuno Miguel	CD São Salvador do Campo	33:37	+00:58	03:22	
3	166	Cristiano Oliveira	Escola de Atletismo de Coimbra/JPaiva	33:42	+01:03	03:22	
4	957	Ricardo Santos	RECREIO DESPORTIVO DE ÁGUEDA	34:10	+01:31	03:25	
5	252	Jorge Cubal	Grupo Desportivo e Cultural de Guilhovai	34:34	+01:55	03:27	
6	956	André Fonte	RECREIO DESPORTIVO DE ÁGUEDA	34:42	+02:03	03:28	
7	71	CRISTIANO PEREIRA	CASA DO POVO DE MANGUALDE	35:01	+02:22	03:30	
8	136	DAVIDE SILVA	DAR – Desportivo Atlético de Recardães	35:15	+02:36	03:32	
9	455	Paulo Pereira	Individual	35:25	+02:46	03:33	
10	705	Rui Nogueiro	Individual	35:33	+02:54	03:33	
11	615	Giovanni Díaz	Individual	35:35	+02:56	03:34	
12	411	João Moreira	Individual	35:36	+02:57	03:34	
13	208	RICARDO JORGE OLIVEIRA TAVARES	GDCCODAL	36:03	+03:24	03:36	
14	505	William Caetano	DCI / Trilhos Luso Bussaco	36:08	+03:29	03:37	
15	75	FERNANDO SANTOS	CASA DO POVO DE MANGUALDE	36:09	+03:30	03:37	
16	143	Hugo Silva	Dura-F1 Raceteam	36:11	+03:32	03:37	
17	150	João Santos	Dura-F1 Raceteam	36:18	+03:39	03:38	
18	478	Rui Matos	Individual	36:53	+04:14	03:41	
19	963	Mario André Rocha		37:07	+04:28	03:43	
20	652	Luiz Carlos Portela Coelho	Individual	37:18	+04:39	03:44	
21	223	António Lourenço	GDR Granja-Trutas Do Mau	37:24	+04:45	03:44	
22	1095	Edgar Resende	Individual	37:25	+04:46	03:44	
23	122	António Silva	DCI / Trilhos Luso Bussaco	37:30	+04:51	03:45	
24	433	Luis Menezes	Individual	37:49	+05:10	03:47	
25	246	Pedro sarabando	Grecas Vagos	37:58	+05:19	03:48	
26	583	Andre Nobre	Individual	38:06	+05:27	03:49	
27	233	Sérgio Baptista	GIMTÓNICO	38:08	+05:29	03:49	
28	1067	José Martins	Viriathvs Runners Viseu	38:08	+05:29	03:49	
29	824	Hugo Santos	LUSAVOUGA	38:09	+05:30	03:49	
30	430	Luís Manuel de Pinho Diogo	Individual	38:25	+05:46	03:50	
31	953	João Silva	QNPVSC	38:27	+05:48	03:51	
32	220	João Paulo Monteiro	GDR Granja-Trutas Do Mau	38:32	+05:53	03:51	
33	955	Carolina Ribeiro	RECREIO DESPORTIVO DE ÁGUEDA	38:32	+05:54	03:51	
34	147	David Coutinho	Dura-F1 Raceteam	38:56	+06:17	03:54	
35	611	FILIPE Carvalho	Individual	38:58	+06:19	03:54	
36	348	André Novais	Individual	39:01	+06:22	03:54	
37	402	João Dias	Individual	39:06	+06:27	03:55	
38	589	António Moreira	Individual	39:06	+06:27	03:55	
39	120	Miguel Paiva	Correr Fernelã	39:16	+06:37	03:56	
40	475	Rogério Filipe Oliveira Cabrita	Individual	39:19	+06:40	03:56	
41	1046	Ana Marta Pinto	Sport Clube Beira Mar	39:20	+06:41	03:56	

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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

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
42	1098	Marcelo Mendes	Individual	39:22	+06:43	03:56	
43	78	Fernando Antunes	CCDS S.Frutuoso	39:24	+06:45	03:56	
44	678	Paulo Silva	Individual	39:25	+06:46	03:56	
45	639	Jose Grijó	Individual	39:28	+06:49	03:57	
46	148	Filipe Fonseca	Dura-F1 Raceteam	39:29	+06:50	03:57	
47	146	António Gomes	Dura-F1 Raceteam	39:29	+06:50	03:57	
48	828	João Tavares	LUSAVOUGA	39:31	+06:52	03:57	
49	270	Louis da Cal	Ílhavos Runners - ACDI	39:32	+06:53	03:57	
50	600	Celso Fernandes	Individual	39:41	+07:02	03:58	
51	658	Mario Ferreira	Individual	39:55	+07:16	04:00	
52	633	Jorge Costa	Individual	39:58	+07:19	04:00	
53	383	Fábio Correia	Individual	40:00	+07:21	04:00	
54	365	Carlos André Oliveira	Individual	40:06	+07:27	04:01	
55	151	José Cruz	Dura-F1 Raceteam	40:09	+07:30	04:01	
56	144	José Pinheiro	Dura-F1 Raceteam	40:20	+07:41	04:02	
57	12	Luis Miguel Martins Dias	A.D.F/Bike Riders	40:23	+07:44	04:02	
58	436	Manuel Fardilha	Individual	40:26	+07:47	04:03	
59	682	Pedro Canha	Individual	40:31	+07:52	04:03	
60	1094	António Francisco	Individual	40:35	+07:56	04:04	
61	733	CARLOS MANUEL FERREIRA SILVA	Individual	40:37	+07:58	04:04	
62	137	Toni Serodio	DAR – Desportivo Atlético de Recardães	40:40	+08:01	04:04	
63	90	Pedro Gamelas	Centro Atlético Póvoa Pacense ( CENAP ) Cacia	40:40	+08:01	04:04	
64	133	GONÇALO VIEIRA	DAR – Desportivo Atlético de Recardães	40:40	+08:01	04:04	
65	867	André Costa	Município de Aveiro	40:54	+08:15	04:05	
66	676	Paulo Fidalgo	Individual	40:54	+08:15	04:05	
67	821	Pedro Guimaraes	Letsrunazores	40:56	+08:17	04:06	
68	1020	Fernando Ribeiro	Saca Trilhos Anadia	41:00	+08:21	04:06	
69	269	Carlos Marçalo	Ílhavos Runners - ACDI	41:02	+08:23	04:06	
70	225	Octávio Capela	GDR Granja-Trutas Do Mau	41:23	+08:44	04:08	
71	130	Tiago Almeida	CR7 FITNESS CRUNCH AVEIRO	41:25	+08:46	04:09	
72	636	Jorge Rodrigues	Individual	41:29	+08:50	04:09	
73	645	Lucas da Silva	Individual	41:32	+08:53	04:09	
74	418	Joel Pereira	Individual	41:34	+08:55	04:09	
75	85	João Amaral	CDCamarneira	41:36	+08:57	04:10	
76	724	Americo Martins	Individual	41:37	+08:58	04:10	
77	711	Sérgio Lopes	Individual	41:41	+09:02	04:10	
78	250	JOÃO ALMEIDA	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	41:44	+09:05	04:10	
79	677	Paulo moca	Individual	41:44	+09:05	04:10	
80	651	Luís Pessoa	Individual	41:52	+09:13	04:11	
81	498	Tiago Rocha	Individual	41:58	+09:19	04:12	
82	28	Ricardo Esteves	Arsenal de Canelas	41:59	+09:20	04:12	
83	121	Rui Oliveira	Correr Fermelã	42:00	+09:21	04:12	
84	62	Jil Coelho	C.D.C. Paradela do Vouga	42:01	+09:22	04:12	
85	1042	Cláudio Agostinho	Sport Club Paradela	42:01	+09:22	04:12	
86	245	Lídia Pereira	Grecas Vagos	42:02	+09:23	04:12	





## 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
178	503	Vitor Ribeiro	Individual	45:08	+12:29	04:31	
179	73	LURDES MONTEIRO	CASA DO POVO DE MANGUALDE	45:10	+12:31	04:31	
180	422	Jorge Simões	Individual	45:12	+12:33	04:31	
181	434	Luis Neves	Individual	45:14	+12:35	04:31	
182	766	Luis Soares	Individual	45:21	+12:42	04:32	
183	116	João Rodrigues	COMPASS RG	45:22	+12:43	04:32	
184	142	Guilherme Coutinho	Dura-F1 Raceteam	45:22	+12:43	04:32	
185	807	JOÃO ALMADA	Individual	45:30	+12:51	04:33	
186	468	Raul Batista	Individual	45:32	+12:53	04:33	
187	435	Luis Silvestre	Individual	45:33	+12:54	04:33	
188	201	Artur Jorge Paiva	FitnessHutAveiro	45:33	+12:54	04:33	
189	789	Rui Manuel da Rocha Ferreira	Individual	45:36	+12:57	04:34	
190	392	Gonçalo Nuno Duarte Costa	Individual	45:37	+12:58	04:34	
191	386	Fernando Manuel Henriques Silva	Individual	45:38	+12:59	04:34	
192	254	Antonio Marques	Grupo Juvenil Pinheiro da Bemposta	45:40	+13:01	04:34	
193	456	Paulo pires	Individual	45:42	+13:03	04:34	
194	487	Simao oliveira	Individual	45:44	+13:05	04:34	
195	59	Jorge Cardoso	Bosch Runners	45:44	+13:05	04:34	
196	546	Raquel Dias	Individual	45:46	+13:07	04:35	
197	1064	Guilherme André Valverde da Silva	Viriathvs Runners Viseu	45:47	+13:08	04:35	
198	320	Maria Inês Servo Caetano	Individual	45:49	+13:10	04:35	
199	87	Carlos Pedro	CDCamarneira	45:50	+13:11	04:35	
200	631	Joao Neves	Individual	45:50	+13:11	04:35	
201	442	Mário Pires	Individual	45:52	+13:13	04:35	
202	882	RUI Martins	NAR - Núcleo de Atletismo de Requeixo	45:52	+13:13	04:35	
203	6	NUNO MOTA	366 ALL DAYS	45:54	+13:15	04:35	
204	92	José Resende	Centro Atlético Póvoa Pacense ( CENAP ) Cacia	45:56	+13:17	04:36	
205	1051	Gonçalo Hubert	Toc Runners	45:58	+13:19	04:36	
206	222	Sérgio Gabriel	GDR Granja-Trutas Do Mau	46:00	+13:21	04:36	
207	328	Rita Fardilha	Individual	46:00	+13:21	04:36	
208	9	Pedro da Silva Amaral	A. C. D. Dornelas do Vouga	46:01	+13:22	04:36	
209	627	JIMMY SILVA	Individual	46:03	+13:24	04:36	
210	746	Jaime Júnior	Individual	46:07	+13:28	04:37	
211	102	Arnaldo Tomás	CIRES RUNNING TEAM	46:07	+13:28	04:37	
212	720	Vítor Proença	Individual	46:08	+13:29	04:37	
213	419	Jorge Batista	Individual	46:10	+13:31	04:37	
214	368	Carlos Monteiro	Individual	46:12	+13:33	04:37	
215	57	André Oliveira	Bosch Runners	46:14	+13:35	04:37	
216	656	Marco Coelho	Individual	46:15	+13:36	04:37	
217	98	Rui Miguel Laranjeira Tavares	CFA - Cravo, Fortes, Antão & Associados, SROC, Lda.	46:17	+13:38	04:38	
218	69	ANA SANTOS	CASA DO POVO DE MANGUALDE	46:20	+13:41	04:38	
219	947	Ricardo Queirós	PWR TEAM/VELHA GUARDA RC	46:24	+13:45	04:38	
220	689	Pedro Ricardo Coelho Gonçalves	Individual	46:25	+13:46	04:39	
221	379	Edgar Moreto	Individual	46:27	+13:48	04:39	
222	895	Vitor Ferreira	Núcleo de cicloturismo de Alcanena	46:28	+13:49	04:39	

**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 - 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

<b>RANK</b>	<b>BIB</b>	<b>NAME</b>	<b>TEAM</b>	<b>RESULT</b>	<b>DIFF</b>	<b>t/KM</b>	<b>CARD</b>
223	942	Rita Cruz	PWR TEAM/VELHA GUARDA RC	46:32	+13:53	04:39	
224	948	Rodolfo Andrade	PWR TEAM/VELHA GUARDA RC	46:32	+13:53	04:39	
225	590	Armindo Bastos	Individual	46:33	+13:54	04:39	
226	602	Daniel Ferreira	Individual	46:40	+14:01	04:40	
227	812	Jose canha	Individual	46:44	+14:05	04:40	
228	775	Nuno Silva	Individual	46:46	+14:07	04:41	
229	732	Carlos Jorge Madail Negrão	Individual	46:52	+14:13	04:41	
230	425	José Ribeiro	Individual	46:55	+14:16	04:42	
231	311	Ismery Galavis	Individual	46:56	+14:17	04:42	
232	977	Carlos Neto	Remax Universal	46:58	+14:19	04:42	
233	657	Marco Paulo Correia Santos Alves Costa	Individual	46:59	+14:20	04:42	
234	771	Manuel Marques	Individual	46:59	+14:20	04:42	
235	660	Miguel Carlos	Individual	47:01	+14:22	04:42	
236	95	André Miguel Pereira Júlio	CFA - Cravo, Fortes, Antão & Associados, SROC, Lda.	47:02	+14:23	04:42	
237	855	Elisabete Rocha	Molinhas Team	47:06	+14:27	04:43	
238	1022	Hugo Carolino	Safados Do Trail	47:10	+14:31	04:43	
239	199	Tiago Matias	FitnessHutAveiro	47:16	+14:37	04:44	
240	132	Carlos Marques	CR7 FITNESS CRUNCH AVEIRO	47:16	+14:37	04:44	
241	412	João Paulo Serôdio	Individual	47:17	+14:38	04:44	
242	134	Ivo Leandro pinto Gonçalves	DAR – Desportivo Atlético de Recardães	47:18	+14:39	04:44	
243	301	Elvira Correia	Individual	47:20	+14:41	04:44	
244	385	Felisberto Manuel de Pinho Rodrigues	Individual	47:20	+14:41	04:44	
245	721	Wilson Vilas-Boas	Individual	47:22	+14:43	04:44	
246	715	Tiago Cruz	Individual	47:27	+14:48	04:45	
247	216	Marlene Martins	GDR Granja-Trutas Do Mau	47:28	+14:49	04:45	
248	462	Pedro Nunes	Individual	47:31	+14:52	04:45	
249	384	Fábio Ferreira Jacinto	Individual	47:34	+14:55	04:45	
250	1091	Dalila Romão	CASA DO BENFICA EM CASTELO BRANCO	47:34	+14:55	04:45	
251	1090	Roberto Graça	CDCF Aldeia de Santo António	47:36	+14:57	04:46	
252	806	Heitor de oliveira santos	Individual	47:41	+15:02	04:46	
253	352	Ángelo Fonseca	Individual	47:45	+15:06	04:46	
254	665	nelson santiago	Individual	47:48	+15:09	04:47	
255	1037	Vicente Santos Julião	Sosense Trail Team Brga & Fernandes	47:51	+15:12	04:47	
256	783	Paulo Jorge Simões da silva	Individual	47:52	+15:13	04:47	
257	318	Manuela Nunes	Individual	47:53	+15:14	04:47	
258	198	Jorge Martins	FitnessHutAveiro	47:55	+15:16	04:48	
259	920	Bruno Melo	os tartarugas	47:57	+15:18	04:48	
260	683	pedro Fardilha	Individual	47:59	+15:20	04:48	
261	447	Nuno Fernandes	Individual	47:59	+15:20	04:48	
262	357	Bruno Amaral	Individual	48:00	+15:21	04:48	
263	669	Nuno Pessoa	Individual	48:00	+15:21	04:48	
264	749	João Coutinho Rego	Individual	48:01	+15:22	04:48	
265	1092	paulo maia	Individual	48:03	+15:24	04:48	
266	271	Marta Loureiro	Ílhavos Runners - ACDI	48:04	+15:25	04:48	

## 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	RESULT	DIFF	t/KM	CARD
267	182	Cristiano Santos	FitnessHutAveiro	48:06	+15:27	04:49	
268	593	Bruno Jesus	Individual	48:11	+15:32	04:49	
269	276	João Dono	Ílhavos Runners - ACDI	48:13	+15:34	04:49	
270	480	Rui Oliveira	Individual	48:13	+15:34	04:49	
271	579	Alcides Gonçalves	Individual	48:13	+15:34	04:49	
272	772	Marcos Roberto Correa	Individual	48:17	+15:38	04:50	
273	786	Paulo Sérgio Teixeira Costa	Individual	48:18	+15:39	04:50	
274	429	Luís Henriques	Individual	48:18	+15:39	04:50	
275	184	Fábio Pizarro	FitnessHutAveiro	48:20	+15:41	04:50	
276	595	Bruno Marques	Individual	48:21	+15:42	04:50	
277	420	Jorge Esteves	Individual	48:22	+15:43	04:50	
278	900	Márcio Ferreira	OiãRunners	48:24	+15:45	04:50	
279	389	filipe emanuel serra santos	Individual	48:25	+15:46	04:50	
280	64	Cláudio Castro	C.D.C. São Martinho da Gândara	48:26	+15:47	04:51	
281	248	Eduarda Vinagre	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	48:26	+15:47	04:51	
282	709	Rui Simões	Individual	48:26	+15:47	04:51	
283	584	André Nova	Individual	48:28	+15:49	04:51	
284	889	Gaspar Dias	Nokia Runners	48:28	+15:49	04:51	
285	647	Luis Ferreira	Individual	48:29	+15:50	04:51	
286	823	Joana Soares	LUSAVOUGA	48:30	+15:51	04:51	
287	521	Daniela Onofre	Individual	48:30	+15:51	04:51	
288	847	Keny Thurler	McDonalds	48:31	+15:52	04:51	
289	396	Hugo Canseiro	Individual	48:32	+15:53	04:51	
290	701	Ruben Joel Santos Almeida	Individual	48:32	+15:53	04:51	
291	22	Paulo Almeida	AFIS/OVAR	48:38	+15:59	04:52	
292	21	Américo Oliveira	AFIS/OVAR	48:40	+16:01	04:52	
293	742	Francisco leite	Individual	48:45	+16:06	04:53	
294	805	Fernando Lopes	Individual	48:48	+16:09	04:53	
295	997	RICARDOMIGUEL FERREIRA MAIA	Reumáticos & Etc	48:50	+16:11	04:53	
296	731	Carlos Ferreira	Individual	48:52	+16:13	04:53	
297	982	Nuno Madaíl	Remax Universal	48:53	+16:14	04:53	
298	918	Ricardo Gonçalves	Os muletas da Ria	48:54	+16:15	04:53	
299	914	Carla Rosa	Os muletas da Ria	48:55	+16:16	04:53	
300	976	Bruno Saraiva	Remax Universal	48:59	+16:20	04:54	
301	448	Nuno Gomes Marques	Individual	49:00	+16:21	04:54	
302	381	Eduardo Torres Couto Coimbra e Silva	Individual	49:01	+16:22	04:54	
303	431	Luis Marinho	Individual	49:04	+16:25	04:54	
304	680	Paulo Tavares	Individual	49:04	+16:25	04:54	
305	60	Raquel Santos	C.D.C. Paradela do Vouga	49:06	+16:27	04:55	
306	642	JP Griné	Individual	49:06	+16:27	04:55	
307	624	Hugo Neves	Individual	49:07	+16:28	04:55	
308	1026	Sérgio Henriques	SEGIMPRIMA RUNNING TEAM	49:09	+16:30	04:55	
309	107	Carla Fontoura	CIVILRIA	49:12	+16:33	04:55	
310	852	João Maio	Molinhas Team	49:12	+16:33	04:55	
311	83	António Ribeiro	CDCamarneira	49:12	+16:33	04:55	

**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 - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
312	323	Marie Blier	Individual	49:13	+16:34	04:55	
313	1089	João Simões	GIMTÓNICO	49:14	+16:35	04:55	
314	693	Ricardo Figueira	Individual	49:14	+16:35	04:55	
315	259	Eurico Couto	Hot waters	49:15	+16:36	04:55	
316	894	Manuel Paiva	Núcleo atletismo Cucujães	49:23	+16:44	04:56	
317	893	Pedro Paiva	Núcleo atletismo Cucujães	49:23	+16:44	04:56	
318	482	Rui Silveira	Individual	49:26	+16:47	04:57	
319	675	Paulo Cruz	Individual	49:28	+16:49	04:57	
320	764	Julio Júnior	Individual	49:29	+16:50	04:57	
321	623	Hugo Mourão	Individual	49:29	+16:50	04:57	
322	387	Fernando Marinho	Individual	49:29	+16:50	04:57	
323	205	Paulo Costa	FitnessHutAveiro	49:32	+16:53	04:57	
324	42	Celso Coelho	BESJOGING	49:34	+16:55	04:57	
325	625	Hugo Rodrigues	Individual	49:36	+16:57	04:58	
326	969	Vítor Paiva	Remax Universal	49:40	+17:01	04:58	
327	426	Júlio Tomás Gomes Teixeira	Individual	49:43	+17:04	04:58	
328	369	Christophe Mota	Individual	49:43	+17:04	04:58	
329	5	CATARINA SANTOS	366 ALL DAYS	49:45	+17:06	04:58	
330	366	Carlos Coutinho	Individual	49:47	+17:08	04:59	
331	698	Ricardo Sousa	Individual	49:51	+17:12	04:59	
332	153	André Filipe dos Santos Rebelo	Eduart Componentes de Calçado	49:51	+17:12	04:59	
333	597	Carlos Coelho	Individual	49:54	+17:15	04:59	
334	832	Fernando Vidal	LV/IOC	49:55	+17:16	04:59	
335	380	EDUARDO GONCALVES DE SOUZA	Individual	49:57	+17:18	05:00	
336	466	Rafael Gabriel Gomes Gouveia	Individual	49:59	+17:20	05:00	
337	552	Sandra Mota	Individual	49:59	+17:20	05:00	
338	145	José Pinto	Dura-F1 Raceteam	49:59	+17:20	05:00	
339	231	João Costa	GIMTÓNICO	49:59	+17:20	05:00	
340	393	Gonçalo Pereira	Individual	50:00	+17:21	05:00	
341	1075	Paulo Lopes	Viseu 360	50:02	+17:23	05:00	
342	934	Pedro Miguel Santos Henriques	Praceta Runner's	50:03	+17:24	05:00	
343	437	Marco Daniel Santos Cipriano	Individual	50:08	+17:29	05:01	
344	80	Hugo Pinho	CDCamarneira	50:08	+17:29	05:01	
345	1068	Olga Martins	Viriathvs Runners Viseu	50:10	+17:31	05:01	
346	637	José da Silva Rabelo Neto	Individual	50:11	+17:32	05:01	
347	697	Ricardo Senos	Individual	50:12	+17:33	05:01	
348	496	Tiago Rafael Pereira Marques	Individual	50:13	+17:34	05:01	
349	700	Ricardo Vicente	Individual	50:14	+17:35	05:01	
350	215	Isabel Oliveira	GDR Granja-Trutas Do Mau	50:19	+17:40	05:02	
351	401	João Carlos Figueiredo Rosa	Individual	50:24	+17:45	05:02	
352	350	André Ribeiro	Individual	50:26	+17:47	05:03	
353	501	vitalino azevedo	Individual	50:27	+17:48	05:03	
354	267	Marta Senos	Ílhavos Runners - ACDI	50:28	+17:49	05:03	
355	428	Luís Bastião Silva	Individual	50:28	+17:49	05:03	
356	445	Miguel Dinis	Individual	50:28	+17:49	05:03	





## 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
402	247	REBECA VALE	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	51:28	+18:49	05:09	
403	761	Jose Pedro Tavares	Individual	51:34	+18:55	05:09	
404	32	ANDRE PEREIRA	ASSOCIAÇÃO DE CANOAGEM DE CACIA	51:38	+18:59	05:10	
405	415	João Simões	Individual	51:39	+19:00	05:10	
406	592	Bruno Daniel Trindade Santos	Individual	51:39	+19:00	05:10	
407	479	Rui Miguel Bernardes Rebelo	Individual	51:39	+19:00	05:10	
408	1039	Rosa Tavares	Sosense Trail Team Brga & Fernandes	51:43	+19:04	05:10	
409	210	Sónia Lemos	GDR Granja-Trutas Do Mau	51:45	+19:06	05:10	
410	1087	Bruno Gonçalves	Zequinhas	51:46	+19:07	05:11	
411	228	Rita Seara	GIMTÓNICO	51:47	+19:08	05:11	
412	537	Mariana Lopes e	Individual	51:47	+19:08	05:11	
413	453	Paulo Filipe Neto Gonçalves	Individual	51:49	+19:10	05:11	
414	1103	Sara Ratola	Individual	51:50	+19:11	05:11	
415	650	Luis Pascoal	Individual	51:51	+19:12	05:11	
416	203	José Campos	FitnessHutAveiro	51:54	+19:15	05:11	
417	719	Valter Silva	Individual	51:54	+19:15	05:11	
418	113	Sofia Silva	COMPASS RG	51:54	+19:15	05:11	
419	285	Andreia Leal Pereira	Individual	51:56	+19:17	05:12	
420	747	João Baptista Pereira Lopes	Individual	51:57	+19:18	05:12	
421	609	Fernando de Sousa	Individual	51:59	+19:20	05:12	
422	213	Catarina Silva	GDR Granja-Trutas Do Mau	52:00	+19:21	05:12	
423	180	Bernardo Abreu	FitnessHutAveiro	52:02	+19:23	05:12	
424	283	Ana Raquel Santos	Individual	52:03	+19:24	05:12	
425	404	Joao Esteves	Individual	52:05	+19:26	05:12	
426	608	Emanuel Miranda	Individual	52:05	+19:26	05:12	
427	853	Luis Perpétua	Molinhas Team	52:05	+19:26	05:13	
428	1030	César Silvestre	Silvestre's	52:07	+19:28	05:13	
429	179	Antonio Marques	FitnessHutAveiro	52:07	+19:28	05:13	
430	804	Fernando Alberto Lacerda	Individual	52:08	+19:29	05:13	
431	545	RAQUEL BRITO	Individual	52:13	+19:34	05:13	
432	917	Nelson Vieira	Os muletas da Ria	52:13	+19:34	05:13	
433	618	Gustavo Alexandre Almeida de Vasconcelos	Individual	52:14	+19:35	05:13	
434	244	Lúisa Marques	Greca Vagos	52:17	+19:38	05:14	
435	723	Alberto Vieira	Individual	52:23	+19:44	05:14	
436	522	Deirilene Lopes	Individual	52:23	+19:44	05:14	
437	96	João Melo Coimbra	CFA - Cravo, Fortes, Antão & Associados, SROC, Lda.	52:26	+19:47	05:15	
438	266	Joana Valente	Ílhavos Runners - ACDI	52:28	+19:49	05:15	
439	176	Márcia Santos	FitnessHutAveiro	52:29	+19:50	05:15	
440	791	Rui Vieito	Individual	52:29	+19:50	05:15	
441	400	Ivo Soares	Individual	52:29	+19:50	05:15	
442	740	Filipe Rocha	Individual	52:33	+19:54	05:15	
443	986	Francisco Manuel M.Sarmento R.Pereira	Remax Universal	52:35	+19:56	05:16	
444	524	Helena Amaro	Individual	52:37	+19:58	05:16	
445	1053	Patrícia Caçola	TURBULENTOS	52:38	+19:59	05:16	

**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

<b>RANK</b>	<b>BIB</b>	<b>NAME</b>	<b>TEAM</b>	<b>RESULT</b>	<b>DIFF</b>	<b>t/KM</b>	<b>CARD</b>
446	684	Pedro Liwboa	Individual	52:43	+20:04	05:16	
447	403	João Diogo Martins	Individual	52:44	+20:05	05:16	
448	622	Hugo Morais	Individual	52:47	+20:08	05:17	
449	53	António Matos	BoraBora, Vamos Lá!	52:49	+20:10	05:17	
450	406	João Figueiredo	Individual	52:50	+20:11	05:17	
451	1035	Carlos Cunha	SOBRINHOS DO TI CRISTO	52:50	+20:11	05:17	
452	1036	José Gonçalves	SOBRINHOS DO TI CRISTO	52:51	+20:12	05:17	
453	477	Rui Filipe Santos Carapinha	Individual	52:55	+20:16	05:18	
454	864	Teresa Sofia Henriques	Município de Aveiro	52:56	+20:17	05:18	
455	40	EURICO INOCÊNCIO	ATHLON RUNNERS	52:59	+20:20	05:18	
456	788	Pedro Ruano de Castro	Individual	53:00	+20:21	05:18	
457	282	Ana Miranda	Individual	53:00	+20:21	05:18	
458	268	Bruno Piorro	Ílhavos Runners - ACDI	53:00	+20:21	05:18	
459	1054	Helder Santos Branco	TURBULENTOS	53:06	+20:27	05:19	
460	795	Wilson Oliveira	Individual	53:13	+20:34	05:19	
461	1079	António Amaral	Walk&Run4Fun	53:14	+20:35	05:19	
462	738	Fabio Lopes	Individual	53:15	+20:36	05:19	
463	165	José Pires	ESADOF	53:19	+20:40	05:20	
464	888	Daniel Correia Martins	Nokia Runners	53:22	+20:43	05:20	
465	200	Armando Aleixo	FitnessHutAveiro	53:22	+20:43	05:20	
466	555	Sandrina Nóbrega Pereira	Individual	53:23	+20:44	05:20	
467	662	Nelo Juliao	Individual	53:23	+20:44	05:20	
468	796	António Apolinário Silva Carvalho Saraiva	Individual	53:23	+20:44	05:20	
469	197	Héctor Fernandes	FitnessHutAveiro	53:25	+20:46	05:20	
470	249	CARLOS ORTET	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	53:26	+20:47	05:21	
471	825	Rafael Soares	LUSAVOUGA	53:27	+20:48	05:21	
472	374	Daniel Ramos	Individual	53:28	+20:49	05:21	
473	235	João Silva	GIMTÓNICO	53:29	+20:50	05:21	
474	100	Fábio Luis Ribeiro Branco	Chincha Foles	53:30	+20:51	05:21	
475	234	Inês Almeida	GIMTÓNICO	53:31	+20:52	05:21	
476	748	João Capeloa	Individual	53:32	+20:53	05:21	
477	567	Fernanda Gomes	Individual	53:33	+20:54	05:21	
478	181	Bruno Silveira	FitnessHutAveiro	53:36	+20:57	05:22	
479	196	Teresa Martins	FitnessHutAveiro	53:38	+20:59	05:22	
480	798	António Martins	Individual	53:39	+21:00	05:22	
481	1101	Paulo Sérgio Ferreira Julião	Individual	53:41	+21:02	05:22	
482	1102	Rui Soares Carneiro	Individual	53:49	+21:10	05:23	
483	375	Daniel Santos	Individual	53:49	+21:10	05:23	
484	290	Betina Beirão	Individual	53:49	+21:10	05:23	
485	544	Paula rocha	Individual	53:49	+21:10	05:23	
486	992	JOSÉ FRANCISCO SILVA RODRIGUES	Reumáticos & Etc	53:51	+21:12	05:23	
487	991	TERESA RAQUEL MARTINS PEREIRA	Reumáticos & Etc	53:51	+21:12	05:23	
488	15	Fernanda Almeida	ACR DE VALE DE CAMBRA	53:52	+21:13	05:23	
489	968	Gil Pereira	Remax Universal	53:55	+21:16	05:24	

**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
490	745	Helder Baptista	Individual	54:00	+21:21	05:24	
491	1088	Marco Almeida	Zequinhas	54:09	+21:30	05:25	
492	792	Sebastião José Leal Filho	Individual	54:13	+21:34	05:25	
493	1044	sofia costa	Sport Club Paradela	54:13	+21:34	05:25	
494	691	Rafael Fernandes	Individual	54:14	+21:35	05:25	
495	966	Cristiano Araujo	Remax Universal	54:16	+21:37	05:26	
496	139	Victor Campos	DAR – Desportivo Atlético de Recardães	54:16	+21:37	05:26	
497	904	José Azevedo	OiãRunners	54:16	+21:37	05:26	
498	8	António Ramos	9.5.9	54:18	+21:39	05:26	
499	673	Óscar Baptista	Individual	54:18	+21:39	05:26	
500	759	José Francisco Silva Santiago	Individual	54:19	+21:40	05:26	
501	857	Vera Silva	Molinhas Team	54:22	+21:43	05:26	
502	131	Maria Alejandra	CR7 FITNESS CRUNCH AVEIRO	54:25	+21:46	05:26	
503	547	Raquel Martins	Individual	54:31	+21:52	05:27	
504	390	Gabriel Arsénio	Individual	54:32	+21:53	05:27	
505	295	Cláudia Rafaela Neto Rodrigues	Individual	54:34	+21:55	05:27	
506	273	Maria Santos	Ílhavos Runners - ACDI	54:36	+21:57	05:28	
507	154	Luís Filipe Martins Soares	Eduart Componentes de Calçado	54:38	+21:59	05:28	
508	1070	Cristina Almeida	Viseu 360	54:41	+22:02	05:28	
509	226	Acácio Fonseca	GDR Granja-Trutas Do Mau	54:41	+22:02	05:28	
510	1041	Paulo Teixeira	Sport Club Do Porto	54:45	+22:06	05:29	
511	794	Vitorino Lopes	Individual	54:47	+22:08	05:29	
512	604	Davide Domingues Amaral	Individual	54:49	+22:10	05:29	
513	66	Ricardo Fonte	Canianos	54:51	+22:12	05:29	
514	214	Cidália Teixeira	GDR Granja-Trutas Do Mau	54:53	+22:14	05:29	
515	727	ANTONIO TEIXEIRA	Individual	54:56	+22:17	05:30	
516	1081	Carina Lopes	Xucros	54:56	+22:17	05:30	
517	696	Ricardo Queirós	Individual	54:58	+22:19	05:30	
518	307	Inês de Almeida e Sousa	Individual	55:01	+22:22	05:30	
519	155	Eduardo Tavares Rebelo	Eduart Componentes de Calçado	55:02	+22:23	05:30	
520	576	Paulina Conde Teixeira	Individual	55:05	+22:26	05:30	
521	68	Marco Santiago	Casa Benfica Bairrada REDrunners	55:05	+22:26	05:31	
522	207	António Travesso	FitnessHutAveiro	55:07	+22:28	05:31	
523	202	Jorge Branco	FitnessHutAveiro	55:08	+22:29	05:31	
524	730	Carlos Barroso	Individual	55:08	+22:29	05:31	
525	173	Ana Branco	FitnessHutAveiro	55:08	+22:29	05:31	
526	809	Joaquim Amieiro	Individual	55:09	+22:30	05:31	
527	776	Octávio Oliveira	Individual	55:13	+22:34	05:31	
528	519	Cláudia Cabete	Individual	55:13	+22:34	05:31	
529	1074	Filipe Sousa	Viseu 360	55:13	+22:34	05:31	
530	872	Ana Carina Silva	Murros de Paixão - S.C. Beira-Mar Boxe	55:15	+22:36	05:31	
531	476	Rui Filipe Ribeiro Jesus	Individual	55:16	+22:37	05:32	
532	500	Tibério Filipe Pacheco Baptista	Individual	55:16	+22:37	05:32	
533	834	José Cerqueira	LV/IOC	55:19	+22:40	05:32	
534	103	Ricardo Brito	CIRES RUNNING TEAM	55:21	+22:42	05:32	
535	523	Gata Assanhada	Individual	55:25	+22:46	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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
536	410	João Luís dos Santos Ladeira	Individual	55:26	+22:47	05:33	
537	972	Marta Mateus	Remax Universal	55:26	+22:47	05:33	
538	716	Tiago Fernandes	Individual	55:30	+22:51	05:33	
539	566	Cristina Isabel Mendes Coelho	Individual	55:32	+22:53	05:33	
540	190	Pedro couto	FitnessHutAveiro	55:32	+22:53	05:33	
541	1060	Ricardo Santos	Vale do Rocin	55:33	+22:54	05:33	
542	1061	Sérgio Silva	Vale do Rocin	55:33	+22:54	05:33	
543	840	RUI LESTRE	MARRETAS DA CANECA	55:33	+22:54	05:33	
544	19	Miguel Ângelo Pereira Rachinhas	ADAV 3	55:34	+22:55	05:33	
545	414	Joao Russo	Individual	55:34	+22:55	05:33	
546	18	Daniel Filipe da Costa Rodrigues	ADAV 3	55:34	+22:55	05:33	
547	118	Andreia Filipa Lopes Afonso	Correr Fermelã	55:36	+22:57	05:34	
548	1032	Sandra Resende	SLB	55:37	+22:58	05:34	
549	648	Luis Filipe lage Ferreira	Individual	55:41	+23:02	05:34	
550	509	Ana Isabel Alves Cerqueira	Individual	55:42	+23:03	05:34	
551	89	Maria da Conceição Costa Simões	CensiRun	55:54	+23:15	05:35	
552	612	Francisco Fernandes	Individual	55:57	+23:18	05:36	
553	909	Claudia João	Os muletas da Ria	55:57	+23:18	05:36	
554	915	Catarina Monica	Os muletas da Ria	55:57	+23:18	05:36	
555	187	Micael Ribeiro Figueira	FitnessHutAveiro	56:02	+23:23	05:36	
556	550	Rute Isabel Pereira Rebelo Almeida	Individual	56:04	+23:25	05:36	
557	685	Pedro Manuel de Arede Almeida	Individual	56:04	+23:25	05:36	
558	940	Catarina Azevedo	PWR TEAM/VELHA GUARDA RC	56:06	+23:27	05:37	
559	949	Rui Costa	PWR TEAM/VELHA GUARDA RC	56:06	+23:27	05:37	
560	82	Pedro Lusitano	CDCamarneira	56:06	+23:28	05:37	
561	463	Pedro Pereira	Individual	56:07	+23:28	05:37	
562	520	Cristina Paredes	Individual	56:07	+23:28	05:37	
563	626	Hugo Santos	Individual	56:08	+23:29	05:37	
564	84	Carlos Figueiredo	CDCamarneira	56:08	+23:29	05:37	
565	510	Ana Oliveira	Individual	56:08	+23:29	05:37	
566	315	Joana Matias	Individual	56:13	+23:34	05:37	
567	620	Hugo Costa	Individual	56:18	+23:39	05:38	
568	256	Rui Martins	Grupo Juvenil Pinheiro da Bemposta	56:23	+23:44	05:38	
569	558	silvia maria nunes cardoso da silva	Individual	56:24	+23:45	05:38	
570	52	Marco Costa	BoraBora, Vamos Lá!	56:26	+23:47	05:39	
571	538	Marisa Moreira	Individual	56:29	+23:50	05:39	
572	280	Ana Catarina Antunes da Mota	Individual	56:32	+23:53	05:39	
573	843	HUGO SANTOS	MC	56:35	+23:56	05:39	
574	10	Rui da Silva Amaral	A. C. D. Dornelas do Vouga	56:35	+23:56	05:39	
575	551	SANDRA CRISTINA MORAIS COSTA	Individual	56:39	+24:00	05:40	
576	242	João David Negrão	Gourmet Runners	56:41	+24:02	05:40	
577	878	Carla Ferreira	NAR - Núcleo de Atletismo de Requeixo	56:46	+24:07	05:41	
578	881	Helder Ribeiro	NAR - Núcleo de Atletismo de Requeixo	56:46	+24:07	05:41	
579	240	Márcia Leitão	Gourmet Runners	56:50	+24:11	05:41	
580	839	BRUNO ALMEIDA	MARRETAS DA CANECA	56:53	+24:14	05:41	

## 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
581	258	PAULO RAMOS	Grupo Juvenil Pinheiro da Bemposta	57:00	+24:21	05:42	
582	674	Óscar Filipe Fernandes Lopes	Individual	57:05	+24:26	05:42	
583	72	ISABEL TOMÉ	CASA DO POVO DE MANGUALDE	57:05	+24:26	05:43	
584	737	Custódio Ferreira	Individual	57:06	+24:27	05:43	
585	1072	Céu Sá	Viseu 360	57:09	+24:30	05:43	
586	826	Sandra Martins	LUSAVOUGA	57:11	+24:32	05:43	
587	303	Filipa Tavares	Individual	57:12	+24:33	05:43	
588	356	Bavieche Samgi	Individual	57:13	+24:34	05:43	
589	192	Carla Soares	FitnessHutAveiro	57:13	+24:34	05:43	
590	664	Nelson José de Azevedo Simões	Individual	57:15	+24:36	05:43	
591	56	Carolina Matos	Bosch Runners	57:15	+24:36	05:43	
592	799	António Ribeiro	Individual	57:17	+24:38	05:44	
593	229	Thalita Lopes	GIMTÓNICO	57:18	+24:39	05:44	
594	16	Hilário Manuel Maciel Martins	ACRA Running	57:22	+24:43	05:44	
595	485	Shibarjun Mandal	Individual	57:23	+24:44	05:44	
596	528	IZABEL COSTA	Individual	57:23	+24:44	05:44	
597	671	Nuno Simões	Individual	57:24	+24:45	05:44	
598	859	João Mota	Molinhos Team	57:24	+24:45	05:44	
599	1028	Filipe Ferreira	Silvestre's	57:25	+24:46	05:44	
600	1027	Catarina Pestana Aguiar	Silvestre's	57:25	+24:46	05:44	
601	388	Filipe Dias	Individual	57:26	+24:47	05:45	
602	813	Nuno Borrinho	Individual	57:30	+24:51	05:45	
603	944	Manuela Monteiro	PWR TEAM/VELHA GUARDA RC	57:30	+24:51	05:45	
604	536	Maria Miguel Galhardo	Individual	57:36	+24:57	05:46	
605	712	Sergio Miguel Silva	Individual	57:40	+25:02	05:46	
606	687	Pedro Marques	Individual	57:41	+25:02	05:46	
607	26	Luís Rocha	Ala Direita	57:42	+25:03	05:46	
608	569	MARIA ALBINA FERNANDES ALMEIDA SILVA	Individual	57:44	+25:05	05:46	
609	81	José Quinta	CDCamarneira	57:47	+25:08	05:47	
610	865	Filipe Henriques Rocha	Município de Aveiro	57:49	+25:10	05:47	
611	114	André Lima	COMPASS RG	58:01	+25:22	05:48	
612	1045	Eduardo Fonseca	Sport Club Paradela	58:04	+25:25	05:48	
613	1006	André Queda	Runners da Calçada	58:08	+25:29	05:49	
614	195	Susana Sousa	FitnessHutAveiro	58:09	+25:30	05:49	
615	341	Vânia Costa	Individual	58:12	+25:33	05:49	
616	654	Manuel Maia	Individual	58:12	+25:33	05:49	
617	7	Oliveira de Sousa	9.5.9	58:16	+25:37	05:50	
618	1018	Maria João Tavares	RUNNOWBEERLATTER	58:19	+25:40	05:50	
619	923	José Pires	os tartarugas	58:20	+25:41	05:50	
620	518	Clara Gonçalves	Individual	58:21	+25:42	05:50	
621	998	WILLIAMS OMAR SIMOES DEPABLOS	Reumáticos & Etc	58:21	+25:42	05:50	
622	704	Rui Miguel Costa	Individual	58:22	+25:43	05:50	
623	507	Ana Filipa Azevedo Costa	Individual	58:24	+25:45	05:50	
624	932	João Filipe Henriques	Praceta Runner's	58:25	+25:46	05:50	
625	548	Rosa Lopes	Individual	58:28	+25:49	05:51	

PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
626	603	Daniel Fonseca Marques	Individual	58:30	+25:51	05:51	
627	452	Oscar José Vieira Almeida	Individual	58:30	+25:51	05:51	
628	801	Armando de Sousa	Individual	58:31	+25:52	05:51	
629	858	João Carlos	Molinhas Team	58:33	+25:54	05:51	
630	854	Arcelina Martinho	Molinhas Team	58:33	+25:54	05:51	
631	101	Isabel Enes	CIRES RUNNING TEAM	58:35	+25:56	05:51	
632	710	Rui Tavares	Individual	58:38	+25:59	05:52	
633	978	Fernando Felizardo	Remax Universal	58:47	+26:08	05:53	
634	983	Pedro Carvalho	Remax Universal	58:48	+26:09	05:53	
635	726	António Manuel de Jesus Moitalta	Individual	58:48	+26:09	05:53	
636	1086	Joana Pinho	Zequinhas	58:54	+26:15	05:53	
637	417	Joaquim Fonseca	Individual	58:57	+26:18	05:54	
638	661	Miguel Quaresma	Individual	59:02	+26:23	05:54	
639	189	Pedro Correia	FitnessHutAveiro	59:02	+26:23	05:54	
640	1056	Sara Albertina Marques Figueiredo	Turtle	59:03	+26:24	05:54	
641	317	Liliane Santos	Individual	59:03	+26:24	05:54	
642	1055	Rita Raquel Marques Figueiredo	Turtle	59:05	+26:26	05:54	
643	1057	Rafael Brandão Pinho	Turtle	59:05	+26:26	05:54	
644	588	António Manuel Silva Oliveira	Individual	59:07	+26:28	05:55	
645	156	Rui Fernandes	EFBA	59:12	+26:33	05:55	
646	542	Mónica Neves	Individual	59:14	+26:35	05:55	
647	1031	Diogo Ribeiro	Silvestre's	59:15	+26:36	05:55	
648	1029	Cristina Manuela de Jesus Silvestre	Silvestre's	59:15	+26:36	05:55	
649	866	Maria Aurora Henriques	Municipio de Aveiro	59:18	+26:39	05:56	
650	570	Maria Ramos	Individual	59:20	+26:41	05:56	
651	255	Rui Freire	Grupo Juvenil Pinheiro da Bemposta	59:23	+26:44	05:56	
652	803	César Faustino da Silva Bastos Bastos	Individual	59:26	+26:47	05:57	
653	304	Giovanna Ferraco	Individual	59:27	+26:48	05:57	
654	773	Martyn Pillinger	Individual	59:28	+26:49	05:57	
655	161	Martín Triana	Emetecllass	59:32	+26:53	05:57	
656	489	Tiago Castro	Individual	59:38	+26:59	05:58	
657	735	Carlos Martins	Individual	59:39	+27:00	05:58	
658	526	Inês Matias	Individual	59:40	+27:01	05:58	
659	359	Bruno Ferreira	Individual	59:42	+27:03	05:58	
660	598	carlos rodrigues	Individual	59:48	+27:09	05:59	
661	540	Micheline mota	Individual	59:49	+27:10	05:59	
662	833	Miguel Saramago	LV/IOC	59:51	+27:12	05:59	
663	461	Pedro Monteiro Simões	Individual	59:53	+27:14	05:59	
664	342	Afonso Xavier Alves Rocha	Individual	59:53	+27:14	05:59	
665	919	Rui Teixeira	Os muletas da Ria	59:54	+27:15	05:59	
666	1014	Joel Mariano	RUNNOWBEERLATTER	01:00:02	+27:23	06:00	
667	297	Cristiana Graça	Individual	01:00:05	+27:26	06:00	
668	97	Pedro Mendes	CFA - Cravo, Fortes, Antão & Associados, SROC, Lda.	01:00:07	+27:28	06:01	
669	848	Nuno Rocha	McDonalds	01:00:09	+27:30	06:01	
670	239	Fernando Manuel Monteiro	Glicinias Plaza	01:00:10	+27:31	06:01	

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
671	206	Abilio Madail	FitnessHutAveiro	01:00:10	+27:31	06:01	
672	355	Augusto Quaresma Henriques Pedro	Individual	01:00:12	+27:33	06:01	
673	334	Simone Simões	Individual	01:00:12	+27:33	06:01	
674	421	Jorge Miguel Neto Amorim	Individual	01:00:12	+27:33	06:01	
675	338	Soraia Simões lopes	Individual	01:00:12	+27:33	06:01	
676	474	Roger Lucas	Individual	01:00:24	+27:45	06:02	
677	1084	Filipe Pereira	Xucros	01:00:25	+27:46	06:03	
678	1085	Raquel Rondão	Xucros	01:00:25	+27:46	06:03	
679	1001	Renata Martins da Rosa	Run For Life	01:00:39	+28:00	06:04	
680	467	Rafael Laranjeiro Pereira	Individual	01:00:40	+28:01	06:04	
681	441	Mario Moreira	Individual	01:00:41	+28:02	06:04	
682	306	Inês Barreira	Individual	01:00:43	+28:04	06:04	
683	157	Ana Madalena Barbosa	em gestão!	01:00:48	+28:10	06:05	
684	158	Álvaro Miguel Barbosa	em gestão!	01:00:49	+28:10	06:05	
685	556	Sara Gomes	Individual	01:00:51	+28:12	06:05	
686	1011	Rita Santiago	RUNNOWBEERLATTER	01:00:51	+28:12	06:05	
687	535	Maria João Almeida	Individual	01:00:53	+28:14	06:05	
688	646	Luís Augusto Ferreira Duarte	Individual	01:00:54	+28:15	06:05	
689	614	Gabriel Duarte Almeida Sousa	Individual	01:01:01	+28:22	06:06	
690	512	Anabela Lopes	Individual	01:01:02	+28:23	06:06	
691	427	Leonardo Lamas	Individual	01:01:07	+28:28	06:07	
692	913	Fábio Magalhães I	Os muletas da Ria	01:01:08	+28:29	06:07	
693	896	Sofia Pedrosa Barbeito	Obscare	01:01:10	+28:31	06:07	
694	760	José Luís Moinheiro	Individual	01:01:13	+28:34	06:07	
695	105	Renato FilipeNunes França	CIVILRIA	01:01:13	+28:34	06:07	
696	204	José Martins	FitnessHutAveiro	01:01:15	+28:36	06:07	
697	717	TIAGO TRINDADE	Individual	01:01:18	+28:39	06:08	
698	308	Inês Teles	Individual	01:01:24	+28:45	06:08	
699	993	MARK AMARO DAS NEVES	Reumáticos & Etc	01:01:24	+28:45	06:08	
700	989	KATIA ALEXANDRA MARTINS DIAS DA SILVA	Reumáticos & Etc	01:01:25	+28:46	06:09	
701	513	Andreia Roque	Individual	01:01:28	+28:49	06:09	
702	1002	LUIZ FERNANDO MARCHAND DA SILVA	Run For Life	01:01:32	+28:53	06:09	
703	830	Diogo Reis	LV/IOC	01:01:40	+29:01	06:10	
704	409	João Lucas	Individual	01:01:43	+29:04	06:10	
705	973	Sandra Sofia Santos	Remax Universal	01:01:43	+29:04	06:10	
706	818	Bruno Aires	Intocáveis	01:01:45	+29:06	06:10	
707	241	Franck Gaspar	Gourmet Runners	01:01:45	+29:06	06:10	
708	817	Braga Alves	Intocáveis	01:01:45	+29:06	06:11	
709	573	Rosa Ferreira	Individual	01:01:55	+29:16	06:11	
710	1080	José Lopes	Walk&Run4Fun	01:01:59	+29:20	06:12	
711	126	Sora Domingues	CR7 FITNESS CRUNCH AVEIRO	01:01:59	+29:20	06:12	
712	504	Walter Pedra	Individual	01:01:59	+29:20	06:12	
713	279	Ana almeida	Individual	01:01:59	+29:20	06:12	
714	814	Pedro Figueiredo	Individual	01:02:01	+29:22	06:12	



**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	RESULT	DIFF	t/KM	CARD
715	99	Anabela Leite	CFA - Cravo, Fortes, Antão & Associados, SROC, Lda.	01:02:01	+29:22	06:12	
716	94	Júlia Alexandra da Silva Alves	CFA - Cravo, Fortes, Antão & Associados, SROC, Lda.	01:02:02	+29:23	06:12	
717	175	Ana Rafaela Costa	FitnessHutAveiro	01:02:12	+29:33	06:13	
718	194	Paula Santos	FitnessHutAveiro	01:02:13	+29:34	06:13	
719	937	Francisco José Alves da Silva	Praceta Runner´s	01:02:21	+29:42	06:14	
720	931	Ivo Miguel Fernandes Tavares	Praceta Runner´s	01:02:21	+29:42	06:14	
721	1078	Paulo Alexandra Garcia de Sá	Viseu 360	01:02:27	+29:48	06:15	
722	879	Clarisse Flamengo	NAR - Núcleo de Atletismo de Requeixo	01:02:28	+29:49	06:15	
723	905	Elizabete Ferreira	Onda Team	01:02:31	+29:52	06:15	
724	577	Rosa Rocha	Individual	01:02:40	+30:01	06:16	
725	564	carla santos	Individual	01:02:51	+30:12	06:17	
726	926	Rui Choupeiro	Os Vouzelenses	01:02:54	+30:15	06:17	
727	616	Givelder Medeiros	Individual	01:03:06	+30:27	06:19	
728	408	João Gonçalves	Individual	01:03:21	+30:42	06:20	
729	336	Soraia Fortunato	Individual	01:03:22	+30:43	06:20	
730	1000	João Oliveira	Rondiveira	01:03:28	+30:49	06:21	
731	394	Gonçalo Pimentel	Individual	01:03:28	+30:49	06:21	
732	999	Inês Rondão	Rondiveira	01:03:28	+30:49	06:21	
733	398	Hugo Laranjeira	Individual	01:03:39	+31:00	06:22	
734	718	Válter Bastos	Individual	01:03:40	+31:01	06:22	
735	880	Judite Dias	NAR - Núcleo de Atletismo de Requeixo	01:03:40	+31:01	06:22	
736	312	Ivete Patrícia Coelho Marques	Individual	01:03:41	+31:02	06:22	
737	236	CRISTINA MARCELO SOARES	GINÁSIO CLUBE DE BRAGANÇA	01:03:44	+31:05	06:22	
738	782	Paulo Jorge Martins da Silva	Individual	01:03:46	+31:07	06:23	
739	756	José António Almeida Quadrado	Individual	01:03:48	+31:09	06:23	
740	160	Ervin Triana	Emeteclass	01:03:51	+31:12	06:23	
741	559	Sílvia Maria Nunes Cardoso da Silva	Individual	01:03:54	+31:15	06:23	
742	532	Madalena Ferreira	Individual	01:03:54	+31:15	06:23	
743	810	Joaquim Fernando de Oliveira Castro	Individual	01:03:56	+31:17	06:24	
744	925	Dolores Spínola	Os Vouzelenses	01:03:56	+31:17	06:24	
745	586	André Pereira	Individual	01:03:57	+31:18	06:24	
746	515	Carla Bessa Rodrigues	Individual	01:03:58	+31:19	06:24	
747	115	Hugo Edgar Vilar Fernandes	COMPASS RG	01:04:26	+31:47	06:27	
748	1048	Cláudia Vilela	Tainadas Run Team	01:04:36	+31:57	06:28	
749	988	ANDREIA FLÁVIA MARQUES SIMÕES	Reumáticos & Etc	01:04:36	+31:57	06:28	
750	432	Luís Marques	Individual	01:04:47	+32:08	06:29	
751	1093	Lucília Queirós	Individual	01:04:47	+32:08	06:29	
752	870	Inês Fonseca	Murros de Paixão - S.C. Beira-Mar Boxe	01:05:01	+32:22	06:30	
753	76	Catarina Isidoro	CATARINA	01:05:03	+32:24	06:30	
754	1034	Sílvia Cunha	SOBRINHOS DO TI CRISTO	01:05:05	+32:26	06:30	
755	465	Rafael Almeida	Individual	01:05:26	+32:47	06:33	
756	287	Andreia Silva	Individual	01:05:26	+32:47	06:33	
757	990	MARIA CRISTINA GRILO FIALHO	Reumáticos & Etc	01:05:30	+32:51	06:33	

**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 - 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
758	483	Samuel Silva	Individual	01:05:43	+33:04	06:34	
759	111	Mariana Íris Camisão Nunes	Clube União Idanhense	01:05:56	+33:17	06:36	
760	294	Catarina Saraiva	Individual	01:05:58	+33:19	06:36	
761	574	Ludovina Saraiva	Individual	01:05:59	+33:20	06:36	
762	112	Dora Costa	COMPASS RG	01:06:06	+33:27	06:37	
763	370	Cleber Alves Antunes	Individual	01:06:11	+33:32	06:37	
764	298	Daniela Magalhães	Individual	01:06:21	+33:42	06:38	
765	873	Ana Ferreira	Murros de Paixão - S.C. Beira-Mar Boxe	01:06:21	+33:42	06:38	
766	572	Rosa Fernandes	Individual	01:06:22	+33:43	06:38	
767	849	Sérgio Nogueira	McDonalds	01:06:30	+33:51	06:39	
768	862	Ana Castro	Mov Areias	01:06:33	+33:54	06:39	
769	863	Daniela Santos	Mov Areias	01:06:33	+33:54	06:39	
770	1019	Isaac Gonçalves	RUNNOWBEERLATTER	01:06:36	+33:57	06:40	
771	1009	Bruna Vieira	RUNNOWBEERLATTER	01:06:37	+33:58	06:40	
772	785	Paulo Neves	Individual	01:06:46	+34:07	06:41	
773	750	JOAO DIAS	Individual	01:06:52	+34:13	06:41	
774	1012	Rute Matias	RUNNOWBEERLATTER	01:06:55	+34:16	06:42	
775	169	CARLOS ALMEIDA	FFONSECA SA	01:07:00	+34:21	06:42	
776	325	Micaela Simões	Individual	01:07:02	+34:23	06:42	
777	871	Sara Sequeria	Murros de Paixão - S.C. Beira-Mar Boxe	01:07:03	+34:24	06:42	
778	655	Manuel Romeiro	Individual	01:07:05	+34:26	06:42	
779	333	Silja Frankenbach	Individual	01:07:05	+34:26	06:43	
780	55	Augusto Costa	BoraBora, Vamos Lá!	01:07:17	+34:38	06:44	
781	309	Isa Eloi	Individual	01:07:25	+34:46	06:45	
782	281	Ana Luísa Marques Mano	Individual	01:07:29	+34:50	06:45	
783	1049	Vitor Carvalho	Tartarugas	01:07:37	+34:58	06:46	
784	511	Ana Oliveira Dias	Individual	01:07:40	+35:01	06:46	
785	752	João Martins	Individual	01:07:46	+35:07	06:47	
786	911	Gabriela Dias	Os muletas da Ria	01:07:50	+35:11	06:47	
787	1016	Elsa Pereira	RUNNOWBEERLATTER	01:08:01	+35:22	06:48	
788	331	Sara Lopes	Individual	01:08:09	+35:30	06:49	
789	278	Amandine Martins	Individual	01:08:09	+35:30	06:49	
790	907	Rui Ferreira	Onda Team	01:08:11	+35:32	06:49	
791	330	Rosa delgado	Individual	01:08:17	+35:38	06:50	
792	829	David Vieira	LV/IOC	01:08:22	+35:43	06:50	
793	927	Rosa Bispo	Pernas Inertes	01:08:22	+35:43	06:50	
794	1082	Vânia Freitas	Xucros	01:08:22	+35:43	06:50	
795	88	Cláudia Sofia Martins Dias Ferreira Vaz	CensiRun	01:08:44	+36:05	06:52	
796	543	Orlando Ribeiro	Individual	01:08:53	+36:14	06:53	
797	490	Tiago Filipe Carvalho Sousa Pinto	Individual	01:08:54	+36:15	06:53	
798	929	Adriana Santos Henriques	Praceta Runner's	01:08:57	+36:18	06:54	
799	933	Ana Rita Henriques da Silva	Praceta Runner's	01:08:57	+36:18	06:54	
800	299	Dina Silva	Individual	01:09:32	+36:53	06:57	
801	516	catarina gomes	Individual	01:09:33	+36:54	06:57	
802	162	Luciane Manteiga	Equipa Farber	01:09:43	+37:04	06:58	

**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

<b>RANK</b>	<b>BIB</b>	<b>NAME</b>	<b>TEAM</b>	<b>RESULT</b>	<b>DIFF</b>	<b>t/KM</b>	<b>CARD</b>
803	922	Dinis Pires	os tartarugas	01:09:49	+37:10	06:59	
804	293	Catarina Isabel Dias Rosa	Individual	01:09:55	+37:17	07:00	
805	1008	Ana Loureiro	RUNNOWBEERLATTER	01:09:57	+37:18	07:00	
806	1013	João Costa	RUNNOWBEERLATTER	01:09:57	+37:18	07:00	
807	995	FRANCISCO JOSÉ SILVA GOMES	Reumáticos & Etc	01:10:08	+37:29	07:01	
808	994	SANDRA MARIA DA COSTA FRANCISCO	Reumáticos & Etc	01:10:08	+37:29	07:01	
809	191	Ana Medeiros	FitnessHutAveiro	01:10:11	+37:32	07:01	
810	300	Diana Araújo	Individual	01:10:34	+37:55	07:03	
811	575	Maria Manuel Furtado	Individual	01:10:42	+38:03	07:04	
812	780	Paulo Fernando Costa	Individual	01:10:48	+38:09	07:05	
813	77	Sofia Senos	CATARINA	01:10:53	+38:14	07:05	
814	554	Sandra Ribeiro	Individual	01:11:07	+38:28	07:07	
815	1005	Ângela Pinto	Runners da Calçada	01:11:13	+38:34	07:07	
816	458	Pedro Freire	Individual	01:11:19	+38:40	07:08	
817	47	Maria João Santos	BoraBora, Vamos Lá!	01:11:52	+39:13	07:11	
818	54	Litos Rodrigues	BoraBora, Vamos Lá!	01:11:52	+39:13	07:11	
819	936	Raul Manuel da Silva Pires	Praceta Runner's	01:11:56	+39:17	07:12	
820	930	Ana Miguel Pereira da Costa	Praceta Runner's	01:11:56	+39:17	07:12	
821	152	João Abrantes	Dura-F1 Raceteam	01:12:06	+39:27	07:13	
822	292	Catarina Baldaia	Individual	01:12:16	+39:37	07:14	
823	568	Margarida Urbano	Individual	01:12:18	+39:39	07:14	
824	910	Claudia Tavares	Os muletas da Ria	01:12:27	+39:48	07:15	
825	790	Rui silva	Individual	01:12:29	+39:50	07:15	
826	533	Mafalda Dias	Individual	01:12:43	+40:04	07:16	
827	667	Nuno Gonçalves	Individual	01:12:44	+40:05	07:16	
828	362	Nuno Aguiar	Individual	01:12:58	+40:19	07:18	
829	928	José Pires Lima	Pernas Inertes	01:13:21	+40:42	07:20	
830	1038	Joana Macedo	Sosense Trail Team Brga & Fernandes	01:13:29	+40:50	07:21	
831	23	Gonçalo Limas	Ala Direita	01:13:30	+40:51	07:21	
832	835	Miguel Alves	LV/IOC	01:13:49	+41:10	07:23	
833	517	Célia Baldaia	Individual	01:13:58	+41:19	07:24	
834	506	Adenilza Aguiar Cabral Leal	Individual	01:14:09	+41:30	07:25	
835	327	Natacha Leão	Individual	01:14:09	+41:30	07:25	
836	277	Alessandra Kalinowski	Individual	01:14:14	+41:35	07:25	
837	286	Andreia Martins	Individual	01:14:18	+41:39	07:26	
838	763	José Vieira	Individual	01:15:40	+43:01	07:34	
839	340	Teresa Andias	Individual	01:15:40	+43:01	07:34	
840	808	Joao Luis Frade Cajeira	Individual	01:15:41	+43:02	07:34	
841	996	RAFAEL SOARES CAMPOS	Reumáticos & Etc	01:16:08	+43:29	07:37	
842	405	João Ferreira	Individual	01:16:12	+43:33	07:37	
843	313	Jacinta Mendes	Individual	01:16:13	+43:34	07:37	
844	706	Rui Pinto	Individual	01:16:13	+43:34	07:37	
845	488	Telmo Alves	Individual	01:16:15	+43:36	07:37	
846	529	Joana Guimarães	Individual	01:16:16	+43:37	07:38	
847	372	Daniel Ferraz	Individual	01:17:00	+44:21	07:42	

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
848	174	Ana Lucas Jesus Gonzalez	FitnessHutAveiro	01:21:25	+48:46	08:09	
849	178	Tatiana Vanessa Silva Pinhão	FitnessHutAveiro	01:21:26	+48:47	08:09	
850	163	Paulo Farber	Equipa Farber	01:22:04	+49:25	08:12	
851	29	Julia Vasconcelos Furtado	As Cajazeiras+1 porção	01:22:32	+49:53	08:15	
852	337	Soraia Silva	Individual	01:23:12	+50:33	08:19	
853	486	Simão Matos	Individual	01:23:13	+50:34	08:19	
854	310	Isabel Maria dos Santos Almeida	Individual	01:23:40	+51:01	08:22	



## 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 - LAP2GO - TIMING SOLUTION

### OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

36	307	Inês de Almeida e Sousa	Individual	Senior Feminino	55:00	+22:22	05:30
37	173	Ana Branco	FitnessHutAveiro	Senior Feminino	55:08	+22:29	05:31
38	118	Andreia Filipa Lopes Afonso	Correr Fermelã	Senior Feminino	55:35	+22:56	05:34
39	909	Claudia João	Os muletas da Ria	Senior Feminino	55:57	+23:18	05:36
40	315	Joana Matias	Individual	Senior Feminino	56:12	+23:33	05:37
41	280	Ana Catarina Antunes da Mota	Individual	Senior Feminino	56:32	+23:53	05:39
42	240	Márcia Leitão	Gourmet Runners	Senior Feminino	56:49	+24:11	05:41
43	303	Filipa Tavares	Individual	Senior Feminino	57:11	+24:32	05:43
44	56	Carolina Matos	Bosch Runners	Senior Feminino	57:14	+24:36	05:43
45	229	Thalita Lopes	GIMTÓNICO	Senior Feminino	57:18	+24:39	05:44
46	1027	Catarina Pestana Aguiar	Silvestre's	Senior Feminino	57:24	+24:46	05:44
47	341	Vânia Costa	Individual	Senior Feminino	58:12	+25:33	05:49
48	1086	Joana Pinho	Zequinhas	Senior Feminino	58:53	+26:15	05:53
49	1056	Sara Albertina Marques Figueiredo	Turtle	Senior Feminino	59:02	+26:23	05:54
50	317	Liliane Santos	Individual	Senior Feminino	59:03	+26:24	05:54
51	1055	Rita Raquel Marques Figueiredo	Turtle	Senior Feminino	59:04	+26:25	05:54
52	304	Giovanna Ferraco	Individual	Senior Feminino	59:26	+26:47	05:57
53	297	Cristiana Graça	Individual	Senior Feminino	01:00:04	+27:25	06:00
54	334	Simone Simões	Individual	Senior Feminino	01:00:11	+27:33	06:01
55	338	Soraia Simões lopes	Individual	Senior Feminino	01:00:12	+27:33	06:01
56	306	Inês Barreira	Individual	Senior Feminino	01:00:42	+28:03	06:04
57	157	Ana Madalena Barbosa	em gestão!	Senior Feminino	01:00:48	+28:09	06:05
58	1011	Rita Santiago	RUNNOWBEERLATTER	Senior Feminino	01:00:51	+28:12	06:05
59	896	Sofia Pedrosa Barbeito	Obscare	Senior Feminino	01:01:09	+28:30	06:07
60	308	Inês Teles	Individual	Senior Feminino	01:01:23	+28:44	06:08
61	989	KATIA ALEXANDRA MARTINS DIAS DA SILVA	Reumáticos & Etc	Senior Feminino	01:01:24	+28:46	06:09
62	126	Sora Domingues	CR7 FITNESS CRUNCH AVEIRO	Senior Feminino	01:01:59	+29:20	06:12
63	279	Ana almeida	Individual	Senior Feminino	01:01:59	+29:20	06:12
64	94	Júlia Alexandra da Silva Alves	CFA - Cravo, Fortes, Antão & Associados, SROC, Lda.	Senior Feminino	01:02:01	+29:22	06:12
65	175	Ana Rafaela Costa	FitnessHutAveiro	Senior Feminino	01:02:12	+29:33	06:13
66	336	Soraia Fortunato	Individual	Senior Feminino	01:03:22	+30:43	06:20
67	999	Inês Rondão	Rondiveira	Senior Feminino	01:03:27	+30:48	06:21
68	312	Ivete Patrícia Coelho Marques	Individual	Senior Feminino	01:03:40	+31:01	06:22
69	988	ANDREIA FLÁVIA MARQUES SIMÕES	Reumáticos & Etc	Senior Feminino	01:04:36	+31:57	06:28
70	870	Inês Fonseca	Murros de Paixão - S.C. Beira-Mar Boxe	Senior Feminino	01:05:01	+32:22	06:30
71	76	Catarina Isidoro	CATARINA	Senior Feminino	01:05:03	+32:24	06:30
72	287	Andreia Silva	Individual	Senior Feminino	01:05:26	+32:47	06:33
73	990	MARIA CRISTINA GRILO FIALHO	Reumáticos & Etc	Senior Feminino	01:05:30	+32:51	06:33
74	111	Mariana Íris Camisão Nunes	Clube União Idanhense	Senior Feminino	01:05:55	+33:16	06:36
75	294	Catarina Saraiva	Individual	Senior Feminino	01:05:57	+33:18	06:36
76	112	Dora Costa	COMPASS RG	Senior Feminino	01:06:05	+33:26	06:37
77	298	Daniela Magalhães	Individual	Senior Feminino	01:06:20	+33:41	06:38
78	862	Ana Castro	Mov Areias	Senior Feminino	01:06:32	+33:54	06:39
79	863	Daniela Santos	Mov Areias	Senior Feminino	01:06:32	+33:54	06:39

**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 - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION  
**OFFICIAL RESULT**

80	1009	Bruna Vieira	RUNNOWBEERLATTER	Senior Feminino	01:06:36	+33:57	06:40
81	1012	Rute Matias	RUNNOWBEERLATTER	Senior Feminino	01:06:55	+34:16	06:42
82	325	Micaela Simões	Individual	Senior Feminino	01:07:02	+34:23	06:42
83	871	Sara Sequeria	Murros de Paixão - S.C. Beira-Mar Boxe	Senior Feminino	01:07:02	+34:23	06:42
84	333	Silja Frankenbach	Individual	Senior Feminino	01:07:05	+34:26	06:43
85	309	Isa Eloi	Individual	Senior Feminino	01:07:25	+34:46	06:45
86	281	Ana Luísa Marques Mano	Individual	Senior Feminino	01:07:28	+34:49	06:45
87	911	Gabriela Dias	Os muletas da Ria	Senior Feminino	01:07:49	+35:10	06:47
88	331	Sara Lopes	Individual	Senior Feminino	01:08:08	+35:29	06:49
89	278	Amandine Martins	Individual	Senior Feminino	01:08:08	+35:29	06:49
90	330	Rosa delgado	Individual	Senior Feminino	01:08:16	+35:37	06:50
91	1082	Vânia Freitas	Xucros	Senior Feminino	01:08:22	+35:43	06:50
92	929	Adriana Santos Henriques	Praceta Runner´s	Senior Feminino	01:08:56	+36:17	06:54
93	299	Dina Silva	Individual	Senior Feminino	01:09:31	+36:52	06:57
94	293	Catarina Isabel Dias Rosa	Individual	Senior Feminino	01:09:55	+37:16	07:00
95	1008	Ana Loureiro	RUNNOWBEERLATTER	Senior Feminino	01:09:57	+37:18	07:00
96	300	Diana Araújo	Individual	Senior Feminino	01:10:34	+37:55	07:03
97	77	Sofia Senos	CATARINA	Senior Feminino	01:10:53	+38:14	07:05
98	1005	Ângela Pinto	Runners da Calçada	Senior Feminino	01:11:13	+38:34	07:07
99	930	Ana Miguel Pereira da Costa	Praceta Runner´s	Senior Feminino	01:11:56	+39:17	07:12
100	292	Catarina Baldaia	Individual	Senior Feminino	01:12:16	+39:37	07:14
101	910	Claudia Tavares	Os muletas da Ria	Senior Feminino	01:12:27	+39:48	07:15
102	327	Natacha Leão	Individual	Senior Feminino	01:14:09	+41:30	07:25
103	277	Alessandra Kalinowski	Individual	Senior Feminino	01:14:13	+41:34	07:25
104	286	Andreia Martins	Individual	Senior Feminino	01:14:17	+41:38	07:26
105	340	Teresa Andias	Individual	Senior Feminino	01:15:40	+43:01	07:34
106	313	Jacinta Mendes	Individual	Senior Feminino	01:16:12	+43:34	07:37
107	174	Ana Lucas Jesus Gonzalez	FitnessHutAveiro	Senior Feminino	01:21:25	+48:46	08:09
108	178	Tatiana Vanessa Silva Pinhão	FitnessHutAveiro	Senior Feminino	01:21:25	+48:46	08:09
109	337	Soraia Silva	Individual	Senior Feminino	01:23:11	+50:32	08:19
110	310	Isabel Maria dos Santos Almeida	Individual	Senior Feminino	01:23:40	+51:01	08:22

**Senior Masculino**

1	212	Marcelo Gonçalves	GDR Granja-Trutas Do Mau	Senior Masculino	32:38		03:16
2	166	Cristiano Oliveira	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	33:41	+01:02	03:22
3	957	Ricardo Santos	RECREIO DESPORTIVO DE ÁGUEDA	Senior Masculino	34:10	+01:31	03:25
4	252	Jorge Cubal	Grupo Desportivo e Cultural de Guilhovai	Senior Masculino	34:34	+01:55	03:27
5	956	André Fonte	RECREIO DESPORTIVO DE ÁGUEDA	Senior Masculino	34:42	+02:03	03:28
6	71	CRISTIANO PEREIRA	CASA DO POVO DE MANGUALDE	Senior Masculino	35:01	+02:22	03:30
7	455	Paulo Pereira	Individual	Senior Masculino	35:25	+02:46	03:33
8	411	João Moreira	Individual	Senior Masculino	35:36	+02:57	03:34

**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

9	505	William Caetano	DCI / Trilhos Luso Bussaco	Senior Masculino	36:08	+03:29	03:37
10	143	Hugo Silva	Dura-F1 Raceteam	Senior Masculino	36:10	+03:31	03:37
11	478	Rui Matos	Individual	Senior Masculino	36:52	+04:13	03:41
12	963	Mario André Rocha		Senior Masculino	37:07	+04:28	03:43
13	1095	Edgar Resende	Individual	Senior Masculino	37:24	+04:45	03:44
14	433	Luis Menezes	Individual	Senior Masculino	37:48	+05:09	03:47
15	233	Sérgio Baptista	GIMTÓNICO	Senior Masculino	38:07	+05:28	03:49
16	824	Hugo Santos	LUSAVOUGA	Senior Masculino	38:08	+05:29	03:49
17	430	Luís Manuel de Pinho Diogo	Individual	Senior Masculino	38:24	+05:46	03:50
18	348	André Novais	Individual	Senior Masculino	39:00	+06:22	03:54
19	402	João Dias	Individual	Senior Masculino	39:05	+06:26	03:55
20	120	Miguel Paiva	Correr Fermelã	Senior Masculino	39:16	+06:37	03:56
21	475	Rogério Filipe Oliveira Cabrita	Individual	Senior Masculino	39:18	+06:39	03:56
22	1098	Marcelo Mendes	Individual	Senior Masculino	39:21	+06:42	03:56
23	270	Louis da Cal	Ílhavos Runners - ACDI	Senior Masculino	39:31	+06:52	03:57
24	383	Fábio Correia	Individual	Senior Masculino	39:59	+07:20	04:00
25	365	Carlos André Oliveira	Individual	Senior Masculino	40:06	+07:27	04:01
26	144	José Pinheiro	Dura-F1 Raceteam	Senior Masculino	40:20	+07:41	04:02
27	436	Manuel Fardilha	Individual	Senior Masculino	40:25	+07:46	04:03
28	90	Pedro Gamelas	Centro Atlético Póvoa Pacense ( CENAP ) Cacía	Senior Masculino	40:39	+08:01	04:04
29	133	GONÇALO VIEIRA	DAR – Desportivo Atlético de Recardães	Senior Masculino	40:40	+08:01	04:04
30	269	Carlos Marçalo	Ílhavos Runners - ACDI	Senior Masculino	41:01	+08:23	04:06
31	130	Tiago Almeida	CR7 FITNESS CRUNCH AVEIRO	Senior Masculino	41:25	+08:46	04:09
32	418	Joel Pereira	Individual	Senior Masculino	41:34	+08:55	04:09
33	498	Tiago Rocha	Individual	Senior Masculino	41:57	+09:18	04:12
34	28	Ricardo Esteves	Arsenal de Canelas	Senior Masculino	41:58	+09:20	04:12
35	121	Rui Oliveira	Correr Fermelã	Senior Masculino	42:00	+09:21	04:12
36	62	Jil Coelho	C.D.C. Paradela do Vouga	Senior Masculino	42:01	+09:22	04:12
37	1042	Cláudio Agostinho	Sport Club Paradela	Senior Masculino	42:01	+09:22	04:12
38	353	Antonio Ratola	Individual	Senior Masculino	42:07	+09:28	04:13
39	1003	Gonçalo Marques	Runners & Friends Pampilhosa	Senior Masculino	42:08	+09:29	04:13
40	449	Nuno Miguel Moura Cachulo	Individual	Senior Masculino	42:10	+09:31	04:13
41	377	Diogo Lopes	Individual	Senior Masculino	42:13	+09:34	04:13
42	898	Nelson Almeida	OiãRunners	Senior Masculino	42:13	+09:34	04:13
43	230	André Reis	GIMTÓNICO	Senior Masculino	42:19	+09:40	04:14
44	367	carlos Jesus	Individual	Senior Masculino	42:44	+10:05	04:16
45	470	Ricardo Alvarez	Individual	Senior Masculino	43:04	+10:25	04:18
46	378	Duarte Eira	Individual	Senior Masculino	43:07	+10:28	04:19
47	454	Paulo Loureiro	Individual	Senior Masculino	43:16	+10:37	04:20
48	464	Rafa C.	Individual	Senior Masculino	43:18	+10:39	04:20
49	1043	Luís silva	Sport Club Paradela	Senior Masculino	43:20	+10:41	04:20
50	493	Tiago Gonçalves	Individual	Senior Masculino	43:24	+10:45	04:20
51	1007	Daniel Amaral	Runners da Calçada	Senior Masculino	43:26	+10:47	04:21
52	450	Nuno Ribeiro	Individual	Senior Masculino	43:29	+10:50	04:21
53	186	João Antunes	FitnessHutAveiro	Senior Masculino	43:39	+11:00	04:22





**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

**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

97	134	ivo Leandro pinto Gonçalves	DAR – Desportivo Atlético de Recardães	Senior Masculino	47:17	+14:38	04:44
98	385	Felisberto Manuel de Pinho Rodrigues	Individual	Senior Masculino	47:20	+14:41	04:44
99	462	Pedro Nunes	Individual	Senior Masculino	47:30	+14:51	04:45
100	384	Fábio Ferreira Jacinto	Individual	Senior Masculino	47:33	+14:54	04:45
101	1090	Roberto Graça	CDCF Aldeia de Santo António	Senior Masculino	47:35	+14:56	04:46
102	352	Ângelo Fonseca	Individual	Senior Masculino	47:44	+15:05	04:46
103	1037	Vicente Santos Julião	Sosense Trail Team Brga & Fernandes	Senior Masculino	47:51	+15:12	04:47
104	920	Bruno Melo	os tartarugas	Senior Masculino	47:56	+15:17	04:48
105	447	Nuno Fernandes	Individual	Senior Masculino	47:59	+15:20	04:48
106	357	Bruno Amaral	Individual	Senior Masculino	47:59	+15:20	04:48
107	182	Cristiano Santos	FitnessHutAveiro	Senior Masculino	48:06	+15:27	04:49
108	480	Rui Oliveira	Individual	Senior Masculino	48:12	+15:33	04:49
109	429	Luís Henriques	Individual	Senior Masculino	48:18	+15:39	04:50
110	184	Fábio Pizarro	FitnessHutAveiro	Senior Masculino	48:19	+15:40	04:50
111	420	Jorge Esteves	Individual	Senior Masculino	48:22	+15:43	04:50
112	389	filipe emanuel serra santos	Individual	Senior Masculino	48:24	+15:45	04:50
113	847	Keny Thurler	McDonalds	Senior Masculino	48:30	+15:51	04:51
114	396	Hugo Canseiro	Individual	Senior Masculino	48:32	+15:53	04:51
115	448	Nuno Gomes Marques	Individual	Senior Masculino	48:59	+16:20	04:54
116	381	Eduardo Torres Couto Coimbra e Silva	Individual	Senior Masculino	49:01	+16:22	04:54
117	431	Luis Marinho	Individual	Senior Masculino	49:03	+16:24	04:54
118	1026	Sérgio Henriques	SEGIMPRIMA RUNNING TEAM	Senior Masculino	49:08	+16:29	04:55
119	852	João Maio	Molinhos Team	Senior Masculino	49:11	+16:33	04:55
120	1089	João Simões	GIMTÓNICO	Senior Masculino	49:14	+16:35	04:55
121	259	Eurico Couto	Hot waters	Senior Masculino	49:14	+16:35	04:55
122	482	Rui Silveira	Individual	Senior Masculino	49:26	+16:47	04:57
123	387	Fernando Marinho	Individual	Senior Masculino	49:29	+16:50	04:57
124	969	Vítor Paiva	Remax Universal	Senior Masculino	49:39	+17:00	04:58
125	426	Júlio Tomás Gomes Teixeira	Individual	Senior Masculino	49:43	+17:04	04:58
126	369	Christophe Mota	Individual	Senior Masculino	49:43	+17:04	04:58
127	366	Carlos Coutinho	Individual	Senior Masculino	49:47	+17:08	04:59
128	153	André Filipe dos Santos Rebelo	Eduart Componentes de Calçado	Senior Masculino	49:51	+17:12	04:59
129	832	Fernando Vidal	LV/IOC	Senior Masculino	49:54	+17:16	04:59
130	380	EDUARDO GONCALVES DE SOUZA	Individual	Senior Masculino	49:57	+17:18	05:00
131	466	Rafael Gabriel Gomes Gouveia	Individual	Senior Masculino	49:58	+17:19	05:00
132	145	José Pinto	Dura-F1 Raceteam	Senior Masculino	49:59	+17:20	05:00
133	231	João Costa	GIMTÓNICO	Senior Masculino	49:59	+17:20	05:00
134	393	Gonçalo Pereira	Individual	Senior Masculino	49:59	+17:20	05:00
135	437	Marco Daniel Santos Cipriano	Individual	Senior Masculino	50:07	+17:28	05:01
136	80	Hugo Pinho	CDCamarneira	Senior Masculino	50:07	+17:28	05:01
137	496	Tiago Rafael Pereira Marques	Individual	Senior Masculino	50:13	+17:34	05:01
138	401	João Carlos Figueiredo Rosa	Individual	Senior Masculino	50:23	+17:44	05:02
139	350	André Ribeiro	Individual	Senior Masculino	50:26	+17:47	05:03
140	501	vitalino azevedo	Individual	Senior Masculino	50:27	+17:48	05:03
141	428	Luís Bastião Silva	Individual	Senior Masculino	50:27	+17:48	05:03

## 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

**OFFICIAL RESULT**

142	445	Miguel Dinis	Individual	Senior Masculino	50:28	+17:49	05:03
143	58	João Baldaia	Bosch Runners	Senior Masculino	50:35	+17:57	05:04
144	24	João Fernandes	Ala Direita	Senior Masculino	50:39	+18:00	05:04
145	232	Pedro Wadt	GIMTÓNICO	Senior Masculino	50:44	+18:05	05:04
146	14	Rui Ferreira	ACR DE VALE DE CAMBRA	Senior Masculino	50:51	+18:12	05:05
147	444	Miguel Botas Duarte Gonçalves	Individual	Senior Masculino	50:52	+18:13	05:05
148	494	Tiago Peixinho	Individual	Senior Masculino	50:57	+18:18	05:06
149	424	José Garrido	Individual	Senior Masculino	50:57	+18:18	05:06
150	185	Francisco Henriques Martins	FitnessHutAveiro	Senior Masculino	50:59	+18:20	05:06
151	363	Bruno Pinto	Individual	Senior Masculino	51:00	+18:21	05:06
152	188	Miguel Chaves	FitnessHutAveiro	Senior Masculino	51:02	+18:23	05:06
153	851	Filipe Monteiro	Molinhos Team	Senior Masculino	51:12	+18:33	05:07
154	939	Joaquim Calafate	PWR TEAM/VELHA GUARDA RC	Senior Masculino	51:19	+18:40	05:08
155	253	Bruno Santiago	Grupo Juvenil Pinheiro da Bemposta	Senior Masculino	51:27	+18:48	05:09
156	415	João Simões	Individual	Senior Masculino	51:38	+18:59	05:10
157	479	Rui Miguel Bernardes Rebelo	Individual	Senior Masculino	51:38	+18:59	05:10
158	453	Paulo Filipe Neto Gonçalves	Individual	Senior Masculino	51:49	+19:10	05:11
159	180	Bernardo Abreu	FitnessHutAveiro	Senior Masculino	52:01	+19:22	05:12
160	404	Joao Esteves	Individual	Senior Masculino	52:04	+19:25	05:12
161	853	Luis Perpétua	Molinhos Team	Senior Masculino	52:05	+19:26	05:13
162	179	Antonio Marques	FitnessHutAveiro	Senior Masculino	52:06	+19:27	05:13
163	96	João Melo Coimbra	CFA - Cravo, Fortes, Antão & Associados, SROC, Lda.	Senior Masculino	52:25	+19:46	05:15
164	400	Ivo Soares	Individual	Senior Masculino	52:29	+19:50	05:15
165	403	João Diogo Martins	Individual	Senior Masculino	52:43	+20:04	05:16
166	406	João Figueiredo	Individual	Senior Masculino	52:49	+20:10	05:17
167	477	Rui Filipe Santos Carapinha	Individual	Senior Masculino	52:54	+20:16	05:18
168	268	Bruno Piorro	Ílhavos Runners - ACDI	Senior Masculino	53:00	+20:21	05:18
169	825	Rafael Soares	LUSAVOUGA	Senior Masculino	53:27	+20:48	05:21
170	374	Daniel Ramos	Individual	Senior Masculino	53:28	+20:49	05:21
171	100	Fábio Luis Ribeiro Branco	Chincha Foles	Senior Masculino	53:29	+20:50	05:21
172	181	Bruno Silveira	FitnessHutAveiro	Senior Masculino	53:35	+20:56	05:22
173	1102	Rui Soares Carneiro	Individual	Senior Masculino	53:48	+21:09	05:23
174	375	Daniel Santos	Individual	Senior Masculino	53:48	+21:09	05:23
175	992	JOSÉ FRANCISCO SILVA RODRIGUES	Reumáticos & Etc	Senior Masculino	53:50	+21:11	05:23
176	968	Gil Pereira	Remax Universal	Senior Masculino	53:55	+21:16	05:24
177	966	Cristiano Araujo	Remax Universal	Senior Masculino	54:15	+21:36	05:26
178	390	Gabriel Arsénio	Individual	Senior Masculino	54:32	+21:53	05:27
179	476	Rui Filipe Ribeiro Jesus	Individual	Senior Masculino	55:15	+22:36	05:32
180	500	Tibério Filipe Pacheco Baptista	Individual	Senior Masculino	55:15	+22:36	05:32
181	410	João Luís dos Santos Ladeira	Individual	Senior Masculino	55:25	+22:47	05:33
182	190	Pedro couto	FitnessHutAveiro	Senior Masculino	55:32	+22:53	05:33
183	414	Joao Russo	Individual	Senior Masculino	55:33	+22:54	05:33
184	187	Micael Ribeiro Figueira	FitnessHutAveiro	Senior Masculino	56:02	+23:23	05:36
185	82	Pedro Lusitano	CDCamarneira	Senior Masculino	56:06	+23:27	05:37

Official Timekeeper: Lap2Go	7 / 21	generate 10-Dec-2022 19:55
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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

232	370	Cleber Alves Antunes	Individual	Senior Masculino	01:06:11	+33:32	06:37
233	169	CARLOS ALMEIDA	FFONSECA SA	Senior Masculino	01:06:59	+34:21	06:42
234	1049	Vitor Carvalho	Tartarugas	Senior Masculino	01:07:36	+34:57	06:46
235	829	David Vieira	LV/IOC	Senior Masculino	01:08:22	+35:43	06:50
236	490	Tiago Filipe Carvalho Sousa Pinto	Individual	Senior Masculino	01:08:54	+36:15	06:53
237	922	Dinis Pires	os tartarugas	Senior Masculino	01:09:49	+37:10	06:59
238	1013	João Costa	RUNNOWBEERLATTER	Senior Masculino	01:09:57	+37:18	07:00
239	458	Pedro Freire	Individual	Senior Masculino	01:11:18	+38:39	07:08
240	362	Nuno Aguiar	Individual	Senior Masculino	01:12:58	+40:19	07:18
241	23	Gonçalo Limas	Ala Direita	Senior Masculino	01:13:30	+40:51	07:21
242	405	João Ferreira	Individual	Senior Masculino	01:16:12	+43:33	07:37
243	488	Telmo Alves	Individual	Senior Masculino	01:16:14	+43:35	07:37
244	372	Daniel Ferraz	Individual	Senior Masculino	01:17:00	+44:21	07:42
245	486	Simão Matos	Individual	Senior Masculino	01:23:12	+50:33	08:19

**Veterana F40**

1	841	MARA CÉLIA	MC	Veterana F40	42:52	+10:13	04:17
2	110	Marisa João	Clube Atletismo Ovar - CAO	Veterana F40	43:35	+10:56	04:22
3	217	Tila Pina	GDR Granja-Trutas Do Mau	Veterana F40	43:40	+11:02	04:22
4	546	Raquel Dias	Individual	Veterana F40	45:45	+13:06	04:35
5	942	Rita Cruz	PWR TEAM/VELHA GUARDA RC	Veterana F40	46:31	+13:52	04:39
6	855	Elisabete Rocha	Molinhas Team	Veterana F40	47:06	+14:27	04:43
7	216	Marlene Martins	GDR Granja-Trutas Do Mau	Veterana F40	47:27	+14:48	04:45
8	271	Marta Loureiro	Ílhavos Runners - ACDI	Veterana F40	48:03	+15:24	04:48
9	521	Daniela Onofre	Individual	Veterana F40	48:30	+15:51	04:51
10	914	Carla Rosa	Os muletas da Ria	Veterana F40	48:54	+16:15	04:53
11	107	Carla Fontoura	CIVILRIA	Veterana F40	49:11	+16:32	04:55
12	5	CATARINA SANTOS	366 ALL DAYS	Veterana F40	49:44	+17:05	04:58
13	552	Sandra Mota	Individual	Veterana F40	49:59	+17:20	05:00
14	215	Isabel Oliveira	GDR Granja-Trutas Do Mau	Veterana F40	50:18	+17:39	05:02
15	164	SMónica Fernandes	ESADOF	Veterana F40	50:44	+18:05	05:04
16	549	Rosabell Santos	Individual	Veterana F40	51:08	+18:29	05:07
17	218	Violeta Silva	GDR Granja-Trutas Do Mau	Veterana F40	51:13	+18:34	05:07
18	560	Sónia Isabel Gomes RAMOS	Individual	Veterana F40	51:25	+18:46	05:09
19	537	Mariana Lopes e	Individual	Veterana F40	51:47	+19:08	05:11
20	213	Catarina Silva	GDR Granja-Trutas Do Mau	Veterana F40	52:00	+19:21	05:12
21	545	RAQUEL BRITO	Individual	Veterana F40	52:12	+19:33	05:13
22	522	Deirilene Lopes	Individual	Veterana F40	52:23	+19:44	05:14
23	524	Helena Amaro	Individual	Veterana F40	52:36	+19:58	05:16
24	1053	Patrícia Caçola	TURBULENTOS	Veterana F40	52:38	+19:59	05:16
25	555	Sandrina Nóbrega Pereira	Individual	Veterana F40	53:23	+20:44	05:20
26	234	Inês Almeida	GIMTÓNICO	Veterana F40	53:30	+20:51	05:21
27	196	Teresa Martins	FitnessHutAveiro	Veterana F40	53:37	+20:58	05:22
28	544	Paula rocha	Individual	Veterana F40	53:49	+21:10	05:23
29	1044	sofia costa	Sport Club Paradelas	Veterana F40	54:13	+21:34	05:25

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## Prova Principal

10 KM

### OFFICIAL RESULT

74	532	Madalena Ferreira	Individual	Veterana F40	01:03:54	+31:15	06:23
75	925	Dolores Spínola	Os Vouzelenses	Veterana F40	01:03:55	+31:17	06:24
76	515	Carla Bessa Rodrigues	Individual	Veterana F40	01:03:57	+31:18	06:24
77	1048	Cláudia Vilela	Tainadas Run Team	Veterana F40	01:04:36	+31:57	06:28
78	1093	Lucília Queirós	Individual	Veterana F40	01:04:47	+32:08	06:29
79	1034	Silvia Cunha	SOBRINHOS DO TI CRISTO	Veterana F40	01:05:04	+32:25	06:30
80	873	Ana Ferreira	Murros de Paixão - S.C. Beira-Mar Boxe	Veterana F40	01:06:21	+33:42	06:38
81	511	Ana Oliveira Dias	Individual	Veterana F40	01:07:40	+35:01	06:46
82	1016	Elsa Pereira	RUNNOWBEERLATTER	Veterana F40	01:08:01	+35:22	06:48
83	88	Cláudia Sofia Martins Dias Ferreira Vaz	CensiRun	Veterana F40	01:08:44	+36:05	06:52
84	543	Orlando Ribeiro	Individual	Veterana F40	01:08:52	+36:14	06:53
85	933	Ana Rita Henriques da Silva	Praceta Runner's	Veterana F40	01:08:56	+36:17	06:54
86	516	catarina gomes	Individual	Veterana F40	01:09:33	+36:54	06:57
87	994	SANDRA MARIA DA COSTA FRANCISCO	Reumáticos & Etc	Veterana F40	01:10:08	+37:29	07:01
88	191	Ana Medeiros	FitnessHutAveiro	Veterana F40	01:10:11	+37:32	07:01
89	554	Sandra Ribeiro	Individual	Veterana F40	01:11:06	+38:27	07:07
90	47	Maria João Santos	BoraBora, Vamos Lá!	Veterana F40	01:11:51	+39:12	07:11
91	533	Mafalda Dias	Individual	Veterana F40	01:12:43	+40:04	07:16
92	1038	Joana Macedo	Sosense Trail Team Brga & Fernandes	Veterana F40	01:13:28	+40:49	07:21
93	517	Célia Baldaia	Individual	Veterana F40	01:13:57	+41:18	07:24
94	506	Adenilza Aguiar Cabral Leal	Individual	Veterana F40	01:14:09	+41:30	07:25
95	529	Joana Guimarães	Individual	Veterana F40	01:16:15	+43:36	07:38
96	29	Julia Vasconcelos Furtado	As Cajazeiras+1 porção	Veterana F40	01:22:32	+49:53	08:15

## Veterana F50

1	245	Lídia Pereira	Grecas Vagos	Veterana F50	42:01	+09:22	04:12
2	1073	Sofia Romão	Viseu 360	Veterana F50	43:50	+11:11	04:23
3	73	LURDES MONTEIRO	CASA DO POVO DE MANGUALDE	Veterana F50	45:10	+12:31	04:31
4	248	Eduarda Vinagre	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Veterana F50	48:25	+15:46	04:51
5	1068	Olga Martins	Viriathvs Runners Viseu	Veterana F50	50:10	+17:31	05:01
6	1065	Maria Vale	Viriathvs Runners Viseu	Veterana F50	50:49	+18:10	05:05
7	1039	Rosa Tavares	Sosense Trail Team Brga & Fernandes	Veterana F50	51:42	+19:03	05:10
8	567	Fernanda Gomes	Individual	Veterana F50	53:32	+20:53	05:21
9	566	Cristina Isabel Mendes Coelho	Individual	Veterana F50	55:31	+22:52	05:33
10	72	ISABEL TOMÉ	CASA DO POVO DE MANGUALDE	Veterana F50	57:05	+24:26	05:43
11	1072	Céu Sá	Viseu 360	Veterana F50	57:09	+24:30	05:43
12	944	Manuela Monteiro	PWR TEAM/VELHA GUARDA RC	Veterana F50	57:29	+24:51	05:45
13	569	MARIA ALBINA FERNANDES ALMEIDA SILVA	Individual	Veterana F50	57:44	+25:05	05:46
14	1018	Maria João Tavares	RUNNOWBEERLATTER	Veterana F50	58:18	+25:40	05:50

## Prova Principal

10 KM

### OFFICIAL RESULT

15	101	Isabel Enes	CIRES RUNNING TEAM	Veterana F50	58:34	+25:55	05:51
16	570	Maria Ramos	Individual	Veterana F50	59:20	+26:41	05:56
17	1001	Renata Martins da Rosa	Run For Life	Veterana F50	01:00:39	+28:00	06:04
18	573	Rosa Ferreira	Individual	Veterana F50	01:01:54	+29:16	06:11
19	879	Clarisse Flamengo	NAR - Núcleo de Atletismo de Requeixo	Veterana F50	01:02:28	+29:49	06:15
20	905	Elizabeth Ferreira	Onda Team	Veterana F50	01:02:30	+29:51	06:15
21	564	carla santos	Individual	Veterana F50	01:02:51	+30:12	06:17
22	880	Judite Dias	NAR - Núcleo de Atletismo de Requeixo	Veterana F50	01:03:40	+31:01	06:22
23	572	Rosa Fernandes	Individual	Veterana F50	01:06:21	+33:42	06:38
24	162	Luciane Manteiga	Equipa Farber	Veterana F50	01:09:42	+37:03	06:58
25	568	Margarida Urbano	Individual	Veterana F50	01:12:18	+39:39	07:14

## Veterana F60

1	15	Fernanda Almeida	ACR DE VALE DE CAMBRA	Veterana F60	53:51	+21:12	05:23
2	273	Maria Santos	Ílhavos Runners - ACDI	Veterana F60	54:35	+21:56	05:28
3	576	Paulina Conde Teixeira	Individual	Veterana F60	55:04	+22:25	05:30
4	866	Maria Aurora Henriques	Município de Aveiro	Veterana F60	59:17	+26:38	05:56
5	577	Rosa Rocha	Individual	Veterana F60	01:02:39	+30:00	06:16
6	574	Ludovina Saraiva	Individual	Veterana F60	01:05:58	+33:19	06:36
7	927	Rosa Bispo	Pernas Inertes	Veterana F60	01:08:22	+35:43	06:50
8	575	Maria Manuel Furtado	Individual	Veterana F60	01:10:41	+38:02	07:04

## Veterano M40

1	79	Nuno Miguel	CD São Salvador do Campo	Veterano M40	33:37	+00:58	03:22
2	136	DAVIDE SILVA	DAR – Desportivo Atlético de Recardães	Veterano M40	35:15	+02:36	03:32
3	705	Rui Nogueiro	Individual	Veterano M40	35:33	+02:54	03:33
4	615	Giovanni Díaz	Individual	Veterano M40	35:35	+02:56	03:34
5	208	RICARDO JORGE OLIVEIRA TAVARES	GDCCODAL	Veterano M40	36:03	+03:24	03:36
6	75	FERNANDO SANTOS	CASA DO POVO DE MANGUALDE	Veterano M40	36:08	+03:30	03:37
7	150	João Santos	Dura-F1 Raceteam	Veterano M40	36:18	+03:39	03:38
8	652	Luiz Carlos Portela Coelho	Individual	Veterano M40	37:18	+04:39	03:44
9	122	António Silva	DCI / Trilhos Luso Bussaco	Veterano M40	37:30	+04:51	03:45
10	583	Andre Nobre	Individual	Veterano M40	38:06	+05:27	03:49
11	953	João Silva	QNPVSC	Veterano M40	38:26	+05:47	03:51
12	220	João Paulo Monteiro	GDR Granja-Trutas Do Mau	Veterano M40	38:32	+05:53	03:51
13	147	David Coutinho	Dura-F1 Raceteam	Veterano M40	38:55	+06:17	03:54
14	611	FILIPE Carvalho	Individual	Veterano M40	38:57	+06:18	03:54
15	589	António Moreira	Individual	Veterano M40	39:05	+06:26	03:55
16	678	Paulo Silva	Individual	Veterano M40	39:24	+06:46	03:56
17	639	Jose Grijó	Individual	Veterano M40	39:27	+06:48	03:57



## 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

18	148	Filipe Fonseca	Dura-F1 Raceteam	Veterano M40	39:29	+06:50	03:57
19	146	António Gomes	Dura-F1 Raceteam	Veterano M40	39:29	+06:50	03:57
20	828	João Tavares	LUSAVOUGA	Veterano M40	39:30	+06:51	03:57
21	600	Celso Fernandes	Individual	Veterano M40	39:40	+07:01	03:58
22	658	Mario Ferreira	Individual	Veterano M40	39:55	+07:16	04:00
23	633	Jorge Costa	Individual	Veterano M40	39:57	+07:18	04:00
24	151	José Cruz	Dura-F1 Raceteam	Veterano M40	40:09	+07:30	04:01
25	12	Luis Miguel Martins Dias	A.D.F/Bike Riders	Veterano M40	40:23	+07:44	04:02
26	682	Pedro Canha	Individual	Veterano M40	40:30	+07:51	04:03
27	1094	António Francisco	Individual	Veterano M40	40:35	+07:56	04:04
28	867	André Costa	Municipio de Aveiro	Veterano M40	40:53	+08:14	04:05
29	676	Paulo Fidalgo	Individual	Veterano M40	40:54	+08:15	04:05
30	636	Jorge Rodrigues	Individual	Veterano M40	41:29	+08:50	04:09
31	645	Lucas da Silva	Individual	Veterano M40	41:32	+08:53	04:09
32	85	João Amaral	CDCamarneira	Veterano M40	41:36	+08:57	04:10
33	711	Sérgio Lopes	Individual	Veterano M40	41:40	+09:01	04:10
34	677	Paulo moca	Individual	Veterano M40	41:43	+09:04	04:10
35	651	Luís Pessoa	Individual	Veterano M40	41:52	+09:13	04:11
36	27	Ricardo Coutinho Martins	ARCD Venda da Luisa	Veterano M40	42:12	+09:33	04:13
37	842	ARMANDO LEITE	MC	Veterano M40	42:13	+09:34	04:13
38	1066	Rui Pires	Viriathvs Runners Viseu	Veterano M40	42:13	+09:34	04:13
39	219	António Oliveira	GDR Granja-Trutas Do Mau	Veterano M40	42:16	+09:38	04:14
40	699	Ricardo Veiga	Individual	Veterano M40	42:19	+09:41	04:14
41	237	NUNO FERNANDES	GINÁSIO CLUBE DE BRAGANÇA	Veterano M40	42:29	+09:50	04:15
42	892	Márcio Silva	Nokia Runners	Veterano M40	42:36	+09:57	04:16
43	149	João Portugal	Dura-F1 Raceteam	Veterano M40	42:42	+10:03	04:16
44	708	Rui Silva	Individual	Veterano M40	42:49	+10:10	04:17
45	653	Manuel Carlos Costa Martins	Individual	Veterano M40	42:51	+10:12	04:17
46	43	Ricardo Patrício	Boavista Trail	Veterano M40	43:04	+10:25	04:18
47	619	Hernâni Martins Laranja	Individual	Veterano M40	43:10	+10:31	04:19
48	891	Jorge Faria	Nokia Runners	Veterano M40	43:19	+10:41	04:20
49	86	Ricardo Cruz	CDCamarneira	Veterano M40	43:28	+10:49	04:21
50	221	Paulo Loureiro	GDR Granja-Trutas Do Mau	Veterano M40	43:29	+10:50	04:21
51	924	Jose Correia	os tartarugas	Veterano M40	43:33	+10:55	04:21
52	275	José Proença	Ílhavos Runners - ACDI	Veterano M40	43:40	+11:01	04:22
53	890	João Rodrigues	Nokia Runners	Veterano M40	43:50	+11:11	04:23
54	274	José Cunha	Ílhavos Runners - ACDI	Veterano M40	43:52	+11:13	04:23
55	74	Carlos Nunes	CASA DO POVO DE MANGUALDE	Veterano M40	43:53	+11:14	04:23
56	621	Hugo Miguel Leite Teixeira Pinto Gonçalves	Individual	Veterano M40	44:06	+11:27	04:25
57	594	Bruno Lameiro	Individual	Veterano M40	44:20	+11:41	04:26
58	984	Ricardo Vidal	Remax Universal	Veterano M40	44:23	+11:44	04:26
59	635	Jorge Guerra	Individual	Veterano M40	44:29	+11:50	04:27
60	50	Humberto Carvalho	BoraBora, Vamos Lá!	Veterano M40	44:29	+11:50	04:27
61	1097	Paulo Nuno Gabriel Matos	Individual	Veterano M40	44:29	+11:50	04:27
62	1059	João Gaspar	Vale do Rocin	Veterano M40	44:35	+11:56	04:28

## Prova Principal

10 KM

## OFFICIAL RESULT

63	670	Nuno Santos	Individual	Veterano M40	44:40	+12:01	04:28
64	582	André Assena	Individual	Veterano M40	44:41	+12:02	04:28
65	585	André Pacheco	Individual	Veterano M40	44:45	+12:06	04:29
66	613	Francisco Válga	Individual	Veterano M40	44:58	+12:19	04:30
67	679	Paulo Silva	Individual	Veterano M40	45:01	+12:22	04:30
68	610	Fernando Manuel Rocha Freire	Individual	Veterano M40	45:06	+12:27	04:31
69	901	Miguel Pimentel	OiãRunners	Veterano M40	45:07	+12:28	04:31
70	254	Antonio Marques	Grupo Juvenil Pinheiro da Bemposta	Veterano M40	45:40	+13:01	04:34
71	631	Joao Neves	Individual	Veterano M40	45:49	+13:10	04:35
72	882	RUI Martins	NAR - Núcleo de Atletismo de Requeixo	Veterano M40	45:52	+13:13	04:35
73	6	NUNO MOTA	366 ALL DAYS	Veterano M40	45:53	+13:14	04:35
74	222	Sérgio Gabriel	GDR Granja-Trutas Do Mau	Veterano M40	45:59	+13:21	04:36
75	627	JIMMY SILVA	Individual	Veterano M40	46:03	+13:24	04:36
76	102	Arnaldo Tomás	CIRES RUNNING TEAM	Veterano M40	46:07	+13:28	04:37
77	720	Vítor Proença	Individual	Veterano M40	46:07	+13:28	04:37
78	656	Marco Coelho	Individual	Veterano M40	46:14	+13:35	04:37
79	947	Ricardo Queirós	PWR TEAM/VELHA GUARDA RC	Veterano M40	46:23	+13:45	04:38
80	689	Pedro Ricardo Coelho Gonçalves	Individual	Veterano M40	46:25	+13:46	04:39
81	948	Rodolfo Andrade	PWR TEAM/VELHA GUARDA RC	Veterano M40	46:31	+13:52	04:39
82	590	Armindo Bastos	Individual	Veterano M40	46:33	+13:54	04:39
83	602	Daniel Ferreira	Individual	Veterano M40	46:39	+14:00	04:40
84	977	Carlos Neto	Remax Universal	Veterano M40	46:58	+14:19	04:42
85	657	Marco Paulo Correia Santos Alves Costa	Individual	Veterano M40	46:58	+14:19	04:42
86	660	Miguel Carlos	Individual	Veterano M40	47:00	+14:21	04:42
87	1022	Hugo Carolino	Safados Do Trail	Veterano M40	47:10	+14:31	04:43
88	199	Tiago Matias	FitnessHutAveiro	Veterano M40	47:15	+14:36	04:44
89	721	Wilson Vilas-Boas	Individual	Veterano M40	47:21	+14:42	04:44
90	715	Tiago Cruz	Individual	Veterano M40	47:27	+14:48	04:45
91	665	nelson santiago	Individual	Veterano M40	47:48	+15:09	04:47
92	198	Jorge Martins	FitnessHutAveiro	Veterano M40	47:55	+15:16	04:48
93	683	pedro Fardilha	Individual	Veterano M40	47:58	+15:19	04:48
94	669	Nuno Pessoa	Individual	Veterano M40	48:00	+15:21	04:48
95	593	Bruno Jesus	Individual	Veterano M40	48:11	+15:32	04:49
96	579	Alcides Gonçalves	Individual	Veterano M40	48:13	+15:34	04:49
97	595	Bruno Marques	Individual	Veterano M40	48:21	+15:42	04:50
98	900	Márcio Ferreira	OiãRunners	Veterano M40	48:23	+15:45	04:50
99	64	Cláudio Castro	C.D.C. São Martinho da Gândara	Veterano M40	48:25	+15:46	04:51
100	709	Rui Simões	Individual	Veterano M40	48:26	+15:47	04:51
101	584	André Nova	Individual	Veterano M40	48:27	+15:49	04:51
102	889	Gaspar Dias	Nokia Runners	Veterano M40	48:28	+15:49	04:51
103	647	Luis Ferreira	Individual	Veterano M40	48:28	+15:49	04:51
104	701	Ruben Joel Santos Almeida	Individual	Veterano M40	48:32	+15:53	04:51
105	997	RICARDOMIGUEL FERREIRA MAIA	Reumáticos & Etc	Veterano M40	48:50	+16:11	04:53
106	982	Nuno Madaíl	Remax Universal	Veterano M40	48:52	+16:13	04:53

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**Prova Principal****10 KM****OFFICIAL RESULT**

107	918	Ricardo Gonçalves	Os muletas da Ria	Veterano M40	48:54	+16:15	04:53
108	976	Bruno Saraiva	Remax Universal	Veterano M40	48:58	+16:19	04:54
109	680	Paulo Tavares	Individual	Veterano M40	49:04	+16:25	04:54
110	642	JP Griné	Individual	Veterano M40	49:06	+16:27	04:55
111	624	Hugo Neves	Individual	Veterano M40	49:07	+16:28	04:55
112	83	António Ribeiro	CDCamarneira	Veterano M40	49:12	+16:33	04:55
113	693	Ricardo Figueira	Individual	Veterano M40	49:14	+16:35	04:55
114	893	Pedro Paiva	Núcleo atletismo Cucujães	Veterano M40	49:22	+16:43	04:56
115	675	Paulo Cruz	Individual	Veterano M40	49:28	+16:49	04:57
116	623	Hugo Mourão	Individual	Veterano M40	49:28	+16:50	04:57
117	625	Hugo Rodrigues	Individual	Veterano M40	49:35	+16:56	04:58
118	698	Ricardo Sousa	Individual	Veterano M40	49:50	+17:11	04:59
119	597	Carlos Coelho	Individual	Veterano M40	49:54	+17:15	04:59
120	1075	Paulo Lopes	Viseu 360	Veterano M40	50:02	+17:23	05:00
121	934	Pedro Miguel Santos Henriques	Praceta Runner's	Veterano M40	50:03	+17:24	05:00
122	637	José da Silva Rabelo Neto	Individual	Veterano M40	50:11	+17:32	05:01
123	697	Ricardo Senos	Individual	Veterano M40	50:11	+17:32	05:01
124	700	Ricardo Vicente	Individual	Veterano M40	50:14	+17:35	05:01
125	644	Juvenal Carvalho	Individual	Veterano M40	50:31	+17:52	05:03
126	587	António Costa	Individual	Veterano M40	50:31	+17:52	05:03
127	591	Bernardo Duarte Gonçalves Gomes	Individual	Veterano M40	50:35	+17:56	05:04
128	51	Marcel Vieira	BoraBora, Vamos Lá!	Veterano M40	50:40	+18:01	05:04
129	607	Eduardo Cruz	Individual	Veterano M40	50:49	+18:11	05:05
130	916	Alexandre Laranjeira	Os muletas da Ria	Veterano M40	50:56	+18:17	05:06
131	860	Jorge Silva	Molinhas Team	Veterano M40	50:56	+18:18	05:06
132	649	Luís Miguel Rosmaninho Morgado Dias	Individual	Veterano M40	51:00	+18:21	05:06
133	596	Bruno Martins	Individual	Veterano M40	51:04	+18:25	05:06
134	641	José Pedro Marques Afonso	Individual	Veterano M40	51:05	+18:26	05:07
135	690	Pedro Samuel Pereira Dias	Individual	Veterano M40	51:05	+18:26	05:07
136	599	Carlos Rodrigues	Individual	Veterano M40	51:19	+18:40	05:08
137	695	Ricardo Manuel Rodrigues Ramos	Individual	Veterano M40	51:25	+18:46	05:09
138	979	João Teixeira	Remax Universal	Veterano M40	51:27	+18:48	05:09
139	32	ANDRE PEREIRA	ASSOCIAÇÃO DE CANOAGEM DE CACIA	Veterano M40	51:37	+18:58	05:10
140	592	Bruno Daniel Trindade Santos	Individual	Veterano M40	51:38	+18:59	05:10
141	1087	Bruno Gonçalves	Zequinhas	Veterano M40	51:45	+19:06	05:11
142	650	Luis Pascoal	Individual	Veterano M40	51:50	+19:11	05:11
143	719	Valter Silva	Individual	Veterano M40	51:53	+19:15	05:11
144	609	Fernando de Sousa	Individual	Veterano M40	51:59	+19:20	05:12
145	608	Emanuel Miranda	Individual	Veterano M40	52:04	+19:26	05:12
146	1030	César Silvestre	Silvestre's	Veterano M40	52:06	+19:27	05:13
147	917	Nelson Vieira	Os muletas da Ria	Veterano M40	52:12	+19:33	05:13
148	618	Gustavo Alexandre Almeida de Vasconcelos	Individual	Veterano M40	52:14	+19:35	05:13
149	684	Pedro Liwboa	Individual	Veterano M40	52:43	+20:04	05:16
150	622	Hugo Morais	Individual	Veterano M40	52:47	+20:08	05:17
151	1035	Carlos Cunha	SOBRINHOS DO TI CRISTO	Veterano M40	52:50	+20:11	05:17

# 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

152	1036	José Gonçalves	SOBRINHOS DO TI CRISTO	Veterano M40	52:50	+20:11	05:17
153	1054	Helder Santos Branco	TURBULENTOS	Veterano M40	53:05	+20:27	05:19
154	1079	António Amaral	Walk&Run4Fun	Veterano M40	53:13	+20:35	05:19
155	165	José Pires	ESADOF	Veterano M40	53:18	+20:39	05:20
156	888	Daniel Correia Martins	Nokia Runners	Veterano M40	53:21	+20:42	05:20
157	662	Nelo Juliao	Individual	Veterano M40	53:23	+20:44	05:20
158	197	Héctor Fernandes	FitnessHutAveiro	Veterano M40	53:24	+20:46	05:20
159	249	CARLOS ORTET	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Veterano M40	53:26	+20:47	05:21
160	1101	Paulo Sérgio Ferreira Julião	Individual	Veterano M40	53:41	+21:02	05:22
161	1088	Marco Almeida	Zequinhas	Veterano M40	54:09	+21:30	05:25
162	691	Rafael Fernandes	Individual	Veterano M40	54:14	+21:35	05:25
163	673	Óscar Baptista	Individual	Veterano M40	54:18	+21:39	05:26
164	1041	Paulo Teixeira	Sport Club Do Porto	Veterano M40	54:45	+22:06	05:29
165	604	Davide Domingues Amaral	Individual	Veterano M40	54:49	+22:10	05:29
166	66	Ricardo Fonte	Canianos	Veterano M40	54:50	+22:11	05:29
167	696	Ricardo Queirós	Individual	Veterano M40	54:57	+22:18	05:30
168	68	Marco Santiago	Casa Benfica Bairrada REDrunners	Veterano M40	55:05	+22:26	05:31
169	1074	Filipe Sousa	Viseu 360	Veterano M40	55:13	+22:34	05:31
170	834	José Cerqueira	LV/IOC	Veterano M40	55:18	+22:39	05:32
171	103	Ricardo Brito	CIRES RUNNING TEAM	Veterano M40	55:20	+22:41	05:32
172	716	Tiago Fernandes	Individual	Veterano M40	55:29	+22:50	05:33
173	1060	Ricardo Santos	Vale do Rocin	Veterano M40	55:32	+22:53	05:33
174	1061	Sérgio Silva	Vale do Rocin	Veterano M40	55:32	+22:54	05:33
175	19	Miguel Ângelo Pereira Rachinhas	ADAV 3	Veterano M40	55:33	+22:54	05:33
176	18	Daniel Filipe da Costa Rodrigues	ADAV 3	Veterano M40	55:33	+22:54	05:33
177	648	Luis Filipe Iage Ferreira	Individual	Veterano M40	55:41	+23:02	05:34
178	612	Francisco Fernandes	Individual	Veterano M40	55:56	+23:17	05:36
179	685	Pedro Manuel de Arede Almeida	Individual	Veterano M40	56:03	+23:25	05:36
180	949	Rui Costa	PWR TEAM/VELHA GUARDA RC	Veterano M40	56:06	+23:27	05:37
181	626	Hugo Santos	Individual	Veterano M40	56:07	+23:28	05:37
182	84	Carlos Figueiredo	CDCamarneira	Veterano M40	56:07	+23:28	05:37
183	620	Hugo Costa	Individual	Veterano M40	56:17	+23:38	05:38
184	256	Rui Martins	Grupo Juvenil Pinheiro da Bemposta	Veterano M40	56:23	+23:44	05:38
185	52	Marco Costa	BoraBora, Vamos Lá!	Veterano M40	56:25	+23:46	05:39
186	843	HUGO SANTOS	MC	Veterano M40	56:34	+23:55	05:39
187	881	Helder Ribeiro	NAR - Núcleo de Atletismo de Requeixo	Veterano M40	56:46	+24:07	05:41
188	839	BRUNO ALMEIDA	MARRETAS DA CANECA	Veterano M40	56:53	+24:14	05:41
189	674	Óscar Filipe Fernandes Lopes	Individual	Veterano M40	57:04	+24:25	05:42
190	664	Nelson José de Azevedo Simões	Individual	Veterano M40	57:14	+24:35	05:43
191	16	Hilário Manuel Maciel Martins	ACRA Running	Veterano M40	57:22	+24:43	05:44
192	671	Nuno Simões	Individual	Veterano M40	57:23	+24:44	05:44
193	859	João Mota	Molinhas Team	Veterano M40	57:23	+24:44	05:44
194	712	Sergio Miguel Silva	Individual	Veterano M40	57:40	+25:01	05:46
195	687	Pedro Marques	Individual	Veterano M40	57:41	+25:02	05:46

Official Timekeeper: Lap2Go	16 / 21	generate 10-Dec-2022 19:55
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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

**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

196	1045	Eduardo Fonseca	Sport Club Paradela	Veterano M40	58:04	+25:25	05:48
197	654	Manuel Maia	Individual	Veterano M40	58:12	+25:33	05:49
198	704	Rui Miguel Costa	Individual	Veterano M40	58:22	+25:43	05:50
199	603	Daniel Fonseca Marques	Individual	Veterano M40	58:29	+25:50	05:51
200	858	João Carlos	Molinhas Team	Veterano M40	58:33	+25:54	05:51
201	710	Rui Tavares	Individual	Veterano M40	58:37	+25:59	05:52
202	978	Fernando Felizardo	Remax Universal	Veterano M40	58:46	+26:07	05:53
203	983	Pedro Carvalho	Remax Universal	Veterano M40	58:47	+26:08	05:53
204	661	Miguel Quaresma	Individual	Veterano M40	59:01	+26:22	05:54
205	588	António Manuel Silva Oliveira	Individual	Veterano M40	59:07	+26:28	05:55
206	156	Rui Fernandes	EFBA	Veterano M40	59:11	+26:32	05:55
207	1031	Diogo Ribeiro	Silvestre's	Veterano M40	59:14	+26:35	05:55
208	255	Rui Freire	Grupo Juvenil Pinheiro da Bemposta	Veterano M40	59:23	+26:44	05:56
209	598	carlos rodrigues	Individual	Veterano M40	59:47	+27:09	05:59
210	919	Rui Teixeira	Os muletas da Ria	Veterano M40	59:54	+27:15	05:59
211	158	Álvaro Miguel Barbosa	em gestão!	Veterano M40	01:00:48	+28:09	06:05
212	646	Luís Augusto Ferreira Duarte	Individual	Veterano M40	01:00:54	+28:15	06:05
213	614	Gabriel Duarte Almeida Sousa	Individual	Veterano M40	01:01:00	+28:21	06:06
214	105	Renato Filipe Nunes França	CIVILRIA	Veterano M40	01:01:13	+28:34	06:07
215	717	TIAGO TRINDADE	Individual	Veterano M40	01:01:18	+28:39	06:08
216	818	Bruno Aires	Intocáveis	Veterano M40	01:01:44	+29:05	06:10
217	817	Braga Alves	Intocáveis	Veterano M40	01:01:45	+29:06	06:11
218	1080	José Lopes	Walk&Run4Fun	Veterano M40	01:01:58	+29:19	06:12
219	926	Rui Choupeiro	Os Vouzelenses	Veterano M40	01:02:53	+30:14	06:17
220	616	Givelder Medeiros	Individual	Veterano M40	01:03:06	+30:27	06:19
221	1000	João Oliveira	Rondiveira	Veterano M40	01:03:27	+30:48	06:21
222	718	Válter Bastos	Individual	Veterano M40	01:03:39	+31:00	06:22
223	586	André Pereira	Individual	Veterano M40	01:03:57	+31:18	06:24
224	1019	Isaac Gonçalves	RUNNOWBEERLATTER	Veterano M40	01:06:36	+33:57	06:40
225	655	Manuel Romeiro	Individual	Veterano M40	01:07:04	+34:26	06:42
226	995	FRANCISCO JOSÉ SILVA GOMES	Reumáticos & Etc	Veterano M40	01:10:07	+37:28	07:01
227	667	Nuno Gonçalves	Individual	Veterano M40	01:12:43	+40:04	07:16
228	835	Miguel Alves	LV/IOC	Veterano M40	01:13:49	+41:10	07:23
229	996	RAFAEL SOARES CAMPOS	Reumáticos & Etc	Veterano M40	01:16:07	+43:28	07:37
230	706	Rui Pinto	Individual	Veterano M40	01:16:12	+43:34	07:37

**Veterano M50**

1	223	António Lourenço	GDR Granja-Trutas Do Mau	Veterano M50	37:23	+04:44	03:44
2	246	Pedro sarabando	Grecas Vagos	Veterano M50	37:58	+05:19	03:48
3	1067	José Martins	Viriathvs Runners Viseu	Veterano M50	38:08	+05:29	03:49
4	78	Fernando Antunes	CCDS S.Frutuoso	Veterano M50	39:23	+06:44	03:56
5	733	CARLOS MANUEL FERREIRA SILVA	Individual	Veterano M50	40:37	+07:58	04:04
6	137	Toni Serodio	DAR – Desportivo Atlético de Recardães	Veterano M50	40:39	+08:01	04:04
7	821	Pedro Guimaraes	Letsrunazores	Veterano M50	40:55	+08:16	04:06

Official Timekeeper: Lap2Go

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generate 10-Dec-2022 19:55



**Prova Principal**

**10 KM**

**OFFICIAL RESULT**

52	755	Jorge Serafim Cardoso da Mota	Individual	Veterano M50	51:00	+18:21	05:06
53	861	José Manuel da Cruz Costa	Molinhos Team	Veterano M50	51:12	+18:33	05:07
54	1033	António Lopes	SLB	Veterano M50	51:17	+18:38	05:08
55	725	António Lemos	Individual	Veterano M50	51:19	+18:40	05:08
56	883	Jorge Vilela	NAR - Núcleo de Atletismo de Requeixo	Veterano M50	51:20	+18:41	05:08
57	777	Octavio sergio Rodrigues Linhares	Individual	Veterano M50	51:23	+18:44	05:08
58	761	Jose Pedro Tavares	Individual	Veterano M50	51:33	+18:54	05:09
59	203	José Campos	FitnessHutAveiro	Veterano M50	51:53	+19:14	05:11
60	747	João Baptista Pereira Lopes	Individual	Veterano M50	51:56	+19:17	05:12
61	723	Alberto Vieira	Individual	Veterano M50	52:23	+19:44	05:14
62	791	Rui Vieito	Individual	Veterano M50	52:29	+19:50	05:15
63	740	Filipe Rocha	Individual	Veterano M50	52:32	+19:53	05:15
64	986	Francisco Manuel M.Sarmento R.Pereira	Remax Universal	Veterano M50	52:35	+19:56	05:16
65	53	António Matos	BoraBora, Vamos Lá!	Veterano M50	52:48	+20:09	05:17
66	40	EURICO INOCÊNCIO	ATHLON RUNNERS	Veterano M50	52:59	+20:20	05:18
67	788	Pedro Ruano de Castro	Individual	Veterano M50	52:59	+20:20	05:18
68	795	Wilson Oliveira	Individual	Veterano M50	53:12	+20:34	05:19
69	738	Fabio Lopes	Individual	Veterano M50	53:14	+20:36	05:19
70	200	Armando Aleixo	FitnessHutAveiro	Veterano M50	53:22	+20:43	05:20
71	748	João Capeloa	Individual	Veterano M50	53:31	+20:52	05:21
72	745	Helder Baptista	Individual	Veterano M50	53:59	+21:20	05:24
73	792	Sebastião José Leal Filho	Individual	Veterano M50	54:12	+21:34	05:25
74	759	José Francisco Silva Santiago	Individual	Veterano M50	54:19	+21:40	05:26
75	154	Luis Filipe Martins Soares	Eduart Componentes de Calçado	Veterano M50	54:37	+21:59	05:28
76	794	Vitorino Lopes	Individual	Veterano M50	54:47	+22:08	05:29
77	727	ANTONIO TEIXEIRA	Individual	Veterano M50	54:56	+22:17	05:30
78	202	Jorge Branco	FitnessHutAveiro	Veterano M50	55:08	+22:29	05:31
79	730	Carlos Barroso	Individual	Veterano M50	55:08	+22:29	05:31
80	776	Octávio Oliveira	Individual	Veterano M50	55:13	+22:34	05:31
81	840	RUI LESTRE	MARRETAS DA CANECA	Veterano M50	55:32	+22:54	05:33
82	10	Rui da Silva Amaral	A. C. D. Dornelas do Vouga	Veterano M50	56:34	+23:55	05:39
83	258	PAULO RAMOS	Grupo Juvenil Pinheiro da Bemposta	Veterano M50	56:59	+24:20	05:42
84	737	Custódio Ferreira	Individual	Veterano M50	57:05	+24:27	05:43
85	7	Oliveira de Sousa	9.5.9	Veterano M50	58:15	+25:37	05:50
86	998	WILLIAMS OMAR SIMOES DEPABLOS	Reumáticos & Etc	Veterano M50	58:21	+25:42	05:50
87	726	António Manuel de Jesus Moitalta	Individual	Veterano M50	58:48	+26:09	05:53
88	773	Martyn Pillinger	Individual	Veterano M50	59:27	+26:48	05:57
89	161	Martín Triana	Emetecclass	Veterano M50	59:32	+26:53	05:57
90	735	Carlos Martins	Individual	Veterano M50	59:38	+27:00	05:58
91	760	José Luís Moinheiro	Individual	Veterano M50	01:01:12	+28:33	06:07
92	204	José Martins	FitnessHutAveiro	Veterano M50	01:01:14	+28:35	06:07
93	1078	Paulo Alexandra Garcia de Sá	Viseu 360	Veterano M50	01:02:27	+29:48	06:15
94	782	Paulo Jorge Martins da Silva	Individual	Veterano M50	01:03:46	+31:07	06:23
95	756	José António Almeida Quadrado	Individual	Veterano M50	01:03:47	+31:09	06:23

Official Timekeeper: Lap2Go	19 / 21	generate 10-Dec-2022 19:55
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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

### 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

96	160	Ervin Triana	Emeteclass	Veterano M50	01:03:51	+31:12	06:23
97	849	Sérgio Nogueira	McDonalds	Veterano M50	01:06:30	+33:51	06:39
98	785	Paulo Neves	Individual	Veterano M50	01:06:45	+34:06	06:41
99	750	JOAO DIAS	Individual	Veterano M50	01:06:52	+34:13	06:41
100	752	João Martins	Individual	Veterano M50	01:07:46	+35:07	06:47
101	907	Rui Ferreira	Onda Team	Veterano M50	01:08:10	+35:31	06:49
102	780	Paulo Fernando Costa	Individual	Veterano M50	01:10:47	+38:08	07:05
103	54	Litos Rodrigues	BoraBora, Vamos Lá!	Veterano M50	01:11:51	+39:13	07:11
104	936	Raul Manuel da Silva Pires	Praceta Runner's	Veterano M50	01:11:55	+39:16	07:12
105	152	João Abrantes	Dura-F1 Raceteam	Veterano M50	01:12:05	+39:26	07:13
106	790	Rui Silva	Individual	Veterano M50	01:12:28	+39:49	07:15
107	763	José Vieira	Individual	Veterano M50	01:15:40	+43:01	07:34

## Veterano M60

1	93	Joaquim Ramos	Centro Atlético Póvoa Pacense ( CENAP ) Cacia	Veterano M60	42:17	+09:38	04:14
2	807	JOÃO ALMADA	Individual	Veterano M60	45:29	+12:50	04:33
3	812	Jose canha	Individual	Veterano M60	46:44	+14:05	04:40
4	806	Heitor de oliveira santos	Individual	Veterano M60	47:40	+15:01	04:46
5	805	Fernando Lopes	Individual	Veterano M60	48:48	+16:09	04:53
6	894	Manuel Paiva	Núcleo atletismo Cucujães	Veterano M60	49:22	+16:43	04:56
7	42	Celso Coelho	BESJOGING	Veterano M60	49:34	+16:55	04:57
8	251	Valter de miranda Jacinto	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Veterano M60	50:42	+18:03	05:04
9	804	Fernando Alberto Lacerda	Individual	Veterano M60	52:07	+19:29	05:13
10	796	António Apolinário Silva Carvalho Saraiva	Individual	Veterano M60	53:23	+20:44	05:20
11	235	João Silva	GIMTÓNICO	Veterano M60	53:28	+20:49	05:21
12	798	António Martins	Individual	Veterano M60	53:38	+20:59	05:22
13	139	Victor Campos	DAR – Desportivo Atlético de Recardães	Veterano M60	54:15	+21:37	05:26
14	904	José Azevedo	OiãRunners	Veterano M60	54:15	+21:37	05:26
15	8	António Ramos	9.5.9	Veterano M60	54:17	+21:38	05:26
16	226	Acácio Fonseca	GDR Granja-Trutas Do Mau	Veterano M60	54:41	+22:02	05:28
17	155	Eduardo Tavares Rebelo	Eduart Componentes de Calçado	Veterano M60	55:02	+22:23	05:30
18	207	António Travesso	FitnessHutAveiro	Veterano M60	55:06	+22:27	05:31
19	809	Joaquim Amieiro	Individual	Veterano M60	55:08	+22:29	05:31
20	799	António Ribeiro	Individual	Veterano M60	57:17	+24:38	05:44
21	813	Nuno Borralho	Individual	Veterano M60	57:29	+24:50	05:45
22	801	Armando de Sousa	Individual	Veterano M60	58:31	+25:52	05:51
23	803	César Faustino da Silva Bastos Bastos	Individual	Veterano M60	59:26	+26:47	05:57
24	239	Fernando Manuel Monteiro	Glicínias Plaza	Veterano M60	01:00:09	+27:31	06:01
25	206	Abílio Madail	FitnessHutAveiro	Veterano M60	01:00:10	+27:31	06:01
26	1002	LUIZ FERNANDO MARCHAND DA SILVA	Run For Life	Veterano M60	01:01:31	+28:52	06:09
27	814	Pedro Figueiredo	Individual	Veterano M60	01:02:01	+29:22	06:12
28	937	Francisco José Alves da Silva	Praceta Runner's	Veterano M60	01:02:20	+29:41	06:14



## Prova Principal

10 KM

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## OFFICIAL RESULT

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29	810	Joaquim Fernando de Oliveira Castro	Individual	Veterano M60	01:03:55	+31:16	06:24
30	55	Augusto Costa	BoraBora, Vamos Lá!	Veterano M60	01:07:16	+34:37	06:44
31	928	José Pires Lima	Pernas Inertes	Veterano M60	01:13:20	+40:41	07:20
32	808	Joao Luis Frade Cajeira	Individual	Veterano M60	01:15:40	+43:01	07:34
33	163	Paulo Farber	Equipa Farber	Veterano M60	01:22:03	+49:25	08:12

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