

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:00	19°C	68%
End	11:24	22°C	56%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
1	457	Leonel Fernandes	clube atl ovar	Senior Masculino	32:00		03:12
2	301	Andre Aniceto	acr vale de cambra	Senior Masculino	32:41	+00:41	03:16
3	307	Antonio Fernandes	acr vale de cambra	Veterano M45	32:59	+00:58	03:18
4	303	Filipe Ferreira	acr vale de cambra	Senior Masculino	33:12	+01:11	03:19
5	458	Luis Silva	clube atletismo ovar	Veterano M40	33:24	+01:24	03:20
6	302	Bruno Freitas	acr vale de cambra	Senior Masculino	33:37	+01:37	03:22
7	119	MANUEL VALENTE FERREIRA	grupo desportivo e cultural de guilhovai	Veterano M45	34:03	+02:02	03:24
8	194	Tiago Pinho	individual	Senior Masculino	34:25	+02:25	03:27
9	259	Mário Silva	serviços sociais de trabalhadores de s. joão da madeira	Veterano M50	35:06	+03:06	03:31
10	249	Fernando Lima	núcleo de atletismo de cucujães	Veterano M40	35:21	+03:21	03:32
11	48	António Silva	clube independente de argoncilhe	Veterano M45	35:39	+03:39	03:34
12	246	Luis Silva	núcleo de atletismo de cucujães	Senior Masculino	35:50	+03:50	03:35
13	256	Cristiana Valente	recreio desportivo de águeda	Senior Feminino	35:53	+03:52	03:35
14	154	Fernando Oliveira	individual	Senior Masculino	36:11	+04:11	03:37
15	245	Francelino Resende	nascidos para correr	Veterano M45	36:14	+04:14	03:37
16	308	Antonio Pinto	acr vale de cambra	Veterano M50	36:23	+04:22	03:38
17	240	Toni Soares	juventude ilha verde	Senior Masculino	36:45	+04:44	03:41
18	260	Fabio fernandes correia	trail running clube btt sanguedo	Senior Masculino	36:50	+04:50	03:41
19	45	Lino Ferreira	clube desportivo feirense	Veterano M45	36:54	+04:54	03:41
20	464	Americo Valente	sscmovar	Veterano M55	37:06	+05:06	03:43
21	46	Rogério Campos	clube desportivo feirense	Veterano M45	37:19	+05:18	03:44
22	460	Jorge Luz	grupo desportivo sao paio oleiros	Veterano M50	37:32	+05:31	03:45
23	42	Fernando Soares	clube campismo	Veterano M45	37:36	+05:36	03:46
24	43	Luis Carlos Ferreira de Almeida	clube de montanha altotrilho - javalis	Senior Masculino	37:43	+05:43	03:46
25	146	Carlos Teixeira	individual	Senior Masculino	38:16	+06:16	03:50
26	250	Ernesto Almeida	núcleo de atletismo de cucujães	Veterano M55	38:16	+06:16	03:50
27	428	Joao Miguel Barbosa Alves	individual	Senior Masculino	38:18	+06:18	03:50
28	239	José Luís Fernandes Tavares	intercaimbike	Senior Masculino	38:26	+06:25	03:51
29	229	Fernando Sacramento	individual	Veterano M50	38:32	+06:32	03:51
30	55	Márcia Martins	dci/ccdrpedrulha - mealhada	Senior Feminino	38:43	+06:43	03:52
31	274	Antonio Vieira	afis/ovar	Veterano M60	39:05	+07:05	03:55
32	217	Baltazar Ferreira	individual	Veterano M45	39:08	+07:07	03:55
33	141	bruno andret ribeiro da silva	individual	Senior Masculino	39:17	+07:16	03:56
34	11	Ricardo Filipe Tavares Fernandes	adcfelgueira	Senior Masculino	39:31	+07:30	03:57
35	309	Celso Paiva	acr vale de cambra	Veterano M50	39:40	+07:39	03:58
36	223	Joaquim Valente Ferreira	individual	Veterano M45	39:46	+07:45	03:59
37	22	celso torres	athlete power	Veterano M55	39:51	+07:51	03:59
38	203	Américo Silva	individual	Veterano M40	39:58	+07:58	04:00
39	191	Tiago Alves	individual	Senior Masculino	39:59	+07:58	04:00

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
40	44	Tiago Manuel Ferreira de Almeida	clube de montanha altotrilho - javalis	Senior Masculino	40:04	+08:04	04:00
41	404	Joao Paulo Lopes Rodrigues	cmcv	Veterano M45	40:07	+08:07	04:01
42	27	Fernando Américo Cruz	cirac-circulo de recreio arte e cultura	Senior Masculino	40:09	+08:09	04:01
43	310	Jose Graça	acr vale de cambra	Veterano M50	40:23	+08:22	04:02
44	447	David Fernandes	vicaima	Veterano M60	40:28	+08:28	04:03
45	139	António JF Silva	individual	Senior Masculino	40:42	+08:41	04:04
46	153	Fernando Jorge Martins Ferreira	individual	Senior Masculino	40:42	+08:42	04:04
47	418	Albano Oliveira Braga	cmcv	Veterano M60	40:47	+08:47	04:05
48	145	Carlos Martins	individual	Senior Masculino	40:54	+08:54	04:05
49	16	Tiago Carvalho	afis/ovar	Senior Masculino	41:14	+09:13	04:07
50	183	Ricardo Miguel Martins Gomes	individual	Senior Masculino	41:25	+09:24	04:09
51	228	Dinis Tavares	individual	Veterano M50	41:30	+09:30	04:09
52	120	Bruno Costa	grupo juvenil pinheiro da bemposta	Senior Masculino	41:31	+09:30	04:09
53	17	Helena Sampaio	afis/ovar	Veterana F40	41:34	+09:33	04:09
54	21	Carlos Fernandes	as belas e eles	Veterano M40	41:34	+09:34	04:09
55	163	Jorge Cubal	individual	Senior Masculino	41:37	+09:36	04:10
56	81	Helder Costa	ginásio fit4fun	Senior Masculino	41:39	+09:38	04:10
57	148	Daniel Cerdeirinha	individual	Senior Masculino	41:52	+09:51	04:11
58	450	Carlos Fernandes	individual	Senior Masculino	42:03	+10:02	04:12
59	238	Filipe Manuel Fernandes Tavares	intercaimabike	Senior Masculino	42:10	+10:10	04:13
60	13	José Augusto Tavares Ferreira	adcfelgueira	Veterano M40	42:12	+10:12	04:13
61	420	Nelson Silva	cmcv	Veterano M60	42:16	+10:15	04:14
62	9	rute silva	acrsd napo	Senior Feminino	42:17	+10:16	04:14
63	185	Ricardo Ruivo	individual	Senior Masculino	42:23	+10:22	04:14
64	342	Jorge Pereira	catari	Veterano M40	42:29	+10:29	04:15
65	332	Ligia Mendes	catari	Veterana F40	42:41	+10:41	04:16
66	304	Jose Pinho	acr vale de cambra	Senior Masculino	42:47	+10:47	04:17
67	142	Bruno António Rodrigues da Silva	individual	Senior Masculino	42:56	+10:56	04:18
68	140	Artur Oliveira	individual	Senior Masculino	43:00	+11:00	04:18
69	164	José Beira	individual	Senior Masculino	43:07	+11:07	04:19
70	247	carla Araújo	núcleo de atletismo de cucujães	Veterana F40	43:12	+11:12	04:19
71	306	Jose Correia	acr vale de cambra	Veterano M40	43:15	+11:14	04:20
72	33	Henrique Melo	cirac-circulo de recreio arte e cultura	Veterano M50	43:26	+11:25	04:21
73	35	Valdemar Alves	cirac-circulo de recreio arte e cultura	Veterano M50	43:37	+11:37	04:22
74	15	António Figueiredo	afis/ovar	Senior Masculino	43:39	+11:38	04:22
75	441	Carlos Alberto Soares Maria	individual	Veterano M45	43:39	+11:39	04:22
76	439	Antonio Jorge Francisco	individual	Veterano M40	43:40	+11:39	04:22
77	184	Ricardo Oliveira	individual	Senior Masculino	43:41	+11:40	04:22
78	212	Jorge Melo	individual	Veterano M45	43:54	+11:53	04:23
79	351	Fernando Manuel Ferreira Costa	catari	Veterano M45	43:54	+11:53	04:23
80	369	Joao Antonio Oliveira	cmcv	Senior Masculino	44:01	+12:01	04:24
81	171	Marcos Soares	individual	Senior Masculino	44:02	+12:01	04:24

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	⌚KM
82	165	Jose Manuel Vilela	individual	Senior Masculino	44:03	+12:02	04:24
83	82	Jorge Costa	ginásio fit4fun	Senior Masculino	44:08	+12:08	04:25
84	18	Manuel Vieira	afis/ovar	Veterano M55	44:10	+12:09	04:25
85	344	Paulo Africa	catari	Veterano M40	44:10	+12:09	04:25
86	405	Joaquim Ferreira Couto	cmcv	Veterano M45	44:10	+12:10	04:25
87	350	Cesar Teixeira	catari	Veterano M45	44:10	+12:10	04:25
88	143	Bruno Pinto	individual	Senior Masculino	44:17	+12:16	04:26
89	26	Agostinho Marques	cal-clube atletismo de lamas	Veterano M45	44:22	+12:22	04:26
90	434	Pedro Manuel Silva Costa	individual	Senior Masculino	44:25	+12:25	04:27
91	233	Álvaro Oliveria	individual	Veterano M55	44:32	+12:31	04:27
92	394	Antonio Jorge Tavares Melo	cmcv	Veterano M40	44:38	+12:38	04:28
93	214	RUI MIGUEL SOARES PAIVA	individual	Veterano M40	44:40	+12:39	04:28
94	393	Antonio Jorge Costa Bastos	cmcv	Veterano M40	44:40	+12:40	04:28
95	19	Manuel Sousa	afis/ovar	Veterano M60	44:42	+12:41	04:28
96	100	Angelo Pinho	ginásio fit4fun	Veterano M40	44:46	+12:45	04:29
97	20	Ricardo Magalhães	as belas e eles	Senior Masculino	44:53	+12:53	04:29
98	427	Diogo Filipe Sousa	individual	Senior Masculino	44:54	+12:54	04:29
99	435	Ruben Filipe Soares	individual	Senior Masculino	44:56	+12:55	04:30
100	305	Nuno Fernandes	acr vale de cambra	Senior Masculino	44:56	+12:56	04:30
101	149	Daniel Martins pereira	individual	Senior Masculino	45:03	+13:02	04:30
102	49	Bruno Ricardo Duarte Reis e Sá	colep running	Senior Masculino	45:13	+13:12	04:31
103	73	Marisa dos Santos	ginásio fit4fun	Senior Feminino	45:21	+13:20	04:32
104	399	Antonio Jorge Silva Martins	cmcv	Veterano M45	45:25	+13:25	04:33
105	430	Luis Miguel Santos Oliveira	individual	Senior Masculino	45:27	+13:26	04:33
106	147	Cláudio Manuel Pereira Tavares	individual	Senior Masculino	45:28	+13:28	04:33
107	373	Mikael Silva Ferreira	cmcv	Senior Masculino	45:29	+13:28	04:33
108	200	Vitor Silva	individual	Senior Masculino	45:30	+13:30	04:33
109	6	Nuno Santos	4any1	Senior Masculino	45:34	+13:34	04:33
110	167	Julio Gonçalo Ribeiro de pinho	individual	Senior Masculino	45:38	+13:38	04:34
111	87	Rui Miguel Fernandes	ginásio fit4fun	Senior Masculino	45:45	+13:45	04:35
112	378	Rui Pedro Jesus Almeida	cmcv	Senior Masculino	45:48	+13:48	04:35
113	235	Carlos Alberto Ferreira	individual	Veterano M60	45:50	+13:49	04:35
114	374	Nelson Carlos Oliveira Rodrigues	cmcv	Senior Masculino	45:54	+13:53	04:35
115	407	Antonio Alberto Matos Gomes	cmcv	Veterano M50	45:55	+13:55	04:36
116	32	Carlos Tavares	cirac-circulo de recreio arte e cultura	Veterano M50	45:56	+13:55	04:36
117	37	Fernando Gonçalves	cirac-circulo de recreio arte e cultura	Veterano M55	45:57	+13:56	04:36
118	52	Rui Pedro Rodriguesa de Castro	colep running	Senior Masculino	45:58	+13:57	04:36
119	219	Celso Cerqueira da Costa	individual	Veterano M45	46:03	+14:03	04:36
120	106	Luís Almeida	ginásio fit4fun	Veterano M45	46:06	+14:05	04:37
121	23	Henrique Guedes Vicêncio	atletico clube alfenense	Veterano M40	46:07	+14:07	04:37
122	371	Jose Carlos Bastos Roque	cmcv	Senior Masculino	46:11	+14:10	04:37
123	273	Nuno Pinto	individual	Senior Masculino	46:15	+14:14	04:38

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
124	326	Jose Afonso Guimaraes Bonifacio	catari	Senior Masculino	46:22	+14:22	04:38
125	218	Carlos Ferreira	individual	Veterano M45	46:29	+14:28	04:39
126	195	Tiago Tavares	individual	Senior Masculino	46:35	+14:34	04:40
127	230	Jose Antonio de Pinho Fernandes	individual	Veterano M50	46:37	+14:37	04:40
128	234	Jose Moutinho	individual	Veterano M55	46:46	+14:46	04:41
129	384	Susana Brandao Leite	cmcv	Veterana F40	46:49	+14:48	04:41
130	413	Antonio Jorge Soares Oliveira	cmcv	Veterano M55	46:50	+14:49	04:41
131	220	Diamantino Jorge De Oliveira Valquesma	individual	Veterano M45	47:01	+15:01	04:42
132	417	Manuel Pinho Oliveira	cmcv	Veterano M55	47:05	+15:05	04:43
133	410	Paulo Fernando Martins	cmcv	Veterano M50	47:05	+15:05	04:43
134	36	Alcides Sales	cirac-circulo de recreio arte e cultura	Veterano M55	47:09	+15:08	04:43
135	40	Serafim Rodrigues	cirac-circulo de recreio arte e cultura	Veterano M55	47:10	+15:10	04:43
136	216	Artur Jorge Carmo Duarte Ferreira	individual	Veterano M45	47:12	+15:12	04:43
137	331	Vitor Silva	catari	Senior Masculino	47:13	+15:12	04:43
138	327	Nuno Almeida	catari	Senior Masculino	47:15	+15:15	04:44
139	357	Sofia Coelho	catari	Veterana F40	47:19	+15:18	04:44
140	340	Francisco Oliveira	catari	Veterano M40	47:20	+15:19	04:44
141	118	ORLANDO FERREIRA	gondomar futsal clube	Veterano M50	47:21	+15:21	04:44
142	85	Pedro Magalhães	ginásio fit4fun	Senior Masculino	47:24	+15:24	04:44
143	395	Helder Afonso Silva Costa	cmcv	Veterano M40	47:29	+15:29	04:45
144	112	Marisa Alexandra Oliveira da Silva	ginásio gino sport center	Senior Feminino	47:37	+15:37	04:46
145	258	Miguel Dias	run2eat	Veterano M40	47:37	+15:37	04:46
146	347	Rui Filipe Pereira	catari	Veterano M40	47:50	+15:50	04:47
147	278	Rui Silva	grupo desportivo sao paio oleiros	Senior Masculino	47:53	+15:52	04:47
148	181	Ricardo José Azevedo Pinho	individual	Senior Masculino	47:55	+15:55	04:48
149	452	Francis Fernandes	acr vale de cambra	Senior Masculino	47:58	+15:57	04:48
150	122	Hugo Valquesma	huma team	Senior Masculino	47:58	+15:57	04:48
151	328	Rui Jorge Duarte Santos Rocha	catari	Senior Masculino	48:09	+16:08	04:49
152	320	Catarina Figueiredo	catari	Senior Feminino	48:11	+16:10	04:49
153	324	Carlos Manuel Almeida Silva	catari	Senior Masculino	48:19	+16:18	04:50
154	376	Paulo Jorge Rocha Moreira	cmcv	Senior Masculino	48:20	+16:20	04:50
155	84	Nélson Oliveira	ginásio fit4fun	Senior Masculino	48:21	+16:21	04:50
156	437	Rui Pedro Martins Ferreira	individual	Senior Masculino	48:28	+16:27	04:51
157	442	Jorge Manuel Silva Rodrigues	individual	Veterano M45	48:31	+16:30	04:51
158	206	João Gaspar Vasconcelos de Azevedo	individual	Veterano M40	48:32	+16:31	04:51
159	280	Pedro Marques	individual	Senior Masculino	48:34	+16:34	04:51
160	107	Durbalino Ferreira	ginásio fit4fun	Veterano M50	48:37	+16:37	04:52
161	337	Agostinho Manuel Silveira Torres	catari	Veterano M40	48:45	+16:44	04:53
162	221	Fernando Rothes	individual	Veterano M45	48:45	+16:45	04:53
163	354	Orlanda Rego	catari	Veterana F45	48:51	+16:50	04:53

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
164	51	Rui Luis Costa Rodrigues Oliveira Duarte	colep running	Senior Masculino	48:53	+16:52	04:53
165	462	Jose Paulo Costa	sscmovar	Senior Masculino	48:55	+16:55	04:54
166	463	Florbela Costa	sscmovar	Veterana F50	48:56	+16:56	04:54
167	226	Renato Paulo Silva Tavares	individual	Veterano M45	48:58	+16:57	04:54
168	316	Jorge Ferreira	caminh4ntes	Senior Masculino	48:58	+16:57	04:54
169	210	Nuno Ferreira	individual	Veterano M40	49:06	+17:05	04:55
170	432	Patrick Soares	individual	Senior Masculino	49:07	+17:06	04:55
171	348	Rui Miguel Moutinho Carvalho	catari	Veterano M40	49:07	+17:06	04:55
172	31	Jorge Silva	cirac-circulo de recreio arte e cultura	Veterano M45	49:08	+17:07	04:55
173	271	Roland Sousa	individual	Senior Masculino	49:10	+17:10	04:55
174	39	Manuel Oliveira	cirac-circulo de recreio arte e cultura	Veterano M55	49:13	+17:13	04:55
175	251	Marco Janeiro	oliveira´s	Senior Masculino	49:14	+17:14	04:55
176	34	José Manuel Silva	cirac-circulo de recreio arte e cultura	Veterano M50	49:16	+17:16	04:56
177	276	Antonio Branco	clube atl ovar	Veterano M60	49:20	+17:20	04:56
178	205	Carlos Moreira	individual	Veterano M40	49:20	+17:20	04:56
179	47	Sérgio Vieira	clube desportivo feirense	Veterano M45	49:24	+17:23	04:56
180	101	José Carlos	ginásio fit4fun	Veterano M40	49:25	+17:25	04:57
181	56	André Filipe dos Santos Rebelo	eduart-componentes de calçado	Senior Masculino	49:28	+17:28	04:57
182	138	André Filipe Borges da Silva	individual	Senior Masculino	49:32	+17:31	04:57
183	415	Joaquim Fernando Oliveira	cmcv	Veterano M55	49:33	+17:32	04:57
184	377	Rafael Artur Santos Oliveira	cmcv	Senior Masculino	49:33	+17:32	04:57
185	386	Filomena Silva Santos	cmcv	Veterana F45	49:33	+17:33	04:57
186	401	Carlos Alberto Rodrigues	cmcv	Veterano M45	49:37	+17:37	04:58
187	69	Carina Pinho	ginásio fit4fun	Senior Feminino	49:43	+17:42	04:58
188	116	Francisco Oliveira	ginásio gino sport center	Veterano M40	49:48	+17:48	04:59
189	105	Agostinho Silva	ginásio fit4fun	Veterano M45	49:49	+17:48	04:59
190	204	Carlos Alberto Soares Brandão	individual	Veterano M40	49:59	+17:58	05:00
191	78	Bruno Moreira	ginásio fit4fun	Senior Masculino	50:00	+18:00	05:00
192	80	Helder Bastos	ginásio fit4fun	Senior Masculino	50:01	+18:01	05:00
193	58	Luís Filipe Martins Soares	eduart-componentes de calçado	Veterano M50	50:06	+18:05	05:01
194	30	Francisco Gonçalves	cirac-circulo de recreio arte e cultura	Veterano M45	50:07	+18:06	05:01
195	166	José Oliveira	individual	Senior Masculino	50:09	+18:08	05:01
196	169	Luis Filipe de Almeida Rodrigues	individual	Senior Masculino	50:14	+18:13	05:01
197	199	Vitor Beleza	individual	Senior Masculino	50:18	+18:17	05:02
198	449	José Rocha	individual	Veterano M40	50:21	+18:20	05:02
199	396	Miguel Angelo Soares Barbosa	cmcv	Veterano M40	50:22	+18:22	05:02
200	429	Luis Filipe Pinho Soares	individual	Senior Masculino	50:25	+18:24	05:03
201	315	Silvia Vilar	caminh4ntes	Senior Feminino	50:25	+18:25	05:03
202	372	Jose Pedro Rebelo Barbosa	cmcv	Senior Masculino	50:25	+18:25	05:03
203	406	Luis Miguel Almeida Ferreira	cmcv	Veterano M45	50:27	+18:26	05:03
204	150	Daniel Santiago Brandão de Almeida	individual	Senior Masculino	50:31	+18:30	05:03
205	451	Carlos Almeida	acr vale de cambra	Senior Masculino	50:34	+18:33	05:03
206	408	Filipe Costa Soares	cmcv	Veterano M50	50:35	+18:35	05:04

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
207	388	Regina Maria Gonçalves Almeida	cmcv	Veterana F45	50:35	+18:35	05:04
208	364	Marcia Isabel Oliveira Pinho	cmcv	Senior Feminino	50:41	+18:41	05:04
209	440	Paulo Jorge Santos	individual	Veterano M40	50:48	+18:47	05:05
210	224	JOSE LUIS ALMEIDA LOPES	individual	Veterano M45	50:48	+18:48	05:05
211	209	Manue Silva	individual	Veterano M40	50:55	+18:55	05:06
212	102	Luís Guerra	ginásio fit4fun	Veterano M40	51:06	+19:06	05:07
213	444	Gilberto Rodrigues Almeida	individual	Veterano M50	51:08	+19:08	05:07
214	61	Antero Roque	fc porto	Senior Masculino	51:12	+19:11	05:07
215	329	Sergio Antonio Bragança Ferreira	catari	Senior Masculino	51:16	+19:16	05:08
216	189	Sérgio Miguel Oliveira Campos Alves	individual	Senior Masculino	51:21	+19:21	05:08
217	152	Fábio Xavier Dias Pereira	individual	Senior Masculino	51:22	+19:22	05:08
218	255	JOAQUIM MOREIRA	porto sentido runners	Veterano M45	51:27	+19:26	05:09
219	14	Sara Nunes	afis/ovar	Senior Feminino	51:27	+19:26	05:09
220	67	Afonso Montenegro	ginásio fit4fun	Senior Masculino	51:31	+19:31	05:09
221	25	Lindolfo Sol	bora l' andar	Veterano M40	51:39	+19:38	05:10
222	445	Domingos Soares Silva	individual	Veterano M60	51:40	+19:40	05:10
223	436	Rui Miguel Tavares Costa	individual	Senior Masculino	51:51	+19:51	05:11
224	367	Sylvie Silva Ferreira	cmcv	Senior Feminino	51:56	+19:55	05:12
225	136	Tânia Correia	individual	Senior Feminino	51:56	+19:55	05:12
226	365	Maria Helena Silva	cmcv	Senior Feminino	52:04	+20:04	05:12
227	197	Victor Martins	individual	Senior Masculino	52:10	+20:09	05:13
228	57	Eduardo Tavares Rebelo	eduart-componentes de calçado	Veterano M50	52:24	+20:24	05:14
229	201	Maria Resende	individual	Veterana F45	52:27	+20:26	05:15
230	108	Adriano Moreira	ginásio fit4fun	Veterano M55	52:33	+20:32	05:15
231	362	Catia Marina Soares Coimbra	cmcv	Senior Feminino	52:44	+20:44	05:16
232	202	Fatima Pais	individual	Veterana F50	52:49	+20:48	05:17
233	398	Paulo Jorge Paiva Loureiro	cmcv	Veterano M40	52:52	+20:51	05:17
234	157	Hugo Miguel Cardoso	individual	Senior Masculino	53:08	+21:07	05:19
235	213	Rui Miguel Silva	individual	Veterano M40	53:11	+21:10	05:19
236	8	Graça Leite	acrefa	Veterana F55	53:13	+21:12	05:19
237	412	Antonio Carlos Pinheiro Gomes Silva	cmcv	Veterano M55	53:17	+21:17	05:20
238	402	Carlos Alberto Soares Silva	cmcv	Veterano M45	53:22	+21:21	05:20
239	403	Fernando Jorge Leite	cmcv	Veterano M45	53:22	+21:21	05:20
240	128	Joana Aguiar	individual	Senior Feminino	53:26	+21:25	05:21
241	176	Paulo Silva	individual	Senior Masculino	53:33	+21:32	05:21
242	158	André Fernandes	individual	Senior Masculino	53:42	+21:41	05:22
243	375	Nuno Miguel Aguiar Pinho	cmcv	Senior Masculino	53:49	+21:49	05:23
244	109	Carlos Bastos	ginásio fit4fun	Veterano M55	54:01	+22:00	05:24
245	358	Jose Rodrigues	catari	Veterano M50	54:05	+22:05	05:25
246	338	José Teixeira	catari	Veterano M50	54:05	+22:05	05:25
247	161	João Pedro Bastos	individual	Senior Masculino	54:13	+22:13	05:25
248	162	Joaquim Jorge Soares da Costa	individual	Senior Masculino	54:14	+22:13	05:25

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
249	180	Ricardo Filipe Oliveira da Silva	individual	Senior Masculino	54:14	+22:13	05:25
250	113	Duarte Marinho	ginásio gino sport center	Senior Masculino	54:14	+22:13	05:25
251	225	Paulo Ribeiro	individual	Veterano M45	54:23	+22:22	05:26
252	314	Antonio Rui Mano Cavacas	bel	Veterano M45	54:27	+22:26	05:27
253	134	SILVIA ARAUJO	individual	Senior Feminino	54:44	+22:43	05:28
254	243	Rosalia Sousa	miguelito	Senior Feminino	54:52	+22:51	05:29
255	121	Margarida Gonçalves	huma team	Senior Feminino	54:52	+22:52	05:29
256	208	Luis Paulo Martins Teixeira	individual	Veterano M40	54:55	+22:54	05:30
257	248	Isaura Lopes	núcleo de atletismo de cucujães	Veterana F50	54:55	+22:55	05:30
258	86	Ricardo Pereira	ginásio fit4fun	Senior Masculino	54:57	+22:57	05:30
259	281	José Oliveira	individual	Senior Masculino	55:02	+23:02	05:30
260	391	Juliana Rodrigues Almeida	cmcv	Senior Feminino	55:14	+23:13	05:31
261	66	Tiago Moreira	gangue das maçãs	Senior Masculino	55:15	+23:14	05:32
262	190	Tiago Alexandre Castro Pinho	individual	Senior Masculino	55:15	+23:14	05:32
263	254	Luís Miguel Oliveira	oliveira´s	Veterano M45	55:18	+23:17	05:32
264	409	Luis Jorge Santos Pinho	cmcv	Veterano M50	55:21	+23:21	05:32
265	96	Ana Claudia Pissarra	ginásio fit4fun	Veterana F45	55:23	+23:23	05:32
266	95	Sofia Bastos	ginásio fit4fun	Veterana F40	55:23	+23:23	05:32
267	312	Ana Margarida Monteiro	bel	Senior Feminino	55:26	+23:26	05:33
268	311	Manuel Pinho	acr vale de cambra	Veterano M60	55:38	+23:38	05:34
269	346	Paulo Pires	catari	Veterano M40	55:39	+23:38	05:34
270	313	Andre Filipe Tavares	bel	Senior Masculino	55:44	+23:44	05:34
271	38	José Valentim Oliveira	cirac-circulo de recreio arte e cultura	Veterano M55	55:44	+23:44	05:34
272	411	Vitor Manuel Soares Oliveira	cmcv	Veterano M50	55:51	+23:51	05:35
273	173	Miguel Ângelo Coutinho Pais	individual	Senior Masculino	55:54	+23:53	05:35
274	60	Fernando Silva	éigal	Senior Masculino	55:56	+23:55	05:36
275	59	Dani Tavares	éigal	Senior Masculino	55:56	+23:56	05:36
276	343	Mario Joao Pereira Cardoso	catari	Veterano M40	56:08	+24:08	05:37
277	335	Susana Manuela Pinhal Canhola	catari	Veterana F40	56:09	+24:08	05:37
278	7	Ricardo Bastos	a a lebres do sado	Veterano M50	56:11	+24:11	05:37
279	132	Patrícia Isabel Ferreira dos Santos	individual	Senior Feminino	56:12	+24:12	05:37
280	359	Angela Maria Ferreira	cmcv	Senior Feminino	56:14	+24:14	05:37
281	10	André Vigário da Costa Tavares	adcfelgueira	Senior Masculino	56:14	+24:14	05:37
282	12	Domingos Gonçalves	adcfelgueira	Veterano M40	56:15	+24:14	05:38
283	198	Vitor	individual	Senior Masculino	56:19	+24:18	05:38
284	389	Fatima Ferreira	cmcv	Veterana F50	56:28	+24:28	05:39
285	414	Elisio Dias Teixeira Gomes	cmcv	Veterano M55	56:29	+24:28	05:39
286	207	José Luís Vale Quaresma	individual	Veterano M40	56:32	+24:31	05:39
287	446	Ricardo Manuel Lopes Costa	mkt vicaima	Senior Masculino	56:33	+24:32	05:39
288	182	Ricardo Mendes	individual	Senior Masculino	56:36	+24:36	05:40
289	341	Jorge Manuel Silva Carvalho	catari	Veterano M40	56:45	+24:44	05:41
290	334	Silvia Peralta	catari	Veterana F40	56:58	+24:57	05:42
291	237	valdemiro barbosa	individual	Veterano M60	56:58	+24:58	05:42
292	253	Júlio Manuel Guimarães	oliveira´s	Veterano M45	56:59	+24:59	05:42

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
293	423	Ana Rita Brandao Almeida	individual	Senior Feminino	57:15	+25:15	05:44
294	425	Carla Gabriela Martins Ferreira	individual	Senior Feminino	57:15	+25:15	05:44
295	236	Manuel Vieira de Carvalho	individual	Veterano M60	57:18	+25:17	05:44
296	433	Pedro Jose Campos	individual	Senior Masculino	57:24	+25:24	05:44
297	419	Jorge Manuel Martins	cmcv	Veterano M60	57:24	+25:24	05:44
298	272	Maria Manuela Melo	individual	Senior Feminino	57:33	+25:32	05:45
299	424	Anabela Marina Moreira	individual	Senior Feminino	57:35	+25:34	05:46
300	456	Fernando Portugal	acr vale de cambra	Veterano M45	57:47	+25:47	05:47
301	29	Paulo Martins	cirac-circulo de recreio arte e cultura	Veterano M40	58:09	+26:09	05:49
302	72	Isabel Ferreira	ginásio fit4fun	Senior Feminino	58:13	+26:13	05:49
303	455	Enio Pinho	acr vale de cambra	Veterano M45	58:47	+26:46	05:53
304	252	Ricardo Manuel Bastos Tavares da Silva	oliveira´s	Senior Masculino	58:47	+26:47	05:53
305	363	Diana Carolina Gonçalves	cmcv	Senior Feminino	58:51	+26:51	05:53
306	323	Sofia Manuela Ferreira Canez	catari	Senior Feminino	58:57	+26:57	05:54
307	53	Jorge Rodrigues	colep running	Veterano M40	58:59	+26:59	05:54
308	174	Paulo Alexandre de Almeida Soares	individual	Senior Masculino	59:01	+27:01	05:54
309	74	Marta Sacramento	ginásio fit4fun	Senior Feminino	59:01	+27:01	05:54
310	83	Miguel Costa	ginásio fit4fun	Senior Masculino	59:02	+27:01	05:54
311	127	Daniela Pinto	individual	Senior Feminino	59:03	+27:03	05:54
312	392	Maria Ceu Sousa Silva	cmcv	Veterana F50	59:05	+27:05	05:55
313	400	Antonio Manuel Costa Almeida	cmcv	Veterano M45	59:08	+27:08	05:55
314	379	Elisabete Bastos Teixeira Santos	cmcv	Veterana F40	59:12	+27:12	05:55
315	454	Filipe Pinho	acr vale de cambra	Veterano M40	59:13	+27:12	05:55
316	215	ALEXANDRE FILIPE DE MATOS GOMES	individual	Veterano M45	59:18	+27:18	05:56
317	443	Alberto Fernando Piedade Santos	individual	Veterano M50	59:21	+27:21	05:56
318	110	Luís Costa	ginásio fit4fun	Veterano M60	59:25	+27:25	05:57
319	103	Luís Pinho	ginásio fit4fun	Veterano M40	59:26	+27:25	05:57
320	416	Jose Antonio Abrantes Soares	cmcv	Veterano M55	59:32	+27:32	05:57
321	75	Nathalie Martins	ginásio fit4fun	Senior Feminino	59:36	+27:35	05:58
322	277	Paula Teixeira	cirac-circulo de recreio arte e cultura	Veterana F40	01:00:22	+28:21	06:02
323	381	Joana Ines Freire	cmcv	Veterana F40	01:00:22	+28:22	06:02
324	421	Oswaldo Henriques	cmcv	Veterano M60	01:00:31	+28:30	06:03
325	366	Sonia Marisa Pinho Silva	cmcv	Senior Feminino	01:00:41	+28:41	06:04
326	387	Maria Conceição Martins Soares	cmcv	Veterana F45	01:00:43	+28:43	06:04
327	382	Maria Jose Pires Santos	cmcv	Veterana F40	01:00:50	+28:49	06:05
328	422	Adelia Maria Boucinha	individual	Senior Feminino	01:01:08	+29:07	06:07
329	155	Hugo António Guedes Correia	individual	Senior Masculino	01:01:17	+29:16	06:08
330	28	Susana Sofia Rocha	cirac-circulo de recreio arte e cultura	Veterana F40	01:01:20	+29:19	06:08
331	151	David Jorge Santos Fernandes	individual	Senior Masculino	01:01:23	+29:22	06:08
332	63	Patricia Ferreira	gangue das maçãs	Senior Feminino	01:01:25	+29:25	06:09
333	131	MARIA CELESTE PINHO FERNANDES	individual	Senior Feminino	01:01:37	+29:36	06:10

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
334	133	Silvana Jordão	individual	Senior Feminino	01:01:37	+29:37	06:10
335	41	Joaquim Oliveira	cirac-circulo de recreio arte e cultura	Veterano M60	01:01:46	+29:45	06:11
336	76	Verónica Soares	ginásio fit4fun	Senior Feminino	01:01:55	+29:54	06:12
337	242	João Alves	manos	Veterano M45	01:02:09	+30:09	06:13
338	241	Maria Isabel Alves	manos	Veterana F40	01:02:10	+30:10	06:13
339	356	Ricardo Andre Almeida Monteiro	catari	Veterano M45	01:02:34	+30:34	06:15
340	156	Hugo Lopes	individual	Senior Masculino	01:02:39	+30:39	06:16
341	98	Rosa Billard	ginásio fit4fun	Veterana F45	01:03:02	+31:01	06:18
342	91	Helena Bastos	ginásio fit4fun	Veterana F40	01:03:02	+31:01	06:18
343	104	Rui Ferreira	ginásio fit4fun	Veterano M40	01:03:02	+31:02	06:18
344	368	Vera Lucia Silva Ferreira	cmcv	Senior Feminino	01:03:06	+31:06	06:19
345	461	Mariana Cubal	individual	Senior Feminino	01:03:09	+31:08	06:19
346	193	Tiago Pereira Leite	individual	Senior Masculino	01:03:28	+31:28	06:21
347	54	Américo Duarte Leite Martins	colep running	Veterano M55	01:03:29	+31:29	06:21
348	114	Carla Leite	ginásio gino sport center	Veterana F40	01:04:13	+32:13	06:25
349	319	Carmina Cruz Lopes	catari	Senior Feminino	01:04:22	+32:22	06:26
350	99	Luísa Amorim	ginásio fit4fun	Veterana F50	01:04:31	+32:31	06:27
351	90	Gabriela Silva	ginásio fit4fun	Veterana F40	01:04:31	+32:31	06:27
352	88	Carla Almeida	ginásio fit4fun	Veterana F40	01:04:32	+32:31	06:27
353	232	Rui da Silva Amaral	individual	Veterano M50	01:04:51	+32:51	06:29
354	279	Pedro Ferreira	factor x / s4l / medense	Senior Masculino	01:05:04	+33:04	06:30
355	124	Alexandra Sofia Henriques	individual	Senior Feminino	01:05:07	+33:06	06:31
356	453	Maria Isabel Silva	acr vale de cambra	Veterana F50	01:05:18	+33:18	06:32
357	117	José Maria Santos	ginásio gino sport center	Veterano M45	01:05:57	+33:56	06:36
358	135	Susana Nunes	individual	Senior Feminino	01:05:57	+33:57	06:36
359	275	Andreia Dias	cmcv	Senior Feminino	01:06:02	+34:02	06:36
360	459	Jessica Patricia Moreira Fernandes	cmcv	Senior Feminino	01:06:03	+34:02	06:36
361	361	Anita Alves	cmcv	Senior Feminino	01:06:43	+34:42	06:40
362	62	Catarina Rodrigues	gangue das maçãs	Senior Feminino	01:07:16	+35:15	06:44
363	64	Luis Fonseca	gangue das maçãs	Senior Masculino	01:07:16	+35:16	06:44
364	318	Ana Isabel Ferreira Canez	catari	Senior Feminino	01:08:02	+36:01	06:48
365	383	Maria Paula Leite Pinho	cmcv	Veterana F40	01:08:04	+36:04	06:48
366	397	Miguel Joaquim Almeida	cmcv	Veterano M40	01:08:05	+36:04	06:49
367	322	Liliana Lopes Pinto	catari	Senior Feminino	01:08:19	+36:19	06:50
368	426	Natalia Maria Pinho Matos	individual	Senior Feminino	01:08:50	+36:50	06:53
369	360	Angela Martins	cmcv	Senior Feminino	01:08:52	+36:51	06:53
370	94	Sandra Rodrigues	ginásio fit4fun	Veterana F40	01:09:32	+37:31	06:57
371	125	Angela Oliveira	individual	Senior Feminino	01:09:58	+37:58	07:00
372	130	Liliana Soares	individual	Senior Feminino	01:11:15	+39:14	07:08
373	187	Rui Santos	individual	Senior Masculino	01:11:15	+39:14	07:08
374	79	Filipe Guerra	ginásio fit4fun	Senior Masculino	01:11:32	+39:32	07:09
375	70	Catarina Almeida	ginásio fit4fun	Senior Feminino	01:11:33	+39:32	07:09
376	257	Gisela Santiago	run2eat	Senior Feminino	01:12:36	+40:36	07:16
377	129	Liliana Santiago	individual	Senior Feminino	01:12:36	+40:36	07:16
378	196	Vasco Miguel Santos Bastos	individual	Senior Masculino	01:13:37	+41:36	07:22

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
379	92	Isabel Correia	ginásio fit4fun	Veterana F40	01:13:53	+41:52	07:23
380	68	Ana Guimarães	ginásio fit4fun	Senior Feminino	01:14:09	+42:09	07:25
381	172	Mário Jorge de Almeida Rodrigues	individual	Senior Masculino	01:14:10	+42:10	07:25
382	355	Paulo Meinedo	catari	Veterano M45	01:14:21	+42:21	07:26
383	336	Arminda Fatima Venacio Meinedo	catari	Veterana F45	01:14:22	+42:21	07:26
384	448	João Pinho	individual	Veterano M50	01:22:35	+50:34	08:16

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:00	19°C	68%
End	11:24	22°C	56%

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

1	256	Cristiana Valente	RECREIO DESPORTIVO DE ÁGUEDA	Senior Feminino	35:53	03:35
2	55	Márcia Martins	DCI/CCDRPedrulha - Mealhada	Senior Feminino	38:44	+02:51 03:52
3	9	rute silva	ACRSD NAPO	Senior Feminino	42:17	+06:24 04:14
4	73	Marisa dos Santos	Ginásio Fit4Fun	Senior Feminino	45:21	+09:28 04:32
5	112	Marisa Alexandra Oliveira da Silva	Ginásio Gino Sport Center	Senior Feminino	47:38	+11:45 04:46
6	320	Catarina Figueiredo	CATARI	Senior Feminino	48:11	+12:18 04:49
7	69	Carina Pinho	Ginásio Fit4Fun	Senior Feminino	49:43	+13:50 04:58
8	315	Silvia Vilar	CAMINH4NTES	Senior Feminino	50:26	+14:33 05:03
9	364	Marcia Isabel Oliveira Pinho	CMCVC	Senior Feminino	50:42	+14:49 05:04
10	14	Sara Nunes	AFIS/OVAR	Senior Feminino	51:27	+15:34 05:09
11	367	Sylvie Silva Ferreira	CMCVC	Senior Feminino	51:56	+16:03 05:12
12	136	Tânia Correia	Individual	Senior Feminino	51:56	+16:03 05:12
13	365	Maria Helena Silva	CMCVC	Senior Feminino	52:05	+16:12 05:12
14	362	Catia Marina Soares Coimbra	CMCVC	Senior Feminino	52:45	+16:52 05:16
15	128	Joana Aguiar	Individual	Senior Feminino	53:26	+17:33 05:21
16	134	SILVIA ARAUJO	Individual	Senior Feminino	54:44	+18:51 05:28
17	243	Rosalia Sousa	Miguelito	Senior Feminino	54:52	+18:59 05:29
18	121	Margarida Gonçalves	HUMA TEAM	Senior Feminino	54:53	+19:00 05:29
19	391	Juliana Rodrigues Almeida	CMCVC	Senior Feminino	55:14	+19:21 05:31
20	312	Ana Margarida Monteiro	BEL	Senior Feminino	55:27	+19:34 05:33
21	132	Patrícia Isabel Ferreira dos Santos	Individual	Senior Feminino	56:13	+20:20 05:37
22	359	Angela Maria Ferreira	CMCVC	Senior Feminino	56:15	+20:22 05:37
23	423	Ana Rita Brandao Almeida	Individual	Senior Feminino	57:16	+21:23 05:44
24	425	Carla Gabriela Martins Ferreira	Individual	Senior Feminino	57:16	+21:23 05:44
25	272	Maria Manuela Melo	Individual	Senior Feminino	57:33	+21:40 05:45
26	424	Anabela Marina Moreira	Individual	Senior Feminino	57:35	+21:42 05:46
27	72	Isabel Ferreira	Ginásio Fit4Fun	Senior Feminino	58:14	+22:21 05:49
28	363	Diana Carolina Gonçalves	CMCVC	Senior Feminino	58:52	+22:59 05:53
29	323	Sofia Manuela Ferreira Canez	CATARI	Senior Feminino	58:58	+23:05 05:54
30	74	Marta Sacramento	Ginásio Fit4Fun	Senior Feminino	59:02	+23:09 05:54
31	127	Daniela Pinto	Individual	Senior Feminino	59:04	+23:11 05:54
32	75	Nathalie Martins	Ginásio Fit4Fun	Senior Feminino	59:36	+23:43 05:58
33	366	Sonia Marisa Pinho Silva	CMCVC	Senior Feminino	01:00:42	+24:49 06:04
34	422	Adelia Maria Boucinha	Individual	Senior Feminino	01:01:08	+25:15 06:07
35	63	Patricia Ferreira	GANGUE DAS MAÇAS	Senior Feminino	01:01:26	+25:33 06:09
36	131	MARIA CELESTE PINHO FERNANDES	Individual	Senior Feminino	01:01:37	+25:44 06:10
37	133	Silvana Jordão	Individual	Senior Feminino	01:01:38	+25:45 06:10
38	76	Verónica Soares	Ginásio Fit4Fun	Senior Feminino	01:01:55	+26:02 06:12

Official Timekeeper: Lap2Go	1 / 10	generate 07-mai-2017 11:30
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Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

39	368	Vera Lucia Silva Ferreira	CMCVC	Senior Feminino	01:03:07	+27:14	06:19
40	461	Mariana Cubal	Individual	Senior Feminino	01:03:09	+27:16	06:19
41	319	Carminda Cruz Lopes	CATARI	Senior Feminino	01:04:23	+28:30	06:26
42	124	Alexandra Sofia Henriques	Individual	Senior Feminino	01:05:07	+29:14	06:30
43	135	Susana Nunes	Individual	Senior Feminino	01:05:58	+30:05	06:36
44	275	Andreia Dias	CMCVC	Senior Feminino	01:06:03	+30:10	06:36
45	459	Jessica Patricia Moreira Fernandes	CMCVC	Senior Feminino	01:06:03	+30:10	06:36
46	361	Anita Alves	CMCVC	Senior Feminino	01:06:43	+30:50	06:40
47	62	Catarina Rodrigues	GANGUE DAS MAÇAS	Senior Feminino	01:07:16	+31:23	06:44
48	318	Ana Isabel Ferreira Canez	CATARI	Senior Feminino	01:08:02	+32:09	06:48
49	322	Liliana Lopes Pinto	CATARI	Senior Feminino	01:08:20	+32:27	06:50
50	426	Natalia Maria Pinho Matos	Individual	Senior Feminino	01:08:51	+32:58	06:53
51	360	Angela Martins	CMCVC	Senior Feminino	01:08:52	+32:59	06:53
52	125	Angela Oliveira	Individual	Senior Feminino	01:09:59	+34:06	07:00
53	130	Liliana Soares	Individual	Senior Feminino	01:11:15	+35:22	07:08
54	70	Catarina Almeida	Ginásio Fit4Fun	Senior Feminino	01:11:33	+35:40	07:09
55	257	Gisela Santiago	run2eat	Senior Feminino	01:12:37	+36:44	07:16
56	129	Liliana Santiago	Individual	Senior Feminino	01:12:37	+36:44	07:16
57	68	Ana Guimarães	Ginásio Fit4Fun	Senior Feminino	01:14:10	+38:17	07:25

Senior Masculino

1	457	Leonel Fernandes	Clube Atl Ovar	Senior Masculino	32:01	03:12
2	301	Andre Aniceto	ACR Vale de Cambra	Senior Masculino	32:42	+00:41 03:16
3	303	Filipe Ferreira	ACR Vale de Cambra	Senior Masculino	33:12	+01:11 03:19
4	302	Bruno Freitas	ACR Vale de Cambra	Senior Masculino	33:38	+01:37 03:22
5	194	Tiago Pinho	Individual	Senior Masculino	34:26	+02:25 03:27
6	246	Luis Silva	Núcleo de Atletismo de Cucujães	Senior Masculino	35:51	+03:50 03:35
7	154	Fernando Oliveira	Individual	Senior Masculino	36:12	+04:11 03:37
8	240	Toni Soares	JUVENTUDE ILHA VERDE	Senior Masculino	36:45	+04:44 03:41
9	260	Fabio fernandes correia	Trail Running Clube Btt Sanguedo	Senior Masculino	36:51	+04:50 03:41
10	43	Luis Carlos Ferreira de Almeida	Clube de Montanha altotrilho - Javalis	Senior Masculino	37:44	+05:43 03:46
11	146	Carlos Teixeira	Individual	Senior Masculino	38:17	+06:16 03:50
12	428	Joao Miguel Barbosa Alves	Individual	Senior Masculino	38:19	+06:18 03:50
13	239	José Luís Fernandes Tavares	Intercaimabike	Senior Masculino	38:26	+06:25 03:51
14	141	bruno andret ribeiro da silva	Individual	Senior Masculino	39:17	+07:16 03:56
15	11	Ricardo Filipe Tavares Fernandes	ADCFelgueira	Senior Masculino	39:31	+07:30 03:57
16	191	Tiago Alves	Individual	Senior Masculino	39:59	+07:58 04:00
17	44	Tiago Manuel Ferreira de Almeida	Clube de Montanha altotrilho - Javalis	Senior Masculino	40:05	+08:04 04:00
18	27	Fernando Américo Cruz	Cirac-Circulo de Recreio Arte e Cultura	Senior Masculino	40:10	+08:09 04:01
19	139	António JF Silva	Individual	Senior Masculino	40:42	+08:41 04:04
20	153	Fernando Jorge Martins Ferreira	Individual	Senior Masculino	40:43	+08:42 04:04
21	145	Carlos Martins	Individual	Senior Masculino	40:55	+08:54 04:05
22	16	Tiago Carvalho	AFIS/OVAR	Senior Masculino	41:14	+09:13 04:07

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Prova Principal

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23	183	Ricardo Miguel Martins Gomes	Individual	Senior Masculino	41:25	+09:24	04:09
24	120	Bruno Costa	Grupo Juvenil Pinheiro da Bemposta	Senior Masculino	41:31	+09:30	04:09
25	163	Jorge Cubal	Individual	Senior Masculino	41:37	+09:36	04:10
26	81	Helder Costa	Ginásio Fit4Fun	Senior Masculino	41:39	+09:38	04:10
27	148	Daniel Cerdeirinha	Individual	Senior Masculino	41:52	+09:51	04:11
28	450	Carlos Fernandes	Individual	Senior Masculino	42:03	+10:02	04:12
29	238	Filipe Manuel Fernandes Tavares	Intercaimabike	Senior Masculino	42:11	+10:10	04:13
30	185	Ricardo Ruivo	Individual	Senior Masculino	42:23	+10:22	04:14
31	304	Jose Pinho	ACR Vale de Cambra	Senior Masculino	42:48	+10:47	04:17
32	142	Bruno António Rodrigues da Silva	Individual	Senior Masculino	42:57	+10:56	04:18
33	140	Artur Oliveira	Individual	Senior Masculino	43:01	+11:00	04:18
34	164	José Beira	Individual	Senior Masculino	43:08	+11:07	04:19
35	15	António Figueiredo	AFIS/OVAR	Senior Masculino	43:39	+11:38	04:22
36	184	Ricardo Oliveira	Individual	Senior Masculino	43:41	+11:40	04:22
37	369	Joao Antonio Oliveira	CMCVC	Senior Masculino	44:02	+12:01	04:24
38	171	Marcos Soares	Individual	Senior Masculino	44:02	+12:01	04:24
39	165	Jose Manuel Vilela	Individual	Senior Masculino	44:03	+12:02	04:24
40	82	Jorge Costa	Ginásio Fit4Fun	Senior Masculino	44:09	+12:08	04:25
41	143	Bruno Pinto	Individual	Senior Masculino	44:17	+12:16	04:26
42	434	Pedro Manuel Silva Costa	Individual	Senior Masculino	44:26	+12:25	04:27
43	20	Ricardo Magalhães	As Belas e Eles	Senior Masculino	44:54	+12:53	04:29
44	427	Diogo Filipe Sousa	Individual	Senior Masculino	44:55	+12:54	04:29
45	435	Ruben Filipe Soares	Individual	Senior Masculino	44:56	+12:55	04:30
46	305	Nuno Fernandes	ACR Vale de Cambra	Senior Masculino	44:57	+12:56	04:30
47	149	Daniel Martins pereira	Individual	Senior Masculino	45:03	+13:02	04:30
48	49	Bruno Ricardo Duarte Reis e Sá	Colep Running	Senior Masculino	45:13	+13:12	04:31
49	430	Luis Miguel Santos Oliveira	Individual	Senior Masculino	45:27	+13:26	04:33
50	147	Cláudio Manuel Pereira Tavares	Individual	Senior Masculino	45:29	+13:28	04:33
51	373	Mikael Silva Ferreira	CMCVC	Senior Masculino	45:29	+13:28	04:33
52	200	Vitor Silva	Individual	Senior Masculino	45:31	+13:30	04:33
53	6	Nuno Santos	4Any1	Senior Masculino	45:35	+13:34	04:33
54	167	Julio Gonçalo Ribeiro de pinho	Individual	Senior Masculino	45:39	+13:38	04:34
55	87	Rui Miguel Fernandes	Ginásio Fit4Fun	Senior Masculino	45:46	+13:45	04:35
56	378	Rui Pedro Jesus Almeida	CMCVC	Senior Masculino	45:49	+13:48	04:35
57	374	Nelson Carlos Oliveira Rodrigues	CMCVC	Senior Masculino	45:54	+13:53	04:35
58	52	Rui Pedro Rodriguesa de Castro	Colep Running	Senior Masculino	45:58	+13:57	04:36
59	371	Jose Carlos Bastos Roque	CMCVC	Senior Masculino	46:11	+14:10	04:37
60	273	Nuno Pinto	Individual	Senior Masculino	46:15	+14:14	04:38
61	326	Jose Afonso Guimaraes Bonifacio	CATARI	Senior Masculino	46:23	+14:22	04:38
62	195	Tiago Tavares	Individual	Senior Masculino	46:35	+14:34	04:40
63	331	Vitor Silva	CATARI	Senior Masculino	47:13	+15:12	04:43
64	327	Nuno Almeida	CATARI	Senior Masculino	47:16	+15:15	04:44
65	85	Pedro Magalhães	Ginásio Fit4Fun	Senior Masculino	47:25	+15:24	04:44
66	278	Rui Silva	Grupo Desportivo Sao Paio Oleiros	Senior Masculino	47:53	+15:52	04:47
67	181	Ricardo José Azevedo Pinho	Individual	Senior Masculino	47:56	+15:55	04:48
68	452	Francis Fernandes	ACR Vale de Cambra	Senior Masculino	47:58	+15:57	04:48

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69	122	Hugo Valquaesma	HUMA TEAM	Senior Masculino	47:58	+15:57	04:48
70	328	Rui Jorge Duarte Santos Rocha	CATARI	Senior Masculino	48:09	+16:08	04:49
71	324	Carlos Manuel Almeida Silva	CATARI	Senior Masculino	48:19	+16:18	04:50
72	376	Paulo Jorge Rocha Moreira	CMVC	Senior Masculino	48:21	+16:20	04:50
73	84	Nélson Oliveira	Ginásio Fit4Fun	Senior Masculino	48:22	+16:21	04:50
74	437	Rui Pedro Martins Ferreira	Individual	Senior Masculino	48:28	+16:27	04:51
75	280	Pedro Marques	Individual	Senior Masculino	48:35	+16:34	04:51
76	51	Rui Luis Costa Rodrigues Oliveira Duarte	Colep Running	Senior Masculino	48:53	+16:52	04:53
77	462	Jose Paulo Costa	SSCMOVAR	Senior Masculino	48:56	+16:55	04:54
78	316	Jorge Ferreira	CAMINH4NTES	Senior Masculino	48:58	+16:57	04:54
79	432	Patrick Soares	Individual	Senior Masculino	49:07	+17:06	04:55
80	271	Roland Sousa	Individual	Senior Masculino	49:11	+17:10	04:55
81	251	Marco Janeiro	Oliveira´s	Senior Masculino	49:15	+17:14	04:55
82	56	André Filipe dos Santos Rebelo	EDUART-COMPONENTES DE CALÇADO	Senior Masculino	49:29	+17:28	04:57
83	138	André Filipe Borges da Silva	Individual	Senior Masculino	49:32	+17:31	04:57
84	377	Rafael Artur Santos Oliveira	CMVC	Senior Masculino	49:33	+17:32	04:57
85	78	Bruno Moreira	Ginásio Fit4Fun	Senior Masculino	50:01	+18:00	05:00
86	80	Helder Bastos	Ginásio Fit4Fun	Senior Masculino	50:02	+18:01	05:00
87	166	José Oliveira	Individual	Senior Masculino	50:09	+18:08	05:01
88	169	Luis Filipe de Almeida Rodrigues	Individual	Senior Masculino	50:14	+18:13	05:01
89	199	Vitor Beleza	Individual	Senior Masculino	50:18	+18:17	05:02
90	429	Luis Filipe Pinho Soares	Individual	Senior Masculino	50:25	+18:24	05:03
91	372	Jose Pedro Rebelo Barbosa	CMVC	Senior Masculino	50:26	+18:25	05:03
92	150	Daniel Santiago Brandão de Almeida	Individual	Senior Masculino	50:31	+18:30	05:03
93	451	Carlos Almeida	ACR Vale de Cambra	Senior Masculino	50:34	+18:33	05:03
94	61	Antero Roque	FC PORTO	Senior Masculino	51:12	+19:11	05:07
95	329	Sergio Antonio Bragança Ferreira	CATARI	Senior Masculino	51:17	+19:16	05:08
96	189	Sérgio Miguel Oliveira Campos Alves	Individual	Senior Masculino	51:22	+19:21	05:08
97	152	Fábio Xavier Dias Pereira	Individual	Senior Masculino	51:23	+19:22	05:08
98	67	Afonso Montenegro	Ginásio Fit4Fun	Senior Masculino	51:32	+19:31	05:09
99	436	Rui Miguel Tavares Costa	Individual	Senior Masculino	51:52	+19:51	05:11
100	197	Victor Martins	Individual	Senior Masculino	52:10	+20:09	05:13
101	157	Hugo Miguel Cardoso	Individual	Senior Masculino	53:08	+21:07	05:19
102	176	Paulo Silva	Individual	Senior Masculino	53:33	+21:32	05:21
103	158	André Fernandes	Individual	Senior Masculino	53:42	+21:41	05:22
104	375	Nuno Miguel Aguiar Pinho	CMVC	Senior Masculino	53:50	+21:49	05:23
105	161	João Pedro Bastos	Individual	Senior Masculino	54:14	+22:13	05:25
106	162	Joaquim Jorge Soares da Costa	Individual	Senior Masculino	54:14	+22:13	05:25
107	180	Ricardo Filipe Oliveira da Silva	Individual	Senior Masculino	54:14	+22:13	05:25
108	113	Duarte Marinho	Ginásio Gino Sport Center	Senior Masculino	54:14	+22:13	05:25
109	86	Ricardo Pereira	Ginásio Fit4Fun	Senior Masculino	54:58	+22:57	05:30
110	281	José Oliveira	Individual	Senior Masculino	55:03	+23:02	05:30
111	66	Tiago Moreira	GANGUE DAS MAÇAS	Senior Masculino	55:15	+23:14	05:32
112	190	Tiago Alexandre Castro Pinho	Individual	Senior Masculino	55:15	+23:14	05:32
113	313	Andre Filipe Tavares	BEL	Senior Masculino	55:45	+23:44	05:34

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Prova Principal

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OFFICIAL RESULT

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114	173	Miguel Ângelo Coutinho Pais	Individual	Senior Masculino	55:54	+23:53	05:35
115	60	Fernando Silva	Élgual	Senior Masculino	55:56	+23:55	05:36
116	59	Dani Tavares	Élgual	Senior Masculino	55:57	+23:56	05:36
117	10	André Vigário da Costa Tavares	ADCFelgueira	Senior Masculino	56:15	+24:14	05:37
118	198	Vitor	Individual	Senior Masculino	56:19	+24:18	05:38
119	446	Ricardo Manuel Lopes Costa	MKT VICAIMA	Senior Masculino	56:33	+24:32	05:39
120	182	Ricardo Mendes	Individual	Senior Masculino	56:37	+24:36	05:40
121	433	Pedro Jose Campos	Individual	Senior Masculino	57:25	+25:24	05:44
122	252	Ricardo Manuel Bastos Tavares da Silva	Oliveira's	Senior Masculino	58:48	+26:47	05:53
123	174	Paulo Alexandre de Almeida Soares	Individual	Senior Masculino	59:02	+27:01	05:54
124	83	Miguel Costa	Ginásio Fit4Fun	Senior Masculino	59:02	+27:01	05:54
125	155	Hugo António Guedes Correia	Individual	Senior Masculino	01:01:17	+29:16	06:08
126	151	David Jorge Santos Fernandes	Individual	Senior Masculino	01:01:23	+29:22	06:08
127	156	Hugo Lopes	Individual	Senior Masculino	01:02:40	+30:39	06:16
128	193	Tiago Pereira Leite	Individual	Senior Masculino	01:03:29	+31:28	06:21
129	279	Pedro Ferreira	Factor X / S4L / Medense	Senior Masculino	01:05:05	+33:04	06:30
130	64	Luis Fonseca	GANGUE DAS MAÇAS	Senior Masculino	01:07:17	+35:16	06:44
131	187	Rui Santos	Individual	Senior Masculino	01:11:15	+39:14	07:08
132	79	Filipe Guerra	Ginásio Fit4Fun	Senior Masculino	01:11:33	+39:32	07:09
133	196	Vasco Miguel Santos Bastos	Individual	Senior Masculino	01:13:37	+41:36	07:22
134	172	Mário Jorge de Almeida Rodrigues	Individual	Senior Masculino	01:14:11	+42:10	07:25

Veterana F40

1	17	Helena Sampaio	AFIS/OVAR	Veterana F40	41:34	04:09
2	332	Ligia Mendes	CATARI	Veterana F40	42:42	+01:08 04:16
3	247	carla Araújo	Núcleo de Atletismo de Cucujães	Veterana F40	43:13	+01:39 04:19
4	384	Susana Brandao Leite	CMCVC	Veterana F40	46:49	+05:15 04:41
5	357	Sofia Coelho	CATARI	Veterana F40	47:19	+05:45 04:44
6	95	Sofia Bastos	Ginásio Fit4Fun	Veterana F40	55:24	+13:50 05:32
7	335	Susana Manuela Pinhal Canhola	CATARI	Veterana F40	56:09	+14:35 05:37
8	334	Silvia Peralta	CATARI	Veterana F40	56:58	+15:24 05:42
9	379	Elisabete Bastos Teixeira Santos	CMCVC	Veterana F40	59:13	+17:39 05:55
10	277	Paula Teixeira	Cirac-Circulo de Recreio Arte e Cultura	Veterana F40	01:00:22	+18:48 06:02
11	381	Joana Ines Freire	CMCVC	Veterana F40	01:00:23	+18:49 06:02
12	382	Maria Jose Pires Santos	CMCVC	Veterana F40	01:00:50	+19:16 06:05
13	28	Susana Sofia Rocha	Cirac-Circulo de Recreio Arte e Cultura	Veterana F40	01:01:20	+19:46 06:08
14	241	Maria Isabel Alves	manos	Veterana F40	01:02:11	+20:37 06:13
15	91	Helena Bastos	Ginásio Fit4Fun	Veterana F40	01:03:02	+21:28 06:18
16	114	Carla Leite	Ginásio Gino Sport Center	Veterana F40	01:04:14	+22:40 06:25
17	90	Gabriela Silva	Ginásio Fit4Fun	Veterana F40	01:04:32	+22:58 06:27
18	88	Carla Almeida	Ginásio Fit4Fun	Veterana F40	01:04:32	+22:58 06:27
19	383	Maria Paula Leite Pinho	CMCVC	Veterana F40	01:08:05	+26:31 06:48
20	94	Sandra Rodrigues	Ginásio Fit4Fun	Veterana F40	01:09:32	+27:58 06:57

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Prova Principal

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OFFICIAL RESULT

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21	92	Isabel Correia	Ginásio Fit4Fun	Veterana F40	01:13:53	+32:19	07:23
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Veterana F45

1	354	Orlanda Rego	CATARI	Veterana F45	48:51		04:53
2	386	Filomena Silva Santos	CMCVC	Veterana F45	49:34	+00:43	04:57
3	388	Regina Maria Gonçalves Almeida	CMCVC	Veterana F45	50:36	+01:45	05:04
4	201	Maria Resende	Individual	Veterana F45	52:27	+03:36	05:15
5	96	Ana Claudia Pissarra	Ginásio Fit4Fun	Veterana F45	55:24	+06:33	05:32
6	387	Maria Conceição Martins Soares	CMCVC	Veterana F45	01:00:44	+11:53	06:04
7	98	Rosa Billard	Ginásio Fit4Fun	Veterana F45	01:03:02	+14:11	06:18
8	336	Arminda Fatima Venacio Meinedo	CATARI	Veterana F45	01:14:22	+25:31	07:26

Veterana F50

1	463	Florbela Costa	SSCMOVAR	Veterana F50	48:57	04:54
2	202	Fatima Pais	Individual	Veterana F50	52:49	+03:52 05:17
3	248	Isaura Lopes	Núcleo de Atletismo de Cucujães	Veterana F50	54:56	+05:59 05:30
4	389	Fatima Ferreira	CMCVC	Veterana F50	56:29	+07:32 05:39
5	392	Maria Ceu Sousa Silva	CMCVC	Veterana F50	59:06	+10:09 05:55
6	99	Luísa Amorim	Ginásio Fit4Fun	Veterana F50	01:04:32	+15:35 06:27
7	453	Maria Isabel Silva	ACR Vale de Cambra	Veterana F50	01:05:19	+16:22 06:32

Veterana F55

1	8	Graça Leite	ACREFA	Veterana F55	53:13	05:19
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Veterano M40

1	458	Luis Silva	CLUBE ATLETISMO OVAR	Veterano M40	33:25	03:20
2	249	Fernando Lima	Núcleo de Atletismo de Cucujães	Veterano M40	35:22	+01:57 03:32
3	203	Américo Silva	Individual	Veterano M40	39:59	+06:34 04:00
4	21	Carlos Fernandes	As Belas e Eles	Veterano M40	41:35	+08:10 04:09
5	13	José Augusto Tavares Ferreira	ADCFelgueira	Veterano M40	42:13	+08:48 04:13
6	342	Jorge Pereira	CATARI	Veterano M40	42:30	+09:05 04:15
7	306	Jose Correia	ACR Vale de Cambra	Veterano M40	43:15	+09:50 04:20
8	439	Antonio Jorge Francisco	Individual	Veterano M40	43:40	+10:15 04:22
9	344	Paulo Africa	CATARI	Veterano M40	44:10	+10:45 04:25
10	394	Antonio Jorge Tavares Melo	CMCVC	Veterano M40	44:39	+11:14 04:28
11	214	RUI MIGUEL SOARES PAIVA	Individual	Veterano M40	44:40	+11:15 04:28
12	393	Antonio Jorge Costa Bastos	CMCVC	Veterano M40	44:41	+11:16 04:28
13	100	Angelo Pinho	Ginásio Fit4Fun	Veterano M40	44:46	+11:21 04:29
14	23	Henrique Guedes Vicêncio	Atlético Clube Alfenense	Veterano M40	46:08	+12:43 04:37

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OFFICIAL RESULT

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15	340	Francisco Oliveira	CATARI	Veterano M40	47:20	+13:55	04:44
16	395	Helder Afonso Silva Costa	CMCVC	Veterano M40	47:30	+14:05	04:45
17	258	Miguel Dias	run2eat	Veterano M40	47:38	+14:13	04:46
18	347	Rui Filipe Pereira	CATARI	Veterano M40	47:51	+14:26	04:47
19	206	João Gaspar Vasconcelos de Azevedo	Individual	Veterano M40	48:32	+15:07	04:51
20	337	Agostinho Manuel Silveira Torres	CATARI	Veterano M40	48:45	+15:20	04:53
21	210	Nuno Ferreira	Individual	Veterano M40	49:06	+15:41	04:55
22	348	Rui Miguel Moutinho Carvalho	CATARI	Veterano M40	49:07	+15:42	04:55
23	205	Carlos Moreira	Individual	Veterano M40	49:21	+15:56	04:56
24	101	José Carlos	Ginásio Fit4Fun	Veterano M40	49:26	+16:01	04:57
25	116	Francisco Oliveira	Ginásio Gino Sport Center	Veterano M40	49:49	+16:24	04:59
26	204	Carlos Alberto Soares Brandão	Individual	Veterano M40	49:59	+16:34	05:00
27	449	José Rocha	Individual	Veterano M40	50:21	+16:56	05:02
28	396	Miguel Angelo Soares Barbosa	CMCVC	Veterano M40	50:23	+16:58	05:02
29	440	Paulo Jorge Santos	Individual	Veterano M40	50:48	+17:23	05:05
30	209	Manue Silva	Individual	Veterano M40	50:56	+17:31	05:06
31	102	Luís Guerra	Ginásio Fit4Fun	Veterano M40	51:07	+17:42	05:07
32	25	Lindolfo Sol	Bora L' Andar	Veterano M40	51:39	+18:14	05:10
33	398	Paulo Jorge Paiva Loureiro	CMCVC	Veterano M40	52:52	+19:27	05:17
34	213	Rui Miguel Silva	Individual	Veterano M40	53:11	+19:46	05:19
35	208	Luis Paulo Martins Teixeira	Individual	Veterano M40	54:55	+21:30	05:30
36	346	Paulo Pires	CATARI	Veterano M40	55:39	+22:14	05:34
37	343	Mario Joao Pereira Cardoso	CATARI	Veterano M40	56:09	+22:44	05:37
38	12	Domingos Gonçalves	ADCFelgueira	Veterano M40	56:15	+22:50	05:38
39	207	José Luís Vale Quaresma	Individual	Veterano M40	56:32	+23:07	05:39
40	341	Jorge Manuel Silva Carvalho	CATARI	Veterano M40	56:45	+23:20	05:41
41	29	Paulo Martins	Cirac-Círculo de Recreio Arte e Cultura	Veterano M40	58:10	+24:45	05:49
42	53	Jorge Rodrigues	Colep Running	Veterano M40	59:00	+25:35	05:54
43	454	Filipe Pinho	ACR Vale de Cambra	Veterano M40	59:13	+25:48	05:55
44	103	Luís Pinho	Ginásio Fit4Fun	Veterano M40	59:26	+26:01	05:57
45	104	Rui Ferreira	Ginásio Fit4Fun	Veterano M40	01:03:03	+29:38	06:18
46	397	Miguel Joaquim Almeida	CMCVC	Veterano M40	01:08:05	+34:40	06:49

Veterano M45

1	307	Antonio Fernandes	ACR Vale de Cambra	Veterano M45	32:59	03:18
2	119	MANUEL VALENTE FERREIRA	Grupo Desportivo e Cultural de Guilhovai	Veterano M45	34:03	+01:04 03:24
3	48	António Silva	Clube Independente de Argoncilhe	Veterano M45	35:40	+02:41 03:34
4	245	Francelino Resende	Nascidos para Correr	Veterano M45	36:15	+03:16 03:37
5	45	Lino Ferreira	Clube Desportivo Feirense	Veterano M45	36:55	+03:56 03:41
6	46	Rogério Campos	Clube Desportivo Feirense	Veterano M45	37:19	+04:20 03:44
7	42	Fernando Soares	Clube Campismo	Veterano M45	37:37	+04:38 03:46
8	217	Baltazar Ferreira	Individual	Veterano M45	39:08	+06:09 03:55
9	223	Joaquim Valente Ferreira	Individual	Veterano M45	39:46	+06:47 03:59
10	404	Joao Paulo Lopes Rodrigues	CMCVC	Veterano M45	40:08	+07:09 04:01

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11	441	Carlos Alberto Soares Maria	Individual	Veterano M45	43:40	+10:41	04:22
12	212	Jorge Melo	Individual	Veterano M45	43:54	+10:55	04:23
13	351	Fernando Manuel Ferreira Costa	CATARI	Veterano M45	43:54	+10:55	04:23
14	405	Joaquim Ferreira Couto	CMCVC	Veterano M45	44:11	+11:12	04:25
15	350	Cesar Teixeira	CATARI	Veterano M45	44:11	+11:12	04:25
16	26	Agostinho Marques	CAL-Clube Atletismo de Lamas	Veterano M45	44:23	+11:24	04:26
17	399	Antonio Jorge Silva Martins	CMCVC	Veterano M45	45:26	+12:27	04:33
18	219	Celso Cerqueira da Costa	Individual	Veterano M45	46:04	+13:05	04:36
19	106	Luís Almeida	Ginásio Fit4Fun	Veterano M45	46:06	+13:07	04:37
20	218	Carlos Ferreira	Individual	Veterano M45	46:29	+13:30	04:39
21	220	Diamantino Jorge De Oliveira Valquaresma	Individual	Veterano M45	47:02	+14:03	04:42
22	216	Artur Jorge Carmo Duarte Ferreira	Individual	Veterano M45	47:13	+14:14	04:43
23	442	Jorge Manuel Silva Rodrigues	Individual	Veterano M45	48:31	+15:32	04:51
24	221	Fernando Rothes	Individual	Veterano M45	48:46	+15:47	04:53
25	226	Renato Paulo Silva Tavares	Individual	Veterano M45	48:58	+15:59	04:54
26	31	Jorge Silva	Cirac-Circulo de Recreio Arte e Cultura	Veterano M45	49:08	+16:09	04:55
27	47	Sérgio Vieira	Clube Desportivo Feirense	Veterano M45	49:24	+16:25	04:56
28	401	Carlos Alberto Rodrigues	CMCVC	Veterano M45	49:38	+16:39	04:58
29	105	Agostinho Silva	Ginásio Fit4Fun	Veterano M45	49:49	+16:50	04:59
30	30	Francisco Gonçalves	Cirac-Circulo de Recreio Arte e Cultura	Veterano M45	50:07	+17:08	05:01
31	406	Luis Miguel Almeida Ferreira	CMCVC	Veterano M45	50:27	+17:28	05:03
32	224	JOSE LUIS ALMEIDA LOPES	Individual	Veterano M45	50:49	+17:50	05:05
33	255	JOAQUIM MOREIRA	PORTO SENTIDO RUNNERS	Veterano M45	51:27	+18:28	05:09
34	402	Carlos Alberto Soares Silva	CMCVC	Veterano M45	53:22	+20:23	05:20
35	403	Fernando Jorge Leite	CMCVC	Veterano M45	53:22	+20:23	05:20
36	225	Paulo Ribeiro	Individual	Veterano M45	54:23	+21:24	05:26
37	314	Antonio Rui Mano Cavacas	BEL	Veterano M45	54:27	+21:28	05:27
38	254	Luís Miguel Oliveira	Oliveira´s	Veterano M45	55:18	+22:19	05:32
39	253	Júlio Manuel Guimarães	Oliveira´s	Veterano M45	57:00	+24:01	05:42
40	456	Fernando Portugal	ACR Vale de Cambra	Veterano M45	57:48	+24:49	05:47
41	455	Enio Pinho	ACR Vale de Cambra	Veterano M45	58:47	+25:48	05:53
42	400	Antonio Manuel Costa Almeida	CMCVC	Veterano M45	59:09	+26:10	05:55
43	215	ALEXANDRE FILIPE DE MATOS GOMES	Individual	Veterano M45	59:19	+26:20	05:56
44	242	João Alves	manos	Veterano M45	01:02:10	+29:11	06:13
45	356	Ricardo Andre Almeida Monteiro	CATARI	Veterano M45	01:02:35	+29:36	06:15
46	117	José Maria Santos	Ginásio Gino Sport Center	Veterano M45	01:05:57	+32:58	06:36
47	355	Paulo Meinedo	CATARI	Veterano M45	01:14:22	+41:23	07:26

Veterano M50

1	259	Mário Silva	Serviços Sociais de Trabalhadores de S. João da Madeira	Veterano M50	35:07	03:31
2	308	Antonio Pinto	ACR Vale de Cambra	Veterano M50	36:23	+01:16 03:38
3	460	Jorge Luz	Grupo Desportivo Sao Paio Oleiros	Veterano M50	37:32	+02:25 03:45

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4	229	Fernando Sacramento	Individual	Veterano M50	38:33	+03:26	03:51
5	309	Celso Paiva	ACR Vale de Cambra	Veterano M50	39:40	+04:33	03:58
6	310	Jose Graça	ACR Vale de Cambra	Veterano M50	40:23	+05:16	04:02
7	228	Dinis Tavares	Individual	Veterano M50	41:31	+06:24	04:09
8	33	Henrique Melo	Cirac-Circulo de Recreio Arte e Cultura	Veterano M50	43:26	+08:19	04:21
9	35	Valdemar Alves	Cirac-Circulo de Recreio Arte e Cultura	Veterano M50	43:38	+08:31	04:22
10	407	Antonio Alberto Matos Gomes	CMCVC	Veterano M50	45:56	+10:49	04:36
11	32	Carlos Tavares	Cirac-Circulo de Recreio Arte e Cultura	Veterano M50	45:56	+10:49	04:36
12	230	Jose Antonio de Pinho Fernandes	Individual	Veterano M50	46:38	+11:31	04:40
13	410	Paulo Fernando Martins	CMCVC	Veterano M50	47:06	+11:59	04:43
14	118	ORLANDO FERREIRA	GONDOMAR FUTSAL CLUBE	Veterano M50	47:22	+12:15	04:44
15	107	Durbalino Ferreira	Ginásio Fit4Fun	Veterano M50	48:38	+13:31	04:52
16	34	José Manuel Silva	Cirac-Circulo de Recreio Arte e Cultura	Veterano M50	49:17	+14:10	04:56
17	58	Luís Filipe Martins Soares	EDUART-COMPONENTES DE CALÇADO	Veterano M50	50:06	+14:59	05:01
18	408	Filipe Costa Soares	CMCVC	Veterano M50	50:36	+15:29	05:04
19	444	Gilberto Rodrigues Almeida	Individual	Veterano M50	51:09	+16:02	05:07
20	57	Eduardo Tavares Rebelo	EDUART-COMPONENTES DE CALÇADO	Veterano M50	52:25	+17:18	05:14
21	358	Jose Rodrigues	CATARI	Veterano M50	54:06	+18:59	05:25
22	338	José Teixeira	CATARI	Veterano M50	54:06	+18:59	05:25
23	409	Luis Jorge Santos Pinho	CMCVC	Veterano M50	55:22	+20:15	05:32
24	411	Vitor Manuel Soares Oliveira	CMCVC	Veterano M50	55:52	+20:45	05:35
25	7	Ricardo Bastos	A A Lebres do Sado	Veterano M50	56:12	+21:05	05:37
26	443	Alberto Fernando Piedade Santos	Individual	Veterano M50	59:22	+24:15	05:56
27	232	Rui da Silva Amaral	Individual	Veterano M50	01:04:52	+29:45	06:29
28	448	João Pinho	Individual	Veterano M50	01:22:35	+47:28	08:16

Veterano M55

1	464	Americo Valente	SSCMOVAR	Veterano M55	37:07	03:43
2	250	Ernesto Almeida	Núcleo de Atletismo de Cucujães	Veterano M55	38:17	+01:10 03:50
3	22	celso torres	Athlete Power	Veterano M55	39:52	+02:45 03:59
4	18	Manuel Vieira	AFIS/OVAR	Veterano M55	44:10	+07:03 04:25
5	233	Álvaro Oliveria	Individual	Veterano M55	44:32	+07:25 04:27
6	37	Fernando Gonçalves	Cirac-Circulo de Recreio Arte e Cultura	Veterano M55	45:57	+08:50 04:36
7	234	Jose Moutinho	Individual	Veterano M55	46:47	+09:40 04:41
8	413	Antonio Jorge Soares Oliveira	CMCVC	Veterano M55	46:50	+09:43 04:41
9	417	Manuel Pinho Oliveira	CMCVC	Veterano M55	47:06	+09:59 04:43
10	36	Alcides Sales	Cirac-Circulo de Recreio Arte e Cultura	Veterano M55	47:09	+10:02 04:43
11	40	Serafim Rodrigues	Cirac-Circulo de Recreio Arte e Cultura	Veterano M55	47:11	+10:04 04:43

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12	39	Manuel Oliveira	Cirac-Circulo de Recreio Arte e Cultura	Veterano M55	49:14	+12:07	04:55
13	415	Joaquim Fernando Oliveira	CMCVC	Veterano M55	49:33	+12:26	04:57
14	108	Adriano Moreira	Ginásio Fit4Fun	Veterano M55	52:33	+15:26	05:15
15	412	Antonio Carlos Pinheiro Gomes Silva	CMCVC	Veterano M55	53:18	+16:11	05:20
16	109	Carlos Bastos	Ginásio Fit4Fun	Veterano M55	54:01	+16:54	05:24
17	38	José Valentim Oliveira	Cirac-Circulo de Recreio Arte e Cultura	Veterano M55	55:45	+18:38	05:34
18	414	Elisio Dias Teixeira Gomes	CMCVC	Veterano M55	56:29	+19:22	05:39
19	416	Jose Antonio Abrantes Soares	CMCVC	Veterano M55	59:33	+22:26	05:57
20	54	Américo Duarte Leite Martins	Colep Running	Veterano M55	01:03:30	+26:23	06:21

Veterano M60

1	274	Antonio Vieira	AFIS/OVAR	Veterano M60	39:06		03:55
2	447	David Fernandes	VICAIMA	Veterano M60	40:29	+01:23	04:03
3	418	Albano Oliveira Braga	CMCVC	Veterano M60	40:48	+01:42	04:05
4	420	Nelson Silva	CMCVC	Veterano M60	42:16	+03:10	04:14
5	19	Manuel Sousa	AFIS/OVAR	Veterano M60	44:42	+05:36	04:28
6	235	Carlos Alberto Ferreira	Individual	Veterano M60	45:50	+06:44	04:35
7	276	Antonio Branco	Clube Atl Ovar	Veterano M60	49:21	+10:15	04:56
8	445	Domingos Soares Silva	Individual	Veterano M60	51:41	+12:35	05:10
9	311	Manuel Pinho	ACR Vale de Cambra	Veterano M60	55:39	+16:33	05:34
10	237	valdemiro barbosa	Individual	Veterano M60	56:59	+17:53	05:42
11	236	Manuel Vieira de Carvalho	Individual	Veterano M60	57:18	+18:12	05:44
12	419	Jorge Manuel Martins	CMCVC	Veterano M60	57:25	+18:19	05:44
13	110	Luís Costa	Ginásio Fit4Fun	Veterano M60	59:26	+20:20	05:57
14	421	Osvaldo Henriques	CMCVC	Veterano M60	01:00:31	+21:25	06:03
15	41	Joaquim Oliveira	Cirac-Circulo de Recreio Arte e Cultura	Veterano M60	01:01:46	+22:40	06:11