I Corrida e Caminhada Jovens em Campo

Ílhavo

11-abril-2015

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

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

	Time	Temperature	Humidity
Start	17:00	18,4ºC	56,4%
End	18:26	18,4ºC	56,4%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	73	Leonel Fernandes	clube de atletismo de ovar	Senior Masculino	31:40		03:10
2	72	Johan Caldeira	clube campismo de são joão da madeira	Senior Masculino	31:45	+00:05	03:10
3	174	Fernando Santos	individual	Veterano M40	34:14	+02:34	03:25
4	68	fernando silva	casa do povo mangualde	Veterano M45	35:18	+03:38	03:32
5	141	Ricardo Jorge Rebelo Gaspar	individual	Senior Masculino	37:42	+06:02	03:46
6	203	Carlos Caria	ko trail running	Senior Masculino	38:25	+06:45	03:50
7	24	João Andrade	aveiro rookie team	Senior Masculino	38:26	+06:46	03:51
8	34	Ricardo Coelho	bosch termotecnologia sa	Senior Masculino	38:27	+06:47	03:51
9	242	Pedro Barbosa	individual	Senior Masculino	38:40	+07:00	03:52
10	133	Nuno Hélder Silva	individual	Senior Masculino	38:58	+07:18	03:54
11	109	Filipe Carvalho	individual	Senior Masculino	39:34	+07:54	03:57
12	71	Pedro Miguel Reis de Almeida e silva	ccd renault cacia	Veterano M35	39:52	+08:12	03:59
13	239	Maria Fátima Pinho	grecas	Veterana F40	40:06	+08:26	04:01
14	162	David Marques da Costa	individual	Veterano M35	40:12	+08:32	04:01
15	74	Fausto Moreira	clube pt aveiro	Senior Masculino	40:44	+09:04	04:04
16	204	Henrique Dias	ko trail running	Senior Masculino	40:47	+09:07	04:05
17	159	Alex Tondela	individual	Veterano M35	40:49	+09:09	04:05
18	69	Ricardo Silva	ccd renault cacia	Senior Masculino	41:10	+09:30	04:07
19	150	Tiago Duarte Patacão	individual	Senior Masculino	41:14	+09:34	04:07
20	129	Mario Pires	individual	Senior Masculino	42:10	+10:30	04:13
21	139	Ricardo de Almeida	individual	Senior Masculino	42:27	+10:47	04:15
22	225	Rui Dias	runmore - mais aventura, lda	Senior Masculino	42:34	+10:54	04:15
23	23	João Pedro Cruz Fradinho	arte runners	Veterano M40	42:36	+10:56	04:16
24	32	Nuno Pereira	bosch termotecnologia sa	Senior Masculino	42:53	+11:13	04:17
25	128	Manuel Pedro Vinhas Fernandes	individual	Senior Masculino	42:57	+11:17	04:18
26	189	joao jose oliveira castro	individual	Veterano M45	43:21	+11:41	04:20
27	105	André Quinta Nova	individual	Senior Masculino	43:30	+11:50	04:21
28	142	Ricardo Sousa	individual	Senior Masculino	43:39	+11:59	04:22
29	186	DUARTE REINALDO ANTUNES SEQUEIRA	individual	Veterano M45	43:40	+12:00	04:22
30	195	Paul Shepherd	individual	Veterano M45	43:46	+12:06	04:23
31	31	Luis Oliveira	bosch termotecnologia sa	Senior Masculino	43:47	+12:07	04:23
32	177	João Santana	individual	Veterano M40	43:48	+12:08	04:23
33	120	Jorge A. M. Maio	individual	Senior Masculino	43:52	+12:12	04:23
34	110	Filipe Tavares	individual	Senior Masculino	43:55	+12:15	04:24
35	241	Atleta 241	individual	Senior Masculino	43:55	+12:15	04:24
36	146	Samuel de Oliveira Martinho	individual	Senior Masculino	44:09	+12:29	04:25
37	131	Miguel Moura	individual	Senior Masculino	44:10	+12:30	04:25
38	136	Paulo Fidalgo	individual	Senior Masculino	44:16	+12:36	04:26
39	41	Fernando Faustino	bosch termotecnologia sa	Veterano M45	44:28	+12:48	04:27
40	200	Ana Gama	ko trail running	Senior Feminino	44:28	+12:48	04:27

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PROVA PRINCIPAL — 10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	38	Armindo Bastos	bosch termotecnologia sa	Veterano M40	44:28	+12:48	04:27
42	138	Rafael Maio	individual	Senior Masculino	44:29	+12:49	04:27
43	57	Américo Alhais	bps mediação de seguros lda	Veterano M45	44:36	+12:56	04:28
44	115	João Albano Vinhas Fernandes	individual	Senior Masculino	44:38	+12:58	04:28
45	190	João Manuel Lopes	individual	Veterano M45	44:39	+12:59	04:28
46	240	Nelson Nunes	individual	Senior Masculino	44:40	+13:00	04:28
47	70	Carlos Martins	ccd renault cacia	Veterano M35	44:43	+13:03	04:28
48	147	Sergio Gonçalves	individual	Senior Masculino	44:45	+13:05	04:28
49	208	Rui Manuel Ribeiro Mesquita	ko trail running	Veterano M35	44:46	+13:06	04:29
50	191	Jorge António Fidalgo Peixoto	individual	Veterano M45	44:58	+13:18	04:30
51	42	José Carlos Ferreira	bosch termotecnologia sa	Veterano M45	45:03	+13:23	04:30
52	187	Fernando Jorge Magalhaes dos Santos	individual	Veterano M45	45:19	+13:39	04:32
53	132	Nuno Almeida	individual	Senior Masculino	45:23	+13:43	04:32
54	16	Paulo Nina	andar a correr	Veterano M40	45:49	+14:09	04:35
55	22	André Capote	arte runners	Veterano M35	46:04	+14:24	04:36
56	39	Carlos Ferreira	bosch termotecnologia sa	Veterano M40	46:10	+14:30	04:37
57	124	Luis Carneiro	individual	Senior Masculino	46:12	+14:32	04:37
58	226	Arlindo Santos	runmore - mais aventura, lda	Veterano M45	46:20	+14:40	04:38
59	76	Daniel Viana	flexiassembly	Senior Masculino	46:38	+14:58	04:40
60	75	Arlindo Santos	desportivo atlético recardães	Veterano M45	47:02	+15:22	04:42
61	114	Hugo Panão	individual	Senior Masculino	47:16	+15:36	04:44
62	202	Gabriela Bento	ko trail running	Senior Feminino	47:24	+15:44	04:44
63	37	Nuno Marnoto	bosch termotecnologia sa	Veterano M35	47:26	+15:46	04:45
64	119	João Silva	individual	Senior Masculino	47:43	+16:03	04:46
65	14	Nuno Fontoura	andar a correr	Veterano M35	47:47	+16:07	04:47
66	176	João Rodrigues	individual	Veterano M40	47:48	+16:08	04:47
67	166	Jorge Loureiro	individual	Veterano M35	47:55	+16:15	04:47
68	171	Nuno Tavares	individual	Veterano M35	48:02	+16:22	04:48
69	211	Pedro Saraiva	ko trail running	Veterano M45	48:04	+16:24	04:48
70	224	George Martins Grangeia	perna de pau running team! - spem	Veterano M35	48:08	+16:28	04:49
71	50	Daniela Santos	bps mediação de seguros lda	Senior Feminino	48:10	+16:30	04:49
72	20	João Paulo Carvalho	andar a correr	Veterano M45	48:24	+16:44	04:50
73	96	Luisa Mota	individual	Senior Feminino	48:29	+16:49	04:51
74	184	CARLOS ESTIMA	individual	Veterano M45	48:42	+17:02	04:52
75	179	PAULO PINTO SANTOS	individual	Veterano M40	49:09	+17:29	04:55
76	126	Luis Marques	individual	Senior Masculino	49:20	+17:40	04:56
77	29	Hugo Ferreira	bosch termotecnologia sa	Senior Masculino	49:27	+17:47	04:57
78	107	Fernando Carapelho	individual	Senior Masculino	49:30	+17:50	04:57
79	163	filipe ramalheira	individual	Veterano M35	49:31	+17:51	04:57
80	78	José Alberto	flexiassembly	Senior Masculino	49:33	+17:53	04:57
81	169	Nuno Alegria	individual	Veterano M35	49:33	+17:53	04:57
82	210	Carlos Manuel Rocha Dias	ko trail running	Veterano M45	49:39	+17:59	04:58
83	135	Paulo André Vilar Calisto	individual	Senior Masculino	49:42	+18:02	04:58
84	26	Bruno Alves	bosch termotecnologia sa	Senior Masculino	49:52	+18:12	04:59
85	111	Flávio Marques	individual	Senior Masculino	50:01	+18:21	05:00

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
86	173	Rui Filipe Osorio Ferreira da Costa	individual	Veterano M35	50:08	+18:28	05:01
87	81	Tiago Carreira	flexiassembly	Senior Masculino	50:09	+18:29	05:01
88	161	Bruno Toito	individual	Veterano M35	50:18	+18:38	05:02
89	183	ARMÉNIO NEVES	individual	Veterano M45	50:20	+18:40	05:02
90	45	Gonçalo Amaro	botapaquebrá	Senior Masculino	50:22	+18:42	05:02
91	46	Ricardo Pereira	botapaquebrá	Senior Masculino	50:22	+18:42	05:02
92	13	Gisela Sofia Ribau	andar a correr	Senior Feminino	50:24	+18:44	05:02
93	181	Rui Manuel da Cunha Vieito	individual	Veterano M40	50:26	+18:46	05:03
94	164	Francisco Fernandes	individual	Veterano M35	50:33	+18:53	05:03
95	188	João Dono	individual	Veterano M45	50:43	+19:03	05:04
96	80	Sérgio Camilo Conceição	flexiassembly	Senior Masculino	50:48	+19:08	05:05
97	112	Gabriel Oliveira	individual	Senior Masculino	50:51	+19:11	05:05
98	113	Guido Lopes	individual	Senior Masculino	51:12	+19:32	05:07
99	101	Rita Glória	individual	Senior Feminino	51:20	+19:40	05:08
100	122	José augusto santos	individual	Senior Masculino	51:43	+20:03	05:10
101	165	João Daniel Fradinho Matos	individual	Veterano M35	51:49	+20:09	05:11
102	228	Licurgo figueiredo	runners oliveira do bairro	Senior Masculino	51:52	+20:12	05:11
103	104	André Bagão	individual	Senior Masculino	51:58	+20:18	05:12
104	145	Rui Jorge Cirineu Oliveira	individual	Senior Masculino	51:58	+20:18	05:12
105	155	Paula Santos Paiva	individual	Veterana F40	51:59	+20:19	05:12
106	180	Pedro Miguel Domingues Paiva	individual	Veterano M40	51:59	+20:19	05:12
107	221	José Manuel Cruz Costa	molinhas team	Veterano M45	52:17	+20:37	05:14
108	66	Antonio Pires	carlos eduardo coelho caria pereira	Veterano M45	52:23	+20:43	05:14
109	30	João Castro Ferreira	bosch termotecnologia sa	Senior Masculino	52:28	+20:48	05:15
110	222	Liliana Pragana	perna de pau running team! - spem	Senior Feminino	52:28	+20:48	05:15
111	33	Pedro Correia	bosch termotecnologia sa	Senior Masculino	52:43	+21:03	05:16
112	89	Andreia Neves	individual	Senior Feminino	52:45	+21:05	05:17
113	25	Catia Santos	bosch termotecnologia sa	Senior Feminino	52:47	+21:07	05:17
114	158	Teresa Maria de Oliveira Martins	individual	Veterana F40	53:09	+21:29	05:19
115	205	Pedro Henriques	ko trail running	Senior Masculino	53:29	+21:49	05:21
116	118	João Rocha	individual	Senior Masculino	53:30	+21:50	05:21
117	153	Alexandra Ataíde	individual	Veterana F40	53:57	+22:17	05:24
118	227	Diana silva	runners oliveira do bairro	Senior Feminino	54:01	+22:21	05:24
119	237	Nuno Cruz	voltaren addicted	Veterano M35	54:32	+22:52	05:27
120	7	João Camplargo	individual	Senior Masculino	54:38	+22:58	05:28
121	77	Jorge Marques	flexiassembly	Senior Masculino	54:38	+22:58	05:28
122	238	Paulo Teixeira	voltaren addicted	Veterano M35	54:39	+22:59	05:28
123	35	Rui Ribeiro	bosch termotecnologia sa	Senior Masculino	54:41	+23:01	05:28
124	17	António Manuel Ribeiro	andar a correr	Veterano M45	54:42	+23:02	05:28
125	21	José Luis Alves	andar a correr	Veterano M45	54:42	+23:02	05:28
126	223	Aurélio Saúde	perna de pau running team! - spem	Veterano M35	54:46	+23:06	05:29
127	62	João José Poito Coelho	bresimar	Senior Masculino	54:52	+23:12	05:29
128	149	Tiago André Cirne Ramos	individual	Senior Masculino	54:53	+23:13	05:29
129	67	Francisco Matos	carlos eduardo coelho caria pereira	Veterano M45	54:59	+23:19	05:30
130	27	Fabio Magalhaes	bosch termotecnologia sa	Senior Masculino	55:21	+23:41	05:32
131	230	Maria joao alves	runners oliveira do bairro	Veterana F40	55:24	+23:44	05:32

PROVA PRINCIPAL 10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
132	54	Patrícia Santos	bps mediação de seguros lda	Veterana F40	55:44	+24:04	05:34
133	182	antonio lemos	individual	Veterano M45	56:08	+24:28	05:37
134	215	António Silva	love4pets	Veterano M35	56:12	+24:32	05:37
135	213	Sara Duarte	love4pets	Veterana F40	56:12	+24:32	05:37
136	40	António Lopes	bosch termotecnologia sa	Veterano M45	56:19	+24:39	05:38
137	193	José Manuel da Silva Natálio	individual	Veterano M45	56:38	+24:58	05:40
138	48	Ana Marta	bps mediação de seguros lda	Senior Feminino	56:38	+24:58	05:40
139	59	Manuel Sousa	bps mediação de seguros lda	Veterano M45	56:39	+24:59	05:40
140	82	José Fernando da Silva Pires	flexiassembly	Veterano M35	56:47	+25:07	05:41
141	88	Ana Sofia Montez	individual	Senior Feminino	56:47	+25:07	05:41
142	216	Rosana Sofia	molinhas team	Senior Feminino	56:49	+25:09	05:41
143	137	Pedro Vieira	individual	Senior Masculino	56:52	+25:12	05:41
144	175	João Manuel Clemente Martins	individual	Veterano M40	56:52	+25:12	05:41
145	36	João Bastos	bosch termotecnologia sa	Veterano M35	57:06	+25:26	05:43
146	95	karina Ferreira oliveira	individual	Senior Feminino	57:21	+25:41	05:44
147	125	Luis Manuel Pereira Henriques	individual	Senior Masculino	57:26	+25:46	05:45
148	192	José Caetano	individual	Veterano M45	57:32	+25:52	05:45
149	84	paulo manuel oliveira ramos	grupo juvenil pinheiro da bemposta	Veterano M40	57:58	+26:18	05:48
150	214	Sofia Lopes	love4pets	Veterana F40	58:03	+26:23	05:48
151	12	Luís Neves	2run	Veterano M35	58:31	+26:51	05:51
152	217	Vera Silva	molinhas team	Senior Feminino	58:38	+26:58	05:52
153	229	ana lagoa	runners oliveira do bairro	Veterana F40	58:54	+27:14	05:53
154	85	Ana Claro	individual	Senior Feminino	59:41	+28:01	05:58
155	196	PAULO EDGAR RÉ	individual	Veterano M45	59:46	+28:06	05:59
156	194	Nelson Ré	individual	Veterano M45	59:46	+28:06	05:59
157	201	Fátima Fontes Costa	ko trail running	Senior Feminino	59:58	+28:18	06:00
158	65	Antónia Ferreira	carlos eduardo coelho caria pereira	Veterana F40	59:58	+28:18	06:00
159	231	Ricardo lagoa	runners oliveira do bairro	Veterano M35	59:59	+28:19	06:00
160	144	Rui Filipe Rodrigues Paiva	individual	Senior Masculino	01:00:16	+28:36	06:02
161	102	Silvana da Silva Lopes	individual	Senior Feminino	01:00:16	+28:36	06:02
162	235	Sandrine Ferreira	tuttipromo	Veterana F40	01:00:30	+28:50	06:03
163	218	Ana Silva	molinhas team	Veterana F40	01:00:32	+28:52	06:03
164	219	Elsa Mota	molinhas team	Veterana F40	01:00:54	+29:14	06:05
165	220	Alexandre Almeida	molinhas team	Veterano M40	01:00:54	+29:14	06:05
166	156	sonia martha de abreu da silva	individual	Veterana F40	01:01:13	+29:33	06:07
167	15	António Santos	andar a correr	Veterano M40	01:02:27	+30:47	06:15
168	18	Carlos Martins Pereira	andar a correr	Veterano M45	01:02:27	+30:47	06:15
169	117	Joao Diogo Semedo	individual	Senior Masculino	01:02:28	+30:48	06:15
170	232	Nelson Tavares	selmatron	Veterano M40	01:02:29	+30:49	06:15
171	47	Sónia Moreira	botapaquebrá	Veterana F40	01:02:52	+31:12	06:17
172	44	Natália Rochefort	botapaquebrá	Senior Feminino	01:02:53	+31:13	06:17
173	234	Isabel Reste	tuttipromo	Senior Feminino	01:03:04	+31:24	06:18
174	79	Luís Cabete	flexiassembly	Senior Masculino	01:03:06	+31:26	06:19
175	92	catarina creoulo	individual	Senior Feminino	01:05:30	+33:50	06:33
176	11	Madalena Ferreira	2run	Veterana F40	01:05:30	+33:50	06:33
177	233	Andreia Lobo	tuttipromo	Senior Feminino	01:08:39	+36:59	06:52

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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
178	43	Leonel Monteiro	bosch termotecnologia sa	Veterano M45	01:09:11	+37:31	06:55
179	207	Sónia Pires Pereira	ko trail running	Veterana F40	01:10:05	+38:25	07:01
180	152	Adília Duarte	individual	Veterana F40	01:10:27	+38:47	07:03
181	185	Carlos Manuel Barros Duarte	individual	Veterano M45	01:10:28	+38:48	07:03
182	199	Horácio Belo	junta de freguesia	Veterano M45	01:10:28	+38:48	07:03
183	154	Ana Margarida Vaz	individual	Veterana F40	01:14:35	+42:55	07:28
184	157	Teresa Castanhola	individual	Veterana F40	01:14:57	+43:17	07:30

I Corrida e Caminhada Jovens em Campo

Ílhavo

11-abril-2015

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

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

	Time	Temperature	Humidity
Start	17:00	18,4ºC	56,4%
End	18:26	18,4ºC	56,4%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	200	Ana Gama	KO TRAIL RUNNING	Senior Feminino	44:28		04:27
2	202	Gabriela Bento	KO TRAIL RUNNING	Senior Feminino	47:24	+02:56	04:44
3	50	Daniela Santos	BPS Mediação de Seguros Lda	Senior Feminino	48:10	+03:42	04:49
4	96	Luisa Mota	Individual	Senior Feminino	48:29	+04:01	04:51
5	13	Gisela Sofia Ribau	Andar a Correr	Senior Feminino	50:24	+05:56	05:02
6	101	Rita Glória	Individual	Senior Feminino	51:20	+06:52	05:08
7	222	Liliana Pragana	Perna de Pau Running Team! - SPEM	Senior Feminino	52:28	+08:00	05:15
8	89	Andreia Neves	Individual	Senior Feminino	52:45	+08:17	05:17
9	25	Catia Santos	BOSCH Termotecnologia SA	Senior Feminino	52:47	+08:19	05:17
10	227	Diana silva	runners oliveira do bairro	Senior Feminino	54:01	+09:33	05:24
11	48	Ana Marta	BPS Mediação de Seguros Lda	Senior Feminino	56:38	+12:10	05:40
12	88	Ana Sofia Montez	Individual	Senior Feminino	56:47	+12:19	05:41
13	216	Rosana Sofia	Molinhas Team	Senior Feminino	56:49	+12:21	05:41
14	95	karina Ferreira oliveira	Individual	Senior Feminino	57:21	+12:53	05:44
15	217	Vera Silva	Molinhas Team	Senior Feminino	58:38	+14:10	05:52
16	85	Ana Claro	Individual	Senior Feminino	59:41	+15:13	05:58
17	201	Fátima Fontes Costa	KO TRAIL RUNNING	Senior Feminino	59:58	+15:30	06:00
18	102	Silvana da Silva Lopes	Individual	Senior Feminino	01:00:16	+15:48	06:02
19	44	Natália Rochefort	BotaPaQuebrá	Senior Feminino	01:02:53	+18:25	06:17
20	234	Isabel Reste	Tuttipromo	Senior Feminino	01:03:04	+18:36	06:18
21	92	catarina creoulo	Individual	Senior Feminino	01:05:30	+21:02	06:33
22	233	Andreia Lobo	Tuttipromo	Senior Feminino	01:08:39	+24:11	06:52

Senior Masculino

1	73	Leonel Fernandes	CLUBE DE ATLETISMO DE OVAR	Senior Masculino	31:40		03:10
2	72	Johan Caldeira	Clube Campismo de São João da Madeira	Senior Masculino	31:45	+00:05	03:10
3	141	Ricardo Jorge Rebelo Gaspar	Individual	Senior Masculino	37:42	+06:02	03:46
4	203	Carlos Caria	KO TRAIL RUNNING	Senior Masculino	38:25	+06:45	03:50
5	24	João Andrade	Aveiro Rookie Team	Senior Masculino	38:26	+06:46	03:51
6	34	Ricardo Coelho	BOSCH Termotecnologia SA	Senior Masculino	38:27	+06:47	03:51
7	242	Pedro Barbosa	Individual	Senior Masculino	38:40	+07:00	03:52
8	133	Nuno Hélder Silva	Individual	Senior Masculino	38:58	+07:18	03:54
9	109	Filipe Carvalho	Individual	Senior Masculino	39:34	+07:54	03:57
10	74	Fausto Moreira	Clube PT Aveiro	Senior Masculino	40:44	+09:04	04:04
11	204	Henrique Dias	KO TRAIL RUNNING	Senior Masculino	40:47	+09:07	04:05
12	69	Ricardo Silva	CCD RENAULT CACIA	Senior Masculino	41:10	+09:30	04:07
13	150	Tiago Duarte Patacão	Individual	Senior Masculino	41:14	+09:34	04:07

Prova Principal

10 KM

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

OFFICIAL RESULT

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14	129	Mario Pires	Individual	Senior Masculino	42:10	+10:30	04:13
15	139	Ricardo de Almeida	Individual	Senior Masculino	42:27	+10:47	04:15
16	225	Rui Dias	RunMore - Mais Aventura, LDA	Senior Masculino	42:34	+10:54	04:15
17	32	Nuno Pereira	BOSCH Termotecnologia SA	Senior Masculino	42:53	+11:13	04:17
18	128	Manuel Pedro Vinhas Fernandes	Individual	Senior Masculino	42:57	+11:17	04:18
19	105	André Quinta Nova	Individual	Senior Masculino	43:30	+11:50	04:21
20	142	Ricardo Sousa	Individual	Senior Masculino	43:39	+11:59	04:22
21	31	Luis Oliveira	BOSCH Termotecnologia SA	Senior Masculino	43:47	+12:07	04:23
22	120	Jorge A. M. Maio	Individual	Senior Masculino	43:52	+12:12	04:23
23	110	Filipe Tavares	Individual	Senior Masculino	43:55	+12:15	04:24
24	241	Atleta 241	Individual	Senior Masculino	43:55	+12:15	04:24
25	146	Samuel de Oliveira Martinho	Individual	Senior Masculino	44:09	+12:29	04:25
26	131	Miguel Moura	Individual	Senior Masculino	44:10	+12:30	04:25
27	136	Paulo Fidalgo	Individual	Senior Masculino	44:16	+12:36	04:26
28	138	Rafael Maio	Individual	Senior Masculino	44:29	+12:49	04:27
29	115	João Albano Vinhas Fernandes	Individual	Senior Masculino	44:38	+12:58	04:28
30	240	Nelson Nunes	Individual	Senior Masculino	44:40	+13:00	04:28
31	147	Sergio Gonçalves	Individual	Senior Masculino	44:45	+13:05	04:28
32	132	Nuno Almeida	Individual	Senior Masculino	45:23	+13:43	04:32
33	124	Luis Carneiro	Individual	Senior Masculino	46:12	+14:32	04:37
34	76	Daniel Viana	FlexiAssembly	Senior Masculino	46:38	+14:58	04:40
35	114	Hugo Panão	Individual	Senior Masculino	47:16	+15:36	04:44
36	119	João Silva	Individual	Senior Masculino	47:43	+16:03	04:46
37	126	Luis Marques	Individual	Senior Masculino	49:20	+17:40	04:56
38	29	Hugo Ferreira	BOSCH Termotecnologia SA	Senior Masculino	49:27	+17:47	04:57
39	107	Fernando Carapelho	Individual	Senior Masculino	49:30	+17:50	04:57
40	78	José Alberto	FlexiAssembly	Senior Masculino	49:33	+17:53	04:57
41	135	Paulo André Vilar Calisto	Individual	Senior Masculino	49:42	+18:02	04:58
42	26	Bruno Alves	BOSCH Termotecnologia SA	Senior Masculino	49:52	+18:12	04:59
43	111	Flávio Marques	Individual	Senior Masculino	50:01	+18:21	05:00
44	81	Tiago Carreira	FlexiAssembly	Senior Masculino	50:09	+18:29	05:01
45	45	Gonçalo Amaro	BotaPaQuebrá	Senior Masculino	50:22	+18:42	05:02
46	46	Ricardo Pereira	BotaPaQuebrá	Senior Masculino	50:22	+18:42	05:02
47	80	Sérgio Camilo Conceição	FlexiAssembly	Senior Masculino	50:48	+19:08	05:05
48	112	Gabriel Oliveira	Individual	Senior Masculino	50:51	+19:11	05:05
49	113	Guido Lopes	Individual	Senior Masculino	51:12	+19:32	05:07
50	122	José augusto santos	Individual	Senior Masculino	51:43	+20:03	05:10
51	228	Licurgo figueiredo	runners oliveira do bairro	Senior Masculino	51:52	+20:12	05:11
52	104	André Bagão	Individual	Senior Masculino	51:58	+20:18	05:12
53	145	Rui Jorge Cirineu Oliveira	Individual	Senior Masculino	51:58	+20:18	05:12
54	30	João Castro Ferreira	BOSCH Termotecnologia SA	Senior Masculino	52:28	+20:48	05:15
55	33	Pedro Correia	BOSCH Termotecnologia SA	Senior Masculino	52:43	+21:03	05:16
56	205	Pedro Henriques	KO TRAIL RUNNING	Senior Masculino	53:29	+21:49	05:21
57	118	João Rocha	Individual	Senior Masculino	53:30	+21:50	05:21
58	7	João Camplargo	Individual	Senior Masculino	54:38	+22:58	05:28
59	77	Jorge Marques	FlexiAssembly	Senior Masculino	54:38	+22:58	05:28

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

OFFICIAL RESULT

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60	35	Rui Ribeiro	BOSCH Termotecnologia SA	Senior Masculino	54:41	+23:01	05:28
61	62	João José Poito Coelho	BRESIMAR	Senior Masculino	54:52	+23:12	05:29
62	149	Tiago André Cirne Ramos	Individual	Senior Masculino	54:53	+23:13	05:29
63	27	Fabio Magalhaes	BOSCH Termotecnologia SA	Senior Masculino	55:21	+23:41	05:32
64	137	Pedro Vieira	Individual	Senior Masculino	56:52	+25:12	05:41
65	125	Luis Manuel Pereira Henriques	Individual	Senior Masculino	57:26	+25:46	05:45
66	144	Rui Filipe Rodrigues Paiva	Individual	Senior Masculino	01:00:16	+28:36	06:02
67	117	Joao Diogo Semedo	Individual	Senior Masculino	01:02:28	+30:48	06:15
68	79	Luís Cabete	FlexiAssembly	Senior Masculino	01:03:06	+31:26	06:19

Veterana F40

1	239	Maria Fátima Pinho	Grecas	Veterana F40	40:06		04:01
2	155	Paula Santos Paiva	Individual	Veterana F40	51:59	+11:53	05:12
3	158	Teresa Maria de Oliveira Martins	Individual	Veterana F40	53:09	+13:03	05:19
4	153	Alexandra Ataíde	Individual	Veterana F40	53:57	+13:51	05:24
5	230	Maria joao alves	runners oliveira do bairro	Veterana F40	55:24	+15:18	05:32
6	54	Patrícia Santos	BPS Mediação de Seguros Lda	Veterana F40	55:44	+15:38	05:34
7	213	Sara Duarte	Love4pets	Veterana F40	56:12	+16:06	05:37
8	214	Sofia Lopes	Love4pets	Veterana F40	58:03	+17:57	05:48
9	229	ana lagoa	runners oliveira do bairro	Veterana F40	58:54	+18:48	05:53
10	65	Antónia Ferreira	Carlos Eduardo Coelho Caria Pereira	Veterana F40	59:58	+19:52	06:00
11	235	Sandrine Ferreira	Tuttipromo	Veterana F40	01:00:30	+20:24	06:03
12	218	Ana Silva	Molinhas Team	Veterana F40	01:00:32	+20:26	06:03
13	219	Elsa Mota	Molinhas Team	Veterana F40	01:00:54	+20:48	06:05
14	156	sonia martha de abreu da silva	Individual	Veterana F40	01:01:13	+21:07	06:07
15	47	Sónia Moreira	BotaPaQuebrá	Veterana F40	01:02:52	+22:46	06:17
16	11	Madalena Ferreira	2Run	Veterana F40	01:05:30	+25:24	06:33
17	207	Sónia Pires Pereira	KO TRAIL RUNNING	Veterana F40	01:10:05	+29:59	07:01
18	152	Adília Duarte	Individual	Veterana F40	01:10:27	+30:21	07:03
19	154	Ana Margarida Vaz	Individual	Veterana F40	01:14:35	+34:29	07:28
20	157	Teresa Castanhola	Individual	Veterana F40	01:14:57	+34:51	07:30

Veterano M35

1	71	Pedro Miguel Reis de Almeida e silva	CCD RENAULT CACIA	Veterano M35	39:52		03:59
2	162	David Marques da Costa	Individual	Veterano M35	40:12	+00:20	04:01
3	159	Alex Tondela	Individual	Veterano M35	40:49	+00:57	04:05
4	70	Carlos Martins	CCD RENAULT CACIA	Veterano M35	44:43	+04:51	04:28
5	208	Rui Manuel Ribeiro Mesquita	KO TRAIL RUNNING	Veterano M35	44:46	+04:54	04:29
6	22	André Capote	Arte Runners	Veterano M35	46:04	+06:12	04:36
7	37	Nuno Marnoto	BOSCH Termotecnologia SA	Veterano M35	47:26	+07:34	04:45
8	14	Nuno Fontoura	Andar a Correr	Veterano M35	47:47	+07:55	04:47
9	166	Jorge Loureiro	Individual	Veterano M35	47:55	+08:03	04:47
10	171	Nuno Tavares	Individual	Veterano M35	48:02	+08:10	04:48

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

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

11	224	George Martins Grangeia	Perna de Pau Running Team! - SPEM	Veterano M35	48:08	+08:16	04:49
12	163	filipe ramalheira	Individual	Veterano M35	49:31	+09:39	04:57
13	169	Nuno Alegria	Individual	Veterano M35	49:33	+09:41	04:57
14	173	Rui Filipe Osorio Ferreira da Costa	Individual	Veterano M35	50:08	+10:16	05:01
15	161	Bruno Toito	Individual	Veterano M35	50:18	+10:26	05:02
16	164	Francisco Fernandes	Individual	Veterano M35	50:33	+10:41	05:03
17	165	João Daniel Fradinho Matos	Individual	Veterano M35	51:49	+11:57	05:11
18	237	Nuno Cruz	Voltaren Addicted	Veterano M35	54:32	+14:40	05:27
19	238	Paulo Teixeira	Voltaren Addicted	Veterano M35	54:39	+14:47	05:28
20	223	Aurélio Saúde	Perna de Pau Running Team! - SPEM	Veterano M35	54:46	+14:54	05:29
21	215	António Silva	Love4pets	Veterano M35	56:12	+16:20	05:37
22	82	José Fernando da Silva Pires	FlexiAssembly	Veterano M35	56:47	+16:55	05:41
23	36	João Bastos	BOSCH Termotecnologia SA	Veterano M35	57:06	+17:14	05:43
24	12	Luís Neves	2Run	Veterano M35	58:31	+18:39	05:51
25	231	Ricardo lagoa	runners oliveira do bairro	Veterano M35	59:59	+20:07	06:00

Veterano M40

1	174	Fernando Santos	Individual	Veterano M40	34:14		03:25
2	23	João Pedro Cruz Fradinho	Arte Runners	Veterano M40	42:36	+08:22	04:16
3	177	João Santana	Individual	Veterano M40	43:48	+09:34	04:23
4	38	Armindo Bastos	BOSCH Termotecnologia SA	Veterano M40	44:28	+10:14	04:27
5	16	Paulo Nina	Andar a Correr	Veterano M40	45:49	+11:35	04:35
6	39	Carlos Ferreira	BOSCH Termotecnologia SA	Veterano M40	46:10	+11:56	04:37
7	176	João Rodrigues	Individual	Veterano M40	47:48	+13:34	04:47
8	179	PAULO PINTO SANTOS	Individual	Veterano M40	49:09	+14:55	04:55
9	181	Rui Manuel da Cunha Vieito	Individual	Veterano M40	50:26	+16:12	05:03
10	180	Pedro Miguel Domingues Paiva	Individual	Veterano M40	51:59	+17:45	05:12
11	175	João Manuel Clemente Martins	Individual	Veterano M40	56:52	+22:38	05:41
12	84	paulo manuel oliveira ramos	Grupo Juvenil Pinheiro da Bemposta	Veterano M40	57:58	+23:44	05:48
13	220	Alexandre Almeida	Molinhas Team	Veterano M40	01:00:54	+26:40	06:05
14	15	António Santos	Andar a Correr	Veterano M40	01:02:27	+28:13	06:15
15	232	Nelson Tavares	Selmatron	Veterano M40	01:02:29	+28:15	06:15

Veterano M45

1	68	fernando silva	Casa do Povo Mangualde	Veterano M45	35:18		03:32
2	189	joao jose oliveira castro	Individual	Veterano M45	43:21	+08:03	04:20
3	186	DUARTE REINALDO ANTUNES SEQUEIRA	Individual	Veterano M45	43:40	+08:22	04:22
4	195	Paul Shepherd	Individual	Veterano M45	43:46	+08:28	04:23
5	41	Fernando Faustino	BOSCH Termotecnologia SA	Veterano M45	44:28	+09:10	04:27
6	57	Américo Alhais	BPS Mediação de Seguros Lda	Veterano M45	44:36	+09:18	04:28
7	190	João Manuel Lopes	Individual	Veterano M45	44:39	+09:21	04:28

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

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

8	191	Jorge António Fidalgo Peixoto	Individual	Veterano M45	44:58	+09:40	04:30
9	42	José Carlos Ferreira	BOSCH Termotecnologia SA	Veterano M45	45:03	+09:45	04:30
10	187	Fernando Jorge Magalhaes dos Santos	Individual	Veterano M45	45:19	+10:01	04:32
11	226	Arlindo Santos	RunMore - Mais Aventura, LDA	Veterano M45	46:20	+11:02	04:38
12	75	Arlindo Santos	Desportivo Atlético Recardães	Veterano M45	47:02	+11:44	04:42
13	211	Pedro Saraiva	KO TRAIL RUNNING	Veterano M45	48:04	+12:46	04:48
14	20	João Paulo Carvalho	Andar a Correr	Veterano M45	48:24	+13:06	04:50
15	184	CARLOS ESTIMA	Individual	Veterano M45	48:42	+13:24	04:52
16	210	Carlos Manuel Rocha Dias	KO TRAIL RUNNING	Veterano M45	49:39	+14:21	04:58
17	183	ARMÉNIO NEVES	Individual	Veterano M45	50:20	+15:02	05:02
18	188	João Dono	Individual	Veterano M45	50:43	+15:25	05:04
19	221	José Manuel Cruz Costa	Molinhas Team	Veterano M45	52:17	+16:59	05:14
20	66	Antonio Pires	Carlos Eduardo Coelho Caria Pereira	Veterano M45	52:23	+17:05	05:14
21	17	António Manuel Ribeiro	Andar a Correr	Veterano M45	54:42	+19:24	05:28
22	21	José Luis Alves	Andar a Correr	Veterano M45	54:42	+19:24	05:28
23	67	Francisco Matos	Carlos Eduardo Coelho Caria Pereira	Veterano M45	54:59	+19:41	05:30
24	182	antonio lemos	Individual	Veterano M45	56:08	+20:50	05:37
25	40	António Lopes	BOSCH Termotecnologia SA	Veterano M45	56:19	+21:01	05:38
26	193	José Manuel da Silva Natálio	Individual	Veterano M45	56:38	+21:20	05:40
27	59	Manuel Sousa	BPS Mediação de Seguros Lda	Veterano M45	56:39	+21:21	05:40
28	192	José Caetano	Individual	Veterano M45	57:32	+22:14	05:45
29	196	PAULO EDGAR RÉ	Individual	Veterano M45	59:46	+24:28	05:59
30	194	Nelson Ré	Individual	Veterano M45	59:46	+24:28	05:59
31	18	Carlos Martins Pereira	Andar a Correr	Veterano M45	01:02:27	+27:09	06:15
32	43	Leonel Monteiro	BOSCH Termotecnologia SA	Veterano M45	01:09:11	+33:53	06:55
33	185	Carlos Manuel Barros Duarte	Individual	Veterano M45	01:10:28	+35:10	07:03
34	199	Horácio Belo	Junta de Freguesia	Veterano M45	01:10:28	+35:10	07:03