

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	18:00	14°C	71%
End	19:26	14°C	71%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	247	Rui Borges	sporting clube de braga	Senior Masculino	36:12		03:37
2	36	Paulo Mesquita	edv viana trail	Senior Masculino	38:31	+02:19	03:51
3	209	Fábio Cruz	movimento de juventude de merelim	Senior Masculino	38:48	+02:35	03:53
4	2	Fernando Pimenta	sl benfica	Senior Masculino	39:20	+03:07	03:56
5	211	Miguel Vieira	movimento de juventude de merelim	Senior Masculino	40:25	+04:12	04:03
6	290	Adelino Sousa	grupo desportivo da goma	Senior Masculino	40:48	+04:35	04:05
7	193	patricio castro	nataipas	Veterano M40	40:53	+04:40	04:05
8	80	Avelino Macedo	individual	Senior Masculino	40:56	+04:44	04:06
9	121	Miguel Tinoco	individual	Senior Masculino	41:00	+04:47	04:06
10	236	Filipe Saraiva	palmeira runners	Senior Masculino	41:21	+05:08	04:08
11	39	Alberto Valente	grupo desportivo santander totta	Veterano M40	41:28	+05:16	04:09
12	56	Laura	individual	Senior Feminino	41:39	+05:26	04:10
13	215	Carmino Soares	movimento de juventude de merelim	Veterano M40	42:42	+06:30	04:16
14	205	João Martins	let's go	Senior Masculino	42:53	+06:41	04:17
15	35	Cecilia Pereira Mouta	dumiense xallenge runners	Senior Feminino	43:10	+06:57	04:19
16	38	Sérgio Talaia	friends	Veterano M40	44:13	+08:00	04:25
17	225	Bruno Pontes	orbita	Veterano M40	44:13	+08:00	04:25
18	238	Vítor Faria	palmeira runners	Veterano M40	44:14	+08:01	04:25
19	234	Nuno Costa	os manos	Senior Masculino	44:59	+08:46	04:30
20	152	Tiago santos	individual	Senior Masculino	45:05	+08:52	04:31
21	104	Jorge André Teixeira de Sousa	individual	Senior Masculino	45:10	+08:57	04:31
22	212	Pedro Coutinho	movimento de juventude de merelim	Senior Masculino	45:20	+09:08	04:32
23	213	Ricardo Ferreira	movimento de juventude de merelim	Senior Masculino	45:26	+09:13	04:33
24	206	Bruno Lima	moveis lima	Senior Masculino	45:44	+09:31	04:34
25	139	Ricardo Jorge Pereira Tinoco	individual	Senior Masculino	45:48	+09:35	04:35
26	78	António Fernandes	individual	Senior Masculino	45:49	+09:36	04:35
27	204	Miguel Domingues	lebres minhotas	Veterano M40	45:57	+09:45	04:36
28	165	Amandio correia lopes	individual	Veterano M40	46:00	+09:47	04:36
29	102	João Salome Silva vieira	individual	Senior Masculino	46:02	+09:49	04:36
30	201	António Martins	lebres minhotas	Senior Masculino	46:20	+10:07	04:38
31	55	Joana Vasconcelos	individual	Senior Feminino	46:20	+10:07	04:38
32	203	Jorge Domingues	lebres minhotas	Veterano M40	46:28	+10:15	04:39
33	284	Augusto Lopes	individual	Veterano M40	46:35	+10:22	04:40
34	221	Rui Alexandre Antunes Araújo	oh faxabor	Senior Masculino	46:41	+10:28	04:40
35	184	José Lopes	palmeira runners	Veterano M40	46:56	+10:43	04:42
36	105	Jorge Ferreira	individual	Senior Masculino	47:19	+11:06	04:44
37	41	Vasco Carvalho	icarus running team	Senior Masculino	47:28	+11:15	04:45
38	93	Fábio Pereira	individual	Senior Masculino	47:41	+11:28	04:46
39	294	João Gomes	individual	Senior Masculino	47:52	+11:39	04:47
40	73	Amaro Costa	individual	Senior Masculino	47:54	+11:41	04:47
41	191	Nuno André da Cosra Martins de Sousa	individual	Veterano M40	48:01	+11:48	04:48

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	291	José Oliveira	acolhimento sénior	Senior Masculino	48:25	+12:12	04:51
43	34	Jorge Vieira	dornelas runner's	Veterano M40	48:28	+12:15	04:51
44	263	João Lopes	individual	Senior Masculino	48:31	+12:18	04:51
45	199	Paulo Azevedo	lanhas tt	Veterano M40	48:39	+12:26	04:52
46	173	Filipe Ribeiro	individual	Veterano M40	48:44	+12:31	04:52
47	82	Bruno Carvalho	individual	Senior Masculino	48:44	+12:31	04:52
48	123	Nuno	individual	Senior Masculino	48:46	+12:33	04:53
49	186	Luís Fernandes	individual	Veterano M40	49:00	+12:47	04:54
50	141	RICARDO MANUEL SOARES FERNANDES	individual	Senior Masculino	49:01	+12:48	04:54
51	72	Alexandre Miguel Fernandes Veloso	individual	Senior Masculino	49:01	+12:48	04:54
52	277	José Fernandes	movimento de juventude de merelim	Veterano M40	49:09	+12:56	04:55
53	81	Bruno Antunes	individual	Senior Masculino	49:20	+13:07	04:56
54	143	Ricardo silva	individual	Senior Masculino	49:24	+13:11	04:56
55	176	Horacio SANTOS	individual	Veterano M40	49:24	+13:11	04:56
56	180	Jorge Luis da Costa Martins de Sousa	individual	Veterano M40	49:24	+13:11	04:56
57	11	Ricardo António Vieira Ferreira	aventureiros	Senior Masculino	49:34	+13:21	04:57
58	114	Marco Lima	individual	Senior Masculino	50:07	+13:55	05:01
59	240	Manuel	patanisca	Senior Masculino	50:23	+14:10	05:02
60	135	Pedro António Macedo Paredes	individual	Senior Masculino	50:27	+14:14	05:03
61	166	ANTÓNIO MANUEL ABREU COELHO	individual	Veterano M40	50:40	+14:27	05:04
62	196	Sérgio Amaro Bastos	individual	Veterano M40	50:41	+14:28	05:04
63	175	Francisco Silva	individual	Veterano M40	50:47	+14:34	05:05
64	95	Guilherme Teixeira Lopes Faria	individual	Senior Masculino	50:54	+14:41	05:05
65	168	artur jorge fernandes	individual	Veterano M40	50:57	+14:45	05:06
66	268	Daniela macedo	individual	Senior Feminino	51:05	+14:52	05:07
67	22	Diamantino Ribeiro	bora lá correr	Veterano M40	51:11	+14:58	05:07
68	96	Hugo Ribeiro	individual	Senior Masculino	51:18	+15:05	05:08
69	98	João Carlos Oliveira Gonçalves	individual	Senior Masculino	51:19	+15:06	05:08
70	40	Carlos Fernandes	hb a correr+	Senior Masculino	51:19	+15:06	05:08
71	293	Emanuel Gomes	individual	Veterano M40	51:26	+15:13	05:09
72	246	Pedro Machado	sporting clube de braga	Senior Masculino	51:47	+15:35	05:11
73	91	EDGAR GONÇALVES	individual	Senior Masculino	51:53	+15:40	05:11
74	124	Nuno Domingues	individual	Senior Masculino	51:53	+15:40	05:11
75	137	Ricardo Coimbra	individual	Senior Masculino	52:02	+15:49	05:12
76	149	Rui Oliveira	individual	Senior Masculino	52:05	+15:53	05:13
77	37	Joaquim Alexandre Salazar	friends	Senior Masculino	52:08	+15:55	05:13
78	270	Sergio Teixeira Machado	individual	Senior Masculino	52:14	+16:02	05:13
79	287	Domingos Lopes	individual	Senior Masculino	52:15	+16:02	05:14
80	266	Mariana Pinheiro	aventureiros	Senior Feminino	52:23	+16:10	05:14
81	132	Nuno Silva	individual	Senior Masculino	52:23	+16:10	05:14
82	130	Alfredo Vieira	individual	Senior Masculino	52:23	+16:11	05:14

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
83	131	bruno Joel	individual	Senior Masculino	52:36	+16:24	05:16
84	83	Bruno Miguel Ferreira Gonçalves	individual	Senior Masculino	52:37	+16:24	05:16
85	187	Manuel Brito	individual	Veterano M40	52:49	+16:37	05:17
86	274	Amaro fernandes	individual	Veterano M40	53:09	+16:56	05:19
87	289	Sílvia Clara Fernandes Sousa	grupo desportivo da goma	Senior Feminino	53:09	+16:57	05:19
88	89	Daniel Leonardo Lopes Pereira	individual	Senior Masculino	53:10	+16:57	05:19
89	190	Mário Rosas	individual	Veterano M40	53:10	+16:57	05:19
90	174	Filipe sousa	individual	Veterano M40	53:16	+17:04	05:20
91	197	Vítor Manuel Dantas magalhaes	individual	Veterano M40	53:45	+17:32	05:23
92	208	Cristina Silva	movimento de juventude de merelim	Senior Feminino	54:00	+17:48	05:24
93	148	Rui mendes	individual	Senior Masculino	54:04	+17:51	05:24
94	33	Carlos	dornelas runner's	Veterano M40	54:24	+18:11	05:26
95	198	Vítor Sousa	individual	Veterano M40	54:27	+18:14	05:27
96	159	Elisabete Ministro	individual	Veterana F40	54:34	+18:21	05:27
97	144	RICARDO VILELA	individual	Senior Masculino	54:49	+18:36	05:29
98	133	Paulo	individual	Senior Masculino	54:51	+18:38	05:29
99	42	Maria Ribeiro	icarus running team	Veterana F40	54:51	+18:38	05:29
100	86	Carlos Torres	individual	Senior Masculino	54:56	+18:43	05:30
101	100	João Magalhães	individual	Senior Masculino	55:01	+18:48	05:30
102	109	Manuel Silva	individual	Senior Masculino	55:09	+18:56	05:31
103	128	Miguel ribeiro	individual	Senior Masculino	55:10	+18:57	05:31
104	167	António Manuel da Costa Antunes	individual	Veterano M40	55:11	+18:58	05:31
105	28	Jorge Xavier	dornelas runner's	Senior Masculino	55:11	+18:58	05:31
106	10	Joel Vale	aventureiros	Senior Masculino	55:13	+19:00	05:31
107	254	DIOGO CUNHA	os empatas	Senior Masculino	55:15	+19:02	05:32
108	253	MANUEL CUNHA	os empatas	Veterano M40	55:17	+19:04	05:32
109	280	Andre Oliveira	individual	Senior Masculino	55:41	+19:28	05:34
110	237	Maria José Ribeiro	palmeira runners	Veterana F40	56:11	+19:58	05:37
111	94	Francisco Pedro Gomes Teixeira	individual	Senior Masculino	56:12	+19:59	05:37
112	21	Álvaro Oliveira	bora lá correr	Veterano M40	56:24	+20:12	05:38
113	156	Zezito peixoto	individual	Senior Masculino	56:29	+20:17	05:39
114	142	Ricardo Silva	individual	Senior Masculino	56:43	+20:31	05:40
115	110	Marcelo Gonçalves	individual	Senior Masculino	56:45	+20:32	05:41
116	169	Carlos Oliveira	individual	Veterano M40	56:46	+20:33	05:41
117	23	Humberto Carvalho	bora lá correr	Veterano M40	56:47	+20:34	05:41
118	160	Fernanda Silva	individual	Veterana F40	57:03	+20:50	05:42
119	235	André Freitas	os manos	Veterano M40	57:13	+21:00	05:43
120	222	Vítor Daniel Tinoco Marçal	oh faxabor	Senior Masculino	57:16	+21:03	05:44
121	1	João Esteves	individual	Senior Masculino	57:17	+21:04	05:44
122	214	Isabel Alves	movimento de juventude de merelim	Veterana F40	57:23	+21:10	05:44
123	12	Simão Brandão Fernandes	aventureiros	Senior Masculino	57:40	+21:27	05:46
124	92	Fábio Alexandre Veloso Fernandes	individual	Senior Masculino	57:43	+21:30	05:46

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
125	252	RODRIGO FARIA	os empatas	Senior Masculino	57:43	+21:30	05:46
126	255	SERGIO FARIA	os empatas	Senior Masculino	57:43	+21:31	05:46
127	207	Cândido Soares de Lima	moveis lima	Veterano M40	57:51	+21:38	05:47
128	243	Ana Luísa Pereira	run to eat	Senior Feminino	57:52	+21:39	05:47
129	244	Gonçalo Alves	run to eat	Senior Masculino	57:52	+21:39	05:47
130	76	André Gonçalves Rodrigues	individual	Senior Masculino	57:57	+21:44	05:48
131	119	Miguel Barros Carvalho	individual	Senior Masculino	57:57	+21:45	05:48
132	164	Alfredo Agostinho Silva Pereira	individual	Veterano M40	58:13	+22:00	05:49
133	153	Vítor André Silva	individual	Senior Masculino	58:16	+22:03	05:50
134	154	Vitor Granja	individual	Senior Masculino	58:20	+22:07	05:50
135	49	Ângela Rodrigues	individual	Senior Feminino	58:24	+22:12	05:50
136	59	Maria Jose Fernandes de Barros	individual	Senior Feminino	58:50	+22:38	05:53
137	97	ivo rodrigues	individual	Senior Masculino	58:50	+22:38	05:53
138	47	Anabela Pimenta fernandes	individual	Senior Feminino	59:18	+23:06	05:56
139	151	Tiago Pereira	individual	Senior Masculino	59:19	+23:06	05:56
140	87	Daniel Barros	individual	Senior Masculino	59:19	+23:07	05:56
141	295	Marina Leite	individual	Veterana F40	59:24	+23:11	05:56
142	19	Ana Luísa Oliveira	bora lá correr	Veterana F40	59:29	+23:16	05:57
143	275	Paulo gomes	individual	Senior Masculino	59:39	+23:26	05:58
144	242	Ricardo Freitas	r&r team	Senior Masculino	59:52	+23:39	05:59
145	155	Vítor Vieira	individual	Senior Masculino	01:00:20	+24:07	06:02
146	53	Helena Silva	individual	Senior Feminino	01:00:55	+24:42	06:06
147	200	Mónica Domingues	lebres minhotas	Senior Feminino	01:01:15	+25:02	06:08
148	138	Ricardo Duarte	individual	Senior Masculino	01:01:17	+25:04	06:08
149	296	Rui Cruz	individual	Senior Masculino	01:01:43	+25:30	06:10
150	57	Liliana Almeida	individual	Senior Feminino	01:01:43	+25:31	06:10
151	181	José Boaventura Gonçalves Faria	individual	Veterano M40	01:01:51	+25:38	06:11
152	262	Miguel Rodrigues	individual	Senior Masculino	01:02:22	+26:09	06:14
153	45	Ana Lucia Vieira Peixoto Andre	individual	Senior Feminino	01:02:41	+26:28	06:16
154	122	Moisés Cunha	individual	Senior Masculino	01:03:51	+27:38	06:23
155	261	Orlando Rodrigues	individual	Veterano M40	01:03:52	+27:39	06:23
156	90	Diogo	individual	Senior Masculino	01:03:52	+27:40	06:23
157	61	Marta	individual	Senior Feminino	01:03:59	+27:46	06:24
158	4	Luis Manuel Carvalho	individual	Senior Masculino	01:04:03	+27:51	06:24
159	48	Anabela Veloso	individual	Senior Feminino	01:04:29	+28:16	06:27
160	67	Tânia Graciela da Silva	individual	Senior Feminino	01:04:30	+28:17	06:27
161	68	Teresa Veloso	individual	Senior Feminino	01:04:34	+28:21	06:27
162	171	Domingos Rocha	individual	Veterano M40	01:04:36	+28:23	06:28
163	120	Miguel Sousa	individual	Senior Masculino	01:04:40	+28:28	06:28
164	14	Ana Brás	aventureiros	Veterana F40	01:04:45	+28:33	06:29
165	285	Maria José Gomes Correia	individual	Veterana F40	01:05:00	+28:47	06:30
166	99	Joao Daniel Pereira Gonçalves	individual	Senior Masculino	01:05:00	+28:48	06:30
167	230	Francisco Oliveira Rodrigues	os bravos	Veterano M40	01:05:41	+29:28	06:34
168	241	Raquel Pereira	r&r team	Senior Feminino	01:05:45	+29:32	06:35
169	66	Susana Pereira	individual	Senior Feminino	01:06:23	+30:10	06:38

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
170	265	David Martins	individual	Veterano M40	01:06:53	+30:40	06:41
171	106	José Pedro Silva Fernandes	individual	Senior Masculino	01:06:54	+30:41	06:41
172	46	Ana Rita Barros Pereira	individual	Senior Feminino	01:06:56	+30:43	06:42
173	185	Lourenço Antues	individual	Veterano M40	01:07:19	+31:06	06:44
174	202	Isabel Domingues	lebres minhotas	Veterana F40	01:07:26	+31:14	06:45
175	258	Ramiro vitoriano	individual	Veterano M40	01:07:31	+31:19	06:45
176	189	Marco José Almeida Costa	individual	Veterano M40	01:08:39	+32:26	06:52
177	158	Carolina Fernandes	individual	Veterana F40	01:09:05	+32:53	06:55
178	162	Mónica Susana Maia	individual	Veterana F40	01:09:16	+33:04	06:56
179	257	Patricia Vitoriano	individual	Senior Feminino	01:09:16	+33:04	06:56
180	63	Patrícia Isabel Sá Faustino	individual	Senior Feminino	01:09:19	+33:06	06:56
181	101	João Ricardo Freitas	individual	Senior Masculino	01:09:35	+33:22	06:58
182	163	Sílvia de Barros	individual	Veterana F40	01:09:41	+33:28	06:58
183	50	Carla Maria Costa Fernandes Macedo	individual	Senior Feminino	01:09:59	+33:47	07:00
184	60	Marina Sousa	individual	Senior Feminino	01:10:20	+34:07	07:02
185	20	Zulmira Oliveira	bora lá correr	Veterana F40	01:10:27	+34:14	07:03
186	140	Ricardo José Peixoto Coelho	individual	Senior Masculino	01:10:35	+34:23	07:04
187	256	Alfredo Roriz	individual	Veterano M40	01:10:43	+34:30	07:04
188	179	Joaquim Pereira	individual	Veterano M40	01:10:43	+34:30	07:04
189	194	Paulo gonçalves pereira	individual	Veterano M40	01:10:44	+34:31	07:04
190	170	Cristiano Gomes Pereira	individual	Veterano M40	01:10:44	+34:31	07:04
191	260	ANA RAFAELA GONÇALVES ANTUNES	individual	Senior Feminino	01:10:49	+34:37	07:05
192	9	Sónia Raquel Gonçalves de Almeida	aventureiros	Senior Feminino	01:10:52	+34:40	07:05
193	219	Fernando Gabriel Lago Cunha	oh faxabor	Senior Masculino	01:11:45	+35:33	07:11
194	71	Alexandre Manuel Gomes da Costa	individual	Senior Masculino	01:12:34	+36:21	07:15
195	177	Ilidio Assis	individual	Veterano M40	01:12:43	+36:31	07:16
196	113	Marco Ferreira	individual	Senior Masculino	01:13:14	+37:01	07:19
197	218	Isilda Manuela Silva Oliveira	oh faxabor	Senior Feminino	01:13:53	+37:40	07:23
198	217	Bruna Patricia Gonçalves da Silva	oh faxabor	Senior Feminino	01:13:55	+37:42	07:24
199	220	Hélder João Cunha Antunes	oh faxabor	Senior Masculino	01:14:02	+37:50	07:24
200	226	Angela Daniela Ferreira Rodrigues	os bravos	Senior Feminino	01:15:35	+39:23	07:34
201	157	Alda Cristina Faustino	individual	Veterana F40	01:16:02	+39:49	07:36
202	8	sónia brás	aventureiros	Senior Feminino	01:16:21	+40:08	07:38
203	29	Marco Caldas	dornelas runner's	Senior Masculino	01:17:17	+41:04	07:44
204	30	Michel Paredes	dornelas runner's	Senior Masculino	01:17:17	+41:04	07:44
205	223	Carla Mota	orbita	Senior Feminino	01:17:30	+41:18	07:45
206	62	Mónica Fernandes	individual	Senior Feminino	01:18:50	+42:37	07:53
207	44	Ana Filipa	individual	Senior Feminino	01:18:50	+42:37	07:53
208	259	MARIANA ISABEL DIAS RODRIGUES	individual	Senior Feminino	01:19:24	+43:11	07:56
209	6	Eva Maria Gonçalves Pereira	aventureiros	Senior Feminino	01:26:02	+49:49	08:36

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	18:00	14°C	71%
End	19:26	14°C	71%

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

1	56	Laura	Individual	Senior Feminino	41:39	+05:26	04:10
2	35	Cecilia Pereira Mouta	DUMIENSE XALLENGE RUNNERS	Senior Feminino	43:10	+06:57	04:19
3	55	Joana Vasconcelos	Individual	Senior Feminino	46:20	+10:07	04:38
4	268	Daniela macedo	Individual	Senior Feminino	51:05	+14:52	05:07
5	266	Mariana Pinheiro	Aventureiros	Senior Feminino	52:23	+16:10	05:14
6	289	Silvia Clara Fernandes Sousa	Grupo Desportivo da Goma	Senior Feminino	53:09	+16:57	05:19
7	208	Cristina Silva	MOVIMENTO DE JUVENTUDE DE MERELIM	Senior Feminino	54:00	+17:48	05:24
8	243	Ana Luísa Pereira	Run To Eat	Senior Feminino	57:52	+21:39	05:47
9	49	Ângela Rodrigues	Individual	Senior Feminino	58:24	+22:12	05:50
10	59	Maria Jose Fernandes de Barros	Individual	Senior Feminino	58:50	+22:38	05:53
11	47	Anabela Pimenta fernandes	Individual	Senior Feminino	59:18	+23:06	05:56
12	53	Helena Silva	Individual	Senior Feminino	01:00:55	+24:42	06:06
13	200	Mónica Domingues	LEBRES MINHOTAS	Senior Feminino	01:01:15	+25:02	06:08
14	57	Liliana Almeida	Individual	Senior Feminino	01:01:43	+25:31	06:10
15	45	Ana Lucia Vieira Peixoto Andre	Individual	Senior Feminino	01:02:41	+26:28	06:16
16	61	Marta	Individual	Senior Feminino	01:03:59	+27:46	06:24
17	48	Anabela Veloso	Individual	Senior Feminino	01:04:29	+28:16	06:27
18	67	Tânia Graciela da Silva	Individual	Senior Feminino	01:04:30	+28:17	06:27
19	68	Teresa Veloso	Individual	Senior Feminino	01:04:34	+28:21	06:27
20	241	Raquel Pereira	R&R Team	Senior Feminino	01:05:45	+29:32	06:35
21	66	Susana Pereira	Individual	Senior Feminino	01:06:23	+30:10	06:38
22	46	Ana Rita Barros Pereira	Individual	Senior Feminino	01:06:56	+30:43	06:42
23	257	Patrícia Vitoriano	Individual	Senior Feminino	01:09:16	+33:04	06:56
24	63	Patrícia Isabel Sá Faustino	Individual	Senior Feminino	01:09:19	+33:06	06:56
25	50	Carla Maria Costa Fernandes Macedo	Individual	Senior Feminino	01:09:59	+33:47	07:00
26	60	Marina Sousa	Individual	Senior Feminino	01:10:20	+34:07	07:02
27	260	ANA RAFAELA GONÇALVES ANTUNES	Individual	Senior Feminino	01:10:49	+34:37	07:05
28	9	Sónia Raquel Gonçalves de Almeida	Aventureiros	Senior Feminino	01:10:52	+34:40	07:05
29	218	Isilda Manuela Silva Oliveira	Oh Faxabor	Senior Feminino	01:13:53	+37:40	07:23
30	217	Bruna Patricia Gonçalves da Silva	Oh Faxabor	Senior Feminino	01:13:55	+37:42	07:24
31	226	Angela Daniela Ferreira Rodrigues	Os Bravos	Senior Feminino	01:15:35	+39:23	07:34
32	8	sónia brás	Aventureiros	Senior Feminino	01:16:21	+40:08	07:38
33	223	Carla Mota	Orbita	Senior Feminino	01:17:30	+41:18	07:45
34	62	Mónica Fernandes	Individual	Senior Feminino	01:18:50	+42:37	07:53
35	44	Ana Filipa	Individual	Senior Feminino	01:18:50	+42:37	07:53
36	259	MARIANA ISABEL DIAS RODRIGUES	Individual	Senior Feminino	01:19:24	+43:11	07:56
37	6	Eva Maria Gonçalves Pereira	Aventureiros	Senior Feminino	01:26:02	+49:49	08:36

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Prova Principal

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Senior Masculino

1	247	Rui Borges	Sporting Clube de Braga	Senior Masculino	36:12	03:37
2	36	Paulo Mesquita	EDV Viana Trail	Senior Masculino	38:31	+02:19 03:51
3	209	Fábio Cruz	MOVIMENTO DE JUVENTUDE DE MERELIM	Senior Masculino	38:48	+02:35 03:53
4	2	Fernando Pimenta	SL Benfica	Senior Masculino	39:20	+03:07 03:56
5	211	Miguel Vieira	MOVIMENTO DE JUVENTUDE DE MERELIM	Senior Masculino	40:25	+04:12 04:03
6	290	Adelino Sousa	Grupo Desportivo da Goma	Senior Masculino	40:48	+04:35 04:05
7	80	Avelino Macedo	Individual	Senior Masculino	40:56	+04:44 04:06
8	121	Miguel Tinoco	Individual	Senior Masculino	41:00	+04:47 04:06
9	236	Filipe Saraiva	Palmeira Runners	Senior Masculino	41:21	+05:08 04:08
10	205	João Martins	Let's Go	Senior Masculino	42:53	+06:41 04:17
11	234	Nuno Costa	Os Manos	Senior Masculino	44:59	+08:46 04:30
12	152	Tiago santos	Individual	Senior Masculino	45:05	+08:52 04:31
13	104	Jorge André Teixeira de Sousa	Individual	Senior Masculino	45:10	+08:57 04:31
14	212	Pedro Coutinho	MOVIMENTO DE JUVENTUDE DE MERELIM	Senior Masculino	45:20	+09:08 04:32
15	213	Ricardo Ferreira	MOVIMENTO DE JUVENTUDE DE MERELIM	Senior Masculino	45:26	+09:13 04:33
16	206	Bruno Lima	Moveis Lima	Senior Masculino	45:44	+09:31 04:34
17	139	Ricardo Jorge Pereira Tinoco	Individual	Senior Masculino	45:48	+09:35 04:35
18	78	António Fernandes	Individual	Senior Masculino	45:49	+09:36 04:35
19	102	João Salome Silva vieira	Individual	Senior Masculino	46:02	+09:49 04:36
20	201	António Martins	LEBRES MINHOTAS	Senior Masculino	46:20	+10:07 04:38
21	221	Rui Alexandre Antunes Araújo	Oh Faxabor	Senior Masculino	46:41	+10:28 04:40
22	105	Jorge Ferreira	Individual	Senior Masculino	47:19	+11:06 04:44
23	41	Vasco Carvalho	Icarus Running Team	Senior Masculino	47:28	+11:15 04:45
24	93	Fábio Pereira	Individual	Senior Masculino	47:41	+11:28 04:46
25	294	João Gomes	Individual	Senior Masculino	47:52	+11:39 04:47
26	73	Amaro Costa	Individual	Senior Masculino	47:54	+11:41 04:47
27	291	José Oliveira	Acolhimento Sénior	Senior Masculino	48:25	+12:12 04:51
28	263	João Lopes	Individual	Senior Masculino	48:31	+12:18 04:51
29	82	Bruno Carvalho	Individual	Senior Masculino	48:44	+12:31 04:52
30	123	Nuno	Individual	Senior Masculino	48:46	+12:33 04:53
31	141	RICARDO MANUEL SOARES FERNANDES	Individual	Senior Masculino	49:01	+12:48 04:54
32	72	Alexandre Miguel Fernandes Veloso	Individual	Senior Masculino	49:01	+12:48 04:54
33	81	Bruno Antunes	Individual	Senior Masculino	49:20	+13:07 04:56
34	143	Ricardo silva	Individual	Senior Masculino	49:24	+13:11 04:56
35	11	Ricardo António Vieira Ferreira	Aventureiros	Senior Masculino	49:34	+13:21 04:57
36	114	Marco Lima	Individual	Senior Masculino	50:07	+13:55 05:01
37	240	Manuel	PATANISCA	Senior Masculino	50:23	+14:10 05:02
38	135	Pedro António Macedo Paredes	Individual	Senior Masculino	50:27	+14:14 05:03
39	95	Guilherme Teixeira Lopes Faria	Individual	Senior Masculino	50:54	+14:41 05:05
40	96	Hugo Ribeiro	Individual	Senior Masculino	51:18	+15:05 05:08

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41	98	João Carlos Oliveira Gonçalves	Individual	Senior Masculino	51:19	+15:06	05:08
42	40	Carlos Fernandes	HB a correr+	Senior Masculino	51:19	+15:06	05:08
43	246	Pedro Machado	Sporting Clube de Braga	Senior Masculino	51:47	+15:35	05:11
44	91	EDGAR GONÇALVES	Individual	Senior Masculino	51:53	+15:40	05:11
45	124	Nuno Domingues	Individual	Senior Masculino	51:53	+15:40	05:11
46	137	Ricardo Coimbra	Individual	Senior Masculino	52:02	+15:49	05:12
47	149	Rui Oliveira	Individual	Senior Masculino	52:05	+15:53	05:13
48	37	Joaquim Alexandre Salazar	Friends	Senior Masculino	52:08	+15:55	05:13
49	270	Sergio Teixeira Machado	Individual	Senior Masculino	52:14	+16:02	05:13
50	287	Domingos Lopes	Individual	Senior Masculino	52:15	+16:02	05:14
51	132	Nuno Silva	Individual	Senior Masculino	52:23	+16:10	05:14
52	130	Alfredo Vieira	Individual	Senior Masculino	52:23	+16:11	05:14
53	131	bruno Joel	Individual	Senior Masculino	52:36	+16:24	05:16
54	83	Bruno Miguel Ferreira Gonçalves	Individual	Senior Masculino	52:37	+16:24	05:16
55	89	Daniel Leonardo Lopes Pereira	Individual	Senior Masculino	53:10	+16:57	05:19
56	148	Rui mendes	Individual	Senior Masculino	54:04	+17:51	05:24
57	144	RICARDO VILELA	Individual	Senior Masculino	54:49	+18:36	05:29
58	133	Paulo	Individual	Senior Masculino	54:51	+18:38	05:29
59	86	Carlos Torres	Individual	Senior Masculino	54:56	+18:43	05:30
60	100	João Magalhães	Individual	Senior Masculino	55:01	+18:48	05:30
61	109	Manuel Silva	Individual	Senior Masculino	55:09	+18:56	05:31
62	128	Miguel ribeiro	Individual	Senior Masculino	55:10	+18:57	05:31
63	28	Jorge Xavier	Dornelas Runner's	Senior Masculino	55:11	+18:58	05:31
64	10	Joel Vale	Aventureiros	Senior Masculino	55:13	+19:00	05:31
65	254	DIOGO CUNHA	Os empatas	Senior Masculino	55:15	+19:02	05:32
66	280	Andre Oliveira	Individual	Senior Masculino	55:41	+19:28	05:34
67	94	Francisco Pedro Gomes Teixeira	Individual	Senior Masculino	56:12	+19:59	05:37
68	156	Zezito peixoto	Individual	Senior Masculino	56:29	+20:17	05:39
69	142	Ricardo Silva	Individual	Senior Masculino	56:43	+20:31	05:40
70	110	Marcelo Gonçalves	Individual	Senior Masculino	56:45	+20:32	05:41
71	222	Vitor Daniel Tinoco Marçal	Oh Faxabor	Senior Masculino	57:16	+21:03	05:44
72	1	João Esteves	Individual	Senior Masculino	57:17	+21:04	05:44
73	12	Simão Brandão Fernandes	Aventureiros	Senior Masculino	57:40	+21:27	05:46
74	92	Fábio Alexandre Veloso Fernandes	Individual	Senior Masculino	57:43	+21:30	05:46
75	252	RODRIGO FARIA	Os empatas	Senior Masculino	57:43	+21:30	05:46
76	255	SERGIO FARIA	Os empatas	Senior Masculino	57:43	+21:31	05:46
77	244	Gonçalo Alves	Run To Eat	Senior Masculino	57:52	+21:39	05:47
78	76	André Gonçalves Rodrigues	Individual	Senior Masculino	57:57	+21:44	05:48
79	119	Miguel Barros Carvalho	Individual	Senior Masculino	57:57	+21:45	05:48
80	153	Vítor André Silva	Individual	Senior Masculino	58:16	+22:03	05:50
81	154	Vitor Granja	Individual	Senior Masculino	58:20	+22:07	05:50
82	97	ivo rodrigues	Individual	Senior Masculino	58:50	+22:38	05:53
83	151	Tiago Pereira	Individual	Senior Masculino	59:19	+23:06	05:56
84	87	Daniel Barros	Individual	Senior Masculino	59:19	+23:07	05:56
85	275	Paulo gomes	Individual	Senior Masculino	59:39	+23:26	05:58
86	242	Ricardo Freitas	R&R Team	Senior Masculino	59:52	+23:39	05:59

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Prova Principal

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87	155	Vítor Vieira	Individual	Senior Masculino	01:00:20	+24:07	06:02
88	138	Ricardo Duarte	Individual	Senior Masculino	01:01:17	+25:04	06:08
89	296	Rui Cruz	Individual	Senior Masculino	01:01:43	+25:30	06:10
90	262	Miguel Rodrigues	Individual	Senior Masculino	01:02:22	+26:09	06:14
91	122	Moisés Cunha	Individual	Senior Masculino	01:03:51	+27:38	06:23
92	90	Diogo	Individual	Senior Masculino	01:03:52	+27:40	06:23
93	4	Luis Manuel Carvalho	Individual	Senior Masculino	01:04:03	+27:51	06:24
94	120	Miguel Sousa	Individual	Senior Masculino	01:04:40	+28:28	06:28
95	99	Joao Daniel Pereira Gonçalves	Individual	Senior Masculino	01:05:00	+28:48	06:30
96	106	José Pedro Silva Fernandes	Individual	Senior Masculino	01:06:54	+30:41	06:41
97	101	João Ricardo Freitas	Individual	Senior Masculino	01:09:35	+33:22	06:58
98	140	Ricardo José Peixoto Coelho	Individual	Senior Masculino	01:10:35	+34:23	07:04
99	219	Fernando Gabriel Lago Cunha	Oh Faxabor	Senior Masculino	01:11:45	+35:33	07:11
100	71	Alexandre Manuel Gomes da Costa	Individual	Senior Masculino	01:12:34	+36:21	07:15
101	113	Marco Ferreira	Individual	Senior Masculino	01:13:14	+37:01	07:19
102	220	Hélder João Cunha Antunes	Oh Faxabor	Senior Masculino	01:14:02	+37:50	07:24
103	29	Marco Caldas	Dornelas Runner's	Senior Masculino	01:17:17	+41:04	07:44
104	30	Michel Paredes	Dornelas Runner's	Senior Masculino	01:17:17	+41:04	07:44

Veterana F40

1	159	Elisabete Ministro	Individual	Veterana F40	54:34	+18:21	05:27
2	42	Maria Ribeiro	Icarus Running Team	Veterana F40	54:51	+18:38	05:29
3	237	Maria José Ribeiro	Palmeira Runners	Veterana F40	56:11	+19:58	05:37
4	160	Fernanda Silva	Individual	Veterana F40	57:03	+20:50	05:42
5	214	Isabel Alves	MOVIMENTO DE JUVENTUDE DE MERELIM	Veterana F40	57:23	+21:10	05:44
6	295	Marina Leite	Individual	Veterana F40	59:24	+23:11	05:56
7	19	Ana Luísa Oliveira	Bora lá correr	Veterana F40	59:29	+23:16	05:57
8	14	Ana Brás	Aventureiros	Veterana F40	01:04:45	+28:33	06:29
9	285	Maria José Gomes Correia	Individual	Veterana F40	01:05:00	+28:47	06:30
10	202	Isabel Domingues	LEBRES MINHOTAS	Veterana F40	01:07:26	+31:14	06:45
11	158	Carolina Fernandes	Individual	Veterana F40	01:09:05	+32:53	06:55
12	162	Mónica Susana Maia	Individual	Veterana F40	01:09:16	+33:04	06:56
13	163	Sílvia de Barros	Individual	Veterana F40	01:09:41	+33:28	06:58
14	20	Zulmira Oliveira	Bora lá correr	Veterana F40	01:10:27	+34:14	07:03
15	157	Alda Cristina Faustino	Individual	Veterana F40	01:16:02	+39:49	07:36

Veterano M40

1	193	patricio castro	NATaipas	Veterano M40	40:53	+04:40	04:05
2	39	Alberto Valente	GRUPO DESPORTIVO SANTANDER TOTTA	Veterano M40	41:28	+05:16	04:09
3	215	Carmino Soares	MOVIMENTO DE JUVENTUDE DE MERELIM	Veterano M40	42:42	+06:30	04:16
4	38	Sérgio Talaia	Friends	Veterano M40	44:13	+08:00	04:25

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5	225	Bruno Pontes	Orbita	Veterano M40	44:13	+08:00	04:25
6	238	Vítor Faria	Palmeira Runners	Veterano M40	44:14	+08:01	04:25
7	204	Miguel Domingues	LEBRES MINHOTAS	Veterano M40	45:57	+09:45	04:36
8	165	Amandio correia lopes	Individual	Veterano M40	46:00	+09:47	04:36
9	203	Jorge Domingues	LEBRES MINHOTAS	Veterano M40	46:28	+10:15	04:39
10	284	Augusto Lopes	Individual	Veterano M40	46:35	+10:22	04:40
11	184	José Lopes	Palmeira Runners	Veterano M40	46:56	+10:43	04:42
12	191	Nuno André da Cosra Martins de Sousa	Individual	Veterano M40	48:01	+11:48	04:48
13	34	Jorge Vieira	Dornelas Runner's	Veterano M40	48:28	+12:15	04:51
14	199	Paulo Azevedo	Lanhas TT	Veterano M40	48:39	+12:26	04:52
15	173	Filipe Ribeiro	Individual	Veterano M40	48:44	+12:31	04:52
16	186	Luís Fernandes	Individual	Veterano M40	49:00	+12:47	04:54
17	277	José Fernandes	MOVIMENTO DE JUVENTUDE DE MERELIM	Veterano M40	49:09	+12:56	04:55
18	176	Horacio SANTOS	Individual	Veterano M40	49:24	+13:11	04:56
19	180	Jorge Luis da Costa Martins de Sousa	Individual	Veterano M40	49:24	+13:11	04:56
20	166	ANTÓNIO MANUEL ABREU COELHO	Individual	Veterano M40	50:40	+14:27	05:04
21	196	Sérgio Amaro Bastos	Individual	Veterano M40	50:41	+14:28	05:04
22	175	Francisco Silva	Individual	Veterano M40	50:47	+14:34	05:05
23	168	artur jorge fernandes	Individual	Veterano M40	50:57	+14:45	05:06
24	22	Diamantino Ribeiro	Bora lá correr	Veterano M40	51:11	+14:58	05:07
25	293	Emanuel Gomes	Individual	Veterano M40	51:26	+15:13	05:09
26	187	Manuel Brito	Individual	Veterano M40	52:49	+16:37	05:17
27	274	Amaro fernandes	Individual	Veterano M40	53:09	+16:56	05:19
28	190	Mário Rosas	Individual	Veterano M40	53:10	+16:57	05:19
29	174	Filipe sousa	Individual	Veterano M40	53:16	+17:04	05:20
30	197	Vítor Manuel Dantas magalhaes	Individual	Veterano M40	53:45	+17:32	05:23
31	33	Carlos	Dornelas Runner's	Veterano M40	54:24	+18:11	05:26
32	198	Vitor Sousa	Individual	Veterano M40	54:27	+18:14	05:27
33	167	António Manuel da Costa Antunes	Individual	Veterano M40	55:11	+18:58	05:31
34	253	MANUEL CUNHA	Os empatas	Veterano M40	55:17	+19:04	05:32
35	21	Álvaro Oliveira	Bora lá correr	Veterano M40	56:24	+20:12	05:38
36	169	Carlos Oliveira	Individual	Veterano M40	56:46	+20:33	05:41
37	23	Humberto Carvalho	Bora lá correr	Veterano M40	56:47	+20:34	05:41
38	235	André Freitas	Os Manos	Veterano M40	57:13	+21:00	05:43
39	207	Cândido Soares de Lima	Moveis Lima	Veterano M40	57:51	+21:38	05:47
40	164	Alfredo Agostinho Silva Pereira	Individual	Veterano M40	58:13	+22:00	05:49
41	181	José Boaventura Gonçalves Faria	Individual	Veterano M40	01:01:51	+25:38	06:11
42	261	Orlando Rodrigues	Individual	Veterano M40	01:03:52	+27:39	06:23
43	171	Domingos Rocha	Individual	Veterano M40	01:04:36	+28:23	06:28
44	230	Francisco Oliveira Rodrigues	Os Bravos	Veterano M40	01:05:41	+29:28	06:34
45	265	David Martins	Individual	Veterano M40	01:06:53	+30:40	06:41
46	185	Lourenço Antues	Individual	Veterano M40	01:07:19	+31:06	06:44
47	258	Ramiro vitoriano	Individual	Veterano M40	01:07:31	+31:19	06:45
48	189	Marco José Almeida Costa	Individual	Veterano M40	01:08:39	+32:26	06:52
49	256	Alfredo Roriz	Individual	Veterano M40	01:10:43	+34:30	07:04
50	179	Joaquim Pereira	Individual	Veterano M40	01:10:43	+34:30	07:04

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51	194	Paulo gonçalves pereira	Individual	Veterano M40	01:10:44	+34:31	07:04
52	170	Cristiano Gomes Pereira	Individual	Veterano M40	01:10:44	+34:31	07:04
53	177	Ilidio Assis	Individual	Veterano M40	01:12:43	+36:31	07:16

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