

CORRIDA 10K - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

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REVISED

	Time	Temperature	Humidity
Start	21:30	9°C	70%
End	23:01	8°C	70%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	344	Tony Calvo	individual	Senior Masculino	33:42		03:22
2	148	Tiago Pinto	douroconta - gabinete de apoio e contabilidade	Senior Masculino	34:25	+00:42	03:27
3	207	HENRIQUE DIAS	grupo dramático e recreativo da retorta	Veterano M50	34:38	+00:56	03:28
4	1	Armando Teixeira	estrela grande trail	Veterano M40	34:41	+00:58	03:28
5	109	Mário Contreiras	clube desportivo s. salvador do campo	Veterano M40	34:45	+01:03	03:29
6	204	MIGUEL MENDES	grupo dramático e recreativo da retorta	Veterano M40	34:53	+01:10	03:29
7	110	Alcino Silva	clube independentes de atletismo de alpendorada	Veterano M40	35:03	+01:20	03:30
8	321	Pedro Reis	individual	Senior Masculino	35:06	+01:24	03:31
9	200	TIAGO PINTO	grupo dramático e recreativo da retorta	Senior Masculino	35:09	+01:27	03:31
10	208	JOAQUIM ROCHA	grupo dramático e recreativo da retorta	Veterano M50	35:16	+01:34	03:32
11	21	ANTÓNIO JESUS	academia fernanda ribeiro	Veterano M50	35:29	+01:47	03:33
12	345	Vasco Leite Faria Duarte	individual	Senior Masculino	35:44	+02:01	03:34
13	146	Rui Gomes	douroconta - gabinete de apoio e contabilidade	Senior Masculino	35:52	+02:10	03:35
14	15	Renato Sousa	a.d. rio largo clube de espinho	Senior Masculino	35:52	+02:10	03:35
15	199	TIAGO LISBOA	grupo dramático e recreativo da retorta	Senior Masculino	36:00	+02:17	03:36
16	203	FILIPE SILVA	grupo dramático e recreativo da retorta	Veterano M40	36:04	+02:22	03:36
17	230	Sónia Alexandra Oliveira Pinto	individual	Senior Feminino	36:14	+02:31	03:37
18	285	Joao Seixas	individual	Senior Masculino	36:15	+02:33	03:38
19	298	Luís Ricardo Beato Pereira	individual	Senior Masculino	36:15	+02:33	03:38
20	201	ADELINO SILVA	grupo dramático e recreativo da retorta	Veterano M40	36:23	+02:41	03:38
21	238	ANDRÉ MATOS	individual	Senior Masculino	36:38	+02:56	03:40
22	107	NUNO CARNEIRO	clube zipper	Senior Masculino	36:38	+02:56	03:40
23	302	Marco Moreira	individual	Senior Masculino	36:39	+02:56	03:40
24	477	MÁRIO SILVA	individual	Veterano M50	36:54	+03:11	03:41
25	565	Paulo Pilroto	nascidos para correr - associação desportiva	Veterano M40	36:57	+03:15	03:42
26	479	vit0r manuel ferreira de sousa	individual	Veterano M50	37:36	+03:54	03:46
27	206	VITOR FERREIRA	grupo dramático e recreativo da retorta	Veterano M40	37:51	+04:08	03:47
28	809	Ricardo Areias	white running team - not run alone	Senior Masculino	37:57	+04:15	03:48
29	52	Arlindo Sousa	atletico clube alfenense	Veterano M50	37:59	+04:16	03:48
30	254	Daniel Monteiro	individual	Senior Masculino	38:04	+04:22	03:48
31	91	Rui Silva	ccd lagos triatlo	Senior Masculino	38:05	+04:22	03:49
32	499	Eurico Moura	kemedo team	Senior Masculino	38:06	+04:23	03:49
33	560	Joaquim Alves	nascidos para correr - associação desportiva	Veterano M40	38:12	+04:29	03:49
34	142	Vasco Figueiredo	dasdikes	Veterano M50	38:17	+04:34	03:50
35	411	Mark Velhote	individual	Veterano M40	38:17	+04:34	03:50
36	527	Carlos Dias	maia ac	Veterano M40	38:19	+04:36	03:50
37	178	Tiago João Mata Lima	elite36runners	Senior Masculino	38:22	+04:40	03:50
38	331	Ricardo Rego	individual	Senior Masculino	38:24	+04:41	03:50
39	581	José Mota	nascidos para correr - associação desportiva	Veterano M50	38:26	+04:44	03:51

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Official Timekeeper: Lap2Go	2 / 17	generate 04-Jan-2017 15:39
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CORRIDA 10K - STAGE 1

10 KM

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REVISED

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
81	573	António Azevedo	nascidos para correr - associação desportiva	Veterano M50	40:50	+07:07	04:05
82	767	João Torres	urbanfit	Senior Masculino	40:54	+07:12	04:05
83	417	Nelson Santos	individual	Veterano M40	40:58	+07:16	04:06
84	438	Rogério Moreira	individual	Veterano M40	41:03	+07:20	04:06
85	164	Fernando Valente	elite36runners	Senior Masculino	41:13	+07:30	04:07
86	850	Atleta 850	individual	Senior Masculino	41:15	+07:33	04:08
87	548	Nuno Ribeiro	nascidos para correr - associação desportiva	Senior Masculino	41:16	+07:33	04:08
88	257	Domingos Nogueira6	individual	Senior Masculino	41:18	+07:35	04:08
89	549	Virgílio Vieira	nascidos para correr - associação desportiva	Senior Masculino	41:21	+07:38	04:08
90	814	Albino Alves Pinho	ciaia - horta	Veterano M40	41:23	+07:41	04:08
91	191	Belmiro Ferreira	g.d.leões da guarda	Veterano M50	41:25	+07:43	04:09
92	568	Pedro Teixeira	nascidos para correr - associação desportiva	Veterano M40	41:26	+07:44	04:09
93	424	Paulo Alves	individual	Veterano M40	41:28	+07:46	04:09
94	192	Carlos Frias	g.d.leões da guarda	Veterano M50	41:31	+07:48	04:09
95	243	António Picotês	individual	Senior Masculino	41:32	+07:50	04:09
96	294	José Diogo Ramos Ribeiro	individual	Senior Masculino	41:33	+07:50	04:09
97	189	Nuno Santos	g.d.bairro pescadores matosinhos	Senior Masculino	41:43	+08:01	04:10
98	73	Jorge Maia	budeguita runners	Veterano M50	41:43	+08:01	04:10
99	160	Diogo Loureiro	elite36runners	Senior Masculino	41:43	+08:01	04:10
100	179	Vitor Lage Silva	elite36runners	Senior Masculino	41:45	+08:03	04:11
101	158	Bruno José Duarte Dias	elite36runners	Senior Masculino	41:46	+08:03	04:11
102	579	Domingos Presas	nascidos para correr - associação desportiva	Veterano M50	42:02	+08:20	04:12
103	515	José Augusto Coelho Abreu Costa	kemedo team	Veterano M40	42:05	+08:22	04:13
104	213	Catarina Daniela Moreira Ricardo	individual	Senior Feminino	42:06	+08:24	04:13
105	480	Victor Gonçalves	invicta runners team	Senior Masculino	42:09	+08:27	04:13
106	256	David Henriques	individual	Senior Masculino	42:11	+08:28	04:13
107	177	Tiago Emanuel Martins Lima	elite36runners	Senior Masculino	42:15	+08:32	04:14
108	575	António Pereira	nascidos para correr - associação desportiva	Veterano M50	42:16	+08:33	04:14
109	510	Delfim Nunes	kemedo team	Veterano M40	42:22	+08:39	04:14
110	482	Helder Vieira	invicta runners team	Veterano M40	42:24	+08:42	04:14
111	39	Tiago Oliveira	ases dos pedais	Senior Masculino	42:25	+08:42	04:15
112	457	Fernando Barbosa	individual	Veterano M50	42:25	+08:42	04:15
113	416	Nelson Ferreira	individual	Veterano M40	42:28	+08:45	04:15
114	144	Domingos Martins	dimp	Senior Masculino	42:34	+08:51	04:15
115	143	Inês Pinto	dimp	Senior Feminino	42:34	+08:52	04:15
116	81	Sérgio Couto	budeguita runners	Veterano M40	42:38	+08:56	04:16
117	658	Zé Lopes	powerrunners	Veterano M40	42:41	+08:59	04:16
118	496	Manuel Costa	kemedo team	Senior Masculino	42:42	+09:00	04:16
119	763	Flavio Oliveira	urbanfit	Senior Masculino	42:48	+09:06	04:17
120	599	Ricardo Silva	ofrunning	Senior Masculino	42:50	+09:07	04:17
121	526	Sónia Félix	luz e vida gondomarense	Senior Feminino	42:51	+09:08	04:17
122	474	MANUEL PUERTA DA COSTA	individual	Veterano M50	42:51	+09:09	04:17
123	113	Céline Gomes	clube zipper	Senior Feminino	42:53	+09:11	04:17

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
124	77	João Carvalhal	budeguita runners	Veterano M40	42:54	+09:11	04:17
125	271	Hélder Antonio de Oliveira Mendes	individual	Senior Masculino	42:54	+09:12	04:17
126	488	Ricardo Sousa	kandimba runners	Senior Masculino	42:55	+09:12	04:18
127	820	Hugo Moreira	individual	Senior Masculino	42:55	+09:12	04:18
128	422	nuno sousa	individual	Veterano M40	42:55	+09:12	04:18
129	169	João Machado	elite36runners	Senior Masculino	42:55	+09:12	04:18
130	580	Emanuel Madureira	nascidos para correr - associação desportiva	Veterano M50	42:57	+09:14	04:18
131	516	Laurindo Osório	kemedo team	Veterano M40	42:57	+09:15	04:18
132	429	Paulo Martins	individual	Veterano M40	43:03	+09:21	04:18
133	33	MANUEL SILVA	amigos da picua	Veterano M50	43:03	+09:21	04:18
134	165	Filipe Adriano Bastos de Sousa	elite36runners	Senior Masculino	43:07	+09:24	04:19
135	564	Paulo Martins	nascidos para correr - associação desportiva	Veterano M40	43:09	+09:27	04:19
136	643	António Borges	porto sentido runners	Veterano M40	43:15	+09:33	04:20
137	766	Hugo Sousa	urbanfit	Senior Masculino	43:23	+09:41	04:20
138	819	Miguel Pinto	individual	Senior Masculino	43:24	+09:41	04:20
139	419	Nuno Costa	individual	Veterano M40	43:29	+09:47	04:21
140	735	Fernando Ribeiro	team shark	Veterano M50	43:31	+09:48	04:21
141	9	Valter Gouveia	10temidos	Senior Masculino	43:32	+09:49	04:21
142	170	Jorge Morais	elite36runners	Senior Masculino	43:32	+09:50	04:21
143	797	Vitor Coelho	urbanfit	Veterano M40	43:34	+09:52	04:21
144	623	Jorge Bastos	pernetas	Senior Masculino	43:34	+09:52	04:21
145	794	Luis Almeida	urbanfit	Veterano M40	43:34	+09:52	04:21
146	194	Luciano Oliveira	g.d.leões da guarda	Veterano M50	43:38	+09:55	04:22
147	394	JO ICEP DIAS DE JESUS	individual	Veterano M40	43:40	+09:57	04:22
148	423	p	individual	Veterano M40	43:44	+10:02	04:22
149	586	Manuel Sampaio	nascidos para correr - associação desportiva	Veterano M50	43:46	+10:03	04:23
150	290	JORGE AUGUSTO MADUREIRA CARVALHO4	individual	Senior Masculino	43:48	+10:05	04:23
151	604	Helder Silva	os atletas	Senior Masculino	43:59	+10:17	04:24
152	397	Joaquim Paulo da Rocha Ferreira	individual	Veterano M40	44:00	+10:18	04:24
153	512	Helder Gomes	kemedo team	Veterano M40	44:08	+10:25	04:25
154	272	Helder Ferreira	individual	Senior Masculino	44:09	+10:27	04:25
155	562	Marco Almeida	nascidos para correr - associação desportiva	Veterano M40	44:10	+10:28	04:25
156	76	Hendrik Wielinga	budeguita runners	Veterano M40	44:12	+10:29	04:25
157	391	henrique borges	individual	Veterano M40	44:12	+10:29	04:25
158	569	Rui Santos	nascidos para correr - associação desportiva	Veterano M40	44:14	+10:32	04:25
159	275	Helder Parracho	individual	Senior Masculino	44:15	+10:33	04:26
160	89	Joaquim Manuel Lopes Cunha	casa dos trabalhadores - águas do porto	Veterano M40	44:19	+10:37	04:26
161	310	Nuno Monteiro	individual	Senior Masculino	44:20	+10:38	04:26
162	505	José Pinto	kemedo team	Senior Masculino	44:22	+10:39	04:26
163	196	Bruno Vigário	gondomar futsal clube	Senior Masculino	44:23	+10:40	04:26
164	448	Antonio Silva	individual	Veterano M50	44:26	+10:43	04:27
165	734	Rui Rocha	team shark	Veterano M40	44:28	+10:46	04:27
166	771	Nuno Leite	urbanfit	Senior Masculino	44:28	+10:46	04:27

10 KM

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
167	574	António Fernandes	nascidos para correr - associação desportiva	Veterano M50	44:36	+10:53	04:28
168	550	Alexandra Fernandes	nascidos para correr - associação desportiva	Veterana F40	44:36	+10:53	04:28
169	620	Porfírio Saraiva	os landeiros	Veterano M50	44:36	+10:54	04:28
170	252	Cláudio Santos	individual	Senior Masculino	44:36	+10:54	04:28
171	459	Fernando Eloi Santos Sousa	individual	Veterano M50	44:39	+10:56	04:28
172	244	Bruno Alexandre	individual	Senior Masculino	44:41	+10:59	04:28
173	286	Joao Silva	individual	Senior Masculino	44:46	+11:03	04:29
174	622	Afonso Bonifacio	pernetas	Senior Masculino	44:47	+11:05	04:29
175	585	Manuel Carriço	nascidos para correr - associação desportiva	Veterano M50	44:50	+11:07	04:29
176	601	Nuno Rodrigues	ofrunning	Veterano M40	44:58	+11:15	04:30
177	810	Manuel Fernando Silva Oliveira	white running team - not run alone	Veterano M40	45:01	+11:18	04:30
178	150	António Azevedo	douroconta - gabinete de apoio e contabilidade	Veterano M40	45:03	+11:20	04:30
179	7	Ricardo Silva	10temidos	Senior Masculino	45:08	+11:25	04:31
180	10	Paulo Ribeiro	10temidos	Veterano M40	45:08	+11:25	04:31
181	49	MARIA AUROLIANA NEVES POLONIA	atletico clube alfenense	Veterana F40	45:10	+11:27	04:31
182	53	JOSÉ RODRIGO SOUSA MAGALHÃES	atletico clube alfenense	Veterano M50	45:10	+11:28	04:31
183	711	Fernando Camelo	s.c. salgueiros	Veterano M50	45:12	+11:29	04:31
184	41	Mário Ferreira	associação desportiva da efacec	Veterano M40	45:12	+11:30	04:31
185	281	Ivo Alexandre Mendes de Oliveira Silva	individual	Senior Masculino	45:13	+11:30	04:31
186	153	Manuel Teixeira	douroconta - gabinete de apoio e contabilidade	Veterano M50	45:14	+11:31	04:31
187	5	Atleta 5	individual	Senior Masculino	45:15	+11:33	04:32
188	30	ANTÓNIO PEREIRA	amigos da picua	Veterano M40	45:17	+11:35	04:32
189	29	JOSE COUTINHO	amigos da picua	Senior Masculino	45:18	+11:35	04:32
190	376	Antonio Matos	individual	Veterano M40	45:21	+11:38	04:32
191	217	Daniela Soares	individual	Senior Feminino	45:22	+11:39	04:32
192	99	Jose Rocha	centro atletismo ermesinde	Veterano M50	45:24	+11:42	04:32
193	744	david pinto	unidos á fresca	Veterano M40	45:31	+11:48	04:33
194	263	Filipe Mendes	individual	Senior Masculino	45:32	+11:49	04:33
195	188	José Neto	g. d. portela	Veterano M40	45:36	+11:53	04:34
196	657	José Moreira	powerrunners	Veterano M40	45:41	+11:58	04:34
197	265	Francisco Dias	individual	Senior Masculino	45:44	+12:01	04:34
198	167	Hélder Amaral	elite36runners	Senior Masculino	45:45	+12:03	04:35
199	433	Pedro monteiro	individual	Veterano M40	45:47	+12:04	04:35
200	152	Manuel Santos	douroconta - gabinete de apoio e contabilidade	Veterano M40	45:51	+12:08	04:35
201	221	Iolanda Figueiredo Araujo	individual	Senior Feminino	45:54	+12:12	04:35
202	428	Paulo Jose Oliveira Barbosa	individual	Veterano M40	45:54	+12:12	04:35
203	727	João Nuno Cardoso	ss montepio	Veterano M40	45:57	+12:14	04:36
204	470	jose gomes	individual	Veterano M50	45:57	+12:14	04:36
205	517	Luis Silva	kemedo team	Veterano M40	45:57	+12:14	04:36
206	388	Fernando Sobrinho	individual	Veterano M40	46:00	+12:18	04:36
207	279	Hugo Ferreira	individual	Senior Masculino	46:01	+12:18	04:36

CORRIDA 10K - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
208	541	Sandra Pereira	nascidos para correr - associação desportiva	Senior Feminino	46:03	+12:21	04:36
209	624	Vítor Silva	pernetas	Senior Masculino	46:03	+12:21	04:36
210	289	JORGE ALBERTO CADAVEZ PACHECO CAPUCHO FERREIRA	individual	Senior Masculino	46:04	+12:21	04:36
211	602	CARLOS JORGE OLIVEIRA	oliveconta - contabilidade e seguros - ermesinde	Veterano M40	46:05	+12:23	04:37
212	775	Pedro Meixedo	urbanfit	Senior Masculino	46:05	+12:23	04:37
213	147	Telmo Ferreira	douroconta - gabinete de apoio e contabilidade	Senior Masculino	46:06	+12:23	04:37
214	57	Vítor Cardoso	baguim runners	Veterano M40	46:11	+12:29	04:37
215	375	António Gonçalves	individual	Veterano M40	46:12	+12:30	04:37
216	465	Jorge Ferreira	individual	Veterano M50	46:13	+12:30	04:37
217	504	José Pereira	kemedo team	Senior Masculino	46:13	+12:31	04:37
218	519	Rogério Coelho	kemedo team	Veterano M40	46:14	+12:31	04:37
219	232	Sónia Santos	individual	Senior Feminino	46:19	+12:36	04:38
220	386	EDUARDO FERREIRA	individual	Veterano M40	46:20	+12:37	04:38
221	141	Manuel António Costa	dasdikes	Veterano M50	46:20	+12:38	04:38
222	679	José Moita	rollingaventura/grupovc	Veterano M40	46:23	+12:41	04:38
223	36	Paulo Jorge Costa	amigos quinta das freiras	Veterano M40	46:28	+12:46	04:39
224	698	Miguel Teixeira	run4lunch	Senior Masculino	46:30	+12:47	04:39
225	320	Pedro Novais	individual	Senior Masculino	46:33	+12:51	04:39
226	95	jose antonio ferraz ribeiro	ccdt/stcp	Veterano M40	46:34	+12:51	04:39
227	190	Pedro Arantes	g.d.bairro pescadores matosinhos	Senior Masculino	46:35	+12:52	04:40
228	803	PAULO FERNANDES	vcp atletismo	Veterano M40	46:37	+12:55	04:40
229	559	Helder Madeira	nascidos para correr - associação desportiva	Veterano M40	46:41	+12:59	04:40
230	389	Filipe Miguel Lopes Miranda	individual	Veterano M40	46:44	+13:02	04:40
231	404	José Manuel Ferreira	individual	Veterano M40	46:46	+13:03	04:41
232	591	paulo barbosa	not run alone	Veterano M40	46:48	+13:05	04:41
233	572	Adão Dias	nascidos para correr - associação desportiva	Veterano M50	46:49	+13:07	04:41
234	83	LEANDRO ARAÚJO	c+ runners	Senior Masculino	46:51	+13:08	04:41
235	26	Emília Santos	all stars runners	Veterana F40	46:52	+13:10	04:41
236	478	Óscar loureiro	individual	Veterano M50	46:57	+13:15	04:42
237	801	CARLOS DO FUNDO	vcp atletismo	Veterano M40	47:02	+13:19	04:42
238	159	Diogo Almeida Freitas	elite36runners	Senior Masculino	47:03	+13:21	04:42
239	547	Leonel Videira	nascidos para correr - associação desportiva	Senior Masculino	47:04	+13:21	04:42
240	38	Hélder Marques	ases dos pedais	Senior Masculino	47:06	+13:23	04:43
241	566	Pedro Paula	nascidos para correr - associação desportiva	Veterano M40	47:09	+13:27	04:43
242	277	Hugo	individual	Senior Masculino	47:12	+13:29	04:43
243	644	Avelino Rodrigues	porto sentido runners	Veterano M40	47:13	+13:30	04:43
244	406	Luciano Filipe Ferreira	individual	Veterano M40	47:14	+13:31	04:43
245	373	Adelino Guimaraes	individual	Veterano M40	47:18	+13:35	04:44
246	353	Helena Santos	individual	Veterana F40	47:19	+13:36	04:44
247	237	André Cunha	individual	Senior Masculino	47:20	+13:38	04:44
248	487	Hugo Ferreira	kandimba runners	Senior Masculino	47:20	+13:38	04:44
249	260	Eduardo Vasconcelos Carvalho	individual	Senior Masculino	47:23	+13:41	04:44

CORRIDA 10K - STAGE 1

10 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
250	171	Leonel Alves	elite36runners	Senior Masculino	47:29	+13:47	04:45
251	537	Ibraim Sousa	mss contabilidade	Senior Masculino	47:31	+13:48	04:45
252	295	José Nuno Vasconcelos	individual	Senior Masculino	47:33	+13:51	04:45
253	513	Joaquim Nogueira	kemedo team	Veterano M40	47:37	+13:54	04:46
254	235	Adélio Lima	individual	Senior Masculino	47:37	+13:54	04:46
255	68	Helena Dias	budeguita runners	Senior Feminino	47:39	+13:57	04:46
256	62	David JOSé Lopes Magalhães	bikes & bites	Veterano M40	47:39	+13:57	04:46
257	269	Gonçalo Trigo Nogueira	individual	Senior Masculino	47:42	+13:59	04:46
258	140	Fernando Manuel Figueiredo	dasdikes	Veterano M40	47:45	+14:03	04:47
259	553	Susana Coelho	nascidos para correr - associação desportiva	Veterana F40	47:49	+14:06	04:47
260	535	MARIO RUI LEITE COSTA	moreira relax runners	Veterano M50	47:51	+14:08	04:47
261	522	Flor Madureira	leões do veneza	Veterana F50	47:51	+14:08	04:47
262	319	Pedro Miguel Costa Teixeira	individual	Senior Masculino	47:51	+14:09	04:47
263	402	Jorge Vilhena	individual	Veterano M40	47:53	+14:10	04:47
264	716	Filipe Carvalho	se não fores vou eu	Senior Masculino	47:55	+14:12	04:48
265	162	Diogo Ribeiro	elite36runners	Senior Masculino	47:56	+14:14	04:48
266	583	José Sousa	nascidos para correr - associação desportiva	Veterano M50	47:58	+14:15	04:48
267	446	Antonio Gomes Barros Oliveira	individual	Veterano M50	48:05	+14:22	04:49
268	100	Ângelo Pereira	centro ciclista de gondomar	Veterano M50	48:05	+14:23	04:49
269	327	Ricardo Ferreira	individual	Senior Masculino	48:05	+14:23	04:49
270	410	Mário Sá-Carneiro	individual	Veterano M40	48:08	+14:25	04:49
271	154	Ana Catarina Carvalho Pereira	elite36runners	Senior Feminino	48:08	+14:26	04:49
272	288	Joel Tiberio	individual	Senior Masculino	48:09	+14:27	04:49
273	795	Mário Pinto	urbanfit	Veterano M40	48:10	+14:28	04:49
274	455	Emanuel Augusto Estêvão de Vilhena e Mascarenhas	individual	Veterano M50	48:12	+14:29	04:49
275	546	José Andrade	nascidos para correr - associação desportiva	Senior Masculino	48:21	+14:39	04:50
276	304	Miguel Cruz	individual	Senior Masculino	48:22	+14:40	04:50
277	399	Jorge Cruz	individual	Veterano M40	48:23	+14:41	04:50
278	350	Elisabete Gonçalves	individual	Veterana F40	48:24	+14:42	04:50
279	555	Lucinda Alves	nascidos para correr - associação desportiva	Veterana F50	48:26	+14:44	04:51
280	800	José Martins	urbanfit	Veterano M50	48:27	+14:44	04:51
281	762	Flabio Bernardes	urbanfit	Senior Masculino	48:28	+14:45	04:51
282	776	Ruben Fonseca	urbanfit	Senior Masculino	48:28	+14:45	04:51
283	608	VÍTOR NETO	os atletas	Veterano M40	48:29	+14:46	04:51
284	551	Etelvina Rocha	nascidos para correr - associação desportiva	Veterana F40	48:31	+14:49	04:51
285	508	Pedro Marques	kemedo team	Senior Masculino	48:34	+14:52	04:51
286	614	Nuno Teixeira	os felizes	Veterano M40	48:34	+14:52	04:51
287	615	Rui Miranda	os felizes	Veterano M40	48:35	+14:52	04:52
288	458	Fernando Batista	individual	Veterano M50	48:35	+14:53	04:52
289	435	Pedro SILVA	individual	Veterano M40	48:38	+14:55	04:52
290	224	joana Candido	individual	Senior Feminino	48:40	+14:58	04:52
291	662	Carlos Araújo	remax plus	Veterano M40	48:40	+14:58	04:52
292	484	Fernando Pinho	invicta runners team	Veterano M50	48:46	+15:03	04:53

CORRIDA 10K - STAGE 1

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
293	27	Emanuel Pinho Gomes	alvatrilhos	Senior Masculino	48:52	+15:09	04:53
294	59	Salomé de Almeida Mourisco	bikes & bites	Senior Feminino	48:54	+15:11	04:53
295	392	Hugo Alexandre da Conceição Neves	individual	Veterano M40	48:54	+15:12	04:53
296	501	Filipe Sousa	kemedo team	Senior Masculino	48:55	+15:13	04:54
297	97	Paulo Carneiro	ccdt/stcp	Veterano M40	48:56	+15:14	04:54
298	291	Jorge Ribeiro	individual	Senior Masculino	48:57	+15:14	04:54
299	461	Firmino Nogueira	individual	Veterano M50	48:58	+15:16	04:54
300	315	Pedro Gomes	atletico clube alfenense	Senior Masculino	48:59	+15:17	04:54
301	339	Samuel Awad Salcedo Casas	individual	Senior Masculino	49:01	+15:19	04:54
302	138	Pedro Antunes	culsen - running through age	Senior Masculino	49:04	+15:22	04:54
303	176	Renato Garrido	elite36runners	Senior Masculino	49:05	+15:23	04:55
304	598	Pedro Tiago de Sousa Couto	ofrunning	Senior Masculino	49:07	+15:24	04:55
305	500	Fernando Azevedo	kemedo team	Senior Masculino	49:07	+15:25	04:55
306	558	Fernando Pinto	nascidos para correr - associação desportiva	Veterano M40	49:08	+15:25	04:55
307	806	VICTOR PEREIRA	vcp atletismo	Veterano M40	49:11	+15:29	04:55
308	838	Olavo Filipe Pinto Barros	individual	Senior Masculino	49:14	+15:32	04:55
309	842	João Carlos Ferraz da Mota	individual	Senior Masculino	49:15	+15:33	04:56
310	78	Nuno Rodrigues	budeguita runners	Veterano M40	49:18	+15:35	04:56
311	329	Ricardo Moutinho	individual	Senior Masculino	49:20	+15:38	04:56
312	469	José Fonseca	individual	Veterano M50	49:21	+15:38	04:56
313	605	Ricardo Fonseca	os atletas	Senior Masculino	49:24	+15:41	04:56
314	750	Magda Esteves	urbanfit	Senior Feminino	49:26	+15:44	04:57
315	379	carlos bessa	individual	Veterano M40	49:26	+15:44	04:57
316	50	aurelio costa	atletico clube alfenense	Veterano M40	49:27	+15:44	04:57
317	161	Diogo Pires	elite36runners	Senior Masculino	49:27	+15:44	04:57
318	314	Pedro Alves	individual	Senior Masculino	49:28	+15:46	04:57
319	377	Antonio Ribeiro	individual	Veterano M40	49:28	+15:46	04:57
320	172	Luís Teixeira	elite36runners	Senior Masculino	49:32	+15:50	04:57
321	387	Fernando Alves	individual	Veterano M40	49:33	+15:51	04:57
322	677	Gui Martins	rollingaventura/grupovc	Veterano M40	49:39	+15:57	04:58
323	378	ARTUR JORGE DA SILVA TEIXEIRA	individual	Veterano M40	49:41	+15:58	04:58
324	745	Alice Miranda	urbanfit	Senior Feminino	49:41	+15:59	04:58
325	47	PEDRO NUNO GONÇALVES POLICIANO	atletico clube alfenense	Senior Masculino	49:41	+15:59	04:58
326	629	Marco Leis	piscinas club	Senior Masculino	49:42	+16:00	04:58
327	305	Nuno Almeida	individual	Senior Masculino	49:50	+16:08	04:59
328	96	Luís Sousa	ccdt/stcp	Veterano M40	49:51	+16:08	04:59
329	61	Nuno Barreto	bikes & bites	Senior Masculino	49:52	+16:10	04:59
330	441	Saul Costa	individual	Veterano M40	49:54	+16:11	04:59
331	466	Jose Capelo	individual	Veterano M50	49:54	+16:12	04:59
332	168	Hugo Aguiar	elite36runners	Senior Masculino	49:55	+16:12	05:00
333	249	Carlos Fernandes	individual	Senior Masculino	49:56	+16:14	05:00
334	385	Eduardo Fernandes	individual	Veterano M40	49:57	+16:14	05:00
335	364	Ana Maria Barbosa	individual	Veterana F50	49:58	+16:16	05:00

CORRIDA 10K - STAGE 1

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
336	334	Ruben Pinheiro	individual	Senior Masculino	49:59	+16:16	05:00
337	821	Bruno Teixeira	individual	Senior Masculino	50:06	+16:23	05:01
338	359	Nina Silva	individual	Veterana F40	50:07	+16:24	05:01
339	40	Diogo Ferreira	associação desportiva da efaced	Senior Masculino	50:12	+16:29	05:01
340	503	Helder Castro	kemedo team	Senior Masculino	50:15	+16:33	05:02
341	241	António Domingos Couto	individual	Senior Masculino	50:19	+16:37	05:02
342	25	Sara Nunes	afis/ovar	Senior Feminino	50:23	+16:40	05:02
343	616	José Ribeiro	os felizes	Veterano M50	50:23	+16:41	05:02
344	443	Victor Santos	individual	Veterano M40	50:24	+16:41	05:02
345	71	Maria Do Carmo Loureiro	budeguita runners	Veterana F40	50:24	+16:41	05:02
346	649	Miguel Azevedo	porto sentido runners	Veterano M40	50:24	+16:41	05:02
347	342	Tiago Costa	individual	Senior Masculino	50:31	+16:48	05:03
348	638	Rui Russo dos Santos	porto runners	Veterano M50	50:37	+16:54	05:04
349	588	Fernando Andrade	no tomorrow running team	Veterano M50	50:37	+16:55	05:04
350	587	Paula Andrade	no tomorrow running team	Veterana F50	50:38	+16:55	05:04
351	337	rui costa	individual	Senior Masculino	50:38	+16:55	05:04
352	32	ISAQUE DA SILVA PINTO	amigos da picua	Veterano M50	50:41	+16:58	05:04
353	361	Rosa Coelho	individual	Veterana F40	50:44	+17:02	05:04
354	571	Abílio Alves	nascidos para correr - associação desportiva	Veterano M50	50:45	+17:03	05:05
355	149	Etelvina Santos	douroconta - gabinete de apoio e contabilidade	Veterana F40	50:45	+17:03	05:05
356	210	Ana Patrícia Moreira Ricardo	individual	Senior Feminino	50:46	+17:03	05:05
357	293	José Constantino Sousa	individual	Senior Masculino	50:49	+17:07	05:05
358	430	paulo pinto	individual	Veterano M40	50:49	+17:07	05:05
359	665	José Sousa	remax plus	Veterano M50	50:51	+17:09	05:05
360	398	Jorge	individual	Veterano M40	50:53	+17:10	05:05
361	82	DAVID TEIXEIRA	c+ runners	Senior Masculino	50:53	+17:10	05:05
362	627	RUI CARVALHO	pernetas	Veterano M40	50:54	+17:12	05:05
363	692	Eduardo Guerra	run2ermesinde	Senior Masculino	50:58	+17:15	05:06
364	174	Marco Pires	elite36runners	Senior Masculino	51:00	+17:17	05:06
365	576	António Santos	nascidos para correr - associação desportiva	Veterano M50	51:00	+17:18	05:06
366	126	José Pacheco	cmc da união	Veterano M50	51:01	+17:18	05:06
367	242	Antonio José de Sousa Pinto	individual	Senior Masculino	51:01	+17:19	05:06
368	299	Luís Soares	individual	Senior Masculino	51:01	+17:19	05:06
369	139	Pedro Pereira	culsen - running through age	Senior Masculino	51:07	+17:24	05:07
370	197	Paulo Alberto Rocha	grupo desportivo ferroviários de campanha	Veterano M50	51:08	+17:26	05:07
371	112	Modesto Monteiro	clube independentes de atletismo de alpendorada	Veterano M50	51:11	+17:29	05:07
372	531	HELENA	moinhosrun-adrm	Veterana F40	51:19	+17:37	05:08
373	437	Ricardo Jorge Guedes da Silva Nunes da Costa	individual	Veterano M40	51:21	+17:38	05:08
374	778	Rui Ferreira	urbanfit	Senior Masculino	51:21	+17:38	05:08
375	427	Paulo guedes	individual	Veterano M40	51:24	+17:41	05:08
376	229	Solange Sousa	individual	Senior Feminino	51:29	+17:47	05:09
377	680	José Viana	rollingaventura/grupovc	Veterano M40	51:36	+17:53	05:10
378	647	João Pinheiro	porto sentido runners	Veterano M40	51:39	+17:56	05:10

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
379	261	Emanuel Moutinho	individual	Senior Masculino	51:40	+17:58	05:10
380	807	Marco Moutinho	viseu 360	Veterano M40	51:41	+17:58	05:10
381	524	Daniela Sarmento	lion runners - g. d. leões da guarda	Veterana F40	51:48	+18:05	05:11
382	317	Pedro Manuel Domingues Soares	individual	Senior Masculino	51:51	+18:08	05:11
383	724	HUGO LOPES	ss montepio	Senior Masculino	51:53	+18:11	05:11
384	782	Anabela Moreira	urbanfit	Veterana F40	51:58	+18:16	05:12
385	493	Samuel Castro	kandimba runners	Veterano M40	51:59	+18:17	05:12
386	491	Jorge Durães	kandimba runners	Veterano M40	51:59	+18:17	05:12
387	297	Luis Fernandes	individual	Senior Masculino	52:00	+18:17	05:12
388	490	Alexandre Sousa	kandimba runners	Veterano M40	52:00	+18:17	05:12
389	88	paulo Neves	casa dos trabalhadores - águas do porto	Senior Masculino	52:00	+18:18	05:12
390	607	Ricas Almeida	os atletas	Senior Masculino	52:02	+18:19	05:12
391	218	Elisabete Cunha	individual	Senior Feminino	52:03	+18:20	05:12
392	642	Paula Coutinho	porto sentido runners	Veterana F40	52:07	+18:24	05:13
393	55	Sandra Cardoso	baguim runners	Veterana F40	52:12	+18:30	05:13
394	799	Carlos Rodrigues	urbanfit	Veterano M50	52:12	+18:30	05:13
395	134	António Barros	correr leça	Veterano M40	52:15	+18:32	05:14
396	454	Diogo COUCEIRO da costa	individual	Veterano M50	52:19	+18:36	05:14
397	740	Dulce Ribeiro	turbomula	Veterana F40	52:19	+18:36	05:14
398	636	José Pinto	piscinas club	Veterano M40	52:19	+18:37	05:14
399	640	Vitor Martins	porto sentido runners	Senior Masculino	52:20	+18:37	05:14
400	646	Ernesto Ribeiro	porto sentido runners	Veterano M40	52:20	+18:37	05:14
401	726	ARTUR CARVALHO	ss montepio	Veterano M40	52:22	+18:39	05:14
402	131	Dulce Neves	correr leça	Senior Feminino	52:26	+18:43	05:15
403	54	Vitor Cardoso	atletico da madalena	Veterano M50	52:28	+18:45	05:15
404	12	Rui Sá	10temidos	Veterano M40	52:29	+18:47	05:15
405	577	Armando Pinto	nascidos para correr - associação desportiva	Veterano M50	52:31	+18:49	05:15
406	582	José Paulo Neves	nascidos para correr - associação desportiva	Veterano M50	52:32	+18:49	05:15
407	421	Nuno Lopes	individual	Veterano M40	52:32	+18:49	05:15
408	823	Filipe Barbosa	individual	Senior Masculino	52:32	+18:50	05:15
409	822	Ricardo Fernandes	individual	Senior Masculino	52:32	+18:50	05:15
410	824	Bruno Bartes	individual	Senior Masculino	52:33	+18:50	05:15
411	400	Jorge cunha	individual	Veterano M40	52:38	+18:55	05:16
412	654	Hugo Barros	powerrunners	Senior Masculino	52:41	+18:59	05:16
413	696	Francisco Teixeira	run4lunch	Senior Masculino	52:43	+19:00	05:16
414	56	Lourenço Cardoso	baguim runners	Veterano M40	52:43	+19:01	05:16
415	606	Ricardo Melo	os atletas	Senior Masculino	52:44	+19:02	05:16
416	603	André Barros	os atletas	Senior Masculino	52:45	+19:02	05:17
417	464	Jorge Alberto Ribeiro	individual	Veterano M50	52:46	+19:03	05:17
418	98	Joaquim Fernando	centro atletismo ermesinde	Veterano M50	52:46	+19:04	05:17
419	34	Gabriel Moreira	amigos dos zipper	Senior Masculino	52:48	+19:05	05:17
420	523	Carmen Magalhães	lion runners - g. d. leões da guarda	Veterana F40	52:48	+19:05	05:17
421	247	Bruno Marcelino	individual	Senior Masculino	52:52	+19:09	05:17
422	764	Hugo Choupina	urbanfit	Senior Masculino	52:53	+19:10	05:17
423	832	Fernando Ramos	bicademia ginásio	Senior Masculino	52:56	+19:13	05:18

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OFFICIAL RESULT

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Official Timekeeper: Lap2Go	11 / 17	generate 04-Jan-2017 15:39
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CORRIDA 10K - STAGE 1

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
469	127	Miguel Matos	cmobile	Senior Masculino	54:03	+20:20	05:24
470	758	Sonia Ribeiro	urbanfit	Senior Feminino	54:03	+20:21	05:24
471	44	Romeu Nunes Maia	associação sójovem	Veterano M40	54:04	+20:21	05:24
472	489	Tiago Neves	kandimba runners	Senior Masculino	54:06	+20:24	05:25
473	460	Fernando poças	individual	Veterano M50	54:09	+20:27	05:25
474	450	Armando Teixeira	individual	Veterano M50	54:10	+20:27	05:25
475	409	Manuel Teixeira	individual	Veterano M40	54:11	+20:28	05:25
476	434	Pedro Pereira	individual	Veterano M40	54:12	+20:30	05:25
477	839	Alexandre Ribeiro Leis	individual	Senior Masculino	54:13	+20:31	05:25
478	538	IGOR PEREIRA	mss contabilidade	Senior Masculino	54:15	+20:32	05:26
479	826	Rui carolo	individual	Senior Masculino	54:16	+20:33	05:26
480	84	João Lourenço	c+ runners	Veterano M40	54:16	+20:34	05:26
481	396	JOAQUIM ALEIXO	individual	Veterano M40	54:17	+20:34	05:26
482	634	Jorge Gonçalves	piscinas club	Veterano M40	54:17	+20:34	05:26
483	747	Ana Monteiro	urbanfit	Senior Feminino	54:17	+20:35	05:26
484	223	Jani Diogo	individual	Senior Feminino	54:18	+20:35	05:26
485	382	David Sousa	individual	Veterano M40	54:18	+20:36	05:26
486	250	Carlos Miguel Rocha	individual	Senior Masculino	54:18	+20:36	05:26
487	521	Aurelio Carvalho	kemedo team	Veterano M50	54:20	+20:38	05:26
488	278	Hugo Alexandre Bento Moreira Alves	individual	Senior Masculino	54:22	+20:40	05:26
489	653	Sara Eiro	powerrunners	Senior Feminino	54:22	+20:40	05:26
490	652	Patrícia Moreira	powerrunners	Senior Feminino	54:23	+20:40	05:26
491	6	Ricardo Pina	10temidos	Senior Masculino	54:23	+20:41	05:26
492	462	Francisco Oliveira	individual	Veterano M50	54:23	+20:41	05:26
493	318	Pedro Miguel Araujo Ferreira	individual	Senior Masculino	54:26	+20:43	05:27
494	746	Ana Luisa	urbanfit	Senior Feminino	54:26	+20:44	05:27
495	700	Maria Castro	run4lunch	Veterana F40	54:29	+20:47	05:27
496	808	Fernanda Lopes	weteach run team	Veterana F40	54:32	+20:50	05:27
497	425	Paulo Ferreira	individual	Veterano M40	54:34	+20:51	05:27
498	678	Honorato Pinto	rollingaventura/grupovc	Veterano M40	54:35	+20:53	05:28
499	471	Luis Almeida	individual	Veterano M50	54:37	+20:54	05:28
500	301	Marco Guimarães	individual	Senior Masculino	54:38	+20:55	05:28
501	456	Emídio Silva	individual	Veterano M50	54:38	+20:56	05:28
502	130	Miguel Mendes	cmobile	Veterano M50	54:38	+20:56	05:28
503	651	Alice Sousa	porto sentido runners	Veterana F40	54:41	+20:59	05:28
504	259	Eduardo Pais	individual	Senior Masculino	54:47	+21:05	05:29
505	440	Rui Pereira	individual	Veterano M40	54:52	+21:10	05:29
506	93	Ricardo Sousa	ccdt/stcp	Senior Masculino	55:02	+21:20	05:30
507	741	Paula Figueiredo	turbomula	Veterana F40	55:07	+21:24	05:31
508	664	Germano Moura	remax plus	Veterano M50	55:07	+21:25	05:31
509	540	Maria Elisabete Moreira	nascidos para correr - associação desportiva	Senior Feminino	55:08	+21:25	05:31
510	328	Ricardo Freitas	individual	Senior Masculino	55:08	+21:26	05:31
511	103	Pedro Miguel da Silva Monteiro	clã 2	Senior Masculino	55:09	+21:26	05:31
512	804	PAULO FREITAS	vcp atletismo	Veterano M40	55:09	+21:27	05:31
513	104	Pedro Tiago da Rocha Oliveira	clã 2	Senior Masculino	55:10	+21:28	05:31

CORRIDA 10K - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
514	544	Ismael Oliveira	nascidos para correr - associação desportiva	Senior Masculino	55:12	+21:30	05:31
515	791	Teresa Pinho	urbanfit	Veterana F50	55:15	+21:32	05:32
516	439	Rui Freitas	individual	Veterano M40	55:15	+21:33	05:32
517	117	Júlio Lourenço	cmc da união	Senior Masculino	55:21	+21:38	05:32
518	268	Gonçalo Rodrigues	individual	Senior Masculino	55:24	+21:42	05:32
519	129	Rodolfo Rangel	cmobile	Senior Masculino	55:34	+21:52	05:33
520	833	Gustavo Rangel	individual	Senior Masculino	55:34	+21:52	05:33
521	670	Ana Rita Leite	ritas	Senior Feminino	55:37	+21:54	05:34
522	626	Manuela Ferreira	pernetas	Veterana F40	55:37	+21:55	05:34
523	507	Pedro Duarte	kemedo team	Senior Masculino	55:38	+21:55	05:34
524	209	PAULO RAMOS	grupo juvenil pinheiro da bemposta . o. azeméis	Veterano M40	55:41	+21:59	05:34
525	48	adelaide martins	atletico clube alfenense	Veterana F40	55:43	+22:01	05:34
526	467	JOSE CARLOS NEVES	individual	Veterano M50	55:49	+22:06	05:35
527	534	Helder F. B. Silva	moreira relax runners	Veterano M40	55:52	+22:10	05:35
528	648	Joaquim Moreira	porto sentido runners	Veterano M40	55:56	+22:13	05:36
529	752	Maria Lurdes Coelho	urbanfit	Senior Feminino	55:57	+22:15	05:36
530	790	Soledade	urbanfit	Veterana F50	55:58	+22:15	05:36
531	270	Héber Santos	individual	Senior Masculino	55:58	+22:16	05:36
532	557	Carlos Ferreira	nascidos para correr - associação desportiva	Veterano M40	55:58	+22:16	05:36
533	543	Teresinha Castro	nascidos para correr - associação desportiva	Senior Feminino	55:59	+22:16	05:36
534	765	Hugo Magalhães	urbanfit	Senior Masculino	56:00	+22:18	05:36
535	757	Rute Pinto	urbanfit	Senior Feminino	56:01	+22:18	05:36
536	303	Miguel Coelho	individual	Senior Masculino	56:03	+22:21	05:36
537	383	Duarte Duarte	individual	Veterano M40	56:04	+22:21	05:36
538	706	José Cardoso	run4lunch	Veterano M40	56:04	+22:22	05:36
539	136	MANUEL RODRIGUES	correr leça	Veterano M50	56:07	+22:25	05:37
540	748	Cristina	urbanfit	Senior Feminino	56:15	+22:33	05:38
541	492	Paulo Monteiro	kandimba runners	Veterano M40	56:25	+22:43	05:39
542	231	Sónia Pereira	individual	Senior Feminino	56:33	+22:50	05:39
543	805	RUI SILVA	vcp atletismo	Veterano M40	56:36	+22:53	05:40
544	633	Emanuel Viana	piscinas club	Veterano M40	56:36	+22:54	05:40
545	733	Mário Silva	tartarugas	Veterano M40	56:37	+22:54	05:40
546	340	Sérgio Martins	individual	Senior Masculino	56:39	+22:56	05:40
547	283	Joao Airosa	individual	Senior Masculino	56:39	+22:56	05:40
548	760	Bruno Muscoso	urbanfit	Senior Masculino	56:43	+23:00	05:40
549	518	Paulo Sousa	kemedo team	Veterano M40	56:45	+23:03	05:41
550	829	Manuela Monteiro	bicademia ginásio	Veterana F40	56:50	+23:07	05:41
551	828	Sónia Silva	bicademia ginásio	Senior Feminino	56:50	+23:08	05:41
552	830	Manuela Silva	bicademia ginásio	Veterana F40	56:59	+23:17	05:42
553	827	Nuno Silva	bicademia ginásio	Senior Masculino	56:59	+23:17	05:42
554	102	Diogo Francisco Martins Cunha	clã 2	Senior Masculino	57:00	+23:17	05:42
555	773	Nuno Torres	urbanfit	Senior Masculino	57:01	+23:19	05:42
556	592	Hugo Baptista	nuno	Senior Masculino	57:02	+23:19	05:42
557	593	Nuno Baptista	nuno	Senior Masculino	57:02	+23:19	05:42

CORRIDA 10K - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
558	812	Jorge Pinheiro	wild sultans/correr leça	Veterano M40	57:02	+23:19	05:42
559	813	Nuno Morgado	wild sultans/correr leça	Veterano M40	57:02	+23:20	05:42
560	46	ANA PAULA MACHADO DA COSTA	atlético clube alfenense	Senior Feminino	57:05	+23:22	05:43
561	384	eduardo castro	individual	Veterano M40	57:11	+23:29	05:43
562	292	Jose António Casanova Monteiro	individual	Senior Masculino	57:13	+23:30	05:43
563	532	Isabel Carvalho	moinhosrun-adrm	Veterana F40	57:15	+23:32	05:44
564	284	João Miguel Claro Pinto	individual	Senior Masculino	57:16	+23:34	05:44
565	137	Nuno Cordoeiro	culsen - running through age	Senior Masculino	57:17	+23:35	05:44
566	253	Daniel Filipe Ferreira Santos	individual	Senior Masculino	57:21	+23:38	05:44
567	105	Duarte Nuno Lobo Correia	clã 2	Veterano M40	57:32	+23:50	05:45
568	835	Atleta 835	individual	Senior Masculino	57:37	+23:54	05:46
569	843	atleta 843	individual	Senior Masculino	57:39	+23:57	05:46
570	125	José Clemente	cmc da união	Veterano M50	57:42	+23:59	05:46
571	720	Paula Oliveira	sporting clube de espinho	Veterana F40	57:48	+24:05	05:47
572	738	Filipe Nogueira	turbomula	Senior Masculino	57:54	+24:12	05:47
573	307	Nuno Freitas	individual	Senior Masculino	58:08	+24:25	05:49
574	743	Nelson Montalvão	turbomula	Veterano M40	58:20	+24:37	05:50
575	106	Rui Miguel da Silva Carvalho	clã 2	Veterano M40	58:21	+24:38	05:50
576	335	Rui Bastos	individual	Senior Masculino	58:28	+24:46	05:51
577	212	Andreia Filipa Lima Santos Cardoso	individual	Senior Feminino	58:28	+24:46	05:51
578	287	João Vieira	individual	Senior Masculino	58:31	+24:49	05:51
579	325	Ricardo André Almeida Monteiro	individual	Senior Masculino	58:32	+24:50	05:51
580	715	Daniela Carvalho	se não fores vou eu	Senior Feminino	58:34	+24:52	05:51
581	403	José Gonçalves	individual	Veterano M40	58:34	+24:52	05:51
582	366	Helena Ferreira	individual	Veterana F50	58:44	+25:01	05:52
583	468	Jose Ferreira	individual	Veterano M50	58:44	+25:02	05:52
584	449	Antonio Vasconcelos Carvalho	individual	Veterano M50	58:54	+25:11	05:53
585	759	Vanessa Mauricio	urbanfit	Senior Feminino	58:56	+25:13	05:54
586	798	Alberto Mauricio	urbanfit	Veterano M50	58:56	+25:13	05:54
587	834	Gleiver Marques	individual	Veterano M40	58:58	+25:16	05:54
588	637	Silvio Barbosa	piscinas club	Veterano M40	59:00	+25:17	05:54
589	705	João Castro Lopes	run4lunch	Veterano M40	59:05	+25:23	05:55
590	772	Nuno Lopes	urbanfit	Senior Masculino	59:12	+25:30	05:55
591	761	Filipe Leitão	urbanfit	Senior Masculino	59:18	+25:36	05:56
592	731	Pedro Venâncio	tânia e pedro	Senior Masculino	59:19	+25:36	05:56
593	590	José Silva	nocturnos de paredes	Veterano M40	59:22	+25:39	05:56
594	589	Maria de Jesus	nocturnos de paredes	Veterana F40	59:25	+25:42	05:57
595	610	Raquel Sousa	os felizes	Senior Feminino	59:38	+25:55	05:58
596	612	Flor Guimarães	os felizes	Veterana F40	59:40	+25:57	05:58
597	407	Luís Ribeiro	individual	Veterano M40	59:40	+25:58	05:58
598	781	Vitor Teixeira	urbanfit	Senior Masculino	59:41	+25:58	05:58
599	447	António Pinto de Oliveira	casa dos trabalhadores - águas do porto	Veterano M50	59:44	+26:02	05:58
600	369	Maria Horta	individual	Veterana F50	59:44	+26:02	05:58
601	360	Paula Cristina da Silva Vaz Barroso	individual	Veterana F40	59:45	+26:02	05:59

CORRIDA 10K - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
602	381	Cláudio Emanuel Botequilha Gonçalves	individual	Veterano M40	01:00:02	+26:20	06:00
603	783	Claudia Lixa	urbanfit	Veterana F40	01:00:05	+26:22	06:01
604	645	Cláudio Cerqueira	porto sentido runners	Veterano M40	01:00:09	+26:26	06:01
605	132	Nelma Costa Oliveira	correr leça	Senior Feminino	01:00:14	+26:32	06:01
606	786	Refina Ferreira	urbanfit	Veterana F40	01:00:15	+26:32	06:02
607	688	Susana Cruz	rompesolas	Senior Feminino	01:00:19	+26:37	06:02
608	690	Miguel Oliveira	rompesolas	Senior Masculino	01:00:19	+26:37	06:02
609	215	Claudia Colmonero	individual	Senior Feminino	01:00:24	+26:41	06:02
610	69	Ana Moreira	budeguita runners	Veterana F40	01:00:24	+26:41	06:02
611	267	Frederico Coelho	individual	Senior Masculino	01:00:25	+26:42	06:03
612	326	Ricardo Araújo Mendes	individual	Senior Masculino	01:00:29	+26:47	06:03
613	356	marcia batista	individual	Veterana F40	01:00:36	+26:54	06:04
614	65	JORGE ALVES OLIVEIRA	bttrain	Veterano M50	01:00:41	+26:59	06:04
615	684	José Freitas	rollingaventura/grupovc	Veterano M50	01:00:42	+27:00	06:04
616	674	Tomas Ferreira	rollingaventura/grupovc	Senior Masculino	01:00:43	+27:00	06:04
617	729	RUI SILVA	ss montepio	Veterano M40	01:00:49	+27:06	06:05
618	722	PATRÍCIA REBELO	ss montepio	Senior Feminino	01:00:56	+27:14	06:06
619	737	Sara Moreira	turbomula	Senior Feminino	01:00:58	+27:16	06:06
620	236	Alvaro Antunes	individual	Senior Masculino	01:01:02	+27:19	06:06
621	426	Paulo Fonseca	individual	Veterano M40	01:01:03	+27:20	06:06
622	372	Rosa Celeste	individual	Veterana F50	01:01:13	+27:31	06:07
623	613	José Bonifácio	os felizes	Veterano M40	01:01:26	+27:43	06:09
624	699	Pedro Castro Lopes	run4lunch	Senior Masculino	01:01:36	+27:53	06:10
625	656	Rui Noddy	powerrunners	Senior Masculino	01:01:48	+28:05	06:11
626	195	Patrícia Pereira	gondomar futsal clube	Senior Feminino	01:01:48	+28:05	06:11
627	730	Tânia Vasconcelos	tânia e pedro	Senior Feminino	01:01:52	+28:09	06:11
628	777	Ruben Rolão	urbanfit	Senior Masculino	01:01:52	+28:10	06:11
629	788	Irene Barbosa	urbanfit	Veterana F50	01:01:53	+28:10	06:11
630	80	Rui Airosa	budeguita runners	Veterano M40	01:01:56	+28:14	06:12
631	70	Isabel Ferreira	budeguita runners	Veterana F40	01:01:56	+28:14	06:12
632	155	Elisabete Monteiro	elite36runners	Senior Feminino	01:01:59	+28:17	06:12
633	630	Tiago Resende	piscinas club	Senior Masculino	01:02:35	+28:52	06:16
634	742	Alcides Freire	turbomula	Veterano M40	01:02:36	+28:54	06:16
635	186	Rita Leal	flechas	Senior Feminino	01:02:52	+29:10	06:17
636	187	Carlos Leal	flechas	Senior Masculino	01:02:53	+29:10	06:17
637	625	ISABEL CARVALHO	pernetas	Veterana F40	01:02:59	+29:17	06:18
638	370	PAULA CRISTINA LAPA RIBEIRO BARROS	individual	Veterana F50	01:03:03	+29:21	06:18
639	405	Jose Manuel Silva Vieira	individual	Veterano M40	01:03:04	+29:21	06:18
640	380	Carlos Cabouco	individual	Veterano M40	01:03:08	+29:26	06:19
641	63	Rui Jesus	bikes & bites	Veterano M40	01:03:12	+29:30	06:19
642	64	Belmiro Sousa	bikes & bites	Veterano M50	01:03:17	+29:35	06:20
643	211	anabela andre	individual	Senior Feminino	01:03:25	+29:42	06:21
644	723	TÂNIA REBELO	ss montepio	Senior Feminino	01:03:33	+29:50	06:21
645	732	Vera Delgado	tartarugas	Senior Feminino	01:03:34	+29:52	06:21
646	219	Filipa Batista	individual	Senior Feminino	01:03:50	+30:08	06:23

CORRIDA 10K - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
647	641	Berta Ferreira	porto sentido runners	Veterana F40	01:04:01	+30:19	06:24
648	121	António Costa	cmc da união	Veterano M40	01:04:42	+31:00	06:28
649	225	margarida carvalho	individual	Senior Feminino	01:04:47	+31:04	06:29
650	348	Carla Coelho	individual	Veterana F40	01:05:05	+31:22	06:31
651	85	RUI LOPES	c+ runners	Veterano M40	01:05:08	+31:25	06:31
652	784	Maria Silva	urbanfit	Veterana F40	01:05:08	+31:26	06:31
653	796	Rui Silva	urbanfit	Veterano M40	01:05:09	+31:26	06:31
654	135	Jorge Urbano Gomes	correr leça	Veterano M40	01:05:14	+31:31	06:31
655	509	Claudia Pacheco	kemedo team	Veterana F40	01:05:15	+31:33	06:32
656	226	Marta Andreia Freitas dos Santos	individual	Senior Feminino	01:05:22	+31:40	06:32
657	845	Atleta 845	individual	Senior Masculino	01:05:36	+31:54	06:34
658	114	Andreia Marques	cmc da união	Senior Feminino	01:05:37	+31:55	06:34
659	120	Carla Varanda	cmc da união	Veterana F40	01:05:38	+31:55	06:34
660	659	Catarina Sousa	remax plus	Senior Feminino	01:05:38	+31:55	06:34
661	661	Luis Pinto	remax plus	Senior Masculino	01:05:38	+31:56	06:34
662	639	Rui Moreira	porto sentido runners	Senior Masculino	01:05:39	+31:56	06:34
663	228	Sofia Pinto	individual	Senior Feminino	01:05:40	+31:57	06:34
664	709	José Teixeira	run4lunch	Veterano M50	01:05:41	+31:59	06:34
665	157	Mónica Silva	elite36runners	Senior Feminino	01:05:59	+32:17	06:36
666	94	Sérgio Soares	ccdt/stcp	Senior Masculino	01:05:59	+32:17	06:36
667	817	Luis moreira	individual	Veterano M40	01:06:00	+32:17	06:36
668	367	Maria Alice Guimarães	individual	Veterana F50	01:06:00	+32:18	06:36
669	655	Miguel Barbosa	powerrunners	Senior Masculino	01:06:01	+32:19	06:36
670	710	Rui Cunha	run4lunch	Veterano M50	01:06:21	+32:38	06:38
671	330	Ricardo Pinto	individual	Senior Masculino	01:06:25	+32:43	06:39
672	323	Rafael Baptista soares	individual	Senior Masculino	01:06:44	+33:02	06:40
673	343	Tiago Teixeira	individual	Senior Masculino	01:06:53	+33:10	06:41
674	533	ROSA COSTA	moreira relax runners	Veterana F50	01:07:02	+33:19	06:42
675	74	Sandra Soares	budeguita runners	Veterana F40	01:07:05	+33:22	06:43
676	351	Elsa Maria Lima Moreira	individual	Veterana F40	01:07:35	+33:52	06:46
677	251	Carlos Rocha	individual	Senior Masculino	01:07:40	+33:57	06:46
678	355	Lia Susana Costa	individual	Veterana F40	01:07:42	+33:59	06:46
679	233	Tatiana Luísa Macedo Pinto	individual	Senior Feminino	01:08:07	+34:24	06:49
680	311	Nuno Sérgio Neto Capela	individual	Senior Masculino	01:08:07	+34:25	06:49
681	594	Nuno Silva	nuno	Veterano M40	01:08:22	+34:39	06:50
682	595	Manuel Silva	nuno	Veterano M50	01:08:22	+34:40	06:50
683	611	felicidade carneiro	os felizes	Veterana F40	01:08:30	+34:47	06:51
684	694	Gisélia Braga	run2ermesinde	Veterana F40	01:08:38	+34:56	06:52
685	666	Manuel Moura	remax plus	Veterano M50	01:08:54	+35:11	06:53
686	352	Eugénia Paula Santos	individual	Veterana F40	01:08:55	+35:12	06:54
687	418	Norberto Simões Eustáquio	individual	Veterano M40	01:09:23	+35:41	06:56
688	128	Nélson Ferreira	cmobile	Senior Masculino	01:09:24	+35:41	06:56
689	365	Carmo Saraiva	individual	Veterana F50	01:09:27	+35:45	06:57
690	349	Elisa Costa	individual	Veterana F40	01:09:40	+35:58	06:58
691	787	Inês Moreira	urbanfit	Veterana F50	01:09:41	+35:59	06:58

CORRIDA 10K - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
692	111	Manuel Barbosa	clube independentes de atletismo de alpendorada	Veterano M50	01:10:02	+36:19	07:00
693	686	Filipa Brito	rompesolas	Senior Feminino	01:10:07	+36:25	07:01
694	368	maria alves	individual	Veterana F50	01:10:28	+36:45	07:03
695	618	José Ferreira	os ferreira	Veterano M40	01:10:31	+36:48	07:03
696	685	Ana Luísa Fernandes	rompesolas	Senior Feminino	01:10:37	+36:55	07:04
697	689	Verónica Maia	rompesolas	Senior Feminino	01:10:38	+36:55	07:04
698	691	Rui Santos	rompesolas	Senior Masculino	01:10:39	+36:56	07:04
699	687	Sílvia Coelho	rompesolas	Senior Feminino	01:10:39	+36:57	07:04
700	362	Sandra Mendes	individual	Veterana F40	01:10:58	+37:16	07:06
701	676	Graça Carvalho	rollingaventura/grupovc	Veterana F40	01:10:59	+37:16	07:06
702	702	Maria Cunha	run4lunch	Veterana F50	01:11:24	+37:42	07:08
703	701	Maria Clara Pinto	run4lunch	Veterana F40	01:11:24	+37:42	07:08
704	133	Duarte Costa	correr leça	Senior Masculino	01:12:04	+38:21	07:12
705	663	João Cardoso	remax plus	Veterano M40	01:12:25	+38:43	07:15
706	486	Filipe Pinto	kandimba runners	Senior Masculino	01:12:38	+38:56	07:16
707	452	Carlos	individual	Veterano M50	01:13:02	+39:20	07:18
708	227	Sandra Ribeiro	individual	Senior Feminino	01:13:12	+39:29	07:19
709	371	Paula Salgado	individual	Veterana F50	01:13:12	+39:30	07:19
710	119	Salvador Varanda	cmc da união	Senior Masculino	01:13:13	+39:31	07:19
711	718	DEOLINDA HENRIQUES SILVA ALVES	sport club conimbricense	Veterana F50	01:13:21	+39:39	07:20
712	785	Maria Silva	urbanfit	Veterana F40	01:15:33	+41:51	07:33
713	753	Mariana Rocha	urbanfit	Senior Feminino	01:15:33	+41:51	07:33
714	749	Laisa Diana	urbanfit	Senior Feminino	01:15:34	+41:51	07:33
715	695	Helena Cruz	run4lunch	Senior Feminino	01:16:32	+42:50	07:39
716	697	Júlio Castro Lopes	run4lunch	Senior Masculino	01:16:33	+42:51	07:39
717	498	Dário Gil	kemedo team	Senior Masculino	01:17:52	+44:10	07:47
718	101	Ana Beatriz Barbosa Marques Sousa	clã 2	Senior Feminino	01:20:19	+46:36	08:02
719	216	Daniela Bernardo	individual	Senior Feminino	01:21:27	+47:44	08:09
720	816	Patrícia Carneiro	individual	Senior Feminino	01:21:28	+47:45	08:09
721	704	Maria Miranda	run4lunch	Veterana F50	01:22:05	+48:22	08:13
722	703	Maria Gomes	run4lunch	Veterana F50	01:26:26	+52:44	08:39
723	358	maria vilar	individual	Veterana F40	01:29:23	+55:41	08:56

Corrida 10k

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OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	21:30	9°C	70%
End	23:01	8°C	70%

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

1	230	Sónia Alexandra Oliveira Pinto	Individual	Senior Feminino	36:14	03:37
2	213	Catarina Daniela Moreira Ricardo	Individual	Senior Feminino	42:06	+05:53 04:13
3	143	Inês Pinto	DIMP	Senior Feminino	42:34	+06:21 04:15
4	526	Sónia Félix	Luz e Vida Gondomarense	Senior Feminino	42:51	+06:37 04:17
5	113	Céline Gomes	Clube Zupper	Senior Feminino	42:53	+06:40 04:17
6	217	Daniela Soares	Individual	Senior Feminino	45:22	+09:08 04:32
7	221	Iolanda Figueiredo Araujo	Individual	Senior Feminino	45:54	+09:41 04:35
8	541	Sandra Pereira	Nascidos para Correr - Associação Desportiva	Senior Feminino	46:03	+09:50 04:36
9	232	Sónia Santos	Individual	Senior Feminino	46:19	+10:05 04:38
10	68	Helena Dias	BUDEGUITA RUNNERS	Senior Feminino	47:39	+11:26 04:46
11	154	Ana Catarina Carvalho Pereira	ELITE36runners	Senior Feminino	48:08	+11:55 04:49
12	224	joana Candido	Individual	Senior Feminino	48:40	+12:27 04:52
13	59	Salomé de Almeida Mourisco	Bikes & Bites	Senior Feminino	48:54	+12:40 04:53
14	750	Magda Esteves	Urbanfit	Senior Feminino	49:26	+13:13 04:57
15	745	Alice Miranda	Urbanfit	Senior Feminino	49:41	+13:28 04:58
16	25	Sara Nunes	AFIS/OVAR	Senior Feminino	50:23	+14:09 05:02
17	210	Ana Patrícia Moreira Ricardo	Individual	Senior Feminino	50:46	+14:32 05:05
18	229	Solange Sousa	Individual	Senior Feminino	51:29	+15:16 05:09
19	218	Elisabete Cunha	Individual	Senior Feminino	52:03	+15:49 05:12
20	131	Dulce Neves	CORRER LEÇA	Senior Feminino	52:26	+16:12 05:15
21	831	Ana Patricio	Bicademia Ginásio	Senior Feminino	52:56	+16:42 05:18
22	156	Maria Gamboa Correia	ELITE36runners	Senior Feminino	53:03	+16:49 05:18
23	815	Ana Cota	Individual	Senior Feminino	53:27	+17:14 05:21
24	755	Monica Vilela	Urbanfit	Senior Feminino	53:35	+17:22 05:22
25	609	Fátima Almeida	OS FELIZES	Senior Feminino	53:38	+17:25 05:22
26	115	Lara Santos	CMC da União	Senior Feminino	53:48	+17:35 05:23
27	494	Liliana Vieira	KeMedo Team	Senior Feminino	54:01	+17:48 05:24
28	758	Sonia Ribeiro	Urbanfit	Senior Feminino	54:03	+17:50 05:24
29	747	Ana Monteiro	Urbanfit	Senior Feminino	54:17	+18:04 05:26
30	223	Jani Diogo	Individual	Senior Feminino	54:18	+18:04 05:26
31	653	Sara Eiro	Powerrunners	Senior Feminino	54:22	+18:09 05:26
32	652	Patrícia Moreira	Powerrunners	Senior Feminino	54:23	+18:09 05:26
33	746	Ana Luisa	Urbanfit	Senior Feminino	54:26	+18:13 05:27
34	540	Maria Elisabete Moreira	Nascidos para Correr - Associação Desportiva	Senior Feminino	55:08	+18:54 05:31
35	670	Ana Rita Leite	Ritas	Senior Feminino	55:37	+19:23 05:34
36	752	Maria Lurdes Coelho	Urbanfit	Senior Feminino	55:57	+19:44 05:36
37	543	Teresinha Castro	Nascidos para Correr - Associação Desportiva	Senior Feminino	55:59	+19:45 05:36

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Senior Masculino

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3	321	Pedro Reis	Individual	Senior Masculino	35:06	+01:24	03:31
4	200	TIAGO PINTO	Grupo Dramático e Recreativo da Retorta	Senior Masculino	35:09	+01:27	03:31
5	345	Vasco Leite Faria Duarte	Individual	Senior Masculino	35:44	+02:01	03:34
6	146	Rui Gomes	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	35:52	+02:10	03:35
7	15	Renato Sousa	A.D. Rio Largo Clube de Espinho	Senior Masculino	35:52	+02:10	03:35
8	199	TIAGO LISBOA	Grupo Dramático e Recreativo da Retorta	Senior Masculino	36:00	+02:17	03:36
9	285	Joao Seixas	Individual	Senior Masculino	36:15	+02:33	03:38
10	298	Luís Ricardo Beato Pereira	Individual	Senior Masculino	36:15	+02:33	03:38
11	238	ANDRÉ MATOS	Individual	Senior Masculino	36:38	+02:56	03:40
12	107	NUNO CARNEIRO	CLUBE ZUPPER	Senior Masculino	36:38	+02:56	03:40
13	302	Marco Moreira	Individual	Senior Masculino	36:39	+02:56	03:40
14	809	Ricardo Areias	White Running Team - Not Run Alone	Senior Masculino	37:57	+04:15	03:48
15	254	Daniel Monteiro	Individual	Senior Masculino	38:04	+04:22	03:48
16	91	Rui Silva	CCD Lagos Triatlo	Senior Masculino	38:05	+04:22	03:49
17	499	Eurico Moura	KeMedo Team	Senior Masculino	38:06	+04:23	03:49
18	178	Tiago João Mata Lima	ELITE36runners	Senior Masculino	38:22	+04:40	03:50
19	331	Ricardo Rego	Individual	Senior Masculino	38:24	+04:41	03:50
20	18	MIGUEL MOURA	ACADEMIA FERNANDA RIBEIRO	Senior Masculino	38:29	+04:47	03:51
21	539	SERGIO SILVA	MSS CONTABILIDADE	Senior Masculino	38:34	+04:52	03:51
22	597	João Pedro Leal	OFRunning	Senior Masculino	38:37	+04:54	03:52
23	841	Nuno Maia	Individual	Senior Masculino	38:38	+04:55	03:52
24	13	Daniel Lopes	A.D. Rio Largo Clube de Espinho	Senior Masculino	38:46	+05:03	03:53
25	276	Henrique Barbosa	Individual	Senior Masculino	38:59	+05:16	03:54
26	545	Domingos Santos	Nascidos para Correr - Associação Desportiva	Senior Masculino	39:10	+05:28	03:55
27	712	Carlos Gomes	Salgueiros Running	Senior Masculino	39:13	+05:31	03:55
28	173	Marco André Martins Lima	ELITE36runners	Senior Masculino	39:17	+05:35	03:56
29	497	Renato Almeida	KeMedo Team	Senior Masculino	39:18	+05:36	03:56
30	163	Fábio Martins	ELITE36runners	Senior Masculino	39:26	+05:43	03:57
31	60	Gabriel Coutinho	Bikes & bites	Senior Masculino	39:39	+05:56	03:58
32	332	Ricardo Santos	Individual	Senior Masculino	40:00	+06:17	04:00
33	338	Rui Manuel Ferrao da Silva Cardoso	Individual	Senior Masculino	40:01	+06:18	04:00
34	17	Fábio Oliveira	ACADEMIA FERNANDA RIBEIRO	Senior Masculino	40:05	+06:22	04:01
35	166	Gustavo Assunção	ELITE36runners	Senior Masculino	40:33	+06:50	04:03
36	14	José Pereira	A.D. Rio Largo Clube de Espinho	Senior Masculino	40:36	+06:53	04:04
37	506	Márcio Carvalho	KeMedo Team	Senior Masculino	40:45	+07:03	04:05
38	767	João Torres	Urbanfit	Senior Masculino	40:54	+07:12	04:05
39	164	Fernando Valente	ELITE36runners	Senior Masculino	41:13	+07:30	04:07
40	850	Atleta 850	Individual	Senior Masculino	41:15	+07:33	04:08
41	548	Nuno Ribeiro	Nascidos para Correr - Associação Desportiva	Senior Masculino	41:16	+07:33	04:08
42	257	Domingos Nogueira6	Individual	Senior Masculino	41:18	+07:35	04:08
43	549	Virgílio Vieira	Nascidos para Correr - Associação Desportiva	Senior Masculino	41:21	+07:38	04:08
44	243	António Picotês	Individual	Senior Masculino	41:32	+07:50	04:09

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45	294	José Diogo Ramos Ribeiro	Individual	Senior Masculino	41:33	+07:50	04:09
46	189	Nuno Santos	G.D.Bairro Pescadores Matosinhos	Senior Masculino	41:43	+08:01	04:10
47	160	Diogo Loureiro	ELITE36runners	Senior Masculino	41:43	+08:01	04:10
48	179	Vitor Lage Silva	ELITE36runners	Senior Masculino	41:45	+08:03	04:11
49	158	Bruno José Duarte Dias	ELITE36runners	Senior Masculino	41:46	+08:03	04:11
50	480	Victor Gonçalves	Invicta Runners Team	Senior Masculino	42:09	+08:27	04:13
51	256	David Henriques	Individual	Senior Masculino	42:11	+08:28	04:13
52	177	Tiago Emanuel Martins Lima	ELITE36runners	Senior Masculino	42:15	+08:32	04:14
53	39	Tiago Oliveira	Ases dos pedais	Senior Masculino	42:25	+08:42	04:15
54	144	Domingos Martins	DIMP	Senior Masculino	42:34	+08:51	04:15
55	496	Manuel Costa	KeMedo Team	Senior Masculino	42:42	+09:00	04:16
56	763	Flavio Oliveira	Urbanfit	Senior Masculino	42:48	+09:06	04:17
57	599	Ricardo Silva	OFRunning	Senior Masculino	42:50	+09:07	04:17
58	271	Hélder Antonio de Oliveira Mendes	Individual	Senior Masculino	42:54	+09:12	04:17
59	488	Ricardo Sousa	Kandimba Runners	Senior Masculino	42:55	+09:12	04:18
60	820	Hugo Moreira	Individual	Senior Masculino	42:55	+09:12	04:18
61	169	João Machado	ELITE36runners	Senior Masculino	42:55	+09:12	04:18
62	165	Filipe Adriano Bastos de Sousa	ELITE36runners	Senior Masculino	43:07	+09:24	04:19
63	766	Hugo Sousa	Urbanfit	Senior Masculino	43:23	+09:41	04:20
64	819	Miguel Pinto	Individual	Senior Masculino	43:24	+09:41	04:20
65	9	Valter Gouveia	10TEMIDOS	Senior Masculino	43:32	+09:49	04:21
66	170	Jorge Morais	ELITE36runners	Senior Masculino	43:32	+09:50	04:21
67	623	Jorge Bastos	Pernetas	Senior Masculino	43:34	+09:52	04:21
68	290	JORGE AUGUSTO MADUREIRA CARVALHO4	Individual	Senior Masculino	43:48	+10:05	04:23
69	604	Helder Silva	Os Atletas	Senior Masculino	43:59	+10:17	04:24
70	272	Helder Ferreira	Individual	Senior Masculino	44:09	+10:27	04:25
71	275	Helder Parracho	Individual	Senior Masculino	44:15	+10:33	04:26
72	310	Nuno Monteiro	Individual	Senior Masculino	44:20	+10:38	04:26
73	505	José Pinto	KeMedo Team	Senior Masculino	44:22	+10:39	04:26
74	196	Bruno Vigário	GONDOMAR FUTSAL CLUBE	Senior Masculino	44:23	+10:40	04:26
75	771	Nuno Leite	Urbanfit	Senior Masculino	44:28	+10:46	04:27
76	252	Cláudio Santos	Individual	Senior Masculino	44:36	+10:54	04:28
77	244	Bruno Alexandre	Individual	Senior Masculino	44:41	+10:59	04:28
78	286	Joao Silva	Individual	Senior Masculino	44:46	+11:03	04:29
79	622	Afonso Bonifacio	Pernetas	Senior Masculino	44:47	+11:05	04:29
80	7	Ricardo Silva	10TEMIDOS	Senior Masculino	45:08	+11:25	04:31
81	281	Ivo Alexandre Mendes de Oliveira Silva	Individual	Senior Masculino	45:13	+11:30	04:31
82	5	Atleta 5	Individual	Senior Masculino	45:15	+11:33	04:32
83	29	JOSE COUTINHO	AMIGOS DA PICUA	Senior Masculino	45:18	+11:35	04:32
84	263	Filipe Mendes	Individual	Senior Masculino	45:32	+11:49	04:33
85	265	Francisco Dias	Individual	Senior Masculino	45:44	+12:01	04:34
86	167	Hélder Amaral	ELITE36runners	Senior Masculino	45:45	+12:03	04:35
87	279	Hugo Ferreira	Individual	Senior Masculino	46:01	+12:18	04:36
88	624	Vítor Silva	Pernetas	Senior Masculino	46:03	+12:21	04:36
89	289	JORGE ALBERTO CADAVEZ PACHECO CAPUCHO FERREIRA	Individual	Senior Masculino	46:04	+12:21	04:36

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90	775	Pedro Meixedo	Urbanfit	Senior Masculino	46:05	+12:23	04:37
91	147	Telmo Ferreira	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	46:06	+12:23	04:37
92	504	José Pereira	KeMedo Team	Senior Masculino	46:13	+12:31	04:37
93	698	Miguel Teixeira	RUN4LUNCH	Senior Masculino	46:30	+12:47	04:39
94	320	Pedro Novais	Individual	Senior Masculino	46:33	+12:51	04:39
95	190	Pedro Arantes	G.D.Bairro Pescadores Matosinhos	Senior Masculino	46:35	+12:52	04:40
96	83	LEANDRO ARAÚJO	C+ RUNNERS	Senior Masculino	46:51	+13:08	04:41
97	159	Diogo Almeida Freitas	ELITE36runners	Senior Masculino	47:03	+13:21	04:42
98	547	Leonel Videira	Nascidos para Correr - Associação Desportiva	Senior Masculino	47:04	+13:21	04:42
99	38	Hélder Marques	Ases dos pedais	Senior Masculino	47:06	+13:23	04:43
100	277	Hugo	Individual	Senior Masculino	47:12	+13:29	04:43
101	237	André Cunha	Individual	Senior Masculino	47:20	+13:38	04:44
102	487	Hugo Ferreira	Kandimba Runners	Senior Masculino	47:20	+13:38	04:44
103	260	Eduardo Vasconcelos Carvalho	Individual	Senior Masculino	47:23	+13:41	04:44
104	171	Leonel Alves	ELITE36runners	Senior Masculino	47:29	+13:47	04:45
105	537	Ibraim Sousa	MSS CONTABILIDADE	Senior Masculino	47:31	+13:48	04:45
106	295	José Nuno Vasconcelos	Individual	Senior Masculino	47:33	+13:51	04:45
107	235	Adélio Lima	Individual	Senior Masculino	47:37	+13:54	04:46
108	269	Gonçalo Trigo Nogueira	Individual	Senior Masculino	47:42	+13:59	04:46
109	319	Pedro Miguel Costa Teixeira	Individual	Senior Masculino	47:51	+14:09	04:47
110	716	Filipe Carvalho	Se Não Fores Vou Eu	Senior Masculino	47:55	+14:12	04:48
111	162	Diogo Ribeiro	ELITE36runners	Senior Masculino	47:56	+14:14	04:48
112	327	Ricardo Ferreira	Individual	Senior Masculino	48:05	+14:23	04:49
113	288	Joel Tiberio	Individual	Senior Masculino	48:09	+14:27	04:49
114	546	José Andrade	Nascidos para Correr - Associação Desportiva	Senior Masculino	48:21	+14:39	04:50
115	304	Miguel Cruz	Individual	Senior Masculino	48:22	+14:40	04:50
116	762	Flabio Bernardes	Urbanfit	Senior Masculino	48:28	+14:45	04:51
117	776	Ruben Fonseca	Urbanfit	Senior Masculino	48:28	+14:45	04:51
118	508	Pedro Marques	KeMedo Team	Senior Masculino	48:34	+14:52	04:51
119	27	Emanuel Pinho Gomes	Alvatrilhos	Senior Masculino	48:52	+15:09	04:53
120	501	Filipe Sousa	KeMedo Team	Senior Masculino	48:55	+15:13	04:54
121	291	Jorge Ribeiro	Individual	Senior Masculino	48:57	+15:14	04:54
122	315	Pedro Gomes	Atlético Clube Alfenense	Senior Masculino	48:59	+15:17	04:54
123	339	Samuel Awad Salcedo Casas	Individual	Senior Masculino	49:01	+15:19	04:54
124	138	Pedro Antunes	Culsen - Running through age	Senior Masculino	49:04	+15:22	04:54
125	176	Renato Garrido	ELITE36runners	Senior Masculino	49:05	+15:23	04:55
126	598	Pedro Tiago de Sousa Couto	OFRunning	Senior Masculino	49:07	+15:24	04:55
127	500	Fernando Azevedo	KeMedo Team	Senior Masculino	49:07	+15:25	04:55
128	838	Olavo Filipe Pinto Barros	Individual	Senior Masculino	49:14	+15:32	04:55
129	842	João Carlos Ferraz da Mota	Individual	Senior Masculino	49:15	+15:33	04:56
130	329	Ricardo Moutinho	Individual	Senior Masculino	49:20	+15:38	04:56
131	605	Ricardo Fonseca	Os Atletas	Senior Masculino	49:24	+15:41	04:56
132	161	Diogo Pires	ELITE36runners	Senior Masculino	49:27	+15:44	04:57
133	314	Pedro Alves	Individual	Senior Masculino	49:28	+15:46	04:57

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179	280	Hugo Serafim Rocha Moreira	Individual	Senior Masculino	53:34	+19:51	05:21
180	672	José Aguiar	Ritas	Senior Masculino	53:36	+19:54	05:22
181	258	Eduardo Castro	Individual	Senior Masculino	53:38	+19:55	05:22
182	282	Ivo Azevedo	Individual	Senior Masculino	53:39	+19:56	05:22
183	118	Nelson Pereira	CMC da União	Senior Masculino	53:49	+20:06	05:23
184	779	Samuel Leal	Urbanfit	Senior Masculino	53:59	+20:17	05:24
185	127	Miguel Matos	Cmobile	Senior Masculino	54:03	+20:20	05:24
186	489	Tiago Neves	Kandimba Runners	Senior Masculino	54:06	+20:24	05:25
187	839	Alexandre Ribeiro Leis	Individual	Senior Masculino	54:13	+20:31	05:25
188	538	IGOR PEREIRA	MSS CONTABILIDADE	Senior Masculino	54:15	+20:32	05:26
189	826	Rui carolo	Individual	Senior Masculino	54:16	+20:33	05:26
190	250	Carlos Miguel Rocha	Individual	Senior Masculino	54:18	+20:36	05:26
191	278	Hugo Alexandre Bento Moreira Alves	Individual	Senior Masculino	54:22	+20:40	05:26
192	6	Ricardo Pina	10TEMIDOS	Senior Masculino	54:23	+20:41	05:26
193	318	Pedro Miguel Araujo Ferreira	Individual	Senior Masculino	54:26	+20:43	05:27
194	301	Marco Guimarães	Individual	Senior Masculino	54:38	+20:55	05:28
195	259	Eduardo Pais	Individual	Senior Masculino	54:47	+21:05	05:29
196	93	Ricardo Sousa	CCDT/STCP	Senior Masculino	55:02	+21:20	05:30
197	328	Ricardo Freitas	Individual	Senior Masculino	55:08	+21:26	05:31
198	103	Pedro Miguel da Silva Monteiro	Clã 2	Senior Masculino	55:09	+21:26	05:31
199	104	Pedro Tiago da Rocha Oliveira	Clã 2	Senior Masculino	55:10	+21:28	05:31
200	544	Ismael Oliveira	Nascidos para Correr - Associação Desportiva	Senior Masculino	55:12	+21:30	05:31
201	117	Júlio Lourenço	CMC da União	Senior Masculino	55:21	+21:38	05:32
202	268	Gonçalo Rodrigues	Individual	Senior Masculino	55:24	+21:42	05:32
203	129	Rodolfo Rangel	cmobile	Senior Masculino	55:34	+21:52	05:33
204	833	Gustavo Rangel	Individual	Senior Masculino	55:34	+21:52	05:33
205	507	Pedro Duarte	KeMedo Team	Senior Masculino	55:38	+21:55	05:34
206	270	Héber Santos	Individual	Senior Masculino	55:58	+22:16	05:36
207	765	Hugo Magalhães	Urbanfit	Senior Masculino	56:00	+22:18	05:36
208	303	Miguel Coelho	Individual	Senior Masculino	56:03	+22:21	05:36
209	340	Sérgio Martins	Individual	Senior Masculino	56:39	+22:56	05:40
210	283	Joao Airosa	Individual	Senior Masculino	56:39	+22:56	05:40
211	760	Bruno Muscoso	Urbanfit	Senior Masculino	56:43	+23:00	05:40
212	827	Nuno Silva	Bicademia Ginásio	Senior Masculino	56:59	+23:17	05:42
213	102	Diogo Francisco Martins Cunha	Clã 2	Senior Masculino	57:00	+23:17	05:42
214	773	Nuno Torres	Urbanfit	Senior Masculino	57:01	+23:19	05:42
215	592	Hugo Baptista	Nuno	Senior Masculino	57:02	+23:19	05:42
216	593	Nuno Baptista	Nuno	Senior Masculino	57:02	+23:19	05:42
217	292	Jose António Casanova Monteiro	Individual	Senior Masculino	57:13	+23:30	05:43
218	284	João Miguel Claro Pinto	Individual	Senior Masculino	57:16	+23:34	05:44
219	137	Nuno Cordoeiro	Culsen - Running through age	Senior Masculino	57:17	+23:35	05:44
220	253	Daniel Filipe Ferreira Santos	Individual	Senior Masculino	57:21	+23:38	05:44
221	835	Atleta 835	Individual	Senior Masculino	57:37	+23:54	05:46
222	843	atleta 843	Individual	Senior Masculino	57:39	+23:57	05:46
223	738	Filipe Nogueira	TurboMula	Senior Masculino	57:54	+24:12	05:47
224	307	Nuno Freitas	Individual	Senior Masculino	58:08	+24:25	05:49

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Veterana F40

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8	359	Nina Silva	Individual	Veterana F40	50:07	+05:31	05:01
9	71	Maria Do Carmo Loureiro	BUDEGUITA RUNNERS	Veterana F40	50:24	+05:48	05:02
10	361	Rosa Coelho	Individual	Veterana F40	50:44	+06:09	05:04
11	149	Etelvina Santos	Douroconta - Gabinete de Apoio e Contabilidade	Veterana F40	50:45	+06:10	05:05
12	531	HELENA	MoinhosRun-ADRM	Veterana F40	51:19	+06:44	05:08
13	524	Daniela Sarmento	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterana F40	51:48	+07:12	05:11
14	782	Anabela Moreira	Urbanfit	Veterana F40	51:58	+07:23	05:12
15	642	Paula Coutinho	PORTO SENTIDO RUNNERS	Veterana F40	52:07	+07:31	05:13
16	55	Sandra Cardoso	Baguim Runners	Veterana F40	52:12	+07:37	05:13
17	740	Dulce Ribeiro	TurboMula	Veterana F40	52:19	+07:43	05:14
18	523	Carmen Magalhães	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterana F40	52:48	+08:12	05:17
19	347	Alzira Sousa	Individual	Veterana F40	53:02	+08:27	05:18
20	736	Paula Dias	TOKAANDAR	Veterana F40	53:06	+08:30	05:19
21	844	Cristina Lamelas Gomes	Porto Runners	Veterana F40	53:32	+08:57	05:21
22	354	Ivone Ferreira	Individual	Veterana F40	53:38	+09:02	05:22
23	554	Susana Pinto	Nascidos para Correr - Associação Desportiva	Veterana F40	53:38	+09:03	05:22
24	700	Maria Castro	RUN4LUNCH	Veterana F40	54:29	+09:54	05:27
25	808	Fernanda Lopes	WETEACH RUN TEAM	Veterana F40	54:32	+09:57	05:27
26	651	Alice Sousa	PORTO SENTIDO RUNNERS	Veterana F40	54:41	+10:06	05:28
27	741	Paula Figueiredo	TurboMula	Veterana F40	55:07	+10:31	05:31
28	626	Manuela Ferreira	Pernetas	Veterana F40	55:37	+11:02	05:34
29	48	adelaide martins	Atlético Clube Alfenense	Veterana F40	55:43	+11:08	05:34
30	829	Manuela Monteiro	Bicademia Ginásio	Veterana F40	56:50	+12:14	05:41
31	830	Manuela Silva	Bicademia Ginásio	Veterana F40	56:59	+12:24	05:42
32	532	Isabel Carvalho	MoinhosRun-ADRM	Veterana F40	57:15	+12:39	05:44
33	720	Paula Oliveira	Sporting clube de Espinho	Veterana F40	57:48	+13:12	05:47
34	589	Maria de Jesus	NOCTURNOS DE PAREDES	Veterana F40	59:25	+14:49	05:57
35	612	Flor Guimarães	OS FELIZES	Veterana F40	59:40	+15:04	05:58
36	360	Paula Cristina da Silva Vaz Barroso	Individual	Veterana F40	59:45	+15:09	05:59
37	783	Claudia Lixa	Urbanfit	Veterana F40	01:00:05	+15:29	06:01
38	786	Refina Ferreira	Urbanfit	Veterana F40	01:00:15	+15:39	06:02
39	69	Ana Moreira	BUDEGUITA RUNNERS	Veterana F40	01:00:24	+15:48	06:02
40	356	marcia batista	Individual	Veterana F40	01:00:36	+16:01	06:04
41	70	Isabel Ferreira	BUDEGUITA RUNNERS	Veterana F40	01:01:56	+17:21	06:12
42	625	ISABEL CARVALHO	Pernetas	Veterana F40	01:02:59	+18:24	06:18
43	641	Berta Ferreira	PORTO SENTIDO RUNNERS	Veterana F40	01:04:01	+19:26	06:24
44	348	Carla Coelho	Individual	Veterana F40	01:05:05	+20:29	06:31
45	784	Maria Silva	Urbanfit	Veterana F40	01:05:08	+20:33	06:31
46	509	Claudia Pacheco	KeMedo Team	Veterana F40	01:05:15	+20:40	06:32
47	120	Carla Varanda	CMC da União	Veterana F40	01:05:38	+21:02	06:34
48	74	Sandra Soares	BUDEGUITA RUNNERS	Veterana F40	01:07:05	+22:29	06:43
49	351	Elsa Maria Lima Moreira	Individual	Veterana F40	01:07:35	+22:59	06:46
50	355	Lia Susana Costa	Individual	Veterana F40	01:07:42	+23:06	06:46
51	611	felicidade carneiro	OS FELIZES	Veterana F40	01:08:30	+23:54	06:51

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52	694	Gisélia Braga	Run2Ermesinde	Veterana F40	01:08:38	+24:03	06:52
53	352	Eugénia Paula Santos	Individual	Veterana F40	01:08:55	+24:19	06:54
54	349	Elisa Costa	Individual	Veterana F40	01:09:40	+25:05	06:58
55	362	Sandra Mendes	Individual	Veterana F40	01:10:58	+26:23	07:06
56	676	Graça Carvalho	RollingAventura/GrupoVC	Veterana F40	01:10:59	+26:23	07:06
57	701	Maria Clara Pinto	RUN4LUNCH	Veterana F40	01:11:24	+26:49	07:08
58	785	Maria Silva	Urbanfit	Veterana F40	01:15:33	+30:58	07:33
59	358	maria vilar	Individual	Veterana F40	01:29:23	+44:48	08:56

Veterana F50

1	522	Flor Madureira	Leões do Veneza	Veterana F50	47:51	04:47
2	555	Lucinda Alves	Nascidos para Correr - Associação Desportiva	Veterana F50	48:26	+00:36 04:51
3	364	Ana Maria Barbosa	Individual	Veterana F50	49:58	+02:08 05:00
4	587	Paula Andrade	NO TOMORROW RUNNING TEAM	Veterana F50	50:38	+02:47 05:04
5	35	Margarida Silva Pereira	AMIGOS QUINTA DAS FREIRAS	Veterana F50	53:05	+05:15 05:19
6	791	Teresa Pinho	Urbanfit	Veterana F50	55:15	+07:24 05:32
7	790	Soledade	Urbanfit	Veterana F50	55:58	+08:07 05:36
8	366	Helena Ferreira	Individual	Veterana F50	58:44	+10:53 05:52
9	369	Maria Horta	Individual	Veterana F50	59:44	+11:54 05:58
10	372	Rosa Celeste	Individual	Veterana F50	01:01:13	+13:23 06:07
11	788	Irene Barbosa	Urbanfit	Veterana F50	01:01:53	+14:02 06:11
12	370	PAULA CRISTINA LAPA RIBEIRO BARROS	Individual	Veterana F50	01:03:03	+15:13 06:18
13	367	Maria Alice Guimarães	Individual	Veterana F50	01:06:00	+18:10 06:36
14	533	ROSA COSTA	Moreira Relax Runners	Veterana F50	01:07:02	+19:11 06:42
15	365	Carmo Saraiva	Individual	Veterana F50	01:09:27	+21:37 06:57
16	787	Inês Moreira	Urbanfit	Veterana F50	01:09:41	+21:51 06:58
17	368	maria alves	Individual	Veterana F50	01:10:28	+22:37 07:03
18	702	Maria Cunha	RUN4LUNCH	Veterana F50	01:11:24	+23:34 07:08
19	371	Paula Salgado	Individual	Veterana F50	01:13:12	+25:22 07:19
20	718	DEOLINDA HENRIQUES SILVA ALVES	SPORT CLUB CONIMBRINCENSE	Veterana F50	01:13:21	+25:31 07:20
21	704	Maria Miranda	RUN4LUNCH	Veterana F50	01:22:05	+34:14 08:13
22	703	Maria Gomes	RUN4LUNCH	Veterana F50	01:26:26	+38:36 08:39

Veterano M40

1	1	Armando Teixeira	Estrela Grande Trail	Veterano M40	34:41		03:28
2	109	Mário Contreiras	Clube Desportivo S. Salvador do Campo	Veterano M40	34:45	+00:05	03:29
3	204	MIGUEL MENDES	Grupo Dramático e Recreativo da Retorta	Veterano M40	34:53	+00:12	03:29
4	110	Alcino Silva	Clube Independentes de Atletismo de Alpendorada	Veterano M40	35:03	+00:22	03:30

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5	203	FILIPE SILVA	Grupo Dramático e Recreativo da Retorta	Veterano M40	36:04	+01:24	03:36
6	201	ADELINO SILVA	Grupo Dramático e Recreativo da Retorta	Veterano M40	36:23	+01:43	03:38
7	565	Paulo Pilroto	Nascidos para Correr - Associação Desportiva	Veterano M40	36:57	+02:17	03:42
8	206	VITOR FERREIRA	Grupo Dramático e Recreativo da Retorta	Veterano M40	37:51	+03:10	03:47
9	560	Joaquim Alves	Nascidos para Correr - Associação Desportiva	Veterano M40	38:12	+03:31	03:49
10	411	Mark Velhote	Individual	Veterano M40	38:17	+03:36	03:50
11	527	Carlos Dias	Maia AC	Veterano M40	38:19	+03:38	03:50
12	19	ANTÓNIO MOREIRA	ACADEMIA FERNANDA RIBEIRO	Veterano M40	38:44	+04:03	03:52
13	563	Nuno Vidal	Nascidos para Correr - Associação Desportiva	Veterano M40	38:44	+04:04	03:52
14	556	André Botelho	Nascidos para Correr - Associação Desportiva	Veterano M40	39:21	+04:41	03:56
15	16	Carlos Coelho	A.D. Rio Largo Clube de Espinho	Veterano M40	39:30	+04:49	03:57
16	75	Albino Dias	BUDEGUITA RUNNERS	Veterano M40	39:32	+04:52	03:57
17	529	josé sousa	Maia AC	Veterano M40	39:37	+04:56	03:58
18	528	Carlos Pedro Araujp	Maia AC	Veterano M40	39:38	+04:58	03:58
19	151	José Rocha	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	39:51	+05:11	03:59
20	205	PAULO SILVA	Grupo Dramático e Recreativo da Retorta	Veterano M40	40:01	+05:20	04:00
21	683	Pedro Pinto	RollingAventura/GrupoVC	Veterano M40	40:18	+05:37	04:02
22	31	JOSE MARINHO	AMIGOS DA PICUA	Veterano M40	40:18	+05:38	04:02
23	436	Pedro Teixeira	Individual	Veterano M40	40:23	+05:43	04:02
24	374	Anselmo Rocha	Individual	Veterano M40	40:24	+05:43	04:02
25	184	Carlos Campos	Equipa Dinamite	Veterano M40	40:29	+05:49	04:03
26	511	Fernando Gomes	KeMedo Team	Veterano M40	40:34	+05:54	04:03
27	567	Pedro Peter	Nascidos para Correr - Associação Desportiva	Veterano M40	40:41	+06:00	04:04
28	23	Abílio Faria	ADECA BEAT	Veterano M40	40:43	+06:03	04:04
29	417	Nelson Santos	Individual	Veterano M40	40:58	+06:18	04:06
30	438	Rogério Moreira	Individual	Veterano M40	41:03	+06:22	04:06
31	814	Albino Alves Pinho	CIAIA - Horta	Veterano M40	41:23	+06:43	04:08
32	568	Pedro Teixeira	Nascidos para Correr - Associação Desportiva	Veterano M40	41:26	+06:46	04:09
33	424	Paulo Alves	Individual	Veterano M40	41:28	+06:48	04:09
34	515	José Augusto Coelho Abreu Costa	KeMedo Team	Veterano M40	42:05	+07:24	04:13
35	510	Delfim Nunes	KeMedo Team	Veterano M40	42:22	+07:41	04:14
36	482	Helder Vieira	Invicta Runners Team	Veterano M40	42:24	+07:44	04:14
37	416	Nelson Ferreira	Individual	Veterano M40	42:28	+07:47	04:15
38	81	Sérgio Couto	BUDEGUITA RUNNERS	Veterano M40	42:38	+07:58	04:16
39	658	Zé Lopes	Powerrunners	Veterano M40	42:41	+08:01	04:16
40	77	João Carvalhal	BUDEGUITA RUNNERS	Veterano M40	42:54	+08:13	04:17
41	422	nuno sousa	Individual	Veterano M40	42:55	+08:14	04:18
42	516	Laurindo Osório	KeMedo Team	Veterano M40	42:57	+08:17	04:18
43	429	Paulo Martins	Individual	Veterano M40	43:03	+08:23	04:18

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44	564	Paulo Martins	Nascidos para Correr - Associação Desportiva	Veterano M40	43:09	+08:29	04:19
45	643	António Borges	PORTO SENTIDO RUNNERS	Veterano M40	43:15	+08:35	04:20
46	419	Nuno Costa	Individual	Veterano M40	43:29	+08:49	04:21
47	797	Vitor Coelho	Urbanfit	Veterano M40	43:34	+08:54	04:21
48	794	Luis Almeida	Urbanfit	Veterano M40	43:34	+08:54	04:21
49	394	JO ICEP DIAS DE JESUS	Individual	Veterano M40	43:40	+08:59	04:22
50	423	p	Individual	Veterano M40	43:44	+09:04	04:22
51	397	Joaquim Paulo da Rocha Ferreira	Individual	Veterano M40	44:00	+09:20	04:24
52	512	Helder Gomes	KeMedo Team	Veterano M40	44:08	+09:27	04:25
53	562	Marco Almeida	Nascidos para Correr - Associação Desportiva	Veterano M40	44:10	+09:30	04:25
54	76	Hendrik Wielinga	BUDEGUITA RUNNERS	Veterano M40	44:12	+09:31	04:25
55	391	henrique borges	Individual	Veterano M40	44:12	+09:31	04:25
56	569	Rui Santos	Nascidos para Correr - Associação Desportiva	Veterano M40	44:14	+09:34	04:25
57	89	Joaquim Manuel Lopes Cunha	Casa dos Trabalhadores - Águas do Porto	Veterano M40	44:19	+09:39	04:26
58	734	Rui Rocha	Team Shark	Veterano M40	44:28	+09:48	04:27
59	601	Nuno Rodrigues	OFRunning	Veterano M40	44:58	+10:17	04:30
60	810	Manuel Fernando Silva Oliveira	White Running Team - Not Run Alone	Veterano M40	45:01	+10:20	04:30
61	150	António Azevedo	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	45:03	+10:22	04:30
62	10	Paulo Ribeiro	10TEMIDOS	Veterano M40	45:08	+10:27	04:31
63	41	Mário Ferreira	Associação Desportiva da Efacec	Veterano M40	45:12	+10:32	04:31
64	30	ANTÓNIO PEREIRA	AMIGOS DA PICUA	Veterano M40	45:17	+10:37	04:32
65	376	Antonio Matos	Individual	Veterano M40	45:21	+10:40	04:32
66	744	david pinto	UNIDOS Á FRESCA	Veterano M40	45:31	+10:50	04:33
67	188	José Neto	G. D. Portela	Veterano M40	45:36	+10:55	04:34
68	657	José Moreira	Powerrunners	Veterano M40	45:41	+11:00	04:34
69	433	Pedro monteiro	Individual	Veterano M40	45:47	+11:06	04:35
70	152	Manuel Santos	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	45:51	+11:10	04:35
71	428	Paulo Jose Oliveira Barbosa	Individual	Veterano M40	45:54	+11:14	04:35
72	727	João Nuno Cardoso	SS MONTEPIO	Veterano M40	45:57	+11:16	04:36
73	517	Luis Silva	KeMedo Team	Veterano M40	45:57	+11:16	04:36
74	388	Fernando Sobrinho	Individual	Veterano M40	46:00	+11:20	04:36
75	602	CARLOS JORGE OLIVEIRA	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Veterano M40	46:05	+11:25	04:37
76	57	Vitor Cardoso	Baguim Runners	Veterano M40	46:11	+11:31	04:37
77	375	António Gonçalves	Individual	Veterano M40	46:12	+11:32	04:37
78	519	Rogério Coelho	KeMedo Team	Veterano M40	46:14	+11:33	04:37
79	386	EDUARDO FERREIRA	Individual	Veterano M40	46:20	+11:39	04:38
80	679	José Moita	RollingAventura/GrupoVC	Veterano M40	46:23	+11:43	04:38
81	36	Paulo Jorge Costa	AMIGOS QUINTA DAS FREIRAS	Veterano M40	46:28	+11:48	04:39
82	95	jose antonio ferraz ribeiro	CCDT/STCP	Veterano M40	46:34	+11:53	04:39
83	803	PAULO FERNANDES	VCP ATLETISMO	Veterano M40	46:37	+11:57	04:40

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84	559	Helder Madeira	Nascidos para Correr - Associação Desportiva	Veterano M40	46:41	+12:01	04:40
85	389	Filipe Miguel Lopes Miranda	Individual	Veterano M40	46:44	+12:04	04:40
86	404	José Manuel Ferreira	Individual	Veterano M40	46:46	+12:05	04:41
87	591	paulo barbosa	Not Run Alone	Veterano M40	46:48	+12:07	04:41
88	801	CARLOS DO FUNDO	VCP ATLETISMO	Veterano M40	47:02	+12:21	04:42
89	566	Pedro Paula	Nascidos para Correr - Associação Desportiva	Veterano M40	47:09	+12:29	04:43
90	644	Avelino Rodrigues	PORTO SENTIDO RUNNERS	Veterano M40	47:13	+12:32	04:43
91	406	Luciano Filipe Ferreira	Individual	Veterano M40	47:14	+12:33	04:43
92	373	Adelino Guimaraes	Individual	Veterano M40	47:18	+12:37	04:44
93	513	Joaquim Nogueira	KeMedo Team	Veterano M40	47:37	+12:56	04:46
94	62	David JOSé Lopes Magalhães	Bikes & Bites	Veterano M40	47:39	+12:59	04:46
95	140	Fernando Manuel Figueiredo	DASDIKES	Veterano M40	47:45	+13:05	04:47
96	402	Jorge Vilhena	Individual	Veterano M40	47:53	+13:12	04:47
97	410	Mário Sá-Carneiro	Individual	Veterano M40	48:08	+13:27	04:49
98	795	Mário Pinto	Urbanfit	Veterano M40	48:10	+13:30	04:49
99	399	Jorge Cruz	Individual	Veterano M40	48:23	+13:43	04:50
100	608	VÍTOR NETO	Os Atletas	Veterano M40	48:29	+13:48	04:51
101	614	Nuno Teixeira	OS FELIZES	Veterano M40	48:34	+13:54	04:51
102	615	Rui Miranda	OS FELIZES	Veterano M40	48:35	+13:54	04:52
103	435	Pedro SILVA	Individual	Veterano M40	48:38	+13:57	04:52
104	662	Carlos Araújo	Remax Plus	Veterano M40	48:40	+14:00	04:52
105	392	Hugo Alexandre da Conceição Neves	Individual	Veterano M40	48:54	+14:14	04:53
106	97	Paulo Carneiro	CCDT/STCP	Veterano M40	48:56	+14:16	04:54
107	558	Fernando Pinto	Nascidos para Correr - Associação Desportiva	Veterano M40	49:08	+14:27	04:55
108	806	VICTOR PEREIRA	VCP ATLETISMO	Veterano M40	49:11	+14:31	04:55
109	78	Nuno Rodrigues	BUDEGUITA RUNNERS	Veterano M40	49:18	+14:37	04:56
110	379	carlos bessa	Individual	Veterano M40	49:26	+14:46	04:57
111	50	aurelio costa	Atlético Clube Alfenense	Veterano M40	49:27	+14:46	04:57
112	377	Antonio Ribeiro	Individual	Veterano M40	49:28	+14:48	04:57
113	387	Fernando Alves	Individual	Veterano M40	49:33	+14:53	04:57
114	677	Gui Martins	RollingAventura/GrupoVC	Veterano M40	49:39	+14:59	04:58
115	378	ARTUR JORGE DA SILVA TEIXEIRA	Individual	Veterano M40	49:41	+15:00	04:58
116	96	Luís Sousa	CCDT/STCP	Veterano M40	49:51	+15:10	04:59
117	441	Saul Costa	Individual	Veterano M40	49:54	+15:13	04:59
118	385	Eduardo Fernandes	Individual	Veterano M40	49:57	+15:16	05:00
119	443	Victor Santos	Individual	Veterano M40	50:24	+15:43	05:02
120	649	Miguel Azevedo	PORTO SENTIDO RUNNERS	Veterano M40	50:24	+15:43	05:02
121	430	paulo pinto	Individual	Veterano M40	50:49	+16:09	05:05
122	398	Jorge	Individual	Veterano M40	50:53	+16:12	05:05
123	627	RUI CARVALHO	Pernetas	Veterano M40	50:54	+16:14	05:05
124	437	Ricardo Jorge Guedes da Silva Nunes da Costa	Individual	Veterano M40	51:21	+16:40	05:08
125	427	Paulo guedes	Individual	Veterano M40	51:24	+16:43	05:08
126	680	José Viana	RollingAventura/GrupoVC	Veterano M40	51:36	+16:55	05:10
127	647	João Pinheiro	PORTO SENTIDO RUNNERS	Veterano M40	51:39	+16:58	05:10

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128	807	Marco Moutinho	Viseu 360	Veterano M40	51:41	+17:00	05:10
129	493	Samuel Castro	Kandimba Runners	Veterano M40	51:59	+17:19	05:12
130	491	Jorge Durães	Kandimba Runners	Veterano M40	51:59	+17:19	05:12
131	490	Alexandre Sousa	Kandimba Runners	Veterano M40	52:00	+17:19	05:12
132	134	António Barros	CORRER LEÇA	Veterano M40	52:15	+17:34	05:14
133	636	José Pinto	Piscinas Club	Veterano M40	52:19	+17:39	05:14
134	646	Ernesto Ribeiro	PORTO SENTIDO RUNNERS	Veterano M40	52:20	+17:39	05:14
135	726	ARTUR CARVALHO	SS MONTEPIO	Veterano M40	52:22	+17:41	05:14
136	12	Rui Sá	10TEMIDOS	Veterano M40	52:29	+17:49	05:15
137	421	Nuno Lopes	Individual	Veterano M40	52:32	+17:51	05:15
138	400	Jorge cunha	Individual	Veterano M40	52:38	+17:57	05:16
139	56	Lourenço Cardoso	Baguim Runners	Veterano M40	52:43	+18:03	05:16
140	412	Miguel José Cunha Da Silva	Individual	Veterano M40	52:56	+18:15	05:18
141	802	PAULO BRANCO	VCP ATLETISMO	Veterano M40	53:03	+18:23	05:18
142	51	HENRIQUE GUEDES VICÊNCIO	Atlético Clube Alfenense	Veterano M40	53:07	+18:26	05:19
143	390	Floriano Moreira da Silva	Individual	Veterano M40	53:10	+18:29	05:19
144	395	Joao Bronze	Individual	Veterano M40	53:12	+18:31	05:19
145	401	Jorge Portela	Individual	Veterano M40	53:21	+18:41	05:20
146	483	RUI MIGUEL SANTOS BARBOSA	Invicta Runners Team	Veterano M40	53:24	+18:43	05:20
147	445	vitoe santos	Individual	Veterano M40	53:34	+18:54	05:21
148	408	Luís Sousa	Individual	Veterano M40	53:36	+18:56	05:22
149	600	João Paulo Dias	OFRunning	Veterano M40	53:39	+18:58	05:22
150	185	Paulo Pinto	Equipa Dinamite	Veterano M40	53:42	+19:02	05:22
151	442	Valter Hugo Gonçalves Mendonça	Individual	Veterano M40	53:45	+19:04	05:23
152	124	Paulo Costa	CMC da União	Veterano M40	53:47	+19:07	05:23
153	122	José Nunes	CMC da União	Veterano M40	53:48	+19:07	05:23
154	393	Hugo Carrilho	Individual	Veterano M40	53:50	+19:09	05:23
155	728	JÚLIO SANTOS	SS MONTEPIO	Veterano M40	53:56	+19:15	05:24
156	44	Romeu Nunes Maia	Associação Sójovem	Veterano M40	54:04	+19:23	05:24
157	409	Manuel Teixeira	Individual	Veterano M40	54:11	+19:30	05:25
158	434	Pedro Pereira	Individual	Veterano M40	54:12	+19:32	05:25
159	84	João Lourenço	C+ RUNNERS	Veterano M40	54:16	+19:36	05:26
160	396	JOAQUIM ALEIXO	Individual	Veterano M40	54:17	+19:36	05:26
161	634	Jorge Gonçalves	Piscinas Club	Veterano M40	54:17	+19:36	05:26
162	382	David Sousa	Individual	Veterano M40	54:18	+19:38	05:26
163	425	Paulo Ferreira	Individual	Veterano M40	54:34	+19:53	05:27
164	678	Honorato Pinto	RollingAventura/GrupoVC	Veterano M40	54:35	+19:55	05:28
165	440	Rui Pereira	Individual	Veterano M40	54:52	+20:12	05:29
166	804	PAULO FREITAS	VCP ATLETISMO	Veterano M40	55:09	+20:29	05:31
167	439	Rui Freitas	Individual	Veterano M40	55:15	+20:35	05:32
168	209	PAULO RAMOS	GRUPO JUVENIL PINHEIRO DA BEMPOSTA . O. AZEMÉIS	Veterano M40	55:41	+21:01	05:34
169	534	Helder F. B. Silva	Moreira Relax Runners	Veterano M40	55:52	+21:12	05:35
170	648	Joaquim Moreira	PORTO SENTIDO RUNNERS	Veterano M40	55:56	+21:15	05:36
171	557	Carlos Ferreira	Nascidos para Correr - Associação Desportiva	Veterano M40	55:58	+21:18	05:36
172	383	Duarte Duarte	Individual	Veterano M40	56:04	+21:23	05:36

10 KM

OFFICIAL RESULT

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Veterano M50

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10 KM



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6	52	Arlindo Sousa	Atlético Clube Alfenense	Veterano M50	37:59	+03:20	03:48
7	142	Vasco Figueiredo	DASDIKES	Veterano M50	38:17	+03:38	03:50
8	581	José Mota	Nascidos para Correr - Associação Desportiva	Veterano M50	38:26	+03:48	03:51
9	721	José Cabral	Sporting clube de Espinho	Veterano M50	39:20	+04:42	03:56
10	578	Augusto Pereira	Nascidos para Correr - Associação Desportiva	Veterano M50	39:32	+04:53	03:57
11	193	Jose Sampaio	G.D.Leões da Guarda	Veterano M50	39:56	+05:17	04:00
12	811	Joaquim santos	White Running Team - Not Run Alone	Veterano M50	40:34	+05:56	04:03
13	584	Manuel Cardoso	Nascidos para Correr - Associação Desportiva	Veterano M50	40:41	+06:02	04:04
14	24	Delfim Monteiro	ADECA BEAT	Veterano M50	40:43	+06:04	04:04
15	573	António Azevedo	Nascidos para Correr - Associação Desportiva	Veterano M50	40:50	+06:11	04:05
16	191	Belmiro Ferreira	G.D.Leões da Guarda	Veterano M50	41:25	+06:47	04:09
17	192	Carlos Frias	G.D.Leões da Guarda	Veterano M50	41:31	+06:52	04:09
18	73	Jorge Maia	BUDEGUITA RUNNERS	Veterano M50	41:43	+07:05	04:10
19	579	Domingos Presas	Nascidos para Correr - Associação Desportiva	Veterano M50	42:02	+07:24	04:12
20	575	António Pereira	Nascidos para Correr - Associação Desportiva	Veterano M50	42:16	+07:37	04:14
21	457	Fernando Barbosa	Individual	Veterano M50	42:25	+07:46	04:15
22	474	MANUEL PUERTA DA COSTA	Individual	Veterano M50	42:51	+08:13	04:17
23	580	Emanuel Madureira	Nascidos para Correr - Associação Desportiva	Veterano M50	42:57	+08:18	04:18
24	33	MANUEL SILVA	AMIGOS DA PICUA	Veterano M50	43:03	+08:25	04:18
25	735	Fernando Ribeiro	Team Shark	Veterano M50	43:31	+08:52	04:21
26	194	Luciano Oliveira	G.D.Leões da Guarda	Veterano M50	43:38	+08:59	04:22
27	586	Manuel Sampaio	Nascidos para Correr - Associação Desportiva	Veterano M50	43:46	+09:07	04:23
28	448	Antonio Silva	Individual	Veterano M50	44:26	+09:47	04:27
29	574	António Fernandes	Nascidos para Correr - Associação Desportiva	Veterano M50	44:36	+09:57	04:28
30	620	Porfírio Saraiva	Os Landeiros	Veterano M50	44:36	+09:58	04:28
31	459	Fernando Eloi Santos Sousa	Individual	Veterano M50	44:39	+10:00	04:28
32	585	Manuel Carriço	Nascidos para Correr - Associação Desportiva	Veterano M50	44:50	+10:11	04:29
33	53	JOSÉ RODRIGO SOUSA MAGALHÃES	Atlético Clube Alfenense	Veterano M50	45:10	+10:32	04:31
34	711	Fernando Camelo	S.C. SALGUEIROS	Veterano M50	45:12	+10:33	04:31
35	153	Manuel Teixeira	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M50	45:14	+10:35	04:31
36	99	Jose Rocha	Centro Atletismo Ermesinde	Veterano M50	45:24	+10:46	04:32
37	470	jose gomes	Individual	Veterano M50	45:57	+11:18	04:36
38	465	Jorge Ferreira	Individual	Veterano M50	46:13	+11:34	04:37
39	141	Manuel António Costa	DASDIKES	Veterano M50	46:20	+11:42	04:38
40	572	Adão Dias	Nascidos para Correr - Associação Desportiva	Veterano M50	46:49	+12:11	04:41
41	478	Óscar loureiro	Individual	Veterano M50	46:57	+12:19	04:42
42	535	MARIO RUI LEITE COSTA	Moreira Relax Runners	Veterano M50	47:51	+13:12	04:47

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43	583	José Sousa	Nascidos para Correr - Associação Desportiva	Veterano M50	47:58	+13:19	04:48
44	446	Antonio Gomes Barros Oliveira	Individual	Veterano M50	48:05	+13:26	04:49
45	100	Ângelo Pereira	CENTRO CICLISTA DE GONDOMAR	Veterano M50	48:05	+13:27	04:49
46	455	Emanuel Augusto Estêvão de Vilhena e Mascarenhas	Individual	Veterano M50	48:12	+13:33	04:49
47	800	José Martins	Urbanfit	Veterano M50	48:27	+13:48	04:51
48	458	Fernando Batista	Individual	Veterano M50	48:35	+13:57	04:52
49	484	Fernando Pinho	Invicta Runners Team	Veterano M50	48:46	+14:07	04:53
50	461	Firmino Nogueira	Individual	Veterano M50	48:58	+14:20	04:54
51	469	José Fonseca	Individual	Veterano M50	49:21	+14:42	04:56
52	466	Jose Capelo	Individual	Veterano M50	49:54	+15:16	04:59
53	616	José Ribeiro	OS FELIZES	Veterano M50	50:23	+15:45	05:02
54	638	Rui Russo dos Santos	Porto Runners	Veterano M50	50:37	+15:58	05:04
55	588	Fernando Andrade	NO TOMORROW RUNNING TEAM	Veterano M50	50:37	+15:59	05:04
56	32	ISAQUE DA SILVA PINTO	AMIGOS DA PICUA	Veterano M50	50:41	+16:02	05:04
57	571	Abílio Alves	Nascidos para Correr - Associação Desportiva	Veterano M50	50:45	+16:07	05:05
58	665	José Sousa	Remax Plus	Veterano M50	50:51	+16:13	05:05
59	576	António Santos	Nascidos para Correr - Associação Desportiva	Veterano M50	51:00	+16:22	05:06
60	126	José Pacheco	CMC da União	Veterano M50	51:01	+16:22	05:06
61	197	Paulo Alberto Rocha	GRUPO DESPORTIVO FERROVIÁRIOS DE CAMPANHÃ	Veterano M50	51:08	+16:30	05:07
62	112	Modesto Monteiro	Clube Independentes de Atletismo de Alpendorada	Veterano M50	51:11	+16:33	05:07
63	799	Carlos Rodrigues	Urbanfit	Veterano M50	52:12	+17:34	05:13
64	454	Diogo COUCEIRO da costa	Individual	Veterano M50	52:19	+17:40	05:14
65	54	Vitor Cardoso	Atlético da Madalena	Veterano M50	52:28	+17:49	05:15
66	577	Armando Pinto	Nascidos para Correr - Associação Desportiva	Veterano M50	52:31	+17:53	05:15
67	582	José Paulo Neves	Nascidos para Correr - Associação Desportiva	Veterano M50	52:32	+17:53	05:15
68	464	Jorge Alberto Ribeiro	Individual	Veterano M50	52:46	+18:07	05:17
69	98	Joaquim Fernando	Centro Atletismo Ermesinde	Veterano M50	52:46	+18:08	05:17
70	37	António Conceição Silva Pereira	AMIGOS QUINTA DAS FREIRAS	Veterano M50	52:57	+18:18	05:18
71	485	Carlos Manuel tadea Mendes	I-Run	Veterano M50	53:06	+18:28	05:19
72	473	Luis Loureiro	Individual	Veterano M50	53:12	+18:34	05:19
73	451	Augusto Matos da Silva	Individual	Veterano M50	53:24	+18:46	05:20
74	463	Joaquim Santos	Individual	Veterano M50	53:49	+19:10	05:23
75	460	Fernando poças	Individual	Veterano M50	54:09	+19:31	05:25
76	450	Armando Teixeira	Individual	Veterano M50	54:10	+19:31	05:25
77	521	Aurelio Carvalho	KeMedo Team	Veterano M50	54:20	+19:42	05:26
78	462	Francisco Oliveira	Individual	Veterano M50	54:23	+19:45	05:26
79	471	Luis Almeida	Individual	Veterano M50	54:37	+19:58	05:28
80	456	Emídio Silva	Individual	Veterano M50	54:38	+20:00	05:28
81	130	Miguel Mendes	Cmobile	Veterano M50	54:38	+20:00	05:28
82	664	Germano Moura	Remax Plus	Veterano M50	55:07	+20:29	05:31

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OFFICIAL RESULT

83	467	JOSE CARLOS NEVES	Individual	Veterano M50	55:49	+21:10	05:35
84	136	MANUEL RODRIGUES	CORRER LEÇA	Veterano M50	56:07	+21:29	05:37
85	125	José Clemente	CMC da União	Veterano M50	57:42	+23:03	05:46
86	468	Jose Ferreira	Individual	Veterano M50	58:44	+24:06	05:52
87	449	Antonio Vasconcelos Carvalho	Individual	Veterano M50	58:54	+24:15	05:53
88	798	Alberto Mauricio	Urbanfit	Veterano M50	58:56	+24:17	05:54
89	447	António Pinto de Oliveira	Casa dos Trabalhadores - Águas do Porto	Veterano M50	59:44	+25:06	05:58
90	65	JORGE ALVES OLIVEIRA	Bttrain	Veterano M50	01:00:41	+26:03	06:04
91	684	José Freitas	RollingAventura/GrupoVC	Veterano M50	01:00:42	+26:04	06:04
92	64	Belmiro Sousa	Bikes & Bites	Veterano M50	01:03:17	+28:39	06:20
93	709	José Teixeira	RUN4LUNCH	Veterano M50	01:05:41	+31:03	06:34
94	710	Rui Cunha	RUN4LUNCH	Veterano M50	01:06:21	+31:42	06:38
95	595	Manuel Silva	Nuno	Veterano M50	01:08:22	+33:44	06:50
96	666	Manuel Moura	Remax Plus	Veterano M50	01:08:54	+34:15	06:53
97	111	Manuel Barbosa	Clube Independentes de Atletismo de Alpendorada	Veterano M50	01:10:02	+35:23	07:00
98	452	Carlos	Individual	Veterano M50	01:13:02	+38:24	07:18

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