

[Larouco - Meta](#)

#	Dorsal	Nome	Idade	Sexo	Tempo Troço	Tempo Prova	Equipa
1	3020	Nuno Miguel Fernandes	33	M	01:24:03	03:36:34	Fafe Runners
2	3017	Tiago Teixeira	27	M	01:26:46	03:51:27	
3	1011	Diogo Ferreira Carvalho	47	M	01:37:42	04:07:22	
4	1015	Alberto Hernando Tapia	38	M	01:50:58	04:20:34	
5	3012	Carlos Manuel Abrunhosa Borges	39	M	01:51:51	04:27:06	
6	1017	Raul Santos Romero	39	M	01:51:11	04:36:08	
7	1020	Ronald Lorite Rodriguez	36	M	01:56:28	04:41:21	
8	1016	Alberto Sanchez Martin	41	M	01:55:59	04:43:38	
9	1013	Carlos Jesus	36	M	02:02:07	04:50:49	
10	3013	Albino Sousa Abreu	58	M	02:05:07	04:54:22	Fafe Runners
11	3003	João Paulo Alves	43	M	02:05:21	04:54:36	
12	3008	Nuno Silva	40	M	02:16:48	04:56:34	Turbulentos
13	1006	André Carvalho	31	M	02:06:53	04:59:48	
14	1004	Jose Meira Rodrigues	40	M	01:59:41	05:00:52	Paredes Aventura
15	1019	Serafin Pascual Canal	52	M	01:57:12	05:00:58	
16	1018	Jose Antonio Formoso Gonzalez	52	M	01:57:10	05:00:59	
17	1014	Luis Soares	48	M	01:59:54	05:01:01	
18	3019	João Vieira Mendes	36	M	02:03:59	05:07:21	Fafe Runners
19	3021	Bruno Luciano De Barros Ribeiro	34	M	02:05:11	05:18:55	
20	3007	Sandra Finisterra Travessas	41	F	02:05:39	05:19:24	Turbulentos
21	3006	Ivo Silva	32	M	02:17:19	05:34:29	Associação Desportiva da Efacec
22	3005	Mário Jorge Abreu Goios Ferreira	42	M	02:17:15	05:34:30	Associação Desportiva da Efacec
23	3004	Pedro Miguel Lourenço Da Cruz	37	M	02:16:20	05:34:30	Associação Desportiva da Efacec
24	3022	Humberto	31	M	02:20:24	05:34:57	
25	3011	Inês Medeiros	39	F	02:15:13	05:34:58	chaves running team
26	3016	João Pereira	48	M	02:18:42	05:43:53	
27	3010	Ana Martín	46	F	02:14:07	05:46:38	
28	3018	Miguel Duarte	45	M	02:26:59	05:47:12	
29	3009	Helder	46	M	02:42:32	06:07:52	PapaKms
30	3002	Diva Maria Da Silva Jardim E Jardim	48	F	02:27:29	06:37:03	
31	1021	Carlos Navega	47	M	02:55:22	06:44:00	
32	3014	Ivete Carneiro	44	F	03:02:02	07:44:12	

[Partida - Larouco](#)

#	Dorsal	Nome	Idade	Sexo	Tempo Troço	Tempo Prova	Equipa
1	3020	Nuno Miguel Fernandes	33	M	02:12:31	02:12:31	Fafe Runners
2	3017	Tiago Teixeira	27	M	02:24:41	02:24:41	

3	1015 Alberto Hernando Tapia	38 M	02:29:36	02:29:36
4	1011 Diogo Ferreira Carvalho	47 M	02:29:40	02:29:40
5	3012 Carlos Manuel Abrunhosa Borges	39 M	02:35:15	02:35:15
6	3008 Nuno Silva	40 M	02:39:46	02:39:46 Turbulentos
7	1020 Ronald Lorite Rodriguez	36 M	02:44:53	02:44:53
8	1017 Raul Santos Romero	39 M	02:44:57	02:44:57
9	1016 Alberto Sanchez Martin	41 M	02:47:39	02:47:39
10	1013 Carlos Jesus	36 M	02:48:42	02:48:42
11	3013 Albino Sousa Abreu	58 M	02:49:15	02:49:15 Fafe Runners
12	3003 João Paulo Alves	43 M	02:49:15	02:49:15
13	1006 André Carvalho	31 M	02:52:55	02:52:55
14	1014 Luis Soares	48 M	03:01:07	03:01:07
15	1004 Jose Meira Rodrigues	40 M	03:01:11	03:01:11 Paredes Aventura
16	3019 João Vieira Mendes	36 M	03:03:22	03:03:22 Fafe Runners
17	1019 Serafin Pascual Canal	52 M	03:03:46	03:03:46
18	1018 Jose Antonio Formoso Gonzalez	52 M	03:03:49	03:03:49
19	3021 Bruno Luciano De Barros Ribeiro	34 M	03:13:44	03:13:44
20	3007 Sandra Finisterra Travessas	41 F	03:13:45	03:13:45 Turbulentos
21	3022 Humberto	31 M	03:14:33	03:14:33
22	3006 Ivo Silva	32 M	03:17:10	03:17:10 Associação Desportiva da Efacec
23	3005 Mário Jorge Abreu Goios Ferreira	42 M	03:17:15	03:17:15 Associação Desportiva da Efacec
24	3004 Pedro Miguel Lourenço Da Cruz	37 M	03:18:10	03:18:10 Associação Desportiva da Efacec
25	3011 Inês Medeiros	39 F	03:19:45	03:19:45 chaves running team
26	3018 Miguel Duarte	45 M	03:20:13	03:20:13
27	3016 João Pereira	48 M	03:25:11	03:25:11
28	3009 Helder	46 M	03:25:20	03:25:20 PapaKms
29	3010 Ana Martín	46 F	03:32:31	03:32:31
30	1021 Carlos Navega	47 M	03:48:38	03:48:38
31	3002 Diva Maria Da Silva Jardim E Jardim	48 F	04:09:34	04:09:34
32	3014 Ivete Carneiro	44 F	04:42:10	04:42:10