

PROVA PRINCIPAL - STAGE 1

8,5 KM

R
REVISED

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	10:00	18,3°C	90%
End	11:14	20,6°C	84%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1286	Nuno Miguel	grecas vagos	Senior Masculino	26:50		03:09
2	1238	LUIS MARTINS	individual	Veterano M45	28:53	+02:03	03:24
3	1106	José Almeida	ev peraltafil	Senior Masculino	29:13	+02:22	03:26
4	1177	Filipe Luz	individual	Senior Masculino	29:34	+02:43	03:29
5	1349	Vicente Julião	individual	Senior Masculino	30:27	+03:36	03:35
6	1098	Rui Oliveira	correr fermelã acadof	Senior Masculino	30:50	+03:59	03:38
7	1009	Pedro Jacinto	#ésóatéali	Senior Masculino	30:51	+04:00	03:38
8	1244	Pedro Sarabando	individual	Veterano M45	30:52	+04:01	03:38
9	1176	Filipe Carvalho	individual	Senior Masculino	30:55	+04:05	03:38
10	1190	João Ricardo	individual	Senior Masculino	31:00	+04:10	03:39
11	1173	Fábio Ferreira Jacinto	individual	Senior Masculino	31:24	+04:33	03:42
12	1102	William Caetano	dci/trilhos luso bussaco	Senior Masculino	31:30	+04:40	03:42
13	1195	Luis Silvestre	individual	Senior Masculino	32:35	+05:44	03:50
14	1263	Carlos Pimenta	lusoteam	Veterano M45	32:44	+05:53	03:51
15	1300	Diogo Oliveira	r5 engineers	Senior Masculino	33:00	+06:09	03:53
16	1355	Mario Ferreira	tdcredito	Veterano M45	33:04	+06:13	03:53
17	1155	Alex Ferreira Valente	individual	Senior Masculino	33:06	+06:15	03:54
18	1217	Tiago Silvestre	individual	Senior Masculino	33:15	+06:25	03:55
19	1320	Paulo pereira	reumaticos	Veterano M45	33:25	+06:34	03:56
20	1169	Diogo Filipe	individual	Senior Masculino	33:26	+06:35	03:56
21	1218	Vasco Lucas	individual	Senior Masculino	33:33	+06:42	03:57
22	1105	Carlos Miguel Pato Tomás Vieira	diatosta	Veterano M45	33:43	+06:52	03:58
23	1070	Lucas Ventura	chamineiros	Senior Masculino	33:54	+07:03	03:59
24	1007	João Barbeito	#ésóatéali	Senior Masculino	34:00	+07:09	04:00
25	1122	Vitor Sencadas	hut runners aveiro	Veterano M45	34:04	+07:14	04:01
26	1216	Tiago Marcelino	individual	Senior Masculino	34:08	+07:17	04:01
27	1048	emanuel oliveira	barra ocean runners	Senior Masculino	34:34	+07:44	04:04
28	1357	José Miguel Monteiro Grijó	vintage runners	Veterano M45	34:40	+07:49	04:05
29	1299	Diogo Carvalho	r5 engineers	Senior Masculino	35:01	+08:10	04:07
30	1182	Frederico Silva	individual	Senior Masculino	35:09	+08:18	04:08
31	1082	Hugo Justiça	civilria	Senior Masculino	35:22	+08:31	04:10
32	1264	João Diniz	monrun	Senior Masculino	35:22	+08:31	04:10
33	1204	Ricardo Vicente	individual	Senior Masculino	35:30	+08:39	04:11
34	1353	Carlos Rocha	tdcredito	Veterano M45	35:41	+08:50	04:12
35	1193	Júlio Fontes	individual	Senior Masculino	35:48	+08:58	04:13
36	1347	Miguel Leão	rui costa e sousa	Veterano M45	35:56	+09:05	04:14
37	1242	Paulo Ferreira da Silva	individual	Veterano M45	36:02	+09:11	04:14
38	1120	Artur Jorge Paiva	hut runners aveiro	Veterano M45	36:06	+09:15	04:15
39	1140	Maria Marques	individual	Senior Feminino	36:12	+09:21	04:16
40	1356	Samuel Neves	tdcredito	Veterano M45	36:21	+09:30	04:17
41	1220	Vitor Silva	individual	Senior Masculino	36:27	+09:36	04:17

PROVA PRINCIPAL - STAGE 1

8,5 KM

OFFICIAL RESULT

R
REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	tkm
170	1063	Lúcia Santos	casci	Senior Feminino	44:43	+17:52	05:16
171	1076	Nicole Siqueira	civilria	Senior Feminino	44:54	+18:04	05:17
172	1039	Rita Henriques	barra ocean runners	Senior Feminino	44:56	+18:06	05:17
173	1187	João Diogo Oliveira	individual	Senior Masculino	44:58	+18:08	05:18
174	1249	Carlos Almeida	individual	Veterano M55	45:01	+18:11	05:18
175	1361	Gleverson Carvalho	wegorun	Senior Masculino	45:05	+18:14	05:18
176	1085	Ricardo Vieira	civilria	Senior Masculino	45:10	+18:19	05:19
177	1192	JORGE ALEXANDER FERREIRA SERENO	individual	Senior Masculino	45:11	+18:21	05:19
178	1170	Diogo Filipe Pereira Martins	individual	Senior Masculino	45:19	+18:29	05:20
179	1116	Carla Soares	hut runners aveiro	Veterana F45	45:20	+18:30	05:20
180	1301	Élio Maia	r5 engineers	Senior Masculino	45:23	+18:32	05:20
181	1328	Maria Francisca Madaíl Reis Pires	ris 2048	Senior Feminino	45:26	+18:35	05:21
182	1128	Anastasiya Nemish	individual	Senior Feminino	45:28	+18:37	05:21
183	1035	Filipa Pereira Brites	barra ocean runners	Senior Feminino	45:34	+18:43	05:22
184	1358	Carlos Plnheiro	wegorun	Senior Masculino	45:36	+18:45	05:22
185	1226	Sandra Santos	individual	Veterana F45	45:44	+18:53	05:23
186	1052	Pedro Miguel Marquinhos Soeiro	barra ocean runners	Senior Masculino	45:45	+18:55	05:23
187	1113	João Tinoco	hut runners aveiro	Senior Masculino	45:46	+18:55	05:23
188	1207	Samuel Lopes	individual	Senior Masculino	45:49	+18:59	05:24
189	1033	Fabiana Sarabando	barra ocean runners	Senior Feminino	45:57	+19:06	05:24
190	1142	Matilde Almeida	individual	Senior Feminino	46:07	+19:17	05:26
191	1175	Fernando pontes da silva	individual	Senior Masculino	46:09	+19:18	05:26
192	1336	João Fernando Rangel Martins	ris 2048	Veterano M45	46:09	+19:18	05:26
193	1274	Helder Jorge Ferreira Ribeiro	nar- núcleo de atletismo de requeixo	Veterano M45	46:12	+19:21	05:26
194	1131	Beatriz Santos	individual	Senior Feminino	46:12	+19:22	05:26
195	1011	Mónica Neves	#ésotatéali	Veterana F45	46:17	+19:26	05:27
196	1224	Maryna Skliar	individual	Veterana F45	46:18	+19:27	05:27
197	1330	João Pedro Panão Balseiro	ris 2048	Senior Masculino	46:22	+19:32	05:27
198	1352	Paula Santos	tainadas run team-somengil	Veterana F45	46:25	+19:35	05:28
199	1138	Filipa Lemos Ferreira	individual	Senior Feminino	46:25	+19:35	05:28
200	1089	Renato Filipe Nunes França	civilria	Veterano M45	46:27	+19:36	05:28
201	1143	Mónica Pereira Dias	individual	Senior Feminino	46:32	+19:41	05:29
202	1101	Pedro Carvalho	cr7 runners	Veterano M45	46:40	+19:50	05:30
203	1350	João Santos	sosense trail- corind/ braga&fernandes	Senior Masculino	46:41	+19:50	05:30
204	1266	Margarida Malaquias	municipio de ilhavo	Senior Feminino	46:43	+19:52	05:30
205	1132	Betina Beirão	individual	Senior Feminino	46:43	+19:52	05:30
206	1225	Paula rocha	individual	Veterana F45	46:43	+19:52	05:30
207	1210	Simão Lopes	individual	Senior Masculino	46:43	+19:52	05:30
208	1293	Mauro Simões	purojudo	Senior Masculino	46:44	+19:54	05:30
209	1161	Bruno Martins	individual	Senior Masculino	46:48	+19:57	05:30
210	1291	isabel ribau	os quartas	Veterana F45	46:49	+19:58	05:31
211	1019	Francisco Vieito	adriazul	Senior Masculino	46:49	+19:58	05:31
212	1021	Rui Vieito	adriazul	Veterano M45	46:50	+19:59	05:31
213	1147	Sara Oliveira	individual	Senior Feminino	46:50	+20:00	05:31

PROVA PRINCIPAL - STAGE 1

8,5 KM

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REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
214	1157	António José Santos	individual	Senior Masculino	46:50	+20:00	05:31
215	1311	Elton Martins	remax universal	Senior Masculino	46:51	+20:00	05:31
216	1127	Ana Rita Xavier Modesto	individual	Senior Feminino	46:52	+20:01	05:31
217	1351	Paulo Santos	sosense trail- corind/ braga&fernandes	Senior Masculino	46:56	+20:05	05:31
218	1329	Stephanie Diogo Espadilha	ris 2048	Senior Feminino	46:56	+20:05	05:31
219	1108	José Alisson	gogo gina go	Senior Masculino	46:57	+20:06	05:31
220	1160	Bruno Daniel Ferreira	individual	Senior Masculino	47:24	+20:33	05:35
221	1271	Carla Patricia Tavares Ferreira	nar- núcleo de atletismo de requeixo	Senior Feminino	47:29	+20:38	05:35
222	1276	Luís Figueiredo	nar- núcleo de atletismo de requeixo	Veterano M45	47:29	+20:39	05:35
223	1309	Marta Mateus	remax universal	Senior Feminino	47:34	+20:43	05:36
224	1316	Pedro Carvalho	remax universal	Senior Masculino	47:34	+20:43	05:36
225	1267	João Pedro Magano Bastião	município de ílhavo	Senior Masculino	47:35	+20:45	05:36
226	1277	Gonçalo Rato	nokia	Senior Masculino	47:37	+20:47	05:36
227	1058	Hugo Laranjeira	beer team	Senior Masculino	47:38	+20:47	05:36
228	1339	Michael Jorge da Costa Leitão	ris 2048	Veterano M55	47:39	+20:48	05:36
229	1003	Inês Castelhana	#ésóatéali	Senior Feminino	47:40	+20:49	05:37
230	1040	Rita Ramos	barra ocean runners	Senior Feminino	47:43	+20:52	05:37
231	1068	Paulo Pereira	casci	Veterano M55	47:46	+20:55	05:37
232	1265	António Neiva	monrun	Veterano M55	47:47	+20:56	05:37
233	1118	Gisela Dias	hut runners aveiro	Veterana F45	47:47	+20:56	05:37
234	1110	Marília Pereira	hut runners aveiro	Senior Feminino	47:47	+20:56	05:37
235	1203	Ricardo Miguel Peres Dias	individual	Senior Masculino	48:08	+21:17	05:40
236	1280	Rui Dias	nokia	Senior Masculino	48:16	+21:25	05:41
237	1027	Juliana dos Santos Garbayo	amigos loucos	Veterana F45	48:18	+21:27	05:41
238	1093	Rui Pedro Gonçalves	civilria	Veterano M55	48:23	+21:33	05:42
239	1092	Paulo Oliveira Pinto	civilria	Veterano M55	48:23	+21:33	05:42
240	1014	Joana lajas	100kalorioas	Senior Feminino	48:25	+21:34	05:42
241	1006	Sofia Barbeito	#ésóatéali	Senior Feminino	48:25	+21:35	05:42
242	1327	Williams Omar Simoes Depablos	reumáticos & etc	Veterano M45	48:26	+21:35	05:42
243	1166	Daniel Moreira Santos	individual	Senior Masculino	48:34	+21:44	05:43
244	1354	Luis Mendes	tdcredito	Veterano M45	48:42	+21:51	05:44
245	1077	Rafaela Coutinho Dantas	civilria	Senior Feminino	48:46	+21:56	05:44
246	1059	Luis Freire	beer team	Senior Masculino	49:01	+22:11	05:46
247	1322	João Carlos Marçalo Pereira	reumáticos & etc	Senior Masculino	49:20	+22:30	05:48
248	1055	Teresa soares	barra ocean runners	Veterana F45	49:35	+22:44	05:50
249	1037	Kristine Plikse	barra ocean runners	Senior Feminino	49:36	+22:45	05:50
250	1165	Carlos Veiga	individual	Senior Masculino	49:36	+22:45	05:50
251	1154	Afonso Soares	individual	Senior Masculino	49:39	+22:49	05:51
252	1016	Hugo Correia	100kalorioas	Senior Masculino	49:39	+22:49	05:51
253	1257	Júlio António Leston Bandeira	individual	Veterano M55	49:42	+22:51	05:51
254	1001	Ana Valente	#ésóatéali	Senior Feminino	49:54	+23:03	05:52
255	1343	Fernando Carapelho	rui costa e sousa	Senior Masculino	49:56	+23:05	05:52
256	1307	Cheila Correia	remax universal	Senior Feminino	49:59	+23:08	05:53
257	1023	Catarina Gomes Campos	amigos loucos	Senior Feminino	50:03	+23:12	05:53
258	1026	Claudia Cristina Marques Almeida	amigos loucos	Veterana F45	50:04	+23:13	05:53

PROVA PRINCIPAL - STAGE 1

8,5 KM

OFFICIAL RESULT

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REVISED

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

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
259	1134	Catarina Mendes	individual	Senior Feminino	50:09	+23:18	05:54
260	1208	Sandro Santos	individual	Senior Masculino	50:09	+23:19	05:54
261	1117	Cláudia Negrão	hut runners aveiro	Veterana F45	50:10	+23:20	05:54
262	1112	GONçALO MADAIL	hut runners aveiro	Senior Masculino	50:11	+23:20	05:54
263	1123	ABÍLIO MADAIL	hut runners aveiro	Veterano M55	50:11	+23:20	05:54
264	1119	ELISABETE VIEIRA	hut runners aveiro	Veterana F55	50:12	+23:21	05:54
265	1078	Tatiana Gatti	civilria	Senior Feminino	50:38	+23:48	05:58
266	1141	Marina Leitão	individual	Senior Feminino	50:46	+23:55	05:58
267	1337	Jorge Amadeu Almeida Viana	ris 2048	Veterano M45	50:46	+23:56	05:58
268	1099	Cláudia Rafeiro	cr7 runners	Veterana F45	50:54	+24:04	05:59
269	1158	António Pereira	individual	Senior Masculino	50:58	+24:07	06:00
270	1246	Vitor Feitais	individual	Veterano M45	51:18	+24:28	06:02
271	1148	Sílvia Cristina Graça da Silva	individual	Senior Feminino	51:35	+24:44	06:04
272	1318	Marta Cardoso	reumaticos	Senior Feminino	51:44	+24:53	06:05
273	1034	Filipa Freire	barra ocean runners	Senior Feminino	51:46	+24:56	06:06
274	1038	Liliana Gomes	barra ocean runners	Senior Feminino	52:04	+25:13	06:08
275	1069	Davide Pinheiro	cdcf aldeia sto antonio	Senior Masculino	52:11	+25:20	06:08
276	1065	Rosa Rodrigues	casci	Senior Feminino	52:41	+25:50	06:12
277	1080	Agostinho Sobral Boulhosa Junior	civilria	Senior Masculino	52:53	+26:03	06:13
278	1324	Sandra Maria da Costa Francisco	reumáticos & etc	Veterana F45	53:00	+26:09	06:14
279	1326	Francisco José Silva Gomes	reumáticos & etc	Veterano M45	53:00	+26:09	06:14
280	1323	Paula Eduarda Pereira Pinto	reumáticos & etc	Veterana F45	53:00	+26:09	06:14
281	1325	Virgínia Oliveira Fernandes	reumáticos & etc	Veterana F45	53:00	+26:09	06:14
282	1227	Rosa Rocha	individual	Veterana F55	53:18	+26:27	06:16
283	1248	Armando Sousa	individual	Veterano M55	53:37	+26:47	06:19
284	1139	Joana Barros Silva Carmo	individual	Senior Feminino	53:44	+26:54	06:19
285	1198	Marcelo Moreira	individual	Senior Masculino	53:47	+26:57	06:20
286	1222	Madalena Ferreira	individual	Veterana F45	54:00	+27:09	06:21
287	1020	Ana Vitória Neves	adriazul	Veterana F45	54:03	+27:13	06:22
288	1096	Catarina Resende	correr fermelã acadof	Senior Feminino	54:11	+27:21	06:23
289	1097	Pedro Cruz	correr fermelã acadof	Senior Masculino	54:12	+27:21	06:23
290	1362	Luis Santos	wegoron	Senior Masculino	54:18	+27:27	06:23
291	1273	Judite Dias	nar- núcleo de atletismo de requeixo	Veterana F45	54:21	+27:30	06:24
292	1135	Claudia sette	individual	Senior Feminino	54:59	+28:09	06:28
293	1287	Carla Nunes	os corre para comer	Veterana F45	55:18	+28:27	06:30
294	1256	José Vieira	individual	Veterano M55	55:30	+28:39	06:32
295	1295	Sérgio Cunha	purojudo	Veterano M45	55:48	+28:57	06:34
296	1308	Julia Batista	remax universal	Senior Feminino	55:56	+29:05	06:35
297	1152	Thaís Rocha	individual	Senior Feminino	56:08	+29:17	06:36
298	1062	Gisela Macedo	casci	Senior Feminino	57:11	+30:20	06:44
299	1285	Ricardo Ferreira	nokia	Veterano M45	57:49	+30:59	06:48
300	1133	Catarina Loura Ribeiro	individual	Senior Feminino	58:18	+31:28	06:52
301	1150	Sofia Moreira Faria de Almeida	individual	Senior Feminino	58:18	+31:28	06:52
302	1202	Ricardo Miguel Abrantes Carmo	individual	Senior Masculino	59:02	+32:11	06:57

PROVA PRINCIPAL - STAGE 1

8,5 KM

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REVISED

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
303	1136	Cristiana Marques	individual	Senior Feminino	59:05	+32:15	06:57
304	1012	Luís Pessoa	#ésóatéali	Veterana F55	59:15	+32:24	06:58
305	1073	Ana Nunes	civilria	Senior Feminino	59:26	+32:36	07:00
306	1289	Carlos Magalhães	os corre para comer	Veterano M45	01:00:01	+33:10	07:04
307	1364	Sergio Figueiredo	individual	Veterano M45	01:00:46	+33:55	07:09
308	1331	Marcelo Manuel Figueiredo Gomes	ris 2048	Senior Masculino	01:01:21	+34:30	07:13
309	1104	António Pedro Santos Lima	diatosta	Veterano M45	01:01:31	+34:40	07:14
310	1333	Maria Manuela Vieira da Silva	ris 2048	Veterana F55	01:01:31	+34:40	07:14
311	1332	Amália Maria Foitinho de Carvalho	ris 2048	Veterana F55	01:01:34	+34:44	07:15
312	1125	Ana Aguiar	individual	Senior Feminino	01:04:10	+37:19	07:33
313	1146	Sara Oliveira	individual	Senior Feminino	01:04:12	+37:21	07:33
314	1067	Mafalda Cunha	casci	Veterana F55	01:11:22	+44:31	08:24
315	1022	Yanely Silva	adriazul	Veterano M45	01:13:46	+46:55	08:41

Obs

BIB	NOTE	NAME	TEAM	CAT
1054	DQ	maria joao tavares	Barra Ocean Runners	Veterana F45
1360	DQ	Gabriel Vieira	WeGoRun	Senior Masculino

Prova Principal

8,5 KM



OFFICIAL RESULT

	Time	Temperature	Humidity
Start	10:00	18,3°C	90%
End	11:14	20,6°C	84%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
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Senior Feminino

1	1140	Maria Marques	Individual	Senior Feminino	36:12	+09:21	04:16
2	1130	Beatriz Pequeno	Individual	Senior Feminino	38:40	+11:49	04:33
3	1144	Patrícia Fernanda da Silva	Individual	Senior Feminino	38:44	+11:53	04:33
4	1126	ANA MARIA DOMINGUES ESTRELA	Individual	Senior Feminino	39:29	+12:38	04:39
5	1129	Andreia vieira	Individual	Senior Feminino	39:33	+12:42	04:39
6	1032	Daniela Grácio Santos	Barra Ocean Runners	Senior Feminino	40:06	+13:15	04:43
7	1042	Soraia Basílio	Barra Ocean Runners	Senior Feminino	40:27	+13:36	04:46
8	1031	Cristiana Vanessa Neves Ribeiro	Barra Ocean Runners	Senior Feminino	40:47	+13:56	04:48
9	1145	Rita Alexandra Luís Silva Santos	Individual	Senior Feminino	41:45	+14:55	04:55
10	1004	Liliane Ventura	#ésóatéali	Senior Feminino	42:02	+15:11	04:57
11	1317	Helena Silva	Reumaticos	Senior Feminino	42:03	+15:12	04:57
12	1075	María Mouta de Jesus	Civilria	Senior Feminino	42:12	+15:21	04:58
13	1306	Carolina Amaral	Remax Universal	Senior Feminino	42:14	+15:23	04:58
14	1072	Alexandra Calhau	Civilria	Senior Feminino	42:28	+15:37	05:00
15	1074	Jacqueline Rodrigues Fernandes	Civilria	Senior Feminino	43:03	+16:12	05:04
16	1041	Rosana Tomásio	Barra Ocean Runners	Senior Feminino	43:22	+16:32	05:06
17	1005	Marisa Morgado Moreira	#ésóatéali	Senior Feminino	43:34	+16:43	05:08
18	1015	Liliana Santos	100kalorioas	Senior Feminino	44:04	+17:14	05:11
19	1340	Rita da Cruz Fardilha	Rissolito	Senior Feminino	44:25	+17:35	05:14
20	1064	Rita Marieiro	CASCI	Senior Feminino	44:40	+17:49	05:15
21	1063	Lúcia Santos	CASCI	Senior Feminino	44:43	+17:52	05:16
22	1076	Nicole Siqueira	Civilria	Senior Feminino	44:54	+18:04	05:17
23	1039	Rita Henriques	Barra Ocean Runners	Senior Feminino	44:56	+18:06	05:17
24	1328	Maria Francisca Madaíl Reis Pires	RIS 2048	Senior Feminino	45:26	+18:35	05:21
25	1128	Anastasiya Nemish	Individual	Senior Feminino	45:28	+18:37	05:21
26	1035	Filipa Pereira Brites	Barra Ocean Runners	Senior Feminino	45:34	+18:43	05:22
27	1033	Fabiana Sarabando	Barra Ocean Runners	Senior Feminino	45:57	+19:06	05:24
28	1142	Matilde Almeida	Individual	Senior Feminino	46:07	+19:17	05:26
29	1131	Beatriz Santos	Individual	Senior Feminino	46:12	+19:22	05:26
30	1138	Filipa Lemos Ferreira	Individual	Senior Feminino	46:25	+19:35	05:28
31	1143	Mónica Pereira Dias	Individual	Senior Feminino	46:32	+19:41	05:29
32	1266	Margarida Malaquias	Municipio de Ílhavo	Senior Feminino	46:43	+19:52	05:30
33	1132	Betina Beirão	Individual	Senior Feminino	46:43	+19:52	05:30
34	1147	Sara Oliveira	Individual	Senior Feminino	46:50	+20:00	05:31
35	1127	Ana Rita Xavier Modesto	Individual	Senior Feminino	46:52	+20:01	05:31
36	1329	Stephanie Diogo Espadilha	RIS 2048	Senior Feminino	46:56	+20:05	05:31
37	1271	Carla Patricia Tavares Ferreira	NAR- Núcleo de Atletismo de Requeixo	Senior Feminino	47:29	+20:38	05:35
38	1309	Marta Mateus	Remax Universal	Senior Feminino	47:34	+20:43	05:36
39	1003	Inês Castelhana	#ésóatéali	Senior Feminino	47:40	+20:49	05:37

Official Timekeeper: Lap2Go	1 / 8	generate 20-out.-2024 18:33
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Prova Principal

8,5 KM

OFFICIAL RESULT

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40	1040	Rita Ramos	Barra Ocean Runners	Senior Feminino	47:43	+20:52	05:37
41	1110	Marília Pereira	Hut Runners Aveiro	Senior Feminino	47:47	+20:56	05:37
42	1014	Joana Iajas	100kaloRioas	Senior Feminino	48:25	+21:34	05:42
43	1006	Sofia Barbeito	#ésóatéali	Senior Feminino	48:25	+21:35	05:42
44	1077	Rafaela Coutinho Dantas	Civilria	Senior Feminino	48:46	+21:56	05:44
45	1037	Kristine Plikse	Barra Ocean Runners	Senior Feminino	49:36	+22:45	05:50
46	1001	Ana Valente	#ésóatéali	Senior Feminino	49:54	+23:03	05:52
47	1307	Cheila Correia	Remax Universal	Senior Feminino	49:59	+23:08	05:53
48	1023	Catarina Gomes Campos	Amigos Loucos	Senior Feminino	50:03	+23:12	05:53
49	1134	Catarina Mendes	Individual	Senior Feminino	50:09	+23:18	05:54
50	1078	Tatiana Gatti	Civilria	Senior Feminino	50:38	+23:48	05:58
51	1141	Marina Leitão	Individual	Senior Feminino	50:46	+23:55	05:58
52	1148	Sílvia Cristina Graça da Silva	Individual	Senior Feminino	51:35	+24:44	06:04
53	1318	Marta Cardoso	Reumaticos	Senior Feminino	51:44	+24:53	06:05
54	1034	Filipa Freire	Barra Ocean Runners	Senior Feminino	51:46	+24:56	06:06
55	1038	Liliana Gomes	Barra Ocean Runners	Senior Feminino	52:04	+25:13	06:08
56	1065	Rosa Rodrigues	CASCI	Senior Feminino	52:41	+25:50	06:12
57	1139	Joana Barros Silva Carmo	Individual	Senior Feminino	53:44	+26:54	06:19
58	1096	Catarina Resende	Correr Fermelã ACADOF	Senior Feminino	54:11	+27:21	06:23
59	1135	Claudia sette	Individual	Senior Feminino	54:59	+28:09	06:28
60	1308	Julia Batista	Remax Universal	Senior Feminino	55:56	+29:05	06:35
61	1152	Thaís Rocha	Individual	Senior Feminino	56:08	+29:17	06:36
62	1062	Gisela Macedo	CASCI	Senior Feminino	57:11	+30:20	06:44
63	1133	Catarina Loura Ribeiro	Individual	Senior Feminino	58:18	+31:28	06:52
64	1150	Sofia Moreira Faria de Almeida	Individual	Senior Feminino	58:18	+31:28	06:52
65	1136	Cristiana Marques	Individual	Senior Feminino	59:05	+32:15	06:57
66	1073	Ana Nunes	Civilria	Senior Feminino	59:26	+32:36	07:00
67	1125	Ana Aguiar	Individual	Senior Feminino	01:04:10	+37:19	07:33
68	1146	Sara Oliveira	Individual	Senior Feminino	01:04:12	+37:21	07:33

Senior Masculino

1	1286	Nuno Miguel	GRECAS Vagos	Senior Masculino	26:50		03:09
2	1106	José Almeida	EV Peraltafil	Senior Masculino	29:13	+02:22	03:26
3	1177	Filipe Luz	Individual	Senior Masculino	29:34	+02:43	03:29
4	1349	Vicente Julião	Individual	Senior Masculino	30:27	+03:36	03:35
5	1098	Rui Oliveira	Correr Fermelã ACADOF	Senior Masculino	30:50	+03:59	03:38
6	1009	Pedro Jacinto	#ésóatéali	Senior Masculino	30:51	+04:00	03:38
7	1176	Filipe Carvalho	Individual	Senior Masculino	30:55	+04:05	03:38
8	1190	João Ricardo	Individual	Senior Masculino	31:00	+04:10	03:39
9	1173	Fábio Ferreira Jacinto	Individual	Senior Masculino	31:24	+04:33	03:42
10	1102	William Caetano	DCI/Trilhos Luso Bussaco	Senior Masculino	31:30	+04:40	03:42
11	1195	Luis Silvestre	Individual	Senior Masculino	32:35	+05:44	03:50
12	1300	Diogo Oliveira	R5 Engineers	Senior Masculino	33:00	+06:09	03:53
13	1155	Alex Ferreira Valente	Individual	Senior Masculino	33:06	+06:15	03:54
14	1217	Tiago Silvestre	Individual	Senior Masculino	33:15	+06:25	03:55

Prova Principal

8,5 KM



OFFICIAL RESULT

15	1169	Diogo Filipe	Individual	Senior Masculino	33:26	+06:35	03:56
16	1218	Vasco Lucas	Individual	Senior Masculino	33:33	+06:42	03:57
17	1070	Lucas Ventura	Chamineiros	Senior Masculino	33:54	+07:03	03:59
18	1007	João Barbeito	#ésóatéali	Senior Masculino	34:00	+07:09	04:00
19	1216	Tiago Marcelino	Individual	Senior Masculino	34:08	+07:17	04:01
20	1048	emanuel oliveira	Barra Ocean Runners	Senior Masculino	34:34	+07:44	04:04
21	1299	Diogo Carvalho	R5 Engineers	Senior Masculino	35:01	+08:10	04:07
22	1182	Frederico Silva	Individual	Senior Masculino	35:09	+08:18	04:08
23	1082	Hugo Justiça	Civilria	Senior Masculino	35:22	+08:31	04:10
24	1264	João Diniz	MONRUN	Senior Masculino	35:22	+08:31	04:10
25	1204	Ricardo Vicente	Individual	Senior Masculino	35:30	+08:39	04:11
26	1193	Júlio Fontes	Individual	Senior Masculino	35:48	+08:58	04:13
27	1220	Vitor Silva	Individual	Senior Masculino	36:27	+09:36	04:17
28	1049	Hugo Martins	Barra Ocean Runners	Senior Masculino	36:29	+09:39	04:18
29	1167	Daniel Vieira	Individual	Senior Masculino	36:38	+09:47	04:19
30	1205	Rúben Santos	Individual	Senior Masculino	36:39	+09:48	04:19
31	1279	Manuel Maia	NOKIA	Senior Masculino	36:40	+09:49	04:19
32	1314	Paulo Oceano	Remax Universal	Senior Masculino	36:57	+10:06	04:21
33	1051	Marco Mateus	Barra Ocean Runners	Senior Masculino	36:59	+10:09	04:21
34	1044	Bernardo Leite	Barra Ocean Runners	Senior Masculino	37:22	+10:31	04:24
35	1180	Francisco Manuel Teixeira Maques	Individual	Senior Masculino	37:27	+10:37	04:24
36	1043	André Pinho	Barra Ocean Runners	Senior Masculino	37:44	+10:54	04:26
37	1164	Carlos Simões	Individual	Senior Masculino	37:56	+11:05	04:28
38	1018	Arne Jorgens	Adriazul	Senior Masculino	38:03	+11:12	04:29
39	1197	Marcos Roldão	Individual	Senior Masculino	38:04	+11:13	04:29
40	1162	Carlos Casimiro	Individual	Senior Masculino	38:09	+11:18	04:29
41	1215	Tiago dos Santos Castro	Individual	Senior Masculino	38:13	+11:23	04:30
42	1213	Tiago Coelho	Individual	Senior Masculino	38:16	+11:25	04:30
43	1313	José Magalhães	Remax Universal	Senior Masculino	38:21	+11:31	04:31
44	1050	Luís Gomes	Barra Ocean Runners	Senior Masculino	38:28	+11:37	04:32
45	1071	Ricardo Cardoso	Chamineiros	Senior Masculino	38:28	+11:37	04:32
46	1017	Jorge Castro	ACDR Rapoula Trail Running	Senior Masculino	38:28	+11:38	04:32
47	1302	Emanuel Almeida	R5 Engineers	Senior Masculino	38:43	+11:52	04:33
48	1211	stephen Parker	Individual	Senior Masculino	38:52	+12:01	04:34
49	1025	Rui Pedro Marques Saraiva	Amigos Loucos	Senior Masculino	39:11	+12:21	04:37
50	1066	Rui Miguel Rodrigues Xavier	CASCI	Senior Masculino	39:19	+12:28	04:38
51	1174	Fábio Figueiredo	Individual	Senior Masculino	39:36	+12:45	04:40
52	1315	Pedro Abelha	Remax Universal	Senior Masculino	39:46	+12:56	04:41
53	1191	João Sousa	Individual	Senior Masculino	39:47	+12:57	04:41
54	1297	César Bruno Jesus Lopes	R5 Engineers	Senior Masculino	39:58	+13:07	04:42
55	1305	Tiago Samuel Malhão da Ponte	R5 Engineers	Senior Masculino	39:59	+13:08	04:42
56	1171	Diogo Ministro Ferreira	Individual	Senior Masculino	40:01	+13:10	04:43
57	1194	Júlio Tomás Gomes Teixeira	Individual	Senior Masculino	40:04	+13:13	04:43
58	1109	Ricardo Santos	GoGo Gina Go	Senior Masculino	40:07	+13:16	04:43
59	1312	João Teixeira	Remax Universal	Senior Masculino	40:09	+13:19	04:44
60	1029	Manuel António Cesario Trovisco	Associação dos Amigos da Praia da Barra	Senior Masculino	40:16	+13:25	04:44

Official Timekeeper: Lap2Go	3 / 8	generate 20-out.-2024 18:33
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Prova Principal

8,5 KM

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REVISED

OFFICIAL RESULT

61	1296	Bruno Rocha	R5 Engineers	Senior Masculino	40:17	+13:26	04:44
62	1181	Francisco Natal Garcia	Individual	Senior Masculino	40:35	+13:45	04:47
63	1111	Francisco Martins	Hut Runners Aveiro	Senior Masculino	40:36	+13:46	04:47
64	1114	Jorge Martins	Hut Runners Aveiro	Senior Masculino	40:37	+13:46	04:47
65	1363	Rui Rebelo	WeGoRun	Senior Masculino	40:40	+13:50	04:47
66	1359	Diogo Oliveira	WeGoRun	Senior Masculino	40:45	+13:55	04:48
67	1156	André SãoMarcos	Individual	Senior Masculino	40:48	+13:57	04:48
68	1179	Francisco Dantas	Individual	Senior Masculino	40:51	+14:01	04:48
69	1168	David Simoes Denis	Individual	Senior Masculino	40:57	+14:07	04:49
70	1303	Fábio Teixeira	R5 Engineers	Senior Masculino	41:03	+14:12	04:50
71	1201	Pedro Teixeira	Individual	Senior Masculino	41:04	+14:14	04:50
72	1163	Carlos Cunha	Individual	Senior Masculino	41:15	+14:24	04:51
73	1115	Pedro Couto	Hut Runners Aveiro	Senior Masculino	41:18	+14:27	04:52
74	1028	Henrique Almeida	Associação dos Amigos da Praia da Barra	Senior Masculino	42:05	+15:14	04:57
75	1081	Carlos Eduardo Costa de Jesus	Civilria	Senior Masculino	42:12	+15:21	04:58
76	1185	Hugo Sarabando Ventura	Individual	Senior Masculino	42:20	+15:29	04:59
77	1079	Afonso Varum	Civilria	Senior Masculino	42:22	+15:32	04:59
78	1188	João Gil	Individual	Senior Masculino	42:25	+15:34	04:59
79	1084	João Pedro Gandarez Caetano	Civilria	Senior Masculino	42:28	+15:37	05:00
80	1219	Vinicius Tocantins Marques	Individual	Senior Masculino	42:35	+15:44	05:01
81	1046	Diogo Riço	Barra Ocean Runners	Senior Masculino	42:38	+15:47	05:01
82	1053	Rui Rodrigues	Barra Ocean Runners	Senior Masculino	42:44	+15:54	05:02
83	1200	Óscar Fernandes dos Santos Baptista	Individual	Senior Masculino	43:10	+16:20	05:05
84	1183	Gonçalo Duarte	Individual	Senior Masculino	43:15	+16:24	05:05
85	1209	Severino Rocha	Individual	Senior Masculino	43:54	+17:03	05:10
86	1294	Telmo Rafeiro	PuroJudo	Senior Masculino	44:06	+17:15	05:11
87	1186	João da Cruz fardilha	Individual	Senior Masculino	44:25	+17:35	05:14
88	1310	Cristiano Araujo	Remax Universal	Senior Masculino	44:27	+17:36	05:14
89	1304	Francisco Cerda	R5 Engineers	Senior Masculino	44:34	+17:44	05:15
90	1298	Daniel Rocha	R5 Engineers	Senior Masculino	44:35	+17:44	05:15
91	1187	João Diogo Oliveira	Individual	Senior Masculino	44:58	+18:08	05:18
92	1361	Gleverson Carvalho	WeGoRun	Senior Masculino	45:05	+18:14	05:18
93	1085	Ricardo Vieira	Civilria	Senior Masculino	45:10	+18:19	05:19
94	1192	JORGE ALEXANDER FERREIRA SERENO	Individual	Senior Masculino	45:11	+18:21	05:19
95	1170	Diogo Filipe Pereira Martins	Individual	Senior Masculino	45:19	+18:29	05:20
96	1301	Élio Maia	R5 Engineers	Senior Masculino	45:23	+18:32	05:20
97	1358	Carlos Plnheiro	WeGoRun	Senior Masculino	45:36	+18:45	05:22
98	1052	Pedro Miguel Marquinhos Soeiro	Barra Ocean Runners	Senior Masculino	45:45	+18:55	05:23
99	1113	João Tinoco	Hut Runners Aveiro	Senior Masculino	45:46	+18:55	05:23
100	1207	Samuel Lopes	Individual	Senior Masculino	45:49	+18:59	05:24
101	1175	Fernando pontes da silva	Individual	Senior Masculino	46:09	+19:18	05:26
102	1330	João Pedro Panão Balseiro	RIS 2048	Senior Masculino	46:22	+19:32	05:27
103	1350	João Santos	Sosense Trail- Corind/ Braga&Fernandes	Senior Masculino	46:41	+19:50	05:30
104	1210	Simão Lopes	Individual	Senior Masculino	46:43	+19:52	05:30

Official Timekeeper: Lap2Go	4 / 8	generate 20-out.-2024 18:33
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Prova Principal

8,5 KM

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REVISED

OFFICIAL RESULT

105	1293	Mauro Simões	PuroJudo	Senior Masculino	46:44	+19:54	05:30
106	1161	Bruno Martins	Individual	Senior Masculino	46:48	+19:57	05:30
107	1019	Francisco Vieito	Adriazul	Senior Masculino	46:49	+19:58	05:31
108	1157	António José Santos	Individual	Senior Masculino	46:50	+20:00	05:31
109	1311	Elton Martins	Remax Universal	Senior Masculino	46:51	+20:00	05:31
110	1351	Paulo Santos	Sosense Trail- Corind/ Braga&Fernandes	Senior Masculino	46:56	+20:05	05:31
111	1108	José Alisson	GoGo Gina Go	Senior Masculino	46:57	+20:06	05:31
112	1160	Bruno Daniel Ferreira	Individual	Senior Masculino	47:24	+20:33	05:35
113	1316	Pedro Carvalho	Remax Universal	Senior Masculino	47:34	+20:43	05:36
114	1267	João Pedro Magano Bastião	Município de Ilhavo	Senior Masculino	47:35	+20:45	05:36
115	1277	Gonçalo Rato	NOKIA	Senior Masculino	47:37	+20:47	05:36
116	1058	Hugo Laranjeira	Beer Team	Senior Masculino	47:38	+20:47	05:36
117	1203	Ricardo Miguel Peres Dias	Individual	Senior Masculino	48:08	+21:17	05:40
118	1280	Rui Dias	NOKIA	Senior Masculino	48:16	+21:25	05:41
119	1166	Daniel Moreira Santos	Individual	Senior Masculino	48:34	+21:44	05:43
120	1059	Luis Freire	Beer Team	Senior Masculino	49:01	+22:11	05:46
121	1322	João Carlos Marçalo Pereira	Reumáticos & Etc	Senior Masculino	49:20	+22:30	05:48
122	1165	Carlos Veiga	Individual	Senior Masculino	49:36	+22:45	05:50
123	1154	Afonso Soares	Individual	Senior Masculino	49:39	+22:49	05:51
124	1016	Hugo Correia	100kcalorioas	Senior Masculino	49:39	+22:49	05:51
125	1343	Fernando Carapelho	Rui Costa e Sousa	Senior Masculino	49:56	+23:05	05:52
126	1208	Sandro Santos	Individual	Senior Masculino	50:09	+23:19	05:54
127	1112	GONÇALO MADAIL	Hut Runners Aveiro	Senior Masculino	50:11	+23:20	05:54
128	1158	António Pereira	Individual	Senior Masculino	50:58	+24:07	06:00
129	1069	Davide Pinheiro	CDCF ALDEIA STO ANTONIO	Senior Masculino	52:11	+25:20	06:08
130	1080	Agostinho Sobral Boulhosa Junior	Civilria	Senior Masculino	52:53	+26:03	06:13
131	1198	Marcelo Moreira	Individual	Senior Masculino	53:47	+26:57	06:20
132	1097	Pedro Cruz	Correr Fermelã ACADOF	Senior Masculino	54:12	+27:21	06:23
133	1362	Luis Santos	WeGoRun	Senior Masculino	54:18	+27:27	06:23
134	1202	Ricardo Miguel Abrantes Carmo	Individual	Senior Masculino	59:02	+32:11	06:57
135	1331	Marcelo Manuel Figueiredo Gomes	RIS 2048	Senior Masculino	01:01:21	+34:30	07:13

Veterana F45

1	1086	Rosabell Dos Santos	Civilria	Veterana F45	40:48	+13:58	04:48
2	1223	MARIA KELRY ABREU DE MELO	Individual	Veterana F45	40:59	+14:09	04:49
3	1262	Carla Pimenta	Lusoteam	Veterana F45	41:11	+14:20	04:51
4	1288	Tânia Magalhães	Os corre para comer	Veterana F45	43:37	+16:46	05:08
5	1116	Carla Soares	Hut Runners Aveiro	Veterana F45	45:20	+18:30	05:20
6	1226	Sandra Santos	Individual	Veterana F45	45:44	+18:53	05:23
7	1011	Mónica Neves	#ésóatéali	Veterana F45	46:17	+19:26	05:27
8	1224	Maryna Skliar	Individual	Veterana F45	46:18	+19:27	05:27
9	1352	Paula Santos	Tainadas run team-somengil	Veterana F45	46:25	+19:35	05:28
10	1225	Paula rocha	Individual	Veterana F45	46:43	+19:52	05:30
11	1291	isabel ribau	OS QUARTAS	Veterana F45	46:49	+19:58	05:31

Prova Principal

8,5 KM

R
REVISED

OFFICIAL RESULT

12	1118	Gisela Dias	Hut Runners Aveiro	Veterana F45	47:47	+20:56	05:37
13	1027	Juliana dos Santos Garbayo	Amigos Loucos	Veterana F45	48:18	+21:27	05:41
14	1055	Teresa soares	Barra Ocean Runners	Veterana F45	49:35	+22:44	05:50
15	1026	Claudia Cristina Marques Almeida	Amigos Loucos	Veterana F45	50:04	+23:13	05:53
16	1117	Cláudia Negrão	Hut Runners Aveiro	Veterana F45	50:10	+23:20	05:54
17	1099	Cláudia Rafeiro	CR7 RUNNERS	Veterana F45	50:54	+24:04	05:59
18	1324	Sandra Maria da Costa Francisco	Reumáticos & Etc	Veterana F45	53:00	+26:09	06:14
19	1323	Paula Eduarda Pereira Pinto	Reumáticos & Etc	Veterana F45	53:00	+26:09	06:14
20	1325	Virgínia Oliveira Fernandes	Reumáticos & Etc	Veterana F45	53:00	+26:09	06:14
21	1222	Madalena Ferreira	Individual	Veterana F45	54:00	+27:09	06:21
22	1020	Ana Vitória Neves	Adriazul	Veterana F45	54:03	+27:13	06:22
23	1273	Judite Dias	NAR- Núcleo de Atletismo de Requeixo	Veterana F45	54:21	+27:30	06:24
24	1287	Carla Nunes	Os corre para comer	Veterana F45	55:18	+28:27	06:30

Veterana F55

1	1094	Maria Fatima Pinho	Clinica Litoralis Trail Team	Veterana F55	39:03	+12:12	04:36
2	1366	Paula Oliveira	Individual	Veterana F55	42:15	+15:25	04:58
3	1119	ELISABETE VIEIRA	Hut Runners Aveiro	Veterana F55	50:12	+23:21	05:54
4	1227	Rosa Rocha	Individual	Veterana F55	53:18	+26:27	06:16
5	1012	Luisa Pessoa	#ésóatéali	Veterana F55	59:15	+32:24	06:58
6	1333	Maria Manuela Vieira da Silva	RIS 2048	Veterana F55	01:01:31	+34:40	07:14
7	1332	Amália Maria Foitinho de Carvalho	RIS 2048	Veterana F55	01:01:34	+34:44	07:15
8	1067	Mafalda Cunha	CASCI	Veterana F55	01:11:22	+44:31	08:24

Veterano M45

1	1238	LUIS MARTINS	Individual	Veterano M45	28:53	+02:03	03:24
2	1244	Pedro Sarabando	Individual	Veterano M45	30:52	+04:01	03:38
3	1263	Carlos Pimenta	Lusoteam	Veterano M45	32:44	+05:53	03:51
4	1355	Mario Ferreira	TDcredito	Veterano M45	33:04	+06:13	03:53
5	1320	Paulo pereira	Reumaticos	Veterano M45	33:25	+06:34	03:56
6	1105	Carlos Miguel Pato Tomás Vieira	Diatosta	Veterano M45	33:43	+06:52	03:58
7	1122	Vitor Sencadas	Hut Runners Aveiro	Veterano M45	34:04	+07:14	04:01
8	1357	José Miguel Monteiro Grijó	Vintage Runners	Veterano M45	34:40	+07:49	04:05
9	1353	Carlos Rocha	TDcredito	Veterano M45	35:41	+08:50	04:12
10	1347	Miguel Leão	Rui Costa e Sousa	Veterano M45	35:56	+09:05	04:14
11	1242	Paulo Ferreira da Silva	Individual	Veterano M45	36:02	+09:11	04:14
12	1120	Artur Jorge Paiva	Hut Runners Aveiro	Veterano M45	36:06	+09:15	04:15
13	1356	Samuel Neves	TDcredito	Veterano M45	36:21	+09:30	04:17
14	1283	João Gomes	NOKIA	Veterano M45	36:40	+09:49	04:19
15	1237	JIMMY SILVA	Individual	Veterano M45	36:48	+09:57	04:20
16	1056	Fernando Mónica	Barra Ocean Runners	Veterano M45	36:51	+10:00	04:20
17	1348	Nuno Pereira	Rui Costa e Sousa	Veterano M45	37:25	+10:35	04:24
18	1228	André Pacheco	Individual	Veterano M45	37:49	+10:58	04:27

Official Timekeeper: Lap2Go	6 / 8	generate 20-out.-2024 18:33
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Prova Principal

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OFFICIAL RESULT

19	1236	Hugo Romão	Individual	Veterano M45	38:26	+11:35	04:31
20	1234	Francisco Martins	Individual	Veterano M45	38:47	+11:56	04:34
21	1057	Luís Soares	Barra Ocean Runners	Veterano M45	39:51	+13:00	04:41
22	1346	Carlos Coimbra	Rui Costa e Sousa	Veterano M45	40:00	+13:10	04:42
23	1275	Jorge Vilela	NAR- Núcleo de Atletismo de Requeixo	Veterano M45	40:13	+13:22	04:44
24	1281	Daniel Martins	NOKIA	Veterano M45	40:15	+13:25	04:44
25	1338	Nuno Miguel Santos Barros Marabuto	RIS 2048	Veterano M45	40:17	+13:26	04:44
26	1321	Paulo ramos	Reumaticos	Veterano M45	40:25	+13:34	04:45
27	1087	Nuno Félix	Civilria	Veterano M45	40:36	+13:45	04:47
28	1121	João Pedro Oliveira Silva	Hut Runners Aveiro	Veterano M45	40:37	+13:46	04:47
29	1241	Nuno Miguel de Matos Silva	Individual	Veterano M45	40:39	+13:49	04:47
30	1240	Nelo Juliao	Individual	Veterano M45	40:42	+13:51	04:47
31	1088	Paulo Cardoso	Civilria	Veterano M45	40:45	+13:55	04:48
32	1334	António Fernando Baganha	RIS 2048	Veterano M45	41:43	+14:52	04:54
33	1232	Fernando de Sousa	Individual	Veterano M45	41:43	+14:52	04:55
34	1239	Manuel Romeiro	Individual	Veterano M45	41:56	+15:06	04:56
35	1243	Paulo Julião	Individual	Veterano M45	42:51	+16:00	05:02
36	1230	Arnaldo Tomás	Individual	Veterano M45	43:21	+16:30	05:06
37	1245	Sandro Soares	Individual	Veterano M45	43:36	+16:45	05:08
38	1290	Mário Nunes	Os corre para comer	Veterano M45	43:37	+16:46	05:08
39	1229	ANDRE PEÑA TÁVORA	Individual	Veterano M45	44:06	+17:16	05:11
40	1282	Gaspar Dias	NOKIA	Veterano M45	44:26	+17:35	05:14
41	1233	Fernando José Fernandes Ferreira	Individual	Veterano M45	44:41	+17:51	05:16
42	1336	João Fernando Rangel Martins	RIS 2048	Veterano M45	46:09	+19:18	05:26
43	1274	Helder Jorge Ferreira Ribeiro	NAR- Núcleo de Atletismo de Requeixo	Veterano M45	46:12	+19:21	05:26
44	1089	Renato Filipe Nunes França	Civilria	Veterano M45	46:27	+19:36	05:28
45	1101	Pedro Carvalho	CR7 RUNNERS	Veterano M45	46:40	+19:50	05:30
46	1021	Rui Vieito	Adriazul	Veterano M45	46:50	+19:59	05:31
47	1276	Luís Figueiredo	NAR- Núcleo de Atletismo de Requeixo	Veterano M45	47:29	+20:39	05:35
48	1327	Williams Omar Simoes Depablos	Reumáticos & Etc	Veterano M45	48:26	+21:35	05:42
49	1354	Luis Mendes	TDcredito	Veterano M45	48:42	+21:51	05:44
50	1337	Jorge Amadeu Almeida Viana	RIS 2048	Veterano M45	50:46	+23:56	05:58
51	1246	Vitor Feitais	Individual	Veterano M45	51:18	+24:28	06:02
52	1326	Francisco José Silva Gomes	Reumáticos & Etc	Veterano M45	53:00	+26:09	06:14
53	1295	Sérgio Cunha	PuroJudo	Veterano M45	55:48	+28:57	06:34
54	1285	Ricardo Ferreira	NOKIA	Veterano M45	57:49	+30:59	06:48
55	1289	Carlos Magalhães	Os corre para comer	Veterano M45	01:00:01	+33:10	07:04
56	1364	Sergio Figueiredo	Individual	Veterano M45	01:00:46	+33:55	07:09
57	1104	António Pedro Santos Lima	Diatosta	Veterano M45	01:01:31	+34:40	07:14
58	1022	Yanely Silva	Adriazul	Veterano M45	01:13:46	+46:55	08:41

Veterano M55

1	1124	Jorge Branco	Hut Runners Aveiro	Veterano M55	37:59	+11:08	04:28
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