

## 15KMS - STAGE 1

**15 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:30	10.3°C	100%
End	13:40	10.3°C	100%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	4144	Joao ferreira	AIRORUN	01:08:59		04:36	
2	4001	Nelson Loureiro	Individual	01:09:19	+00:20	04:37	
3	4042	José Miguel Rodrigues da Silva	AIRORUN	01:15:20	+06:21	05:01	
4	4344	Rui Manuel Mendes Azevedo	Fridão Sem Limites	01:21:12	+12:13	05:25	
5	4002	Lucinda Sousa	PROZIS ATHLETES	01:22:21	+13:22	05:29	
6	4382	Joao Antunes	EDV - Viana Trail	01:22:55	+13:56	05:32	
7	4406	Arlindo Manuel Gomes Ferreira	Individual	01:23:10	+14:11	05:33	
8	4284	Daniel Raimundo Martins Cardoso	AIRORUN	01:23:32	+14:33	05:34	
9	4396	Tiago Simões Faria	ALVELINHOS RUNNING	01:25:03	+16:04	05:40	
10	4053	Nelson Tiago Rodrigues Leal	Individual	01:26:03	+17:04	05:44	
11	4424	Paulo Ricardo Ferreira Oliveira	Dragon Club	01:26:42	+17:43	05:47	
12	4121	Manuel Joaquim Maciel Miranda	ACRRORIZ	01:26:46	+17:47	05:47	
13	4407	Jorge Lopes	OPraticante	01:26:47	+17:48	05:47	
14	4285	HELDER ROBERTO SANTOS AZEVEDO	AIRORUN	01:27:50	+18:51	05:51	
15	4289	Ricardo Francisco Sousa Aires	Fridão Sem Limites	01:28:03	+19:04	05:52	
16	4109	António Carlos Galeão Ribeiro	OADA - Os Amigos da Aventura	01:28:05	+19:06	05:52	
17	4290	José Oliveira Barbosa Pereira	AIRORUN	01:28:51	+19:52	05:55	
18	4312	Nuno André M Moura	A.D.Amarante	01:30:19	+21:20	06:01	
19	4036	Cláudio Domingos Martins Monteiro	Douroconta - Gabinete de Apoio e Contabilidade	01:30:28	+21:29	06:02	
20	4345	André Pereira Dias	Individual	01:31:55	+22:56	06:08	
21	4184	José Carlos Oliveira Costa	abrevaes	01:32:26	+23:27	06:10	
22	4418	Paulo Gama	GONDOMAR FUTSAL CLUBE	01:32:28	+23:29	06:10	
23	4374	Carlos Alexandre Moreira Pinto	Fridão Sem Limites	01:32:49	+23:50	06:11	
24	4291	Manuel Neves Caramalho	Correr Antas a noite	01:32:56	+23:57	06:12	
25	4349	Helder faria Silva	Individual	01:35:14	+26:15	06:21	
26	4019	Tania Catarina Afonso Covas Pinheiro da Costa	.COM-Clube Ori Minho	01:35:20	+26:21	06:21	
27	4359	Fábio Pereira	Parada Cycling Team	01:35:30	+26:31	06:22	
28	4286	Rui Miguel Ferreira Machado	DiVE Into the Mountains	01:35:39	+26:40	06:23	
29	4422	Diogo Luis Carlos Pinto	Individual	01:35:39	+26:40	06:23	
30	4310	Angela Soares	A.D.Amarante	01:35:40	+26:41	06:23	
31	4314	Albano Coelho	A.D.Amarante	01:35:41	+26:42	06:23	
32	4044	José António Ferreira Marques Pinto	Equipa A	01:35:43	+26:44	06:23	
33	4038	Carlos Vinha	Running Penafiel Trail	01:36:50	+27:51	06:27	
34	4046	Paulo Jorge da Silva Alves	GONDOMAR FUTSAL CLUBE	01:36:54	+27:55	06:28	
35	4177	Ana maria da silva amaral	Individual	01:36:54	+27:55	06:28	
36	4209	João Carlos Soutelo Couto	Bora lá!	01:37:27	+28:28	06:30	
37	4023	Nuno Filipe Cruz Santos Oliveira	Conservatório de Música de Vila do Conde	01:37:30	+28:31	06:30	
38	4412	João Paulo Cruz	Individual	01:37:44	+28:45	06:31	
39	4005	Manuel Barbosa Félix	Individual	01:38:09	+29:10	06:33	
40	4106	César Rafael Macedo Pereira Brandão	TRAIL ME	01:39:02	+30:03	06:36	

## 15KMS - STAGE 1

**15 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
41	4127	Pedro Iven Barbosa Sousa	Motorline	01:39:34	+30:35	06:38	
42	4363	Fernando Pereira	GONDOMAR FUTSAL CLUBE	01:39:42	+30:43	06:39	
43	4018	Fernando Gomes de Sousa	Individual	01:40:21	+31:22	06:41	
44	4357	Sara Cristina Fernandes Araújo	B.T.M.	01:40:39	+31:40	06:43	
45	4051	Jose António Costa Azevedo	B.T.M.	01:40:41	+31:42	06:43	
46	4294	José Augusto de Freitas Pereira	Equipa A	01:41:53	+32:54	06:48	
47	4253	Aida Maria Rodrigues Presa		01:42:15	+33:16	06:49	
48	4125	JOAO COELHO	AMC TRAIL	01:42:23	+33:24	06:50	
49	4222	David José Almeida Ferreira	Individual	01:42:35	+33:36	06:50	
50	4340	Givec	Individual	01:42:59	+34:00	06:52	
51	4122	Joaquim Silva Rodrigues	ACRRORIZ	01:43:29	+34:30	06:54	
52	4056	RUI ALBERTO PAIVA AZEVEDO	SEMNOME	01:43:52	+34:53	06:55	
53	4380	Bruno Daniel Vicente Grilo	Individual	01:44:28	+35:29	06:58	
54	4302	Manuel da Costa Sousa	Bora lá!	01:44:37	+35:38	06:58	
55	4203	DEOLINDA FARIA	AIRORUN	01:44:37	+35:38	06:58	
56	4360	Ricardo Madeira	SPA	01:44:37	+35:38	06:58	
57	4007	Marlene Silva Ferreira	Juventude Cortegacense	01:44:58	+35:59	07:00	
58	4183	Fernando Faria	ADEPE	01:45:44	+36:45	07:03	
59	4287	Filipe Reis Pinheiro	Fridão Sem Limites	01:46:05	+37:06	07:04	
60	4057	Jose Pedro Pereira Rodrigues de Lima Leite	Individual	01:46:08	+37:09	07:05	
61	4115	Bruno Flavio Dinis Azevedo	ADEPE	01:46:15	+37:16	07:05	
62	4352	Sergio araujo campos	Individual	01:46:18	+37:19	07:05	
63	4337	Pedro José Carqueijó Lima	GIVEC	01:46:56	+37:57	07:08	
64	4423	António Vilaça	Individual	01:47:17	+38:18	07:09	
65	4416	Contança Brito	ARCA BarceloS runners	01:47:17	+38:18	07:09	
66	4409	Fausto José Pereira Neves	Individual	01:48:25	+39:26	07:14	
67	4015	Susana Peixoto	SPA	01:48:53	+39:54	07:16	
68	4014	Pedro Alves	SPA	01:48:53	+39:54	07:16	
69	4361	Luís Sousa	SPA	01:48:53	+39:54	07:16	
70	4350	Marco cesar gomes pereira	Individual	01:48:55	+39:56	07:16	
71	4372	Jorge Santos	Outlaw runners	01:49:06	+40:07	07:16	
72	4260	José Diogo Silva Santos	Individual	01:49:08	+40:09	07:17	
73	4054	João Carlos da Silva Gomes	Individual	01:49:55	+40:56	07:20	
74	4107	Alexandre Manuel Lima Areias	OADA - Os Amigos da Aventura	01:51:01	+42:02	07:24	
75	4108	Henrique Graciano Varela Gonçalves	OADA - Os Amigos da Aventura	01:51:01	+42:02	07:24	
76	4043	Álvaro Norberto Pereira Silva	MSS CONTABILIDADE TRAIL TEAM	01:51:21	+42:22	07:25	
77	4243	Jesus Cao Alfonso	Individual	01:51:23	+42:24	07:26	
78	4118	Benedito da Silva Alves	SERFISIO	01:51:34	+42:35	07:26	
79	4153	Manuel Amaro da Silva Fernandes	Individual	01:52:04	+43:05	07:28	
80	4278	Marlene Emília Fernandes Vieira Martins	Individual	01:52:04	+43:05	07:28	
81	4405	André Filipe Alves Ferreira	Individual	01:52:11	+43:12	07:29	
82	4367	Luís Miguel Rodrigues Rocha	Icarus Running Team	01:52:28	+43:29	07:30	
83	4408	JOAQUIM DA CUNHA GOMES DE SA	Bora lá!	01:52:54	+43:55	07:32	

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**15 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
84	4427	Paulo Cerqueira	Afifense Trail	01:52:56	+43:57	07:32	
85	4320	Paula Isabel de Carvalho Ferreira	Akuafit	01:52:57	+43:58	07:32	
86	4070	CARLOS JORGE	UNIDOS PELOS TRILHOS	01:52:57	+43:58	07:32	
87	4298	Marco Gonçalves Serra Oliveira	Individual	01:53:47	+44:48	07:35	
88	4375	Eduardo Nascimento	Ageas	01:54:07	+45:08	07:36	
89	4316	Carlos Macedo	A.D.Amarante	01:54:21	+45:22	07:37	
90	4032	Ricardo Cerqueira	AMIGOS DAS CORRIDAS PLACE FOZ	01:54:43	+45:44	07:39	
91	4149	Nuno Santos	Aventureiros	01:54:51	+45:52	07:39	
92	4265	José Luís Neiva Gonçalves	OADA - Os Amigos da Aventura	01:55:14	+46:15	07:41	
93	4299	João Paulo	Grupo 46 "Lavra Run"	01:55:22	+46:23	07:41	
94	4230	Francisco Lopes	Grupo 46 "Lavra Run"	01:55:22	+46:23	07:41	
95	4355	Rui Manuel Gomes de Carvalho	JC	01:55:36	+46:37	07:42	
96	4279	Minerva Novoa Pérez	Individual	01:55:47	+46:48	07:43	
97	4292	José Augusto Lopes Ferreira	Palmeira Runners	01:56:09	+47:10	07:45	
98	4308	Gabriela Pinto	A.D.Amarante	01:56:12	+47:13	07:45	
99	4306	Alice Pereira	A.D.Amarante	01:56:13	+47:14	07:45	
100	4192	José Baltazar Lage de Matos	Individual	01:56:14	+47:15	07:45	
101	4384	Ana Lúcia Dias	ARCA BarceloS runners	01:56:30	+47:31	07:46	
102	4076	Maria Albina Fernandes Almeida Silva	PERNAS INERTES	01:56:34	+47:35	07:46	
103	4075	Carlos Manuel Ferreira Silva	PERNAS INERTES	01:56:37	+47:38	07:46	
104	4176	Ranier Lemache	AMIGOS DAS CORRIDAS PLACE FOZ	01:56:48	+47:49	07:47	
105	4218	Fernando Carvalho	S. S. Montepio	01:57:01	+48:02	07:48	
106	4182	Maria Alice Fontes Mota Couto Ramalho	Equipa A	01:57:38	+48:39	07:51	
107	4219	Ricardo Resende	S. S. Montepio	01:57:47	+48:48	07:51	
108	4235	António Fernando valente Fernandes	Alexandra Carvalho Team	01:57:51	+48:52	07:51	
109	4210	António Manuel Lopes Grande	TRAIL ME	01:58:15	+49:16	07:53	
110	4008	Anabela dos Santos Marques	Juventude Cortegacense	01:58:18	+49:19	07:53	
111	4009	Tiago Jorge de Brito Martins Pereira	Juventude Cortegacense	01:58:18	+49:19	07:53	
112	4397	David Nuno Dias Silva Ferreira	Individual	01:58:22	+49:23	07:53	
113	4154	Maria Goreti Castro Carvalho	Individual	01:58:31	+49:32	07:54	
114	4227	Joaquim Faria Gomes	Individual	01:58:32	+49:33	07:54	
115	4373	Luís Manuel da Costa Martins	Leões de Tardariz	01:58:36	+49:37	07:54	
116	4321	Filipe Pires Martins	Individual	01:59:00	+50:01	07:56	
117	4318	Clara Cerqueira	A.D.Amarante	01:59:06	+50:07	07:56	
118	4068	JOAQUIM TEIXEIRA	UNIDOS PELOS TRILHOS	01:59:09	+50:10	07:57	
119	4071	ARTUR CARDOSO	UNIDOS PELOS TRILHOS	01:59:09	+50:10	07:57	
120	4069	ANTÓNIO CUNHA	UNIDOS PELOS TRILHOS	01:59:09	+50:10	07:57	
121	4099	Daniel de Freitas Ribeiro	Individual	01:59:21	+50:22	07:57	
122	4202	Noa Pérez Lorenzo	Individual	01:59:40	+50:41	07:59	
123	4201	Jesus Pereira Pérez	Individual	01:59:40	+50:41	07:59	
124	4078	Hélder Filipe Silva Neves	EM'Força	01:59:43	+50:44	07:59	
125	4307	Urbano Ribeiro	A.D.Amarante	02:00:02	+51:03	08:00	
126	4317	Fernando Cequeira	A.D.Amarante	02:00:02	+51:03	08:00	
127	4195	Hugo Santos	FACTOR X / S4L / MEDENSE FC	02:00:30	+51:31	08:02	

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**15 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
128	4220	Rui Freitas	S. S. Montepio	02:00:30	+51:31	08:02	
129	4158	Rosa Araújo	B.T.M.	02:00:31	+51:32	08:02	
130	4083	Diogo Leonel Azevedo Sampaio	TEAM TT	02:00:43	+51:44	08:03	
131	4026	Adelino José Ferreira Pinheiro	Individual	02:01:20	+52:21	08:05	
132	4187	JOANA CORREIA	VIDAATIVARUNNERS	02:01:22	+52:23	08:05	
133	4037	Jose Antonio Cardoso da Silva	Individual	02:01:37	+52:38	08:06	
134	4262	Lino Gonçalves de Sousa	LOBOS DO MONTE RUN	02:01:38	+52:39	08:07	
135	4103	Maria José Franco Oliveira	Juventude Cortegacense	02:01:40	+52:41	08:07	
136	4169	António Macedo	Individual	02:01:41	+52:42	08:07	
137	4335	Martinho Laranjeira Capitão	GIVEC	02:01:58	+52:59	08:08	
138	4263	Rodrigo Sousa Freitas	Individual	02:02:00	+53:01	08:08	
139	4033	Pedro Rocha	AMIGOS DAS CORRIDAS PLACE FOZ	02:02:20	+53:21	08:09	
140	4336	Rolando Laranjeira Capitão	GIVEC	02:02:20	+53:21	08:09	
141	4242	José Pedro Maia Santos	Individual	02:02:20	+53:21	08:09	
142	4236	Joel Almeida Silva	VIDAATIVARUNNERS	02:02:20	+53:21	08:09	
143	4204	Daniel Carvalho	Linces do Marão	02:02:24	+53:25	08:10	
144	4197	Pedro Soares	FACTOR X / S4L / MEDENSE FC	02:02:30	+53:31	08:10	
145	4401	Matilde Ferreira	Bora lá!	02:02:47	+53:48	08:11	
146	4376	Cidália da Graça Correia de Sousa Fernandes	Individual	02:02:50	+53:51	08:11	
147	4240	José Madureira	Individual	02:02:53	+53:54	08:12	
148	4254	Gonçalo Paulino	AMIGOS DAS CORRIDAS PLACE FOZ	02:02:54	+53:55	08:12	
149	4206	Nuno Peixoto	Linces do Marão	02:02:58	+53:59	08:12	
150	4171	Jorge Almeida	FACTOR X / S4L / MEDENSE FC	02:03:12	+54:13	08:13	
151	4034	Sergio Pichel	AMIGOS DAS CORRIDAS PLACE FOZ	02:03:44	+54:45	08:15	
152	4309	Luis Carlos Pinto Mendes	A.D.Amarante	02:03:53	+54:54	08:16	
153	4255	Agostinho Marco Soares deCastro	Douroconta - Gabinete de Apoio e Contabilidade	02:04:02	+55:03	08:16	
154	4170	Rui Miguel Remelhe Ferreira	SERFISIO	02:04:07	+55:08	08:16	
155	4419	Silvina Gama	GONDOMAR FUTSAL CLUBE	02:04:21	+55:22	08:17	
156	4145	Rafa Kerr	AMIGOS DAS CORRIDAS PLACE FOZ	02:04:24	+55:25	08:18	
157	4074	Bruno Carvalho	AMIGOS DAS CORRIDAS PLACE FOZ	02:04:24	+55:25	08:18	
158	4050	Ângela Sofia Cavalheiro Martins	B.T.M.	02:04:26	+55:27	08:18	
159	4167	Joaquim Vilas Boas	Santiagotur	02:04:36	+55:37	08:18	
160	4004	João Vale	Imporcelos	02:04:36	+55:37	08:18	
161	4398	José Rafael Gomes de Carvalho	JC	02:04:49	+55:50	08:19	
162	4297	Nuno Miguel Gonçalves Ramalhete	Individual	02:04:52	+55:53	08:19	
163	4096	Sónia Maria Marques dos Santos	AIRORUN	02:05:06	+56:07	08:20	
164	4126	MARIA FONSECA	UNIDOS PELOS TRILHOS	02:05:13	+56:14	08:21	
165	4186	André Fernandes Gonçalves	Imporcelos	02:05:46	+56:47	08:23	
166	4327	José Ricardo Gomes Ferreira	Individual	02:05:48	+56:49	08:23	
167	4132	André Gaspar Ribeiro Barbosa	SERFISIO	02:06:18	+57:19	08:25	
168	4166	Carla Marina	Santiagotur	02:06:18	+57:19	08:25	
169	4101	Manuel Henrique Almeida Lopes	Individual	02:06:40	+57:41	08:27	
170	4212	Pedro José Mendes Lobão Tavares Justo	Grupo 46 "Lavra Run"	02:06:43	+57:44	08:27	
171	4231	Joaquim Paulo Ferreira de Oliveira	Grupo 46 "Lavra Run"	02:06:43	+57:44	08:27	
172	4128	Jorge Miguel Pereira Cerqueira	Individual	02:06:51	+57:52	08:27	

## 15KMS - STAGE 1

**15 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
173	4035	Susana Vidal Pereira	Palmeira Runners	02:06:53	+57:54	08:28	
174	4421	Susana Silva	opraticante.pt	02:06:57	+57:58	08:28	
175	4250	Carlos António Gomes Alves	Individual	02:07:22	+58:23	08:29	
176	4395	Marco Ivan Leão Botelho	Individual	02:07:22	+58:23	08:29	
177	4119	Carlos Martins	SERFISIO	02:07:37	+58:38	08:30	
178	4129	Carla Sofia Barbosa Ferreira	Individual	02:07:48	+58:49	08:31	
179	4003	Fernando Agostinho Cerqueira Pereira	Individual	02:08:06	+59:07	08:32	
180	4322	João Carlos Torres Arantes Maia	Individual	02:08:08	+59:09	08:33	
181	4244	Arnaldo Cruz	AMIGOS DAS CORRIDAS PLACE FOZ	02:08:19	+59:20	08:33	
182	4247	Kyrylo Shevchuk	Dynamo	02:08:28	+59:29	08:34	
183	4073	SUSANA COSTA	UNIDOS PELOS TRILHOS	02:08:40	+59:41	08:35	
184	4249	Maria Fernanda Gonçalves da Rocha Azevedo	Individual	02:08:49	+59:50	08:35	
185	4232	Isabel Maria Silva Domingues	LEBRES MINHOTAS	02:09:40	+01:00:41	08:39	
186	4165	Irma Filipa Azevedo Martins	Individual	02:10:19	+01:01:20	08:41	
187	4198	Amado Marques	FACTOR X / S4L / MEDENSE FC	02:10:19	+01:01:20	08:41	
188	4196	Paulo Miguel Soares Oliveira	FACTOR X / S4L / MEDENSE FC	02:10:19	+01:01:20	08:41	
189	4194	João Sousa	FACTOR X / S4L / MEDENSE FC	02:10:19	+01:01:20	08:41	
190	4067	Joao Mesquita	AMIGOS DAS CORRIDAS PLACE FOZ	02:10:39	+01:01:40	08:43	
191	4193	Henrique Reis	FACTOR X / S4L / MEDENSE FC	02:10:43	+01:01:44	08:43	
192	4205	Pedro sousa	Linces do Marão	02:10:44	+01:01:45	08:43	
193	4319	Alexandra Azevedo	A.D.Amarante	02:11:06	+01:02:07	08:44	
194	4162	Isaias Boas	B.T.M.	02:11:21	+01:02:22	08:45	
195	4180	Carla Susana Fontes da Mota Couto	Equipa A	02:11:30	+01:02:31	08:46	
196	4392	Luis Marcelo Ribeiro Teles	GTT-ARMAZÉM DO CAFFÉ	02:11:56	+01:02:57	08:48	
197	4393	DINA MORIM	GTT-ARMAZÉM DO CAFFÉ	02:11:56	+01:02:57	08:48	
198	4102	Luís Miguel Almeida Lopes	Individual	02:12:02	+01:03:03	08:48	
199	4388	Daniel Meira	Afifense Trail	02:13:16	+01:04:17	08:53	
200	4351	Hugo Rabaça	Clube Desportivo Cepsa	02:13:20	+01:04:21	08:53	
201	4208	Pedro Ferreira	Linces do Marão	02:13:37	+01:04:38	08:54	
202	4006	Marlene Adelina dos Santos Couto Gomes	Outlaw runners	02:13:45	+01:04:46	08:55	
203	4346	Tiago de Almeida Ferreira	Outlaw runners	02:13:45	+01:04:46	08:55	
204	4217	Francisco Moreira	S. S. Montepio	02:13:52	+01:04:53	08:55	
205	4378	Alain Varela Bastos	Individual	02:13:54	+01:04:55	08:56	
206	4399	Tiago Jose Andrade Moreira	Individual	02:14:36	+01:05:37	08:58	
207	4323	Cidalia Rodrigues	ARCA BarceloS runners	02:14:49	+01:05:50	08:59	
208	4324	Ana Maria Carvalho Matos	ARCA BarceloS runners	02:14:49	+01:05:50	08:59	
209	4246	Liliana Sofia Azevedo Sá	TEAM LANTEMIL	02:15:04	+01:06:05	09:00	
210	4261	Bruno Manuel Faria Araújo	Individual	02:15:04	+01:06:05	09:00	
211	4160	Juliana Boas	B.T.M.	02:15:11	+01:06:12	09:01	
212	4148	Ana Brás	Aventureiros	02:15:41	+01:06:42	09:03	
213	4150	Simão Fernandes	Aventureiros	02:15:41	+01:06:42	09:03	
214	4348	Sandra Fernandes	Fridão Sem Limites	02:16:08	+01:07:09	09:05	
215	4028	Augusta Barbosa	Global Trail	02:16:17	+01:07:18	09:05	
216	4425	Maria Jesus	NOCTURNOS DE PAREDES	02:16:38	+01:07:39	09:07	



## 15KMS - STAGE 1

**15 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
217	4426	Rui Silva	NOCTURNOS DE PAREDES	02:16:38	+01:07:39	09:07	
218	4072	EDGAR SARAIVA	UNIDOS PELOS TILHOS	02:16:45	+01:07:46	09:07	
219	4048	Ana Cristina Trabulo Rocha	VIDAATIVARUNNERS	02:16:53	+01:07:54	09:08	
220	4394	Eunice Maria Araújo do Vale Moreir	Individual	02:16:53	+01:07:54	09:08	
221	4283	Fatima Isabel Vasconcelos Coelho da Silva	Individual	02:17:04	+01:08:05	09:08	
222	4022	Teotónio da Silva Boucinha	Individual	02:17:05	+01:08:06	09:08	
223	4282	Rosa Soares	Fridão Sem Limites	02:17:44	+01:08:45	09:11	
224	4429	Natália Ribeiro	São Team	02:17:56	+01:08:57	09:12	
225	4039	António Manuel dos Santos Couto	Individual	02:18:03	+01:09:04	09:12	
226	4370	Luis Miguel Brito Faria	ele e ela	02:18:26	+01:09:27	09:14	
227	4245	Andreia da Silva Pombo	Motorline	02:19:22	+01:10:23	09:17	
228	4281	Elisabete Nogueira	Fridão Sem Limites	02:19:25	+01:10:26	09:18	
229	4347	Joao Pedro Cruz Silva	Individual	02:19:37	+01:10:38	09:18	
230	4089	Claudia Sottomayor	São Team	02:20:04	+01:11:05	09:20	
231	4029	José Domingues Neves	AMIGOS DAS CORRIDAS PLACE FOZ	02:20:06	+01:11:07	09:20	
232	4112	António Joaquim de Carvalho Alves Borges	Individual	02:20:32	+01:11:33	09:22	
233	4155	Olegário Lopes Marinheiro e Simões de Oliveira	ADEPE	02:20:48	+01:11:49	09:23	
234	4379	Cristiana Iria Pires Antunes	Individual	02:21:51	+01:12:52	09:27	
235	4325	Sílvia Marlene Lomar Araújo	Individual	02:21:57	+01:12:58	09:28	
236	4341	Sophie BELLOT	Individual	02:21:59	+01:13:00	09:28	
237	4342	Christophe DUCHENNE	Individual	02:21:59	+01:13:00	09:28	
238	4030	José Neves	AMIGOS DAS CORRIDAS PLACE FOZ	02:22:10	+01:13:11	09:29	
239	4311	Ana Mendonça	A.D.Amarante	02:22:14	+01:13:15	09:29	
240	4049	Mariana Claudia Gonçalves Oliveira	VIDAATIVARUNNERS	02:22:18	+01:13:19	09:29	
241	4233	Joana Isabel Portilho Magalhães	Bichos do Mato	02:22:34	+01:13:35	09:30	
242	4356	Pedro Miguel Gomes de Carvalho	JC	02:24:59	+01:16:00	09:40	
243	4277	Francisca Lima	GIVEC	02:25:05	+01:16:06	09:40	
244	4276	Francisco Sá	GIVEC	02:25:05	+01:16:06	09:40	
245	4179	Adriana Patrícia Machado Queirós	Individual	02:25:34	+01:16:35	09:42	
246	4079	Marta Melo	AMIGOS DAS CORRIDAS PLACE FOZ	02:25:53	+01:16:54	09:44	
247	4216	Laurinda Fortunato	Individual	02:26:59	+01:18:00	09:48	
248	4178	Vânia Maria da Rocha faria martins Jorge	Individual	02:28:07	+01:19:08	09:52	
249	4239	Fátima Barros	Individual	02:29:10	+01:20:11	09:57	
250	4303	Ricardo Moreira	abrevaes	02:29:25	+01:20:26	09:58	
251	4304	Susana Carneiro	abrevaes	02:29:27	+01:20:28	09:58	
252	4362	Filipe Leitão	GONDOMAR FUTSAL CLUBE	02:29:49	+01:20:50	09:59	
253	4082	Pedro Alves	AMIGOS DAS CORRIDAS PLACE FOZ	02:30:29	+01:21:30	10:02	
254	4410	Tiago André	Individual	02:30:40	+01:21:41	10:03	
255	4296	Miguel Nuno Olim Marote Henriques	Individual	02:30:41	+01:21:42	10:03	
256	4138	Nuno Pereira	SCESPINHO-ATLETISMO/ANTONIO LEITAO	02:30:51	+01:21:52	10:03	
257	4414	Carla Filipa Pimenta Soares Gomes	Individual	02:31:01	+01:22:02	10:04	
258	4413	Ana Paula Oliveira Sá Pereira	Individual	02:31:01	+01:22:02	10:04	

## 15KMS - STAGE 1

**15 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
259	4251	Florinda Araújo Rodrigues Figueiredo	Individual	02:31:01	+01:22:02	10:04	
260	4066	Rosa Maria Moreira Oliveira	Individual	02:31:33	+01:22:34	10:06	
261	4010	Gabriela Rola França	Juventude Cortegacense	02:31:35	+01:22:36	10:06	
262	4098	Elisio Jesus Silva Ferreira	Individual	02:31:40	+01:22:41	10:07	
263	4190	Nuno Ricardo Veloso Araujo	Individual	02:31:41	+01:22:42	10:07	
264	4060	Paula Araujo	NOCTURNOS DE PAREDES	02:31:47	+01:22:48	10:07	
265	4059	Eusebio Barbosa	NOCTURNOS DE PAREDES	02:31:47	+01:22:48	10:07	
266	4185	Ana Rita Rebelo Tavares Rodrigues	Individual	02:32:15	+01:23:16	10:09	
267	4214	Tânia Alexandra Soares de Pinho	Individual	02:32:15	+01:23:16	10:09	
268	4377	Jorge Manuel Moreira Torres	Individual	02:32:20	+01:23:21	10:09	
269	4333	Rita Maria Carqueijó Lima	GIVEC	02:32:24	+01:23:25	10:10	
270	4334	Ana Sofia Alves C. Faria Sousa	Individual	02:32:37	+01:23:38	10:10	
271	4389	Mariana Filipa Amorim Antunes	Afifense Trail	02:32:53	+01:23:54	10:12	
272	4159	Patricia Rei	B.T.M.	02:33:35	+01:24:36	10:14	
273	4163	Carina Sofia Oliveira Correia	Individual	02:33:37	+01:24:38	10:14	
274	4142	Joana Bacelar	Individual	02:33:40	+01:24:41	10:15	
275	4047	Elisabete Oliveira	VIDAATIVARUNNERS	02:34:09	+01:25:10	10:17	
276	4332	Sandra Manuela Carqueijó Lima	GIVEC	02:34:22	+01:25:23	10:17	
277	4383	Isabel Maria Nolasco da Silva	Individual	02:35:24	+01:26:25	10:22	
278	4364	Cátia Marlene Rodrigues Vieira	CB RUN	02:35:32	+01:26:33	10:22	
279	4400	Marcela Fernandes	CB RUN	02:35:32	+01:26:33	10:22	
280	4211	FERNANDO CAMPOS	Individual	02:35:44	+01:26:45	10:23	
281	4369	MANUEL PEREIRA	PORTOCARGO RUNNERS	02:35:44	+01:26:45	10:23	
282	4368	JOSE CARLOS SIMOES	PORTOCARGO RUNNERS	02:35:44	+01:26:45	10:23	
283	4012	Rosa de Fátima Conceição Bispo da Silva	PERNAS INERTES	02:36:09	+01:27:10	10:25	
284	4134	Patricia Couto	SCESPINHO-ATLETISMO/ANTONIO LEITAO	02:36:09	+01:27:10	10:25	
285	4135	Lenita Lemos	SCESPINHO-ATLETISMO/ANTONIO LEITAO	02:36:09	+01:27:10	10:25	
286	4100	Carlos José Almeida Lopes.	Individual	02:36:24	+01:27:25	10:26	
287	4259	Isabel José da Costa Ribeiro Gonçalves	OLÍMPICO VIANENSE	02:36:26	+01:27:27	10:26	
288	4226	Fernando Edgar Araujo de Sousa	Alexandra Carvalho Team	02:36:26	+01:27:27	10:26	
289	4116	Simão Machado	Individual	02:36:46	+01:27:47	10:27	
290	4117	Joana Ferreira	Individual	02:36:46	+01:27:47	10:27	
291	4080	Mário Álvaro Rúber de Meneses	Montanha Amiga	02:36:55	+01:27:56	10:28	
292	4081	Cláudia Ribeiro Tavares	Montanha Amiga	02:36:55	+01:27:56	10:28	
293	4077	Margarete Ramos da Mota Couto	Afifense Trail	02:37:08	+01:28:09	10:29	
294	4338	Artur Daniel Carqueijó Abreu	GIVEC	02:37:56	+01:28:57	10:32	
295	4223	Bruno Filipe Gomes Soares	Imperadores	02:37:58	+01:28:59	10:32	
296	4097	Ana Rosa Fernandes Barreira	Individual	02:38:33	+01:29:34	10:34	
297	4027	Cláudia Alexandra Zenha Dias	Outlaw runners	02:39:31	+01:30:32	10:38	
298	4143	Sandra Ferreira	Outlaw runners	02:39:31	+01:30:32	10:38	
299	4031	Carlos Mourão	AMIGOS DAS CORRIDAS PLACE FOZ	02:39:52	+01:30:53	10:39	
300	4136	Sergio Pinto	SCESPINHO-ATLETISMO/ANTONIO LEITAO	02:39:52	+01:30:53	10:39	
301	4140	Catia Susana Santana Silva	Team Contagiante	02:40:40	+01:31:41	10:43	
302	4258	Maria do Carmo Moura Pinto	Individual	02:41:10	+01:32:11	10:45	

## 15KMS - STAGE 1

**15 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
303	4264	Dora Helena Guedes Ventura	Individual	02:41:10	+01:32:11	10:45	
304	4330	João Paulo Senra Barbosa	Individual	02:41:14	+01:32:15	10:45	
305	4329	Paulo Miguel Veloso Linhares	Individual	02:41:15	+01:32:16	10:45	
306	4328	Rui Miguel Linhares da Costa	Individual	02:41:16	+01:32:17	10:45	
307	4168	Elisabete Ribeiro	Santiagotur	02:41:55	+01:32:56	10:48	
308	4288	Ana Cristina Ferreira de Barros	Individual	02:43:59	+01:35:00	10:56	
309	4305	André Silva	Individual	02:44:46	+01:35:47	10:59	
310	4326	Diana Isabel da Silva Cardoso	Individual	02:44:47	+01:35:48	10:59	
311	4013	JOSÉ AUGUSTO TEIXEIRA PIRES DE LIMA	PERNAS INERTES	02:47:39	+01:38:40	11:11	
312	4141	Olinda Raquel Teixeira Mendes	Individual	02:47:43	+01:38:44	11:11	
313	4120	Nuno Filipe Garcia	Individual	02:47:44	+01:38:45	11:11	
314	4252	Margarida Silva	NOCTURNOS DE PAREDES	02:47:51	+01:38:52	11:11	
315	4045	Rosa Maria Alves Castro	Equipa A	02:48:13	+01:39:14	11:13	
316	4021	Milagros Seoane Yañez	Club atletismo Vilalba	02:48:54	+01:39:55	11:16	
317	4331	Vânia Andreia Brás Abreu	GIVEC	02:49:41	+01:40:42	11:19	
318	4090	José Fernandes	São Team	02:54:06	+01:45:07	11:36	
319	4091	Francisco Fernandes	São Team	02:54:06	+01:45:07	11:36	
320	4088	Mohammed Moudnib	São Team	02:57:02	+01:48:03	11:48	
321	4084	Conceicao Pinto	São Team	02:57:02	+01:48:03	11:48	
322	4300	Sandra Marisa Carvalho de Sousa	hc runners	02:57:56	+01:48:57	11:52	
323	4123	Ana Alexandra Oliveira Magalhães	Individual	02:59:03	+01:50:04	11:56	
324	4124	Diogo André Monteiro da Silva	Individual	02:59:03	+01:50:04	11:56	
325	4131	Paulo Jorge Sousa Magalhães	Irmandade da Roda	02:59:42	+01:50:43	11:59	
326	4085	Benedita Pinto	São Team	03:01:35	+01:52:36	12:06	
327	4086	Pedro Dias	São Team	03:01:35	+01:52:36	12:06	
328	4111	FERNANDA MARIA SOUSA MAGALHAES	Irmandade da Roda	03:01:37	+01:52:38	12:06	
329	4237	Adília Baltazar	Irmandade da Roda	03:01:37	+01:52:38	12:06	
330	4113	José Alberto Barbosa	Irmandade da Roda	03:01:39	+01:52:40	12:07	
331	4386	Carina Mendes	Afifense Trail	03:05:05	+01:56:06	12:20	
332	4387	Francisco Oliveira	Afifense Trail	03:05:05	+01:56:06	12:20	
333	4175	Virgínia Vieira	Kunalama runners	03:07:55	+01:58:56	12:32	
334	4313	Silvia Pinto	A.D.Amarante	03:08:13	+01:59:14	12:33	
335	4058	Erika Darcília Silva de Jesus	Outlaw runners	03:08:28	+01:59:29	12:34	
336	4228	Manuela Viterbo	Grupo 46 "Lavra Run"	03:10:47	+02:01:48	12:43	
337	4229	Patricia Martins	Grupo 46 "Lavra Run"	03:10:47	+02:01:48	12:43	
338	4365	Rui Manuel Oliveira Duarte	Individual	03:12:05	+02:03:06	12:48	
339	4366	Luis Filipe Oliveira Pereira	Individual	03:12:05	+02:03:06	12:48	



**15KMS**

**15 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:30	10.3°C	100%
End	13:40	10.3°C	100%

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

1	4310	Angela Soares	A.D.Amarante	Senior Feminino	01:35:40	+26:40	06:23
2	4357	Sara Cristina Fernandes Araújo	B.T.M.	Senior Feminino	01:40:39	+31:39	06:43
3	4007	Marlene Silva Ferreira	Juventude Cortegacense	Senior Feminino	01:44:58	+35:59	07:00
4	4416	Contança Brito	ARCA BarceloS runners	Senior Feminino	01:47:17	+38:18	07:09
5	4278	Marlene Emília Fernandes Vieira Martins	Individual	Senior Feminino	01:52:04	+43:05	07:28
6	4279	Minerva Novoa Pérez	Individual	Senior Feminino	01:55:47	+46:48	07:43
7	4384	Ana Lúcia Dias	ARCA BarceloS runners	Senior Feminino	01:56:30	+47:30	07:46
8	4202	Noa Pérez Lorenzo	Individual	Senior Feminino	01:59:40	+50:41	07:59
9	4187	JOANA CORREIA	VIDAATIVARUNNERS	Senior Feminino	02:01:22	+52:22	08:05
10	4050	Ângela Sofia Cavalheiro Martins	B.T.M.	Senior Feminino	02:04:26	+55:27	08:18
11	4421	Susana Silva	opraticante.pt	Senior Feminino	02:06:57	+57:58	08:28
12	4073	SUSANA COSTA	UNIDOS PELOS TRILHOS	Senior Feminino	02:08:40	+59:40	08:35
13	4165	Irma Filipa Azevedo Martins	Individual	Senior Feminino	02:10:19	+01:01:19	08:41
14	4393	DINA MORIM	GTT-ARMAZÉM DO CAFFÉ	Senior Feminino	02:11:56	+01:02:57	08:48
15	4006	Marlene Adelina dos Santos Couto Gomes	Outlaw runners	Senior Feminino	02:13:45	+01:04:45	08:55
16	4246	Liliana Sofia Azevedo Sá	TEAM LANTEMIL	Senior Feminino	02:15:04	+01:06:04	09:00
17	4394	Eunice Maria Araújo do Vale Moreira	Individual	Senior Feminino	02:16:53	+01:07:53	09:08
18	4283	Fatima Isabel Vasconcelos Coelho da Silva	Individual	Senior Feminino	02:17:04	+01:08:05	09:08
19	4245	Andreia da Silva Pombo	Motorline	Senior Feminino	02:19:21	+01:10:22	09:17
20	4325	Sílvia Marlene Lomar Araújo	Individual	Senior Feminino	02:21:56	+01:12:57	09:28
21	4311	Ana Mendonça	A.D.Amarante	Senior Feminino	02:22:14	+01:13:15	09:29
22	4233	Joana Isabel Portilho Magalhães	Bichos do Mato	Senior Feminino	02:22:33	+01:13:34	09:30
23	4277	Francisca Lima	GIVEC	Senior Feminino	02:25:04	+01:16:05	09:40
24	4179	Adriana Patrícia Machado Queirós	Individual	Senior Feminino	02:25:34	+01:16:35	09:42
25	4079	Marta Melo	AMIGOS DAS CORRIDAS PLACE FOZ	Senior Feminino	02:25:53	+01:16:53	09:44
26	4414	Carla Filipa Pimenta Soares Gomes	Individual	Senior Feminino	02:31:00	+01:22:01	10:04
27	4185	Ana Rita Rebelo Tavares Rodrigues	Individual	Senior Feminino	02:32:15	+01:23:16	10:09
28	4214	Tânia Alexandra Soares de Pinho	Individual	Senior Feminino	02:32:15	+01:23:16	10:09
29	4389	Mariana Filipa Amorim Antunes	Afifense Trail	Senior Feminino	02:32:53	+01:23:53	10:12
30	4163	Carina Sofia Oliveira Correia	Individual	Senior Feminino	02:33:36	+01:24:37	10:14
31	4364	Cátia Marlene Rodrigues Vieira	CB RUN	Senior Feminino	02:35:31	+01:26:32	10:22
32	4400	Marcela Fernandes	CB RUN	Senior Feminino	02:35:31	+01:26:32	10:22
33	4117	Joana Ferreira	Individual	Senior Feminino	02:36:46	+01:27:47	10:27
34	4077	Margarete Ramos da Mota Couto	Afifense Trail	Senior Feminino	02:37:08	+01:28:09	10:29
35	4097	Ana Rosa Fernandes Barreira	Individual	Senior Feminino	02:38:33	+01:29:34	10:34
36	4027	Cláudia Alexandra Zenha Dias	Outlaw runners	Senior Feminino	02:39:30	+01:30:31	10:38
37	4140	Catia Susana Santana Silva	Team Contagiante	Senior Feminino	02:40:39	+01:31:40	10:43

Official Timekeeper: Lap2Go	1 / 9	generate 19-Nov-2019 11:18
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**15KMS**

**15 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

38	4288	Ana Cristina Ferreira de Barros	Individual	Senior Feminino	02:43:59	+01:35:00	10:56
39	4326	Diana Isabel da Silva Cardoso	Individual	Senior Feminino	02:44:46	+01:35:47	10:59
40	4252	Margarida Silva	NOCTURNOS DE PAREDES	Senior Feminino	02:47:51	+01:38:51	11:11
41	4331	Vânia Andreia Brás Abreu	GIVEC	Senior Feminino	02:49:40	+01:40:41	11:19
42	4123	Ana Alexandra Oliveira Magalhães	Individual	Senior Feminino	02:59:02	+01:50:03	11:56
43	4085	Benedita Pinto	São Team	Senior Feminino	03:01:35	+01:52:35	12:06
44	4175	Virgínia Vieira	Kunalama runners	Senior Feminino	03:07:55	+01:58:55	12:32
45	4313	Silvia Pinto	A.D.Amarante	Senior Feminino	03:08:12	+01:59:13	12:33

## Senior Masculino

1	4144	Joao ferreira	AIRORUN	Senior Masculino	01:08:59		04:36
2	4396	Tiago Simões Faria	ALVELINHOS RUNNING	Senior Masculino	01:25:03	+16:03	05:40
3	4053	Nelson Tiago Rodrigues Leal	Individual	Senior Masculino	01:26:03	+17:03	05:44
4	4424	Paulo Ricardo Ferreira Oliveira	Dragon Club	Senior Masculino	01:26:42	+17:42	05:47
5	4109	António Carlos Galeão Ribeiro	OADA - Os Amigos da Aventura	Senior Masculino	01:28:05	+19:05	05:52
6	4345	André Pereira Dias	Individual	Senior Masculino	01:31:55	+22:55	06:08
7	4184	José Carlos Oliveira Costa	abrevaes	Senior Masculino	01:32:26	+23:27	06:10
8	4349	Helder faria Silva	Individual	Senior Masculino	01:35:14	+26:14	06:21
9	4359	Fábio Pereira	Parada Cycling Team	Senior Masculino	01:35:30	+26:30	06:22
10	4422	Diogo Luis Carlos Pinto	Individual	Senior Masculino	01:35:39	+26:40	06:23
11	4209	João Carlos Soutelo Couto	Bora lá!	Senior Masculino	01:37:27	+28:28	06:30
12	4127	Pedro Iven Barbosa Sousa	Motorline	Senior Masculino	01:39:34	+30:34	06:38
13	4340	Givec	Individual	Senior Masculino	01:42:59	+34:00	06:52
14	4380	Bruno Daniel Vicente Grilo	Individual	Senior Masculino	01:44:28	+35:29	06:58
15	4360	Ricardo Madeira	SPA	Senior Masculino	01:44:37	+35:38	06:58
16	4183	Fernando Faria	ADEPE	Senior Masculino	01:45:44	+36:45	07:03
17	4057	Jose Pedro Pereira Rodrigues de Lima Leite	Individual	Senior Masculino	01:46:08	+37:09	07:05
18	4361	Luís Sousa	SPA	Senior Masculino	01:48:53	+39:53	07:16
19	4350	Marco cesar gomes pereira	Individual	Senior Masculino	01:48:55	+39:56	07:16
20	4260	José Diogo Silva Santos	Individual	Senior Masculino	01:49:08	+40:09	07:17
21	4107	Alexandre Manuel Lima Areias	OADA - Os Amigos da Aventura	Senior Masculino	01:51:01	+42:02	07:24
22	4108	Henrique Graciano Varela Gonçalves	OADA - Os Amigos da Aventura	Senior Masculino	01:51:01	+42:02	07:24
23	4405	André Filipe Alves Ferreira	Individual	Senior Masculino	01:52:11	+43:11	07:29
24	4367	Luís Miguel Rodrigues Rocha	Icarus Running Team	Senior Masculino	01:52:28	+43:28	07:30
25	4032	Ricardo Cerqueira	AMIGOS DAS CORRIDAS PLACE FOZ	Senior Masculino	01:54:43	+45:43	07:39
26	4355	Rui Manuel Gomes de Carvalho	JC	Senior Masculino	01:55:36	+46:37	07:42
27	4397	David Nuno Dias Silva Ferreira	Individual	Senior Masculino	01:58:22	+49:23	07:53
28	4099	Daniel de Freitas Ribeiro	Individual	Senior Masculino	01:59:21	+50:22	07:57
29	4201	Jesus Pereira Pérez	Individual	Senior Masculino	01:59:40	+50:41	07:59
30	4078	Hélder Filipe Silva Neves	EM'Força	Senior Masculino	01:59:43	+50:44	07:59
31	4307	Urbano Ribeiro	A.D.Amarante	Senior Masculino	02:00:02	+51:02	08:00
32	4083	Diogo Leonel Azevedo Sampaio	TEAM TT	Senior Masculino	02:00:43	+51:44	08:03
33	4263	Rodrigo Sousa Freitas	Individual	Senior Masculino	02:02:00	+53:00	08:08

**15KMS**

**15 KM**

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## OFFICIAL RESULT

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34	4033	Pedro Rocha	AMIGOS DAS CORRIDAS PLACE FOZ	Senior Masculino	02:02:20	+53:20	08:09
35	4242	José Pedro Maia Santos	Individual	Senior Masculino	02:02:20	+53:21	08:09
36	4236	Joel Almeida Silva	VIDAATIVARUNNERS	Senior Masculino	02:02:20	+53:21	08:09
37	4204	Daniel Carvalho	Linces do Marão	Senior Masculino	02:02:24	+53:24	08:10
38	4197	Pedro Soares	FACTOR X / S4L / MEDENSE FC	Senior Masculino	02:02:30	+53:31	08:10
39	4254	Gonçalo Paulino	AMIGOS DAS CORRIDAS PLACE FOZ	Senior Masculino	02:02:54	+53:54	08:12
40	4034	Sergio Pichel	AMIGOS DAS CORRIDAS PLACE FOZ	Senior Masculino	02:03:44	+54:45	08:15
41	4309	Luis Carlos Pinto Mendes	A.D.Amarante	Senior Masculino	02:03:53	+54:54	08:16
42	4170	Rui Miguel Remelhe Ferreira	SERFISIO	Senior Masculino	02:04:07	+55:07	08:16
43	4074	Bruno Carvalho	AMIGOS DAS CORRIDAS PLACE FOZ	Senior Masculino	02:04:24	+55:24	08:18
44	4004	João Vale	Imporcelos	Senior Masculino	02:04:36	+55:37	08:18
45	4297	Nuno Miguel Gonçalves Ramalhete	Individual	Senior Masculino	02:04:52	+55:52	08:19
46	4186	André Fernandes Gonçalves	Imporcelos	Senior Masculino	02:05:46	+56:47	08:23
47	4327	José Ricardo Gomes Ferreira	Individual	Senior Masculino	02:05:48	+56:49	08:23
48	4132	André Gaspar Ribeiro Barbosa	SERFISIO	Senior Masculino	02:06:18	+57:18	08:25
49	4101	Manuel Henrique Almeida Lopes	Individual	Senior Masculino	02:06:40	+57:40	08:27
50	4395	Marco Ivan Leão Botelho	Individual	Senior Masculino	02:07:22	+58:22	08:29
51	4003	Fernando Agostinho Cerqueira Pereira	Individual	Senior Masculino	02:08:06	+59:06	08:32
52	4322	João Carlos Torres Arantes Maia	Individual	Senior Masculino	02:08:08	+59:08	08:33
53	4247	Kyrylo Shevchuk	Dynamo	Senior Masculino	02:08:28	+59:28	08:34
54	4196	Paulo Miguel Soares Oliveira	FACTOR X / S4L / MEDENSE FC	Senior Masculino	02:10:19	+01:01:20	08:41
55	4194	João Sousa	FACTOR X / S4L / MEDENSE FC	Senior Masculino	02:10:19	+01:01:20	08:41
56	4067	Joao Mesquita	AMIGOS DAS CORRIDAS PLACE FOZ	Senior Masculino	02:10:39	+01:01:39	08:43
57	4392	Luis Marcelo Ribeiro Teles	GTT-ARMAZÉM DO CAFFÉ	Senior Masculino	02:11:56	+01:02:56	08:48
58	4102	Luís Miguel Almeida Lopes	Individual	Senior Masculino	02:12:02	+01:03:03	08:48
59	4388	Daniel Meira	Afifense Trail	Senior Masculino	02:13:16	+01:04:16	08:53
60	4351	Hugo Rabaça	Clube Desportivo Cepsa	Senior Masculino	02:13:20	+01:04:20	08:53
61	4208	Pedro Ferreira	Linces do Marão	Senior Masculino	02:13:37	+01:04:37	08:54
62	4399	Tiago Jose Andrade Moreira	Individual	Senior Masculino	02:14:36	+01:05:37	08:58
63	4261	Bruno Manuel Faria Araújo	Individual	Senior Masculino	02:15:04	+01:06:04	09:00
64	4150	Simão Fernandes	Aventureiros	Senior Masculino	02:15:41	+01:06:42	09:03
65	4370	Luis Miguel Brito Faria	ele e ela	Senior Masculino	02:18:25	+01:09:26	09:14
66	4347	Joao Pedro Cruz Silva	Individual	Senior Masculino	02:19:36	+01:10:37	09:18
67	4030	José Neves	AMIGOS DAS CORRIDAS PLACE FOZ	Senior Masculino	02:22:09	+01:13:10	09:29
68	4082	Pedro Alves	AMIGOS DAS CORRIDAS PLACE FOZ	Senior Masculino	02:30:29	+01:21:29	10:02
69	4410	Tiago André	Individual	Senior Masculino	02:30:39	+01:21:40	10:03
70	4190	Nuno Ricardo Veloso Araujo	Individual	Senior Masculino	02:31:41	+01:22:42	10:07
71	4100	Carlos José Almeida Lopes.	Individual	Senior Masculino	02:36:24	+01:27:24	10:26
72	4116	Simão Machado	Individual	Senior Masculino	02:36:46	+01:27:46	10:27
73	4223	Bruno Filipe Gomes Soares	Imperadores	Senior Masculino	02:37:58	+01:28:59	10:32
74	4328	Rui Miguel Linhares da Costa	Individual	Senior Masculino	02:41:15	+01:32:16	10:45
75	4305	André Silva	Individual	Senior Masculino	02:44:45	+01:35:46	10:59

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**15KMS**

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## OFFICIAL RESULT

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76	4091	Francisco Fernandes	São Team	Senior Masculino	02:54:05	+01:45:06	11:36
77	4124	Diogo André Monteiro da Silva	Individual	Senior Masculino	02:59:02	+01:50:03	11:56
78	4086	Pedro Dias	São Team	Senior Masculino	03:01:35	+01:52:36	12:06
79	4387	Francisco Oliveira	Afifense Trail	Senior Masculino	03:05:05	+01:56:06	12:20
80	4366	Luis Filipe Oliveira Pereira	Individual	Senior Masculino	03:12:04	+02:03:05	12:48

## Veterana F40

1	4002	Lucinda Sousa	PROZIS ATHLETES	Veterana F40	01:22:21	+13:22	05:29
2	4019	Tania Catarina Afonso Covas Pinheiro da Costa	.COM-Clube Ori Minho	Veterana F40	01:35:20	+26:20	06:21
3	4177	Ana maria da silva amaral	Individual	Veterana F40	01:36:54	+27:55	06:28
4	4253	Aida Maria Rodrigues Presa		Veterana F40	01:42:15	+33:16	06:49
5	4015	Susana Peixoto	SPA	Veterana F40	01:48:53	+39:53	07:16
6	4320	Paula Isabel de Carvalho Ferreira	Akuafit	Veterana F40	01:52:57	+43:57	07:32
7	4308	Gabriela Pinto	A.D.Amarante	Veterana F40	01:56:12	+47:13	07:45
8	4306	Alice Pereira	A.D.Amarante	Veterana F40	01:56:13	+47:13	07:45
9	4008	Anabela dos Santos Marques	Juventude Cortegacense	Veterana F40	01:58:18	+49:19	07:53
10	4103	Maria José Franco Oliveira	Juventude Cortegacense	Veterana F40	02:01:40	+52:41	08:07
11	4401	Matilde Ferreira	Bora lá!	Veterana F40	02:02:47	+53:47	08:11
12	4376	Cidália da Graça Correia de Sousa Fernandes	Individual	Veterana F40	02:02:50	+53:50	08:11
13	4419	Silvina Gama	GONDOMAR FUTSAL CLUBE	Veterana F40	02:04:21	+55:22	08:17
14	4096	Sónia Maria Marques dos Santos	AIRORUN	Veterana F40	02:05:06	+56:07	08:20
15	4126	MARIA FONSECA	UNIDOS PELOS TRILHOS	Veterana F40	02:05:13	+56:14	08:21
16	4166	Carla Marina	Santiagotur	Veterana F40	02:06:18	+57:19	08:25
17	4035	Susana Vidal Pereira	Palmeira Runners	Veterana F40	02:06:53	+57:53	08:28
18	4129	Carla Sofia Barbosa Ferreira	Individual	Veterana F40	02:07:48	+58:48	08:31
19	4319	Alexandra Azevedo	A.D.Amarante	Veterana F40	02:11:06	+01:02:07	08:44
20	4180	Carla Susana Fontes da Mota Couto	Equipa A	Veterana F40	02:11:30	+01:02:30	08:46
21	4323	Cidalia Rodrigues	ARCA BarceloS runners	Veterana F40	02:14:49	+01:05:49	08:59
22	4148	Ana Brás	Aventureiros	Veterana F40	02:15:41	+01:06:42	09:03
23	4348	Sandra Fernandes	Fridão Sem Limites	Veterana F40	02:16:08	+01:07:09	09:05
24	4028	Augusta Barbosa	Global Trail	Veterana F40	02:16:17	+01:07:17	09:05
25	4425	Maria Jesus	NOCTURNOS DE PAREDES	Veterana F40	02:16:38	+01:07:38	09:07
26	4048	Ana Cristina Trabulo Rocha	VIDAATIVARUNNERS	Veterana F40	02:16:53	+01:07:53	09:08
27	4282	Rosa Soares	Fridão Sem Limites	Veterana F40	02:17:43	+01:08:44	09:11
28	4281	Elisabete Nogueira	Fridão Sem Limites	Veterana F40	02:19:25	+01:10:25	09:18
29	4379	Cristiana Iria Pires Antunes	Individual	Veterana F40	02:21:50	+01:12:51	09:27
30	4049	Mariana Claudia Gonçalves Oliveira	VIDAATIVARUNNERS	Veterana F40	02:22:18	+01:13:19	09:29
31	4216	Laurinda Fortunato	Individual	Veterana F40	02:26:59	+01:18:00	09:48
32	4178	Vânia Maria da Rocha faria martins Jorge	Individual	Veterana F40	02:28:07	+01:19:07	09:52
33	4304	Susana Carneiro	abrevaes	Veterana F40	02:29:26	+01:20:27	09:58
34	4413	Ana Paula Oliveira Sá Pereira	Individual	Veterana F40	02:31:00	+01:22:01	10:04
35	4066	Rosa Maria Moreira Oliveira	Individual	Veterana F40	02:31:32	+01:22:33	10:06
36	4060	Paula Araujo	NOCTURNOS DE PAREDES	Veterana F40	02:31:46	+01:22:47	10:07

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**15KMS**

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## OFFICIAL RESULT

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37	4333	Rita Maria Carqueijó Lima	GIVEC	Veterana F40	02:32:23	+01:23:24	10:10
38	4334	Ana Sofia Alves C. Faria Sousa	Individual	Veterana F40	02:32:36	+01:23:37	10:10
39	4159	Patricia Rei	B.T.M.	Veterana F40	02:33:35	+01:24:35	10:14
40	4142	Joana Bacelar	Individual	Veterana F40	02:33:39	+01:24:40	10:13
41	4332	Sandra Manuela Carqueijó Lima	GIVEC	Veterana F40	02:34:22	+01:25:22	10:17
42	4134	Patricia Couto	SCESPINHO- ATLETISMO/ANTONIO LEITAO	Veterana F40	02:36:09	+01:27:09	10:25
43	4143	Sandra Ferreira	Outlaw runners	Veterana F40	02:39:30	+01:30:31	10:38
44	4258	Maria do Carmo Moura Pinto	Individual	Veterana F40	02:41:09	+01:32:10	10:45
45	4264	Dora Helena Guedes Ventura	Individual	Veterana F40	02:41:09	+01:32:10	10:45
46	4168	Elisabete Ribeiro	Santiagotur	Veterana F40	02:41:55	+01:32:55	10:48
47	4141	Olinda Raquel Teixeira Mendes	Individual	Veterana F40	02:47:43	+01:38:44	11:11
48	4045	Rosa Maria Alves Castro	Equipa A	Veterana F40	02:48:13	+01:39:14	11:13
49	4300	Sandra Marisa Carvalho de Sousa	hc runners	Veterana F40	02:57:55	+01:48:56	11:52
50	4111	FERNANDA MARIA SOUSA MAGALHAES	Irmandade da Roda	Veterana F40	03:01:36	+01:52:37	12:06
51	4237	Adília Baltazar	Irmandade da Roda	Veterana F40	03:01:36	+01:52:37	12:06
52	4386	Carina Mendes	Afifense Trail	Veterana F40	03:05:05	+01:56:06	12:20
53	4058	Erika Darcília Silva de Jesus	Outlaw runners	Veterana F40	03:08:28	+01:59:29	12:34
54	4229	Patricia Martins	Grupo 46 "Lavra Run"	Veterana F40	03:10:47	+02:01:47	12:43

## Veterana F50

1	4203	DEOLINDA FARIA	AIRORUN	Veterana F50	01:44:37	+35:38	06:58
2	4076	Maria Albina Fernandes Almeida Silva	PERNAS INERTES	Veterana F50	01:56:34	+47:34	07:46
3	4182	Maria Alice Fontes Mota Couto Ramalho	Equipa A	Veterana F50	01:57:38	+48:39	07:51
4	4154	Maria Goreti Castro Carvalho	Individual	Veterana F50	01:58:31	+49:32	07:54
5	4318	Clara Cerqueira	A.D.Amarante	Veterana F50	01:59:06	+50:07	07:56
6	4158	Rosa Araújo	B.T.M.	Veterana F50	02:00:31	+51:31	08:02
7	4249	Maria Fernanda Gonçalves da Rocha Azevedo	Individual	Veterana F50	02:08:49	+59:49	08:35
8	4232	Isabel Maria Silva Domingues	LEBRES MINHOTAS	Veterana F50	02:09:40	+01:00:41	08:39
9	4324	Ana Maria Carvalho Matos	ARCA BarceloS runners	Veterana F50	02:14:49	+01:05:49	08:59
10	4160	Juliana Boas	B.T.M.	Veterana F50	02:15:11	+01:06:11	09:01
11	4429	Natália Ribeiro	São Team	Veterana F50	02:17:56	+01:08:57	09:12
12	4089	Claudia Sottomayor	São Team	Veterana F50	02:20:03	+01:11:04	09:20
13	4341	Sophie BELLOT	Individual	Veterana F50	02:21:58	+01:12:59	09:28
14	4239	Fátima Barros	Individual	Veterana F50	02:29:10	+01:20:10	09:57
15	4251	Florinda Araújo Rodrigues Figueiredo	Individual	Veterana F50	02:31:01	+01:22:02	10:04
16	4010	Gabriela Rola França	Juventude Cortegacense	Veterana F50	02:31:34	+01:22:35	10:06
17	4047	Elisabete Oliveira	VIDAATIVARUNNERS	Veterana F50	02:34:08	+01:25:09	10:17
18	4135	Lenita Lemos	SCESPINHO-ATLETISMO/ANTONIO LEITAO	Veterana F50	02:36:09	+01:27:10	10:25
19	4259	Isabel José da Costa Ribeiro Gonçalves	OLÍMPICO VIANENSE	Veterana F50	02:36:25	+01:27:26	10:26
20	4081	Cláudia Ribeiro Tavares	Montanha Amiga	Veterana F50	02:36:55	+01:27:55	10:28
21	4084	Conceicao Pinto	São Team	Veterana F50	02:57:02	+01:48:02	11:48



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## OFFICIAL RESULT

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22	4228	Manuela Viterbo	Grupo 46 "Lavra Run"	Veterana F50	03:10:46	+02:01:47	12:43
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## Veterana F60

1	4383	Isabel Maria Nolasco da Silva	Individual	Veterana F60	02:35:23	+01:26:24	10:22
2	4012	Rosa de Fátima Conceição Bispo da Silva	PERNAS INERTES	Veterana F60	02:36:08	+01:27:09	10:25

## Veterano M40

1	4001	Nelson Loureiro	Individual	Veterano M40	01:09:19	+00:20	04:37
2	4042	José Miguel Rodrigues da Silva	AIRORUN	Veterano M40	01:15:20	+06:20	05:01
3	4344	Rui Manuel Mendes Azevedo	Fridão Sem Limites	Veterano M40	01:21:12	+12:13	05:25
4	4382	Joao Antunes	EDV - Viana Trail	Veterano M40	01:22:55	+13:55	05:32
5	4407	Jorge Lopes	OPraticante	Veterano M40	01:26:47	+17:47	05:47
6	4285	HELDER ROBERTO SANTOS AZEVEDO	AIRORUN	Veterano M40	01:27:50	+18:51	05:50
7	4289	Ricardo Francisco Sousa Aires	Fridão Sem Limites	Veterano M40	01:28:03	+19:04	05:52
8	4312	Nuno André M Moura	A.D.Amarante	Veterano M40	01:30:19	+21:20	06:01
9	4374	Carlos Alexandre Moreira Pinto	Fridão Sem Limites	Veterano M40	01:32:49	+23:50	06:11
10	4286	Rui Miguel Ferreira Machado	DiVE Into the Mountains	Veterano M40	01:35:39	+26:39	06:23
11	4314	Albano Coelho	A.D.Amarante	Veterano M40	01:35:41	+26:41	06:23
12	4046	Paulo Jorge da Silva Alves	GONDOMAR FUTSAL CLUBE	Veterano M40	01:36:54	+27:55	06:28
13	4023	Nuno Filipe Cruz Santos Oliveira	Conservatório de Música de Vila do Conde	Veterano M40	01:37:30	+28:30	06:30
14	4412	João Paulo Cruz	Individual	Veterano M40	01:37:44	+28:45	06:31
15	4005	Manuel Barbosa Félix	Individual	Veterano M40	01:38:09	+29:09	06:33
16	4106	César Rafael Macedo Pereira Brandão	TRAIL ME	Veterano M40	01:39:02	+30:03	06:36
17	4051	Jose António Costa Azevedo	B.T.M.	Veterano M40	01:40:41	+31:41	06:43
18	4125	JOAO COELHO	AMC TRAIL	Veterano M40	01:42:23	+33:23	06:50
19	4222	David José Almeida Ferreira	Individual	Veterano M40	01:42:35	+33:35	06:50
20	4056	RUI ALBERTO PAIVA AZEVEDO	SEMNOME	Veterano M40	01:43:52	+34:53	06:55
21	4287	Filipe Reis Pinheiro	Fridão Sem Limites	Veterano M40	01:46:05	+37:06	07:04
22	4115	Bruno Flavio Dinis Azevedo	ADEPE	Veterano M40	01:46:15	+37:16	07:05
23	4352	Sergio araujo campos	Individual	Veterano M40	01:46:18	+37:19	07:05
24	4337	Pedro José Carqueijó Lima	GIVEC	Veterano M40	01:46:56	+37:57	07:08
25	4423	António Vilaça	Individual	Veterano M40	01:47:17	+38:18	07:09
26	4409	Fausto José Pereira Neves	Individual	Veterano M40	01:48:25	+39:25	07:14
27	4014	Pedro Alves	SPA	Veterano M40	01:48:53	+39:53	07:16
28	4054	João Carlos da Silva Gomes	Individual	Veterano M40	01:49:55	+40:55	07:20
29	4118	Benedito da Silva Alves	SERFISIO	Veterano M40	01:51:34	+42:34	07:26
30	4408	JOAQUIM DA CUNHA GOMES DE SÁ	Bora lá!	Veterano M40	01:52:54	+43:55	07:32
31	4427	Paulo Cerqueira	Afifense Trail	Veterano M40	01:52:56	+43:56	07:32
32	4070	CARLOS JORGE	UNIDOS PELOS TRILHOS	Veterano M40	01:52:57	+43:58	07:32
33	4298	Marco Gonçalo Serra Oliveira	Individual	Veterano M40	01:53:47	+44:48	07:38



**15KMS**

**15 KM**

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## OFFICIAL RESULT

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34	4375	Eduardo Nascimento	Ageas	Veterano M40	01:54:07	+45:07	07:36
35	4149	Nuno Santos	Aventureiros	Veterano M40	01:54:51	+45:52	07:39
36	4265	José Luís Neiva Gonçalves	OADA - Os Amigos da Aventura	Veterano M40	01:55:14	+46:15	07:41
37	4230	Francisco Lopes	Grupo 46 "Lavra Run"	Veterano M40	01:55:22	+46:23	07:41
38	4292	José Augusto Lopes Ferreira	Palmeira Runners	Veterano M40	01:56:09	+47:10	07:45
39	4176	Ranier Lemache	AMIGOS DAS CORRIDAS PLACE FOZ	Veterano M40	01:56:48	+47:49	07:47
40	4219	Ricardo Resende	S. S. Montepio	Veterano M40	01:57:47	+48:48	07:51
41	4235	António Fernando valente Fernandes	Alexandra Carvalho Team	Veterano M40	01:57:51	+48:51	07:51
42	4210	António Manuel Lopes Grande	TRAIL ME	Veterano M40	01:58:15	+49:16	07:53
43	4009	Tiago Jorge de Brito Martins Pereira	Juventude Cortegacense	Veterano M40	01:58:18	+49:19	07:53
44	4373	Luís Manuel da Costa Martins	Leões de Tardariz	Veterano M40	01:58:36	+49:36	07:54
45	4321	Filipe Pires Martins	Individual	Veterano M40	01:59:00	+50:01	07:56
46	4069	ANTÓNIO CUNHA	UNIDOS PELOS TRILHOS	Veterano M40	01:59:09	+50:09	07:57
47	4195	Hugo Santos	FACTOR X / S4L / MEDENSE FC	Veterano M40	02:00:30	+51:30	08:02
48	4220	Rui Freitas	S. S. Montepio	Veterano M40	02:00:30	+51:30	08:02
49	4335	Martinho Laranjeira Capitão	GIVEC	Veterano M40	02:01:58	+52:59	08:08
50	4336	Rolando Laranjeira Capitão	GIVEC	Veterano M40	02:02:20	+53:20	08:09
51	4206	Nuno Peixoto	Linces do Marão	Veterano M40	02:02:58	+53:59	08:12
52	4171	Jorge Almeida	FACTOR X / S4L / MEDENSE FC	Veterano M40	02:03:12	+54:12	08:13
53	4255	Agostinho Marco Soares deCastro	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	02:04:02	+55:03	08:16
54	4145	Rafa Kerr	AMIGOS DAS CORRIDAS PLACE FOZ	Veterano M40	02:04:24	+55:24	08:18
55	4167	Joaquim Vilas Boas	Santiagotur	Veterano M40	02:04:36	+55:37	08:18
56	4398	José Rafael Gomes de Carvalho	JC	Veterano M40	02:04:49	+55:49	08:19
57	4212	Pedro José Mendes Lobão Tavares Justo	Grupo 46 "Lavra Run"	Veterano M40	02:06:43	+57:43	08:27
58	4128	Jorge Miguel Pereira Cerqueira	Individual	Veterano M40	02:06:51	+57:52	08:27
59	4250	Carlos António Gomes Alves	Individual	Veterano M40	02:07:22	+58:22	08:29
60	4119	Carlos Martins	SERFISIO	Veterano M40	02:07:37	+58:37	08:30
61	4198	Amado Marques	FACTOR X / S4L / MEDENSE FC	Veterano M40	02:10:19	+01:01:20	08:41
62	4193	Henrique Reis	FACTOR X / S4L / MEDENSE FC	Veterano M40	02:10:43	+01:01:43	08:43
63	4205	Pedro sousa	Linces do Marão	Veterano M40	02:10:44	+01:01:44	08:43
64	4162	Isaias Boas	B.T.M.	Veterano M40	02:11:21	+01:02:22	08:45
65	4346	Tiago de Almeida Ferreira	Outlaw runners	Veterano M40	02:13:45	+01:04:45	08:55
66	4217	Francisco Moreira	S. S. Montepio	Veterano M40	02:13:52	+01:04:52	08:55
67	4378	Alain Varela Bastos	Individual	Veterano M40	02:13:54	+01:04:54	08:56
68	4426	Rui Silva	NOCTURNOS DE PAREDES	Veterano M40	02:16:38	+01:07:39	09:07
69	4072	EDGAR SARAIVA	UNIDOS PELOS TILHOS	Veterano M40	02:16:45	+01:07:45	09:07
70	4342	Christophe DUCHENNE	Individual	Veterano M40	02:21:58	+01:12:59	09:28
71	4356	Pedro Miguel Gomes de Carvalho	JC	Veterano M40	02:24:58	+01:15:59	09:40
72	4276	Francisco Sá	GIVEC	Veterano M40	02:25:04	+01:16:05	09:40
73	4303	Ricardo Moreira	abrevaes	Veterano M40	02:29:25	+01:20:26	09:58
74	4362	Filipe Leitão	GONDOMAR FUTSAL CLUBE	Veterano M40	02:29:48	+01:20:49	09:59
75	4138	Nuno Pereira	SCESPINHO-ATLETISMO/ANTONIO LEITAO	Veterano M40	02:30:50	+01:21:51	10:03
76	4059	Eusebio Barbosa	NOCTURNOS DE PAREDES	Veterano M40	02:31:46	+01:22:47	10:07

Official Timekeeper: Lap2Go	7 / 9	generate 19-Nov-2019 11:18
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**15KMS**

[illegible]

**15 KM**

## OFFICIAL RESULT

[illegible]

77	4377	Jorge Manuel Moreira Torres	Individual	Veterano M40	02:32:20	+01:23:21	10:09
78	4211	FERNANDO CAMPOS	Individual	Veterano M40	02:35:43	+01:26:44	10:23
79	4368	JOSE CARLOS SIMOES	PORTOCARGO RUNNERS	Veterano M40	02:35:44	+01:26:45	10:23
80	4226	Fernando Edgar Araujo de Sousa	Alexandra Carvalho Team	Veterano M40	02:36:25	+01:27:26	10:26
81	4338	Artur Daniel Carqueijó Abreu	GIVEC	Veterano M40	02:37:55	+01:28:56	10:32
82	4136	Sergio Pinto	SCESPINHO-ATLETISMO/ANTONIO LEITAO	Veterano M40	02:39:52	+01:30:53	10:39
83	4330	João Paulo Senra Barbosa	Individual	Veterano M40	02:41:13	+01:32:14	10:45
84	4329	Paulo Miguel Veloso Linhares	Individual	Veterano M40	02:41:15	+01:32:16	10:45
85	4120	Nuno Filipe Garcia	Individual	Veterano M40	02:47:43	+01:38:44	11:11
86	4021	Milagros Seoane Yañez	Club atletismo Vilalba	Veterano M40	02:48:54	+01:39:55	11:16
87	4088	Mohammed Moudnib	São Team	Veterano M40	02:57:02	+01:48:02	11:48
88	4131	Paulo Jorge Sousa Magalhães	Irmandade da Roda	Veterano M40	02:59:41	+01:50:42	11:59
89	4365	Rui Manuel Oliveira Duarte	Individual	Veterano M40	03:12:04	+02:03:05	12:48

## Veterano M50

1	4406	Arlindo Manuel Gomes Ferreira	Individual	Veterano M50	01:23:10	+14:10	05:33
2	4284	Daniel Raimundo Martins Cardoso	AIRORUN	Veterano M50	01:23:32	+14:32	05:34
3	4121	Manuel Joaquim Maciel Miranda	ACRRORIZ	Veterano M50	01:26:46	+17:46	05:47
4	4290	José Oliveira Barbosa Pereira	AIRORUN	Veterano M50	01:28:51	+19:52	05:55
5	4036	Cláudio Domingos Martins Monteiro	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M50	01:30:28	+21:28	06:02
6	4418	Paulo Gama	GONDOMAR FUTSAL CLUBE	Veterano M50	01:32:28	+23:28	06:10
7	4291	Manuel Neves Caramalho	Correr Antas a noite	Veterano M50	01:32:56	+23:56	06:12
8	4044	José António Ferreira Marques Pinto	Equipa A	Veterano M50	01:35:43	+26:44	06:23
9	4038	Carlos Vinha	Running Penafiel Trail	Veterano M50	01:36:50	+27:51	06:27
10	4363	Fernando Pereira	GONDOMAR FUTSAL CLUBE	Veterano M50	01:39:42	+30:43	06:39
11	4294	José Augusto de Freitas Pereira	Equipa A	Veterano M50	01:41:53	+32:53	06:48
12	4122	Joaquim Silva Rodrigues	ACRRORIZ	Veterano M50	01:43:29	+34:30	06:54
13	4302	Manuel da Costa Sousa	Bora lá!	Veterano M50	01:44:37	+35:37	06:58
14	4372	Jorge Santos	Outlaw runners	Veterano M50	01:49:06	+40:07	07:16
15	4243	Jesus Cao Alfonso	Individual	Veterano M50	01:51:23	+42:23	07:26
16	4153	Manuel Amaro da Silva Fernandes	Individual	Veterano M50	01:52:04	+43:05	07:28
17	4299	João Paulo	Grupo 46 "Lavra Run"	Veterano M50	01:55:22	+46:22	07:41
18	4192	José Baltazar Lage de Matos	Individual	Veterano M50	01:56:14	+47:15	07:45
19	4075	Carlos Manuel Ferreira Silva	PERNAS INERTES	Veterano M50	01:56:37	+47:37	07:46
20	4218	Fernando Carvalho	S. S. Montepio	Veterano M50	01:57:01	+48:02	07:48
21	4227	Joaquim Faria Gomes	Individual	Veterano M50	01:58:32	+49:32	07:54
22	4068	JOAQUIM TEIXEIRA	UNIDOS PELOS TRILHOS	Veterano M50	01:59:09	+50:09	07:57
23	4071	ARTUR CARDOSO	UNIDOS PELOS TRILHOS	Veterano M50	01:59:09	+50:09	07:57
24	4317	Fernando Cequeira	A.D.Amarante	Veterano M50	02:00:02	+51:02	08:00
25	4026	Adelino José Ferreira Pinheiro	Individual	Veterano M50	02:01:20	+52:21	08:05
26	4037	Jose Antonio Cardoso da Silva	Individual	Veterano M50	02:01:37	+52:37	08:06
27	4262	Lino Gonçalves de Sousa	LOBOS DO MONTE RUN	Veterano M50	02:01:38	+52:39	08:07
28	4169	António Macedo	Individual	Veterano M50	02:01:41	+52:42	08:07
29	4240	José Madureira	Individual	Veterano M50	02:02:53	+53:53	08:12

**15KMS**

**15 KM**

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## OFFICIAL RESULT

[illegible]

30	4231	Joaquim Paulo Ferreira de Oliveira	Grupo 46 "Lavra Run"	Veterano M50	02:06:43	+57:43	08:27
31	4244	Arnaldo Cruz	AMIGOS DAS CORRIDAS PLACE FOZ	Veterano M50	02:08:19	+59:20	08:33
32	4022	Teotónio da Silva Boucinha	Individual	Veterano M50	02:17:05	+01:08:05	09:08
33	4039	António Manuel dos Santos Couto	Individual	Veterano M50	02:18:02	+01:09:03	09:12
34	4112	António Joaquim de Carvalho Alves Borges	Individual	Veterano M50	02:20:31	+01:11:32	09:22
35	4155	Olegário Lopes Marinheiro e Simões de Oliveira	ADEPE	Veterano M50	02:20:48	+01:11:49	09:23
36	4296	Miguel Nuno Olim Marote Henriques	Individual	Veterano M50	02:30:40	+01:21:41	10:03
37	4098	Elisio Jesus Silva Ferreira	Individual	Veterano M50	02:31:40	+01:22:41	10:07
38	4369	MANUEL PEREIRA	PORTOCARGO RUNNERS	Veterano M50	02:35:44	+01:26:44	10:23
39	4031	Carlos Mourão	AMIGOS DAS CORRIDAS PLACE FOZ	Veterano M50	02:39:51	+01:30:52	10:39
40	4090	José Fernandes	São Team	Veterano M50	02:54:05	+01:45:06	11:36
41	4113	José Alberto Barbosa	Irmandade da Roda	Veterano M50	03:01:39	+01:52:40	12:07

## Veterano M60

1	4018	Fernando Gomes de Sousa	Individual	Veterano M60	01:40:21	+31:21	06:41
2	4043	Álvaro Norberto Pereira Silva	MSS CONTABILIDADE TRAIL TEAM	Veterano M60	01:51:21	+42:22	07:25
3	4316	Carlos Macedo	A.D.Amarante	Veterano M60	01:54:21	+45:21	07:37
4	4029	José Domingues Neves	AMIGOS DAS CORRIDAS PLACE FOZ	Veterano M60	02:20:06	+01:11:07	09:20
5	4080	Mário Álvaro Rúber de Meneses	Montanha Amiga	Veterano M60	02:36:54	+01:27:55	10:28
6	4013	JOSÉ AUGUSTO TEIXEIRA PIRES DE LIMA	PERNAS INERTES	Veterano M60	02:47:39	+01:38:40	11:11

COLETIVO - 15KMS

[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	AIRORUN	05:15:41 [1 + 3 + 8 + 14]	0
2	FRIDÃO SEM LIMITES	06:08:10 [4 + 15 + 23 + 59]	0
3	A.D.AMARANTE	06:36:01 [18 + 30 + 31 + 89]	0
4	GONDOMAR FUTSAL CLUBE	06:53:25 [22 + 34 + 42 + 155]	0
5	OADA - OS AMIGOS DA AVENTURA	07:05:21 [16 + 74 + 75 + 92]	0
6	SPA	07:11:16 [56 + 67 + 68 + 69]	0
7	BORA LÁ!	07:17:45 [36 + 54 + 83 + 145]	0
8	B.T.M.	07:26:17 [44 + 45 + 129 + 158]	0
9	EQUIPA A	07:26:44 [32 + 46 + 106 + 195]	0
10	JUVENTUDE CORTEGACENSE	07:43:15 [57 + 110 + 111 + 135]	0
11	UNIDOS PELOS TRILHOS	07:50:24 [86 + 118 + 119 + 120]	0
12	AMIGOS DAS CORRIDAS PLACE FOZ	07:56:45 [90 + 104 + 139 + 148]	0
13	GRUPO 46 "LAVRA RUN"	08:04:10 [93 + 94 + 170 + 171]	0
14	S. S. MONTEPIO	08:09:10 [105 + 107 + 128 + 204]	0
15	SERFISIO	08:09:36 [78 + 154 + 167 + 177]	0
16	ARCA BARCELOS RUNNERS	08:13:25 [65 + 101 + 207 + 208]	0
17	GIVEC	08:16:19 [63 + 137 + 140 + 243]	0
18	FACTOR X / S4L / MEDENSE FC	08:16:31 [127 + 144 + 150 + 187]	0
19	LINCES DO MARÃO	08:29:43 [143 + 149 + 192 + 201]	0
20	VIDAATIVARUNNERS	08:42:54 [132 + 142 + 219 + 240]	0
21	OUTLAW RUNNERS	08:56:07 [71 + 202 + 203 + 297]	0
22	AFIFENSE TRAIL	09:16:13 [84 + 199 + 271 + 293]	0
23	PERNAS INERTES	09:16:59 [102 + 103 + 283 + 311]	0
24	NOCTURNOS DE PAREDES	09:36:49 [216 + 217 + 264 + 265]	0
25	SCESPINHO-ATLETISMO/ANTONIO LEITAO	10:23:01 [256 + 284 + 285 + 300]	0
26	SÃO TEAM	10:26:11 [224 + 230 + 318 + 319]	0
27	IRMANDADE DA RODA	12:04:34 [325 + 328 + 329 + 330]	0