

22KMS - STAGE 1

22 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:00	10.3°C	100%
End	13:51	10.3°C	100%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	3283	BRUNO RIBEIRO	ÁGUIAS DE ALVELOS	01:45:40		04:48	
2	3282	CARLOS VELOSO	ÁGUIAS DE ALVELOS	01:49:06	+03:26	04:58	
3	3168	Carlos Miguel Oliveira Coelho	TRAIL ME	01:49:59	+04:19	05:00	
4	3261	Igor Bruno Palhares Moreira	Melgaço Alvarinho Trail Team	01:53:38	+07:58	05:10	
5	3117	Ricardo Rego	B.T.M.	01:55:45	+10:05	05:16	
6	3219	António Mendes	A.D.Amarante	01:56:29	+10:49	05:18	
7	3130	Adelino Alves Aires	Alexandra Carvalho Team	02:01:01	+15:21	05:30	
8	3161	RICARDO MANUEL MARQUES BATISTA VIEIRA	Brabus Runners	02:01:13	+15:33	05:31	
9	3138	Adriano Fernando Lopes Mendes	Brabus Runners	02:02:34	+16:54	05:34	
10	3033	Antonio Manuel Esteves Oliveira Silva	Corridas por Albergaria	02:05:22	+19:42	05:42	
11	3232	Eduardo Patricio Pedrosa da Cunha	ÁGUIAS DE ALVELOS	02:06:10	+20:30	05:44	
12	3285	Pedro Hugo Vilas Boas Dourado	ÁGUIAS DE ALVELOS	02:06:11	+20:31	05:44	
13	3146	Nuno Figueiredo Goncalves	DiVE Into the Mountains	02:07:29	+21:49	05:48	
14	3197	Paulo Macedo	Individual	02:08:03	+22:23	05:49	
15	3284	PAULO BARBOSA	ÁGUIAS DE ALVELOS	02:08:10	+22:30	05:50	
16	3008	Daniel Jose Silva Barros	Juventude Cortegacense	02:10:15	+24:35	05:55	
17	3244	Marco antonio araujo dantas da silva	OLÍMPICO VIANENSE	02:10:52	+25:12	05:57	
18	3262	Joao Paulo Costa Oliveira	Juventude Cortegacense	02:11:36	+25:56	05:59	
19	3064	Jose Alberto Teixeira	NOCTURNOS DE PAREDES	02:13:01	+27:21	06:03	
20	3269	Tiago João Cerqueira Teles	A.D.Amarante	02:13:12	+27:32	06:03	
21	3032	Marcos Dinis Tobias Ourives	Individual	02:13:27	+27:47	06:04	
22	3010	Nuno Miguel Gonçalves Araújo	Juventude Cortegacense	02:13:37	+27:57	06:04	
23	3125	Juan Daniel Gonzalez Ponte	Sin Fronteras	02:13:47	+28:07	06:05	
24	3126	Alejandro Moro Diaz	C.O.A	02:13:47	+28:07	06:05	
25	3144	João Pedro Santos Sousa	Spin&Run Esposende	02:15:18	+29:38	06:09	
26	3149	Alfredo Ribeiro	Linces do Marão	02:16:17	+30:37	06:12	
27	3157	Fernando Coelho	Individual	02:16:31	+30:51	06:12	
28	3281	Andreia Ribeiro Almeida	Furfor Running Project	02:16:44	+31:04	06:13	
29	3241	Ana Isabel Silva Moreira de Sousa	TEAM LANTEMIL	02:17:36	+31:56	06:15	
30	3177	Rui Pedro da Silva Rodrigues	AD Marco 09	02:18:03	+32:23	06:17	
31	3272	Raquel Doiro González	ULTRA LIFE TEAM	02:18:07	+32:27	06:17	
32	3131	Ignacio Rodríguez bello	Individual	02:18:45	+33:05	06:18	
33	3040	António Cardoso	A.D.CARVALHAL	02:19:23	+33:43	06:20	
34	3181	Rosa Marisa Matos Loureiro Gomes	Gilmonde Running Team	02:19:29	+33:49	06:20	
35	3043	João Carlos macedo paralvas	B.T.M.	02:19:46	+34:06	06:21	
36	3014	João silva	Individual	02:20:02	+34:22	06:22	
37	3054	Daniel Vasconcelos	Individual	02:20:16	+34:36	06:23	
38	3202	Ricardo Meira	AMVE - ASSOCIAÇÃO MOINHO DE VERMOIM	02:20:18	+34:38	06:23	
39	3251	NUNO MIGUEL SILVA MENESES	VAMOS EQUIPE	02:21:45	+36:05	06:27	
40	3169	Cesário Manuel de Oliveira Leite	Brabus Runners	02:21:49	+36:09	06:27	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
41	3175	MARGARIDA CONCEIÇÃO PINTO SOUSA	AD Marco 09	02:22:07	+36:27	06:28	
42	3176	GISELA MARIA PINTO SOUSA	AD Marco 09	02:22:07	+36:27	06:28	
43	3025	Paulo António Ribeiro de Sousa	Carroça Team	02:22:18	+36:38	06:28	
44	3009	Lúcia Campos Costa	Juventude Cortegacense	02:23:04	+37:24	06:30	
45	3041	Joaquim manuel lima sa	Individual	02:24:13	+38:33	06:33	
46	3007	Sérgio Filipe Machado da Silva	RunForest	02:24:15	+38:35	06:33	
47	3203	João Carlos Vieira Teixeira dos Santos	Individual	02:24:54	+39:14	06:35	
48	3273	Nuno Jorge Bastos Saraiva	Porta Aberta Café	02:25:37	+39:57	06:37	
49	3188	José António Ribeiro Rocha	Individual	02:25:42	+40:02	06:37	
50	3154	Henrique Jorge da Silva Ferreira	CENTRO CICLISTA DE GONDOMAR	02:26:07	+40:27	06:39	
51	3093	Carlos Miguel Tomé Fernandes	Individual	02:26:40	+41:00	06:40	
52	3028	PAULO JORGE DIAS AZEVEDO	Zenit AUTOMÓVEIS	02:27:02	+41:22	06:41	
53	3143	Alexandre Manuel Esteves Ferreira	Individual	02:28:07	+42:27	06:44	
54	3137	Fábio Silva Costa	Atletismo Clube da Tocha	02:28:52	+43:12	06:46	
55	3233	Miguel António Cardoso Pereira	VIEIRA A CORRER	02:29:45	+44:05	06:48	
56	3211	Rui Pedro Nascimento Martins Pena	GD Trancoso	02:30:03	+44:23	06:49	
57	3207	José Carlos Pereira	Individual	02:30:05	+44:25	06:49	
58	3204	Bruno Miguel Matos da Silva	Individual	02:30:10	+44:30	06:50	
59	3127	Arselio Sousa Remelhe	ÁGUIAS DE ALVELOS	02:30:21	+44:41	06:50	
60	3116	Rui Sousa	Palmeira Runners	02:30:25	+44:45	06:50	
61	3271	Pedro Abreu Cruz Lopes	Clube Zupper	02:31:34	+45:54	06:53	
62	3217	Pedro José Lajoso Meixedo	Individual	02:32:48	+47:08	06:57	
63	3265	Jose Manuel Braga Ferreira	GTT-ARMAZÉM DO CAFFÉ	02:33:04	+47:24	06:57	
64	3019	JOSÉ CARLOS FERNANDES DA PONTE	EDV - Viana Trail	02:33:08	+47:28	06:58	
65	3124	João Orlando Coelho Pereira	Santiagotur	02:33:21	+47:41	06:58	
66	3044	João Batista Amorim da Silva	Individual	02:33:41	+48:01	06:59	
67	3077	Andre Marques Vieira de Castro	Individual	02:34:00	+48:20	07:00	
68	3023	Hélder Daniel Fonseca Ribeiro	AMIGOS DAS CORRIDAS PLACE FOZ	02:34:21	+48:41	07:01	
69	3005	Rémi Gonçalves Ferreira	Linces do Marão	02:35:17	+49:37	07:04	
70	3205	Miguel Freire Pimentel Morais	#cabrasdomonte	02:36:10	+50:30	07:06	
71	3254	Henrique Damiao Rodrigues Borges	Individual	02:36:35	+50:55	07:07	
72	3196	Fernando José dos Santos Sousa	LOBOS DO MONTE RUN	02:36:45	+51:05	07:08	
73	3264	Hugo Moreira	GTT-ARMAZÉM DO CAFFÉ	02:37:52	+52:12	07:11	
74	3013	Sérgio Paulo Ferreira Oliveira	Juventude Cortegacense	02:38:12	+52:32	07:11	
75	3011	Ernesto Marques Alves	Juventude Cortegacense	02:38:12	+52:32	07:11	
76	3082	Cecilio Manuel Silva Ferreira	Juventude Cortegacense	02:38:12	+52:32	07:11	
77	3230	Vitor Martins	BMCAR	02:38:40	+53:00	07:13	
78	3225	Filipe Ribeiro	BMCAR	02:38:41	+53:01	07:13	
79	3047	João de Oliveira Machado	Squadra Di Potenza	02:38:50	+53:10	07:13	
80	3160	CARLOS FERNANDO VIEIRA DA SILVA ESPERANÇA	Palmeira Runners	02:39:08	+53:28	07:14	
81	3150	João Sousa	Linces do Marão	02:39:18	+53:38	07:14	
82	3152	Mário Pontes Lima	Individual	02:40:09	+54:29	07:17	
83	3096	Jorge Brito	Individual	02:40:25	+54:45	07:18	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
84	3110	Rui Manuel Alves Figueiras	A.D.CARVALHAL	02:40:34	+54:54	07:18	
85	3276	Pedro Castro	Individual	02:40:57	+55:17	07:19	
86	3277	Paulo Loureiro	Individual	02:40:59	+55:19	07:19	
87	3167	Miguel Ângelo Salgueiro Araújo	TRAIL ME	02:41:38	+55:58	07:21	
88	3012	Domingos Fernando Oliveira Camboa	Juventude Cortegacense	02:42:06	+56:26	07:22	
89	3163	Armando Fontão	CR Candoso	02:42:53	+57:13	07:24	
90	3270	Pedro Rodrigues	Clube Zupper	02:43:33	+57:53	07:26	
91	3240	Raul Pereira Fernandes	Cerveira Team Running	02:43:43	+58:03	07:27	
92	3253	Christophe da Cunha Rodrigues	Trogloditas runners	02:44:35	+58:55	07:29	
93	3185	Pedro Miguel Pereira Domingues	Villa Running	02:45:07	+59:27	07:30	
94	3287	Jorge Manuel Matos Serra	Spin&Run Esposende	02:45:26	+59:46	07:31	
95	3097	Elisabete Ministro	Palmeira Runners	02:46:10	+01:00:30	07:33	
96	3145	Sandro Davide Sousa Afonso	Brabus Runners	02:46:21	+01:00:41	07:34	
97	3242	Sérgio CR7	Akuafit	02:46:41	+01:01:01	07:35	
98	3101	MIGUEL ÂNGELO DA GRAÇA E CASTRO ROCHA	Individual	02:46:43	+01:01:03	07:35	
99	3255	Casimiro Carvalho da Cunha	VAMOS EQUIPE	02:47:01	+01:01:21	07:36	
100	3079	Sameiro Fraguinha	Spin&Run Esposende	02:47:05	+01:01:25	07:36	
101	3201	Francisco Areias	GIVEC	02:47:06	+01:01:26	07:36	
102	3098	João Manuel Lopes Ministro	Palmeira Runners	02:47:17	+01:01:37	07:36	
103	3065	Paulo Hernani Almeida moreira	Individual	02:48:22	+01:02:42	07:39	
104	3066	Vanessa Cristina Barreto e Cunha Pereira de Borja	Atlético Desportivo de São Pedro	02:48:51	+01:03:11	07:41	
105	3171	Nuno Miguel Dourado Andrade Rodrigues	Individual	02:48:55	+01:03:15	07:41	
106	3057	Artur Carlos Moreira Silva	Clube Millennium BCP	02:49:01	+01:03:21	07:41	
107	3206	Paula Cristina Barbosa Sousa de Oliveira Peixoto	Individual	02:49:58	+01:04:18	07:44	
108	3017	João Manuel Fernandes barreira	Individual	02:49:58	+01:04:18	07:44	
109	3060	Ricardo José Machado Cabral Beirão	Clube Millennium BCP	02:50:04	+01:04:24	07:44	
110	3266	Maria do Céu Lopes Lemos	GTT-ARMAZÉM DO CAFFÉ	02:50:18	+01:04:38	07:44	
111	3075	Vitor Cunha	Brabus Runners	02:50:21	+01:04:41	07:45	
112	3059	Adelino Luciano Silva Brito	Clube Millennium BCP	02:50:59	+01:05:19	07:46	
113	3159	Carlos Silva	S. S. Montepio	02:51:00	+01:05:20	07:46	
114	3275	Miguel Sá	OPraticante	02:51:29	+01:05:49	07:48	
115	3156	Hélder José da rocha oliveira	Clube Efaced	02:52:12	+01:06:32	07:50	
116	3200	Jorge Azevedo	GIVEC	02:52:16	+01:06:36	07:50	
117	3199	Paulo Costa	GIVEC	02:52:16	+01:06:36	07:50	
118	3120	Bruno José Rodrigues Leite	Individual	02:53:10	+01:07:30	07:52	
119	3245	Pedro Álvaro Pinheiro Rocha	TRAIL ME	02:53:15	+01:07:35	07:53	
120	3213	Paulo Alexandre Magalhães Ribeiro	DiVe Into the Mountains	02:53:39	+01:07:59	07:54	
121	3280	Ricardo Romeu castro rodrigues	Guimarães Trail	02:53:44	+01:08:04	07:54	
122	3274	Joel António Alves Faria	Individual	02:53:45	+01:08:05	07:54	
123	3212	Melissa Matos Sobral	Individual	02:53:46	+01:08:06	07:54	
124	3268	SERGIO ALBERTO MACEDO PEREIRA	Individual	02:53:48	+01:08:08	07:54	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
125	3094	Ricardo Jorge Fernandes Alves	EM'Força	02:53:50	+01:08:10	07:54	
126	3249	Manuel Pimenta	Akuafit	02:54:57	+01:09:17	07:57	
127	3165	Liliana patricia Lopes de carvalho	Pimentinhas	02:55:15	+01:09:35	07:58	
128	3072	Edgar Gomes Prazeres da Costa	B.T.M.	02:56:03	+01:10:23	08:00	
129	3140	Fabrice Carvalho	FACTOR X / S4L / MEDENSE FC	02:56:10	+01:10:30	08:00	
130	3235	Victor Manuel Lameiras António	VIEIRA A CORRER	02:56:39	+01:10:59	08:02	
131	3081	Catarina Pinto	Akuafit	02:57:13	+01:11:33	08:03	
132	3106	Alcino Silva de Araújo	Carroça Team	02:57:20	+01:11:40	08:04	
133	3026	Nelson Alexandre Lima	Carroça Team	02:57:20	+01:11:40	08:04	
134	3027	Jose mario oliveira gonçalves	calcantes	02:57:33	+01:11:53	08:04	
135	3073	Pedro Nuno Serra Gomes da Silva	Silva Team	02:57:49	+01:12:09	08:05	
136	3107	Daniel Silva	Grupo Desportivo e Cultural do Banco de Portugal	02:57:52	+01:12:12	08:05	
137	3108	Patrícia Ramos	Grupo Desportivo e Cultural do Banco de Portugal	02:57:53	+01:12:13	08:05	
138	3214	Marie-Alix DELESTRADE	Team 72	02:58:12	+01:12:32	08:06	
139	3247	Tiago Assunção Martins de Almeida	BUDEGUITA RUNNERS	02:59:06	+01:13:26	08:08	
140	3246	Ana Luísa Moreira Dias	BUDEGUITA RUNNERS	02:59:06	+01:13:26	08:08	
141	3056	Anselmo Alberto Araújo Pinto	Clube Millennium BCP	02:59:14	+01:13:34	08:09	
142	3095	ANTONIO DE SOUSA LONGRAS	Individual	03:00:40	+01:15:00	08:13	
143	3164	RICARDO VIEIRA	VIDAATIVARUNNERS	03:00:44	+01:15:04	08:13	
144	3236	Augusto Miguel Macedo Pereira	Akuafit	03:00:44	+01:15:04	08:13	
145	3216	José diogo couto	Individual	03:01:24	+01:15:44	08:15	
146	3215	José Paulo couto	Individual	03:01:24	+01:15:44	08:15	
147	3055	João Carvalho	BMCar	03:01:41	+01:16:01	08:16	
148	3062	José Ricardo Silva	B.Barcelos	03:01:42	+01:16:02	08:16	
149	3020	Manuel Maria Teira Piñeiro	Individual	03:02:23	+01:16:43	08:17	
150	3151	Bruno Miguel Pereira Ribeiro	BVBarcelinhos	03:02:31	+01:16:51	08:18	
151	3267	David Cruz	AMVE - ASSOCIAÇÃO MOINHO DE VERMOIM	03:02:49	+01:17:09	08:19	
152	3190	David Fraile López	CAR MARISQUEIRO	03:02:51	+01:17:11	08:19	
153	3189	Marcia Castro Costa	Juventude Cortegacense	03:02:53	+01:17:13	08:19	
154	3209	Ivo Filipe Matos da Silva	Spartan Beer team	03:03:00	+01:17:20	08:19	
155	3210	Nuno Ricardo Matos da Silva	Spartan Beer team	03:03:00	+01:17:20	08:19	
156	3092	Manuel Ramiro Catarino Batista	Spin&Run Esposende	03:03:28	+01:17:48	08:20	
157	3133	Luís Vieira	Kunalama runners	03:03:32	+01:17:52	08:21	
158	3099	Helder José Vieira Rodrigues	Individual	03:03:35	+01:17:55	08:21	
159	3248	Esmeralda Fiúza	Figueira Kayak Clube	03:04:18	+01:18:38	08:23	
160	3076	João da Costa Rosendo	Spin&Run Esposende	03:04:43	+01:19:03	08:24	
161	3148	José Manuel Oliveira Peixoto	BMCar	03:05:43	+01:20:03	08:27	
162	3172	João Barbosa	Individual	03:05:46	+01:20:06	08:27	
163	3142	Nelson Fernandes	Correr Para o Sucesso	03:06:23	+01:20:43	08:28	
164	3141	Regina Silva	Correr Para o Sucesso	03:06:23	+01:20:43	08:28	
165	3135	Guilherma Antónia Vareiro Novo	Individual	03:06:37	+01:20:57	08:29	
166	3070	Fernando Jorge Correia Oliveira	São Team	03:06:45	+01:21:05	08:29	
167	3231	Francisco Miranda	BMCAR	03:06:57	+01:21:17	08:30	
168	3166	Pedro Miguel Morais da Silva	ZENIT AUTOMOVEIS	03:07:02	+01:21:22	08:30	
169	3089	Maria Conceição Santos Campos	Spin&Run Esposende	03:07:07	+01:21:27	08:30	
170	3087	Guilhermina silva Ferreira	Teem lantermil	03:07:18	+01:21:38	08:31	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
171	3102	Francisco José Marques Tinoco	A D ESMERIZ RUNNING	03:07:19	+01:21:39	08:31	
172	3074	Susana Santos	A D ESMERIZ RUNNING	03:07:19	+01:21:39	08:31	
173	3153	Luísa Guimarães do Lago e Costa Rodrigues	CR Candoso	03:07:21	+01:21:41	08:31	
174	3134	Maria da Glória Pereira Brás	Spin&Run Esposende	03:08:29	+01:22:49	08:34	
175	3186	Anabela Lopes da Silva	Pés de Chumbo Runners	03:09:42	+01:24:02	08:37	
176	3088	Mónica Sofia Rafael Ferreira	Spin&Run Esposende	03:09:47	+01:24:07	08:38	
177	3258	CARLOS OLIVEIRA	PORTOCARGO RUNNERS	03:10:47	+01:25:07	08:40	
178	3031	Jose Manuel Moura	NOCTURNOS DE PAREDES	03:11:38	+01:25:58	08:43	
179	3090	Maria Emilia Costa Bás	Spin&Run Esposende	03:11:42	+01:26:02	08:43	
180	3016	Carla Maria Jorge Simões	Bio Team Run	03:11:48	+01:26:08	08:43	
181	3067	Rui Miguel de Sousa Lobo da Silva Levy	Individual	03:12:09	+01:26:29	08:44	
182	3029	Ricardo Antonio da Silva Sousa	FIT GAIA TRAIL	03:12:12	+01:26:32	08:44	
183	3091	Filipa Oliveira	Akuafit	03:12:19	+01:26:39	08:44	
184	3173	José Paulo Lara da Silva	Boavista Trail	03:12:44	+01:27:04	08:46	
185	3024	João Figueirinhas	AMIGOS DAS CORRIDAS PLACE FOZ	03:13:26	+01:27:46	08:48	
186	3050	Joana Isabel Pinheiro Azevedo	Marco Runners	03:14:02	+01:28:22	08:49	
187	3030	Carlos Manuel da Silva Martins	Race Team - Aveiro	03:14:23	+01:28:43	08:50	
188	3250	Alexandre Rodrigues	VAMOS EQUIPE	03:14:27	+01:28:47	08:50	
189	3139	António da Silva Simões	NODDY BIKE TEAM	03:14:28	+01:28:48	08:50	
190	3112	Antonio carneiro	Individual	03:14:28	+01:28:48	08:50	
191	3155	António Rodrigues Antunes	Palmeira Runners	03:15:08	+01:29:28	08:52	
192	3218	António Gonçalves	A.D.Amarante	03:16:03	+01:30:23	08:55	
193	3046	Domingos Rodrigues de Araujo	Conf D.A.S	03:16:34	+01:30:54	08:56	
194	3227	Joaquim Ferreira	BMCAR	03:19:12	+01:33:32	09:03	
195	3228	Fátima Azevedo	BMCAR	03:19:12	+01:33:32	09:03	
196	3021	José Carlos Correia Almeida	Individual	03:21:53	+01:36:13	09:11	
197	3063	Carlos Vasconcelos	NOCTURNOS DE PAREDES	03:22:16	+01:36:36	09:12	
198	3083	Pedro Sérgio Cardoso Neves	Individual	03:22:33	+01:36:53	09:12	
199	3003	Raquel Maria Araújo Ferreira	B.T.M.	03:24:01	+01:38:21	09:16	
200	3198	Cátia Linhares	GIVEC	03:25:33	+01:39:53	09:21	
201	3208	Sérgio Ferreira Araújo	Individual	03:26:24	+01:40:44	09:23	
202	3183	Paula Carneiro	A voar	03:27:00	+01:41:20	09:25	
203	3192	Pedro Filipe Soares de Sousa	Gilmonde Running Team	03:28:28	+01:42:48	09:29	
204	3191	Célia Cristina Alves Campos	Barcelos Treino Militar	03:28:31	+01:42:51	09:29	
205	3034	Alcídio Fernando da Costa da Silva Figueiredo	Individual	03:28:52	+01:43:12	09:30	
206	3078	Filipa Martins	Akuafit	03:29:37	+01:43:57	09:32	
207	3109	Nazaré Ferreira	Akuafit	03:29:37	+01:43:57	09:32	
208	3286	Marta Ferreira	Individual	03:35:25	+01:49:45	09:47	
209	3263	CARLA SOFIA MONTEIRO DA SILVA CAMPOS	GTT-ARMAZÉM DO CAFFÉ	03:40:00	+01:54:20	10:00	
210	3257	RUI RAMOS	PORTOCARGO RUNNERS	03:43:40	+01:58:00	10:10	
211	3259	TELMO SILVA	PORTOCARGO RUNNERS	03:43:41	+01:58:01	10:10	
212	3103	Manuel Peixoto	Individual	03:44:34	+01:58:54	10:12	
213	3260	DULCE RESENDE	PORTOCARGO RUNNERS	03:51:11	+02:05:31	10:31	



22 KM

OFFICIAL RESULT

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22KMS

22 KM

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OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	10:00	10.3°C	100%
End	13:51	10.3°C	100%

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

1	3281	Andreia Ribeiro Almeida	Furfor Running Project	Senior Feminino	02:16:44	+31:03	06:13:47
2	3241	Ana Isabel Silva Moreira de Sousa	TEAM LANTEMIL	Senior Feminino	02:17:36	+31:55	06:15:32
3	3272	Raquel Doiro González	ULTRA LIFE TEAM	Senior Feminino	02:18:07	+32:26	06:17:33
4	3181	Rosa Marisa Matos Loureiro Gomes	Gilmonde Running Team	Senior Feminino	02:19:29	+33:48	06:20:07
5	3212	Melissa Matos Sobral	Individual	Senior Feminino	02:53:45	+01:08:05	07:54:50
6	3165	Liliana patricia Lopes de carvalho	Pimentinhas	Senior Feminino	02:55:15	+01:09:34	07:58:59
7	3081	Catarina Pinto	Akuafit	Senior Feminino	02:57:13	+01:11:32	08:03:25
8	3108	Patricia Ramos	Grupo Desportivo e Cultural do Banco de Portugal	Senior Feminino	02:57:53	+01:12:12	08:05:15
9	3214	Marie-Alix DELESTRADE	Team 72	Senior Feminino	02:58:12	+01:12:31	08:06:43
10	3141	Regina Silva	Correr Para o Sucesso	Senior Feminino	03:06:23	+01:20:43	08:28:06
11	3074	Susana Santos	A D ESMERIZ RUNNING	Senior Feminino	03:07:19	+01:21:38	08:31:07
12	3186	Anabela Lopes da Silva	Pés de Chumbo Runners	Senior Feminino	03:09:42	+01:24:01	08:37:43
13	3016	Carla Maria Jorge Simões	Bio Team Run	Senior Feminino	03:11:47	+01:26:07	08:43:54
14	3091	Filipa Oliveira	Akuafit	Senior Feminino	03:12:18	+01:26:38	08:44:56
15	3050	Joana Isabel Pinheiro Azevedo	Marco Runners	Senior Feminino	03:14:01	+01:28:21	08:49:52
16	3003	Raquel Maria Araújo Ferreira	B.T.M.	Senior Feminino	03:24:00	+01:38:20	09:16:10
17	3198	Cátia Linhares	GIVEC	Senior Feminino	03:25:33	+01:39:53	09:21:26
18	3191	Célia Cristina Alves Campos	Barcelos Treino Militar	Senior Feminino	03:28:30	+01:42:50	09:29:20
19	3078	Filipa Martins	Akuafit	Senior Feminino	03:29:36	+01:43:56	09:32:32
20	3286	Marta Ferreira	Individual	Senior Feminino	03:35:24	+01:49:44	09:47:18

Senior Masculino

1	3168	Carlos Miguel Oliveira Coelho	TRAIL ME	Senior Masculino	01:49:59	+04:18	05:00:17
2	3117	Ricardo Rego	B.T.M.	Senior Masculino	01:55:45	+10:04	05:16:29
3	3219	António Mendes	A.D.Amarante	Senior Masculino	01:56:29	+10:48	05:18:07
4	3138	Adriano Fernando Lopes Mendes	Brabus Runners	Senior Masculino	02:02:34	+16:53	05:34:47
5	3285	Pedro Hugo Vilas Boas Dourado	ÁGUIAS DE ALVELOS	Senior Masculino	02:06:11	+20:30	05:44:21
6	3146	Nuno Figueiredo Goncalves	DiVE Into the Mountains	Senior Masculino	02:07:29	+21:48	05:48:57
7	3284	PAULO BARBOSA	ÁGUIAS DE ALVELOS	Senior Masculino	02:08:10	+22:30	05:50:00
8	3008	Daniel Jose Silva Barros	Juventude Cortegacense	Senior Masculino	02:10:15	+24:34	05:55:09
9	3244	Marco antonio araujo dantas da silva	OLÍMPICO VIANENSE	Senior Masculino	02:10:52	+25:11	05:57:03
10	3269	Tiago João Cerqueira Teles	A.D.Amarante	Senior Masculino	02:13:12	+27:32	06:03:24
11	3126	Alejandro Moro Diaz	C.O.A	Senior Masculino	02:13:47	+28:07	06:05:01
12	3149	Alfredo Ribeiro	Linces do Marão	Senior Masculino	02:16:17	+30:36	06:12:23
13	3043	João Carlos macedo paralvas	B.T.M.	Senior Masculino	02:19:46	+34:05	06:21:31
14	3014	João silva	Individual	Senior Masculino	02:20:02	+34:21	06:22:23
15	3054	Daniel Vasconcelos	Individual	Senior Masculino	02:20:16	+34:35	06:23:01

Official Timekeeper: Lap2Go	1 / 6	generate 19-Nov-2019 11:17
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22KMS

22 KM

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OFFICIAL RESULT

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16	3169	Cesário Manuel de Oliveira Leite	Brabus Runners	Senior Masculino	02:21:49	+36:09	06:27
17	3188	José António Ribeiro Rocha	Individual	Senior Masculino	02:25:42	+40:01	06:37
18	3093	Carlos Miguel Tomé Fernandes	Individual	Senior Masculino	02:26:40	+40:59	06:40
19	3137	Fábio Silva Costa	Atletismo Clube da Tocha	Senior Masculino	02:28:52	+43:11	06:46
20	3233	Miguel António Cardoso Pereira	VIEIRA A CORRER	Senior Masculino	02:29:45	+44:04	06:48
21	3204	Bruno Miguel Matos da Silva	Individual	Senior Masculino	02:30:10	+44:29	06:50
22	3116	Rui Sousa	Palmeira Runners	Senior Masculino	02:30:25	+44:44	06:50
23	3217	Pedro José Lajoso Meixedo	Individual	Senior Masculino	02:32:48	+47:07	06:57
24	3023	Hélder Daniel Fonseca Ribeiro	AMIGOS DAS CORRIDAS PLACE FOZ	Senior Masculino	02:34:21	+48:40	07:01
25	3005	Rémi Gonçalves Ferreira	Linces do Marão	Senior Masculino	02:35:17	+49:37	07:04
26	3205	Miguel Freire Pimentel Moraes	#cabrasdomonte	Senior Masculino	02:36:10	+50:29	07:06
27	3196	Fernando José dos Santos Sousa	LOBOS DO MONTE RUN	Senior Masculino	02:36:45	+51:05	07:08
28	3047	João de Oliveira Machado	Squadra Di Potenza	Senior Masculino	02:38:50	+53:09	07:13
29	3150	João Sousa	Linces do Marão	Senior Masculino	02:39:18	+53:38	07:14
30	3276	Pedro Castro	Individual	Senior Masculino	02:40:57	+55:16	07:19
31	3253	Christophe da Cunha Rodrigues	Trogloditas runners	Senior Masculino	02:44:35	+58:54	07:29
32	3145	Sandro Davide Sousa Afonso	Brabus Runners	Senior Masculino	02:46:21	+01:00:40	07:34
33	3242	Sérgio CR7	Akuafit	Senior Masculino	02:46:41	+01:01:00	07:35
34	3255	Casimiro Carvalho da Cunha	VAMOS EQUIPE	Senior Masculino	02:47:01	+01:01:21	07:36
35	3017	João Manuel Fernandes barreira	Individual	Senior Masculino	02:49:57	+01:04:17	07:44
36	3274	Joel António Alves Faria	Individual	Senior Masculino	02:53:45	+01:08:04	07:54
37	3268	SERGIO ALBERTO MACEDO PEREIRA	Individual	Senior Masculino	02:53:48	+01:08:07	07:54
38	3094	Ricardo Jorge Fernandes Alves	EM'Força	Senior Masculino	02:53:50	+01:08:10	07:54
39	3249	Manuel Pimenta	Akuafit	Senior Masculino	02:54:56	+01:09:16	07:57
40	3140	Fabrice Carvalho	FACTOR X / S4L / MEDENSE FC	Senior Masculino	02:56:09	+01:10:29	08:00
41	3026	Nelson Alexandre Lima	Carroça Team	Senior Masculino	02:57:20	+01:11:40	08:04
42	3107	Daniel Silva	Grupo Desportivo e Cultural do Banco de Portugal	Senior Masculino	02:57:52	+01:12:12	08:05
43	3164	RICARDO VIEIRA	VIDAATIVARUNNERS	Senior Masculino	03:00:43	+01:15:03	08:13
44	3216	José diogo couto	Individual	Senior Masculino	03:01:23	+01:15:43	08:15
45	3215	José Paulo couto	Individual	Senior Masculino	03:01:23	+01:15:43	08:15
46	3055	João Carvalho	BMCar	Senior Masculino	03:01:41	+01:16:01	08:16
47	3151	Bruno Miguel Pereira Ribeiro	BVBarcelinhos	Senior Masculino	03:02:31	+01:16:50	08:18
48	3209	Ivo Filipe Matos da Silva	Spartan Beer team	Senior Masculino	03:03:00	+01:17:19	08:19
49	3210	Nuno Ricardo Matos da Silva	Spartan Beer team	Senior Masculino	03:03:00	+01:17:20	08:19
50	3133	Luís Vieira	Kunalama runners	Senior Masculino	03:03:31	+01:17:51	08:21
51	3172	João Barbosa	Individual	Senior Masculino	03:05:45	+01:20:05	08:27
52	3142	Nelson Fernandes	Correr Para o Sucesso	Senior Masculino	03:06:23	+01:20:42	08:28
53	3166	Pedro Miguel Moraes da Silva	ZENIT AUTOMOVEIS	Senior Masculino	03:07:01	+01:21:21	08:30
54	3208	Sérgio Ferreira Araújo	Individual	Senior Masculino	03:26:24	+01:40:44	09:23
55	3257	RUI RAMOS	PORTOCARGO RUNNERS	Senior Masculino	03:43:40	+01:57:59	10:10
56	3259	TELMO SILVA	PORTOCARGO RUNNERS	Senior Masculino	03:43:40	+01:58:00	10:10

22KMS

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OFFICIAL RESULT

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Veterana F40

1	3175	MARGARIDA CONCEIÇÃO PINTO SOUSA	AD Marco 09	Veterana F40	02:22:07	+36:26	06:28
2	3176	GISELA MARIA PINTO SOUSA	AD Marco 09	Veterana F40	02:22:07	+36:27	06:28
3	3009	Lúcia Campos Costa	Juventude Cortegacense	Veterana F40	02:23:04	+37:23	06:30
4	3097	Elisabete Ministro	Palmeira Runners	Veterana F40	02:46:10	+01:00:29	07:33
5	3079	Sameiro Fraguinha	Spin&Run Esposende	Veterana F40	02:47:05	+01:01:25	07:36
6	3066	Vanessa Cristina Barreto e Cunha Pereira de Borja	Atlético Desportivo de São Pedro	Veterana F40	02:48:51	+01:03:11	07:41
7	3206	Paula Cristina Barbosa Sousa de Oliveira Peixoto	Individual	Veterana F40	02:49:57	+01:04:17	07:44
8	3246	Ana Luísa Moreira Dias	BUDEGUITA RUNNERS	Veterana F40	02:59:06	+01:13:26	08:08
9	3189	Marcia Castro Costa	Juventude Cortegacense	Veterana F40	03:02:53	+01:17:13	08:19
10	3135	Guilherma Antónia Vareiro Novo	Individual	Veterana F40	03:06:37	+01:20:57	08:29
11	3087	Guilhermina silva Ferreira	Teem lantermil	Veterana F40	03:07:18	+01:21:38	08:31
12	3153	Luísa Guimarães do Lago e Costa Rodrigues	CR Cadoso	Veterana F40	03:07:20	+01:21:40	08:31
13	3134	Maria da Glória Pereira Brás	Spin&Run Esposende	Veterana F40	03:08:28	+01:22:48	08:34
14	3088	Mónica Sofia Rafael Ferreira	Spin&Run Esposende	Veterana F40	03:09:46	+01:24:06	08:38
15	3228	Fátima Azevedo	BMCAR	Veterana F40	03:19:11	+01:33:31	09:03
16	3183	Paula Carneiro	A voar	Veterana F40	03:27:00	+01:41:19	09:25
17	3109	Nazaré Ferreira	Akuafit	Veterana F40	03:29:36	+01:43:56	09:32
18	3263	CARLA SOFIA MONTEIRO DA SILVA CAMPOS	GTT-ARMAZÉM DO CAFFÉ	Veterana F40	03:40:00	+01:54:20	10:00

Veterana F50

1	3266	Maria do Céu Lopes Lemos	GTT-ARMAZÉM DO CAFFÉ	Veterana F50	02:50:17	+01:04:37	07:44
2	3248	Esmeralda Fiúza	Figueira Kayak Clube	Veterana F50	03:04:18	+01:18:37	08:23
3	3089	Maria Conceição Santos Campos	Spin&Run Esposende	Veterana F50	03:07:07	+01:21:26	08:30
4	3260	DULCE RESENDE	PORTOCARGO RUNNERS	Veterana F50	03:51:11	+02:05:31	10:31

Veterana F60

1	3090	Maria Emilia Costa Bás	Spin&Run Esposende	Veterana F60	03:11:42	+01:26:02	08:43
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Veterano M40

1	3283	BRUNO RIBEIRO	ÁGUIAS DE ALVELOS	Veterano M40	01:45:40	04:48
2	3282	CARLOS VELOSO	ÁGUIAS DE ALVELOS	Veterano M40	01:49:06	+03:25 04:58
3	3261	Igor Bruno Palhares Moreira	Melgaço Alvarinho Trail Team	Veterano M40	01:53:38	+07:57 05:10
4	3130	Adelino Alves Aires	Alexandra Carvalho Team	Veterano M40	02:01:01	+15:20 05:30
5	3161	RICARDO MANUEL MARQUES BATISTA VIEIRA	Brabus Runners	Veterano M40	02:01:13	+15:32 05:31
6	3033	Antonio Manuel Esteves Oliveira Silva	Corridas por Albergaria	Veterano M40	02:05:22	+19:42 05:42
7	3232	Eduardo Patricio Pedrosa da Cunha	ÁGUIAS DE ALVELOS	Veterano M40	02:06:10	+20:30 05:44

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8	3197	Paulo Macedo	Individual	Veterano M40	02:08:03	+22:22	05:49
9	3262	Joao Paulo Costa Oliveira	Juventude Cortegacense	Veterano M40	02:11:36	+25:56	05:59
10	3032	Marcos Dinis Tobias Ourives	Individual	Veterano M40	02:13:27	+27:47	06:04
11	3010	Nuno Miguel Gonçalves Araújo	Juventude Cortegacense	Veterano M40	02:13:37	+27:56	06:04
12	3125	Juan Daniel Gonzalez Ponte	Sin Fronteras	Veterano M40	02:13:47	+28:06	06:05
13	3144	João Pedro Santos Sousa	Spin&Run Esposende	Veterano M40	02:15:18	+29:37	06:09
14	3157	Fernando Coelho	Individual	Veterano M40	02:16:31	+30:51	06:12
15	3177	Rui Pedro da Silva Rodrigues	AD Marco 09	Veterano M40	02:18:03	+32:22	06:17
16	3131	Ignacio Rodríguez bello	Individual	Veterano M40	02:18:45	+33:04	06:18
17	3202	Ricardo Meira	AMVE - ASSOCIAÇÃO MOINHO DE VERMOIM	Veterano M40	02:20:18	+34:37	06:23
18	3251	NUNO MIGUEL SILVA MENESES	VAMOS EQUIPE	Veterano M40	02:21:45	+36:04	06:27
19	3025	Paulo António Ribeiro de Sousa	Carroça Team	Veterano M40	02:22:18	+36:37	06:28
20	3007	Sérgio Filipe Machado da Silva	RunForest	Veterano M40	02:24:15	+38:34	06:33
21	3203	João Carlos Vieira Teixeira dos Santos	Individual	Veterano M40	02:24:54	+39:13	06:35
22	3273	Nuno Jorge Bastos Saraiva	Porta Aberta Café	Veterano M40	02:25:37	+39:57	06:37
23	3143	Alexandre Manuel Esteves Ferreira	Individual	Veterano M40	02:28:07	+42:27	06:44
24	3211	Rui Pedro Nascimento Martins Pena	GD Trancoso	Veterano M40	02:30:03	+44:22	06:49
25	3207	José Carlos Pereira	Individual	Veterano M40	02:30:05	+44:24	06:49
26	3127	Arselio Sousa Remelhe	ÁGUIAS DE ALVELOS	Veterano M40	02:30:21	+44:40	06:50
27	3271	Pedro Abreu Cruz Lopes	Clube Zupper	Veterano M40	02:31:34	+45:53	06:53
28	3124	João Orlando Coelho Pereira	Santiagotur	Veterano M40	02:33:21	+47:40	06:58
29	3044	João Batista Amorim da Silva	Individual	Veterano M40	02:33:41	+48:00	06:59
30	3077	Andre Marques Vieira de Castro	Individual	Veterano M40	02:34:00	+48:19	07:00
31	3264	Hugo Moreira	GTT-ARMAZÉM DO CAFFÉ	Veterano M40	02:37:52	+52:11	07:11
32	3013	Sérgio Paulo Ferreira Oliveira	Juventude Cortegacense	Veterano M40	02:38:12	+52:31	07:11
33	3082	Cecilio Manuel Silva Ferreira	Juventude Cortegacense	Veterano M40	02:38:12	+52:31	07:11
34	3230	Vitor Martins	BMCAR	Veterano M40	02:38:40	+52:59	07:13
35	3225	Filipe Ribeiro	BMCAR	Veterano M40	02:38:41	+53:00	07:13
36	3096	Jorge Brito	Individual	Veterano M40	02:40:25	+54:44	07:18
37	3110	Rui Manuel Alves Figueiras	A.D.CARVALHAL	Veterano M40	02:40:34	+54:53	07:18
38	3277	Paulo Loureiro	Individual	Veterano M40	02:40:59	+55:18	07:19
39	3163	Armando Fontão	CR Candoso	Veterano M40	02:42:53	+57:12	07:24
40	3270	Pedro Rodrigues	Clube Zupper	Veterano M40	02:43:33	+57:53	07:26
41	3185	Pedro Miguel Pereira Domingues	Villa Running	Veterano M40	02:45:07	+59:26	07:30
42	3201	Francisco Areias	GIVEC	Veterano M40	02:47:05	+01:01:25	07:36
43	3065	Paulo Hernani Almeida moreira	Individual	Veterano M40	02:48:21	+01:02:41	07:39
44	3171	Nuno Miguel Dourado Andrade Rodrigues	Individual	Veterano M40	02:48:54	+01:03:14	07:41
45	3159	Carlos Silva	S. S. Montepio	Veterano M40	02:50:59	+01:05:19	07:46
46	3275	Miguel Sá	OPraticante	Veterano M40	02:51:28	+01:05:48	07:48
47	3156	Hélder José da rocha oliveira	Clube Efaced	Veterano M40	02:52:12	+01:06:31	07:50
48	3120	Bruno José Rodrigues Leite	Individual	Veterano M40	02:53:10	+01:07:29	07:52
49	3245	Pedro Álvaro Pinheiro Rocha	TRAIL ME	Veterano M40	02:53:15	+01:07:34	07:53
50	3213	Paulo Alexandre Magalhães Ribeiro	DiVE Into the Mountains	Veterano M40	02:53:38	+01:07:58	07:54
51	3280	Ricardo Romeu castro rodrigues	Guimarães Trail	Veterano M40	02:53:44	+01:08:04	07:54
52	3072	Edgar Gomes Prazeres da Costa	B.T.M.	Veterano M40	02:56:02	+01:10:22	08:00

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53	3073	Pedro Nuno Serra Gomes da Silva	Silva Team	Veterano M40	02:57:49	+01:12:09	08:05
54	3247	Tiago Assunção Martins de Almeida	BUDEGUITA RUNNERS	Veterano M40	02:59:06	+01:13:25	08:08
55	3062	José Ricardo Silva	B.Barcelos	Veterano M40	03:01:41	+01:16:01	08:16
56	3267	David Cruz	AMVE - ASSOCIAÇÃO MOINHO DE VERMOIM	Veterano M40	03:02:49	+01:17:09	08:19
57	3190	David Fraile López	CAR MARISQUEIRO	Veterano M40	03:02:51	+01:17:11	08:19
58	3099	Helder José Vieira Rodrigues	Individual	Veterano M40	03:03:35	+01:17:54	08:21
59	3148	José Manuel Oliveira Peixoto	BMCar	Veterano M40	03:05:43	+01:20:02	08:27
60	3231	Francisco Miranda	BMCAR	Veterano M40	03:06:56	+01:21:16	08:30
61	3102	Francisco José Marques Tinoco	A D ESMERIZ RUNNING	Veterano M40	03:07:18	+01:21:38	08:31
62	3258	CARLOS OLIVEIRA	PORTOCARGO RUNNERS	Veterano M40	03:10:46	+01:25:06	08:40
63	3031	Jose Manuel Moura	NOCTURNOS DE PAREDES	Veterano M40	03:11:38	+01:25:58	08:43
64	3067	Rui Miguel de Sousa Lobo da Silva Levy	Individual	Veterano M40	03:12:09	+01:26:29	08:44
65	3029	Ricardo Antonio da Silva Sousa	FIT GAIA TRAIL	Veterano M40	03:12:11	+01:26:31	08:44
66	3173	José Paulo Lara da Silva	Boavista Trail	Veterano M40	03:12:44	+01:27:03	08:46
67	3250	Alexandre Rodrigues	VAMOS EQUIPE	Veterano M40	03:14:27	+01:28:47	08:50
68	3083	Pedro Sérgio Cardoso Neves	Individual	Veterano M40	03:22:32	+01:36:52	09:12
69	3192	Pedro Filipe Soares de Sousa	Gilmonde Running Team	Veterano M40	03:28:28	+01:42:48	09:29
70	3103	Manuel Peixoto	Individual	Veterano M40	03:44:34	+01:58:53	10:12

Veterano M50

1	3064	Jose Alberto Teixeira	NOCTURNOS DE PAREDES	Veterano M50	02:13:01	+27:20	06:03
2	3040	António Cardoso	A.D.CARVALHAL	Veterano M50	02:19:23	+33:43	06:20
3	3041	Joaquim manuel lima sa	Individual	Veterano M50	02:24:13	+38:32	06:33
4	3154	Henrique Jorge da Silva Ferreira	CENTRO CICLISTA DE GONDOMAR	Veterano M50	02:26:07	+40:27	06:39
5	3028	PAULO JORGE DIAS AZEVEDO	Zenit AUTOMÓVEIS	Veterano M50	02:27:02	+41:21	06:41
6	3265	Jose Manuel Braga Ferreira	GTT-ARMAZÉM DO CAFFÉ	Veterano M50	02:33:04	+47:23	06:57
7	3254	Henrique Damiao Rodrigues Borges	Individual	Veterano M50	02:36:35	+50:54	07:07
8	3011	Ernesto Marques Alves	Juventude Cortegacense	Veterano M50	02:38:12	+52:31	07:11
9	3160	CARLOS FERNANDO VIEIRA DA SILVA ESPERANÇA	Palmeira Runners	Veterano M50	02:39:08	+53:27	07:14
10	3152	Mário Pontes Lima	Individual	Veterano M50	02:40:09	+54:28	07:17
11	3167	Miguel Ângelo Salgueiro Araújo	TRAIL ME	Veterano M50	02:41:38	+55:57	07:21
12	3012	Domingos Fernando Oliveira Camboa	Juventude Cortegacense	Veterano M50	02:42:06	+56:25	07:22
13	3287	Jorge Manuel Matos Serra	Spin&Run Esposende	Veterano M50	02:45:26	+59:45	07:31
14	3101	MIGUEL ÂNGELO DA GRAÇA E CASTRO ROCHA	Individual	Veterano M50	02:46:43	+01:01:02	07:35
15	3098	João Manuel Lopes Ministro	Palmeira Runners	Veterano M50	02:47:16	+01:01:36	07:36
16	3057	Artur Carlos Moreira Silva	Clube Millennium BCP	Veterano M50	02:49:00	+01:03:20	07:41
17	3060	Ricardo José Machado Cabral Beirão	Clube Millennium BCP	Veterano M50	02:50:04	+01:04:23	07:44
18	3075	Vitor Cunha	Brabus Runners	Veterano M50	02:50:21	+01:04:41	07:45
19	3059	Adelino Luciano Silva Brito	Clube Millennium BCP	Veterano M50	02:50:59	+01:05:18	07:46
20	3200	Jorge Azevedo	GIVEC	Veterano M50	02:52:16	+01:06:35	07:50
21	3199	Paulo Costa	GIVEC	Veterano M50	02:52:16	+01:06:36	07:50
22	3235	Victor Manuel Lameiras António	VIEIRA A CORRER	Veterano M50	02:56:39	+01:10:58	08:02

Official Timekeeper: Lap2Go	5 / 6	generate 19-Nov-2019 11:17
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22KMS

22 KM

[illegible]

OFFICIAL RESULT

[illegible]

23	3106	Alcino Silva de Araújo	Carroça Team	Veterano M50	02:57:20	+01:11:39	08:04
24	3027	Jose mario oliveira gonçalves	calcantes	Veterano M50	02:57:33	+01:11:53	08:04
25	3056	Anselmo Alberto Araújo Pinto	Clube Millennium BCP	Veterano M50	02:59:13	+01:13:33	08:09
26	3095	ANTONIO DE SOUSA LONGRAS	Individual	Veterano M50	03:00:39	+01:14:59	08:13
27	3236	Augusto Miguel Macedo Pereira	Akuafit	Veterano M50	03:00:44	+01:15:04	08:13
28	3020	Manuel Maria Teira Piñeiro	Individual	Veterano M50	03:02:22	+01:16:42	08:17
29	3076	João da Costa Rosendo	Spin&Run Esposende	Veterano M50	03:04:43	+01:19:02	08:24
30	3070	Fernando Jorge Correia Oliveira	São Team	Veterano M50	03:06:45	+01:21:05	08:29
31	3024	João Figueirinhas	AMIGOS DAS CORRIDAS PLACE FOZ	Veterano M50	03:13:25	+01:27:45	08:48
32	3030	Carlos Manuel da Silva Martins	Race Team - Aveiro	Veterano M50	03:14:22	+01:28:42	08:50
33	3139	António da Silva Simões	NODDY BIKE TEAM	Veterano M50	03:14:27	+01:28:47	08:50
34	3112	Antonio carneiro	Individual	Veterano M50	03:14:28	+01:28:47	08:50
35	3218	António Gonçalves	A.D.Amarante	Veterano M50	03:16:03	+01:30:23	08:55
36	3046	Domingos Rodrigues de Araujo	Conf D.A.S	Veterano M50	03:16:33	+01:30:53	08:56
37	3227	Joaquim Ferreira	BMCAR	Veterano M50	03:19:11	+01:33:31	09:03
38	3063	Carlos Vasconcelos	NOCTURNOS DE PAREDES	Veterano M50	03:22:15	+01:36:35	09:12
39	3034	Alcidio Fernando da Costa da Silva Figueiredo	Individual	Veterano M50	03:28:51	+01:43:11	09:30

Veterano M60

1	3019	JOSÉ CARLOS FERNANDES DA PONTE	EDV - Viana Trail	Veterano M60	02:33:08	+47:28	06:58
2	3240	Raul Pereira Fernandes	Cerveira Team Running	Veterano M60	02:43:43	+58:03	07:27
3	3092	Manuel Ramiro Catarino Batista	Spin&Run Esposende	Veterano M60	03:03:28	+01:17:48	08:20
4	3155	António Rodrigues Antunes	Palmeira Runners	Veterano M60	03:15:07	+01:29:27	08:52
5	3021	José Carlos Correia Almeida	Individual	Veterano M60	03:21:52	+01:36:12	09:11

COLETIVO - 22KMS

[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	ÁGUIAS DE ALVELOS	07:47:08 [1 + 2 + 11 + 12]	0
2	JUVENTUDE CORTEGACENSE	08:58:33 [16 + 18 + 22 + 44]	0
3	BRABUS RUNNERS	09:11:57 [8 + 9 + 40 + 96]	0
4	B.T.M.	10:35:34 [5 + 35 + 128 + 199]	0
5	PALMEIRA RUNNERS	10:43:00 [60 + 80 + 95 + 102]	0
6	SPIN&RUN ESPOSENDE	10:51:18 [25 + 94 + 100 + 156]	0
7	BMCAR	11:24:46 [77 + 78 + 147 + 161]	0
8	CLUBE MILLENNIUM BCP	11:29:18 [106 + 109 + 112 + 141]	0
9	AKUAFIT	11:39:35 [97 + 126 + 131 + 144]	0
10	GTT-ARMAZÉM DO CAFFÉ	11:41:14 [63 + 73 + 110 + 209]	0
11	GIVEC	11:57:11 [101 + 116 + 117 + 200]	0
12	PORTOCARGO RUNNERS	14:29:19 [177 + 210 + 211 + 213]	0