

MINI MARATONA - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:00	17.2°C	67%
End	11:15	17.2°C	67%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
1	405	Hélder santos	sporting clube de portugal	Senior Masculino	31:21		03:08
2	11	FILIPÉ FERREIRA	acr vale de cambra	Senior Masculino	31:40	+00:19	03:10
3	220	PAULO JORGE CAETANO GOMES	grupo desportivo e cultural de guilhovai	Veterano M45	31:58	+00:37	03:12
4	51	José Silva	atletico da povoa de varzim	Senior Masculino	32:50	+01:29	03:17
5	215	ARTUR OLIVEIRA RODRIGUES	grupo desportivo e cultural de guilhovai	Veterano M40	32:55	+01:34	03:18
6	222	ANTÓNIO JOAQUIM SOARES FERNANDES	grupo desportivo e cultural de guilhovai	Veterano M50	32:55	+01:34	03:18
7	16	NUNO OLIVEIRA	acr vale de cambra	Senior Masculino	32:56	+01:35	03:18
8	10	BRUNO FREITAS	acr vale de cambra	Senior Masculino	32:57	+01:36	03:18
9	17	TIAGO PINHO	acr vale de cambra	Senior Masculino	33:25	+02:04	03:21
10	9	ANDRÉ ANICETO	acr vale de cambra	Senior Masculino	33:25	+02:04	03:21
11	323	Fernando Lima	individual	Veterano M40	33:49	+02:28	03:23
12	217	PAULO JORGE SOARES PEREIRA	grupo desportivo e cultural de guilhovai	Veterano M40	34:03	+02:42	03:24
13	369	Angelo Araujo	jobra-associação jovens da branca	Veterano M40	34:09	+02:48	03:25
14	375	JOÃO ALVES	nucleo de atletismo de cucujães	Veterano M40	34:10	+02:49	03:25
15	404	Susana Godinho	sporting clube de portugal	Senior Feminino	34:11	+02:50	03:25
16	216	LUÍS JOSÉ GOMES E SILVA	grupo desportivo e cultural de guilhovai	Veterano M40	34:26	+03:05	03:27
17	111	Rui Alves	clube são paio oleiro	Senior Masculino	34:35	+03:14	03:28
18	224	MANUEL DE JESUS RIBEIRO URBANO	grupo desportivo e cultural de guilhovai	Veterano M50	35:04	+03:43	03:30
19	50	JORGE VALENTE	arvor veteranos de ovar	Senior Masculino	35:29	+04:07	03:33
20	25	Mário Silva	acrs desterro-napo	Veterano M55	35:34	+04:13	03:33
21	19	FERNANDO PINHO	acr vale de cambra	Veterano M45	35:41	+04:19	03:34
22	207	JORGE MIGUEL DA COSTA CUBAL	grupo desportivo & cultural de codal	Senior Masculino	35:41	+04:20	03:34
23	225	MANUEL FERNANDO SOARES FERREIRA	grupo desportivo e cultural de guilhovai	Veterano M50	35:46	+04:25	03:35
24	395	PEDRO TERRA	s.s.t.s.j.m. serviços sociais do pessoal do município de s. joão da madeira	Veterano M60	35:50	+04:29	03:35
25	152	José Romeu	cmmc vale de cambra	Veterano M45	35:59	+04:38	03:36
26	103	Manuel Oliveira	clube campismo	Veterano M50	36:11	+04:50	03:37
27	206	CARLOS MANUEL NEVES TEIXEIRA	grupo desportivo & cultural de codal	Senior Masculino	36:13	+04:52	03:37
28	406	Solange Jesus	sporting clube portugal	Senior Feminino	36:14	+04:53	03:37
29	257	Cristiano Oliveira	individual	Senior Masculino	36:15	+04:54	03:38
30	262	Fábio Reis	individual	Senior Masculino	36:31	+05:10	03:39
31	37	Ernesto Almeida	afis/ovar	Veterano M55	36:40	+05:18	03:40
32	20	ANTÓNIO PINTO	acr vale de cambra	Veterano M50	36:49	+05:27	03:41
33	208	RICARDO JORGE OLIVEIRA TAVARES	grupo desportivo & cultural de codal	Senior Masculino	36:59	+05:38	03:42
34	58	José Reis	c.i.argoncilhe	Veterano M55	37:13	+05:52	03:43
35	263	Fernando Oliveira	individual	Senior Masculino	37:20	+05:59	03:44

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
36	211	PAULO MANUEL ARIEIRO TAVARES	grupo desportivo & cultural de codal	Veterano M45	37:29	+06:08	03:45
37	218	LINO DA SILVA FERREIRA	grupo desportivo e cultural de guilhovai	Veterano M45	37:47	+06:26	03:47
38	397	JOSE PAULOCOSTA	serviços sociais trab. m. de ovar	Senior Masculino	37:57	+06:36	03:48
39	403	Jessica Matos	sporting clube de braga	Senior Feminino	38:16	+06:54	03:50
40	114	Avelino Freitas	clube são paio oleiro	Veterano M45	38:19	+06:58	03:50
41	179	Paulo Ferreira	fromageries bel portugal s.a.	Senior Masculino	38:24	+07:03	03:50
42	115	Jorge Luz	clube são paio oleiro	Veterano M50	38:29	+07:08	03:51
43	125	João Oliveira	cmmc vale de cambra	Senior Masculino	38:32	+07:11	03:51
44	228	DAVID DA SILVA FERNANDES	grupo desportivo e cultural de guilhovai	Veterano M60	38:52	+07:31	03:53
45	35	José Figueiredo	afis/ovar	Veterano M50	38:53	+07:32	03:53
46	73	Peter Silva	catari - gaia-running	Veterano M40	38:53	+07:32	03:53
47	98	ANTONIOFILIPE FONTES	clube atletismo de ovar	Veterano M45	38:54	+07:33	03:53
48	358	José Graça	individual	Veterano M55	38:55	+07:34	03:54
49	33	José Godinho	afis/ovar	Veterano M45	39:00	+07:39	03:54
50	8	José Teixeira	a noz	Senior Masculino	39:08	+07:47	03:55
51	320	Américo Silva	individual	Veterano M40	39:11	+07:49	03:55
52	102	Fernando Soares	clube campismo	Veterano M45	39:25	+08:03	03:57
53	83	Fernando Antunes	ccds s.fruitoso	Veterano M50	39:25	+08:04	03:57
54	446	Ricardo Alexandre Oliveira Silva	individual	Veterano M40	39:28	+08:07	03:57
55	157	João Rodrigues	cmmc vale de cambra	Veterano M50	39:36	+08:15	03:58
56	96	MÓNICA FERNANDES	clube atletismo de ovar	Veterana F40	39:39	+08:18	03:58
57	399	AMERICO VALENTE	serviços sociais trab. m. de ovar	Veterano M55	39:40	+08:19	03:58
58	300	Tiago Alves	individual	Senior Masculino	39:40	+08:19	03:58
59	40	António Vieira	afis/ovar	Veterano M60	39:43	+08:22	03:58
60	60	Bruno Vidinha	caldas s. jorge sport clube	Senior Masculino	39:56	+08:35	04:00
61	341	Jorge Queirós	individual	Veterano M45	40:16	+08:55	04:02
62	110	Marco Peixoto	clube são paio oleiro	Senior Masculino	40:18	+08:57	04:02
63	282	Nuno Albergaria	individual	Senior Masculino	40:27	+09:06	04:03
64	38	Manuel Fonseca	afis/ovar	Veterano M55	40:32	+09:11	04:03
65	31	Helena Sampaio	afis/ovar	Veterana F45	40:50	+09:29	04:05
66	5	Filipe Barros	individual	Senior Masculino	41:02	+09:41	04:06
67	352	Joaquim Valente Ferreira	individual	Veterano M50	41:06	+09:45	04:07
68	148	Carlos Pinho	cmmc vale de cambra	Veterano M45	41:15	+09:54	04:08
69	21	CELSO PAIVA	acr vale de cambra	Veterano M50	41:28	+10:07	04:09
70	256	Claudio Coval	individual	Senior Masculino	41:52	+10:31	04:11
71	279	Marco Lisboa	individual	Senior Masculino	41:57	+10:36	04:12
72	253	Bruno Machado	individual	Senior Masculino	41:57	+10:36	04:12
73	390	Carla Araújo	pupilos do ze to	Veterana F45	42:00	+10:38	04:12
74	15	Nelson Soares	acr vale de cambra	Senior Masculino	42:05	+10:43	04:13
75	289	Ricardo miguel martins gomes	individual	Senior Masculino	42:13	+10:52	04:13
76	439	Carlos Pinto	catari - gaia-running	Veterano M55	42:19	+10:58	04:14
77	172	Carlos Martins	eva ms	Senior Masculino	42:31	+11:09	04:15
78	59	Manuel Gomes	c.i.argoncilhe	Veterano M60	42:39	+11:18	04:16
79	287	Pedro Miguel Costa Lopes	individual	Senior Masculino	42:39	+11:18	04:16

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
80	99	ANTONIO CASTRO	clube atletismo de ovar	Veterano M50	42:40	+11:19	04:16
81	361	Carlos Alberto Ferreira	individual	Veterano M60	42:43	+11:22	04:16
82	212	ALBANO DE OLIVEIRA BRAGA	grupo desportivo & cultural de codal	Veterano M60	42:48	+11:27	04:17
83	271	José Rosário	individual	Senior Masculino	42:54	+11:32	04:17
84	27	José Augusto Tavares Ferreira	adc felgueira - freitaskyrunning	Veterano M40	42:57	+11:36	04:18
85	353	Jorge Brito de Oliveira Gonçalves	individual	Veterano M50	43:01	+11:39	04:18
86	205	ANTÓNIO JOSÉ FERREIRA DA SILVA	grupo desportivo & cultural de codal	Senior Masculino	43:06	+11:44	04:19
87	266	Helder costa	individual	Senior Masculino	43:07	+11:46	04:19
88	151	Joaquim Couto	cmmc vale de cambra	Veterano M45	43:17	+11:56	04:20
89	146	António Melo	cmmc vale de cambra	Veterano M45	43:21	+11:59	04:20
90	85	Jorge Quental	centro municipal de marcha e corrida de vale de cambra	Veterano M40	43:21	+12:00	04:20
91	355	Álvaro Oliveira	individual	Veterano M55	43:25	+12:04	04:21
92	346	carlos alberto Almeida Soares Maria	individual	Veterano M50	43:25	+12:04	04:21
93	448	Pedro Miguel de Almeida Correia	individual	Senior Masculino	43:34	+12:13	04:21
94	272	José Valente	individual	Senior Masculino	43:38	+12:17	04:22
95	299	Sergio Manuel Moreira Pinto	individual	Senior Masculino	43:40	+12:19	04:22
96	56	Jil Coelho	c.d.c. paradela	Senior Masculino	43:45	+12:23	04:23
97	278	Marcelo teixeira da mota	individual	Senior Masculino	43:51	+12:30	04:23
98	276	Luis Oliveira	individual	Senior Masculino	43:51	+12:30	04:23
99	44	Ruben Oliveira	agência coutinho	Senior Masculino	43:52	+12:31	04:23
100	65	Pedro Monteiro	catari - gaia-running	Senior Masculino	43:55	+12:34	04:24
101	71	Nuno Almeida	catari - gaia-running	Veterano M40	43:55	+12:34	04:24
102	45	José Correia	agência coutinho	Veterano M45	43:57	+12:35	04:24
103	118	Valdemar Alves	clube são paio oleiro	Veterano M55	44:00	+12:39	04:24
104	415	Paulo Soares	vale dos duros	Senior Masculino	44:01	+12:40	04:24
105	32	Pedro Necho	afis/ovar	Veterano M40	44:03	+12:41	04:24
106	310	Mónica Oliveira	individual	Veterana F40	44:06	+12:44	04:25
107	412	David Aguiar	trilhados	Senior Masculino	44:15	+12:54	04:26
108	145	António Martins	cmmc vale de cambra	Veterano M45	44:18	+12:56	04:26
109	46	Jorge Rodrigues	agência coutinho	Veterano M50	44:22	+13:01	04:26
110	268	Jorge Costa	individual	Senior Masculino	44:22	+13:01	04:26
111	149	Filipe Pinho	cmmc vale de cambra	Veterano M45	44:24	+13:03	04:26
112	204	VERA FERREIRA	grupo desportivo & cultural de codal	Senior Feminino	44:28	+13:07	04:27
113	210	RUI PEDRO JESUS DE ALMEIDA	grupo desportivo & cultural de codal	Veterano M40	44:31	+13:10	04:27
114	55	Filipe Mota	c.d.c. paradela	Senior Masculino	44:33	+13:12	04:27
115	166	Marcelo Ricardo Dias Fonsca	cruz vermelha vale de cambra	Senior Masculino	44:46	+13:25	04:29
116	106	Dario Pereira	clube campismo	Veterano M60	44:47	+13:25	04:29
117	34	José Tavares	afis/ovar	Veterano M45	44:51	+13:30	04:29
118	227	NORBERTO LOPES DE OLIVEIRA	grupo desportivo e cultural de guilhovai	Veterano M55	44:56	+13:35	04:30
119	100	Rute Silva	clube campismo	Senior Feminino	45:03	+13:41	04:30
120	351	Ismael venâncio silva bastos	individual	Veterano M50	45:04	+13:43	04:30

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
121	183	Luis Pinho	fromageries bel portugal s.a.	Veterano M45	45:08	+13:47	04:31
122	53	Miguel Dias	boavista fc	Veterano M40	45:08	+13:47	04:31
123	283	Nuno Pinto	individual	Senior Masculino	45:09	+13:48	04:31
124	322	CARLOS JORGE BENTO	individual	Veterano M40	45:13	+13:51	04:31
125	199	ÂNGELO PINHO	ginasio fit4fun	Veterano M40	45:15	+13:53	04:32
126	348	Fernando Sacramento	individual	Veterano M50	45:15	+13:54	04:32
127	340	GIL VALADARES	individual	Veterano M45	45:18	+13:56	04:32
128	159	António Oliveira	cmmc vale de cambra	Veterano M55	45:18	+13:57	04:32
129	124	Bruno Silva	cmmc vale de cambra	Senior Masculino	45:19	+13:58	04:32
130	104	Vitorino Silva	clube campismo	Veterano M50	45:19	+13:58	04:32
131	401	Antero Roque	sporting club santacruzense	Senior Masculino	45:26	+14:05	04:33
132	297	Rui Miguel Tavares Costa	individual	Senior Masculino	45:33	+14:12	04:33
133	193	Bruno Silva	gimnagua	Senior Masculino	45:37	+14:16	04:34
134	294	Roland Tavares Dias de Sousa	individual	Senior Masculino	45:41	+14:20	04:34
135	93	Fernando Gonçalves	cirac - circulo de recreio arte e cultura	Veterano M60	45:53	+14:31	04:35
136	302	Vitor Manuel Pinto Almeida e Silva	individual	Senior Masculino	46:00	+14:38	04:36
137	261	Daniel pereira	individual	Senior Masculino	46:05	+14:44	04:37
138	168	André Filipe Dos Santos Rebelo	eduart componentes calçado	Senior Masculino	46:18	+14:57	04:38
139	42	Diogo Sousa	agência coutinho	Senior Masculino	46:21	+14:59	04:38
140	75	Vitor Fernandes	catari - gaia-running	Veterano M45	46:24	+15:03	04:38
141	291	Ricardo Sousa	individual	Senior Masculino	46:30	+15:08	04:39
142	160	Arlindo Rodrigues	cmmc vale de cambra	Veterano M55	46:33	+15:12	04:39
143	374	Marinho Duarte	mrs & mr beard	Senior Masculino	46:41	+15:20	04:40
144	414	Hugo Sousa	vale dos duros	Senior Masculino	46:46	+15:25	04:41
145	202	JULIANA RODRIGUES DE ALMEIDA	grupo desportivo & cultural de codal	Senior Feminino	46:51	+15:30	04:41
146	24	Helena Mourão	acrs desterro-napo	Veterana F55	46:54	+15:33	04:41
147	259	Daniel Almeida	individual	Senior Masculino	47:00	+15:39	04:42
148	190	Luís Miguel Santos Teixeira	geocrosstrail	Senior Masculino	47:01	+15:40	04:42
149	409	Porfírio Martins	to na pista	Veterano M55	47:03	+15:41	04:42
150	354	JOSE ANTONIO PINHO FERNANDES	individual	Veterano M50	47:04	+15:43	04:42
151	335	Rui Paiva	individual	Veterano M40	47:08	+15:46	04:43
152	47	Serafim Pina	agência coutinho	Veterano M50	47:11	+15:50	04:43
153	347	Carlos Ferreira	individual	Veterano M50	47:24	+16:03	04:44
154	139	Jacinto Almeida	cmmc vale de cambra	Veterano M40	47:27	+16:06	04:45
155	264	Francisco Cruz	individual	Senior Masculino	47:29	+16:08	04:45
156	203	LILANA ALEXANDRA DA COSTA PEREIRA	grupo desportivo & cultural de codal	Senior Feminino	47:37	+16:15	04:46
157	408	João Pinho	to na pista	Veterano M50	47:38	+16:17	04:46
158	107	Edmundo Guedes	clube campismo	Veterano M60	47:45	+16:23	04:47
159	142	Vasco Gomes	cmmc vale de cambra	Veterano M40	47:48	+16:27	04:47
160	254	Carlos Cruz	individual	Senior Masculino	47:52	+16:31	04:47
161	356	Carlos Ribeiro Tavares	individual	Veterano M55	47:58	+16:37	04:48
162	13	Francis Pinho Fernandes	acr vale de cambra	Senior Masculino	47:59	+16:38	04:48

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
163	61	Alete santos	caldas sport clube	Veterana F40	48:03	+16:42	04:48
164	62	Bruno Couto	caldas sport clube	Senior Masculino	48:03	+16:42	04:48
165	76	Francisco Freitas	catari - gaia-running	Veterano M50	48:10	+16:48	04:49
166	398	MARIA COSTA	serviços sociais trab. m. de ovar	Veterana F55	48:26	+17:04	04:51
167	231	Hugo Valqueresma	humateam	Senior Masculino	48:36	+17:15	04:52
168	388	Raul Leite	os alminhas	Senior Masculino	48:41	+17:20	04:52
169	68	Orlanda Rego	catari - gaia-running	Veterana F45	48:49	+17:28	04:53
170	380	Fernando Coutinho	oliveira´s	Senior Masculino	48:51	+17:30	04:53
171	221	ANTÓNIO DIAS DOS SANTOS	grupo desportivo e cultural de guilhovai	Veterano M50	48:55	+17:34	04:54
172	69	Elisabete Repas	catari - gaia-running	Veterana F50	49:05	+17:44	04:55
173	126	Nelson Rodrigues	cmmc vale de cambra	Senior Masculino	49:08	+17:47	04:55
174	296	Rui Martins	individual	Senior Masculino	49:18	+17:57	04:56
175	192	Ana Fernandes	gimnagua	Senior Feminino	49:19	+17:58	04:56
176	147	Carlos Brandão	cmmc vale de cambra	Veterano M45	49:19	+17:58	04:56
177	141	Miguel Barbosa	cmmc vale de cambra	Veterano M40	49:23	+18:02	04:56
178	163	Manuel Oliveira	cmmc vale de cambra	Veterano M55	49:24	+18:02	04:56
179	127	Nelson Tavares	cmmc vale de cambra	Senior Masculino	49:32	+18:10	04:57
180	381	Marco Janeiro	oliveira´s	Senior Masculino	49:35	+18:13	04:58
181	175	Silvia Baptista	fiaes sport clube	Veterana F45	49:46	+18:25	04:59
182	189	Luís Miguel Rodrigues Oliveira	geocrosstrail	Senior Masculino	49:47	+18:26	04:59
183	200	Luís Almeida	ginasio fit4fun	Veterano M45	49:54	+18:33	04:59
184	52	Conceição Ferreira	aztrail/mercentro	Veterana F50	49:54	+18:33	04:59
185	274	Luís Magalhães	individual	Senior Masculino	49:59	+18:38	05:00
186	29	António Figueiredo	afis/ovar	Senior Masculino	50:00	+18:39	05:00
187	39	Manuel Vieira	afis/ovar	Veterano M55	50:00	+18:39	05:00
188	400	Isabel Cristina Brandão Soares	sportarc.running	Veterana F40	50:14	+18:53	05:01
189	12	FILIPE MANUEL FERREIRA	acr vale de cambra	Senior Masculino	50:17	+18:56	05:02
190	290	Ricardo Pereira	individual	Senior Masculino	50:19	+18:57	05:02
191	413	Luis Marques	trilhados	Senior Masculino	50:22	+19:01	05:02
192	370	Sergio Miguel Oliveira Campos Alves	lesmas e caracóis	Senior Masculino	50:32	+19:10	05:03
193	407	Fábio Correia	team	Senior Masculino	50:35	+19:14	05:04
194	36	Paulo Almeida	afis/ovar	Veterano M50	50:39	+19:17	05:04
195	416	Antonio Almeida	villa cesari	Senior Masculino	50:40	+19:19	05:04
196	28	jose fernando de sousa e matos	adrep	Veterano M50	50:41	+19:19	05:04
197	194	Jacinto Vinha	gimnagua	Veterano M40	50:45	+19:24	05:05
198	367	Nuno Filipe Marques da Silva	iron runners	Veterano M40	50:46	+19:24	05:05
199	325	Francisco Oliveira	individual	Veterano M40	50:53	+19:32	05:05
200	239	Érica	individual	Senior Feminino	50:53	+19:32	05:05
201	288	Pedro Silva	individual	Senior Masculino	51:00	+19:39	05:06
202	244	Márcia Russo	individual	Senior Feminino	51:14	+19:53	05:07
203	223	Manuel Andrade	grupo desportivo e cultural de guilhovai	Veterano M50	51:22	+20:01	05:08
204	265	Francisco Figueiredo	individual	Senior Masculino	51:23	+20:01	05:08
205	82	Fernando Vieira	catari - gaia-running	Veterano M60	51:30	+20:09	05:09
206	153	Luis Ferreira	cmmc vale de cambra	Veterano M45	51:31	+20:10	05:09
207	235	Carina Sofia Bastos Almeida	individual	Senior Feminino	51:31	+20:10	05:09

MINI MARATONA - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
208	92	Alcides Sales	cirac - circulo de recreio arte e cultura	Veterano M55	51:31	+20:10	05:09
209	389	Mario Neves	os alminhas	Veterano M40	51:32	+20:11	05:09
210	97	MATILDE LEAL	clube atletismo de ovar	Veterana F50	51:41	+20:20	05:10
211	41	José Sousa	afis/ovar	Veterano M60	51:41	+20:20	05:10
212	154	Paulo Almeida	cmmc vale de cambra	Veterano M45	51:48	+20:27	05:11
213	48	Domingos Silva	agência coutinho	Veterano M60	51:53	+20:32	05:11
214	324	Filipe Tavares	individual	Veterano M40	52:13	+20:52	05:13
215	78	Jose Rodrigues	catari - gaia-running	Veterano M50	52:15	+20:54	05:14
216	30	Ana Silva	afis/ovar	Veterana F40	52:23	+21:01	05:14
217	84	Ana Cristina Gomes Pina Silva	centro municipal de marcha e corrida de vale de cambra	Veterana F45	52:28	+21:07	05:15
218	246	Rosália Sousa	individual	Senior Feminino	52:34	+21:13	05:15
219	330	Nuno Filipe Oliveira Soares	individual	Veterano M40	52:37	+21:16	05:16
220	105	Manuel Alves	clube campismo	Veterano M55	52:37	+21:16	05:16
221	251	Antonio Jorge Costa Almeida	individual	Senior Masculino	52:38	+21:17	05:16
222	295	Rui Filipe Bento Freitas	individual	Senior Masculino	52:42	+21:21	05:16
223	260	Daniel Ferreira	individual	Senior Masculino	52:44	+21:23	05:16
224	22	MANUEL PINHO	acr vale de cambra	Veterano M60	52:47	+21:25	05:17
225	360	antonio santos lopes	individual	Veterano M60	52:49	+21:28	05:17
226	359	Paulo Almeida	individual	Veterano M55	52:49	+21:28	05:17
227	64	Ana Rita Almeida	catari - gaia-running	Senior Feminino	52:50	+21:29	05:17
228	371	Susana Margarida Santos Martins	mimosa runners	Veterana F40	52:51	+21:30	05:17
229	392	SUZANA DUARTE	s.s.t.s.j.m. serviços sociais do pessoal do município de s. joão da madeira	Veterana F45	52:53	+21:32	05:17
230	391	ANABELA SANTOS	s.s.t.s.j.m. serviços sociais do pessoal do município de s. joão da madeira	Veterana F45	52:54	+21:33	05:17
231	243	Luisa Alves	individual	Senior Feminino	53:11	+21:49	05:19
232	344	PAULO JORGE PINHO SANTOS	individual	Veterano M45	53:14	+21:53	05:19
233	170	Eduardo Tavares Rebelo Rebelo	eduart componentes calçado	Veterano M55	53:19	+21:57	05:20
234	285	Paulo Vaz	individual	Senior Masculino	53:23	+22:02	05:20
235	248	Afonso Montenegro	individual	Senior Masculino	53:24	+22:03	05:20
236	249	André Filipe da Costa tavares	individual	Senior Masculino	53:25	+22:04	05:21
237	6	Raul Filipe Brandao Pinho Augusto	gimn água	Senior Masculino	53:26	+22:05	05:21
238	169	Luís Filipe Martins Soares	eduart componentes calçado	Veterano M50	53:31	+22:09	05:21
239	345	Rui Pedro Teixeira da Silva	individual	Veterano M45	53:32	+22:10	05:21
240	23	Graça Leite	acrefa	Veterana F55	53:36	+22:15	05:22
241	138	Carlos Silva	cmmc vale de cambra	Veterano M40	53:40	+22:19	05:22
242	162	Luis Pinho	cmmc vale de cambra	Veterano M55	53:41	+22:20	05:22
243	129	Claudia Quaresma	cmmc vale de cambra	Veterana F40	53:41	+22:20	05:22
244	122	Maria Silva	cmmc vale de cambra	Senior Feminino	53:42	+22:21	05:22
245	338	Fernando Abreu	individual	Veterano M45	53:54	+22:32	05:23
246	301	Vitor Correia	individual	Senior Masculino	53:56	+22:34	05:24
247	247	Sandra silva	individual	Senior Feminino	53:57	+22:36	05:24
248	176	FATIMA PAIS	fiaes sport clube	Veterana F50	54:02	+22:41	05:24
249	337	Ernesto Gonçalves	individual	Veterano M45	54:02	+22:41	05:24

MINI MARATONA - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
250	101	Clementina Andrade	clube campismo	Veterana F55	54:05	+22:44	05:25
251	357	Durbalino Ferreira	individual	Veterano M55	54:07	+22:46	05:25
252	316	Regina Almeida	individual	Veterana F45	54:10	+22:49	05:25
253	277	Marcelo Sousa	individual	Senior Masculino	54:13	+22:52	05:25
254	233	Ana Sofia Bastos Brandao	individual	Senior Feminino	54:13	+22:52	05:25
255	327	Jose	individual	Veterano M40	54:17	+22:56	05:26
256	321	Anselmo Mendes	individual	Veterano M40	54:17	+22:56	05:26
257	332	Paulo Jorge Melo e Silva	individual	Veterano M40	54:23	+23:02	05:26
258	382	Ricardo Manuel Silva	oliveira´s	Senior Masculino	54:23	+23:02	05:26
259	339	FERNANDO ANTONIO ROTHES	individual	Veterano M45	54:24	+23:03	05:26
260	349	Filipe Manuel Martins Leite	individual	Veterano M50	54:28	+23:07	05:27
261	81	Jorge Santos	catari - gaia-running	Veterano M55	54:37	+23:16	05:28
262	133	Elisabete Santos	cmmc vale de cambra	Veterana F45	54:38	+23:17	05:28
263	284	Patrick Pinho Soares	individual	Senior Masculino	54:44	+23:23	05:28
264	79	Luís Duarte	catari - gaia-running	Veterano M50	54:48	+23:27	05:29
265	77	José Esuardo Teixeira	catari - gaia-running	Veterano M50	54:48	+23:27	05:29
266	350	Gilberto Almeida	individual	Veterano M50	54:49	+23:28	05:29
267	209	FERNANDA GOMES DE ALMEIDA	grupo desportivo & cultural de codal	Veterana F60	54:51	+23:30	05:29
268	173	Ana Margarida Lopes Almeida	feelfree	Senior Feminino	54:51	+23:30	05:29
269	384	Luís Miguel Oliveira	oliveira´s	Veterano M45	54:56	+23:34	05:30
270	305	CARLA GABRIELA MARTINS FERREIRA	individual	Veterana F40	55:00	+23:39	05:30
271	187	Ana Lúcia Santos Teixeira	geocrosstrail	Senior Feminino	55:04	+23:43	05:30
272	298	Rui Pedro Martins Ferreira	individual	Senior Masculino	55:05	+23:44	05:31
273	372	José Pinho	mimosa runners	Veterano M40	55:16	+23:55	05:32
274	197	Ana Pissarra	ginasio fit4fun	Veterana F45	55:16	+23:55	05:32
275	198	Monica Montenegro	ginasio fit4fun	Veterana F45	55:17	+23:56	05:32
276	86	Patrícia Isabel Ferreira Dos Santos	chewbacca	Senior Feminino	55:20	+23:59	05:32
277	87	Sérgio Henriques Marques	chewbacca	Senior Masculino	55:20	+23:59	05:32
278	63	Ana Coelho	catari - gaia-running	Senior Feminino	55:28	+24:07	05:33
279	184	Rui Cavacas	fromageries bel portugal s.a.	Veterano M45	55:47	+24:25	05:35
280	342	Luis Teixeira	individual	Veterano M45	55:48	+24:27	05:35
281	54	Sofia Santos	c.d.c. paradela	Senior Feminino	55:58	+24:37	05:36
282	26	André Vigário	adc felgueira - freitaskyrunning	Veterano M40	56:03	+24:42	05:36
283	267	João Coelho	individual	Senior Masculino	56:06	+24:45	05:37
284	373	Lara Silva	mrs & mr beard	Senior Feminino	56:19	+24:57	05:38
285	150	Helder Costa	cmmc vale de cambra	Veterano M45	56:19	+24:58	05:38
286	165	Nelson Silva	cmmc vale de cambra	Veterano M60	56:19	+24:58	05:38
287	319	Maria Manuela Melo	individual	Veterana F60	56:21	+25:00	05:38
288	368	Cláudio Castro	jalm, run and walking team	Senior Masculino	56:24	+25:03	05:38
289	250	André Filipe da Silva Costa	individual	Senior Masculino	56:26	+25:05	05:39
290	366	Vitor Manuel Figueiredo Rodrigues	individual	Veterano M60	56:41	+25:19	05:40
291	230	Margarida Gonçalves	humateam	Senior Feminino	56:44	+25:23	05:40

MINI MARATONA - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
292	328	José Luís Quaresma	individual	Veterano M40	56:58	+25:36	05:42
293	213	Isabel Andrade	grupo desportivo e cultural de guilhovai	Veterana F45	57:02	+25:41	05:42
294	237	Daniela Sofia da Silva Ferreira	individual	Senior Feminino	57:03	+25:42	05:42
295	450	Margarida Moreira	individual	Senior Feminino	57:06	+25:45	05:43
296	242	JÚLIA LACERDA	individual	Senior Feminino	57:20	+25:59	05:44
297	270	JOSÉ MELO	individual	Senior Masculino	57:21	+25:59	05:44
298	119	Ana Gonçalves	cmmc vale de cambra	Senior Feminino	57:30	+26:09	05:45
299	311	Rosa Almeida	individual	Veterana F40	57:39	+26:18	05:46
300	402	José lopes	sporting club santacruzense	Veterano M45	57:50	+26:29	05:47
301	314	Cristina Rodrigues Tavares	individual	Veterana F45	57:53	+26:32	05:47
302	362	Jorge Manuel de Almeida Martins Martins	individual	Veterano M60	58:05	+26:44	05:49
303	387	Pedro Lopes	os alminhas	Senior Masculino	58:05	+26:44	05:49
304	411	Carlos Freitas	trilhados	Senior Masculino	58:10	+26:49	05:49
305	410	Cândida Gaspar	trilhados	Senior Feminino	58:10	+26:49	05:49
306	334	Pedro Miguel Bastos Almeida	individual	Veterano M40	58:24	+27:03	05:50
307	286	Pedro Martins	individual	Senior Masculino	58:30	+27:09	05:51
308	191	Rui Moreira	geocrosstrail	Veterano M40	58:42	+27:21	05:52
309	394	JOSUÉ FERNANDES	s.s.t.s.j.m. serviços sociais do pessoal do município de s. joão da madeira	Veterano M60	58:43	+27:21	05:52
310	91	Paulo Martins	cirac - circulo de recreio arte e cultura	Veterano M45	58:43	+27:22	05:52
311	393	MARIA FERNANDES	s.s.t.s.j.m. serviços sociais do pessoal do município de s. joão da madeira	Veterana F60	58:44	+27:23	05:52
312	143	Alexandre Gomes	cmmc vale de cambra	Veterano M45	59:07	+27:46	05:55
313	80	Helder Oliveira	catari - gaia-running	Veterano M55	59:08	+27:47	05:55
314	396	Vítor Coutinho	sc gandra	Senior Masculino	59:09	+27:48	05:55
315	171	Liliana Santiago	eva ms	Senior Feminino	59:13	+27:51	05:55
316	445	RAFAEL FERREIRA	individual	Senior Masculino	59:14	+27:52	05:55
317	444	VITOR SILVA	individual	Senior Masculino	59:14	+27:53	05:55
318	241	Florbelá Araujo	individual	Senior Feminino	59:40	+28:19	05:58
319	275	Luis Novo	individual	Senior Masculino	59:41	+28:19	05:58
320	89	Nelson Machado	cirac - circulo de recreio arte e cultura	Senior Masculino	59:47	+28:26	05:59
321	88	Anita Almeida	cirac - circulo de recreio arte e cultura	Senior Feminino	59:48	+28:27	05:59
322	245	Nádia Alexandra Silva Paiva	individual	Senior Feminino	01:00:07	+28:46	06:01
323	7	Ricardo Bastos	a a lebres do sado	Veterano M50	01:00:32	+29:11	06:03
324	196	SOFIA BASTOS	ginasio fit4fun	Veterana F40	01:00:36	+29:15	06:04
325	307	CLÁUDIA MARGARIDA PAÚL FERNANDES SANTIAGO	individual	Veterana F40	01:00:58	+29:37	06:06
326	177	Antonio Luis Costa Marques	fromageries bel portugal s.a.	Senior Masculino	01:01:09	+29:47	06:07
327	178	Mário Henriques	fromageries bel portugal s.a.	Senior Masculino	01:01:14	+29:53	06:07
328	336	Antonio Jorge Soares Silva	individual	Veterano M45	01:01:20	+29:58	06:08
329	449	Carla Susana Tavares Silva	individual	Veterana F40	01:01:24	+30:02	06:08
330	182	Fernando Jorge Borges Almeida Tavares	fromageries bel portugal s.a.	Veterano M45	01:01:24	+30:03	06:08
331	447	MARCO ALMEIDA	individual	Senior Masculino	01:01:30	+30:09	06:09
332	365	Nuno Marques	individual	Veterano M60	01:01:30	+30:09	06:09
333	258	Danie Alves	individual	Senior Masculino	01:01:32	+30:11	06:09
334	440	Cristina Romariz	catari - gaia-running	Veterana F55	01:01:39	+30:18	06:10

MINI MARATONA - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
335	386	Jaime Azevedo	os alminhas	Senior Masculino	01:01:59	+30:37	06:12
336	313	Cristina Azevedo	individual	Veterana F45	01:01:59	+30:37	06:12
337	14	Hugo Rafael Piedade Silva	acr vale de cambra	Senior Masculino	01:02:00	+30:39	06:12
338	383	João Filipe Alves	oliveira´s	Veterano M40	01:02:01	+30:40	06:12
339	201	Antonio jorge costa	ginasio fit4fun	Veterano M55	01:02:04	+30:43	06:12
340	317	Luisa Amorim	individual	Veterana F50	01:02:15	+30:54	06:14
341	240	Filipa oliveira	individual	Senior Feminino	01:02:15	+30:54	06:14
342	234	Ângela Oliveira	individual	Senior Feminino	01:02:35	+31:14	06:16
343	174	Enio Costa Pinho	feelfree	Veterano M50	01:02:43	+31:22	06:16
344	303	Adélia Boucinha	individual	Veterana F40	01:02:46	+31:25	06:17
345	333	Pedro Costa	individual	Veterano M40	01:02:47	+31:25	06:17
346	72	Paulo Pires	catari - gaia-running	Veterano M40	01:02:48	+31:27	06:17
347	132	Teresa Gonçalves	cmmc vale de cambra	Veterana F40	01:02:51	+31:30	06:17
348	144	António Almeida	cmmc vale de cambra	Veterano M45	01:03:07	+31:45	06:19
349	236	Carmen Resende	individual	Senior Feminino	01:03:49	+32:28	06:23
350	306	Atleta Sem Info	individual	Senior Masculino	01:03:54	+32:33	06:23
351	90	Susana Sofia Rocha	cirac - circulo de recreio arte e cultura	Veterana F40	01:03:58	+32:37	06:24
352	123	Natália Matos	cmmc vale de cambra	Senior Feminino	01:03:58	+32:37	06:24
353	385	Júlio Manuel Guimarães	oliveira´s	Veterano M50	01:04:50	+33:29	06:29
354	188	Marlene de Fátima Relvas Pires	geocrosstrail	Senior Feminino	01:05:08	+33:47	06:31
355	309	Maria Madalena Correria	individual	Veterana F40	01:05:41	+34:19	06:34
356	312	Ana Bastos	individual	Veterana F45	01:05:41	+34:20	06:34
357	377	Diana Henry	o bando dos 4	Senior Feminino	01:06:25	+35:04	06:39
358	376	Catarina Gaspar	o bando dos 4	Senior Feminino	01:06:26	+35:04	06:39
359	379	Tiago Gomes	o bando dos 4	Senior Masculino	01:06:26	+35:04	06:39
360	378	Diogo Piedade	o bando dos 4	Senior Masculino	01:06:26	+35:05	06:39
361	140	Luis Silva	cmmc vale de cambra	Veterano M40	01:08:29	+37:08	06:51
362	18	Maria Isabel Soares Silva	acr vale de cambra	Veterana F50	01:08:48	+37:27	06:53
363	180	Vitor Emanuel Duarte Santos	fromageries bel portugal s.a.	Senior Masculino	01:08:52	+37:31	06:53
364	94	Joaquim Oliveira	cirac - circulo de recreio arte e cultura	Veterano M60	01:08:53	+37:32	06:53
365	128	Nuno Pinho	cmmc vale de cambra	Senior Masculino	01:10:08	+38:46	07:01
366	120	Inês Golegã	cmmc vale de cambra	Senior Feminino	01:10:08	+38:47	07:01
367	269	JORGE HUMBERTO A.P. SILVA	individual	Senior Masculino	01:12:18	+40:56	07:14
368	74	Rui Rodrigues	catari - gaia-running	Veterano M40	01:13:42	+42:21	07:22
369	135	Paula Silva	cmmc vale de cambra	Veterana F45	01:15:17	+43:56	07:32
370	229	Germano Paiva	grupo desportivo e cultural de guilhovai	Veterano M60	01:15:17	+43:56	07:32

Mini Maratona

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:00	17.2°C	67%
End	11:15	17.2°C	67%

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

1	404	Susana Godinho	Sporting Clube de Portugal	Senior Feminino	34:11	+02:50	03:25
2	406	Solange Jesus	Sporting Clube Portugal	Senior Feminino	36:14	+04:53	03:37
3	403	Jessica Matos	Sporting clube de Braga	Senior Feminino	38:16	+06:54	03:50
4	204	VERA FERREIRA	GRUPO DESPORTIVO & CULTURAL DE CODAL	Senior Feminino	44:28	+13:07	04:27
5	100	Rute Silva	Clube Campismo	Senior Feminino	45:03	+13:41	04:30
6	202	JULIANA RODRIGUES DE ALMEIDA	GRUPO DESPORTIVO & CULTURAL DE CODAL	Senior Feminino	46:51	+15:30	04:4
7	203	LILANA ALEXANDRA DA COSTA PEREIRA	GRUPO DESPORTIVO & CULTURAL DE CODAL	Senior Feminino	47:37	+16:15	04:46
8	192	Ana Fernandes	Gimnagua	Senior Feminino	49:19	+17:58	04:56
9	239	Érica	Individual	Senior Feminino	50:53	+19:32	05:05
10	244	Márcia Russo	Individual	Senior Feminino	51:14	+19:53	05:07
11	235	Carina Sofia Bastos Almeida	Individual	Senior Feminino	51:31	+20:10	05:09
12	246	Rosália Sousa	Individual	Senior Feminino	52:34	+21:13	05:15
13	64	Ana Rita Almeida	CATARI - Gaia-Running	Senior Feminino	52:50	+21:29	05:17
14	243	Luisa Alves	Individual	Senior Feminino	53:11	+21:49	05:19
15	122	Maria Silva	CMMC Vale de Cambra	Senior Feminino	53:42	+22:21	05:22
16	247	Sandra silva	Individual	Senior Feminino	53:57	+22:36	05:24
17	233	Ana Sofia Bastos Brandao	Individual	Senior Feminino	54:13	+22:52	05:25
18	173	Ana Margarida Lopes Almeida	FeelFree	Senior Feminino	54:51	+23:30	05:29
19	187	Ana Lúcia Santos Teixeira	GEOCROSSTRAIL	Senior Feminino	55:04	+23:43	05:30
20	86	Patrícia Isabel Ferreira Dos Santos	chewbacca	Senior Feminino	55:20	+23:59	05:32
21	63	Ana Coelho	CATARI - Gaia-Running	Senior Feminino	55:28	+24:07	05:33
22	54	Sofia Santos	C.D.C. Paradela	Senior Feminino	55:58	+24:37	05:36
23	373	Lara Silva	Mrs & Mr Beard	Senior Feminino	56:19	+24:57	05:38
24	230	Margarida Gonçalves	Humateam	Senior Feminino	56:44	+25:23	05:40
25	237	Daniela Sofia da Silva Ferreira	Individual	Senior Feminino	57:03	+25:42	05:42
26	450	Margarida Moreira	Individual	Senior Feminino	57:06	+25:45	05:43
27	242	JÚLIA LACERDA	Individual	Senior Feminino	57:20	+25:59	05:44
28	119	Ana Gonçalves	CMMC Vale de Cambra	Senior Feminino	57:30	+26:09	05:45
29	410	Cândida Gaspar	TRILHADOS	Senior Feminino	58:10	+26:49	05:49
30	171	Liliana Santiago	EVA MS	Senior Feminino	59:13	+27:51	05:55
31	241	Florbela Araujo	Individual	Senior Feminino	59:40	+28:19	05:58
32	88	Anita Almeida	Cirac - Circulo de Recreio Arte e cultura	Senior Feminino	59:48	+28:27	05:59
33	245	Nádia Alexandra Silva Paiva	Individual	Senior Feminino	01:00:07	+28:46	06:01
34	240	Filipa oliveira	Individual	Senior Feminino	01:02:15	+30:54	06:14
35	234	Ângela Oliveira	Individual	Senior Feminino	01:02:35	+31:14	06:16
36	236	Carmen Resende	Individual	Senior Feminino	01:03:49	+32:28	06:23
37	123	Natália Matos	CMMC Vale de Cambra	Senior Feminino	01:03:58	+32:37	06:24

Official Timekeeper: Lap2Go	1 / 10	generate 05-May-2019 11:18
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Mini Maratona

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

38	188	Marlene de Fátima Relvas Pires	GEOCROSSTRAIL	Senior Feminino	01:05:08	+33:47	06:31
39	377	Diana Henry	O bando dos 4	Senior Feminino	01:06:25	+35:04	06:39
40	376	Catarina Gaspar	O bando dos 4	Senior Feminino	01:06:26	+35:04	06:39
41	120	Inês Golegã	CMMC Vale de Cambra	Senior Feminino	01:10:08	+38:47	07:01

Senior Masculino

1	405	Hélder santos	Sporting Clube de Portugal	Senior Masculino	31:21		03:08
2	11	FILIPE FERREIRA	ACR Vale de Cambra	Senior Masculino	31:40	+00:19	03:10
3	51	José Silva	Atlético da povoa de Varzim	Senior Masculino	32:50	+01:29	03:17
4	16	NUNO OLIVEIRA	ACR Vale de Cambra	Senior Masculino	32:56	+01:35	03:18
5	10	BRUNO FREITAS	ACR Vale de Cambra	Senior Masculino	32:57	+01:36	03:18
6	17	TIAGO PINHO	ACR Vale de Cambra	Senior Masculino	33:25	+02:04	03:21
7	9	ANDRÉ ANICETO	ACR Vale de Cambra	Senior Masculino	33:25	+02:04	03:21
8	111	Rui Alves	Clube são paio oleiro	Senior Masculino	34:35	+03:14	03:28
9	50	JORGE VALENTE	ARVOR VETERANOS DE OVAR	Senior Masculino	35:29	+04:07	03:33
10	207	JORGE MIGUEL DA COSTA CUBAL	GRUPO DESPORTIVO & CULTURAL DE CODAL	Senior Masculino	35:41	+04:20	03:34
11	206	CARLOS MANUEL NEVES TEIXEIRA	GRUPO DESPORTIVO & CULTURAL DE CODAL	Senior Masculino	36:13	+04:52	03:37
12	257	Cristiano Oliveira	Individual	Senior Masculino	36:15	+04:54	03:38
13	262	Fábio Reis	Individual	Senior Masculino	36:31	+05:10	03:39
14	208	RICARDO JORGE OLIVEIRA TAVARES	GRUPO DESPORTIVO & CULTURAL DE CODAL	Senior Masculino	36:59	+05:38	03:42
15	263	Fernando Oliveira	Individual	Senior Masculino	37:20	+05:59	03:44
16	397	JOSE PAULOCOSTA	SERVIÇOS SOCIAIS TRAB. M. DE OVAR	Senior Masculino	37:57	+06:36	03:48
17	179	Paulo Ferreira	Fromageries Bel Portugal S.A.	Senior Masculino	38:24	+07:03	03:50
18	125	João Oliveira	CMMC Vale de Cambra	Senior Masculino	38:32	+07:11	03:51
19	8	José Teixeira	A NOZ	Senior Masculino	39:08	+07:47	03:55
20	300	Tiago Alves	Individual	Senior Masculino	39:40	+08:19	03:58
21	60	Bruno Vidinha	Caldas S. Jorge Sport Clube	Senior Masculino	39:56	+08:35	04:00
22	110	Marco Peixoto	Clube são paio oleiro	Senior Masculino	40:18	+08:57	04:02
23	282	Nuno Albergaria	Individual	Senior Masculino	40:27	+09:06	04:03
24	5	Filipe Barros	Individual	Senior Masculino	41:02	+09:41	04:06
25	256	Claudio Coval	Individual	Senior Masculino	41:52	+10:31	04:11
26	279	Marco Lisboa	Individual	Senior Masculino	41:57	+10:36	04:12
27	253	Bruno Machado	Individual	Senior Masculino	41:57	+10:36	04:12
28	15	Nelson Soares	ACR Vale de Cambra	Senior Masculino	42:05	+10:43	04:13
29	289	Ricardo miguel martins gomes	Individual	Senior Masculino	42:13	+10:52	04:13
30	172	Carlos Martins	EVA MS	Senior Masculino	42:31	+11:09	04:15
31	287	Pedro Miguel Costa Lopes	Individual	Senior Masculino	42:39	+11:18	04:16
32	271	José Rosário	Individual	Senior Masculino	42:54	+11:32	04:17
33	205	ANTÓNIO JOSÉ FERREIRA DA SILVA	GRUPO DESPORTIVO & CULTURAL DE CODAL	Senior Masculino	43:06	+11:44	04:19
34	266	Helder costa	Individual	Senior Masculino	43:07	+11:46	04:19
35	448	Pedro Miguel de Almeida Correia	Individual	Senior Masculino	43:34	+12:13	04:21
36	272	José Valente	Individual	Senior Masculino	43:38	+12:17	04:22

Mini Maratona

10 KM

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OFFICIAL RESULT

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37	299	Sergio Manuel Moreira Pinto	Individual	Senior Masculino	43:40	+12:19	04:22
38	56	Jil Coelho	C.D.C. Paradela	Senior Masculino	43:45	+12:23	04:23
39	278	Marcelo teixeira da mota	Individual	Senior Masculino	43:51	+12:30	04:23
40	276	Luis Oliveira	Individual	Senior Masculino	43:51	+12:30	04:23
41	44	Ruben Oliveira	Agência Coutinho	Senior Masculino	43:52	+12:31	04:23
42	65	Pedro Monteiro	CATARI - Gaia-Running	Senior Masculino	43:55	+12:34	04:24
43	415	Paulo Soares	Vale dos Duros	Senior Masculino	44:01	+12:40	04:24
44	412	David Aguiar	TRILHADOS	Senior Masculino	44:15	+12:54	04:26
45	268	Jorge Costa	Individual	Senior Masculino	44:22	+13:01	04:26
46	55	Filipe Mota	C.D.C. Paradela	Senior Masculino	44:33	+13:12	04:27
47	166	Marcelo Ricardo Dias Fonsca	Cruz Vermelha Vale de Cambra	Senior Masculino	44:46	+13:25	04:29
48	283	Nuno Pinto	Individual	Senior Masculino	45:09	+13:48	04:31
49	124	Bruno Silva	CMMC Vale de Cambra	Senior Masculino	45:19	+13:58	04:32
50	401	Antero Roque	Sporting Club Santacruzense	Senior Masculino	45:26	+14:05	04:33
51	297	Rui Miguel Tavares Costa	Individual	Senior Masculino	45:33	+14:12	04:33
52	193	Bruno Silva	Gimnagua	Senior Masculino	45:37	+14:16	04:34
53	294	Roland Tavares Dias de Sousa	Individual	Senior Masculino	45:41	+14:20	04:34
54	302	Vitor Manuel Pinto Almeida e Silva	Individual	Senior Masculino	46:00	+14:38	04:36
55	261	Daniel pereira	Individual	Senior Masculino	46:05	+14:44	04:37
56	168	André Filipe Dos Santos Rebelo	Eduart Componentes Calçado	Senior Masculino	46:18	+14:57	04:38
57	42	Diogo Sousa	Agência Coutinho	Senior Masculino	46:21	+14:59	04:38
58	291	Ricardo Sousa	Individual	Senior Masculino	46:30	+15:08	04:39
59	374	Marinho Duarte	Mrs & Mr Beard	Senior Masculino	46:41	+15:20	04:40
60	414	Hugo Sousa	Vale dos Duros	Senior Masculino	46:46	+15:25	04:41
61	259	Daniel Almeida	Individual	Senior Masculino	47:00	+15:39	04:42
62	190	Luís Miguel Santos Teixeira	GEOCROSSTRAIL	Senior Masculino	47:01	+15:40	04:42
63	264	Francisco Cruz	Individual	Senior Masculino	47:29	+16:08	04:45
64	254	Carlos Cruz	Individual	Senior Masculino	47:52	+16:31	04:47
65	13	Francis Pinho Fernandes	ACR Vale de Cambra	Senior Masculino	47:59	+16:38	04:48
66	62	Bruno Couto	Caldas sport clube	Senior Masculino	48:03	+16:42	04:48
67	231	Hugo Valqueresma	Humateam	Senior Masculino	48:36	+17:15	04:52
68	388	Raul Leite	Os Alminhas	Senior Masculino	48:41	+17:20	04:52
69	380	Fernando Coutinho	Oliveira´s	Senior Masculino	48:51	+17:30	04:53
70	126	Nelson Rodrigues	CMMC Vale de Cambra	Senior Masculino	49:08	+17:47	04:55
71	296	Rui Martins	Individual	Senior Masculino	49:18	+17:57	04:56
72	127	Nelson Tavares	CMMC Vale de Cambra	Senior Masculino	49:32	+18:10	04:57
73	381	Marco Janeiro	Oliveira´s	Senior Masculino	49:35	+18:13	04:58
74	189	Luís Miguel Rodrigues Oliveira	GEOCROSSTRAIL	Senior Masculino	49:47	+18:26	04:59
75	274	Luís Magalhães	Individual	Senior Masculino	49:59	+18:38	05:00
76	29	António Figueiredo	Afis/Ovar	Senior Masculino	50:00	+18:39	05:00
77	12	FILIPE MANUEL FERREIRA	ACR Vale de Cambra	Senior Masculino	50:17	+18:56	05:02
78	290	Ricardo Pereira	Individual	Senior Masculino	50:19	+18:57	05:02
79	413	Luis Marques	TRILHADOS	Senior Masculino	50:22	+19:01	05:02
80	370	Sergio Miguel Oliveira Campos Alves	Lesmas e Caracóis	Senior Masculino	50:32	+19:10	05:03
81	407	Fábio Correia	TEAM	Senior Masculino	50:35	+19:14	05:04
82	416	Antonio Almeida	Villa Cesari	Senior Masculino	50:40	+19:19	05:04

Mini Maratona

10 KM

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OFFICIAL RESULT

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83	288	Pedro Silva	Individual	Senior Masculino	51:00	+19:39	05:06
84	265	Francisco Figueiredo	Individual	Senior Masculino	51:23	+20:01	05:08
85	251	Antonio Jorge Costa Almeida	Individual	Senior Masculino	52:38	+21:17	05:16
86	295	Rui Filipe Bento Freitas	Individual	Senior Masculino	52:42	+21:21	05:16
87	260	Daniel Ferreira	Individual	Senior Masculino	52:44	+21:23	05:16
88	285	Paulo Vaz	Individual	Senior Masculino	53:23	+22:02	05:20
89	248	Afonso Montenegro	Individual	Senior Masculino	53:24	+22:03	05:20
90	249	André Filipe da Costa tavares	Individual	Senior Masculino	53:25	+22:04	05:21
91	6	Raul Filipe Brandao Pinho Augusto	Gimn Água	Senior Masculino	53:26	+22:05	05:21
92	301	Vitor Correia	Individual	Senior Masculino	53:56	+22:34	05:24
93	277	Marcelo Sousa	Individual	Senior Masculino	54:13	+22:52	05:25
94	382	Ricardo Manuel Silva	Oliveira´s	Senior Masculino	54:23	+23:02	05:26
95	284	Patrick Pinho Soares	Individual	Senior Masculino	54:44	+23:23	05:28
96	298	Rui Pedro Martins Ferreira	Individual	Senior Masculino	55:05	+23:44	05:31
97	87	Sérgio Henriques Marques	chewbacca	Senior Masculino	55:20	+23:59	05:32
98	267	João Coelho	Individual	Senior Masculino	56:06	+24:45	05:37
99	368	Cláudio Castro	Jalm, Run and Walking Team	Senior Masculino	56:24	+25:03	05:38
100	250	André Filipe da Silva Costa	Individual	Senior Masculino	56:26	+25:05	05:39
101	270	JOSÉ MELO	Individual	Senior Masculino	57:21	+25:59	05:44
102	387	Pedro Lopes	Os Alminhas	Senior Masculino	58:05	+26:44	05:49
103	411	Carlos Freitas	TRILHADOS	Senior Masculino	58:10	+26:49	05:49
104	286	Pedro Martins	Individual	Senior Masculino	58:30	+27:09	05:51
105	396	Vitor Coutinho	SC Gandra	Senior Masculino	59:09	+27:48	05:55
106	445	RAFAEL FERREIRA	Individual	Senior Masculino	59:14	+27:52	05:55
107	444	VITOR SILVA	Individual	Senior Masculino	59:14	+27:53	05:55
108	275	Luis Novo	Individual	Senior Masculino	59:41	+28:19	05:58
109	89	Nelson Machado	Cirac - Circulo de Recreio Arte e cultura	Senior Masculino	59:47	+28:26	05:59
110	177	Antonio Luis Costa Marques	Fromageries Bel Portugal S.A.	Senior Masculino	01:01:09	+29:47	06:07
111	178	Mário Henriques	Fromageries Bel Portugal S.A.	Senior Masculino	01:01:14	+29:53	06:07
112	447	MARCO ALMEIDA	Individual	Senior Masculino	01:01:30	+30:09	06:09
113	258	Danie Alves	Individual	Senior Masculino	01:01:32	+30:11	06:09
114	386	Jaime Azevedo	Os Alminhas	Senior Masculino	01:01:59	+30:37	06:12
115	14	Hugo Rafael Piedade Silva	ACR Vale de Cambra	Senior Masculino	01:02:00	+30:39	06:12
116	306	Atleta Sem Info	Individual	Senior Masculino	01:03:54	+32:33	06:23
117	379	Tiago Gomes	O bando dos 4	Senior Masculino	01:06:26	+35:04	06:39
118	378	Diogo Piedade	O bando dos 4	Senior Masculino	01:06:26	+35:05	06:39
119	180	Vitor Emanuel Duarte Santos	Fromageries Bel Portugal S.A.	Senior Masculino	01:08:52	+37:31	06:53
120	128	Nuno Pinho	CMMC Vale de Cambra	Senior Masculino	01:10:08	+38:46	07:01
121	269	JORGE HUMBERTO A.P. SILVA	Individual	Senior Masculino	01:12:18	+40:56	07:14

Veterana F40

1	96	MÓNICA FERNANDES	CLUBE ATLETISMO DE OVAR	Veterana F40	39:39	+08:18	03:58
2	310	Mónica Oliveira	Individual	Veterana F40	44:06	+12:44	04:25
3	61	Arlete santos	Caldas sport clube	Veterana F40	48:03	+16:42	04:48

Mini Maratona

10 KM

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OFFICIAL RESULT

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4	400	Isabel Cristina Brandão Soares	Sportarc.Running	Veterana F40	50:14	+18:53	05:01
5	30	Ana Silva	Afis/Ovar	Veterana F40	52:23	+21:01	05:14
6	371	Susana Margarida Santos Martins	MIMOSA RUNNERS	Veterana F40	52:51	+21:30	05:17
7	129	Claudia Quaresma	CMMC Vale de Cambra	Veterana F40	53:41	+22:20	05:22
8	305	CARLA GABRIELA MARTINS FERREIRA	Individual	Veterana F40	55:00	+23:39	05:30
9	311	Rosa Almeida	Individual	Veterana F40	57:39	+26:18	05:46
10	196	SOFIA BASTOS	GINASIO FIT4FUN	Veterana F40	01:00:36	+29:15	06:04
11	307	CLÁUDIA MARGARIDA PAÚL FERNANDES SANTIAGO	Individual	Veterana F40	01:00:58	+29:37	06:06
12	449	Carla Susana Tavares Silva	Individual	Veterana F40	01:01:24	+30:02	06:08
13	303	Adélia Boucinha	Individual	Veterana F40	01:02:46	+31:25	06:17
14	132	Teresa Gonçalves	CMMC Vale de Cambra	Veterana F40	01:02:51	+31:30	06:17
15	90	Susana Sofia Rocha	Cirac - Circulo de Recreio Arte e cultura	Veterana F40	01:03:58	+32:37	06:24
16	309	Maria Madalena Correria	Individual	Veterana F40	01:05:41	+34:19	06:34

Veterana F45

1	31	Helena Sampaio	Afis/Ovar	Veterana F45	40:50	+09:29	04:05
2	390	Carla Araújo	Pupilos do Ze To	Veterana F45	42:00	+10:38	04:12
3	68	Orlanda Rego	CATARI - Gaia-Running	Veterana F45	48:49	+17:28	04:53
4	175	Silvia Baptista	FIAES SPORT CLUBE	Veterana F45	49:46	+18:25	04:59
5	84	Ana Cristina Gomes Pina Silva	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterana F45	52:28	+21:07	05:15
6	392	SUZANA DUARTE	S.S.T.S.J.M. SERVIÇOS SOCIAIS DO PESSOAL DO MUNICÍPIO DE S. JOÃO DA MADEIRA	Veterana F45	52:53	+21:32	05:17
7	391	ANABELA SANTOS	S.S.T.S.J.M. SERVIÇOS SOCIAIS DO PESSOAL DO MUNICÍPIO DE S. JOÃO DA MADEIRA	Veterana F45	52:54	+21:33	05:17
8	316	Regina Almeida	Individual	Veterana F45	54:10	+22:49	05:25
9	133	Elisabete Santos	CMMC Vale de Cambra	Veterana F45	54:38	+23:17	05:28
10	197	Ana Pissarra	GINASIO FIT4FUN	Veterana F45	55:16	+23:55	05:32
11	198	Monica Montenegro	GINASIO FIT4FUN	Veterana F45	55:17	+23:56	05:32
12	213	Isabel Andrade	GRUPO DESPORTIVO E CULTURAL DE GUILHOVAI	Veterana F45	57:02	+25:41	05:42
13	314	Cristina Rodrigues Tavares	Individual	Veterana F45	57:53	+26:32	05:47
14	313	Cristina Azevedo	Individual	Veterana F45	01:01:59	+30:37	06:12
15	312	Ana Bastos	Individual	Veterana F45	01:05:41	+34:20	06:34
16	135	Paula Silva	CMMC Vale de Cambra	Veterana F45	01:15:17	+43:56	07:32

Veterana F50

1	69	Elisabete Repas	CATARI - Gaia-Running	Veterana F50	49:05	+17:44	04:55
2	52	Conceição Ferreira	Aztrail/Mercentro	Veterana F50	49:54	+18:33	04:59
3	97	MATILDE LEAL	CLUBE ATLETISMO DE OVAR	Veterana F50	51:41	+20:20	05:10
4	176	FATIMA PAIS	FIAES SPORT CLUBE	Veterana F50	54:02	+22:41	05:24

Mini Maratona

10 KM

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OFFICIAL RESULT

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5	317	Luisa Amorim	Individual	Veterana F50	01:02:15	+30:54	06:14:15
6	18	Maria Isabel Soares Silva	ACR Vale de Cambra	Veterana F50	01:08:48	+37:27	06:53:15

Veterana F55

1	24	Helena Mourão	Acrs Desterro-Napo	Veterana F55	46:54	+15:33	04:41
2	398	MARIA COSTA	SERVIÇOS SOCIAIS TRAB. M. DE OVAR	Veterana F55	48:26	+17:04	04:51
3	23	Graça Leite	ACREFA	Veterana F55	53:36	+22:15	05:22
4	101	Clementina Andrade	Clube Campismo	Veterana F55	54:05	+22:44	05:25
5	440	Cristina Romariz	CATARI - Gaia-Running	Veterana F55	01:01:39	+30:18	06:10

Veterana F60

1	209	FERNANDA GOMES DE ALMEIDA	GRUPO DESPORTIVO & CULTURAL DE CODAL	Veterana F60	54:51	+23:30	05:29
2	319	Maria Manuela Melo	Individual	Veterana F60	56:21	+25:00	05:38
3	393	MARIA FERNANDES	S.S.T.S.J.M. SERVIÇOS SOCIAIS DO PESSOAL DO MUNICÍPIO DE S. JOÃO DA MADEIRA	Veterana F60	58:44	+27:23	05:52

Veterano M40

1	215	ARTUR OLIVEIRA RODRIGUES	GRUPO DESPORTIVO E CULTURAL DE GUILHOVAI	Veterano M40	32:55	+01:34	03:18
2	323	Fernando Lima	Individual	Veterano M40	33:49	+02:28	03:23
3	217	PAULO JORGE SOARES PEREIRA	GRUPO DESPORTIVO E CULTURAL DE GUILHOVAI	Veterano M40	34:03	+02:42	03:24
4	369	Angelo Araujo	JOBRA-Associação Jovens da Branca	Veterano M40	34:09	+02:48	03:25
5	375	JOÃO ALVES	NUCLEO DE ATLETISMO DE CUCUJÃES	Veterano M40	34:10	+02:49	03:25
6	216	LUÍS JOSÉ GOMES E SILVA	GRUPO DESPORTIVO E CULTURAL DE GUILHOVAI	Veterano M40	34:26	+03:05	03:27
7	73	Peter Silva	CATARI - Gaia-Running	Veterano M40	38:53	+07:32	03:53
8	320	Américo Silva	Individual	Veterano M40	39:11	+07:49	03:55
9	446	Ricardo Alexandre Oliveira Silva	Individual	Veterano M40	39:28	+08:07	03:57
10	27	José Augusto Tavares Ferreira	ADC Felgueira - FreitaSkyrunning	Veterano M40	42:57	+11:36	04:18
11	85	Jorge Quental	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M40	43:21	+12:00	04:20
12	71	Nuno Almeida	CATARI - Gaia-Running	Veterano M40	43:55	+12:34	04:24
13	32	Pedro Necho	Afis/Ovar	Veterano M40	44:03	+12:41	04:24
14	210	RUI PEDRO JESUS DE ALMEIDA	GRUPO DESPORTIVO & CULTURAL DE CODAL	Veterano M40	44:31	+13:10	04:27
15	53	Miguel Dias	Boavista FC	Veterano M40	45:08	+13:47	04:31
16	322	CARLOS JORGE BENTO	Individual	Veterano M40	45:13	+13:51	04:31
17	199	ÂNGELO PINHO	GINASIO FIT4FUN	Veterano M40	45:15	+13:53	04:32
18	335	Rui Paiva	Individual	Veterano M40	47:08	+15:46	04:43

Mini Maratona

10 KM

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OFFICIAL RESULT

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19	139	Jacinto Almeida	CMMC Vale de Cambra	Veterano M40	47:27	+16:06	04:45
20	142	Vasco Gomes	CMMC Vale de Cambra	Veterano M40	47:48	+16:27	04:47
21	141	Miguel Barbosa	CMMC Vale de Cambra	Veterano M40	49:23	+18:02	04:56
22	194	Jacinto Vinha	Gimnagua	Veterano M40	50:45	+19:24	05:05
23	367	Nuno Filipe Marques da Silva	Iron runners	Veterano M40	50:46	+19:24	05:05
24	325	Francisco Oliveira	Individual	Veterano M40	50:53	+19:32	05:05
25	389	Mario Neves	Os Alminhas	Veterano M40	51:32	+20:11	05:09
26	324	Filipe Tavares	Individual	Veterano M40	52:13	+20:52	05:13
27	330	Nuno Filipe Oliveira Soares	Individual	Veterano M40	52:37	+21:16	05:16
28	138	Carlos Silva	CMMC Vale de Cambra	Veterano M40	53:40	+22:19	05:22
29	327	Jose	Individual	Veterano M40	54:17	+22:56	05:26
30	321	Anselmo Mendes	Individual	Veterano M40	54:17	+22:56	05:26
31	332	Paulo Jorge Melo e Silva	Individual	Veterano M40	54:23	+23:02	05:26
32	372	José Pinho	MIMOSA RUNNERS	Veterano M40	55:16	+23:55	05:32
33	26	André Vigário	ADC Felgueira - Freitas	Veterano M40	56:03	+24:42	05:36
34	328	José Luís Quaresma	Individual	Veterano M40	56:58	+25:36	05:42
35	334	Pedro Miguel Bastos Almeida	Individual	Veterano M40	58:24	+27:03	05:50
36	191	Rui Moreira	Geocrosstrail	Veterano M40	58:42	+27:21	05:52
37	383	João Filipe Alves	Oliveira's	Veterano M40	01:02:01	+30:40	06:12
38	333	Pedro Costa	Individual	Veterano M40	01:02:47	+31:25	06:17
39	72	Paulo Pires	CATARI - Gaia-Running	Veterano M40	01:02:48	+31:27	06:17
40	140	Luis Silva	CMMC Vale de Cambra	Veterano M40	01:08:29	+37:08	06:51
41	74	Rui Rodrigues	CATARI - Gaia-Running	Veterano M40	01:13:42	+42:21	07:22

Veterano M45

1	220	PAULO JORGE CAETANO GOMES	GRUPO DESPORTIVO E CULTURAL DE GUILHOVAI	Veterano M45	31:58	+00:37	03:12
2	19	FERNANDO PINHO	ACR Vale de Cambra	Veterano M45	35:41	+04:19	03:34
3	152	José Romeu	CMMC Vale de Cambra	Veterano M45	35:59	+04:38	03:36
4	211	PAULO MANUEL ARIEIRO TAVARES	GRUPO DESPORTIVO & CULTURAL DE CODAL	Veterano M45	37:29	+06:08	03:45
5	218	LINO DA SILVA FERREIRA	GRUPO DESPORTIVO E CULTURAL DE GUILHOVAI	Veterano M45	37:47	+06:26	03:47
6	114	Avelino Freitas	Clube são paio oleiro	Veterano M45	38:19	+06:58	03:50
7	98	ANTONIOFILIPE FONTES	CLUBE ATLETISMO DE OVAR	Veterano M45	38:54	+07:33	03:53
8	33	José Godinho	Afis/Ovar	Veterano M45	39:00	+07:39	03:54
9	102	Fernando Soares	Clube Campismo	Veterano M45	39:25	+08:03	03:57
10	341	Jorge Queirós	Individual	Veterano M45	40:16	+08:55	04:02
11	148	Carlos Pinho	CMMC Vale de Cambra	Veterano M45	41:15	+09:54	04:08
12	151	Joaquim Couto	CMMC Vale de Cambra	Veterano M45	43:17	+11:56	04:20
13	146	António Melo	CMMC Vale de Cambra	Veterano M45	43:21	+11:59	04:20
14	45	José Correia	Agência Coutinho	Veterano M45	43:57	+12:35	04:24
15	145	António Martins	CMMC Vale de Cambra	Veterano M45	44:18	+12:56	04:26
16	149	Filipe Pinho	CMMC Vale de Cambra	Veterano M45	44:24	+13:03	04:26
17	34	José Tavares	Afis/Ovar	Veterano M45	44:51	+13:30	04:29
18	183	Luis Pinho	Fromageries Bel Portugal S.A.	Veterano M45	45:08	+13:47	04:31

Mini Maratona

10 KM

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OFFICIAL RESULT

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19	340	GIL VALADARES	Individual	Veterano M45	45:18	+13:56	04:32
20	75	Vítor Fernandes	CATARI - Gaia-Running	Veterano M45	46:24	+15:03	04:38
21	147	Carlos Brandão	CMMC Vale de Cambra	Veterano M45	49:19	+17:58	04:56
22	200	Luís Almeida	GINASIO FIT4FUN	Veterano M45	49:54	+18:33	04:59
23	153	Luis Ferreira	CMMC Vale de Cambra	Veterano M45	51:31	+20:10	05:09
24	154	Paulo Almeida	CMMC Vale de Cambra	Veterano M45	51:48	+20:27	05:11
25	344	PAULO JORGE PINHO SANTOS	Individual	Veterano M45	53:14	+21:53	05:19
26	345	Rui Pedro Teixeira da Silva	Individual	Veterano M45	53:32	+22:10	05:21
27	338	Fernando Abreu	Individual	Veterano M45	53:54	+22:32	05:23
28	337	Ernesto Gonçalves	Individual	Veterano M45	54:02	+22:41	05:24
29	339	FERNANDO ANTONIO ROTHES	Individual	Veterano M45	54:24	+23:03	05:26
30	384	Luís Miguel Oliveira	Oliveira's	Veterano M45	54:56	+23:34	05:30
31	184	Rui Cavacas	Fromageries Bel Portugal S.A.	Veterano M45	55:47	+24:25	05:35
32	342	Luis Teixeira	Individual	Veterano M45	55:48	+24:27	05:35
33	150	Helder Costa	CMMC Vale de Cambra	Veterano M45	56:19	+24:58	05:38
34	402	José lopes	Sporting Club Santacruzense	Veterano M45	57:50	+26:29	05:47
35	91	Paulo Martins	Cirac - Circulo de Recreio Arte e cultura	Veterano M45	58:43	+27:22	05:52
36	143	Alexandre Gomes	CMMC Vale de Cambra	Veterano M45	59:07	+27:46	05:55
37	336	Antonio Jorge Soares Silva	Individual	Veterano M45	01:01:20	+29:58	06:08
38	182	Fernando Jorge Borges Almeida Tavares	Fromageries Bel Portugal S.A.	Veterano M45	01:01:24	+30:03	06:08
39	144	António Almeida	CMMC Vale de Cambra	Veterano M45	01:03:07	+31:45	06:19

Veterano M50

1	222	ANTÓNIO JOAQUIM SOARES FERNANDES	GRUPO DESPORTIVO E CULTURAL DE GUILHOVAI	Veterano M50	32:55	+01:34	03:18
2	224	MANUEL DE JESUS RIBEIRO URBANO	GRUPO DESPORTIVO E CULTURAL DE GUILHOVAI	Veterano M50	35:04	+03:43	03:30
3	225	MANUEL FERNANDO SOARES FERREIRA	GRUPO DESPORTIVO E CULTURAL DE GUILHOVAI	Veterano M50	35:46	+04:25	03:35
4	103	Manuel Oliveira	Clube Campismo	Veterano M50	36:11	+04:50	03:37
5	20	ANTÓNIO PINTO	ACR Vale de Cambra	Veterano M50	36:49	+05:27	03:41
6	115	Jorge Luz	Clube são paio oleiro	Veterano M50	38:29	+07:08	03:51
7	35	José Figueiredo	Afis/Ovar	Veterano M50	38:53	+07:32	03:53
8	83	Fernando Antunes	CCDS S.Frutuoso	Veterano M50	39:25	+08:04	03:57
9	157	João Rodrigues	CMMC Vale de Cambra	Veterano M50	39:36	+08:15	03:58
10	352	Joaquim Valente Ferreira	Individual	Veterano M50	41:06	+09:45	04:07
11	21	CELSO PAIVA	ACR Vale de Cambra	Veterano M50	41:28	+10:07	04:09
12	99	ANTONIO CASTRO	CLUBE ATLETISMO DE OVAR	Veterano M50	42:40	+11:19	04:16
13	353	Jorge Brito de Oliveira Gonçalves	Individual	Veterano M50	43:01	+11:39	04:18
14	346	carlos alberto Almeida Soares Maria	Individual	Veterano M50	43:25	+12:04	04:21
15	46	Jorge Rodrigues	Agência Coutinho	Veterano M50	44:22	+13:01	04:26
16	351	Ismael venâncio silva bastos	Individual	Veterano M50	45:04	+13:43	04:30
17	348	Fernando Sacramento	Individual	Veterano M50	45:15	+13:54	04:32
18	104	Vitorino Silva	Clube Campismo	Veterano M50	45:19	+13:58	04:32
19	354	JOSE ANTONIO PINHO FERNANDES	Individual	Veterano M50	47:04	+15:43	04:42

Mini Maratona

10 KM

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OFFICIAL RESULT

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20	47	Serafim Pina	Agência Coutinho	Veterano M50	47:11	+15:50	04:43
21	347	Carlos Ferreira	Individual	Veterano M50	47:24	+16:03	04:44
22	408	João Pinho	To Na Pista	Veterano M50	47:38	+16:17	04:46
23	76	Francisco Freitas	CATARI - Gaia-Running	Veterano M50	48:10	+16:48	04:49
24	221	ANTÓNIO DIAS DOS SANTOS	GRUPO DESPORTIVO E CULTURAL DE GUILHOVAI	Veterano M50	48:55	+17:34	04:54
25	36	Paulo Almeida	Afis/Ovar	Veterano M50	50:39	+19:17	05:04
26	28	jose fernando de souza e matos	adrep	Veterano M50	50:41	+19:19	05:04
27	223	Manuel Andrade	GRUPO DESPORTIVO E CULTURAL DE GUILHOVAI	Veterano M50	51:22	+20:01	05:08
28	78	Jose Rodrigues	CATARI - Gaia-Running	Veterano M50	52:15	+20:54	05:14
29	169	Luís Filipe Martins Soares	Eduart Componentes Calçado	Veterano M50	53:31	+22:09	05:21
30	349	Filipe Manuel Martins Leite	Individual	Veterano M50	54:28	+23:07	05:27
31	79	Luís Duarte	CATARI - Gaia-Running	Veterano M50	54:48	+23:27	05:29
32	77	José Esuardo Teixeira	CATARI - Gaia-Running	Veterano M50	54:48	+23:27	05:29
33	350	Gilberto Almeida	Individual	Veterano M50	54:49	+23:28	05:29
34	7	Ricardo Bastos	A A Lebres do Sado	Veterano M50	01:00:32	+29:11	06:03
35	174	Enio Costa Pinho	FeelFree	Veterano M50	01:02:43	+31:22	06:16
36	385	Júlio Manuel Guimarães	Oliveira´s	Veterano M50	01:04:50	+33:29	06:29

Veterano M55

1	25	Mário Silva	Acrs Desterro-Napo	Veterano M55	35:34	+04:13	03:33
2	37	Ernesto Almeida	Afis/Ovar	Veterano M55	36:40	+05:18	03:40
3	58	José Reis	C.l.Argoncilhe	Veterano M55	37:13	+05:52	03:43
4	358	José Graça	Individual	Veterano M55	38:55	+07:34	03:54
5	399	AMERICO VALENTE	SERVIÇOS SOCIAIS TRAB. M. DE OVAR	Veterano M55	39:40	+08:19	03:58
6	38	Manuel Fonseca	Afis/Ovar	Veterano M55	40:32	+09:11	04:03
7	439	Carlos Pinto	CATARI - Gaia-Running	Veterano M55	42:19	+10:58	04:14
8	355	Álvaro Oliveira	Individual	Veterano M55	43:25	+12:04	04:21
9	118	Valdemar Alves	Clube são paio oleiro	Veterano M55	44:00	+12:39	04:24
10	227	NORBERTO LOPES DE OLIVEIRA	GRUPO DESPORTIVO E CULTURAL DE GUILHOVAI	Veterano M55	44:56	+13:35	04:30
11	159	António Oliveira	CMMC Vale de Cambra	Veterano M55	45:18	+13:57	04:32
12	160	Arlindo Rodrigues	CMMC Vale de Cambra	Veterano M55	46:33	+15:12	04:39
13	409	Porfírio Martins	To Na Pista	Veterano M55	47:03	+15:41	04:42
14	356	Carlos Ribeiro Tavares	Individual	Veterano M55	47:58	+16:37	04:48
15	163	Manuel Oliveira	CMMC Vale de Cambra	Veterano M55	49:24	+18:02	04:56
16	39	Manuel Vieira	Afis/Ovar	Veterano M55	50:00	+18:39	05:00
17	92	Alcides Sales	Cirac - Circulo de Recreio Arte e cultura	Veterano M55	51:31	+20:10	05:09
18	105	Manuel Alves	Clube Campismo	Veterano M55	52:37	+21:16	05:16
19	359	Paulo Almeida	Individual	Veterano M55	52:49	+21:28	05:17
20	170	Eduardo Tavares Rebelo Rebelo	Eduart Componentes Calçado	Veterano M55	53:19	+21:57	05:20
21	162	Luis Pinho	CMMC Vale de Cambra	Veterano M55	53:41	+22:20	05:22
22	357	Durbalino Ferreira	Individual	Veterano M55	54:07	+22:46	05:25
23	81	Jorge Santos	CATARI - Gaia-Running	Veterano M55	54:37	+23:16	05:28

Mini Maratona

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OFFICIAL RESULT

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24	80	Helder Oliveira	CATARI - Gaia-Running	Veterano M55	59:08	+27:47	05:55
25	201	Antonio jorge costa	GINASIO FIT4FUN	Veterano M55	01:02:04	+30:43	06:12

Veterano M60

1	395	PEDRO TERRA	S.S.T.S.J.M. SERVIÇOS SOCIAIS DO PESSOAL DO MUNICÍPIO DE S. JOÃO DA MADEIRA	Veterano M60	35:50	+04:29	03:35
2	228	DAVID DA SILVA FERNANDES	GRUPO DESPORTIVO E CULTURAL DE GUILHOVAI	Veterano M60	38:52	+07:31	03:53
3	40	António Vieira	Afis/Ovar	Veterano M60	39:43	+08:22	03:58
4	59	Manuel Gomes	C.I.Argoncilhe	Veterano M60	42:39	+11:18	04:16
5	361	Carlos Alberto Ferreira	Individual	Veterano M60	42:43	+11:22	04:16
6	212	ALBANO DE OLIVEIRA BRAGA	GRUPO DESPORTIVO & CULTURAL DE CODAL	Veterano M60	42:48	+11:27	04:17
7	106	Dario Pereira	Clube Campismo	Veterano M60	44:47	+13:25	04:29
8	93	Fernando Gonçalves	Cirac - Circulo de Recreio Arte e cultura	Veterano M60	45:53	+14:31	04:35
9	107	Edmundo Guedes	Clube Campismo	Veterano M60	47:45	+16:23	04:47
10	82	Fernando Vieira	CATARI - Gaia-Running	Veterano M60	51:30	+20:09	05:09
11	41	José Sousa	Afis/Ovar	Veterano M60	51:41	+20:20	05:10
12	48	Domingos Silva	Agência Coutinho	Veterano M60	51:53	+20:32	05:11
13	22	MANUEL PINHO	ACR Vale de Cambra	Veterano M60	52:47	+21:25	05:17
14	360	antonio santos lopes	Individual	Veterano M60	52:49	+21:28	05:17
15	165	Nelson Silva	CMMC Vale de Cambra	Veterano M60	56:19	+24:58	05:38
16	366	Vitor Manuel Figueiredo Rodrigues	Individual	Veterano M60	56:41	+25:19	05:40
17	362	Jorge Manuel de Almeida Martins Martins	Individual	Veterano M60	58:05	+26:44	05:49
18	394	JOSUÉ FERNANDES	S.S.T.S.J.M. SERVIÇOS SOCIAIS DO PESSOAL DO MUNICÍPIO DE S. JOÃO DA MADEIRA	Veterano M60	58:43	+27:21	05:52
19	365	Nuno Marques	Individual	Veterano M60	01:01:30	+30:09	06:09
20	94	Joaquim Oliveira	Cirac - Circulo de Recreio Arte e cultura	Veterano M60	01:08:53	+37:32	06:53
21	229	Germano Paiva	GRUPO DESPORTIVO E CULTURAL DE GUILHOVAI	Veterano M60	01:15:17	+43:56	07:32