

Local da Prova: **Vila Nova De Gaia**

Data: **10/11/2019**

Hora da Partida: **11:03:40**

Distancias: Corrida - 4,4 km

Ciclismo - 18 km

Corrida - 2,2 km

### Classificações Escalões Masculinos

#	Lic.	Dors.	Nome	Gen	Esc.	Equipa	T.Total	Diff.
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#### 25-29

1	106372	3542	Miguel Neto	M	25-29	MOZINHO RT VALVOLINE	01:14:24	-
2	105685	3727	Luis Lobo	M	25-29	G. D. GOMA	01:24:32	00:10:08

#### 30-34

1	101452	3840	Tiago Pinho	M	30-34	C F Vilacondense	01:05:15	-
2	105776	3774	João Crespo	M	30-34	C F Vilacondense	01:07:00	00:01:45
3	101512	3121	José Carvalho	M	30-34	Mc Donald's/Tribraga	01:07:26	00:02:11
4	103238	3130	Daniel Castro	M	30-34	C F Vilacondense	01:14:29	00:09:14
5	104014	3881	Hélder Lemos	M	30-34	Mc Donald's/Tribraga	01:15:55	00:10:40
6	105637	3680	Nuno Ferreira	M	30-34	MOZINHO RT VALVOLINE	01:16:33	00:11:18
DNF	105263	3462	Hélder Monteiro	M	30-34	MOZINHO RT VALVOLINE	DNF	

#### 35-39

1	101507	3118	António Mesquita	M	35-39	Mc Donald's/Tribraga	01:03:18	-
2	101517	3012	Pedro Santos	M	35-39	Boavista FC	01:05:44	00:02:26
3	104477	3049	Ricardo Pereira	M	35-39	Mc Donald's/Tribraga	01:10:57	00:07:39
4	104665	3239	Carlos Gonçalves	M	35-39	MOZINHO RT VALVOLINE	01:28:50	00:25:32

#### 40-44

1	101726	5281	Paulo Vides	M	40-44	Mc Donald's/Tribraga	01:05:24	-
2	105551	5214	António Ribeiro	M	40-44	Mc Donald's/Tribraga	01:08:16	00:02:52
3	104150	4338	António Xavier Pinto	M	40-44	C F Vilacondense	01:13:41	00:08:17
4	105143	5115	Luís Santos	M	40-44	C F Vilacondense	01:17:18	00:11:54
5		4240	Márcio Miguel Silva	M	40-44	Boavista FC	01:18:55	00:13:31
6	103503	4020	Ricardo Neves	M	40-44	Mc Donald's/Tribraga	01:20:25	00:15:01
7	104773	5442	Nuno Ferreira	M	40-44	Individual	01:27:59	00:22:35

#### 45-49

1	102599	4099	Fernando Igreja	M	45-49	C F Vilacondense	01:17:17	-
2	106356	4334	Paulo Seabra	M	45-49	Individual	01:30:27	00:13:10
DNS	100102	4533	Alexandre Monteiro	M	45-49	Veteranos do Porto	DNS	
DNS	104380	4733	Pedro Santos	M	45-49	Individual	DNS	

#### 50-54

1	100426	4402	Joaquim Carlos Lopes	M	50-54	Boavista FC	01:06:24	-
2	104640	4457	Joaquim Barbosa	M	50-54	Individual	01:18:32	00:12:08
3	104593	4305	José Carlos Ramalho	M	50-54	G. D. GOMA	01:25:27	00:19:03

**Classificações Escalões Masculinos**

#	Lic.	Dors.	Nome	Gen	Esc.	Equipa	T.Total	Diff.
4	102596	4101	Carlos Soares	M	50-54	C F Vilacondense	01:29:11	00:22:47
DSQ	105838	5334	Rui Vieira	M	50-54	Individual	DSQ	

**55-59**

1	104848	5072	Fernando Silva	M	55-59	MOZINHO RT VALVOLINE	01:35:26	-
DNS	100903	4336	José Calheiros	M	55-59	Veteranos do Porto	DNS	