






## Campeonato Douro Norte - Divisions Results





### Men Cadetes (16-17)

Pos	Start #	Athlete	Country				Time	AGR
1	5001	Sebastião Gomes	 - POR	00:18:15	00:47:24	00:08:49	01:16:02	
2	5002	Rui Mendonça	 - POR	00:19:57	00:46:56	00:10:53	01:19:30	
3	5003	Miguel Lobão	 - POR	00:22:11	00:51:46	00:11:48	01:28:33	
4	5004	David Marques	 - POR	00:20:44	00:57:34	00:10:41	01:31:03	






### Men Juniores (18-19)

Pos	Start #	Athlete	Country				Time	AGR
1	5006	David Ferreira	 - POR	00:18:55	00:44:16	00:09:19	01:13:50	
2	5007	Emanuel Gonçalves	 - POR	00:20:34	00:48:31	00:09:15	01:19:55	









### Men 20-24

Pos	Start #	Athlete	Country				Time	AGR
1	5008	Ruben Leandro Ribeiro	 - POR	00:17:51	00:44:22	00:08:52	01:12:30	
2	5010	André Lopes	 - POR	00:22:11	00:50:58	00:11:18	01:26:30	









### Men 35-39

Pos	Start #	Athlete	Country				Time	AGR
1	5009	Pedro Ferreira da Silva	 - POR	00:19:12	00:47:03	00:09:26	01:18:14	
2	5011	Pedro Magalhães	 - POR	00:22:01	00:46:30	00:10:56	01:21:44	

### Men 40-44

Pos	Start #	Athlete	Country				Time	AGR
1	5029	Daniel Santos	 - POR	00:20:10	00:48:16	00:09:38	01:20:07	
2	5031	João Silva	 - POR	00:22:21	00:45:02	00:10:10	01:20:10	
3	5027	Helder Caiado	 - POR	00:22:45	00:50:54	00:10:11	01:25:36	
4	5018	Cristiano Gonçalves	 - POR	00:23:38	00:48:53	00:12:17	01:27:29	
5	5021	Pedro Gonçalves	 - POR	00:21:37	00:55:02	00:09:57	01:29:10	

### Men 45-49






Pos	Start #	Athlete	Country				Time	AGR
1	5025	Hugo Gomes	 - POR	00:20:49	00:49:03	00:09:43	01:21:30	
2	5032	Carlos Miguel Fernandes Lobão	 - POR	00:20:35	00:50:40	00:09:41	01:22:39	
3	5016	Pedro Tavares	 - POR	00:22:50	00:48:06	00:11:16	01:25:01	
4	5024	Luís Santos	 - POR	00:23:03	00:50:39	00:11:55	01:27:21	
5	5023	Ângelo Fernandes	 - POR	00:24:03	00:53:56	00:11:33	01:31:54	

### Men 50-54

Pos	Start #	Athlete	Country				Time	AGR
1	5030	Ricardo Afonso	 - POR	00:21:17	00:46:44	00:10:19	01:21:06	
2	5015	Fernando Igreja	 - POR	00:21:01	00:51:28	00:10:00	01:24:25	
3	5026	Nuno Sousa Pereira	 - POR	00:25:19	00:52:39	00:12:35	01:32:23	
4	5017	Ulisses Lopes	 - POR	00:33:57	01:19:33	00:21:19	02:18:01	

### Men 55-59

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Pos	Start #	Athlete	Country				Time	AGR
1	5020	Fernando Gouveia	 - POR	00:19:04	00:41:55	00:09:15	01:12:09	
2	5019	Joaquim Barbosa	 - POR	00:22:38	00:49:57	00:10:15	01:24:57	

**Men 60-64**

Pos	Start #	Athlete	Country				Time	AGR
1	5033	José Calheiros	 - POR	00:23:32	00:54:25	00:10:20	01:30:36	

## Campeonato Douro Norte - Divisions Results






### Women Cadetes (16-17)

Pos	Start #	Athlete	Country				Time	AGR
1	5000	Fabiana Ferreira	 - POR	00:24:14	00:59:34	00:12:39	01:38:23	






### Women 25-29

Pos	Start #	Athlete	Country				Time	AGR
1	5012	Lawinya Costa	 - POR	00:32:08	01:12:00	00:16:35	02:03:12	

### Women 35-39

Pos	Start #	Athlete	Country				Time	AGR
1	5013	Cristina Pereira	 - POR	00:22:51	00:52:03	00:12:01	01:28:58	
2	5005	Ana Moreira	 - POR	00:22:35	00:57:35	00:11:15	01:33:49	

### Women 40-44

Pos	Start #	Athlete	Country				Time	AGR
1	5022	Catarina Regalo	 - POR	00:26:02	01:05:52	00:12:26	01:46:46	
2	5028	Patricia Watanabe	 - POR	00:25:57	01:07:28	00:12:36	01:48:14	