








































Campeonato Douro Norte - Overall Results

Pos	Start #	Athlete	Gender	Division	Country		T1		T2		Time
1	5020	Fernando Gouveia	M	M55-59	 - POR	00:19:04	00:01:05	00:41:55	00:00:53	00:09:15	01:12:09
2	5008	Ruben Leandro Ribeiro	M	M20-24	 - POR	00:17:51	00:00:39	00:44:22	00:00:47	00:08:52	01:12:30
3	5006	David Ferreira	M	Jun-M	 - POR	00:18:55	00:00:42	00:44:16	00:00:40	00:09:19	01:13:50
4	5001	Sebastião Gomes	M	Cad-M	 - POR	00:18:15	00:00:52	00:47:24	00:00:44	00:08:49	01:16:02
5	5009	Pedro Ferreira da Silva	M	M35-39	 - POR	00:19:12	00:01:15	00:47:03	00:01:20	00:09:26	01:18:14
6	5002	Rui Mendonça	M	Cad-M	 - POR	00:19:57	00:00:53	00:46:56	00:00:52	00:10:53	01:19:30
7	5007	Emanuel Gonçalves	M	Jun-M	 - POR	00:20:34	00:00:52	00:48:31	00:00:45	00:09:15	01:19:55
8	5029	Daniel Santos	M	M40-44	 - POR	00:20:10	00:01:11	00:48:16	00:00:54	00:09:38	01:20:07
9	5031	João Silva	M	M40-44	 - POR	00:22:21	00:01:25	00:45:02	00:01:16	00:10:10	01:20:10
10	5030	Ricardo Afonso	M	M50-54	 - POR	00:21:17	00:01:13	00:46:44	00:01:35	00:10:19	01:21:06
11	5025	Hugo Gomes	M	M45-49	 - POR	00:20:49	00:01:00	00:49:03	00:00:58	00:09:43	01:21:30
12	5011	Pedro Magalhães	M	M35-39	 - POR	00:22:01	00:01:13	00:46:30	00:01:06	00:10:56	01:21:44
13	5032	Carlos Miguel Fernandes Lobão	M	M45-49	 - POR	00:20:35	00:00:55	00:50:40	00:00:50	00:09:41	01:22:39
14	5015	Fernando Igreja	M	M50-54	 - POR	00:21:01	00:00:53	00:51:28	00:01:05	00:10:00	01:24:25
15	5019	Joaquim Barbosa	M	M55-59	 - POR	00:22:38	00:01:07	00:49:57	00:01:01	00:10:15	01:24:57
16	5016	Pedro Tavares	M	M45-49	 - POR	00:22:50	00:01:34	00:48:06	00:01:16	00:11:16	01:25:01
17	5027	Helder Caiado	M	M40-44	 - POR	00:22:45	00:01:08	00:50:54	00:00:40	00:10:11	01:25:36
18	5010	André Lopes	M	M20-24	 - POR	00:22:11	00:01:06	00:50:58	00:00:58	00:11:18	01:26:30
19	5024	Luís Santos	M	M45-49	 - POR	00:23:03	00:01:00	00:50:39	00:00:45	00:11:55	01:27:21
20	5018	Cristiano Gonçalves	M	M40-44	 - POR	00:23:38	00:01:14	00:48:53	00:01:29	00:12:17	01:27:29
21	5003	Miguel Lobão	M	Cad-M	 - POR	00:22:11	00:01:28	00:51:46	00:01:23	00:11:48	01:28:33
22	5013	Cristina Pereira	F	F35-39	 - POR	00:22:51	00:01:09	00:52:03	00:00:56	00:12:01	01:28:58
23	5021	Pedro Gonçalves	M	M40-44	 - POR	00:21:37	00:01:16	00:55:02	00:01:20	00:09:57	01:29:10
24	5033	José Calheiros	M	M60-64	 - POR	00:23:32	00:01:18	00:54:25	00:01:04	00:10:20	01:30:36
25	5004	David Marques	M	Cad-M	 - POR	00:20:44	00:01:12	00:57:34	00:00:53	00:10:41	01:31:03
26	5023	Ângelo Fernandes	M	M45-49	 - POR	00:24:03	00:01:22	00:53:56	00:01:01	00:11:33	01:31:54
27	5026	Nuno Sousa Pereira	M	M50-54	 - POR	00:25:19	00:00:58	00:52:39	00:00:55	00:12:35	01:32:23

Campeonato Douro Norte - Overall Results

Pos	Start #	Athlete	Gender	Division	Country		T1		T2		Time
28	5005	Ana Moreira	F	F35-39	 - POR	00:22:35	00:01:17	00:57:35	00:01:09	00:11:15	01:33:49
29	5000	Fabiana Ferreira	F	Cad-F	 - POR	00:24:14	00:01:04	00:59:34	00:00:54	00:12:39	01:38:23
30	5022	Catarina Regalo	F	F40-44	 - POR	00:26:02	00:01:16	01:05:52	00:01:12	00:12:26	01:46:46
31	5028	Patricia Watanabe	F	F40-44	 - POR	00:25:57	00:01:09	01:07:28	00:01:07	00:12:36	01:48:14
32	5012	Lawinya Costa	F	F25-29	 - POR	00:32:08	00:01:22	01:12:00	00:01:09	00:16:35	02:03:12
33	5017	Ulisses Lopes	M	M50-54	 - POR	00:33:57	00:02:03	01:19:33	00:01:12	00:21:19	02:18:01