



**PROVA PRINCIPAL**
**10 KM**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**
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LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
43	513	JOSÉ FIGUEIRA	industrial desportivo vieirense	Veterano M40	35:44	+05:53	03:34
44	599	Mónica Silva	maratona clube de portugal	Senior Feminino	35:46	+05:55	03:35
45	318	ILIDIO DIAS	ac vermoil	Senior Masculino	35:54	+06:03	03:35
46	138	João Pascoal	individual	Senior Masculino	35:58	+06:07	03:36
47	526	LICINIO PEREIRA	industrial desportivo vieirense	Veterano M55	36:05	+06:14	03:37
48	542	Analia Rosa	maratona clube de portugal	Senior Feminino	36:05	+06:14	03:37
49	544	Marco Bernardo	nucleo de atletismo vila real	Senior Masculino	36:06	+06:15	03:37
50	497	Alexandre Santos	grupo desportivo e cultural de guilhovai	Senior Masculino	36:09	+06:18	03:37
51	593	Vera Nunes	sport lisboa e benfica	Senior Feminino	36:11	+06:20	03:37
52	309	Paulo Pinto	a.d. rio largo c.e.	Veterano M40	36:13	+06:22	03:37
53	388	Rui Roberto	clube atletismo barreira - leiria	Senior Masculino	36:16	+06:25	03:38
54	331	Joana Nunes	adercus	Senior Feminino	36:23	+06:32	03:38
55	332	Hugo Ramalho	adercus	Senior Masculino	36:23	+06:32	03:38
56	550	Carlos Costa	os peregrinos de coimbra	Senior Masculino	36:25	+06:34	03:39
57	302	TIAGO Filipe Ribeiro GODINHO	a.c.r. sra desterro - napo	Senior Masculino	36:26	+06:35	03:39
58	427	Marco Fidalgo	escola de atletismo rui silva	Senior Masculino	36:36	+06:45	03:40
59	469	José Raimundo	g.d.r.figueiras- mª grande	Veterano M50	36:38	+06:47	03:40
60	468	Paulo Simão	g.d.r.figueiras- mª grande	Veterano M40	36:45	+06:54	03:41
61	551	Fernando Carvalho	os peregrinos de coimbra	Senior Masculino	36:45	+06:54	03:41
62	553	Márcio Pereira	os peregrinos de coimbra	Senior Masculino	36:45	+06:54	03:41
63	487	Tiago Cruz	gau-bajouca	Senior Masculino	36:48	+06:57	03:41
64	72	António José Santos Ferreira	individual	Veterano M45	36:51	+07:00	03:41
65	148	Joaquim Antunes	individual	Veterano M50	36:52	+07:01	03:41
66	466	Eduardo Cardeira	g.d.r.figueiras- mª grande	Senior Masculino	36:52	+07:01	03:41
67	485	Pedro Capela	gau-bajouca	Senior Masculino	36:52	+07:01	03:41
68	478	Cátia Santos	garmin - clube olimpico de oeiras	Senior Feminino	36:53	+07:02	03:41
69	585	João Domingos	s.r.jardoeira	Veterano M40	36:58	+07:07	03:42
70	389	Germano Capela	clube atletismo barreira - leiria	Veterano M40	37:11	+07:20	03:43
71	361	MARCO FRANCO	casa do benfica em abrantes	Senior Masculino	37:15	+07:24	03:44
72	399	Ricardo Henriques	clube recreativo amieirinhense	Senior Masculino	37:18	+07:27	03:44
73	479	Margarida Dionisio	garmin - clube olimpico de oeiras	Senior Feminino	37:29	+07:38	03:45
74	305	Alain Couto	a.d. rio largo c.e.	Senior Masculino	37:30	+07:39	03:45
75	227	Ricardo Jorge Henriques Costa	individual	Senior Masculino	37:31	+07:40	03:45
76	505	David Fernandes	grupo desportivo e cultural de guilhovai	Veterano M55	37:32	+07:41	03:45
77	319	NELSON FERREIRA	ac vermoil	Senior Masculino	37:34	+07:43	03:45
78	518	JOEL MARCELINO	industrial desportivo vieirense	Veterano M45	37:35	+07:44	03:46
79	490	Jorge Silva	gau-bajouca	Veterano M45	37:38	+07:47	03:46
80	387	Nuno Dias	clube atletismo barreira - leiria	Senior Masculino	37:40	+07:49	03:46
81	484	Otelo Pereira	gau-bajouca	Senior Masculino	37:42	+07:51	03:46
82	498	António Cristovão	grupo desportivo e cultural de guilhovai	Senior Masculino	37:45	+07:54	03:47
83	178	Luis Simões	individual	Veterano M50	37:46	+07:55	03:47
84	430	Tiago Santos	escola de atletismo rui silva	Senior Masculino	37:47	+07:56	03:47
85	400	Antonio Salcedas	clube recreativo amieirinhense	Veterano M40	37:52	+08:01	03:47
86	348	ALEXANDRE ARAÚJO	c.r.p. ribafria	Senior Masculino	37:55	+08:04	03:48
87	393	Fernando Simão	clube atletismo barreira - leiria	Veterano M50	37:59	+08:08	03:48
88	207	Paulo de Jesus Oliveira	individual	Veterano M40	38:00	+08:09	03:48





## PROVA PRINCIPAL

## 10 KM

## OFFICIAL RESULT

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LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
180	437	Luis Nunes	escola de atletismo rui silva	Veterano M40	43:13	+13:22	04:19
181	225	Ricardo Filipe Oliveira Nunes	individual	Senior Masculino	43:22	+13:31	04:20
182	372	Lídia Pereira	casa do povo de mangualde	Veterana	43:23	+13:32	04:20
183	546	Daniel Alexandre Gomes	offtel runners	Senior Masculino	43:23	+13:32	04:20
184	139	João Paulo Balau	individual	Veterano M45	43:24	+13:33	04:20
185	266	Karim Benabdelouahed	c.c. taverny athletisme	Veterano M40	43:24	+13:33	04:20
186	176	Luis Manuel Dinis Santos	individual	Senior Masculino	43:27	+13:36	04:21
187	338	João Sintra Marques	amigos atletismo antoes	Veterano M55	43:35	+13:44	04:22
188	587	joão rosa	serviços sociais montepio geral	Senior Masculino	43:37	+13:46	04:22
189	88	Carlos Sousa	individual	Veterano M55	43:38	+13:47	04:22
190	402	Jose Filipe	clube recreativo amieirinhense	Veterano M45	43:38	+13:47	04:22
191	126	Hugo Rosa	individual	Senior Masculino	43:40	+13:49	04:22
192	184	Marco Rosa	individual	Senior Masculino	43:40	+13:49	04:22
193	262	Diogo Rosa	individual	Senior Masculino	43:40	+13:49	04:22
194	98	dinis silva agapito	individual	Senior Masculino	43:41	+13:50	04:22
195	504	Benjamim Soares	grupo desportivo e cultural de guilhovai	Veterano M50	43:41	+13:50	04:22
196	535	Carlos Carmino	leiria marcha atlética clube	Veterano M55	43:41	+13:50	04:22
197	451	Ismael Costa	free runners	Senior Masculino	43:42	+13:51	04:22
198	492	Antonio Fernandes	gau-bajouca	Veterano M50	43:45	+13:54	04:23
199	435	José Vidais	escola de atletismo rui silva	Veterano M40	43:47	+13:56	04:23
200	116	Hélder Ferreira	individual	Veterano M50	43:50	+13:59	04:23
201	395	Norberto Toscano	clube atletismo barreira - leiria	Veterano M50	44:05	+14:14	04:25
202	577	Jose Antonio Cardoso Rodrigues	run@figueira	Senior Masculino	44:06	+14:15	04:25
203	391	Jorge Correa	clube atletismo barreira - leiria	Veterano M40	44:08	+14:17	04:25
204	396	Vitor Parreira	clube atletismo barreira - leiria	Veterano M60	44:11	+14:20	04:25
205	320	SILVIO FONSECA	ac vermoil	Senior Masculino	44:13	+14:22	04:25
206	328	EUGÉNIO MENDES	ac vermoil	Veterano M50	44:13	+14:22	04:25
207	433	Suzete Silva	escola de atletismo rui silva	Veterana	44:13	+14:22	04:25
208	565	Bruno Rocha	quinta da lagoa - mira	Senior Masculino	44:17	+14:26	04:26
209	432	Alexandra Portela	escola de atletismo rui silva	Veterana	44:18	+14:27	04:26
210	151	Jorge André Quarenta	individual	Veterano M40	44:19	+14:28	04:26
211	486	Tiago Cabecinhas	gau-bajouca	Senior Masculino	44:22	+14:31	04:26
212	167	Jose Manuel Ferreira Monteiro	individual	Veterano M60	44:31	+14:40	04:27
213	329	ALFREDO SANTOS	ac vermoil	Veterano M55	44:39	+14:48	04:28
214	208	Paulo Henrique Santos Fonseca	individual	Veterano M45	44:40	+14:49	04:28
215	358	VERA VENANCIO	casa do benfica em abrantès	Senior Feminino	44:40	+14:49	04:28
216	440	Vitor Santos	escola de atletismo rui silva	Veterano M45	44:45	+14:54	04:29
217	340	André Pedreiro	ard dic leiria	Senior Masculino	44:47	+14:56	04:29
218	143	João Pedro Lopes Fernandes	individual	Senior Masculino	44:51	+15:00	04:29
219	189	Miguel Alexandre Costa Pereira	individual	Senior Masculino	44:54	+15:03	04:29
220	150	Joel Santos Marques Batista	individual	Senior Masculino	44:56	+15:05	04:30
221	215	Pedro Freitas	individual	Senior Masculino	45:00	+15:09	04:30
222	268	Renato Osório	atlético clube de vermoil	Senior Masculino	45:02	+15:11	04:30
223	260	Antonio Luis Cordeiro	individual	Senior Masculino	45:03	+15:12	04:30
224	413	Telmo Inacio	clube veteranos do lis - leiria	Senior Masculino	45:05	+15:14	04:31
225	386	Daniel Lorenzo	clube atletismo barreira - leiria	Senior Masculino	45:09	+15:18	04:31



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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
272	188	Maurício Rodrigues	individual	Senior Masculino	47:27	+17:36	04:45
273	441	João Gameiro	escola de atletismo rui silva	Veterano M50	47:28	+17:37	04:45
274	87	Carlos Santos Costa	individual	Veterano M50	47:32	+17:41	04:45
275	235	Rui Miguel Ferreira Gaspar	individual	Veterano M45	47:37	+17:46	04:46
276	471	Diamantino Cruz	g.d.r.figueiras- mª grande	Veterano M55	47:43	+17:52	04:46
277	531	Patricia Casalinho	juventude vidigalense	Senior Feminino	47:48	+17:57	04:47
278	159	José António de Jesus Barbosa	individual	Senior Masculino	47:56	+18:05	04:48
279	221	Renato Carvalho	individual	Senior Masculino	47:56	+18:05	04:48
280	180	MANUEL LEAL SANTOS	individual	Veterano M50	47:59	+18:08	04:48
281	315	BLANDINA LOURENÇO	ac vermoil	Senior Feminino	48:02	+18:11	04:48
282	117	Helder Miranda	individual	Senior Masculino	48:03	+18:12	04:48
283	576	Hugo Nascimento	run@figueira	Senior Masculino	48:03	+18:12	04:48
284	384	Nuno Marques	churrasqueira do cardal	Senior Masculino	48:10	+18:19	04:49
285	552	José Lucas	acr soutos	Veterano M60	48:11	+18:20	04:49
286	375	Bruno catalino	cavalinhos runners	Senior Masculino	48:14	+18:23	04:49
287	494	Ramiro Rodrigues	gau-bajouca	Veterano M55	48:21	+18:30	04:50
288	110	Filipe Martins	individual	Senior Masculino	48:24	+18:33	04:50
289	121	Henrique Fernando de Oliveira Faria	individual	Senior Masculino	48:26	+18:35	04:51
290	199	NUNO CARVALHO	individual	Senior Masculino	48:27	+18:36	04:51
291	114	Gil Manuel Santos Castanheira	individual	Senior Masculino	48:46	+18:55	04:53
292	470	Adriano Fontes	g.d.r.figueiras- mª grande	Veterano M55	48:53	+19:02	04:53
293	566	Fernando Nogueira	quinta da lagoa - mira	Veterano M60	48:53	+19:02	04:53
294	346	RUI VENTURA	c.c.r.d.burinhosa	Veterano M50	48:59	+19:08	04:54
295	454	Luis Sousa	free runners	Senior Masculino	49:08	+19:17	04:55
296	133	João Baptista	individual	Senior Masculino	49:10	+19:19	04:55
297	80	BRUNO CAÇÃO	individual	Senior Masculino	49:11	+19:20	04:55
298	356	SUSANA ROSA	casa do benfica em abrantès	Senior Feminino	49:11	+19:20	04:55
299	59	Paulo Alves Mendes	individual	Senior Masculino	49:22	+19:31	04:56
300	81	Bruno Miguel Fernandes Fragoso	individual	Senior Masculino	49:36	+19:45	04:58
301	420	José Bolrão	coc	Veterano M45	49:38	+19:47	04:58
302	224	Ricardo Canhão	individual	Senior Masculino	49:41	+19:50	04:58
303	186	Mário João Fartaria de Oliveira	individual	Senior Masculino	49:49	+19:58	04:59
304	220	Rafael da Silva Marques	individual	Senior Masculino	49:52	+20:01	04:59
305	339	Lucídio Das Neves Dias	amigos atletismo antoes	Veterano M55	49:52	+20:01	04:59
306	96	David Manuel Dias de Jesus	individual	Senior Masculino	49:55	+20:04	05:00
307	250	Nelson Micael Rodrigues da Silva	individual	Senior Masculino	49:55	+20:04	05:00
308	222	Renato Lopes Carvalho	individual	Senior Masculino	50:04	+20:13	05:00
309	174	Luís Filipe Ferreira Gomes	individual	Senior Masculino	50:06	+20:15	05:01
310	259	Eduardo Silva Ribeiro	individual	Veterano M45	50:11	+20:20	05:01
311	52	Alberto Gonçalves Branco	individual	Veterano M40	50:25	+20:34	05:03
312	261	Miguel da Silva Pereira	individual	Senior Masculino	50:25	+20:34	05:03
313	416	Vitor Santos	clube veteranos do lis - leiria	Veterano M40	50:26	+20:35	05:03
314	124	HERMINIO JOSE ESTEVES	individual	Senior Masculino	50:27	+20:36	05:03
315	567	Manuel Manso	quinta da lagoa - mira	Veterano M60	50:31	+20:40	05:03
316	248	Vitor Manuel Borges Fontes	individual	Veterano M50	50:36	+20:45	05:04
317	109	Filipe Figueiredo	individual	Senior Masculino	50:47	+20:56	05:05





**PROVA PRINCIPAL**
**10 KM**
**OFFICIAL RESULT**
**R**  
 REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
363	447	Mário Faustino	faustino team	Veterano M50	53:57	+24:06	05:24
364	532	Ana Marcelino	juventude vidigalense	Senior Feminino	54:08	+24:17	05:25
365	181	Manuel Pereira	individual	Veterano M55	54:09	+24:18	05:25
366	569	Claudia Viana	run@figueira	Senior Feminino	54:11	+24:20	05:25
367	378	Nuno Ferreira	cavalinhos runners	Senior Masculino	54:14	+24:23	05:25
368	449	Bruno Pimenta	free runners	Senior Masculino	54:17	+24:26	05:26
369	334	Dulcídio Marques	amigos atletismo antoes	Senior Masculino	54:28	+24:37	05:27
370	57	Ana Catarina Mendes Godinho	individual	Senior Feminino	54:38	+24:47	05:28
371	366	CARLOS ALFAIATE	casa do benfica em abrantas	Veterano M60	54:41	+24:50	05:28
372	401	Fernando Ferreira	clube recreativo amieirinhense	Veterano M45	54:52	+25:01	05:29
373	106	FERNANDO MARQUES CADETE	individual	Veterano M45	54:55	+25:04	05:30
374	417	JOSE CORDEIRO	clube veteranos do lis - leiria	Veterano M55	54:56	+25:05	05:30
375	506	Sofia de Carvalho Simões	healthy inspiration	Senior Feminino	54:56	+25:05	05:30
376	508	Tiago Manuel Arruda de Campos de Carvalho	healthy inspiration	Senior Masculino	54:57	+25:06	05:30
377	97	dinis andrade	individual	Senior Masculino	55:07	+25:16	05:31
378	244	valério santos	individual	Senior Masculino	55:07	+25:16	05:31
379	115	Gina Domingues	individual	Senior Feminino	55:17	+25:26	05:32
380	198	Beatriz Serrano do Couto	individual	Senior Feminino	55:42	+25:51	05:34
381	130	Ivónio Martins	individual	Senior Masculino	55:52	+26:01	05:35
382	53	Alexandra Pina	individual	Veterana	56:12	+26:21	05:37
383	68	Ândrea Neves	individual	Senior Feminino	56:12	+26:21	05:37
384	101	Emanuela Jesus Simões	individual	Senior Feminino	56:49	+26:58	05:41
385	570	Esmeralda Melo	run@figueira	Veterana	56:52	+27:01	05:41
386	336	Nelson Figueiredo Marques	amigos atletismo antoes	Senior Masculino	56:54	+27:03	05:41
387	73	Antonio Jose Silva Castro	individual	Veterano M45	57:03	+27:12	05:42
388	83	Carla Patrícia Pompeu Mendes Gameiro Turner	individual	Senior Feminino	57:15	+27:24	05:44
389	182	MÁRCIO CAÇÃO	individual	Senior Masculino	57:19	+27:28	05:44
390	197	NUNO CAÇÃO	individual	Senior Masculino	57:19	+27:28	05:44
391	194	Natalia Domingues Duarte Mendes	individual	Veterana	57:24	+27:33	05:44
392	337	Paulo Jorge Da Silva Mota	amigos atletismo antoes	Senior Masculino	57:26	+27:35	05:45
393	236	Sandrina da Conceição Silva	individual	Senior Feminino	58:43	+28:52	05:52
394	238	Silvia Nazare Vilela Simão	individual	Senior Feminino	58:43	+28:52	05:52
395	66	André Monteiro	individual	Senior Masculino	59:03	+29:12	05:54
396	90	Cláudia Sofia Sousa Mendes Mota	individual	Senior Feminino	59:17	+29:26	05:56
397	214	Pedro Duarte	individual	Veterano M40	59:24	+29:33	05:56
398	573	Marisa Lázaro	run@figueira	Senior Feminino	59:34	+29:43	05:57
399	571	Fernanda Vasco	run@figueira	Senior Feminino	59:39	+29:48	05:58
400	245	Vânia Raquel Pereira de Sousa	individual	Senior Feminino	59:41	+29:50	05:58
401	588	Cristina Barros Orfão	sinmetro	Senior Feminino	59:44	+29:53	05:58
402	591	Rodolfo Miguel Grou de Oliveira Orfão	sinmetro	Senior Masculino	59:44	+29:53	05:58
403	74	Claudia Sofia Antunes Serrano	individual	Senior Feminino	01:00:26	+30:35	06:03
404	264	Pedro Oliveira Silva	individual	Senior Masculino	01:00:32	+30:41	06:03
405	474	Manuel Brás	g.d.r.figueiras- mª grande	Veterano M55	01:01:14	+31:23	06:07
406	179	Lena Marques	individual	Senior Feminino	01:01:15	+31:24	06:08
407	421	Manuel Domingues	coc	Veterano M55	01:01:16	+31:25	06:08



**Prova Principal - SENIOR FEMININO**
**10 KM**
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION
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Time      Temperature      Humidity

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
1	330	Carla Martinho	ADERCUS	Senior Feminino	35:21		03:32
2	595	Doroteia Peixoto	Sporting Clube de Portugal	Senior Feminino	35:32	+00:11	03:33
3	599	Mónica Silva	Maratona Clube de Portugal	Senior Feminino	35:46	+00:25	03:35
4	542	Analia Rosa	Maratona Clube de Portugal	Senior Feminino	36:05	+00:44	03:37
5	593	Vera Nunes	SPORT LISBOA E BENFICA	Senior Feminino	36:11	+00:50	03:37
6	331	Joana Nunes	ADERCUS	Senior Feminino	36:23	+01:02	03:38
7	478	Cátia Santos	GARMIN - Clube Olimpico de Oeiras	Senior Feminino	36:53	+01:32	03:41
8	479	Margarida Dionisio	GARMIN - Clube Olimpico de Oeiras	Senior Feminino	37:29	+02:08	03:45
9	191	Mónica Moreiras	Individual	Senior Feminino	39:09	+03:48	03:55
10	102	Emilia Kumos	Individual	Senior Feminino	39:34	+04:13	03:57
11	536	Susana Cunha	Linda-A-Pastora Sporting Clube	Senior Feminino	40:08	+04:47	04:01
12	385	Carina Matias	Clube Atletismo Barreira - Leiria	Senior Feminino	40:45	+05:24	04:05
13	534	Daniela Cardoso	Leiria Marcha Atlético Clube	Senior Feminino	41:43	+06:22	04:10
14	586	ana cunha	Serviços Sociais Montepio Geral	Senior Feminino	42:40	+07:19	04:16
15	358	VERA VENANCIO	CASA DO BENFICA EM ABRANTES	Senior Feminino	44:40	+09:19	04:28
16	192	Nadia Rodrigues Mendes	Individual	Senior Feminino	45:53	+10:32	04:35
17	316	DEONILDE COSTA	AC VERMOIL	Senior Feminino	46:09	+10:48	04:37
18	531	Patricia Casalinho	Juventude Vidigalense	Senior Feminino	47:48	+12:27	04:47
19	315	BLANDINA LOURENÇO	AC VERMOIL	Senior Feminino	48:02	+12:41	04:48
20	356	SUSANA ROSA	CASA DO BENFICA EM ABRANTES	Senior Feminino	49:11	+13:50	04:55
21	448	Liliana Neves	Free Runners	Senior Feminino	50:58	+15:37	05:06
22	408	Marta Silva	CLUBE VETERANOS DO LIS - LEIRIA	Senior Feminino	51:23	+16:02	05:08
23	407	Mariana Silva	CLUBE VETERANOS DO LIS - LEIRIA	Senior Feminino	51:33	+16:12	05:09
24	355	PAULA MADEIRA	CASA DO BENFICA EM ABRANTES	Senior Feminino	51:40	+16:19	05:10
25	240	Tânia Cristina Pereira	Individual	Senior Feminino	52:26	+17:05	05:15
26	572	Lara Azambujo	run@figueira	Senior Feminino	52:30	+17:09	05:15
27	532	Ana Marcelino	Juventude Vidigalense	Senior Feminino	54:08	+18:47	05:25
28	569	Claudia Viana	run@figueira	Senior Feminino	54:11	+18:50	05:25
29	57	Ana Catarina Mendes Godinho	Individual	Senior Feminino	54:38	+19:17	05:28
30	506	Sofia de Carvalho Simões	Healthy Inspiration	Senior Feminino	54:56	+19:35	05:30
31	115	Gina Domingues	Individual	Senior Feminino	55:17	+19:56	05:32
32	198	Beatriz Serrano do Couto	Individual	Senior Feminino	55:42	+20:21	05:34
33	68	Ándrea Neves	Individual	Senior Feminino	56:12	+20:51	05:37
34	101	Emanuela Jesus Simões	Individual	Senior Feminino	56:49	+21:28	05:41
35	83	Carla Patrícia Pompeu Mendes Gameiro Turner	Individual	Senior Feminino	57:15	+21:54	05:44
36	236	Sandrina da Conceição Silva	Individual	Senior Feminino	58:43	+23:22	05:52
37	238	Silvia Nazare Vilela Simão	Individual	Senior Feminino	58:43	+23:22	05:52
38	90	Cláudia Sofia Sousa Mendes Mota	Individual	Senior Feminino	59:17	+23:56	05:56
39	573	Marisa Lázaro	run@figueira	Senior Feminino	59:34	+24:13	05:57

## Prova Principal - SENIOR FEMININO

10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

## OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

40	571	Fernanda Vasco	run@figueira	Senior Feminino	59:39	+24:18	05:58
41	245	Vânia Raquel Pereira de Sousa	Individual	Senior Feminino	59:41	+24:20	05:58
42	588	Cristina Barros Orfão	Sinmetro	Senior Feminino	59:44	+24:23	05:58
43	74	Claudia Sofia Antunes Serrano	Individual	Senior Feminino	01:00:26	+25:05	06:03
44	179	Lena Marques	Individual	Senior Feminino	01:01:15	+25:54	06:08
45	242	Teresa Paula Gameiro Pompeu Mendes	Individual	Senior Feminino	01:02:55	+27:34	06:18
46	574	Tania Nascimento	run@figueira	Senior Feminino	01:05:49	+30:28	06:35
47	575	Vanessa Reboca	run@figueira	Senior Feminino	01:05:49	+30:28	06:35

**Prova Principal - SENIOR MASCULINO**
**10 KM**
**R**  
 REVISED

**OFFICIAL RESULT**

Time    Temperature    Humidity

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
1	596	Rui Silva	Sporting Clube de Portugal	Senior Masculino	29:51		02:59
2	168	Jose Moreira	SPORT LISBOA E BENFICA	Senior Masculino	29:52	+00:01	02:59
3	496	Hermano Ferreira	Grupo Desportivo Conforlimpa	Senior Masculino	29:58	+00:07	03:00
4	543	Paulo Roberto Almeida Paula	Mizuno (CDE) - Brasil	Senior Masculino	30:12	+00:21	03:01
5	594	Ricardo Ribas	SPORT LISBOA E BENFICA	Senior Masculino	30:24	+00:33	03:02
6	397	Miguel Ribeiro	Clube Atletismo Olímpico Vianense	Senior Masculino	30:54	+01:03	03:05
7	541	Vitor oiveira	Maia Atlético Clube	Senior Masculino	31:07	+01:16	03:07
8	301	GONÇALO Daniel Abreu BORGES	A.C.R. Sra Desterro - NAPO	Senior Masculino	31:34	+01:43	03:09
9	119	Helder Santos	Maia Atlético Clube	Senior Masculino	32:07	+02:16	03:13
10	321	TIAGO MARQUES	AC VERMOIL	Senior Masculino	32:20	+02:29	03:14
11	317	BRUNO GASPAR	AC VERMOIL	Senior Masculino	33:13	+03:22	03:19
12	555	Rui Rodrigues	Os Peregrinos de Coimbra	Senior Masculino	33:28	+03:37	03:21
13	461	Tiago Madureira	G.D 3 Santos Populares	Senior Masculino	33:35	+03:44	03:22
14	480	Mário Ferreira	GARMIN - Clube Olimpico de Oeiras	Senior Masculino	33:36	+03:45	03:22
15	547	Luis Gomes	AC VERMOIL	Senior Masculino	33:37	+03:46	03:22
16	539	paulo pinheiro	Maratona Clube de Portugal	Senior Masculino	33:44	+03:53	03:22
17	132	Jaime Dias	Individual	Senior Masculino	34:20	+04:29	03:26
18	265	sergiy chonka	AC VERMOIL	Senior Masculino	34:42	+04:51	03:28
19	554	Raul Bicho	Os Peregrinos de Coimbra	Senior Masculino	35:10	+05:19	03:31
20	359	JOÃO SANTOS	CASA DO BENFICA EM ABRANTES	Senior Masculino	35:15	+05:24	03:32
21	428	Rodrigo Costa	Escola de Atletismo Rui Silva	Senior Masculino	35:31	+05:40	03:33
22	318	ILIDIO DIAS	AC VERMOIL	Senior Masculino	35:54	+06:03	03:35
23	138	João Pascoal	Individual	Senior Masculino	35:58	+06:07	03:36
24	544	Marco Bernardo	Nucleo de Atletismo Vila Real	Senior Masculino	36:06	+06:15	03:37
25	497	Alexandre Santos	Grupo Desportivo e Cultural de Guilhovai	Senior Masculino	36:09	+06:18	03:37
26	388	Rui Roberto	Clube Atletismo Barreira - Leiria	Senior Masculino	36:16	+06:25	03:38
27	332	Hugo Ramalho	ADERCUS	Senior Masculino	36:23	+06:32	03:38
28	550	Carlos Costa	Os Peregrinos de Coimbra	Senior Masculino	36:25	+06:34	03:39
29	302	TIAGO Filipe Ribeiro GODINHO	A.C.R. Sra Desterro - NAPO	Senior Masculino	36:26	+06:35	03:39
30	427	Marco Fidalgo	Escola de Atletismo Rui Silva	Senior Masculino	36:36	+06:45	03:40
31	551	Fernando Carvalho	Os Peregrinos de Coimbra	Senior Masculino	36:45	+06:54	03:41
32	553	Márcio Pereira	Os Peregrinos de Coimbra	Senior Masculino	36:45	+06:54	03:41
33	487	Tiago Cruz	GAU-Bajouca	Senior Masculino	36:48	+06:57	03:41
34	466	Eduardo Cardeira	G.D.R.Figueiras- Mª Grande	Senior Masculino	36:52	+07:01	03:41
35	485	Pedro Capela	GAU-Bajouca	Senior Masculino	36:52	+07:01	03:41
36	361	MARCO FRANCO	CASA DO BENFICA EM ABRANTES	Senior Masculino	37:15	+07:24	03:44
37	399	Ricardo Henriques	Clube Recreativo Amieirinhense	Senior Masculino	37:18	+07:27	03:44
38	305	Alain Couto	A.D. Rio Largo C.E.	Senior Masculino	37:30	+07:39	03:45
39	227	Ricardo Jorge Henriques Costa	Individual	Senior Masculino	37:31	+07:40	03:45
40	319	NELSON FERREIRA	AC VERMOIL	Senior Masculino	37:34	+07:43	03:45
41	387	Nuno Dias	Clube Atletismo Barreira - Leiria	Senior Masculino	37:40	+07:49	03:46

**Prova Principal - SENIOR MASCULINO**
**10 KM**

**OFFICIAL RESULT**

42	484	Otelo Pereira	GAU-Bajouca	Senior Masculino	37:42	+07:51	03:46
43	498	António Cristovão	Grupo Desportivo e Cultural de Guilhovai	Senior Masculino	37:45	+07:54	03:47
44	430	Tiago Santos	Escola de Atletismo Rui Silva	Senior Masculino	37:47	+07:56	03:47
45	348	ALEXANDRE ARAÚJO	C.R.P. Ribafria	Senior Masculino	37:55	+08:04	03:48
46	145	João Pimentel	Individual	Senior Masculino	38:20	+08:29	03:50
47	226	Ricardo Jordão	Individual	Senior Masculino	38:26	+08:35	03:51
48	578	Luis Cavaleiro	run@figueira	Senior Masculino	38:48	+08:57	03:53
49	183	Márcio Loureiro	Individual	Senior Masculino	38:50	+08:59	03:53
50	304	Carlos Ferreira	A.D. Rio Largo C.E.	Senior Masculino	38:53	+09:02	03:53
51	169	leonel viegas	Individual	Senior Masculino	39:29	+09:38	03:57
52	476	Gabriel Simões	GACV-Grupo de Amigos dos Casais do Vento	Senior Masculino	39:29	+09:38	03:57
53	123	HENRIQUE MANUEL SANTOS RODRIGUES	Individual	Senior Masculino	39:37	+09:46	03:58
54	382	Nuno Jorge	Centro Popular e Recreativo de A-do-Barbas	Senior Masculino	39:37	+09:46	03:58
55	92	Cristóvão Jorge	Individual	Senior Masculino	39:40	+09:49	03:58
56	303	Carlos Coelho	A.D. Rio Largo C.E.	Senior Masculino	40:04	+10:13	04:00
57	170	Licínio Gomes dos Santos	Individual	Senior Masculino	40:05	+10:14	04:01
58	343	NUNO MENDES	C.C.R.D.BURINHOSA	Senior Masculino	40:31	+10:40	04:03
59	380	Daniel Filipe S. Correia	CEIRA	Senior Masculino	40:35	+10:44	04:04
60	144	João Pedro Mendes	Individual	Senior Masculino	40:40	+10:49	04:04
61	349	ANDRÉ ABREU ALEXANDRE	C.R.P. Ribafria	Senior Masculino	40:45	+10:54	04:05
62	483	Nuno Branco	GAU-Bajouca	Senior Masculino	40:52	+11:01	04:05
63	398	Carlos Rebola	Clube Recreativo Amieirinhense	Senior Masculino	41:10	+11:19	04:07
64	412	Ricardo Monteiro	CLUBE VETERANOS DO LIS - LEIRIA	Senior Masculino	41:15	+11:24	04:08
65	564	Pedro Ribeiro	primos	Senior Masculino	41:18	+11:27	04:08
66	352	Jorge Delgado	Casa do Benfica da Figueira da Foz	Senior Masculino	41:24	+11:33	04:08
67	137	João Nuno Ferreira Santos	Individual	Senior Masculino	41:28	+11:37	04:09
68	363	VITOR VELOSO	CASA DO BENFICA EM ABRANTES	Senior Masculino	41:43	+11:52	04:10
69	71	António José Da Silva Ribeiro	Individual	Senior Masculino	42:01	+12:10	04:12
70	590	Jorge Daniel da Silva Pimenta	Sinmetro	Senior Masculino	42:08	+12:17	04:13
71	460	Nuno Lopes	G.D 3 Santos Populares	Senior Masculino	42:10	+12:19	04:13
72	229	Roberto Sebastião	Individual	Senior Masculino	42:16	+12:25	04:14
73	422	Miguel Filipe Ferreira Gonçalves	Eagle & Leon	Senior Masculino	42:18	+12:27	04:14
74	67	André Veloso	Individual	Senior Masculino	42:23	+12:32	04:14
75	62	André Alexandre dos Santos Cruz	Individual	Senior Masculino	42:31	+12:40	04:15
76	63	André Carvalheiro	Individual	Senior Masculino	42:39	+12:48	04:16
77	450	Eurico João	Free Runners	Senior Masculino	42:47	+12:56	04:17
78	230	Ruben Barjona	Individual	Senior Masculino	42:50	+12:59	04:17
79	431	Vitor Marques	Escola de Atletismo Rui Silva	Senior Masculino	42:57	+13:06	04:18
80	223	Ricardo Alfredo Ferreira Nunes	Individual	Senior Masculino	43:10	+13:19	04:19
81	225	Ricardo Filipe Oliveira Nunes	Individual	Senior Masculino	43:22	+13:31	04:20
82	546	Daniel Alexandre Gomes	OFFtel Runners	Senior Masculino	43:23	+13:32	04:20
83	176	Luis Manuel Dinis Santos	Individual	Senior Masculino	43:27	+13:36	04:21
84	587	joão rosa	Serviços Sociais Montepio Geral	Senior Masculino	43:37	+13:46	04:22

**Prova Principal - SENIOR MASCULINO**
**10 KM**

**OFFICIAL RESULT**

85	126	Hugo Rosa	Individual	Senior Masculino	43:40	+13:49	04:22
86	184	Marco Rosa	Individual	Senior Masculino	43:40	+13:49	04:22
87	262	Diogo Rosa	Individual	Senior Masculino	43:40	+13:49	04:22
88	98	dinis silva agapito	Individual	Senior Masculino	43:41	+13:50	04:22
89	451	Ismael Costa	Free Runners	Senior Masculino	43:42	+13:51	04:22
90	577	Jose Antonio Cardoso Rodrigues	run@figueira	Senior Masculino	44:06	+14:15	04:25
91	320	SILVIO FONSECA	AC VERMOIL	Senior Masculino	44:13	+14:22	04:25
92	565	Bruno Rocha	Quinta da Lagoa - Mira	Senior Masculino	44:17	+14:26	04:26
93	486	Tiago Cabecinhas	GAU-Bajouca	Senior Masculino	44:22	+14:31	04:26
94	340	André Pedreiro	ARD DIC LEIRIA	Senior Masculino	44:47	+14:56	04:29
95	143	João Pedro Lopes Fernandes	Individual	Senior Masculino	44:51	+15:00	04:29
96	189	Miguel Alexandre Costa Pereira	Individual	Senior Masculino	44:54	+15:03	04:29
97	150	Joel Santos Marques Batista	Individual	Senior Masculino	44:56	+15:05	04:30
98	215	Pedro Freitas	Individual	Senior Masculino	45:00	+15:09	04:30
99	268	Renato Osório	ATLÉTICO CLUBE DE VERMOIL	Senior Masculino	45:02	+15:11	04:30
100	260	Antonio Luis Cordeiro	Individual	Senior Masculino	45:03	+15:12	04:30
101	413	Telmo Inacio	CLUBE VETERANOS DO LIS - LEIRIA	Senior Masculino	45:05	+15:14	04:31
102	386	Daniel Lorenço	Clube Atletismo Barreira - Leiria	Senior Masculino	45:09	+15:18	04:31
103	381	Luis Fernandes	Centro Popular e Recreativo de A-do-Barbas	Senior Masculino	45:11	+15:20	04:31
104	75	Antonio MAia	Individual	Senior Masculino	45:13	+15:22	04:31
105	563	Beto Oliveira	primos	Senior Masculino	45:13	+15:22	04:31
106	411	julio Lopes	CLUBE VETERANOS DO LIS - LEIRIA	Senior Masculino	45:23	+15:32	04:32
107	142	João Pedro Ferreira Fernandes	Individual	Senior Masculino	45:25	+15:34	04:33
108	360	MANUEL SILVA	CASA DO BENFICA EM ABRANTES	Senior Masculino	45:37	+15:46	04:34
109	218	Pedro Miguel Silva Carolod	Individual	Senior Masculino	45:49	+15:58	04:35
110	120	Henrique Fernandes	Individual	Senior Masculino	46:03	+16:12	04:36
111	241	TELMO CARREIRA	Individual	Senior Masculino	46:07	+16:16	04:37
112	263	Tiago Augusto	Individual	Senior Masculino	46:19	+16:28	04:38
113	580	Rui Matos	run@figueira	Senior Masculino	46:23	+16:32	04:38
114	201	Nuno Oliveira	Individual	Senior Masculino	46:27	+16:36	04:39
115	529	Daniel Freire Conceição	JáMeKansas	Senior Masculino	46:27	+16:36	04:39
116	376	David Francisco	Cavalinhos runners	Senior Masculino	46:31	+16:40	04:39
117	118	Helder Monteiro	Individual	Senior Masculino	46:32	+16:41	04:39
118	467	Nelson Bento	G.D.R.Figueiras- Mª Grande	Senior Masculino	46:44	+16:53	04:40
119	423	Nuno Miguel Conceição Rosa	Eagle & Leon	Senior Masculino	46:48	+16:57	04:41
120	85	Carlos Filipe	Individual	Senior Masculino	46:53	+17:02	04:41
121	333	Christophe Silva	AMIGOS ATLETISMO ANTOES	Senior Masculino	47:22	+17:31	04:44
122	453	Luis Filipe Rodrigues Silva	Free Runners	Senior Masculino	47:26	+17:35	04:45
123	188	Maurício Rodrigues	Individual	Senior Masculino	47:27	+17:36	04:45
124	159	José António de Jesus Barbosa	Individual	Senior Masculino	47:56	+18:05	04:48
125	221	Renato Carvalho	Individual	Senior Masculino	47:56	+18:05	04:48
126	117	Helder Miranda	Individual	Senior Masculino	48:03	+18:12	04:48
127	576	Hugo Nascimento	run@figueira	Senior Masculino	48:03	+18:12	04:48
128	384	Nuno Marques	Churrasqueira do Cardal	Senior Masculino	48:10	+18:19	04:49













**Prova Principal - VETERANO M45**
**10 KM**
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION
**OFFICIAL RESULT**
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

Time    Temperature    Humidity

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
1	502	Manuel Ferreira	Grupo Desportivo e Cultural de Guilhovai	Veterano M45	32:48		03:17
2	147	Joao Vaz	Individual	Veterano M45	33:19	+00:31	03:20
3	503	Manuel Urbano	Grupo Desportivo e Cultural de Guilhovai	Veterano M45	33:37	+00:49	03:22
4	463	Mário Silva	G.D 3 Santos Populares	Veterano M45	34:48	+02:00	03:29
5	462	José Fernandes	G.D 3 Santos Populares	Veterano M45	35:21	+02:33	03:32
6	500	Fernando Ferreira	Grupo Desportivo e Cultural de Guilhovai	Veterano M45	35:26	+02:38	03:33
7	403	Jose Santos	Clube Recreativo Amieirinhense	Veterano M45	35:42	+02:54	03:34
8	72	António José Santos Ferreira	Individual	Veterano M45	36:51	+04:03	03:41
9	518	JOEL MARCELINO	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M45	37:35	+04:47	03:46
10	490	Jorge Silva	GAU-Bajouca	Veterano M45	37:38	+04:50	03:46
11	557	Paulo Pereira	Os Peregrinos de Coimbra	Veterano M45	38:10	+05:22	03:49
12	310	José Gomes	A.D. Rio Largo C.E.	Veterano M45	38:23	+05:35	03:50
13	161	José carvalho Gonçalves	Individual	Veterano M45	38:31	+05:43	03:51
14	341	Luis Paulo	Bahia	Veterano M45	39:26	+06:38	03:57
15	521	PAULINO SOUSA	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M45	39:37	+06:49	03:58
16	489	Filipe Carvalheiro	GAU-Bajouca	Veterano M45	39:43	+06:55	03:58
17	438	Fernando Garção	Escola de Atletismo Rui Silva	Veterano M45	40:18	+07:30	04:02
18	344	CARLOS SOARES	C.C.R.D.BURINHOSA	Veterano M45	40:33	+07:45	04:03
19	350	anibal godinho	Caracol Trail Team	Veterano M45	40:33	+07:45	04:03
20	519	LUIS PEDROSA	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M45	40:51	+08:03	04:05
21	520	MÁRIO BARREIROS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M45	41:04	+08:16	04:06
22	217	Pedro Manuel Filipe Rodrigues	CPR A-DO-BARBAS	Veterano M45	41:31	+08:43	04:09
23	364	LUIS EMIDIO	CASA DO BENFICA EM ABRANTES	Veterano M45	42:06	+09:18	04:13
24	582	Mario Carapinho	run@figueira	Veterano M45	42:45	+09:57	04:17
25	139	João Paulo Balau	Individual	Veterano M45	43:24	+10:36	04:20
26	402	Jose Filipe	Clube Recreativo Amieirinhense	Veterano M45	43:38	+10:50	04:22
27	208	Paulo Henrique Santos Fonseca	Individual	Veterano M45	44:40	+11:52	04:28
28	440	Vitor Santos	Escola de Atletismo Rui Silva	Veterano M45	44:45	+11:57	04:29
29	50	Abel Manuel da Costa Batalha	Individual	Veterano M45	45:34	+12:46	04:33
30	131	Jacques Marques da Silva	Individual	Veterano M45	45:47	+12:59	04:35
31	345	VITOR MONTEIRO	C.C.R.D.BURINHOSA	Veterano M45	46:05	+13:17	04:37
32	499	António Santos	Grupo Desportivo e Cultural de Guilhovai	Veterano M45	46:07	+13:19	04:37
33	160	José Carlos da Costa Custódio	Individual	Veterano M45	46:18	+13:30	04:38
34	326	CARLOS VÉLO	AC VERMOIL	Veterano M45	47:24	+14:36	04:44
35	235	Rui Miguel Ferreira Gaspar	Individual	Veterano M45	47:37	+14:49	04:46
36	420	José Bolrão	COC	Veterano M45	49:38	+16:50	04:58



## Prova Principal - VETERANO M50

10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

## OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

Time Temperature Humidity

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	464	Antonio Velha	G.D 3 Santos Populares	Veterano M50	34:31		03:27
2	469	José Raimundo	G.D.R.Figueiras- Mª Grande	Veterano M50	36:38	+02:07	03:40
3	148	Joaquim Antunes	Individual	Veterano M50	36:52	+02:21	03:41
4	178	Luis Simões	Individual	Veterano M50	37:46	+03:15	03:47
5	393	Fernando Simão	Clube Atletismo Barreira - Leiria	Veterano M50	37:59	+03:28	03:48
6	558	Alberto Freches	Os Peregrinos de Coimbra	Veterano M50	38:05	+03:34	03:49
7	164	JOSE FREITAS DA SILVA	Individual	Veterano M50	38:44	+04:13	03:52
8	404	Victor Teixeira	Clube Recreativo Amieirinhense	Veterano M50	39:49	+05:18	03:59
9	394	Jorge Agostinho	Clube Atletismo Barreira - Leiria	Veterano M50	39:57	+05:26	04:00
10	54	alfredo valente	Individual	Veterano M50	40:32	+06:01	04:03
11	523	ALBERTO VINAGRE	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M50	41:33	+07:02	04:09
12	473	Luis Seco	G.D.R.Figueiras- Mª Grande	Veterano M50	41:43	+07:12	04:10
13	504	Benjamim Soares	Grupo Desportivo e Cultural de Guilhovai	Veterano M50	43:41	+09:10	04:22
14	492	Antonio Fernandes	GAU-Bajouca	Veterano M50	43:45	+09:14	04:23
15	116	Hélder Ferreira	Individual	Veterano M50	43:50	+09:19	04:23
16	395	Norberto Toscano	Clube Atletismo Barreira - Leiria	Veterano M50	44:05	+09:34	04:25
17	328	EUGÉNIO MENDES	AC VERMOIL	Veterano M50	44:13	+09:42	04:25
18	327	ANTONIO NEVES	AC VERMOIL	Veterano M50	45:41	+11:10	04:34
19	559	Carlos Brandão	Os Peregrinos de Coimbra	Veterano M50	46:04	+11:33	04:36
20	493	Antonio Marques	GAU-Bajouca	Veterano M50	47:00	+12:29	04:42
21	441	João Gameiro	Escola de Atletismo Rui Silva	Veterano M50	47:28	+12:57	04:45
22	87	Carlos Santos Costa	Individual	Veterano M50	47:32	+13:01	04:45
23	180	MANUEL LEAL SANTOS	Individual	Veterano M50	47:59	+13:28	04:48
24	346	RUI VENTURA	C.C.R.D.BURINHOSA	Veterano M50	48:59	+14:28	04:54
25	248	Vitor Manuel Borges Fontes	Individual	Veterano M50	50:36	+16:05	05:04
26	524	EDUARDO PIRES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M50	52:32	+18:01	05:15
27	583	Pedro Silva	run@figueira	Veterano M50	52:45	+18:14	05:17
28	77	ANTONIO MANUEL SILVA CARVALHO	Individual	Veterano M50	53:07	+18:36	05:19
29	447	Mário Faustino	Faustino Team	Veterano M50	53:57	+19:26	05:24

**Prova Principal - VETERANO M55**
**10 KM**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

Time Temperature Humidity

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
1	300	CASIMIRO ALEXANDRE GALHARDO	Grupo Desportivo e Cultural de Guilhovai	Veterano M55	34:40		03:28
2	157	JORGE REIS	G.D 3 Santos Populares	Veterano M55	35:12	+00:32	03:31
3	526	LICINIO PEREIRA	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M55	36:05	+01:25	03:37
4	505	David Fernandes	Grupo Desportivo e Cultural de Guilhovai	Veterano M55	37:32	+02:52	03:45
5	405	Armenio Pereira	Clube Recreativo Amieirinhense	Veterano M55	39:43	+05:03	03:58
6	525	CELESTINO MARQUES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M55	40:37	+05:57	04:04
7	560	Alvaro Coelho	Os Peregrinos de Coimbra	Veterano M55	40:49	+06:09	04:05
8	365	ANTONIO CARVALHO	CASA DO BENFICA EM ABRANTES	Veterano M55	41:42	+07:02	04:10
9	475	Mário Duarte	G.D.R.Figueiras- Mª Grande	Veterano M55	41:44	+07:04	04:10
10	561	COSTA MARQUES	Os Peregrinos de Coimbra	Veterano M55	41:50	+07:10	04:11
11	338	João Sintra Marques	AMIGOS ATLETISMO ANTOES	Veterano M55	43:35	+08:55	04:22
12	88	Carlos Sousa	Individual	Veterano M55	43:38	+08:58	04:22
13	535	Carlos Carmino	Leiria Marcha Atlética Clube	Veterano M55	43:41	+09:01	04:22
14	329	ALFREDO SANTOS	AC VERMOIL	Veterano M55	44:39	+09:59	04:28
15	472	Evangelino Cardeira	G.D.R.Figueiras- Mª Grande	Veterano M55	45:37	+10:57	04:34
16	166	josé luis FERNANDES	Individual	Veterano M55	46:15	+11:35	04:38
17	347	JOSE RATO	C.C.R.D.BURINHOSA	Veterano M55	46:36	+11:56	04:40
18	193	Narciso Arromba	Individual	Veterano M55	47:21	+12:41	04:44
19	471	Diamantino Cruz	G.D.R.Figueiras- Mª Grande	Veterano M55	47:43	+13:03	04:46
20	494	Ramiro Rodrigues	GAU-Bajouca	Veterano M55	48:21	+13:41	04:50
21	470	Adriano Fontes	G.D.R.Figueiras- Mª Grande	Veterano M55	48:53	+14:13	04:53
22	339	Lucidio Das Neves Dias	AMIGOS ATLETISMO ANTOES	Veterano M55	49:52	+15:12	04:59
23	368	Armando Delgado	Casa do Pessoal da Universidade de Coimbra	Veterano M55	51:05	+16:25	05:07
24	78	António Mota	Individual	Veterano M55	52:24	+17:44	05:14
25	181	Manuel Pereira	Individual	Veterano M55	54:09	+19:29	05:25
26	417	JOSE CORDEIRO	CLUBE VETERANOS DO LIS - LEIRIA	Veterano M55	54:56	+20:16	05:30
27	474	Manuel Brás	G.D.R.Figueiras- Mª Grande	Veterano M55	01:01:14	+26:34	06:07
28	421	Manuel Domingues	COC	Veterano M55	01:01:16	+26:36	06:08



Prova Principal - VETERANO M60

10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

Time      Temperature      Humidity

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	562	António Perpétua	Os Peregrinos de Coimbra	Veterano M60	40:35		04:04
2	383	Joaquim Gomes	Centro Popular e Recreativo de A-do-Barbas	Veterano M60	42:20	+01:45	04:14
3	406	João Prospero	Clube Recreativo Amieirinhense	Veterano M60	42:38	+02:03	04:16
4	396	Vitor Parreira	Clube Atletismo Barreira - Leiria	Veterano M60	44:11	+03:36	04:25
5	167	Jose Manuel Ferreira Monteiro	Individual	Veterano M60	44:31	+03:56	04:27
6	94	Daniel Pereira Correia	Individual	Veterano M60	46:51	+06:16	04:41
7	552	José Lucas	ACR Soutos	Veterano M60	48:11	+07:36	04:49
8	566	Fernando Nogueira	Quinta da Lagoa - Mira	Veterano M60	48:53	+08:18	04:53
9	567	Manuel Manso	Quinta da Lagoa - Mira	Veterano M60	50:31	+09:56	05:03
10	418	Manuel Pereira	CLUBE VETERANOS DO LIS - LEIRIA	Veterano M60	51:07	+10:32	05:07
11	367	HELIO GODINHO	CASA DO BENFICA EM ABRANTES	Veterano M60	51:54	+11:19	05:11
12	366	CARLOS ALFAIATE	CASA DO BENFICA EM ABRANTES	Veterano M60	54:41	+14:06	05:28





**MINI**
**3 KM**
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION
**OFFICIAL RESULT**
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
43	1063	Pedro Gaspar	individual	MINI	17:45	+06:36	05:55
44	1023	Daniela Rodrigues Massano	acd caseirinhos	MINI	17:48	+06:39	05:56
45	1021	Cristina Rafaela Rodrigues Lourenço	acd caseirinhos	MINI	17:49	+06:40	05:56
46	1033	Fernando Almeida	clube recreativo amieirinhense	MINI	17:52	+06:43	05:57
47	1044	Ausenda Santos	spgym	MINI	17:53	+06:44	05:58
48	1078	Maria Ines Ribeiro	individual	MINI	18:46	+07:37	06:15
49	1059	Vânia Filipa Rodrigues Pedrosa	individual	MINI	19:05	+07:56	06:22
50	1072	Carla Sofia Ferreira	spgym	MINI	19:11	+08:02	06:24
51	1024	Catarina Isabel Lopes Gonçalves Domingues	acd caseirinhos	MINI	19:34	+08:25	06:31
52	1052	Sandra Gaspar Carlos	individual	MINI	19:54	+08:45	06:38
53	1042	Natalia Raimundo	spgym	MINI	20:19	+09:10	06:46
54	1043	Cátia Simoes	spgym	MINI	20:30	+09:21	06:50
55	1016	Sónia Margarida Duarte Sousa	jmekansas	MINI	20:54	+09:45	06:58
56	1029	Anabela Antunes	individual	MINI	20:55	+09:46	06:58