

PROVA PRINCIPAL
10 KM
OFFICIAL RESULT
R
 REVISED

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
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	Time	Temperature	Humidity
Start	08:15	22,8°C	65,2%
End	11:39	25,5°C	60%

RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
1	566	Pedro Maravilhas	grupo proef	Senior Masculino	46:58	46:54	04:42
2	559	Bruno Moreira	grupo proef	Senior Masculino	51:41	51:37	05:10
3	1103	Bruno Sousa	individual	Senior Masculino	52:04	52:02	05:12
4	834	David Azevedo	os caricac - gimtónico	Senior Masculino	52:14	52:08	05:13
5	813	Filipe Sousa	oralklass - amigos do trail	Senior Masculino	52:35	52:32	05:15
6	812	Fernando Grabulho	oralklass - amigos do trail	Senior Masculino	52:40	52:36	05:16
7	483	José Martins	duck's team	Senior Masculino	53:04	52:46	05:18
8	610	Augusto Oliveira	individual	Senior Masculino	53:38	53:35	05:22
9	810	Bruno Pinto	oralklass - amigos do trail	Senior Masculino	53:57	53:53	05:24
10	839	Norberto Monteiro	os caricac - gimtónico	Senior Masculino	54:07	54:02	05:25
11	836	Guilherme Costa	os caricac - gimtónico	Senior Masculino	54:33	54:29	05:27
12	832	Carlos Caria	os caricac - gimtónico	Senior Masculino	55:35	55:31	05:34
13	295	Mário Diogo Carvalho	as brutalhonas	Senior Masculino	56:44	56:39	05:40
14	305	Fernando Soares	aventura	Senior Masculino	56:58	56:53	05:42
15	395	Vitor poças	cka povoa de varzim	Senior Masculino	56:59	56:57	05:42
16	705	David Paulo Pereira Pinto	invicta runners team	Senior Masculino	57:12	57:09	05:43
17	710	Nuno Miguel de Neves Abreu	invicta runners team	Senior Masculino	57:17	57:14	05:44
18	304	Bruno Rodrigues	aventura	Senior Masculino	57:48	57:44	05:47
19	1294	Carlos Fonseca	unknown	Senior Masculino	57:57	57:53	05:48
20	662	Marco Aurélio Cardoso Lopes	individual	Senior Masculino	58:12	58:09	05:49
21	391	Mario Silva	cka povoa de varzim	Senior Masculino	59:12	59:07	05:55
22	280	jorge ferreira gomes	arcorun	Senior Masculino	59:16	59:12	05:56
23	625	Diogo Leandro Ferreira da Silva	individual	Senior Masculino	01:00:13	01:00:08	06:01
24	755	Pedro Gonçallves	maia fit	Senior Masculino	01:00:14	01:00:09	06:01
25	390	Luis Silva	cka povoa de varzim	Senior Masculino	01:00:18	01:00:16	06:02
26	694	Tiago Andre Reis Costa	individual	Senior Masculino	01:00:25	01:00:21	06:03
27	251	ruben joel da silva costa	academia best club	Senior Masculino	01:00:28	01:00:20	06:03
28	248	Ivo Silva	academia best club	Senior Masculino	01:00:29	01:00:21	06:03
29	245	André Lopes	academia best club	Senior Masculino	01:00:30	01:00:23	06:03
30	621	Daniel Sousa Costa e Silva	individual	Senior Masculino	01:00:31	01:00:28	06:03
31	1364	MARIO BRITO	scuderia jabardos	Senior Masculino	01:00:53	01:00:50	06:05
32	443	Romeu Pereira	crossfit vale do ave	Senior Masculino	01:00:58	01:00:47	06:06
33	713	Rúben Miguel Castro Alvadía	invicta runners team	Senior Masculino	01:01:42	01:01:38	06:10
34	1372	Lilian Évora	individual	Senior Feminino	01:02:13	01:02:09	06:13
35	1116	Ricardo Miguel Pinto Vieira	rodina	Senior Masculino	01:02:24	01:02:19	06:14
36	650	Lisandra Pacheco de Albuquerque	individual	Senior Feminino	01:02:29	01:02:19	06:15
37	1122	Inuo Melo	run4all	Senior Masculino	01:02:32	01:02:27	06:15
38	1152	Bruno Pinto	scuderia jabardos	Senior Masculino	01:02:42	01:02:38	06:16
39	1132	Ulisses Costa	run4all	Senior Masculino	01:02:46	01:02:42	06:17
40	1089	João Paulo Guedes	quick fighters	Senior Masculino	01:02:52	01:02:47	06:17
41	684	Roberto Manuel Ribeiro Sousa	individual	Senior Masculino	01:02:53	01:02:50	06:17
42	275	Rui	aquela equipa	Senior Masculino	01:03:05	01:02:59	06:18

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RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
174	627	Eduardo Luís de Araújo Mendes	individual	Senior Masculino	01:15:22	01:15:15	07:32
175	644	jose carlos flores sousa oliveira	individual	Senior Masculino	01:15:28	01:15:16	07:33
176	1144	FILIPPE PINTO	saudes	Senior Masculino	01:15:28	01:15:17	07:33
177	1289	Alice Silva	unknown	Senior Feminino	01:16:05	01:16:00	07:37
178	672	Nuno Vieira	individual	Senior Masculino	01:16:11	01:16:02	07:37
179	486	Susana Flores	duck's team	Senior Feminino	01:16:13	01:15:54	07:37
180	545	rui soares	frigomato running team	Senior Masculino	01:16:15	01:16:08	07:38
181	668	Miguel Cruz	individual	Senior Masculino	01:16:19	01:16:15	07:38
182	1168	Artur Jorge Sousa Cardoso	solmaia runners	Senior Masculino	01:16:34	01:16:18	07:39
183	417	Carlos Gonçalves	conqui run	Senior Masculino	01:16:36	01:16:30	07:40
184	1197	José Pedro Mendes Caetano Matos Prego	spump	Senior Masculino	01:16:37	01:16:28	07:40
185	1371	Maria Marilita Cunha	herbalife	Senior Feminino	01:16:46	01:16:36	07:41
186	708	José Pinto de Moura	invicta runners team	Senior Masculino	01:16:47	01:16:42	07:41
187	1298	Patricia Madureira	unknown	Senior Feminino	01:16:50	01:16:45	07:41
188	1041	Pedro Rocha	pj	Senior Masculino	01:16:54	01:16:48	07:41
189	698	Vera Gomes	individual	Senior Feminino	01:16:58	01:16:52	07:42
190	859	Sérgio Machado	os fatigados	Senior Masculino	01:17:02	01:16:56	07:42
191	857	Nuno Vieira	os fatigados	Senior Masculino	01:17:04	01:16:58	07:42
192	855	João Pinto	os fatigados	Senior Masculino	01:17:04	01:16:57	07:42
193	851	Paulo Silva	os estrunfes	Senior Masculino	01:17:09	01:17:02	07:43
194	849	Luis Ribeiro	os estrunfes	Senior Masculino	01:17:09	01:17:03	07:43
195	655	Luis Miguel Alves Monteiro	individual	Senior Masculino	01:17:12	01:17:06	07:43
196	704	Daniela Sofia de Pinho Soares	invicta runners team	Senior Feminino	01:17:15	01:17:11	07:44
197	850	Miguel Pinto	os estrunfes	Senior Masculino	01:17:15	01:17:09	07:44
198	279	filipe jose ferreira nunes	arcorun	Senior Masculino	01:17:17	01:17:10	07:44
199	785	Luis Manuel Viana Morais	mudbeast	Senior Masculino	01:17:36	01:17:29	07:46
200	709	Lucília Quiesse Loureiro	invicta runners team	Senior Feminino	01:17:37	01:17:32	07:46
201	1066	Sandra Fonseca	power minions	Senior Feminino	01:17:37	01:17:32	07:46
202	1413	Tiago Vilaça	crossfit vale do ave	Senior Masculino	01:17:45	01:17:35	07:47
203	278	carlos manuel pereira do couto	arcorun	Senior Masculino	01:17:47	01:17:40	07:47
204	1385	Joao Filipe Barbosa	forest runners	Senior Masculino	01:17:57	01:17:55	07:48
205	428	Mario da Cruz Mira	crossfit aveiro	Senior Masculino	01:18:01	01:17:52	07:48
206	1264	Daniel Silva	toda a prova	Senior Masculino	01:18:21	01:18:08	07:50
207	242	Tomás Aires	abreijos	Senior Masculino	01:18:22	01:18:14	07:50
208	204	João Gavina	#biscateiros	Senior Masculino	01:18:26	01:18:09	07:51
209	460	Hugo Miguel Heleno Morgado	dragões be like water	Senior Masculino	01:18:28	01:18:17	07:51
210	462	Quintino Frazao Carreira	dragões be like water	Senior Masculino	01:18:28	01:18:18	07:51
211	1184	Tiago Gonçalves	solmaia runners	Senior Masculino	01:18:28	01:18:12	07:51
212	238	Marcos Roque	abreijos	Senior Masculino	01:18:29	01:18:21	07:51
213	784	Gilberto zeferino rocha ferreira	mudbeast	Senior Masculino	01:18:38	01:18:32	07:52
214	281	jorge filipe pereira	arcorun	Senior Masculino	01:18:41	01:18:35	07:52
215	673	Orlando Quintas	individual	Senior Masculino	01:18:41	01:18:31	07:52
216	1292	Andreia Silva	unknown	Senior Feminino	01:18:42	01:18:37	07:52
217	751	João Miranda	maia fit	Senior Masculino	01:18:45	01:18:40	07:52
218	464	Henrique José Ferreira	dragões kamikaze	Senior Masculino	01:18:50	01:18:40	07:53

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RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
219	1229	Alexandre Chambel	team banzai	Senior Masculino	01:18:53	01:18:49	07:53
220	594	José Filipe Santos	ict krav maga team	Senior Masculino	01:18:55	01:18:39	07:54
221	752	José Avelino Machado Pereira de Sousa	maia fit	Senior Masculino	01:18:57	01:18:52	07:54
222	1176	Leonel Pereira	solmaia runners	Senior Masculino	01:18:58	01:18:42	07:54
223	756	Sérgio Esteves	maia fit	Senior Masculino	01:19:00	01:18:55	07:54
224	747	Ana Moura	maia fit	Senior Feminino	01:19:02	01:18:57	07:54
225	1231	José António Martins Meira	team bardinolas	Senior Masculino	01:19:05	01:19:01	07:54
226	1185	Vitor Zenha	solmaia runners	Senior Masculino	01:19:06	01:18:50	07:55
227	1232	Simão Pedro Ferreira Faria	team bardinolas	Senior Masculino	01:19:07	01:19:03	07:55
228	300	Rui Nunes	as brutalhonas	Senior Masculino	01:19:21	01:19:16	07:56
229	801	Frederico Cunha	nunca mais acaba!	Senior Masculino	01:19:29	01:19:23	07:57
230	1366	Luís Marques	power minions	Senior Masculino	01:19:30	01:19:26	07:57
231	687	Rui Pedro Lobo de Miranda Reis Lima	individual	Senior Masculino	01:19:35	01:19:31	07:58
232	1159	Bruno Rodrigues	sempre em forma	Senior Masculino	01:19:36	01:19:28	07:58
233	459	Christophe Ricardo Ferreira Da Silva	dragões be like water	Senior Masculino	01:19:52	01:19:42	07:59
234	458	André Filipe Silva Leal	dragões be like water	Senior Masculino	01:20:01	01:19:52	08:00
235	288	Mariana Esteves	are we there yet?	Senior Feminino	01:20:11	01:20:06	08:01
236	263	Diogo Magalhães	amazing segment	Senior Masculino	01:20:13	01:19:54	08:01
237	665	Maria José Pereira Leão	individual	Senior Feminino	01:20:18	01:20:11	08:02
238	803	Ricardo Martins	nunca mais acaba!	Senior Masculino	01:20:23	01:20:18	08:02
239	1147	Rui Gonçalves	saudes	Senior Masculino	01:20:25	01:20:23	08:02
240	1396	Fernando Rocha	forest runners	Senior Masculino	01:20:26	01:20:22	08:03
241	596	Luis Filipe Alves	ict krav maga team	Senior Masculino	01:20:31	01:20:13	08:03
242	591	Adriano Castro	ict krav maga team	Senior Masculino	01:20:31	01:20:13	08:03
243	854	Fábio Martins	os fatigados	Senior Masculino	01:20:39	01:20:33	08:04
244	1065	Rosa Paula Silva Solino	power minions	Senior Feminino	01:20:43	01:20:37	08:04
245	380	Carlos Miranda	central gym	Senior Masculino	01:20:46	01:15:02	08:05
246	381	José Ferreira	central gym	Senior Masculino	01:20:51	01:15:08	08:05
247	382	Luis Miguel Costa	central gym	Senior Masculino	01:20:51	01:15:07	08:05
248	563	Naike Nogueira	grupo proef	Senior Feminino	01:20:57	01:20:53	08:06
249	949	Catarina Abreu	os maiores do militaryfit	Senior Feminino	01:21:04	01:21:00	08:06
250	1431	Andrej Kesely	individual	Senior Masculino	01:21:11	01:21:02	08:07
251	1162	Nuno Pala	sempre em forma	Senior Masculino	01:21:11	01:21:02	08:07
252	952	Gonçalo José Barbosa e Silva Pinto Viana	os maiores do militaryfit	Senior Masculino	01:21:14	01:21:10	08:07
253	958	Rui Costa	os maiores do militaryfit	Senior Masculino	01:21:14	01:21:10	08:07
254	948	André Filipe Rodrigues da Rocha	os maiores do militaryfit	Senior Masculino	01:21:18	01:21:14	08:08
255	389	José Costa	cka povoa de varzim	Senior Masculino	01:21:22	01:21:20	08:08
256	830	André Marques	os caricas - gimtónico	Senior Masculino	01:21:23	01:21:14	08:08
257	962	António Araújo	os nininhos	Senior Masculino	01:21:23	01:21:09	08:08
258	1120	Bruno Melo	run4all	Senior Masculino	01:21:33	01:21:27	08:09
259	1125	José Fernando Moreira	run4all	Senior Masculino	01:21:34	01:21:28	08:09
260	606	André Sousa	individual	Senior Masculino	01:21:35	01:21:29	08:09
261	965	Ivo Carvalho	os nininhos	Senior Masculino	01:21:36	01:21:22	08:10

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RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
262	727	Rui Carneiro	kansadinhos	Senior Masculino	01:21:37	01:21:27	08:10
263	957	Pedro Acácio Rodrigues da Rocha	os maiores do militaryfit	Senior Masculino	01:21:39	01:21:35	08:10
264	699	Vitor Caldeira	individual	Senior Masculino	01:21:41	01:21:30	08:10
265	691	Sérgio Miguel da Costa Machado Santos	individual	Senior Masculino	01:21:44	01:21:37	08:10
266	963	Cláudio Silva	os nininhos	Senior Masculino	01:21:49	01:21:36	08:11
267	1096	Cátia Moreira	racing mackerel	Senior Feminino	01:21:54	01:21:49	08:11
268	1316	Carlos Manuel Gonçalves Reis	vidativa	Senior Masculino	01:21:59	01:21:45	08:12
269	1324	Maria da Graça Caleiro Costa	vidativa	Senior Feminino	01:21:59	01:21:46	08:12
270	1433	Arthur Quezada	noismemo	Senior Masculino	01:22:09	01:22:02	08:13
271	1410	Paulo Pinho	individual	Senior Masculino	01:22:12	01:22:05	08:13
272	357	Manuel Rodrigues	cai de pé	Senior Masculino	01:22:15	01:22:08	08:13
273	1427	Carlos Matos	enzerbiados	Senior Masculino	01:22:20	01:22:04	08:14
274	1434	Rui Miguel Ferreira Marques	enzerbiados	Senior Masculino	01:22:20	01:22:05	08:14
275	1426	José Marques	enzerbiados	Senior Masculino	01:22:20	01:22:06	08:14
276	1375	Joao lagos	hardcore fitness	Senior Masculino	01:22:20	01:22:18	08:14
277	355	Francisco Nogueira	cai de pé	Senior Masculino	01:22:20	01:22:13	08:14
278	1377	António Martins	hardcore fitness	Senior Masculino	01:22:22	01:21:55	08:14
279	1353	Zélia Borges	we feel	Senior Feminino	01:22:30	01:22:20	08:15
280	1428	Nuno Pinto	enzerbiados	Senior Masculino	01:22:36	01:22:21	08:16
281	1429	Nuno Cruz	enzerbiados	Senior Masculino	01:22:37	01:22:22	08:16
282	237	Joel Geraldo	abreijos	Senior Masculino	01:22:39	01:22:30	08:16
283	301	Sara Gomes	as brutalthonas	Senior Feminino	01:22:43	01:22:37	08:16
284	294	Inês Reis	as brutalthonas	Senior Feminino	01:22:43	01:22:38	08:16
285	219	Luis Mano	233 drink team	Senior Masculino	01:22:46	01:22:28	08:17
286	223	Ricardo Aires	233 drink team	Senior Masculino	01:22:46	01:22:27	08:17
287	217	Joao Neto	233 drink team	Senior Masculino	01:22:46	01:22:29	08:17
288	1351	Carlos Mariano	we feel	Senior Masculino	01:22:48	01:22:40	08:17
289	1352	Miguel Madureira	we feel	Senior Masculino	01:22:52	01:22:43	08:17
290	1219	Nuno Fontela	tainadas team	Senior Masculino	01:22:53	01:22:46	08:17
291	843	Marcos Andrade	os carro vassoura	Senior Masculino	01:23:00	01:22:56	08:18
292	1084	ANDRÉ SILVA	quarteto fantástico	Senior Masculino	01:23:11	01:22:55	08:19
293	498	NUNO PUGA	eir force	Senior Masculino	01:23:14	01:23:04	08:19
294	496	MIGUEL NETO	eir force	Senior Masculino	01:23:14	01:23:05	08:19
295	495	MÁRIO RIBEIRO	eir force	Senior Masculino	01:23:15	01:23:05	08:19
296	500	RUI GONÇALVES	eir force	Senior Masculino	01:23:15	01:23:04	08:19
297	499	PAULO REGO	eir force	Senior Masculino	01:23:15	01:23:05	08:19
298	494	ARTUR SILVA	eir force	Senior Masculino	01:23:15	01:23:04	08:19
299	1198	Marília Macieira	spump	Senior Feminino	01:23:19	01:23:10	08:20
300	1199	Miriam Petra Matos Jorg	spump	Senior Feminino	01:23:21	01:23:12	08:20
301	264	Gonçalo Santos	amazing segment	Senior Masculino	01:23:24	01:23:03	08:20
302	261	Daniel Soares	amazing segment	Senior Masculino	01:23:31	01:23:10	08:21
303	622	Diana Simões	individual	Senior Feminino	01:23:35	01:23:30	08:21
304	633	Gonçalo Forte	individual	Senior Masculino	01:23:36	01:23:31	08:22
305	632	Gilberto Lopes	individual	Senior Masculino	01:23:36	01:23:29	08:22
306	371	Carlos Ferreira	cavaleiros da apocalipse	Senior Masculino	01:23:40	01:23:33	08:22

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307	802	José Miguel Mesquita	nunca mais acaba!	Senior Masculino	01:23:51	01:23:45	08:23
308	1330	Paulo Sérgio Lopes Ribeiro	vikings	Senior Masculino	01:23:52	01:23:46	08:23
309	518	Miguel Gonçalves	extreme academy	Senior Masculino	01:23:53	01:23:45	08:23
310	515	Filipe Cordeiro	extreme academy	Senior Masculino	01:23:54	01:23:45	08:23
311	519	Nuno Lacerda	extreme academy	Senior Masculino	01:23:54	01:23:45	08:23
312	1328	André Martinho Pereira Ferreira	vikings	Senior Masculino	01:23:58	01:23:52	08:24
313	835	Filipe Rosado	os caricas - gimtónico	Senior Masculino	01:24:01	01:23:53	08:24
314	837	Jorge Ladeira	os caricas - gimtónico	Senior Masculino	01:24:01	01:23:53	08:24
315	1048	Eduardo miguel Sousa	power minions	Senior Masculino	01:24:07	01:24:04	08:25
316	522	Hélder Nuno Oliveira Teixeira	fit máfia	Senior Masculino	01:24:12	01:24:00	08:25
317	657	Manuel Correia Rosa	individual	Senior Masculino	01:24:28	01:24:24	08:27
318	1161	Nuno Jorge	sempre em forma	Senior Masculino	01:24:29	01:24:21	08:27
319	446	Pedro Pratas	deaf team	Senior Masculino	01:24:29	01:24:23	08:27
320	444	Nelson Santos	deaf team	Senior Masculino	01:24:30	01:24:23	08:27
321	445	Paulo Costa	deaf team	Senior Masculino	01:24:30	01:24:23	08:27
322	1040	Joana Silva	pj	Senior Feminino	01:24:31	01:24:25	08:27
323	1282	Bruno Guimarães	tridente legends	Senior Masculino	01:24:53	01:24:49	08:29
324	373	Joana Pereira	cavaleiros da apocalipse	Senior Feminino	01:24:54	01:24:48	08:29
325	842	João Guedes	os carro vassoura	Senior Masculino	01:24:54	01:24:51	08:29
326	1283	Manuel Cardoso	tridente legends	Senior Masculino	01:24:55	01:24:50	08:29
327	1284	Paulo Silva	tridente legends	Senior Masculino	01:24:55	01:24:51	08:29
328	1218	Hamilton Machado	tainadas team	Senior Masculino	01:24:55	01:24:48	08:29
329	368	Berta Dalila Carvalho	cavaleiros da apocalipse	Senior Feminino	01:24:55	01:24:50	08:30
330	844	Tiago Guimarães	os carro vassoura	Senior Masculino	01:24:55	01:24:51	08:30
331	1380	Amélia Martins	cavaleiros do apocalipse	Senior Feminino	01:25:06	01:25:00	08:31
332	1297	Inês Mendes	unknown	Senior Feminino	01:25:10	01:25:05	08:31
333	664	Maria Graça Fernandes	individual	Senior Feminino	01:25:10	01:25:05	08:31
334	369	Carla Figueiredo	cavaleiros da apocalipse	Senior Feminino	01:25:11	01:25:05	08:31
335	790	Eurico Martins	nel buso ghe xe el vin team	Senior Masculino	01:25:11	01:25:04	08:31
336	791	Mario Ferreira Silva	nel buso ghe xe el vin team	Senior Masculino	01:25:15	01:25:08	08:32
337	302	Sónia Teixeira	as brutalhonas	Senior Feminino	01:25:33	01:25:28	08:33
338	1339	Diogo Branco	visionarios	Senior Masculino	01:25:35	01:25:24	08:33
339	714	Rui Alberto Rocha Amorim	invicta runners team	Senior Masculino	01:25:35	01:25:30	08:34
340	299	Rui Flores	as brutalhonas	Senior Masculino	01:25:36	01:25:31	08:34
341	700	Ana Rui Amorim	invicta runners team	Senior Feminino	01:25:41	01:25:36	08:34
342	1420	José Simões	individual	Senior Masculino	01:25:44	01:25:37	08:34
343	1419	Elizabeth Braga	individual	Senior Feminino	01:25:44	01:25:38	08:34
344	291	Elizabeth Santos	aroo team	Senior Feminino	01:25:48	01:24:42	08:35
345	290	Alexandre Joaquim	aroo team	Senior Masculino	01:25:51	01:24:45	08:35
346	392	Paulo Sá	cka povoa de varzim	Senior Masculino	01:25:59	01:25:55	08:36
347	292	Ricardo Fabiana	aroo team	Senior Masculino	01:26:02	01:24:57	08:36
348	1340	Joao Lima	visionarios	Senior Masculino	01:26:07	01:25:56	08:37
349	671	Nuno Miguel dos Santos Gaio	individual	Senior Masculino	01:26:13	01:26:07	08:37
350	503	Fábio Manuel Mendes Pereira	epic group	Senior Masculino	01:26:22	01:26:00	08:38
351	376	Mauro Almeida	cavaleiros da apocalipse	Senior Masculino	01:26:25	01:26:18	08:38
352	1411	Avelino Machado	individual	Senior Masculino	01:26:26	01:26:20	08:39

PROVA PRINCIPAL

10 KM

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
714	319	Rita Santos	body life	Senior Feminino	01:46:34	01:46:23	10:39
715	316	Renata Carvalho	body life	Senior Feminino	01:46:43	01:46:32	10:40
716	501	Catarina Cunha	epic group	Senior Feminino	01:46:46	01:46:23	10:41
717	321	Tiago Dias	body life	Senior Masculino	01:46:57	01:46:46	10:42
718	598	Rita Martins	ict krav maga team	Senior Feminino	01:47:07	01:46:48	10:43
719	595	Laura Rios	ict krav maga team	Senior Feminino	01:47:07	01:46:48	10:43
720	593	Dominic da Rocha de Freitas	ict krav maga team	Senior Masculino	01:47:07	01:46:50	10:43
721	358	Pedro Almeida	cai de pé	Senior Masculino	01:47:49	01:47:42	10:47
722	679	Renata Marina Santos Cardoso	individual	Senior Feminino	01:47:57	01:47:48	10:48
723	690	Sergio Alexandre Teixeira Pereira	individual	Senior Masculino	01:47:57	01:47:48	10:48
724	920	Nuno Brito	os gladiadores - bom sucesso health club	Senior Masculino	01:47:59	01:47:47	10:48
725	884	Carla Brito	os gladiadores - bom sucesso health club	Senior Feminino	01:48:03	01:47:49	10:48
726	521	Fabio Tiago Monteiro Dias	fit máfia	Senior Masculino	01:48:06	01:47:52	10:49
727	526	Luis Daniel Carvalho	fit máfia	Senior Masculino	01:48:06	01:47:53	10:49
728	520	Diamantino Martins	fit máfia	Senior Masculino	01:48:06	01:47:53	10:49
729	914	Maria de Lurdes Silva	os gladiadores - bom sucesso health club	Senior Feminino	01:48:06	01:47:55	10:49
730	528	Soraia Souza	fit máfia	Senior Feminino	01:48:06	01:47:53	10:49
731	530	Tiago José Silva Azevedo	fit máfia	Senior Masculino	01:48:06	01:47:53	10:49
732	527	Rui jorge Machado Pinto	fit máfia	Senior Masculino	01:48:07	01:47:53	10:49
733	524	Ivo Miguel Bica Barata	fit máfia	Senior Masculino	01:48:07	01:47:52	10:49
734	883	Carla Alves	os gladiadores - bom sucesso health club	Senior Feminino	01:48:09	01:47:58	10:49
735	529	Tiago Da Silva Carvalho	fit máfia	Senior Masculino	01:48:12	01:47:58	10:49
736	968	Valéria Neves	os nininhos	Senior Feminino	01:48:18	01:48:02	10:50
737	744	Filipe Ribeiro	maçaricos e manjericos	Senior Masculino	01:48:21	01:48:04	10:50
738	743	Daniela Tavares	maçaricos e manjericos	Senior Feminino	01:48:22	01:48:05	10:50
739	649	Liliana Ribeiro	individual	Senior Feminino	01:48:28	01:48:15	10:51
740	661	Márcio Oliveira	individual	Senior Masculino	01:48:28	01:48:15	10:51
741	966	Márcia Catarina Ferreira	os nininhos	Senior Feminino	01:48:31	01:48:15	10:51
742	964	Graciete Neves	os nininhos	Senior Feminino	01:48:31	01:48:15	10:51
743	967	Soraia Faria	os nininhos	Senior Feminino	01:48:37	01:48:21	10:52
744	244	Amanda Cristina Ventura	academia best club	Senior Feminino	01:48:39	01:48:32	10:52
745	418	Liliana Alvelos	conqui run	Senior Feminino	01:48:59	01:48:53	10:54
746	419	Sónia Marques	conqui run	Senior Feminino	01:49:00	01:48:54	10:54
747	1178	Manuel Mota	solmaia runners	Senior Masculino	01:49:01	01:48:44	10:54
748	1177	Luis Noites Martins	solmaia runners	Senior Masculino	01:49:01	01:48:45	10:54
749	636	Jaime Gonzaga	individual	Senior Masculino	01:49:05	01:48:57	10:55
750	628	Eduardo Rocha	individual	Senior Masculino	01:49:16	01:49:07	10:56
751	1037	Jorge Manuel Cota Pereira	pes de chumbo	Senior Masculino	01:49:20	01:49:05	10:56
752	590	Rita Martins	hot and dangerous	Senior Feminino	01:49:36	01:49:32	10:58
753	1173	Joana Valente	solmaia runners	Senior Feminino	01:49:42	01:49:27	10:58
754	1170	Cláudia Cunha	solmaia runners	Senior Feminino	01:49:42	01:49:27	10:58
755	1172	Isabel Pinto	solmaia runners	Senior Feminino	01:49:42	01:49:28	10:58
756	1167	Adolfo Almeida	solmaia runners	Senior Masculino	01:49:43	01:49:28	10:58
757	1182	Rui Salgado	solmaia runners	Senior Masculino	01:49:43	01:49:27	10:58
758	1183	Teresa Pinto	solmaia runners	Senior Feminino	01:49:43	01:49:28	10:58
759	1174	João Carvalho	solmaia runners	Senior Masculino	01:49:43	01:49:27	10:58

PROVA PRINCIPAL**10 KM****OFFICIAL RESULT****R**
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RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
760	1179	Miguel Moreira	solmaia runners	Senior Masculino	01:49:43	01:49:26	10:58
761	586	Cecilia Almeida	hot and dangerous	Senior Feminino	01:49:46	01:49:42	10:59
762	582	alexandra fernandes	hot and dangerous	Senior Feminino	01:49:46	01:49:42	10:59
763	588	Noélia Moreira	hot and dangerous	Senior Feminino	01:49:46	01:49:42	10:59
764	887	Conceição Oliveira	os gladiadores - bom sucesso health club	Senior Feminino	01:49:46	01:49:28	10:59
765	1415	Luiz Carlos de Figueiredo	boys and girls	Senior Masculino	01:49:49	01:49:38	10:59
766	1416	João Jesus Figueiredo	boys and girls	Senior Masculino	01:49:49	01:49:39	10:59
767	1401	Stefanie Lubke	gladiadores bom sucesso health club	Senior Feminino	01:50:02	01:50:00	11:00
768	1083	Sara Rebelo Ribeiro	psycho team	Senior Feminino	01:50:11	01:50:06	11:01
769	546	André João Alvalá Rubim Marques	funky runners	Senior Masculino	01:50:11	01:50:05	11:01
770	1082	Pedro Guilherme da Silva Campos	psycho team	Senior Masculino	01:50:14	01:50:09	11:01
771	1081	Márcio André Cruz Oliveria	psycho team	Senior Masculino	01:50:14	01:50:09	11:01
772	1421	Rita Magalhães	individual	Senior Feminino	01:50:24	01:50:16	11:02
773	623	Diogo Alexandre Rodrigues Pinheiro	individual	Senior Masculino	01:50:40	01:50:30	11:04
774	607	Andreia Sofia Da Fontoura Areias	individual	Senior Feminino	01:50:40	01:50:30	11:04
775	1355	Joana Abreu	wild peanuts	Senior Feminino	01:50:59	01:50:54	11:06
776	1360	Rafaela Miranda	wild peanuts	Senior Feminino	01:50:59	01:50:55	11:06
777	1357	Maria Pereira	wild peanuts	Senior Masculino	01:50:59	01:50:55	11:06
778	1356	João Correia	wild peanuts	Senior Masculino	01:51:00	01:50:54	11:06
779	1354	Fernando Gomes	wild peanuts	Senior Masculino	01:51:00	01:50:54	11:06
780	1359	Pedro Fernandes	wild peanuts	Senior Masculino	01:51:00	01:50:55	11:06
781	1358	Mário Freixo	wild peanuts	Senior Masculino	01:51:01	01:50:59	11:06
782	1030	Hugo Carvalho	peixotinhos	Senior Masculino	01:51:04	01:50:54	11:06
783	1237	Susana Vilar	team fam	Senior Feminino	01:51:05	01:50:58	11:06
784	1236	Sergio Moutinho	team fam	Senior Masculino	01:51:07	01:51:00	11:07
785	1036	Isabel Sofia Lopes Castro	pes de chumbo	Senior Feminino	01:51:07	01:50:52	11:07
786	1038	José María cruz de juan	pes de chumbo	Senior Masculino	01:51:08	01:50:52	11:07
787	1233	Jose Vilar	team fam	Senior Masculino	01:51:09	01:51:01	11:07
788	943	Nuno Cunha Gomes	os lobos do marão	Senior Masculino	01:51:09	01:51:04	11:07
789	604	Ana Azevedo	individual	Senior Feminino	01:51:12	01:51:07	11:07
790	652	Luís Almeida	individual	Senior Masculino	01:51:14	01:51:09	11:07
791	961	Tiago David Oliveira Faneca	os maiores do militaryfit	Senior Masculino	01:51:30	01:51:25	11:09
792	678	Rafaela Pereira	individual	Senior Feminino	01:51:31	01:51:24	11:09
793	1028	Cristiana Morais	peixotinhos	Senior Feminino	01:51:35	01:51:25	11:10
794	1234	Rafaela de Oliveira Baptista	team fam	Senior Feminino	01:51:37	01:51:30	11:10
795	412	Cátia Sofia Carneiro Maia Bessa Pinto	conquer ladies and gentleman	Senior Feminino	01:51:59	01:51:49	11:12
796	413	Filipa Mariana Jesus Pereira	conquer ladies and gentleman	Senior Feminino	01:51:59	01:51:07	11:12
797	415	Marta Raquel Santos Guerra Moreira	conquer ladies and gentleman	Senior Feminino	01:51:59	01:51:50	11:12
798	944	PEDRO RICARDO DA FONTE E PEREIRA	os lobos do marão	Senior Masculino	01:52:02	01:51:59	11:12
799	938	Andrea Renata da Fonte Lima Pereira	os lobos do marão	Senior Feminino	01:52:14	01:52:09	11:13
800	942	José Rafael Gonçalves Sousa Peixoto	os lobos do marão	Senior Masculino	01:52:14	01:52:10	11:13

PROVA PRINCIPAL

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
845	715	Carla Santos	juntos conseguimos team	Senior Feminino	01:55:24	01:55:13	11:32
846	722	Sara Rei	juntos conseguimos team	Senior Feminino	01:55:24	01:55:14	11:32
847	716	Cristiano Oliveira	juntos conseguimos team	Senior Masculino	01:55:24	01:55:13	11:32
848	717	Daniela Mota Machado	juntos conseguimos team	Senior Feminino	01:55:25	01:55:13	11:32
849	719	Marlene Melaia	juntos conseguimos team	Senior Feminino	01:55:25	01:55:12	11:32
850	718	Maria Marlene Monteiro	juntos conseguimos team	Senior Feminino	01:55:25	01:55:13	11:32
851	1118	Ana Riscado	run4all	Senior Feminino	01:55:32	01:55:24	11:33
852	1130	Sandra Pinto	run4all	Senior Feminino	01:55:33	01:55:25	11:33
853	1407	Carlos Cunha	somos todos meireles	Senior Masculino	01:55:35	01:55:26	11:33
854	1409	Daniel Freitas	somos todos meireles	Senior Masculino	01:55:35	01:55:26	11:34
855	1408	Joana Cunha	somos todos meireles	Senior Feminino	01:55:36	01:55:26	11:34
856	794	Matilde Henrique	nmc	Senior Feminino	01:55:44	01:55:17	11:34
857	379	João Reis	ccd - siemens	Senior Masculino	01:55:47	01:55:40	11:35
858	630	Filipe Eduardo Pascalino Silva	individual	Senior Masculino	01:55:48	01:55:40	11:35
859	259	Catarina Vilhena	amazing segment	Senior Feminino	01:55:55	01:55:35	11:36
860	258	Anabela Rodrigues	amazing segment	Senior Feminino	01:55:58	01:55:38	11:36
861	1243	Silvia oliveira	team4fit	Senior Feminino	01:56:08	01:55:54	11:37
862	1240	Isabel Cardoso	team4fit	Senior Feminino	01:56:09	01:55:54	11:37
863	1214	Ricardo Guedes	tabata team	Senior Masculino	01:56:12	01:56:05	11:37
864	1213	Pedro Fernandes	tabata team	Senior Masculino	01:56:16	01:56:09	11:38
865	1215	Tiago Santos	tabata team	Senior Masculino	01:56:16	01:56:09	11:38
866	1212	Paula Gonçalves	tabata team	Senior Feminino	01:56:16	01:56:08	11:38
867	1211	António Gonçalves	tabata team	Senior Masculino	01:56:16	01:56:10	11:38
868	670	Nuno Leaoe	individual	Senior Masculino	01:56:26	01:56:15	11:39
869	647	José José Luis Silva Barros	individual	Senior Masculino	01:56:32	01:56:21	11:39
870	1061	Paula Cristina A. M. Sousa	power minions	Senior Feminino	01:56:35	01:56:30	11:40
871	564	Patricia Gonçalves	grupo proef	Senior Feminino	01:56:43	01:56:38	11:40
872	827	Ana Carla Amaro	os caricac - gimtónico	Senior Feminino	01:57:04	01:56:55	11:42
873	1303	Vitor Silva	unknown	Senior Masculino	01:57:12	01:57:07	11:43
874	1119	Anabela Garcia	run4all	Senior Feminino	01:57:24	01:57:16	11:44
875	826	Alexandre Almeida	os caricac - gimtónico	Senior Masculino	01:57:46	01:57:37	11:47
876	1027	Miguel Carvalho	pataniscas	Senior Masculino	01:58:27	01:58:15	11:51
877	531	Ana Filipa Martins da Fonte Soares	free runners	Senior Feminino	01:58:34	01:58:29	11:51
878	433	Sonia Alejandra Garcia Jesus	crossfit aveiro	Senior Feminino	01:58:35	01:58:20	11:51
879	1025	Emidio Pereira	pataniscas	Senior Masculino	01:58:35	01:58:22	11:52
880	1326	Nuno Figueiredo	vidativa	Senior Masculino	01:58:35	01:58:21	11:52
881	1325	Mariana Correia	vidativa	Senior Feminino	01:58:40	01:58:27	11:52
882	1321	Joana Correia	vidativa	Senior Feminino	01:58:40	01:58:27	11:52
883	1322	Joaquim Miranda	vidativa	Senior Masculino	01:58:40	01:58:28	11:52
884	1210	Sara Durão	super hiper mega fraquinhas	Senior Feminino	01:58:42	01:58:32	11:52
885	1209	Joana Durão	super hiper mega fraquinhas	Senior Feminino	01:58:42	01:58:32	11:52
886	1208	Eliana Oliveira	super hiper mega fraquinhas	Senior Feminino	01:58:42	01:58:32	11:52
887	1403	Vitor Hugo Pinheiro da Silva	vidativa	Senior Masculino	01:58:44	01:58:31	11:52
888	1315	Ângela Isabel Carvalho Gandra	vidativa	Senior Feminino	01:58:45	01:58:31	11:52
889	1318	Eduardo Torres	vidativa	Senior Masculino	01:58:47	01:58:34	11:53
890	895	Filipe Pereira	os gladiadores - bom sucesso health club	Senior Masculino	01:59:02	01:58:48	11:54

PROVA PRINCIPAL

10 KM

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
891	877	Anabela Ribeiro	os gladiadores - bom sucesso health club	Senior Feminino	01:59:02	01:58:51	11:54
892	903	Jorge Anjos	os gladiadores - bom sucesso health club	Senior Masculino	01:59:03	01:58:36	11:54
893	875	Ana Teixeira	os gladiadores - bom sucesso health club	Senior Feminino	01:59:03	01:58:50	11:54
894	871	Alexandra Marques	os gladiadores - bom sucesso health club	Senior Feminino	01:59:03	01:58:50	11:54
895	915	Mariana Martins	os gladiadores - bom sucesso health club	Senior Feminino	01:59:03	01:58:50	11:54
896	880	António Bogado	os gladiadores - bom sucesso health club	Senior Masculino	01:59:03	01:58:47	11:54
897	872	Ana do Vale	os gladiadores - bom sucesso health club	Senior Feminino	01:59:03	01:58:49	11:54
898	882	António Vela	os gladiadores - bom sucesso health club	Senior Masculino	01:59:04	01:58:49	11:54
899	897	Graça Silva	os gladiadores - bom sucesso health club	Senior Feminino	01:59:04	01:58:52	11:54
900	926	Roberta Oliveira	os gladiadores - bom sucesso health club	Senior Feminino	01:59:04	01:58:49	11:54
901	921	Patricia Monteiro	os gladiadores - bom sucesso health club	Senior Feminino	01:59:04	01:58:52	11:54
902	905	Lievan Verraest	os gladiadores - bom sucesso health club	Senior Masculino	01:59:04	01:58:47	11:54
903	925	Ricardo Barros	os gladiadores - bom sucesso health club	Senior Masculino	01:59:05	01:58:47	11:54
904	928	Sara Rocha	os gladiadores - bom sucesso health club	Senior Feminino	01:59:05	01:58:47	11:54
905	899	Isabel Almeida	os gladiadores - bom sucesso health club	Senior Feminino	01:59:05	01:58:49	11:55
906	908	Luisa Martins	os gladiadores - bom sucesso health club	Senior Feminino	01:59:05	01:58:46	11:55
907	1367	Isabel Pereira da Costa	os gladiadores - bom sucesso health club	Senior Feminino	01:59:06	01:58:54	11:55
908	919	Nilza Monteiro	os gladiadores - bom sucesso health club	Senior Feminino	01:59:06	01:58:54	11:55
909	893	Eduardo Seixas	os gladiadores - bom sucesso health club	Senior Masculino	01:59:07	01:58:52	11:55
910	1327	Ana Isabel Fernandes Cruz	vidativa	Senior Feminino	01:59:09	01:58:55	11:55
911	429	Marlene Sofia Esteves Oliveira	crossfit aveiro	Senior Feminino	01:59:10	01:58:41	11:55
912	1314	Abílio Casanova	vidativa	Senior Masculino	01:59:21	01:59:06	11:56
913	426	Carla Maria Simoes de Almeida Dias	crossfit aveiro	Senior Feminino	01:59:36	01:59:08	11:58
914	508	Bruno Barros	eu sei lá...	Senior Masculino	01:59:39	01:59:15	11:58
915	512	Renato Barros	eu sei lá...	Senior Masculino	01:59:41	01:59:17	11:58
916	513	Tiago Neves	eu sei lá...	Senior Masculino	01:59:42	01:59:18	11:58
917	824	Tiago Antunes	os antunes	Senior Masculino	01:59:45	01:59:33	11:59
918	881	Antonio Valente	os gladiadores - bom sucesso health club	Senior Masculino	01:59:50	01:59:48	11:59
919	820	Amilcar Antunes	os antunes	Senior Masculino	02:00:00	01:59:48	12:00
920	215	Guida Gaspar	233 drink team	Senior Feminino	02:00:09	01:59:50	12:01
921	225	Sofia Uva	233 drink team	Senior Feminino	02:00:09	01:59:51	12:01
922	216	Ines Silva	233 drink team	Senior Feminino	02:00:09	01:59:51	12:01
923	211	Catarina Cardoso	233 drink team	Senior Feminino	02:00:10	01:59:52	12:01
924	467	Luciano Rafael Sequeira Correia	drinkteam233	Senior Masculino	02:00:10	01:59:50	12:01
925	218	Jose Neto	233 drink team	Senior Masculino	02:00:10	01:59:52	12:01
926	220	Nuno Saquette Gabriel	233 drink team	Senior Masculino	02:00:10	01:59:52	12:01
927	214	gonçalo araujo Marques	233 drink team	Senior Masculino	02:00:11	01:59:52	12:01
928	210	Carlos Aguiar	233 drink team	Senior Masculino	02:00:11	01:59:51	12:01
929	224	Sandro Sousa	233 drink team	Senior Masculino	02:00:11	01:59:51	12:01
930	739	Vânia Santos	lap2go	Senior Feminino	02:00:11	02:00:05	12:01
931	222	Pedro Neto	233 drink team	Senior Masculino	02:00:11	01:59:52	12:01
932	509	Frederico Ferreira	eu sei lá...	Senior Masculino	02:00:20	01:59:56	12:02
933	511	Joana Maia	eu sei lá...	Senior Feminino	02:00:20	01:59:57	12:02
934	985	Ana Luísa Calixto de Faria Cardoso	os rtu tb raqq com bupp	Senior Feminino	02:00:20	02:00:10	12:02
935	510	Ivo Morais	eu sei lá...	Senior Masculino	02:00:21	01:59:57	12:02

PROVA PRINCIPAL

10 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
936	994	Joana Alexandra Carvalho Guimarães	os rtu tb raqq com bupp	Senior Feminino	02:00:22	02:00:11	12:02
937	991	Daniela Filipa Rodrigues Pinho	os rtu tb raqq com bupp	Senior Feminino	02:00:23	02:00:12	12:02
938	822	Jorge Antunes	os antunes	Senior Masculino	02:00:24	02:00:13	12:02
939	821	Cláudio Antunes	os antunes	Senior Masculino	02:00:25	02:00:13	12:02
940	825	Vasco Antunes	os antunes	Senior Masculino	02:00:25	02:00:12	12:02
941	990	Cristina Maria Pinto Ferreira	os rtu tb raqq com bupp	Senior Feminino	02:00:30	02:00:18	12:03
942	996	José Pedro Dias Bragança	os rtu tb raqq com bupp	Senior Masculino	02:01:26	02:01:16	12:09
943	1276	Isabel Araújo	touquenemosso	Senior Feminino	02:01:33	02:01:25	12:09
944	1277	José Mário Alves	touquenemosso	Senior Masculino	02:01:33	02:01:26	12:09
945	1063	Raquel Palma	power minions	Senior Feminino	02:01:37	02:01:34	12:10
946	1049	Emília Ivone Soares Duarte	power minions	Senior Feminino	02:01:37	02:01:33	12:10
947	1045	Carla Araujo	power minions	Senior Feminino	02:01:37	02:01:33	12:10
948	1042	Ana Maragrida Sousa Ferreira	power minions	Senior Feminino	02:01:37	02:01:33	12:10
949	1029	Cristiana Silva	peixotinhos	Senior Feminino	02:01:39	02:01:29	12:10
950	1031	Nuno Melo	peixotinhos	Senior Masculino	02:01:40	02:01:30	12:10
951	403	Pedro Pereira	colna	Senior Masculino	02:01:44	02:01:27	12:10
952	402	Pedro Nunes	colna	Senior Masculino	02:01:48	02:01:32	12:11
953	400	Bruno Fernades	colna	Senior Masculino	02:01:54	02:01:37	12:11
954	405	Vítor Teixeira	colna	Senior Masculino	02:02:02	02:02:00	12:12
955	907	Luisa Curado	os gladiadores - bom sucesso health club	Senior Feminino	02:02:09	02:01:59	12:13
956	759	Armando Peixoto	meia-duzia	Senior Masculino	02:02:09	02:01:50	12:13
957	1123	Iolanda Babo	run4all	Senior Feminino	02:02:16	02:02:07	12:14
958	404	Sofia Pereira	colna	Senior Feminino	02:02:18	02:02:01	12:14
959	399	Alexandra Oliveira	colna	Senior Feminino	02:02:20	02:02:03	12:14
960	401	Maria Anjos	colna	Senior Feminino	02:02:23	02:02:06	12:14
961	761	João Alves	meia-duzia	Senior Masculino	02:02:24	02:02:05	12:14
962	762	Nuno Miguel da Cruz Neves	meia-duzia	Senior Masculino	02:02:26	02:02:05	12:15
963	234	Marisa Fernandes	a ponte running	Senior Feminino	02:02:32	02:02:29	12:15
964	233	Lino Braga	a ponte running	Senior Masculino	02:02:32	02:02:29	12:15
965	763	Tiago Soares	meia-duzia	Senior Masculino	02:02:47	02:02:27	12:17
966	1275	Ernesto Martins	touquenemosso	Senior Masculino	02:02:57	02:02:48	12:18
967	1279	Marta Soares	touquenemosso	Senior Feminino	02:02:58	02:02:50	12:18
968	1281	Vera Martins	touquenemosso	Senior Masculino	02:02:58	02:02:50	12:18
969	1278	Mário Soares	touquenemosso	Senior Masculino	02:03:07	02:02:58	12:19
970	567	André Mota	gvn runners & friends	Senior Masculino	02:03:14	02:02:58	12:19
971	573	Irene Videira	gvn runners & friends	Senior Feminino	02:03:14	02:03:00	12:19
972	577	Pedro Tavares	gvn runners & friends	Senior Masculino	02:03:14	02:02:59	12:19
973	568	Daniela Martins	gvn runners & friends	Senior Feminino	02:03:15	02:02:59	12:19
974	572	Elisabete Cunha	gvn runners & friends	Senior Feminino	02:03:15	02:02:59	12:19
975	576	Pedro Matos	gvn runners & friends	Senior Masculino	02:03:15	02:02:58	12:20
976	578	Sérgio Moura	gvn runners & friends	Senior Masculino	02:03:15	02:02:58	12:20
977	571	Elisabete Brazeta	gvn runners & friends	Senior Feminino	02:03:15	02:03:01	12:20
978	569	Diana Vila Pouca	gvn runners & friends	Senior Feminino	02:03:16	02:03:02	12:20
979	574	João Baptista	gvn runners & friends	Senior Masculino	02:03:16	02:02:59	12:20
980	570	Elisa Leite	gvn runners & friends	Senior Feminino	02:03:16	02:03:00	12:20

PROVA PRINCIPAL

10 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
981	758	Ana Cristina Martins	meia-duzia	Senior Feminino	02:03:24	02:03:04	12:20
982	760	Filipa Luciana Lascasas	meia-duzia	Senior Feminino	02:03:24	02:03:04	12:20
983	913	Margarida Quelhas	os gladiadores - bom sucesso health club	Senior Feminino	02:03:24	02:03:14	12:20
984	969	Aurélio Neves de Sousa	os panteras negras	Senior Masculino	02:03:25	02:03:23	12:20
985	972	Lurdes Monteiro	os panteras negras	Senior Feminino	02:03:26	02:03:22	12:21
986	971	Julliane Cristina Dias	os panteras negras	Senior Feminino	02:03:26	02:03:22	12:21
987	973	Mayara Alencar Lopes	os panteras negras	Senior Feminino	02:03:30	02:03:26	12:21
988	1015	Pedro Elson	panteras negras	Senior Masculino	02:03:31	02:03:27	12:21
989	1014	Paulo Sousa	panteras negras	Senior Masculino	02:03:31	02:03:27	12:21
990	1013	Carla Sousa	panteras negras	Senior Feminino	02:03:32	02:03:30	12:21
991	1016	Sílvia Queirós	panteras negras	Senior Feminino	02:03:33	02:03:29	12:21
992	1135	Ricardo Filipe Cardoso Neves	run4fun	Senior Masculino	02:03:38	02:03:31	12:22
993	1008	Sónia Macedo Martins Duarte	os rtu tb raqq com bupp	Senior Feminino	02:03:38	02:03:36	12:22
994	1134	Daniela Cristina Soares Batista	run4fun	Senior Feminino	02:03:39	02:03:32	12:22
995	1133	Angela Sofia Mano Silva	run4fun	Senior Feminino	02:03:39	02:03:32	12:22
996	1001	Marta Monteiro da Silva Carvalho	os rtu tb raqq com bupp	Senior Feminino	02:03:59	02:03:47	12:24
997	999	Maria Sá Pereira Celestino Soares	os rtu tb raqq com bupp	Senior Feminino	02:04:00	02:03:48	12:24
998	538	Fiona Fernandes	friends in attack	Senior Feminino	02:04:32	02:04:25	12:27
999	541	Patricia Monteiro	friends in attack	Senior Feminino	02:04:32	02:04:24	12:27
1000	542	Sandra Silva	friends in attack	Senior Feminino	02:04:32	02:04:25	12:27
1001	981	Tiago Guerra	os primos da vera	Senior Masculino	02:05:40	02:05:26	12:34
1002	1272	Paulo freire	tomatino pasta house	Senior Masculino	02:05:41	02:05:34	12:34
1003	977	Joana Guerra	os primos da vera	Senior Feminino	02:05:50	02:05:37	12:35
1004	979	Monica Oliveira	os primos da vera	Senior Feminino	02:05:53	02:05:40	12:35
1005	1378	Magda Santos	boys and girls	Senior Feminino	02:06:00	02:05:51	12:36
1006	340	Aurora Maria Cardoso Leal	boys and girls	Senior Feminino	02:06:00	02:05:52	12:36
1007	343	Margarida Reis	boys and girls	Senior Feminino	02:06:02	02:05:53	12:36
1008	345	Maria Luís Oliveira	boys and girls	Senior Feminino	02:06:05	02:05:56	12:37
1009	339	Arménio Ribeiro	boys and girls	Senior Masculino	02:06:05	02:05:55	12:37
1010	338	Ana Rocha	boys and girls	Senior Feminino	02:06:06	02:05:57	12:37
1011	1417	Paula Alexandra Figueiredo	boys and girls	Senior Feminino	02:06:18	02:06:08	12:38
1012	344	Maria José da Silva Magalhães	boys and girls	Senior Feminino	02:06:27	02:06:18	12:39
1013	1335	Ines Mariano	villaurbana runners	Senior Feminino	02:06:29	02:06:25	12:39
1014	1333	Anabela Nicolau	villaurbana runners	Senior Feminino	02:06:32	02:06:28	12:39
1015	1244	Abel Guerreiro	the bandits	Senior Masculino	02:06:34	02:06:30	12:39
1016	1245	Manuel Queirós	the bandits	Senior Masculino	02:06:37	02:06:34	12:40
1017	1151	Susana Cristina Pereira Correia	scouters	Senior Feminino	02:06:39	02:06:33	12:40
1018	1148	João pedro pinto batista	scouters	Senior Masculino	02:06:40	02:06:34	12:40
1019	1149	Luis Miguel Marques Barbosa Lopes	scouters	Senior Masculino	02:06:40	02:06:33	12:40
1020	863	Joana Cláudia Pinheiro Rego	os fura race	Senior Feminino	02:06:45	02:06:30	12:41
1021	862	Catarina Luísa Moutinho Sampaio	os fura race	Senior Feminino	02:06:45	02:06:30	12:41
1022	1002	Patrícia Sant'Ana Ramos	os rtu tb raqq com bupp	Senior Feminino	02:06:46	02:06:35	12:41
1023	860	Ana Isabel da Silva Dias	os fura race	Senior Feminino	02:06:46	02:06:30	12:41
1024	867	Miguel Gomes Ribeiro	os fura race	Senior Masculino	02:06:46	02:06:32	12:41
1025	866	Maria Helena Rodrigues Moreira	os fura race	Senior Feminino	02:06:46	02:06:31	12:41

PROVA PRINCIPAL

10 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
1026	869	Vanessa Sofia Moreira da Cruz	os fura race	Senior Feminino	02:06:46	02:06:31	12:41
1027	861	Carlos Filipe do Vale Branco	os fura race	Senior Masculino	02:06:46	02:06:30	12:41
1028	865	João Pedro Pereira Sinval	os fura race	Senior Masculino	02:06:46	02:06:32	12:41
1029	864	João Fernandes da Silva Louro	os fura race	Senior Masculino	02:06:46	02:06:32	12:41
1030	868	Tiago André da Silva Dias	os fura race	Senior Masculino	02:06:46	02:06:32	12:41
1031	209	Tiago Nora	20ver100cuecas	Senior Masculino	02:06:55	02:06:42	12:42
1032	208	Sophia Leirinha	20ver100cuecas	Senior Feminino	02:06:55	02:06:43	12:42
1033	206	Jorge Carvalho	20ver100cuecas	Senior Masculino	02:06:56	02:06:43	12:42
1034	207	Marli Peixoto	20ver100cuecas	Senior Feminino	02:06:56	02:06:43	12:42
1035	1246	Ricardo Fernandes	the bandits	Senior Masculino	02:07:32	02:07:28	12:45
1036	1338	Olga Samões	villaurbana runners	Senior Masculino	02:07:32	02:07:29	12:45
1037	1247	Sandra Almeida	the bandits	Senior Feminino	02:07:32	02:07:28	12:45
1038	779	Joana Sousa	m'studio - ginásio feminino	Senior Feminino	02:07:41	02:07:21	12:46
1039	775	Bruna Santos	m'studio - ginásio feminino	Senior Feminino	02:07:48	02:07:28	12:47
1040	780	Nuno Pinheiro	m'studio - ginásio feminino	Senior Masculino	02:07:52	02:07:32	12:47
1041	324	Bruno Lima	bootcampfitness	Senior Masculino	02:07:53	02:05:09	12:47
1042	326	Fabio Peixoto	bootcampfitness	Senior Masculino	02:07:53	02:05:12	12:47
1043	323	Antonio Delgado	bootcampfitness	Senior Masculino	02:07:53	02:05:15	12:47
1044	328	Mafalda Peixoto	bootcampfitness	Senior Feminino	02:07:54	02:05:12	12:47
1045	330	Vitor Pereira	bootcampfitness	Senior Masculino	02:07:54	02:05:15	12:47
1046	325	Cristiana Marinho	bootcampfitness	Senior Feminino	02:07:54	02:05:15	12:47
1047	327	Helder Ferreira	bootcampfitness	Senior Masculino	02:07:54	02:05:09	12:47
1048	329	Nuno Paiva	bootcampfitness	Senior Masculino	02:07:54	02:05:16	12:47
1049	782	Robin Ribeiro	m'studio - ginásio feminino	Senior Feminino	02:10:15	02:09:55	13:02
1050	777	Crystal Miranda	m'studio - ginásio feminino	Senior Feminino	02:10:16	02:09:55	13:02
1051	776	Carla Pedro	m'studio - ginásio feminino	Senior Feminino	02:10:17	02:09:57	13:02
1052	773	Ana Silva	m'studio - ginásio feminino	Senior Feminino	02:10:23	02:10:03	13:02
1053	488	Inês Rodrigues	educafrica	Senior Feminino	02:10:31	02:10:27	13:03
1054	493	Susana Pinheiro	educafrica	Senior Feminino	02:10:31	02:10:27	13:03
1055	491	Mariana Lopes	educafrica	Senior Feminino	02:10:31	02:10:27	13:03
1056	490	Luís Silva	educafrica	Senior Masculino	02:10:35	02:10:31	13:04
1057	489	Jorge Vivas	educafrica	Senior Masculino	02:10:35	02:10:30	13:04
1058	492	Rodolfo Carvalho	educafrica	Senior Masculino	02:10:38	02:10:34	13:04
1059	1290	Ana Cunha	unknown	Senior Feminino	02:11:04	02:11:00	13:06
1060	1291	Ana Veloso	unknown	Senior Feminino	02:11:08	02:11:02	13:07
1061	736	Joana Filipa Figueiredo de Magalhães	kickers	Senior Feminino	02:11:50	02:11:40	13:11
1062	737	Marina Pinto	kickers	Senior Feminino	02:12:05	02:11:54	13:12
1063	738	Tânia Raquel Lopes Teixeira	kickers	Senior Feminino	02:12:05	02:11:54	13:13
1064	984	Ana Filipa Pinheiro Dias Silva Pereira	os rtu tb raqq com bupp	Senior Feminino	02:12:13	02:12:03	13:13
1065	1000	Marta Cláudia Costa Araújo	os rtu tb raqq com bupp	Senior Feminino	02:12:15	02:12:05	13:14
1066	1026	Fernando Pereira	pataniscas	Senior Masculino	02:12:44	02:12:30	13:16
1067	1268	Marta Marques	toda a prova	Senior Feminino	02:12:47	02:12:34	13:17
1068	1072	Maria Claudia Teixeira	power team	Senior Feminino	02:12:51	02:12:37	13:17
1069	768	Ruben Manuel Silva Almeida	mekaaninen	Senior Masculino	02:13:00	02:12:41	13:18
1070	767	Natália Arieira Veiga	mekaaninen	Senior Feminino	02:13:01	02:12:43	13:18

Prova Principal**10 KM****R**
REVISEDLAP2GO - 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

34	1116	Ricardo Miguel Pinto Vieira	Rodina	Senior Masculino	01:02:24	+15:26	06:14
35	1122	Inuo Melo	Run4all	Senior Masculino	01:02:32	+15:34	06:15
36	1152	Bruno Pinto	Scuderia Jabardos	Senior Masculino	01:02:42	+15:44	06:16
37	1132	Ulisses Costa	Run4all	Senior Masculino	01:02:46	+15:48	06:17
38	1089	João Paulo Guedes	Quick Fighters	Senior Masculino	01:02:52	+15:54	06:17
39	684	Roberto Manuel Ribeiro Sousa	Individual	Senior Masculino	01:02:53	+15:55	06:17
40	275	Rui	Aquela Equipa	Senior Masculino	01:03:05	+16:07	06:18
41	276	Sérgio Santos	Aquela Equipa	Senior Masculino	01:03:06	+16:08	06:19
42	387	Fernando Costa	CKA povia de Varzim	Senior Masculino	01:03:07	+16:09	06:19
43	1117	Álvaro Ribeiro	Run4all	Senior Masculino	01:03:13	+16:15	06:19
44	707	Hélder Filipe Silva Martins	Invicta Runners Team	Senior Masculino	01:03:27	+16:29	06:21
45	635	IVO RAMOS	Individual	Senior Masculino	01:03:56	+16:58	06:24
46	1059	Nuno Manuel L.G.Resende	Power Minions	Senior Masculino	01:03:57	+16:59	06:24
47	1090	José Manuel Lima Pereira	Quick Fighters	Senior Masculino	01:04:02	+17:04	06:24
48	1369	Vitor Ribeiro	Team Bardinolas	Senior Masculino	01:04:06	+17:08	06:25
49	485	Miguel Marques	Duck's Team	Senior Masculino	01:04:11	+17:13	06:25
50	1395	Filipe Vilhena	Forest Runners	Senior Masculino	01:04:22	+17:24	06:26
51	277	Alexandre Fernandes	ARCORUN	Senior Masculino	01:04:26	+17:28	06:27
52	712	Rúben Alves	Invicta Runners Team	Senior Masculino	01:04:27	+17:29	06:27
53	809	André Sousa	Oralklass - Amigos Do Trail	Senior Masculino	01:04:29	+17:31	06:27
54	814	Abel Fernando Rodrigues	Ordins Runners	Senior Masculino	01:04:35	+17:37	06:28
55	651	Luis Alberto Barbosa Neves	Oralklass - Amigos Do Trail	Senior Masculino	01:04:37	+17:39	06:28
56	271	Armando Santos	Aquela Equipa	Senior Masculino	01:04:44	+17:46	06:28
57	660	Manuel Santos	Individual	Senior Masculino	01:04:44	+17:46	06:28
58	1418	Ricardo Freitas	Forest Runners	Senior Masculino	01:04:45	+17:47	06:29
59	1091	Lino Neves	Quick Fighters	Senior Masculino	01:04:46	+17:48	06:29
60	1397	Carlos Martins	Forest Runners	Senior Masculino	01:04:49	+17:51	06:29
61	788	Luis Afonso	Nel Buso Che Ghe El Vin	Senior Masculino	01:04:50	+17:52	06:29
62	1400	Francisco José da Silva Oliveira	Ordins Runners	Senior Masculino	01:04:52	+17:54	06:29
63	262	Diogo Guincho	Amazing Segment	Senior Masculino	01:05:00	+18:02	06:30
64	711	Paulo J. Santos	Invicta Runners Team	Senior Masculino	01:05:01	+18:03	06:30
65	1032	António José dos Santos Pinto	PenaBoys	Senior Masculino	01:05:38	+18:40	06:34
66	1035	Micael António Pereira Monteiro	PenaBoys	Senior Masculino	01:05:40	+18:42	06:34
67	1317	César Carvalho	Vidativa	Senior Masculino	01:05:46	+18:48	06:35
68	659	Manuel Henrique Pereira Barbosa	Individual	Senior Masculino	01:05:58	+19:00	06:36
69	688	Sara Campos	Individual	Senior Masculino	01:06:14	+19:16	06:37
70	674	Pedro Costa	Individual	Senior Masculino	01:06:19	+19:21	06:38
71	1228	Adérito Silva	Team Banzai	Senior Masculino	01:06:31	+19:33	06:39
72	1230	Bruno Ribeiro	Team Banzai	Senior Masculino	01:06:35	+19:37	06:39
73	434	Carlos Ascensão	crossfit openbox	Senior Masculino	01:06:37	+19:39	06:40
74	439	Carlos Monteiro	Crossfit Openbox	Senior Masculino	01:06:37	+19:39	06:40
75	811	Carlos Mandaços	Oralklass - Amigos Do Trail	Senior Masculino	01:06:41	+19:43	06:40
76	317	Renato Fernandes	Body Life	Senior Masculino	01:06:49	+19:51	06:41
77	322	Vitor Silva	Body Life	Senior Masculino	01:06:52	+19:54	06:41
78	311	Bruno Cunha	Body Life	Senior Masculino	01:06:53	+19:55	06:41
79	312	Bruno Maia	Body Life	Senior Masculino	01:06:53	+19:55	06:41

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80	394	Vicente Gonçalves	CKA povoa de Varzim	Senior Masculino	01:07:56	+20:58	06:48
81	787	Rui Vitor Canavez Romão	MUDBEAST	Senior Masculino	01:08:31	+21:33	06:51
82	783	António Manuel Ribeiro Carvalho de Sousa Moreira	MUDBEAST	Senior Masculino	01:08:35	+21:37	06:52
83	579	Daniel Silva	Herbalife	Senior Masculino	01:08:44	+21:46	06:52
84	631	GIL SILVA	Individual	Senior Masculino	01:08:52	+21:54	06:53
85	637	Joachim Suhm	Individual	Senior Masculino	01:08:59	+22:01	06:54
86	1169	Carlos Alago	Solmaia Runners	Senior Masculino	01:09:02	+22:04	06:54
87	1060	Nuno Miguel da Silva Lago	Power Minions	Senior Masculino	01:09:04	+22:06	06:54
88	272	Marcos matias	Aquela Equipa	Senior Masculino	01:09:12	+22:14	06:55
89	1301	Rui Alves	Unknown	Senior Masculino	01:09:12	+22:14	06:55
90	639	Joao Carlos Teixeira Magalhaes	Individual	Senior Masculino	01:09:20	+22:22	06:56
91	1053	Ivo Licinio Pinto Teixeira	Power Minions	Senior Masculino	01:09:29	+22:31	06:57
92	388	João Sousa	CKA povoa de Varzim	Senior Masculino	01:09:42	+22:44	06:58
93	1058	Miguel Sottomayor Oliveira	Power Minions	Senior Masculino	01:09:43	+22:45	06:58
94	1121	Hugo Costa	Run4all	Senior Masculino	01:09:50	+22:52	06:59
95	506	Rui André Neves Ribeiro	EPIC GROUP	Senior Masculino	01:09:57	+22:59	07:00
96	669	Mika Christian Tissari	Individual	Senior Masculino	01:10:06	+23:08	07:01
97	1242	Sérgio Filipe	Team4Fit	Senior Masculino	01:10:16	+23:18	07:02
98	270	Tiago Guincho	Amazing Segment	Senior Masculino	01:10:22	+23:24	07:02
99	1423	Ruben Afonso	Kansadinhos	Senior Masculino	01:10:23	+23:25	07:02
100	603	Alfredo Manuel Ferreira Pereira	Individual	Senior Masculino	01:10:31	+23:33	07:03
101	904	José Ferreira	Os Gladiadores - Bom Sucesso Health Club	Senior Masculino	01:10:33	+23:35	07:03
102	1414	Joel Carvalho	Crossfit Vale do Ave	Senior Masculino	01:10:37	+23:39	07:04
103	757	Sérgio Teixeira	Maia Fit	Senior Masculino	01:11:05	+24:07	07:07
104	613	Carlos Alberto Magalhães de Sousa	Individual	Senior Masculino	01:11:10	+24:12	07:07
105	685	Rui Filipe Meireles Sousa Magalhães	Individual	Senior Masculino	01:11:12	+24:14	07:07
106	293	Afonso Sousa	As Brutalhonas	Senior Masculino	01:11:19	+24:21	07:08
107	1329	César Micael Alves Sousa	Vikings	Senior Masculino	01:11:23	+24:25	07:08
108	1332	Rubem Manuel Branco Teixeira	Vikings	Senior Masculino	01:11:25	+24:27	07:08
109	1331	Pedro Tiago Oliveira Nunes	Vikings	Senior Masculino	01:11:26	+24:28	07:09
110	675	Pedro Miguel Pereira Ferreira Neves	Individual	Senior Masculino	01:11:30	+24:32	07:09
111	643	José Carlos Dias	Individual	Senior Masculino	01:11:33	+24:35	07:09
112	1153	Kristian Tavares	Scuderia Jabardos	Senior Masculino	01:11:39	+24:41	07:10
113	1155	Tomás Vieira	Scuderia Jabardos	Senior Masculino	01:11:41	+24:43	07:10
114	375	José Carlos Matos	Cavaleiros da apocalipse	Senior Masculino	01:11:51	+24:53	07:11
115	370	Carlos Amorim	Cavaleiros da apocalipse	Senior Masculino	01:11:51	+24:53	07:11
116	374	José Carlos Lopes	Cavaleiros da apocalipse	Senior Masculino	01:11:51	+24:53	07:11
117	543	carlos martins	FRIGOMATO RUNNING TEAM	Senior Masculino	01:11:51	+24:53	07:11
118	1154	Renato Ferreira	Scuderia Jabardos	Senior Masculino	01:11:56	+24:58	07:12
119	1384	Alberto Costa	Individual	Senior Masculino	01:12:06	+25:08	07:13
120	1129	Rui Carvalho	Run4all	Senior Masculino	01:12:08	+25:10	07:13
121	393	Ricardo Ribas	CKA povoa de Varzim	Senior Masculino	01:12:14	+25:16	07:13
122	306	Nuno Ferreira	AVENTURA	Senior Masculino	01:12:14	+25:16	07:13
123	303	jose santos	Individual	Senior Masculino	01:12:16	+25:18	07:14
124	1402	Vitor Hugo Vilar Martins	Suffa Disgn	Senior Masculino	01:12:19	+25:21	07:14

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125	1207	Jhonny Fernando Fernandes Torres	Suffa Disgn	Senior Masculino	01:12:22	+25:24	07:14
126	1206	Helder Orácio Ferreira Dias	Suffa Disgn	Senior Masculino	01:12:24	+25:26	07:14
127	1192	Nuno Alexandre Pinto Ribeiro	Speedy Gonzalez	Senior Masculino	01:12:25	+25:27	07:15
128	1191	João Rolando Brás de Azevedo	Speedy Gonzalez	Senior Masculino	01:12:29	+25:31	07:15
129	1190	Camilo Márcio Pereira Reis	Speedy Gonzalez	Senior Masculino	01:12:34	+25:36	07:15
130	1141	Rui Martins	Running Bastards	Senior Masculino	01:12:35	+25:37	07:16
131	1138	Marco Garcia	Running Bastards	Senior Masculino	01:12:38	+25:40	07:16
132	1175	José Manuel Rodrigues Teixeira Miguel	Solmaia Runners	Senior Masculino	01:12:39	+25:41	07:16
133	348	Fabio Oliveira	Bueda Canoka	Senior Masculino	01:12:49	+25:51	07:17
134	349	Ricardo Ramos	Bueda Canoka	Senior Masculino	01:12:54	+25:56	07:17
135	1323	José Cruz	Vidativa	Senior Masculino	01:13:06	+26:08	07:19
136	347	Emanuel Vieira	Bueda Canoka	Senior Masculino	01:13:07	+26:09	07:19
137	1299	Ricardo Pacheco	Unknown	Senior Masculino	01:13:15	+26:17	07:20
138	286	Delfim Carvalhosa Rodrigues	are we there yet?	Senior Masculino	01:13:22	+26:24	07:20
139	282	Miguel Barros	ARCORUN	Senior Masculino	01:13:26	+26:28	07:21
140	504	Ricardo André Teixeira Peixoto	EPIC GROUP	Senior Masculino	01:13:46	+26:48	07:23
141	1086	EMANUEL PAIS	Quarteto Fantástico	Senior Masculino	01:13:55	+26:57	07:24
142	1137	Luis Antunes	Running Bastards	Senior Masculino	01:13:56	+26:58	07:24
143	1085	BRUNO MANDIM	Quarteto Fantástico	Senior Masculino	01:14:00	+27:02	07:24
144	557	RUI MANUEL ALMEIDA DIAS	Galp Energia Norte	Senior Masculino	01:14:08	+27:10	07:25
145	556	RICARDO JORGE MAIA ALBUQUERQUE	Galp Energia Norte	Senior Masculino	01:14:08	+27:10	07:25
146	1304	Gilberto Silva	Vai indo que vou lá ter	Senior Masculino	01:14:08	+27:10	07:25
147	274	Ricardo jorge Silva	Aquela Equipa	Senior Masculino	01:14:09	+27:11	07:25
148	1306	Ricardo Ribeiro	Vai indo que vou lá ter	Senior Masculino	01:14:12	+27:14	07:25
149	201	PEDRO MIGUEL FERNANDES OLIVEIRA	Galp Energia Norte	Senior Masculino	01:14:13	+27:15	07:25
150	1196	João Pereira	SPUMP	Senior Masculino	01:14:16	+27:18	07:26
151	689	saul Ferreira	Individual	Senior Masculino	01:14:17	+27:19	07:26
152	284	Pedro Melo	ARCORUN	Senior Masculino	01:14:23	+27:25	07:26
153	283	Paulo Grilo	ARCORUN	Senior Masculino	01:14:24	+27:26	07:26
154	1139	Nuno Guedes	Running Bastards	Senior Masculino	01:14:27	+27:29	07:27
155	1195	Hugo Edgar Macedo Peixoto Pereira	SPUMP	Senior Masculino	01:14:29	+27:31	07:27
156	1220	Paulo Roque	Tainadas Team	Senior Masculino	01:14:34	+27:36	07:27
157	1293	Bruno Magalhães	Unknown	Senior Masculino	01:14:37	+27:39	07:28
158	1201	Nelson Gomes	Squash Team	Senior Masculino	01:14:39	+27:41	07:28
159	1200	Jose Alves	Squash Team	Senior Masculino	01:14:39	+27:41	07:28
160	1202	Tiago Balão	Squash Team	Senior Masculino	01:14:39	+27:41	07:28
161	523	Henrique Luis Pereira Ribas	Fit Máfia	Senior Masculino	01:14:41	+27:43	07:28
162	555	Hugo Miguel Moreira de Araújo	Galp Energia Norte	Senior Masculino	01:14:44	+27:46	07:28
163	841	André Andrade	Os Carro Vassoura	Senior Masculino	01:15:04	+28:06	07:30
164	627	Eduardo Luís de Araújo Mendes	Individual	Senior Masculino	01:15:22	+28:24	07:32
165	644	jose carlos flores sousa oliveira	Individual	Senior Masculino	01:15:28	+28:30	07:33
166	1144	FILIPPE PINTO	Saudes	Senior Masculino	01:15:28	+28:30	07:33
167	672	Nuno Vieira	Individual	Senior Masculino	01:16:11	+29:13	07:37
168	545	rui soares	FRIGOMATO RUNNING TEAM	Senior Masculino	01:16:15	+29:17	07:38
169	668	Miguel Cruz	Individual	Senior Masculino	01:16:19	+29:21	07:38

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170	1168	Artur Jorge Sousa Cardoso	Solmaia Runners	Senior Masculino	01:16:34	+29:36	07:39
171	417	Carlos Gonçalves	Conqui run	Senior Masculino	01:16:36	+29:38	07:40
172	1197	José Pedro Mendes Caetano Matos Prego	SPUMP	Senior Masculino	01:16:37	+29:39	07:40
173	708	José Pinto de Moura	Invicta Runners Team	Senior Masculino	01:16:47	+29:49	07:41
174	1041	Pedro Rocha	PJ	Senior Masculino	01:16:54	+29:56	07:41
175	859	Sérgio Machado	Os Fatigados	Senior Masculino	01:17:02	+30:04	07:42
176	857	Nuno Vieira	Os Fatigados	Senior Masculino	01:17:04	+30:06	07:42
177	855	João Pinto	Os Fatigados	Senior Masculino	01:17:04	+30:06	07:42
178	851	Paulo Silva	Os Estrunfes	Senior Masculino	01:17:09	+30:11	07:43
179	849	Luis Ribeiro	Os Estrunfes	Senior Masculino	01:17:09	+30:11	07:43
180	655	Luis Miguel Alves Monteiro	Individual	Senior Masculino	01:17:12	+30:14	07:43
181	850	Miguel Pinto	Os Estrunfes	Senior Masculino	01:17:15	+30:17	07:44
182	279	filipe jose ferreira nunes	ARCORUN	Senior Masculino	01:17:17	+30:19	07:44
183	785	Luis Manuel Viana Morais	MUDBEAST	Senior Masculino	01:17:36	+30:38	07:46
184	1413	Tiago Vilaça	Crossfit Vale do Ave	Senior Masculino	01:17:45	+30:47	07:47
185	278	carlos manuel pereira do coute	ARCORUN	Senior Masculino	01:17:47	+30:49	07:47
186	1385	Joao Filipe Barbosa	Forest Runners	Senior Masculino	01:17:57	+30:59	07:48
187	428	Mario da Cruz Mira	CrossFit Aveiro	Senior Masculino	01:18:01	+31:03	07:48
188	1264	Daniel Silva	Toda a prova	Senior Masculino	01:18:21	+31:23	07:50
189	242	Tomás Aires	Abreijos	Senior Masculino	01:18:22	+31:24	07:50
190	204	João Gavina	#Biscateiros	Senior Masculino	01:18:26	+31:28	07:51
191	460	Hugo Miguel Heleno Morgado	Dragões Be Like Water	Senior Masculino	01:18:28	+31:30	07:51
192	462	Quintino Frazao Carreira	Dragões Be Like Water	Senior Masculino	01:18:28	+31:30	07:51
193	1184	Tiago Gonçalves	Solmaia Runners	Senior Masculino	01:18:28	+31:30	07:51
194	238	Marcos Roque	Abreijos	Senior Masculino	01:18:29	+31:31	07:51
195	784	Gilberto zeferino rocha ferreira	MUDBEAST	Senior Masculino	01:18:38	+31:40	07:52
196	281	jorge filipe pereira	ARCORUN	Senior Masculino	01:18:41	+31:43	07:52
197	673	Orlando Quintas	Individual	Senior Masculino	01:18:41	+31:43	07:52
198	751	João Miranda	Maia Fit	Senior Masculino	01:18:45	+31:47	07:52
199	464	Henrique José Ferreira	Dragões Kamikaze	Senior Masculino	01:18:50	+31:52	07:53
200	1229	Alexandre Chambel	Team Banzai	Senior Masculino	01:18:53	+31:55	07:53
201	594	José Filipe Santos	ICT KRAV MAGA TEAM	Senior Masculino	01:18:55	+31:57	07:54
202	752	José Avelino Machado Pereira de Sousa	Maia Fit	Senior Masculino	01:18:57	+31:59	07:54
203	1176	Leonel Pereira	Solmaia Runners	Senior Masculino	01:18:58	+32:00	07:54
204	756	Sérgio Esteves	Maia Fit	Senior Masculino	01:19:00	+32:02	07:54
205	1231	José António Martins Meira	Team Bardinolas	Senior Masculino	01:19:05	+32:07	07:54
206	1185	Vitor Zenha	Solmaia Runners	Senior Masculino	01:19:06	+32:08	07:55
207	1232	Simão Pedro Ferreira Faria	Team Bardinolas	Senior Masculino	01:19:07	+32:09	07:55
208	300	Rui Nunes	As Brutalhonas	Senior Masculino	01:19:21	+32:23	07:56
209	801	Frederico Cunha	Nunca mais acaba!	Senior Masculino	01:19:29	+32:31	07:57
210	1366	Luís Marques	Power Minions	Senior Masculino	01:19:30	+32:32	07:57
211	687	Rui Pedro Lobo de Miranda Reis Lima	Individual	Senior Masculino	01:19:35	+32:37	07:58
212	1159	Bruno Rodrigues	SEMPRE EM FORMA	Senior Masculino	01:19:36	+32:38	07:58
213	459	Christophe Ricardo Ferreira Da Silva	Dragões Be Like Water	Senior Masculino	01:19:52	+32:54	07:59
214	458	André Filipe Silva Leal	Dragões Be Like Water	Senior Masculino	01:20:01	+33:03	08:00

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215	263	Diogo Magalhães	Amazing Segment	Senior Masculino	01:20:13	+33:15	08:01
216	803	Ricardo Martins	Nunca mais acaba!	Senior Masculino	01:20:23	+33:25	08:02
217	1147	Rui Gonçalves	Saudes	Senior Masculino	01:20:25	+33:27	08:02
218	1396	Fernando Rocha	Forest Runners	Senior Masculino	01:20:26	+33:28	08:03
219	596	Luis Filipe Alves	ICT KRAV MAGA TEAM	Senior Masculino	01:20:31	+33:33	08:03
220	591	Adriano Castro	ICT KRAV MAGA TEAM	Senior Masculino	01:20:31	+33:33	08:03
221	854	Fábio Martins	Os Fatigados	Senior Masculino	01:20:39	+33:41	08:04
222	380	Carlos Miranda	CENTRAL GYM	Senior Masculino	01:20:46	+33:48	08:05
223	381	José Ferreira	CENTRAL GYM	Senior Masculino	01:20:51	+33:53	08:05
224	382	Luis Miguel Costa	CENTRAL GYM	Senior Masculino	01:20:51	+33:53	08:05
225	1431	Andrej Kesely	Individual	Senior Masculino	01:21:11	+34:13	08:07
226	1162	Nuno Pala	SEMPRE EM FORMA	Senior Masculino	01:21:11	+34:13	08:07
227	952	Gonçalo José Barbosa e Silva Pinto Viana	Os Maiores do MilitaryFit	Senior Masculino	01:21:14	+34:16	08:07
228	958	Rui Costa	Os Maiores do MilitaryFit	Senior Masculino	01:21:14	+34:16	08:07
229	948	André Filipe Rodrigues da Rocha	Os Maiores do MilitaryFit	Senior Masculino	01:21:18	+34:20	08:08
230	389	José Costa	CKA povoa de Varzim	Senior Masculino	01:21:22	+34:24	08:08
231	830	André Marques	Os Caricas - Gimtónico	Senior Masculino	01:21:23	+34:25	08:08
232	962	António Araújo	Os Nininhos	Senior Masculino	01:21:23	+34:25	08:08
233	1120	Bruno Melo	Run4all	Senior Masculino	01:21:33	+34:35	08:09
234	1125	José Fernando Moreira	Run4all	Senior Masculino	01:21:34	+34:36	08:09
235	606	André Sousa	Individual	Senior Masculino	01:21:35	+34:37	08:09
236	965	Ivo Carvalho	Os Nininhos	Senior Masculino	01:21:36	+34:38	08:10
237	727	Rui Carneiro	kansadinhos	Senior Masculino	01:21:37	+34:39	08:10
238	957	Pedro Acácio Rodrigues da Rocha	Os Maiores do MilitaryFit	Senior Masculino	01:21:39	+34:41	08:10
239	699	Vitor Caldeira	Individual	Senior Masculino	01:21:41	+34:43	08:10
240	691	Sérgio Miguel da Costa Machado Santos	Individual	Senior Masculino	01:21:44	+34:46	08:10
241	963	Cláudio Silva	Os Nininhos	Senior Masculino	01:21:49	+34:51	08:11
242	1316	Carlos Manuel Gonçalves Reis	Vidativa	Senior Masculino	01:21:59	+35:01	08:12
243	1433	Arthur Quezada	NoisMemo	Senior Masculino	01:22:09	+35:11	08:13
244	1410	Paulo Pinho	Individual	Senior Masculino	01:22:12	+35:14	08:13
245	357	Manuel Rodrigues	Cai de Pé	Senior Masculino	01:22:15	+35:17	08:13
246	1427	Carlos Matos	Enzerbiados	Senior Masculino	01:22:20	+35:22	08:14
247	1434	Rui Miguel Ferreira Marques	Enzerbiados	Senior Masculino	01:22:20	+35:22	08:14
248	1426	José Marques	Enzerbiados	Senior Masculino	01:22:20	+35:22	08:14
249	1375	Joao Iagos	Hardcore Fitnéss	Senior Masculino	01:22:20	+35:22	08:14
250	355	Francisco Nogueira	Cai de Pé	Senior Masculino	01:22:20	+35:22	08:14
251	1377	António Martins	Hardcore Fitnéss	Senior Masculino	01:22:22	+35:24	08:14
252	1428	Nuno Pinto	Enzerbiados	Senior Masculino	01:22:36	+35:38	08:16
253	1429	Nuno Cruz	Enzerbiados	Senior Masculino	01:22:37	+35:39	08:16
254	237	Joel Geraldo	Abreijos	Senior Masculino	01:22:39	+35:41	08:16
255	219	Luis Mano	233 Drink Team	Senior Masculino	01:22:46	+35:48	08:17
256	223	Ricardo Aires	233 Drink Team	Senior Masculino	01:22:46	+35:48	08:17
257	217	Joao Neto	233 Drink Team	Senior Masculino	01:22:46	+35:48	08:17
258	1351	Carlos Mariano	We Feel	Senior Masculino	01:22:48	+35:50	08:17
259	1352	Miguel Madureira	We Feel	Senior Masculino	01:22:52	+35:54	08:17

Official Timekeeper: Lap2Go	15 / 26	generate 23-jun-2014 19:18
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Prova Principal

10 KM



OFFICIAL RESULT

661	567	André Mota	GVN Runners & Friends	Senior Masculino	02:03:14	+01:16:16	12:19
662	577	Pedro Tavares	GVN Runners & Friends	Senior Masculino	02:03:14	+01:16:16	12:19
663	576	Pedro Matos	GVN Runners & Friends	Senior Masculino	02:03:15	+01:16:17	12:20
664	578	Sérgio Moura	GVN Runners & Friends	Senior Masculino	02:03:15	+01:16:17	12:20
665	574	João Baptista	GVN Runners & Friends	Senior Masculino	02:03:16	+01:16:18	12:20
666	969	Aurélio Neves de Sousa	os panteras negras	Senior Masculino	02:03:25	+01:16:27	12:20
667	1015	Pedro Elson	Panteras Negras	Senior Masculino	02:03:31	+01:16:33	12:21
668	1014	Paulo Sousa	Panteras Negras	Senior Masculino	02:03:31	+01:16:33	12:21
669	1135	Ricardo Filipe Cardoso Neves	run4fun	Senior Masculino	02:03:38	+01:16:40	12:22
670	981	Tiago Guerra	Os primos da Vera	Senior Masculino	02:05:40	+01:18:42	12:34
671	1272	Paulo freire	Tomatino Pasta House	Senior Masculino	02:05:41	+01:18:43	12:34
672	339	Arménio Ribeiro	Boys and Girls	Senior Masculino	02:06:05	+01:19:07	12:37
673	1244	Abel Guerreiro	The Bandits	Senior Masculino	02:06:34	+01:19:36	12:39
674	1245	Manuel Queirós	The Bandits	Senior Masculino	02:06:37	+01:19:39	12:40
675	1148	João pedro pinto batista	Scouters	Senior Masculino	02:06:40	+01:19:42	12:40
676	1149	Luis Miguel Marques Barbosa Lopes	Scouters	Senior Masculino	02:06:40	+01:19:42	12:40
677	867	Miguel Gomes Ribeiro	Os Fura Race	Senior Masculino	02:06:46	+01:19:48	12:41
678	861	Carlos Filipe do Vale Branco	Os Fura Race	Senior Masculino	02:06:46	+01:19:48	12:41
679	865	João Pedro Pereira Sinval	Os Fura Race	Senior Masculino	02:06:46	+01:19:48	12:41
680	864	João Fernandes da Silva Louro	Os Fura Race	Senior Masculino	02:06:46	+01:19:48	12:41
681	868	Tiago André da Silva Dias	Os Fura Race	Senior Masculino	02:06:46	+01:19:48	12:41
682	209	Tiago Nora	20ver100cuecas	Senior Masculino	02:06:55	+01:19:57	12:42
683	206	Jorge Carvalho	20ver100cuecas	Senior Masculino	02:06:56	+01:19:58	12:42
684	1246	Ricardo Fernandes	The Bandits	Senior Masculino	02:07:32	+01:20:34	12:45
685	1338	Olga Samões	VillaUrbana Runners	Senior Masculino	02:07:32	+01:20:34	12:45
686	780	Nuno Pinheiro	M'Studio - Ginásio Feminino	Senior Masculino	02:07:52	+01:20:54	12:47
687	324	Bruno Lima	BootcampFitness	Senior Masculino	02:07:53	+01:20:55	12:47
688	326	Fabio Peixoto	BootcampFitness	Senior Masculino	02:07:53	+01:20:55	12:47
689	323	Antonio Delgado	BootcampFitness	Senior Masculino	02:07:53	+01:20:55	12:47
690	330	Vitor Pereira	BootcampFitness	Senior Masculino	02:07:54	+01:20:56	12:47
691	327	Helder Ferreira	BootcampFitness	Senior Masculino	02:07:54	+01:20:56	12:47
692	329	Nuno Paiva	BootcampFitness	Senior Masculino	02:07:54	+01:20:56	12:47
693	490	Luís Silva	EDUCAFRICA	Senior Masculino	02:10:35	+01:23:37	13:04
694	489	Jorge Vivas	EDUCAFRICA	Senior Masculino	02:10:35	+01:23:37	13:04
695	492	Rodolfo Carvalho	EDUCAFRICA	Senior Masculino	02:10:38	+01:23:40	13:04
696	1026	Fernando Pereira	Pataniscas	Senior Masculino	02:12:44	+01:25:46	13:16
697	768	Ruben Manuel Silva Almeida	Mekaaninen	Senior Masculino	02:13:00	+01:26:02	13:18
698	764	Cristiano José Pereira Coutinho	Mekaaninen	Senior Masculino	02:13:02	+01:26:04	13:18
699	766	Marco António Costa Fonseca Lima	Mekaaninen	Senior Masculino	02:13:02	+01:26:04	13:18
700	912	Marco Dias Silva	Os Gladiadores - Bom Sucesso Health Club	Senior Masculino	02:13:43	+01:26:45	13:22
701	901	João Silva	Os Gladiadores - Bom Sucesso Health Club	Senior Masculino	02:14:33	+01:27:35	13:27
702	892	Domingos Patena	Os Gladiadores - Bom Sucesso Health Club	Senior Masculino	02:14:33	+01:27:35	13:27
703	232	Jorge Mendes	A Ponte Running	Senior Masculino	02:16:04	+01:29:06	13:36
704	846	Hugo Alexandre Oliveira Martins	os enferrujados	Senior Masculino	02:17:47	+01:30:49	13:47

Prova Principal**10 KM****R**
REVISED**OFFICIAL RESULT**

705	848	Tiago Manuel Almeida	os enferrujados	Senior Masculino	02:17:47	+01:30:49	13:47
706	1270	Alvaro Cristiano	Tomatino Pasta House	Senior Masculino	02:20:00	+01:33:02	14:00
707	1271	Diogo Dias	Tomatino Pasta House	Senior Masculino	02:20:01	+01:33:03	14:00
708	507	Rui Daniel Nogueira Sousa Costa	EPIC GROUP	Senior Masculino	02:24:12	+01:37:14	14:25
709	385	Marco André Barbosa de Carvalho	CJD	Senior Masculino	02:24:49	+01:37:51	14:29
710	384	Daniel Tiago Alves Ribeiro	CJD	Senior Masculino	02:24:49	+01:37:51	14:29
711	383	Daniel Fernando Gomes Lima	CJD	Senior Masculino	02:24:49	+01:37:51	14:29
712	386	Nuno Jorge Porto Ferreira da Cunha	CJD	Senior Masculino	02:24:49	+01:37:51	14:29
713	1107	Francisco Peixoto	Rijos, Lindos e Peludos	Senior Masculino	02:39:46	+01:52:48	15:59
714	1108	Hugo Silva	Rijos, Lindos e Peludos	Senior Masculino	02:39:46	+01:52:48	15:59

CLASSIFICAÇÃO COLETIVA

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

79	Crossfit Openbox	79 + 589 + 590	1258
80	DRIVING FOR FUN	424 + 427 + 428	1279
81	PoweRace	425 + 426 + 429	1280
82	A Ponte Running	383 + 386 + 559	1328
83	Unidos da Gloria	455 + 456 + 458	1369
84	Funky Runners	431 + 440 + 499	1370
85	Boys and Girls	446 + 448 + 509	1403
86	Parque Team	467 + 468 + 469	1404
87	SpeedAthleths	476 + 478 + 479	1433
88	Dragões Kamikaze	218 + 610 + 611	1439
89	Os RTU TB Raqq com Bupp	494 + 495 + 496	1485
90	VetConquers	417 + 531 + 571	1519
91	VillaUrbana Runners	512 + 516 + 517	1545
92	Power Team	439 + 441 + 666	1546
93	"OPO"s Lindos"	518 + 519 + 520	1557
94	Hot and Dangerous	529 + 532 + 535	1596
95	Amazing in Motion	507 + 544 + 545	1596
96	Clube MILLENNIUMBGP	540 + 541 + 542	1623
97	NMC	394 + 402 + 855	1651
98	Conqui run	183 + 745 + 746	1674
99	P`LINHA	557 + 558 + 563	1678
100	Maçaricos e Manjericos	560 + 562 + 565	1687
101	Os Lobos do Marão	454 + 457 + 787	1698
102	The Muppets Racers	575 + 578 + 579	1732
103	VVaiKidá	576 + 577 + 584	1737
104	Keep Fighting	597 + 598 + 599	1794
105	Toda a prova	206 + 801 + 802	1809
106	SeixasRiders	606 + 607 + 608	1821
107	Cotas Gang	573 + 657 + 663	1893
108	Friends in Attack	449 + 450 + 997	1896
109	Taludos	633 + 634 + 635	1902
110	Boxing Tribe	637 + 639 + 640	1916
111	Tomatino Pasta House	434 + 489 + 1001	1924
112	Conquer Ladies and Gentleman	667 + 668 + 671	2006
113	DOn`t quIT	660 + 669 + 677	2006
114	Hot and dangerous	533 + 760 + 761	2054
115	Morre Mas Faz	689 + 690 + 691	2070
116	Os primos da Vera	698 + 699 + 700	2097
117	The Rolling Muddies	466 + 818 + 827	2111
118	TOUQUENEMPOSSO	403 + 942 + 943	2288

