

PROVA PRINCIPAL 10KM

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 - LAP2GO - TIMING SOLUTION

	Time	Temperature	Humidity
Start	10:30	0°C	0%
End	12:01	0°C	0%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	36	Diogo Lemos Ramalheira	individual	Senior Masculino	34:27		03:27
2	50	Alcino Nunes	individual	Veterano M35	35:21	+00:54	03:32
3	2	Nuno Silva	cal-clube atletismo de lamas	Veterano M35	35:45	+01:18	03:35
4	83	Marco Martins	individual	Veterano M35	36:24	+01:57	03:38
5	3	Fernando Antunes	ccds s.fruituoso	Veterano M45	37:31	+03:04	03:45
6	86	Alberto Freches	individual	Veterano M45	37:45	+03:18	03:46
7	14	André Carvalho	gurken-torpedo	Senior Masculino	37:57	+03:30	03:48
8	56	Luis Fernando Marques Ferreira	individual	Veterano M35	39:17	+04:50	03:56
9	91	Luis Miguel Santos Pinto Abade	individual	Veterano M35	40:17	+05:50	04:02
10	1	rui figueiredo	associação recreativa s. miguel poiares	Veterano M35	40:29	+06:02	04:03
11	53	jose ferreira	individual	Veterano M35	40:35	+06:08	04:04
12	32	Bruno Teixeira	individual	Senior Masculino	40:51	+06:24	04:05
13	10	PEDRO VARELA	con_dores do choupal coimbra	Veterano M35	40:54	+06:27	04:05
14	81	Jorge Ribeiro	individual	Veterano M35	41:15	+06:48	04:07
15	90	Alvaro Pereira	individual	Veterano M35	41:25	+06:58	04:09
16	97	Luc Hennetier	individual	Veterano M35	41:32	+07:05	04:09
18	8	Valter Martins Santos Simões	individual	Senior Masculino	42:01	+07:34	04:12
19	66	DUARTE REINALDO ANTUNES SEQUEIRA	individual	Veterano M45	43:00	+08:33	04:18
20	68	Fernando Agante	individual	Veterano M45	43:13	+08:46	04:19
21	41	Luis Nuno Lopes Santos	individual	Senior Masculino	43:21	+08:54	04:20
22	5	Óscar Pinto	ciq-mg	Veterano M45	43:37	+09:10	04:22
23	29	André João Gomes Ruivo	individual	Senior Masculino	43:56	+09:29	04:24
24	13	Matilde Sanches	gurken-torpedo	Senior Feminino	44:01	+09:34	04:24
25	37	João Carlos Alves	individual	Senior Masculino	44:25	+09:58	04:27
26	74	Paulo Rodrigues	individual	Veterano M45	44:35	+10:08	04:28
27	79	Jose Eduardo Gonçalves Rodrigues	individual	Veterano M35	44:59	+10:32	04:30
28	11	António Patrício	con_dores do choupal coimbra	Veterano M45	45:40	+11:13	04:34
29	30	André Oliveira	individual	Senior Masculino	45:54	+11:27	04:35
30	57	Pedro Figueiredo	individual	Veterano M35	45:54	+11:27	04:35
31	206	Armando Delgado	individual	Veterano M45	46:10	+11:43	04:37
32	58	RUI ALEXANDRE DOMINGUES DA SILVA	individual	Veterano M35	46:15	+11:48	04:37
33	12	Manuel Freitas Marçal	con_dores do choupal coimbra	Veterano M45	46:20	+11:53	04:38
34	15	Marcel van Velze	gurken-torpedo	Senior Masculino	46:32	+12:05	04:39
35	82	Francisco Rodrigues	individual	Veterano M35	46:37	+12:10	04:40
36	72	José Teixeira	individual	Veterano M45	46:56	+12:29	04:42
37	31	Bruno Botelho	individual	Senior Masculino	47:01	+12:34	04:42
38	4	Tiago Melo	ciq-mg	Veterano M35	47:32	+13:05	04:45
39	92	Amilcar da Encarnação Xavier	individual	Veterano M45	47:56	+13:29	04:48
40	63	Belmiro Parada	individual	Veterano M35	48:02	+13:35	04:48
41	64	carlos costa	individual	Veterano M45	48:15	+13:48	04:50

CAMINHADA 5KM

5 KM

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	226	Vera Lima	individual	Veterana F35	01:05:30	+28:37	13:06
43	182	Bruna Raquel Nogueira Dias	individual	Senior Feminino	01:06:28	+29:35	13:18
44	121	Marta Filipa Matos Ralha	individual	Senior Feminino	01:06:28	+29:35	13:18
45	193	Rita do Nascimento Soares	individual	Senior Feminino	01:06:28	+29:35	13:18
46	109	DAVID FERREIRA SILVA	individual	Benjamins Masculino	01:06:50	+29:57	13:22
47	119	Maria Helena Correia	individual	Senior Feminino	01:06:58	+30:05	13:24
48	117	Diana Melo	individual	Senior Feminino	01:06:59	+30:06	13:24
49	163	FRANCISCO SALVADOR SANTOS FERREIRA	individual	Veterano M45	01:07:14	+30:21	13:27
50	173	Maria Rodrigues	individual	Veterana F45	01:07:35	+30:42	13:31
51	153	Álvaro Pimenta Banaco	individual	Veterano M45	01:07:35	+30:42	13:31
52	174	Celeste Duarte Marques Duarte Correia	individual	Senior Feminino	01:07:37	+30:44	13:31
53	138	Amália Martins	individual	Veterana F45	01:07:39	+30:46	13:32
54	141	Fátima Rodrigues	individual	Veterana F45	01:07:40	+30:47	13:32
55	115	beatriz simões	individual	Senior Feminino	01:07:41	+30:48	13:32
56	122	paula costa	individual	Senior Feminino	01:07:41	+30:48	13:32
57	132	Filipa Barradas	individual	Veterana F35	01:08:03	+31:10	13:37
58	197	José Alberto Andrade Gabriel	individual	Senior Masculino	01:08:16	+31:23	13:39
59	201	Maria Manuela Veloso	individual	Veterana F45	01:08:20	+31:27	13:40
60	200	Maria Helena Silva Melo Martins	individual	Veterana F45	01:08:20	+31:27	13:40
61	215	Sandra Rodrigues	individual	Senior Feminino	01:08:20	+31:27	13:40
62	196	Joaquim Abreu	individual	Veterano M45	01:08:22	+31:29	13:40
63	229	Alessandra Machado	individual	Veterana F35	01:08:53	+32:00	13:47
64	123	Raquel Regina Duarte Moreira	individual	Senior Feminino	01:08:53	+32:00	13:47
65	184	Maria Algira R. Carvalho Cunha	individual	Veterana F45	01:09:07	+32:14	13:49
66	192	Adriana Raquel Melo Sousa	individual	Veterana F35	01:09:07	+32:14	13:49
67	189	Maria Lidia Alves Joaquim Almeida	individual	Veterana F45	01:09:35	+32:42	13:55
68	198	Zelia Maria Rodrigues Palos	individual	Veterana F45	01:09:35	+32:42	13:55
69	194	Maria Luz Conceição Silva	individual	Veterana F45	01:09:40	+32:47	13:56
70	116	carla simões	individual	Senior Feminino	01:11:02	+34:09	14:12
71	146	rosa santos	individual	Veterana F45	01:11:03	+34:10	14:13
72	187	Susana Isabel Alves Almeida	individual	Senior Feminino	01:11:20	+34:27	14:16
73	186	Mariana Negrão Pratas Mano	individual	Senior Feminino	01:11:20	+34:27	14:16
74	185	Margarida Isabel Geraldo Silva	individual	Veterana F45	01:11:20	+34:27	14:16
75	165	Helena Maria Paiva	individual	Veterano M45	01:12:01	+35:08	14:24
76	159	Fernanda Maria Marques	individual	Veterano M45	01:12:01	+35:08	14:24
77	210	Helena Carvalho M. Pratas	individual	Veterana F45	01:12:02	+35:09	14:24
78	233	Joana Baptista	individual	Senior Feminino	01:12:06	+35:13	14:25
79	231	Bento Baptista	individual	Veterano M45	01:12:07	+35:14	14:25
80	232	Leonor Baptista	individual	Veterana F45	01:12:07	+35:14	14:25
81	190	Maria Edite Moraes	individual	Veterana F45	01:12:13	+35:20	14:27
82	164	graça barbosa	individual	Veterano M45	01:12:19	+35:26	14:28
83	154	alzira barbosa	individual	Veterano M45	01:12:20	+35:27	14:28
84	144	Maria Manuela Miranda Henriques Serreno Santos Gabriel	individual	Veterana F45	01:13:00	+36:07	14:36
85	155	Antonio José dos Santos Gabriel	individual	Veterano M45	01:13:20	+36:27	14:40

