lap2go TIMING SOLUTION

Amares Urban Fit
Amares
06-junho-2015

PROVA PRINCIPAL - STAGE 1 — 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

OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	15:00	35ºC	31,6%
End	17:11	35,2ºC	33,6%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	279	Amândio Antunes	individual	Senior Masculino	39:40		03:58
2	299	Nuno Miguel Fernandes	individual	Senior Masculino	41:10	+01:30	04:07
3	191	FRANCISCO JOSÉ DA COSTA FERNANDES	btm	Senior Masculino	41:41	+02:01	04:10
4	57	André Lopes	academia best club	Senior Masculino	42:05	+02:25	04:13
5	301	Pedro Faria	individual	Senior Masculino	42:51	+03:11	04:17
6	287	Duarte Gil Ribeiro Barbosa	individual	Senior Masculino	42:57	+03:17	04:18
7	280	Andre Filipe Alves Tavares da Silva	individual	Senior Masculino	43:08	+03:28	04:19
8	67	Marco Couto	academia best club	Senior Masculino	43:12	+03:32	04:19
9	455	José Pedro Vieira Costa	pro-energy amares	Senior Masculino	43:26	+03:46	04:21
10	286	Diogo Alves	individual	Senior Masculino	44:37	+04:57	04:28
11	160	Rui Taveira	bestasselvagens	Senior Masculino	44:54	+05:14	04:29
12	153	Celso Fernandes	bestasselvagens	Senior Masculino	45:08	+05:28	04:31
13	459	Pedro Miguel Antunes Machado	pro-energy amares	Senior Masculino	45:28	+05:48	04:33
14	187	CARLOS AMÉRICO MACHADO GOMES	btm	Senior Masculino	45:47	+06:07	04:35
15	186	ANDRÉ SOUSA LOUREIRO	btm	Senior Masculino	46:22	+06:42	04:38
16	451	Duarte Miguel Martins Domingues	pro-energy amares	Senior Masculino	46:52	+07:12	04:41
17	345	Rui Evandro Gomes de Almeida	liberty fitness center	Senior Masculino	46:54	+07:14	04:41
18	185	ANDRÉ FILIPE COSTA MARTINS	btm	Senior Masculino	47:00	+07:20	04:42
19	218	João Pedro de Carvalho Paredes	crossfit famalicão	Senior Masculino	48:18	+08:38	04:50
20	281	Antonio Jose Guimaraes Pereira	individual	Senior Masculino	48:23	+08:43	04:50
21	296	Martinho Dias	individual	Senior Masculino	48:32	+08:52	04:51
22	309	Rui Miguel Durães Campos	individual	Senior Masculino	48:51	+09:11	04:53
23	324	Emanuel Rocha	lebres	Senior Masculino	48:54	+09:14	04:53
24	352	TIAGO MARTINS CARVALHO	monsul team	Senior Masculino	49:04	+09:24	04:54
25	349	NELSON FILIPE GONÇALVES FERNANDES	monsul team	Senior Masculino	49:04	+09:24	04:54
26	154	Jerome Alves	bestasselvagens	Senior Masculino	49:57	+10:17	05:00
27	240	António Manuel Pereira da Silva	cruz vermelha portuguesa - delegação de amares	Senior Masculino	50:31	+10:51	05:03
28	247	Reny Manuel Vilela Xavier	cruz vermelha portuguesa - delegação de amares	Senior Masculino	50:55	+11:15	05:06
29	60	Fábio Almeida	academia best club	Senior Masculino	50:56	+11:16	05:06
30	236	Isac Campelo	crossfit opo	Senior Masculino	50:58	+11:18	05:06
31	597	João Paulo Rodrigues de Abreu	best fitness place	Senior Masculino	51:01	+11:21	05:06
32	396	Joni Gomes	os fénix	Senior Masculino	51:04	+11:24	05:06
33	179	Luis Miguel Vieira Gonçalves	braga - 1.º maio - team	Senior Masculino	51:05	+11:25	05:07
34	288	Duarte Portal Montanha	individual	Senior Masculino	51:14	+11:34	05:07
35	235	Gustavo Pinto	crossfit opo	Senior Masculino	51:21	+11:41	05:08
36	241	Edgar José Costa Machado	cruz vermelha portuguesa - delegação de amares	Senior Masculino	51:35	+11:55	05:09
37	393	Rui Alpoim	os fénix	Senior Masculino	51:44	+12:04	05:10
38	307	rui eduardo pereira	individual	Senior Masculino	51:55	+12:15	05:11

PROVA PRINCIPAL - STAGE 1 — 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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
39	136	Helder Marco Silva Tinoco	bem me quero	Senior Masculino	51:55	+12:15	05:12
40	38	bruno filipe raimundo rodriguês	100 destino	Senior Masculino	51:59	+12:19	05:12
41	148	CESAR AUGUSTO VIEIRA ANTUNES	best fitness place	Senior Masculino	52:01	+12:21	05:12
42	323	António Martins	lebres	Senior Masculino	52:03	+12:23	05:12
43	134	André Cândido Braga Soares	bem me quero	Senior Masculino	52:06	+12:26	05:13
44	180	Manuel Augusto Carneiro Vilas	braga - 1.º maio - team	Senior Masculino	52:12	+12:32	05:13
45	76	Ricardo Silva	academia best club	Senior Masculino	52:36	+12:56	05:16
46	214	Fabricio Lopes Lages	crossfit famalicão	Senior Masculino	53:02	+13:22	05:18
47	51	Ricardo Da Silva	academia best club	Senior Masculino	53:05	+13:25	05:18
48	232	André Oliveira	crossfit opo	Senior Masculino	53:05	+13:25	05:19
49	219	José Miguel Sousa Leite Nogueira Alves	crossfit famalicão	Senior Masculino	53:16	+13:36	05:20
50	322	António Domingues	lebres	Senior Masculino	53:18	+13:38	05:20
51	293	José Carlos Correia Miranda	individual	Senior Masculino	53:33	+13:53	05:21
52	290	João Filipe Jardim Correia Simões	individual	Senior Masculino	53:33	+13:53	05:21
53	189	EDGAR GOMES PRAZERES COSTA	btm	Senior Masculino	53:39	+13:59	05:22
54	495	Jose Manuel Rodrigues Costa	sparta team	Senior Masculino	53:42	+14:02	05:22
55	217	João Paulo Dias Couto	crossfit famalicão	Senior Masculino	53:42	+14:02	05:22
56	188	DIOGO ANTÓNIO PEREIRA ARAÚJO	btm	Senior Masculino	53:42	+14:02	05:22
57	491	Eduardo Lopes	sparta team	Senior Masculino	53:47	+14:07	05:23
58	390	Miguel Gomes Chousa	os fénix	Senior Masculino	53:56	+14:16	05:24
59	460	Vítor Emanuel Pinto Cardoso	pro-energy amares	Senior Masculino	54:10	+14:30	05:25
60	73	Pedro Monteiro	academia best club	Senior Masculino	54:14	+14:34	05:25
61	69	Paulo Camarinha	academia best club	Senior Masculino	54:23	+14:43	05:26
62	115	Jorge Gomes	armazém do fitness/crossthelline	Senior Masculino	54:43	+15:03	05:28
63	243	Fabrice Pimenta de Carvalho	cruz vermelha portuguesa - delegação de amares	Senior Masculino	54:53	+15:13	05:29
64	155	João Teixeira	bestasselvagens	Senior Masculino	54:58	+15:18	05:30
65	278	AGOSTINHO BRANDAO CUNHA	individual	Senior Masculino	54:59	+15:19	05:30
66	490	Domingos Manuel Oliveira Peixoto	sparta team	Senior Masculino	55:10	+15:30	05:31
67	156	José Carvalho	bestasselvagens	Senior Masculino	55:11	+15:31	05:31
68	440	Alfredo Pereira	pão de forma	Senior Masculino	55:32	+15:52	05:33
69	400	Sergio Rodrigues	os iluminados	Senior Masculino	55:34	+15:54	05:33
70	398	Frederico Serrao	os iluminados	Senior Masculino	55:37	+15:57	05:34
71	184	JUDITE LAURINDA SILVA FERREIRA	btm	Senior Feminino	55:40	+16:00	05:34
72	62	Joel Marques	academia best club	Senior Masculino	55:54	+16:14	05:35
73	428	Paulo Miguel F. Dias	osit black team	Senior Masculino	55:57	+16:17	05:36
74	135	Axel Bruno da Silva Arantes	bem me quero	Senior Masculino	56:33	+16:53	05:39
75	194	NELSON JOSÉ SIMÕES CORREIA	btm	Senior Masculino	57:04	+17:24	05:42
76	68	Nuno Lopes	academia best club	Senior Masculino	57:20	+17:40	05:44
77	162	Carlos Miranda	biba +	Senior Masculino	57:22	+17:42	05:44
78	164	Pedro felgueiras	biba +	Senior Masculino	57:22	+17:42	05:44
79	163	José ferreira	biba +	Senior Masculino	57:22	+17:42	05:44

PROVA PRINCIPAL - STAGE 1 — 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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
80	149	CLAUDIO ALEXANDRE ALMEIDA MACEDO	best fitness place	Senior Masculino	57:44	+18:04	05:46
81	392	Ricardo Coutinho	os fénix	Senior Masculino	57:54	+18:14	05:47
82	64	José Silva	academia best club	Senior Masculino	58:00	+18:20	05:48
83	341	Luís Miguel Silva Queirós	liberty fitness center	Senior Masculino	58:00	+18:20	05:48
84	340	Hélder Maximino Couto Barbosa	liberty fitness center	Senior Masculino	58:00	+18:20	05:48
85	332	Helena de Jesus de Sousa Fernandes	liberty fitness center	Senior Feminino	58:00	+18:20	05:48
86	177	Fernando Diamantino Pinto Carneiro	braga - 1.º maio - team	Senior Masculino	58:08	+18:28	05:49
87	494	Jose augusto Lopes Ferreira	sparta team	Senior Masculino	58:19	+18:39	05:50
88	72	Pedro Leite	academia best club	Senior Masculino	58:23	+18:43	05:50
89	150	MARCO VITORIANO PAREDES	best fitness place	Senior Masculino	58:40	+19:00	05:52
90	78	Simão Quintas	academia best club	Senior Masculino	58:41	+19:01	05:52
91	145	ALBINO JOSÉ LEMOS	best fitness place	Senior Masculino	58:51	+19:11	05:53
92	461	Filipe Manuel Fernandes Ferreira	quase	Senior Masculino	58:51	+19:11	05:53
93	285	Diogo Alexandre Alves Magalhães	individual	Senior Masculino	58:57	+19:17	05:54
94	399	Marco Veloso	os iluminados	Senior Masculino	58:58	+19:18	05:54
95	196	SÉRGIO PAULO LEITÃO FERNANDES	btm	Senior Masculino	59:03	+19:23	05:54
96	257	NUNO TEIXEIRA	fitmafiosos	Senior Masculino	59:09	+19:29	05:55
97	489	Antonio Manuel Pimentel da Silva	sparta team	Senior Masculino	59:13	+19:33	05:55
98	258	RUI MIRANDA	fitmafiosos	Senior Masculino	59:20	+19:40	05:56
99	16	Carlos Alves	100%	Senior Masculino	59:32	+19:52	05:57
100	454	Ismael Dinis Fernandes Vieira	pro-energy amares	Senior Masculino	59:44	+20:04	05:58
101	195	RICARDO ALBERTO PEREIRA AMORIM DO REGO	btm	Senior Masculino	59:49	+20:09	05:59
102	13	Joana Vaz	100%	Senior Feminino	01:00:05	+20:25	06:00
103	193	MARCOS ANDRÉ LONGRAS FERREIRA	btm	Senior Masculino	01:00:11	+20:31	06:01
104	493	Hugo Sergio Ribeiro Vieira	sparta team	Senior Masculino	01:00:14	+20:34	06:01
105	508	Neyd Ribeiro	swatcamp	Senior Feminino	01:00:16	+20:36	06:02
106	74	Pedro Nunes	academia best club	Senior Masculino	01:00:23	+20:43	06:02
107	59	Daniel Camarinha	academia best club	Senior Masculino	01:00:26	+20:46	06:03
108	509	RITA GOMES	swatcamp	Senior Feminino	01:00:27	+20:47	06:03
109	453	Hugo Miguel Oliveira Veloso	pro-energy amares	Senior Masculino	01:00:40	+21:00	06:04
110	131	Manuel Joaquim Batista Vale	atéaofim	Senior Masculino	01:00:42	+21:02	06:04
111	269	Ana Raquel Santos	individual	Senior Feminino	01:00:46	+21:06	06:05
112	305	Ruben Silva	individual	Senior Masculino	01:00:46	+21:06	06:05
113	425	Joana Simões Rego	osit black team	Senior Feminino	01:00:57	+21:17	06:06
114	308	Rui Gabriel Araujo Neves	individual	Senior Masculino	01:01:02	+21:22	06:06
115	237	Pedro Antunes	crossfit opo	Senior Masculino	01:01:22	+21:42	06:08
116	223	Rui Manuel Sousa Meira	crossfit famalicão	Senior Masculino	01:01:33	+21:53	06:09
117	14	Liliana Gonçalves	100%	Senior Feminino	01:01:38	+21:58	06:10
118	147	ARMANDO JESUS SOUSA COSTA	best fitness place	Senior Masculino	01:01:45	+22:05	06:10
119	450	André Joaquim Faria Fernandes	pro-energy amares	Senior Masculino	01:01:51	+22:11	06:11
120	70	Pedro Balreia	academia best club	Senior Masculino	01:01:59	+22:19	06:12

PROVA PRINCIPAL - STAGE 1 — 10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
121	71	Pedro Henriques	academia best club	Senior Masculino	01:02:11	+22:31	06:13
122	56	Alexandre Rocha	academia best club	Senior Masculino	01:02:19	+22:39	06:14
123	93	David da Silva Pereira	amares urban fit team	Senior Masculino	01:02:34	+22:54	06:15
124	92	DAVID BRANDÃO PINHEIRO	amares urban fit team	Senior Masculino	01:02:35	+22:55	06:15
125	63	José Gomes	academia best club	Senior Masculino	01:02:45	+23:05	06:17
126	268	Miguel Ângelo Silva Vilas Boas	g.d.r. os estrelas \ estrelas btt	Senior Masculino	01:02:54	+23:14	06:17
127	266	Jorge Rafael Pereira Peixoto	g.d.r. os estrelas \ estrelas btt	Senior Masculino	01:02:54	+23:14	06:17
128	264	Susana Maria Miranda da Silva	g.d.r. os estrelas \ estrelas btt	Senior Feminino	01:02:54	+23:14	06:17
129	267	Manuel Joaquim Ferreira Martins	g.d.r. os estrelas \ estrelas btt	Senior Masculino	01:02:54	+23:14	06:17
130	265	Helder Manuel Silva Vilas Boas	g.d.r. os estrelas \ estrelas btt	Senior Masculino	01:02:54	+23:14	06:17
131	192	FRANCISCO SANTOS FIGUEIREDO	btm	Senior Masculino	01:03:08	+23:28	06:19
132	133	Ricardo Filipe Alves Magalhaes	atéaofim	Senior Masculino	01:03:28	+23:48	06:21
133	503	jaime Queirós Macedo	spartak de fragoso	Senior Masculino	01:03:39	+23:59	06:22
134	502	cesar manuel queiros macedo	spartak de fragoso	Senior Masculino	01:03:39	+23:59	06:22
135	15	Margarida Fernandes	100%	Senior Feminino	01:03:39	+23:59	06:22
136	501	Benjamim batista da Cruz	spartak de fragoso	Senior Masculino	01:03:39	+23:59	06:22
137	229	Joana Tomás	crossfit opo	Senior Feminino	01:03:57	+24:17	06:24
138	230	Rita Sofia Lourenço Carmim	crossfit opo	Senior Feminino	01:04:00	+24:20	06:24
139	283	Carlos Fernando Marques	individual	Senior Masculino	01:04:17	+24:37	06:26
140	238	Ricardo Jorge Caldas Pereira	crossfit opo	Senior Masculino	01:04:36	+24:56	06:28
141	88	Carlos Lopes	alpha team	Senior Masculino	01:04:40	+25:00	06:28
142	142	HELENA MANUELA SILVA JESUS	best fitness place	Senior Feminino	01:04:43	+25:03	06:28
143	90	Rui Novais	alpha team	Senior Masculino	01:04:48	+25:08	06:29
144	103	Paulo Alexandre salgado Gonçalves	amigos do trail	Senior Masculino	01:04:58	+25:18	06:30
145	228	Diana Maia	crossfit opo	Senior Feminino	01:04:58	+25:18	06:30
146	239	Tiago Baptista	crossfit opo	Senior Masculino	01:04:59	+25:19	06:30
147	426	John Sousa	osit black team	Senior Masculino	01:05:17	+25:37	06:32
148	245	Jorge Manuel Vieira Xavier	cruz vermelha portuguesa - delegação de amares	Senior Masculino	01:05:26	+25:46	06:33
149	488	Susana Ferreira Barbosa	sparta team	Senior Feminino	01:05:38	+25:58	06:34
150	497	Paulo Guilherme da silva Pimentel	sparta team	Senior Masculino	01:05:38	+25:58	06:34
151	98	Carlos Araújo	amigos do trail	Senior Masculino	01:05:40	+26:00	06:34
152	388	Bruno Simão	os fénix	Senior Masculino	01:05:54	+26:14	06:35
153	123	Irene Maria Barros Machado	atéaofim	Senior Feminino	01:06:00	+26:20	06:36
154	397	Mário João Vianna	os fénix	Senior Masculino	01:06:08	+26:28	06:37
155	321	Tiago Miguel Parente Correia	koios	Senior Masculino	01:06:19	+26:39	06:38
156	49	Mariana Cardoso	academia best club	Senior Feminino	01:06:28	+26:48	06:39
157	226	Catarina Lopes	crossfit opo	Senior Feminino	01:07:05	+27:25	06:42
158	197	Dulce Silva	clube corrida	Senior Feminino	01:07:31	+27:51	06:45
159	199	Paula Cristina Barbosa Sousa de Oliveira Peixoto	clube corrida	Senior Feminino	01:07:35	+27:55	06:45
160	77	Ruben costa	academia best club	Senior Masculino	01:07:38	+27:58	06:46
161	201	Henrique Barros	clube corrida	Senior Masculino	01:07:45	+28:05	06:46
162	204	Tiago Martins	clube de corrida	Senior Masculino	01:07:46	+28:06	06:47
163	202	Joana Fernandes	clube de corrida	Senior Feminino	01:07:59	+28:19	06:48

PROVA PRINCIPAL - STAGE 1 — 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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
164	200	Carlos Esperança	clube corrida	Senior Masculino	01:08:07	+28:27	06:49
165	224	Simão Pedro Silva Crespo	crossfit famalicão	Senior Masculino	01:08:09	+28:29	06:49
166	298	Nuno Martins	individual	Senior Masculino	01:08:36	+28:56	06:52
167	198	Maria Macedo	clube corrida	Senior Feminino	01:08:42	+29:02	06:52
168	203	João Olivera	clube de corrida	Senior Masculino	01:08:42	+29:02	06:52
169	314	Claudia Silva	kk	Senior Feminino	01:09:02	+29:22	06:54
170	315	Joel Silva	kk	Senior Masculino	01:09:02	+29:22	06:54
171	317	Marcio Costa	kk	Senior Masculino	01:09:02	+29:22	06:54
172	316	Manuel Azevedo	kk	Senior Masculino	01:09:03	+29:23	06:54
173	12	Cristiana Portal	100%	Senior Feminino	01:09:20	+29:40	06:56
174	11	Celine Moise	100%	Senior Feminino	01:09:43	+30:03	06:58
175	342	Nuno Miguel Machado Marques	liberty fitness center	Senior Masculino	01:09:55	+30:15	06:59
176	328	Carla Filipa da Silva Alves	liberty fitness center	Senior Feminino	01:09:55	+30:15	06:59
177	325	Ana Lídia Soares da Rocha	liberty fitness center	Senior Feminino	01:09:55	+30:15	06:59
178	170	Joao Marques	borrachos	Senior Masculino	01:10:51	+31:11	07:05
179	169	André Silva	borrachos	Senior Masculino	01:10:54	+31:14	07:05
180	54	Sara Salgado	academia best club	Senior Feminino	01:10:58	+31:18	07:06
181	61	Gonçalo Espinola	academia best club	Senior Masculino	01:11:02	+31:22	07:06
182	389	Joel Barros	os fénix	Senior Masculino	01:11:05	+31:25	07:06
183	327	Carla Cristina da Costa Barbosa	liberty fitness center	Senior Feminino	01:11:09	+31:29	07:07
184	91	Vítor Lopes	alpha team	Senior Masculino	01:11:23	+31:43	07:08
185	246	Luis Miguel da Costa Peixoto	cruz vermelha portuguesa - delegação de amares	Senior Masculino	01:11:29	+31:49	07:09
186	335	Maria José da Rocha Carvalho Martins	liberty fitness center	Senior Feminino	01:11:31	+31:51	07:09
187	338	Carlos Alexandre Correia Neves	liberty fitness center	Senior Masculino	01:11:31	+31:51	07:09
188	242	Emanuel Araujo Goncalves	cruz vermelha portuguesa - delegação de amares	Senior Masculino	01:11:37	+31:57	07:10
189	45	Ema Cortinhola	academia best club	Senior Feminino	01:11:37	+31:57	07:10
190	43	Amanda Ventura	academia best club	Senior Feminino	01:11:45	+32:05	07:11
191	89	José Rodrigues	alpha team	Senior Masculino	01:11:48	+32:08	07:11
192	310	Tiago Emanuel Macedo Azevedo	individual	Senior Masculino	01:11:49	+32:09	07:11
193	481	Cátia Elisa Alvadia Conceição Monteiro	showdaspoderosas	Senior Feminino	01:12:45	+33:05	07:17
194	480	Andreia Catarina Marques Pires Valente	showdaspoderosas	Senior Feminino	01:12:45	+33:05	07:17
195	500	Rui Manuel Teixeira da Rocha	sparta team	Senior Masculino	01:12:57	+33:17	07:18
196	82	Neuza Ribeiro	actualfit	Senior Feminino	01:13:02	+33:22	07:18
197	594	emanuel soares da costa	playlife	Senior Masculino	01:13:03	+33:23	07:18
198	81	Carla Monteiro	actualfit	Senior Feminino	01:13:06	+33:26	07:19
199	85	Maria Sousa	actualfit1	Senior Feminino	01:13:16	+33:36	07:20
200	86	Antonio Ribeiro	actualfit1	Senior Masculino	01:13:19	+33:39	07:20
201	80	Ana Monteiro	actualfit	Senior Feminino	01:13:38	+33:58	07:22
202	87	Paulo Silva	actualfit1	Senior Masculino	01:13:38	+33:58	07:22
203	492	Hugo Ricardo da Cruz Monteiro	sparta team	Senior Masculino	01:13:44	+34:04	07:22
204	496	Luis Pedro Cardoso Ferreira de Abreu	sparta team	Senior Masculino	01:13:45	+34:05	07:22
205	542	Vitor Tomas	team hard trails	Senior Masculino	01:13:45	+34:05	07:23

PROVA PRINCIPAL - STAGE 1 — 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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
206	448	Marta da Conceição Vieira Silva	pro-energy amares	Senior Feminino	01:13:48	+34:08	07:23
207	84	Miguel Lima	actualfit	Senior Masculino	01:13:49	+34:09	07:23
208	83	André Neves	actualfit	Senior Masculino	01:13:51	+34:11	07:23
209	498	Pedro Filipe Guerra Paiva Duarte	sparta team	Senior Masculino	01:14:10	+34:30	07:25
210	449	Acácio André Pereira Fernandes	pro-energy amares	Senior Masculino	01:14:15	+34:35	07:25
211	539	Nuno Ribeiro	team hard trails	Senior Masculino	01:14:59	+35:19	07:30
212	65	Manuel Nogueira	academia best club	Senior Masculino	01:15:02	+35:22	07:30
213	129	Jose Francisco Ledo Gonzalez	atéaofim	Senior Masculino	01:15:06	+35:26	07:31
214	128	Jorge Miguel Fernandes Cruz	atéaofim	Senior Masculino	01:15:16	+35:36	07:32
215	432	Filomena Patrícia Terroso da Silva	osit red team	Senior Feminino	01:15:27	+35:47	07:33
216	130	Jose Manuel Garabatos Freiria	atéaofim	Senior Masculino	01:15:31	+35:51	07:33
217	122	Delfina Maria Rodrigues Costa	atéaofim	Senior Feminino	01:15:32	+35:52	07:33
218	207	Carla Andreia Costa Azevedo	crossfit famalicão	Senior Feminino	01:15:44	+36:04	07:34
219	414	Maria Carmo Carvalho Vilela Machado	os santa apolónia	Senior Feminino	01:15:49	+36:09	07:35
220	416	Jorge Augusto Campos Machado	os santa apolónia	Senior Masculino	01:15:58	+36:18	07:36
221	415	Mariana Vilela Machado	os santa apolónia	Senior Feminino	01:15:58	+36:18	07:36
222	424	Nuno Pedro Rodrigues Dos Santos	os sonecas trailers team	Senior Masculino	01:16:05	+36:25	07:36
223	210	Elisabete Marinho Carvalho	crossfit famalicão	Senior Feminino	01:16:36	+36:56	07:40
224	477	Fernando Manuel Mendes	shark tale	Senior Masculino	01:16:37	+36:57	07:40
225	582	Carolina Rocha	vianafriends	Senior Feminino	01:16:56	+37:16	07:42
226	587	Miguel Freitas	vianafriends	Senior Masculino	01:16:56	+37:16	07:42
227	588	Paulo Novo	vianafriends	Senior Masculino	01:16:57	+37:17	07:42
228	585	Marco Santos	vianafriends	Senior Masculino	01:16:57	+37:17	07:42
229	586	Marcos Pereira	vianafriends	Senior Masculino	01:16:57	+37:17	07:42
230	583	Célia Vital	vianafriends	Senior Feminino	01:16:57	+37:17	07:42
231	584	Sónia Barreto	vianafriends	Senior Feminino	01:16:57	+37:17	07:42
232	102	Miguel Silva	amigos do trail	Senior Masculino	01:17:05	+37:25	07:43
233	96	Sara Barradas	amigos do trail	Senior Feminino	01:17:06	+37:26	07:43
234	538	Telma Amaral	team hard trails	Senior Feminino	01:17:11	+37:31	07:43
235	541	Sergio Silva	team hard trails	Senior Masculino	01:17:12	+37:32	07:43
236	120	Albertina Maria Gomes de Sousa	atéaofim	Senior Feminino	01:17:23	+37:43	07:44
237	274	Joana Martins	individual	Senior Feminino	01:17:48	+38:08	07:47
238	292	Joao Silva	individual	Senior Masculino	01:17:48	+38:08	07:47
239	306	Rui Alberto Alves da Cruz	individual	Senior Masculino	01:18:15	+38:35	07:50
240	294	luis marques	individual	Senior Masculino	01:18:15	+38:35	07:50
241	537	Cristina Dias	team hard trails	Senior Feminino	01:19:14	+39:34	07:55
242	457	Mónica Raquel Ribeiro Fernandes	pro-energy amares	Senior Masculino	01:19:22	+39:42	07:56
243	50	Patricia Teixeira	academia best club	Senior Feminino	01:19:31	+39:51	07:57
244	452	Flávio André Oliveira Veloso	pro-energy amares	Senior Masculino	01:19:33	+39:53	07:57
245	540	Pedro Pereira	team hard trails	Senior Masculino	01:19:36	+39:56	07:58
246	227	Cátia Gonçalves	crossfit opo	Senior Feminino	01:20:03	+40:23	08:00
247	225	Ana Pereira	crossfit opo	Senior Feminino	01:20:03	+40:23	08:00
248	157	Pedro Dantas	bestasselvagens	Senior Masculino	01:20:06	+40:26	08:01
249	151	Carina Rodrigues	bestasselvagens	Senior Feminino	01:20:06	+40:26	08:01
250	159	Rui Ferreira	bestasselvagens	Senior Masculino	01:20:07	+40:27	08:01

PROVA PRINCIPAL - STAGE 1 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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
251	101	Miguel Gavina	amigos do trail	Senior Masculino	01:20:28	+40:48	08:03
252	121	Cristiana Braga Correia	atéaofim	Senior Feminino	01:20:57	+41:17	08:06
253	468	ROSA PEIXOTO	sao marcos	Senior Feminino	01:21:37	+41:57	08:10
254	472	RUI SILVA	sao marcos	Senior Masculino	01:21:37	+41:57	08:10
255	473	VITOR SILVEIRA	sao marcos	Senior Masculino	01:21:37	+41:57	08:10
256	40	Fernando Alberto Bessa Moreira	100 destino	Senior Masculino	01:21:45	+42:05	08:11
257	346	DANIELA FILIPA DA SILVA CARVALHO	monsul team	Senior Feminino	01:22:19	+42:39	08:14
258	347	EDUARDO MANUEL PEIXOTO COELHO	monsul team	Senior Masculino	01:22:19	+42:39	08:14
259	350	RICARDO JOSE PEIXOTO COELHO	monsul team	Senior Masculino	01:22:32	+42:52	08:15
260	351	STEPHANE RIBEIRO DE SOUSA	monsul team	Senior Masculino	01:22:33	+42:53	08:15
261	348	MARCO JOSE ARAUJO LIMA	monsul team	Senior Masculino	01:22:34	+42:54	08:15
262	434	João Carlos Faria Dias	osit red team	Senior Masculino	01:22:48	+43:08	08:17
263	37	vera sofia ferreira costa	100 destino	Senior Feminino	01:23:04	+43:24	08:18
264	467	Pedro Resende	recos	Senior Masculino	01:23:06	+43:26	08:19
265	465	Carlos Viamonte	recos	Senior Masculino	01:23:06	+43:26	08:19
266	464	Marta Viamonte	recos	Senior Feminino	01:23:06	+43:26	08:19
267	466	Paulo Almeida	recos	Senior Masculino	01:23:06	+43:26	08:19
268	462	João Pedro Almeida Brandão	quase	Senior Masculino	01:23:09	+43:29	08:19
269	463	Jorge Filipe Fernandes Ferreira	quase	Senior Masculino	01:23:09	+43:29	08:19
270	312	Joel Portilho	kamikaze	Senior Masculino	01:23:10	+43:30	08:19
271	313	Ruben Portilho	kamikaze	Senior Masculino	01:23:18	+43:38	08:20
272	311	Kelly Santos	kamikaze	Senior Feminino	01:23:19	+43:39	08:20
273	94	Cândida Silva	amigos do trail	Senior Feminino	01:23:37	+43:57	08:22
274	132	Miguel Alves	atéaofim	Senior Masculino	01:23:49	+44:09	08:23
275	206	Ana Paula de Azevedo Santos	crossfit famalicão	Senior Feminino	01:24:05	+44:25	08:24
276	211	Mariana Ferreira Carvalho	crossfit famalicão	Senior Feminino	01:24:05	+44:25	08:24
277	380	João Paulo Vieira Monteiro Fernandes	os bravos da mangueira	Senior Masculino	01:24:27	+44:47	08:27
278	126	Paula Cristina Ferreira da Silva	atéaofim	Senior Feminino	01:24:28	+44:48	08:27
279	438	Diana Santos	pão de forma	Senior Feminino	01:24:30	+44:50	08:27
280	113	Casimiro Pinto	armazém do fitness/crosstheline	Senior Masculino	01:24:37	+44:57	08:28
281	382	José Luis Lopes da Silva	os bravos da mangueira	Senior Masculino	01:24:39	+44:59	08:28
282	303	RICARDO COSTA	individual	Senior Masculino	01:24:44	+45:04	08:28
283	208	Celeste Cristina Alves Fonseca	crossfit famalicão	Senior Feminino	01:24:44	+45:04	08:28
284	107	Rafaela Silva	armazém do fitness/crosstheline	Senior Feminino	01:25:01	+45:21	08:30
285	116	Marco Moreira	armazém do fitness/crosstheline	Senior Masculino	01:25:06	+45:26	08:31
286	106	Isa Mateus	armazém do fitness/crosstheline	Senior Feminino	01:25:24	+45:44	08:32
287	110	Silvia Silva	armazém do fitness/crosstheline	Senior Feminino	01:25:25	+45:45	08:32
288	39	bruno manuel torres correia	100 destino	Senior Masculino	01:25:25	+45:45	08:33
289	297	Micael Pinto	individual	Senior Masculino	01:25:25	+45:45	08:33
290	439	Patrícia Nobre	pão de forma	Senior Feminino	01:25:31	+45:51	08:33
291	441	Diogo Martins	pão de forma	Senior Masculino	01:25:32	+45:52	08:33
292	383	José Miguel Oliveira Sousa	os bravos da mangueira	Senior Masculino	01:25:53	+46:13	08:35
293	111	André Tavares	armazém do fitness/crosstheline	Senior Masculino	01:25:57	+46:17	08:36

PROVA PRINCIPAL - STAGE 1 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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
294	95	Helena Silva	amigos do trail	Senior Feminino	01:26:07	+46:27	08:37
295	79	Tiago Pereira	academia best club	Senior Masculino	01:26:20	+46:40	08:38
296	385	Rui Daniel Vaz da Silva	os bravos da mangueira	Senior Masculino	01:26:30	+46:50	08:39
297	152	Diana Silva	bestasselvagens	Senior Feminino	01:26:51	+47:11	08:41
298	127	Susana Vidal Pereira	atéaofim	Senior Feminino	01:26:55	+47:15	08:42
299	124	Isabel Martins Pereira	atéaofim	Senior Feminino	01:26:55	+47:15	08:42
300	138	ANA CLAUDIA BRANDAO PONTES	best fitness place	Senior Feminino	01:27:02	+47:22	08:42
301	302	Pedro Rego	individual	Senior Masculino	01:27:12	+47:32	08:43
302	141	CAROLINA MARTA AZEVEDO GONÇALVES FERNANDES	best fitness place	Senior Feminino	01:27:17	+47:37	08:44
303	304	Ricardo João Silva Lopes	individual	Senior Masculino	01:27:18	+47:38	08:44
304	139	ANA MARGARIDA VIEIRA DA SILVA	best fitness place	Senior Feminino	01:27:19	+47:39	08:44
305	384	Paulo Alexandre Pereira Neves	os bravos da mangueira	Senior Masculino	01:27:25	+47:45	08:45
306	326	Ana Sofia Rodrigues Pires de Matos	liberty fitness center	Senior Feminino	01:27:30	+47:50	08:45
307	334	Joana Lamela Martin	liberty fitness center	Senior Feminino	01:27:34	+47:54	08:45
308	146	ANDREA CARVALHO MORAIS	best fitness place	Senior Masculino	01:27:41	+48:01	08:46
309	66	Manuel Sá	academia best club	Senior Masculino	01:28:05	+48:25	08:49
310	46	JOANA GOMES	academia best club	Senior Feminino	01:28:05	+48:25	08:49
311	319	André Filipe Parente Correia	koios	Senior Masculino	01:28:46	+49:06	08:53
312	339	Daniel José Silva Queirós	liberty fitness center	Senior Masculino	01:28:51	+49:11	08:53
313	343	Nuno Miguel Medeiros Pinto	liberty fitness center	Senior Masculino	01:28:52	+49:12	08:53
314	331	Filipa Manuela Santos Freitas Gonçalves	liberty fitness center	Senior Feminino	01:28:52	+49:12	08:53
315	330	Eduarda Lamela Martins	liberty fitness center	Senior Feminino	01:28:52	+49:12	08:53
316	333	Helena Manuela Ferreira	liberty fitness center	Senior Feminino	01:28:52	+49:12	08:53
317	337	António Manuel Gomes Martins	liberty fitness center	Senior Masculino	01:28:53	+49:13	08:53
318	373	BRUNO MIGUELGONÇALVES DE SÁ	os arrastões	Senior Masculino	01:29:02	+49:22	08:54
319	114	David Oliveira	armazém do fitness/crossthelinе	Senior Masculino	01:29:46	+50:06	08:59
320	108	Rita Costa	armazém do fitness/crossthelinе	Senior Feminino	01:29:47	+50:07	08:59
321	527	Paulo Rafael Cardoso da Silva	swatcamp	Senior Masculino	01:31:16	+51:36	09:08
322	520	José Filipe da Cunha Pereira	swatcamp	Senior Masculino	01:31:17	+51:37	09:08
323	105	Inês P. Ferreira	armazém do fitness/crossthelinе	Senior Feminino	01:31:47	+52:07	09:11
324	386	Rui Miguel Vieira Teixeira	os bravos da mangueira	Senior Masculino	01:31:48	+52:08	09:11
325	381	Jorge Filipe Melo Tinoco	os bravos da mangueira	Senior Masculino	01:31:49	+52:09	09:11
326	387	Paulo Jorge Teixeira Fernandes	os bravos da mangueira	Senior Masculino	01:31:49	+52:09	09:11
327	378	Ana Rita Sá da Silva	os bravos da mangueira	Senior Feminino	01:31:49	+52:09	09:11
328	377	Adozinda do Céu Freitas Pereira	os bravos da mangueira	Senior Feminino	01:31:49	+52:09	09:11
329	379	Maria Goreti Vieira Esteves	os bravos da mangueira	Senior Feminino	01:31:49	+52:09	09:11
330	104	Cristina Martins	armazém do fitness/crossthelinе	Senior Feminino	01:32:03	+52:23	09:12
331	109	Sara Corte Real	armazém do fitness/crossthelinе	Senior Feminino	01:32:07	+52:27	09:13
332	456	Ludovic Sven Rocha Marques	pro-energy amares	Senior Masculino	01:32:08	+52:28	09:13
333	447	Carla Raquel Teixeira Almeida	pro-energy amares	Senior Feminino	01:32:08	+52:28	09:13
334	119	Rui Guedes	armazém do fitness/crossthelinе	Senior Masculino	01:32:31	+52:51	09:15
335	118	Orlando Henriques	armazém do fitness/crossthelinе	Senior Masculino	01:32:32	+52:52	09:15

PROVA PRINCIPAL - STAGE 1 — 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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
336	112	Bernardo Sousa	armazém do fitness/crossfitheline	Senior Masculino	01:32:33	+52:53	09:15
337	271	Conceição Regallo	individual	Senior Feminino	01:32:34	+52:54	09:15
338	137	ALZIRA FARIA MACEDO	best fitness place	Senior Feminino	01:32:44	+53:04	09:16
339	27	Sónia Machado	#wtf	Senior Feminino	01:32:49	+53:09	09:17
340	33	Pedro Costa	#wtf	Senior Masculino	01:32:49	+53:09	09:17
341	30	José Luís Gomes	#wtf	Senior Masculino	01:32:49	+53:09	09:17
342	21	Júlia Maciel	#wtf	Senior Feminino	01:32:49	+53:09	09:17
343	19	Cláudia Arezes	#wtf	Senior Feminino	01:32:49	+53:09	09:17
344	18	Andreia Vieira	#wtf	Senior Feminino	01:32:49	+53:09	09:17
345	17	Andra Alves Júlio	#wtf	Senior Feminino	01:32:49	+53:09	09:17
346	25	Raquel Queirós	#wtf	Senior Feminino	01:32:49	+53:09	09:17
347	20	Eva Marília Castro Alves Santos	#wtf	Senior Feminino	01:32:50	+53:10	09:17
348	22	Maria João Ferreira	#wtf	Senior Feminino	01:32:50	+53:10	09:17
349	31	Nuno Palma	#wtf	Senior Masculino	01:32:50	+53:10	09:17
350	24	Micaela Preto	#wtf	Senior Feminino	01:32:50	+53:10	09:17
351	140	ANA MARIA DA SILVA ANDRADE	best fitness place	Senior Feminino	01:32:55	+53:15	09:18
352	475	Verónica Vilma dos Santos Sousa	shark tale	Senior Feminino	01:33:06	+53:26	09:19
353	474	Catarina de Oliveira Duarte Rodrigues Araújo	shark tale	Senior Feminino	01:33:06	+53:26	09:19
354	476	Fernando Jorge Moreira Magalhães	shark tale	Senior Masculino	01:33:16	+53:36	09:20
355	478	Jose Diogo dos Santos Sousa	shark tale	Senior Masculino	01:33:17	+53:37	09:20
356	479	Paulo Miguel Areal de Sousa	shark tale	Senior Masculino	01:33:17	+53:37	09:20
357	589	maria natália vieira pinheiro	playlife	Senior Feminino	01:33:46	+54:06	09:23
358	531	Sara Cristina Pinheiro	t&e power	Senior Feminino	01:33:50	+54:10	09:23
359	562	Maria da Luz da Silva Pinto	the art of dance	Senior Feminino	01:34:39	+54:59	09:28
360	560	Daniela Cerqueira da Cunha	the art of dance	Senior Feminino	01:34:39	+54:59	09:28
361	564	Tânia Felicidade Gonçalves Azevedo	the art of dance	Senior Feminino	01:34:39	+54:59	09:28
362	565	José António Faria Araújo	the art of dance	Senior Masculino	01:34:39	+54:59	09:28
363	567	Manuel Carlos Cruz Castro	the art of dance	Senior Masculino	01:34:39	+54:59	09:28
364	568	Nuno Miguel Martins Silva	the art of dance	Senior Masculino	01:34:39	+54:59	09:28
365	570	Tiago André Gonçalves Barros	the art of dance	Senior Masculino	01:34:39	+54:59	09:28
366	563	Susete Maria Ferreira Machado	the art of dance	Senior Feminino	01:34:40	+55:00	09:28
367	561	Joana Gil Martins Viana	the art of dance	Senior Feminino	01:34:40	+55:00	09:28
368	566	José Manuel Gonçalves Gomes Silva	the art of dance	Senior Masculino	01:34:40	+55:00	09:28
369	571	Tiago Daniel Meireles da Costa	the art of dance	Senior Masculino	01:34:40	+55:00	09:28
370	444	José Ribeiro	praetorian challenge v.c. team	Senior Masculino	01:34:59	+55:19	09:30
371	445	Nuno Guimarães	praetorian challenge v.c. team	Senior Masculino	01:34:59	+55:19	09:30
372	599	Sílvia Maria Borges de Barros	best fitness place	Senior Feminino	01:35:25	+55:45	09:32
373	598	Celina Gabriela Borges de Barros	best fitness place	Senior Feminino	01:35:25	+55:45	09:32
374	222	Ruben Rafael Carvalho Ferreira	crossfit famalicão	Senior Masculino	01:36:05	+56:25	09:36
375	547	Joana Filipa Correia Barros	team workout 48	Senior Feminino	01:36:54	+57:14	09:41
376	548	Juliana Amaedo Gonçalves	team workout 48	Senior Feminino	01:36:54	+57:14	09:41
377	543	Ana Luisa de Sousa Ferreira	team workout 48	Senior Feminino	01:36:54	+57:14	09:41
378	555	Jose Pedro Sousa Ferreira	team workout 48	Senior Masculino	01:36:54	+57:14	09:41
379	559	Leonel João Sousa Carvalho	team workout 48	Senior Masculino	01:36:54	+57:14	09:41

PROVA PRINCIPAL - STAGE 1 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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
380	556	Luis Rafael Lima Coutinho	team workout 48	Senior Masculino	01:36:54	+57:14	09:41
381	544	Cristina Carvalho Gomes de Sousa	team workout 48	Senior Feminino	01:36:54	+57:14	09:41
382	549	Maria Helena Costa Gomes Lamas	team workout 48	Senior Feminino	01:36:54	+57:14	09:41
383	551	Andre Filipe Guilherme da Silva	team workout 48	Senior Masculino	01:36:55	+57:15	09:41
384	546	Eliana Novo Rodrigues Pereira	team workout 48	Senior Feminino	01:36:55	+57:15	09:41
385	557	Catia Sofia Silva Gonçalves	team workout 48	Senior Feminino	01:36:55	+57:15	09:41
386	550	Andre Eduardo Balsa de Almeida	team workout 48	Senior Masculino	01:36:55	+57:15	09:41
387	552	Bruno Daniel Morais Rodrigues	team workout 48	Senior Masculino	01:36:55	+57:15	09:41
388	554	Jose Manuel Leite Afonso	team workout 48	Senior Masculino	01:36:55	+57:15	09:41
389	558	Filipe Manuel Lima Carvalho	team workout 48	Senior Masculino	01:36:55	+57:15	09:41
390	430	Ana Isabel Pereira Pinto	osit red team	Senior Feminino	01:37:10	+57:30	09:43
391	437	Sérgio Rodrigues	osit red team	Senior Masculino	01:37:11	+57:31	09:43
392	436	Rui Bruno Mendes Cunha	osit red team	Senior Masculino	01:37:11	+57:31	09:43
393	433	Vera Rosana Freitas Alves	osit red team	Senior Feminino	01:37:11	+57:31	09:43
394	429	Daniela Cristina Costa Silva	osit red team	Senior Feminino	01:38:55	+59:15	09:53
395	593	carla vánia ferreira dos santos	playlife	Senior Feminino	01:39:22	+59:42	09:56
396	431	Cristiana Cortez Antas	osit red team	Senior Feminino	01:40:08	+01:00:28	10:01
397	596	cristina isabel sousa coutinho	playlife	Senior Masculino	01:41:16	+01:01:36	10:08
398	590	vitor antonio dias da rocha cruz	playlife	Senior Masculino	01:41:16	+01:01:36	10:08
399	595	Emanuel dos santos costa	playlife	Senior Masculino	01:41:16	+01:01:36	10:08
400	591	jose antonio dias pimentel cota	playlife	Senior Masculino	01:41:16	+01:01:36	10:08
401	592	pedro antonio silva mendes reis	playlife	Senior Masculino	01:41:16	+01:01:36	10:08
402	256	NUNO SILVA	fitmafiosos	Senior Masculino	01:41:41	+01:02:01	10:10
403	254	SARA SILVA	fitmafiosas	Senior Feminino	01:41:41	+01:02:01	10:10
404	249	MAFALDA DANTAS GOMES	fitmafiosas	Senior Feminino	01:41:42	+01:02:02	10:10
405	252	FELICIDADE CARNEIRO	fitmafiosas	Senior Feminino	01:41:42	+01:02:02	10:10
406	248	HÉLIA CIDADE	fitmafiosas	Senior Feminino	01:41:42	+01:02:02	10:10
407	250	MÓNICA MATOS	fitmafiosas	Senior Feminino	01:41:42	+01:02:02	10:10
408	259	RUI SILVA	fitmafiosos	Senior Masculino	01:41:42	+01:02:02	10:10
409	251	RAQUEL DE SOUSA	fitmafiosas	Senior Feminino	01:41:42	+01:02:02	10:10
410	253	HERMINIA SILVA	fitmafiosas	Senior Feminino	01:41:42	+01:02:02	10:10
411	255	MIGUEL RIBEIRO	fitmafiosos	Senior Masculino	01:41:42	+01:02:02	10:10
412	260	ALBERTO MARTINS	fitmafiosos	Senior Masculino	01:41:42	+01:02:02	10:10
413	261	EMANUEL FONTES	fitmafiosos	Senior Masculino	01:41:42	+01:02:02	10:10
414	262	NUNO LAGO	fitmafiosos	Senior Masculino	01:41:43	+01:02:03	10:10
415	209	Daniela Gomes da Costa	crossfit famalicão	Senior Feminino	01:41:47	+01:02:07	10:11
416	216	João Alexandre Oliveira Salgado	crossfit famalicão	Senior Masculino	01:42:03	+01:02:23	10:12
417	212	Rita Sofia Simões Azevedo	crossfit famalicão	Senior Feminino	01:42:04	+01:02:24	10:12
418	205	Ana Catarina Dias Ribeiro Freitas	crossfit famalicão	Senior Feminino	01:42:12	+01:02:32	10:13
419	26	Sónia Alexandra Pereira Grilo	#wtf	Senior Feminino	01:42:24	+01:02:44	10:14
420	23	Marta Sofia Caridade Peixoto	#wtf	Senior Feminino	01:42:24	+01:02:44	10:14
421	215	Frederico Nunes Miranda da Cunha	crossfit famalicão	Senior Masculino	01:42:36	+01:02:56	10:16
422	220	Pedro Filipe Araújo Costa	crossfit famalicão	Senior Masculino	01:42:36	+01:02:56	10:16
423	371	ANDREIA FILIPA OLIVEIRA SANTOS	os arrastões	Senior Masculino	01:43:03	+01:03:23	10:18
424	34	Pedro Padela	#wtf	Senior Masculino	01:43:19	+01:03:39	10:20

PROVA PRINCIPAL - STAGE 1 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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
425	32	Paulo Vieira	#wtf	Senior Masculino	01:43:25	+01:03:45	10:20
426	372	ANTONIO ALVES QUINTAS	os arrastões	Senior Masculino	01:43:27	+01:03:47	10:21
427	369	CLAUDIA ALEXANDRA GONÇALVES CAMPOS	os arrastões	Senior Feminino	01:44:04	+01:04:24	10:24
428	376	TIAGO MOISES GONÇALVES SILVA	os arrastões	Senior Masculino	01:44:05	+01:04:25	10:24
429	375	ORLANDO MANUEL SILVA QUINTAS	os arrastões	Senior Masculino	01:44:05	+01:04:25	10:24
430	374	HELDER MANUEL OLIVEIRA MACHADO	os arrastões	Senior Masculino	01:44:05	+01:04:25	10:24
431	505	Gisela Almeida	swatcamp	Senior Feminino	01:44:07	+01:04:27	10:25
432	504	Ana Catarina Melo Moreira	swatcamp	Senior Feminino	01:44:07	+01:04:27	10:25
433	518	João Andre Costa	swatcamp	Senior Masculino	01:44:07	+01:04:27	10:25
434	507	Marlene Freitas	swatcamp	Senior Feminino	01:44:08	+01:04:28	10:25
435	523	Morten Kroger	swatcamp	Senior Masculino	01:44:08	+01:04:28	10:25
436	506	Linda Marques	swatcamp	Senior Feminino	01:44:08	+01:04:28	10:25
437	524	Nuno Andrade	swatcamp	Senior Masculino	01:44:08	+01:04:28	10:25
438	512	Sofia Pereira	swatcamp	Senior Feminino	01:44:09	+01:04:29	10:25
439	522	MARIA FLORBELA OLIVEIRA RIBEIRO	swatcamp	Senior Masculino	01:44:09	+01:04:29	10:25
440	513	Arlindo Joaquim da Silva Pereira	swatcamp	Senior Masculino	01:44:09	+01:04:29	10:25
441	519	José Carlos Cunha Fernandes	swatcamp	Senior Masculino	01:44:09	+01:04:29	10:25
442	510	Rosalina Manuela Antunes Gonçalves	swatcamp	Senior Feminino	01:44:09	+01:04:29	10:25
443	516	Carlos Manuel Marques Atilano	swatcamp	Senior Masculino	01:44:10	+01:04:30	10:25
444	526	Nuno Miguel Oliveira da Silva	swatcamp	Senior Masculino	01:44:10	+01:04:30	10:25
445	529	Tiago José Marques da Costa	swatcamp	Senior Masculino	01:44:10	+01:04:30	10:25
446	530	Vítor Miguel Machado Dias Bravo	swatcamp	Senior Masculino	01:44:11	+01:04:31	10:25
447	528	Tiago João Gomes Silva	swatcamp	Senior Masculino	01:44:11	+01:04:31	10:25
448	521	Luis Fernandes	swatcamp	Senior Masculino	01:44:11	+01:04:31	10:25
449	517	Hugo Ribeiro	swatcamp	Senior Masculino	01:44:12	+01:04:32	10:25
450	525	Nuno Ismael Leite de Oliveira	swatcamp	Senior Masculino	01:44:12	+01:04:32	10:25
451	515	Bruno Miguel Nascimento Nunes	swatcamp	Senior Masculino	01:44:12	+01:04:32	10:25
452	511	SILVIA DANIELA SILVA MORAIS	swatcamp	Senior Feminino	01:44:12	+01:04:32	10:25
453	514	Bruno Amândio Lopes Fernandes	swatcamp	Senior Masculino	01:44:13	+01:04:33	10:25
454	471	JOAO ROCHA	sao marcos	Senior Masculino	01:45:00	+01:05:20	10:30
455	469	DAVID SILVEIRA	sao marcos	Senior Masculino	01:45:00	+01:05:20	10:30
456	470	HUGO SOUSA	sao marcos	Senior Masculino	01:45:00	+01:05:20	10:30
457	411	Nuno Miguel Novais Gonçalves	os papa-desafios	Senior Masculino	01:45:42	+01:06:02	10:34
458	406	Maria Albertina Ribeiro Moreira	os papa-desafios	Senior Feminino	01:45:42	+01:06:02	10:34
459	403	Ana Rita Magalhães Pereira	os papa-desafios	Senior Feminino	01:45:42	+01:06:02	10:34
460	410	Marco Tiago Teixeira Leite Ribeiro	os papa-desafios	Senior Masculino	01:45:42	+01:06:02	10:34
461	409	Luís Miguel Oliveira Lemos	os papa-desafios	Senior Masculino	01:45:42	+01:06:02	10:34
462	407	Patrícia Cristina Dias Alves Machado	os papa-desafios	Senior Feminino	01:45:42	+01:06:02	10:34
463	402	Ana Raquel da Costa Magalhães	os papa-desafios	Senior Feminino	01:45:42	+01:06:02	10:34
464	405	Cláudia Isabel Freitas da Silva	os papa-desafios	Senior Feminino	01:45:42	+01:06:02	10:34
465	413	Tiago Samuel Silva Mendes	os papa-desafios	Senior Masculino	01:45:42	+01:06:02	10:34

PROVA PRINCIPAL - STAGE 1 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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
466	401	Ana Filipa Nogueira Alves Ferreira	os papa-desafios	Senior Feminino	01:45:42	+01:06:02	10:34
467	412	Sérgio Manuel Magalhães Gonçalves	os papa-desafios	Senior Masculino	01:45:44	+01:06:04	10:34
468	408	Duarte Dinis	os papa-desafios	Senior Masculino	01:45:51	+01:06:11	10:35
469	487	Raquel Cardoso ferreira Abreu	sparta team	Senior Feminino	01:46:13	+01:06:33	10:37
470	499	Ricardo Filipe da Silva Couto	sparta team	Senior Masculino	01:46:13	+01:06:33	10:37
471	485	Ana Sofia Pereira da Rocha	sparta team	Senior Feminino	01:46:13	+01:06:33	10:37
472	486	Joana Neves Ferreira Serra Cruz	sparta team	Senior Feminino	01:46:13	+01:06:33	10:37
473	167	Nathalie Azevedo	borrachos	Senior Feminino	01:47:30	+01:07:50	10:45
474	166	Marina Barbosa	borrachos	Senior Feminino	01:47:40	+01:08:00	10:46
475	165	Diana Oliveira	borrachos	Senior Feminino	01:47:41	+01:08:01	10:46
476	173	Miguel Pinto	borrachos	Senior Masculino	01:47:41	+01:08:01	10:46
477	171	José Gonçalves	borrachos	Senior Masculino	01:47:41	+01:08:01	10:46
478	174	Pedro Silva	borrachos	Senior Masculino	01:47:42	+01:08:02	10:46
479	175	Vitor Jorge Machado	borrachos	Senior Masculino	01:47:42	+01:08:02	10:46
480	172	Luis Filipe Conceição	borrachos	Senior Masculino	01:47:42	+01:08:02	10:46
481	168	Patricia Oliveira	borrachos	Senior Feminino	01:47:43	+01:08:03	10:46
482	579	Naraiana Lima	us_bianas	Senior Feminino	01:49:12	+01:09:32	10:55
483	578	Jacinta Barbosa	us_bianas	Senior Feminino	01:49:12	+01:09:32	10:55
484	580	Fábio Ferreira	us_bianas	Senior Masculino	01:49:12	+01:09:32	10:55
485	575	SEBASTIAO BARBOSA	tomba lobos	Senior Masculino	01:49:12	+01:09:32	10:55
486	572	ESMERALDA CRUZ	tomba lobos	Senior Feminino	01:49:12	+01:09:32	10:55
487	577	Filipa Lima	us_bianas	Senior Feminino	01:49:12	+01:09:32	10:55
488	574	JOAQUIM MATOS	tomba lobos	Senior Masculino	01:49:12	+01:09:32	10:55
489	421	Maria Do Céu Moreno Cordeiro	os sonecas trailers team	Senior Feminino	01:49:45	+01:10:05	10:58
490	417	Antonieta Moura	os sonecas trailers team	Senior Feminino	01:49:45	+01:10:05	10:59
491	419	Clara Medeiros	os sonecas trailers team	Senior Feminino	01:49:45	+01:10:05	10:59
492	418	Bia Maia	os sonecas trailers team	Senior Feminino	01:49:45	+01:10:05	10:59
493	423	Luis Rodrigues	os sonecas trailers team	Senior Masculino	01:49:45	+01:10:05	10:59
494	422	Fabio Silva	os sonecas trailers team	Senior Masculino	01:49:46	+01:10:06	10:59
495	606	João Ferreira	lovfit	Senior Masculino	01:50:35	+01:10:55	11:03
496	607	Zita Silva	lovfit	Senior Feminino	01:50:35	+01:10:55	11:04
497	604	Inês Fernandes	lovfit	Senior Feminino	01:50:35	+01:10:55	11:04
498	603	Alea Ferreira	lovfit	Senior Feminino	01:50:35	+01:10:55	11:04
499	610	Vitor Rafael Pinto	lovfit	Senior Masculino	01:50:35	+01:10:55	11:04
500	608	João Filipe Vieira	lovfit	Senior Masculino	01:50:35	+01:10:55	11:04
501	609	Bruno Pinto	lovfit	Senior Masculino	01:50:35	+01:10:55	11:04
502	601	Stephane Abreu	lovfit	Senior Feminino	01:50:35	+01:10:55	11:04
503	602	Rui Fernandes	lovfit	Senior Masculino	01:50:35	+01:10:55	11:04
504	605	Luís Fontes	lovfit	Senior Masculino	01:50:36	+01:10:56	11:04
505	600	Cláudio Abreu	lovfit	Senior Masculino	01:50:36	+01:10:56	11:04
506	361	carlos reis	ninja team	Senior Masculino	01:50:40	+01:11:00	11:04
507	365	hernani pacheco	ninja team	Senior Masculino	01:50:41	+01:11:01	11:04
508	355	filipa pereira	ninja team	Senior Feminino	01:50:41	+01:11:01	11:04
509	360	sandra vale	ninja team	Senior Feminino	01:50:41	+01:11:01	11:04
510	363	cristiano silva	ninja team	Senior Masculino	01:50:41	+01:11:01	11:04

PROVA PRINCIPAL - STAGE 1 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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
511	358	marisa fernandes	ninja team	Senior Feminino	01:50:41	+01:11:01	11:04
512	357	lurdes marques	ninja team	Senior Feminino	01:50:41	+01:11:01	11:04
513	354	silvia maciel	ninja team	Senior Feminino	01:50:41	+01:11:01	11:04
514	359	paula lopes	ninja team	Senior Feminino	01:50:42	+01:11:02	11:04
515	362	cosme fula	ninja team	Senior Masculino	01:50:42	+01:11:02	11:04
516	366	jorge silva	ninja team	Senior Masculino	01:50:42	+01:11:02	11:04
517	356	ilda lixa	ninja team	Senior Feminino	01:50:42	+01:11:02	11:04
518	353	Márcia Susana Moreira Santos	ninja team	Senior Feminino	01:50:42	+01:11:02	11:04
519	364	Fernando Gil Rodrigues do Nascimento	ninja team	Senior Masculino	01:50:42	+01:11:02	11:04
520	367	Daniel leite	ninja team	Senior Masculino	01:50:43	+01:11:03	11:04
521	368	Michael Pereira da Silva	ninja team	Senior Masculino	01:50:43	+01:11:03	11:04
522	58	Claudia Ferraz	academia best club	Senior Masculino	01:50:59	+01:11:19	11:06
523	44	Claudia Sousa	academia best club	Senior Feminino	01:51:06	+01:11:26	11:07
524	47	Maria Henriques	academia best club	Senior Feminino	01:51:09	+01:11:29	11:07
525	53	Sara Morais	academia best club	Senior Feminino	01:51:28	+01:11:48	11:09
526	395	Bruno Magarinhos	os fénix	Senior Masculino	01:54:11	+01:14:31	11:25
527	391	paulo César Costa	os fénix	Senior Masculino	01:54:13	+01:14:33	11:25
528	394	Stephanie Esteves Antunes	os fénix	Senior Feminino	01:54:13	+01:14:33	11:25
529	270	Catarina Ferreira Ramos Pereira	individual	Senior Feminino	01:55:48	+01:16:08	11:35
530	41	José Moreira	100 destino	Senior Masculino	02:11:00	+01:31:20	13:06
531	42	Daniela Susana Cerqueira Carvalheira	100 destino	Senior Masculino	02:11:00	+01:31:20	13:06
532	36	sara reis	100 destino	Senior Feminino	02:11:01	+01:31:21	13:06
533	35	sabrina ferreira çonçalves	100 destino	Senior Feminino	02:11:01	+01:31:21	13:06

lap2go TIMING SOLUTION

Amares Urban Fit
Amares
06-junho-2015

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

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

	Time	Temperature	Humidity
Start	15:00	35ºC	31,6%
End	17:11	35,2ºC	33,6%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	184	JUDITE LAURINDA SILVA FERREIRA	BTM	Senior Feminino	55:40		05:34
2	332	Helena de Jesus de Sousa Fernandes	Liberty Fitness Center	Senior Feminino	58:00	+02:20	05:48
3	13	Joana Vaz	100%	Senior Feminino	01:00:05	+04:25	06:00
4	508	Neyd Ribeiro	SWATcamp	Senior Feminino	01:00:16	+04:36	06:02
5	509	RITA GOMES	SWATcamp	Senior Feminino	01:00:27	+04:47	06:03
6	269	Ana Raquel Santos	Individual	Senior Feminino	01:00:46	+05:06	06:05
7	425	Joana Simões Rego	OSIT Black Team	Senior Feminino	01:00:57	+05:17	06:06
8	14	Liliana Gonçalves	100%	Senior Feminino	01:01:38	+05:58	06:10
9	264	Susana Maria Miranda da Silva	G.D.R. Os Estrelas \ Estrelas BTT	Senior Feminino	01:02:54	+07:14	06:17
10	15	Margarida Fernandes	100%	Senior Feminino	01:03:39	+07:59	06:22
11	229	Joana Tomás	CrossFit OPO	Senior Feminino	01:03:57	+08:17	06:24
12	230	Rita Sofia Lourenço Carmim	CrossFit OPO	Senior Feminino	01:04:00	+08:20	06:24
13	142	HELENA MANUELA SILVA JESUS	BEST FITNESS PLACE	Senior Feminino	01:04:43	+09:03	06:28
14	228	Diana Maia	CrossFit OPO	Senior Feminino	01:04:58	+09:18	06:30
15	488	Susana Ferreira Barbosa	Sparta team	Senior Feminino	01:05:38	+09:58	06:34
16	123	Irene Maria Barros Machado	Atéaofim	Senior Feminino	01:06:00	+10:20	06:36
17	49	Mariana Cardoso	Academia Best Club	Senior Feminino	01:06:28	+10:48	06:39
18	226	Catarina Lopes	CrossFit OPO	Senior Feminino	01:07:05	+11:25	06:42
19	197	Dulce Silva	Clube Corrida	Senior Feminino	01:07:31	+11:51	06:45
20	199	Paula Cristina Barbosa Sousa de Oliveira Peixoto	Clube Corrida	Senior Feminino	01:07:35	+11:55	06:45
21	202	Joana Fernandes	Clube de Corrida	Senior Feminino	01:07:59	+12:19	06:48
22	198	Maria Macedo	Clube Corrida	Senior Feminino	01:08:42	+13:02	06:52
23	314	Claudia Silva	KK	Senior Feminino	01:09:02	+13:22	06:54
24	12	Cristiana Portal	100%	Senior Feminino	01:09:20	+13:40	06:56
25	11	Celine Moise	100%	Senior Feminino	01:09:43	+14:03	06:58
26	328	Carla Filipa da Silva Alves	Liberty Fitness Center	Senior Feminino	01:09:55	+14:15	06:59
27	325	Ana Lídia Soares da Rocha	Liberty Fitness Center	Senior Feminino	01:09:55	+14:15	06:59
28	54	Sara Salgado	Academia Best Club	Senior Feminino	01:10:58	+15:18	07:06
29	327	Carla Cristina da Costa Barbosa	Liberty Fitness Center	Senior Feminino	01:11:09	+15:29	07:07
30	335	Maria José da Rocha Carvalho Martins	Liberty Fitness Center	Senior Feminino	01:11:31	+15:51	07:09
31	45	Ema Cortinhola	Academia Best Club	Senior Feminino	01:11:37	+15:57	07:10
32	43	Amanda Ventura	Academia Best Club	Senior Feminino	01:11:45	+16:05	07:11
33	481	Cátia Elisa Alvadia Conceição Monteiro	ShowDasPoderosas	Senior Feminino	01:12:45	+17:05	07:17
34	480	Andreia Catarina Marques Pires Valente	ShowDasPoderosas	Senior Feminino	01:12:45	+17:05	07:17
35	82	Neuza Ribeiro	ActualFit	Senior Feminino	01:13:02	+17:22	07:18
36	81	Carla Monteiro	ActualFit	Senior Feminino	01:13:06	+17:26	07:19
37	85	Maria Sousa	Actualfit1	Senior Feminino	01:13:16	+17:36	07:20
38	80	Ana Monteiro	ActualFit	Senior Feminino	01:13:38	+17:58	07:22

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

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

39	448	Marta da Conceição Vieira Silva	Pro-Energy Amares	Senior Feminino	01:13:48	+18:08	07:23
40	432	Filomena Patrícia Terroso da Silva	OSIT Red Team	Senior Feminino	01:15:27	+19:47	07:33
41	122	Delfina Maria Rodrigues Costa	Atéaofim	Senior Feminino	01:15:32	+19:52	07:33
42	207	Carla Andreia Costa Azevedo	CrossFit Famalicão	Senior Feminino	01:15:44	+20:04	07:34
43	414	Maria Carmo Carvalho Vilela Machado	Os Santa Apolónia	Senior Feminino	01:15:49	+20:09	07:35
44	415	Mariana Vilela Machado	Os Santa Apolónia	Senior Feminino	01:15:58	+20:18	07:36
45	210	Elisabete Marinho Carvalho	CrossFit Famalicão	Senior Feminino	01:16:36	+20:56	07:40
46	582	Carolina Rocha	VianaFriends	Senior Feminino	01:16:56	+21:16	07:42
47	583	Célia Vital	VianaFriends	Senior Feminino	01:16:57	+21:17	07:42
48	584	Sónia Barreto	VianaFriends	Senior Feminino	01:16:57	+21:17	07:42
49	96	Sara Barradas	AMIGOS DO TRAIL	Senior Feminino	01:17:06	+21:26	07:43
50	538	Telma Amaral	Team Hard Trails	Senior Feminino	01:17:11	+21:31	07:43
51	120	Albertina Maria Gomes de Sousa	Atéaofim	Senior Feminino	01:17:23	+21:43	07:44
52	274	Joana Martins	Individual	Senior Feminino	01:17:48	+22:08	07:47
53	537	Cristina Dias	Team Hard Trails	Senior Feminino	01:19:14	+23:34	07:55
54	50	Patricia Teixeira	Academia Best Club	Senior Feminino	01:19:31	+23:51	07:57
55	227	Cátia Gonçalves	CrossFit OPO	Senior Feminino	01:20:03	+24:23	08:00
56	225	Ana Pereira	CrossFit OPO	Senior Feminino	01:20:03	+24:23	08:00
57	151	Carina Rodrigues	BestasSelvagens	Senior Feminino	01:20:06	+24:26	08:01
58	121	Cristiana Braga Correia	Atéaofim	Senior Feminino	01:20:57	+25:17	08:06
59	468	ROSA PEIXOTO	SAO MARCOS	Senior Feminino	01:21:37	+25:57	08:10
60	346	DANIELA FILIPA DA SILVA CARVALHO	MONSUL TEAM	Senior Feminino	01:22:19	+26:39	08:14
61	37	vera sofia ferreira costa	100 destino	Senior Feminino	01:23:04	+27:24	08:18
62	464	Marta Viamonte	Recos	Senior Feminino	01:23:06	+27:26	08:19
63	311	Kelly Santos	Kamikaze	Senior Feminino	01:23:19	+27:39	08:20
64	94	Cândida Silva	AMIGOS DO TRAIL	Senior Feminino	01:23:37	+27:57	08:22
65	206	Ana Paula de Azevedo Santos	CrossFit Famalicão	Senior Feminino	01:24:05	+28:25	08:24
66	211	Mariana Ferreira Carvalho	CrossFit Famalicão	Senior Feminino	01:24:05	+28:25	08:24
67	126	Paula Cristina Ferreira da Silva	Atéaofim	Senior Feminino	01:24:28	+28:48	08:27
68	438	Diana Santos	Pão de Forma	Senior Feminino	01:24:30	+28:50	08:27
69	208	Celeste Cristina Alves Fonseca	CrossFit Famalicão	Senior Feminino	01:24:44	+29:04	08:28
70	107	Rafaela Silva	Armazém do Fitness/CrossTheLine	Senior Feminino	01:25:01	+29:21	08:30
71	106	Isa Mateus	Armazém do Fitness/CrossTheLine	Senior Feminino	01:25:24	+29:44	08:32
72	110	Silvia Silva	Armazém do Fitness/CrossTheLine	Senior Feminino	01:25:25	+29:45	08:32
73	439	Patrícia Nobre	Pão de Forma	Senior Feminino	01:25:31	+29:51	08:33
74	95	Helena Silva	AMIGOS DO TRAIL	Senior Feminino	01:26:07	+30:27	08:37
75	152	Diana Silva	BestasSelvagens	Senior Feminino	01:26:51	+31:11	08:41
76	127	Susana Vidal Pereira	Atéaofim	Senior Feminino	01:26:55	+31:15	08:42
77	124	Isabel Martins Pereira	Atéaofim	Senior Feminino	01:26:55	+31:15	08:42
78	138	ANA CLAUDIA BRANDAO PONTES	BEST FITNESS PLACE	Senior Feminino	01:27:02	+31:22	08:42
79	141	CAROLINA MARTA AZEVEDO GONÇALVES FERNANDES	BEST FITNESS PLACE	Senior Feminino	01:27:17	+31:37	08:44
80	139	ANA MARGARIDA VIEIRA DA SILVA	BEST FITNESS PLACE	Senior Feminino	01:27:19	+31:39	08:44
81	326	Ana Sofia Rodrigues Pires de Matos	Liberty Fitness Center	Senior Feminino	01:27:30	+31:50	08:45
82	334	Joana Lamela Martin	Liberty Fitness Center	Senior Feminino	01:27:34	+31:54	08:45
83	46	JOANA GOMES	Academia Best Club	Senior Feminino	01:28:05	+32:25	08:49

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

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

84	331	Filipa Manuela Santos Freitas Gonçalves	Liberty Fitness Center	Senior Feminino	01:28:52	+33:12	08:53
85	330	Eduarda Lamela Martins	Liberty Fitness Center	Senior Feminino	01:28:52	+33:12	08:53
86	333	Helena Manuela Ferreira	Liberty Fitness Center	Senior Feminino	01:28:52	+33:12	08:53
87	108	Rita Costa	Armazém do Fitness/CrossTheLine	Senior Feminino	01:29:47	+34:07	08:59
88	105	Inês P. Ferreira	Armazém do Fitness/CrossTheLine	Senior Feminino	01:31:47	+36:07	09:11
89	378	Ana Rita Sá da Silva	OS BRAVOS DA MANGUEIRA	Senior Feminino	01:31:49	+36:09	09:11
90	377	Adozinda do Céu Freitas Pereira	OS BRAVOS DA MANGUEIRA	Senior Feminino	01:31:49	+36:09	09:11
91	379	Maria Goreti Vieira Esteves	OS BRAVOS DA MANGUEIRA	Senior Feminino	01:31:49	+36:09	09:11
92	104	Cristina Martins	Armazém do Fitness/CrossTheLine	Senior Feminino	01:32:03	+36:23	09:12
93	109	Sara Corte Real	Armazém do Fitness/CrossTheLine	Senior Feminino	01:32:07	+36:27	09:13
94	447	Carla Raquel Teixeira Almeida	Pro-Energy Amares	Senior Feminino	01:32:08	+36:28	09:13
95	271	Conceição Regallo	Individual	Senior Feminino	01:32:34	+36:54	09:15
96	137	ALZIRA FARIA MACEDO	BEST FITNESS PLACE	Senior Feminino	01:32:44	+37:04	09:16
97	27	Sónia Machado	#WTF	Senior Feminino	01:32:49	+37:09	09:17
98	21	Júlia Maciel	#WTF	Senior Feminino	01:32:49	+37:09	09:17
99	19	Cláudia Arezes	#WTF	Senior Feminino	01:32:49	+37:09	09:17
100	18	Andreia Vieira	#WTF	Senior Feminino	01:32:49	+37:09	09:17
101	17	Andra Alves Júlio	#WTF	Senior Feminino	01:32:49	+37:09	09:17
102	25	Raquel Queirós	#WTF	Senior Feminino	01:32:49	+37:09	09:17
103	20	Eva Marília Castro Alves Santos	#WTF	Senior Feminino	01:32:50	+37:10	09:17
104	22	Maria João Ferreira	#WTF	Senior Feminino	01:32:50	+37:10	09:17
105	24	Micaela Preto	#WTF	Senior Feminino	01:32:50	+37:10	09:17
106	140	ANA MARIA DA SILVA ANDRADE	BEST FITNESS PLACE	Senior Feminino	01:32:55	+37:15	09:18
107	475	Verónica Vilma dos Santos Sousa	Shark Tale	Senior Feminino	01:33:06	+37:26	09:19
108	474	Catarina de Oliveira Duarte Rodrigues Araújo	Shark Tale	Senior Feminino	01:33:06	+37:26	09:19
109	589	maria natália vieira pinheiro	PlayLife	Senior Feminino	01:33:46	+38:06	09:23
110	531	Sara Cristina Pinheiro	T&E Power	Senior Feminino	01:33:50	+38:10	09:23
111	562	Maria da Luz da Silva Pinto	the art of dance	Senior Feminino	01:34:39	+38:59	09:28
112	560	Daniela Cerqueira da Cunha	the art of dance	Senior Feminino	01:34:39	+38:59	09:28
113	564	Tânia Felicidade Gonçalves Azevedo	the art of dance	Senior Feminino	01:34:39	+38:59	09:28
114	563	Susete Maria Ferreira Machado	the art of dance	Senior Feminino	01:34:40	+39:00	09:28
115	561	Joana Gil Martins Viana	the art of dance	Senior Feminino	01:34:40	+39:00	09:28
116	599	Sílvia Maria Borges de Barros	BEST FITNESS PLACE	Senior Feminino	01:35:25	+39:45	09:32
117	598	Celina Gabriela Borges de Barros	BEST FITNESS PLACE	Senior Feminino	01:35:25	+39:45	09:32
118	547	Joana Filipa Correia Barros	Team Workout 48	Senior Feminino	01:36:54	+41:14	09:41
119	548	Juliana Amaedo Gonçalves	Team Workout 48	Senior Feminino	01:36:54	+41:14	09:41
120	543	Ana Luisa de Sousa Ferreira	Team Workout 48	Senior Feminino	01:36:54	+41:14	09:41
121	544	Cristina Carvalho Gomes de Sousa	Team Workout 48	Senior Feminino	01:36:54	+41:14	09:41
122	549	Maria Helena Costa Gomes Lamas	Team Workout 48	Senior Feminino	01:36:54	+41:14	09:41
123	546	Eliana Novo Rodrigues Pereira	Team Workout 48	Senior Feminino	01:36:55	+41:15	09:41
124	557	Catia Sofia Silva Gonçalves	Team Workout 48	Senior Feminino	01:36:55	+41:15	09:41
125	430	Ana Isabel Pereira Pinto	OSIT Red Team	Senior Feminino	01:37:10	+41:30	09:43
126	433	Vera Rosana Freitas Alves	OSIT Red Team	Senior Feminino	01:37:11	+41:31	09:43
127	429	Daniela Cristina Costa Silva	OSIT Red Team	Senior Feminino	01:38:55	+43:15	09:53
128	593	carla vánia ferreira dos santos	PlayLife	Senior Feminino	01:39:22	+43:42	09:56

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

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

129	431	Cristiana Cortez Antas	OSIT Red Team	Senior Feminino	01:40:08	+44:28	10:01
130	254	SARA SILVA	FITMAFIOSAS	Senior Feminino	01:41:41	+46:01	10:10
131	249	MAFALDA DANTAS GOMES	FITMAFIOSAS	Senior Feminino	01:41:42	+46:02	10:10
132	252	FELICIDADE CARNEIRO	FITMAFIOSAS	Senior Feminino	01:41:42	+46:02	10:10
133	248	HÉLIA CIDADE	FITMAFIOSAS	Senior Feminino	01:41:42	+46:02	10:10
134	250	MÓNICA MATOS	FITMAFIOSAS	Senior Feminino	01:41:42	+46:02	10:10
135	251	RAQUEL DE SOUSA	FITMAFIOSAS	Senior Feminino	01:41:42	+46:02	10:10
136	253	HERMINIA SILVA	FITMAFIOSAS	Senior Feminino	01:41:42	+46:02	10:10
137	209	Daniela Gomes da Costa	CrossFit Famalicão	Senior Feminino	01:41:47	+46:07	10:11
138	212	Rita Sofia Simões Azevedo	CrossFit Famalicão	Senior Feminino	01:42:04	+46:24	10:12
139	205	Ana Catarina Dias Ribeiro Freitas	CrossFit Famalicão	Senior Feminino	01:42:12	+46:32	10:13
140	26	Sónia Alexandra Pereira Grilo	#WTF	Senior Feminino	01:42:24	+46:44	10:14
141	23	Marta Sofia Caridade Peixoto	#WTF	Senior Feminino	01:42:24	+46:44	10:14
142	369	CLAUDIA ALEXANDRA GONÇALVES CAMPOS	Os Arrastões	Senior Feminino	01:44:04	+48:24	10:24
143	505	Gisela Almeida	SWATcamp	Senior Feminino	01:44:07	+48:27	10:25
144	504	Ana Catarina Melo Moreira	SWATcamp	Senior Feminino	01:44:07	+48:27	10:25
145	507	Marlene Freitas	SWATcamp	Senior Feminino	01:44:08	+48:28	10:25
146	506	Linda Marques	SWATcamp	Senior Feminino	01:44:08	+48:28	10:25
147	512	Sofia Pereira	SWATcamp	Senior Feminino	01:44:09	+48:29	10:25
148	510	Rosalina Manuela Antunes Gonçalves	SWATcamp	Senior Feminino	01:44:09	+48:29	10:25
149	511	SILVIA DANIELA SILVA MORAIS	SWATcamp	Senior Feminino	01:44:12	+48:32	10:25
150	406	Maria Albertina Ribeiro Moreira	Os papa-desafios	Senior Feminino	01:45:42	+50:02	10:34
151	403	Ana Rita Magalhães Pereira	Os papa-desafios	Senior Feminino	01:45:42	+50:02	10:34
152	407	Patrícia Cristina Dias Alves Machado	Os papa-desafios	Senior Feminino	01:45:42	+50:02	10:34
153	402	Ana Raquel da Costa Magalhães	Os papa-desafios	Senior Feminino	01:45:42	+50:02	10:34
154	405	Cláudia Isabel Freitas da Silva	Os papa-desafios	Senior Feminino	01:45:42	+50:02	10:34
155	401	Ana Filipa Nogueira Alves Ferreira	Os papa-desafios	Senior Feminino	01:45:42	+50:02	10:34
156	487	Raquel Cardoso ferreira Abreu	Sparta team	Senior Feminino	01:46:13	+50:33	10:37
157	485	Ana Sofia Pereira da Rocha	Sparta team	Senior Feminino	01:46:13	+50:33	10:37
158	486	Joana Neves Ferreira Serra Cruz	Sparta team	Senior Feminino	01:46:13	+50:33	10:37
159	167	Nathalie Azevedo	Borrachos	Senior Feminino	01:47:30	+51:50	10:45
160	166	Marina Barbosa	Borrachos	Senior Feminino	01:47:40	+52:00	10:46
161	165	Diana Oliveira	Borrachos	Senior Feminino	01:47:41	+52:01	10:46
162	168	Patricia Oliveira	Borrachos	Senior Feminino	01:47:43	+52:03	10:46
163	579	Naraiana Lima	US_BIANAS	Senior Feminino	01:49:12	+53:32	10:55
164	578	Jacinta Barbosa	US_BIANAS	Senior Feminino	01:49:12	+53:32	10:55
165	572	ESMERALDA CRUZ	TOMBA LOBOS	Senior Feminino	01:49:12	+53:32	10:55
166	577	Filipa Lima	US_BIANAS	Senior Feminino	01:49:12	+53:32	10:55
167	421	Maria Do Céu Moreno Cordeiro	Os Sonecas Trailers Team	Senior Feminino	01:49:45	+54:05	10:58
168	417	Antonieta Moura	Os Sonecas Trailers Team	Senior Feminino	01:49:45	+54:05	10:59
169	419	Clara Medeiros	Os Sonecas Trailers Team	Senior Feminino	01:49:45	+54:05	10:59
170	418	Bia Maia	Os Sonecas Trailers Team	Senior Feminino	01:49:45	+54:05	10:59
171	607	Zita Silva	LOvFIT	Senior Feminino	01:50:35	+54:55	11:04
172	604	Inês Fernandes	LOvFIT	Senior Feminino	01:50:35	+54:55	11:04
173	603	Alea Ferreira	LOvFIT	Senior Feminino	01:50:35	+54:55	11:04
174	601	Stephane Abreu	LOvFIT	Senior Feminino	01:50:35	+54:55	11:04

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

OFFICIAL RESULT

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175	355	filipa pereira	Ninja Team	Senior Feminino	01:50:41	+55:01	11:04
176	360	sandra vale	Ninja Team	Senior Feminino	01:50:41	+55:01	11:04
177	358	marisa fernandes	Ninja Team	Senior Feminino	01:50:41	+55:01	11:04
178	357	lurdes marques	Ninja Team	Senior Feminino	01:50:41	+55:01	11:04
179	354	silvia maciel	Ninja Team	Senior Feminino	01:50:41	+55:01	11:04
180	359	paula lopes	Ninja Team	Senior Feminino	01:50:42	+55:02	11:04
181	356	ilda lixa	Ninja Team	Senior Feminino	01:50:42	+55:02	11:04
182	353	Márcia Susana Moreira Santos	Ninja Team	Senior Feminino	01:50:42	+55:02	11:04
183	44	Claudia Sousa	Academia Best Club	Senior Feminino	01:51:06	+55:26	11:07
184	47	Maria Henriques	Academia Best Club	Senior Feminino	01:51:09	+55:29	11:07
185	53	Sara Morais	Academia Best Club	Senior Feminino	01:51:28	+55:48	11:09
186	394	Stephanie Esteves Antunes	OS FÉNIX	Senior Feminino	01:54:13	+58:33	11:25
187	270	Catarina Ferreira Ramos Pereira	Individual	Senior Feminino	01:55:48	+01:00:08	11:35
188	36	sara reis	100 destino	Senior Feminino	02:11:01	+01:15:21	13:06
189	35	sabrina ferreira çonçalves	100 destino	Senior Feminino	02:11:01	+01:15:21	13:06

Senior Masculino

1	279	Amândio Antunes	Individual	Senior Masculino	39:40		03:58
2	299	Nuno Miguel Fernandes	Individual	Senior Masculino	41:10	+01:30	04:07
3	191	FRANCISCO JOSÉ DA COSTA FERNANDES	BTM	Senior Masculino	41:41	+02:01	04:10
4	57	André Lopes	Academia Best Club	Senior Masculino	42:05	+02:25	04:13
5	301	Pedro Faria	Individual	Senior Masculino	42:51	+03:11	04:17
6	287	Duarte Gil Ribeiro Barbosa	Individual	Senior Masculino	42:57	+03:17	04:18
7	280	Andre Filipe Alves Tavares da Silva	Individual	Senior Masculino	43:08	+03:28	04:19
8	67	Marco Couto	Academia Best Club	Senior Masculino	43:12	+03:32	04:19
9	455	José Pedro Vieira Costa	Pro-Energy Amares	Senior Masculino	43:26	+03:46	04:21
10	286	Diogo Alves	Individual	Senior Masculino	44:37	+04:57	04:28
11	160	Rui Taveira	BestasSelvagens	Senior Masculino	44:54	+05:14	04:29
12	153	Celso Fernandes	BestasSelvagens	Senior Masculino	45:08	+05:28	04:31
13	459	Pedro Miguel Antunes Machado	Pro-Energy Amares	Senior Masculino	45:28	+05:48	04:33
14	187	CARLOS AMÉRICO MACHADO GOMES	BTM	Senior Masculino	45:47	+06:07	04:35
15	186	ANDRÉ SOUSA LOUREIRO	BTM	Senior Masculino	46:22	+06:42	04:38
16	451	Duarte Miguel Martins Domingues	Pro-Energy Amares	Senior Masculino	46:52	+07:12	04:41
17	345	Rui Evandro Gomes de Almeida	Liberty Fitness Center	Senior Masculino	46:54	+07:14	04:41
18	185	ANDRÉ FILIPE COSTA MARTINS	BTM	Senior Masculino	47:00	+07:20	04:42
19	218	João Pedro de Carvalho Paredes	CrossFit Famalicão	Senior Masculino	48:18	+08:38	04:50
20	281	Antonio Jose Guimaraes Pereira	Individual	Senior Masculino	48:23	+08:43	04:50
21	296	Martinho Dias	Individual	Senior Masculino	48:32	+08:52	04:51
22	309	Rui Miguel Durães Campos	Individual	Senior Masculino	48:51	+09:11	04:53
23	324	Emanuel Rocha	Lebres	Senior Masculino	48:54	+09:14	04:53
24	352	TIAGO MARTINS CARVALHO	MONSUL TEAM	Senior Masculino	49:04	+09:24	04:54
25	349	NELSON FILIPE GONÇALVES FERNANDES	MONSUL TEAM	Senior Masculino	49:04	+09:24	04:54
26	154	Jerome Alves	BestasSelvagens	Senior Masculino	49:57	+10:17	05:00

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

OFFICIAL RESULT

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27	240	António Manuel Pereira da Silva	Cruz Vermelha Portuguesa - Delegação de Amares	Senior Masculino	50:31	+10:51	05:03
28	247	Reny Manuel Vilela Xavier	Cruz Vermelha Portuguesa - Delegação de Amares	Senior Masculino	50:55	+11:15	05:06
29	60	Fábio Almeida	Academia Best Club	Senior Masculino	50:56	+11:16	05:06
30	236	Isac Campelo	CrossFit OPO	Senior Masculino	50:58	+11:18	05:06
31	597	João Paulo Rodrigues de Abreu	BEST FITNESS PLACE	Senior Masculino	51:01	+11:21	05:06
32	396	Joni Gomes	OS FÉNIX	Senior Masculino	51:04	+11:24	05:06
33	179	Luis Miguel Vieira Gonçalves	Braga - 1.º Maio - Team	Senior Masculino	51:05	+11:25	05:07
34	288	Duarte Portal Montanha	Individual	Senior Masculino	51:14	+11:34	05:07
35	235	Gustavo Pinto	CrossFit OPO	Senior Masculino	51:21	+11:41	05:08
36	241	Edgar José Costa Machado	Cruz Vermelha Portuguesa - Delegação de Amares	Senior Masculino	51:35	+11:55	05:09
37	393	Rui Alpoim	OS FÉNIX	Senior Masculino	51:44	+12:04	05:10
38	307	rui eduardo pereira	Individual	Senior Masculino	51:55	+12:15	05:11
39	136	Helder Marco Silva Tinoco	BEM ME QUERO	Senior Masculino	51:55	+12:15	05:12
40	38	bruno filipe raimundo rodriguês	100 destino	Senior Masculino	51:59	+12:19	05:12
41	148	CESAR AUGUSTO VIEIRA ANTUNES	BEST FITNESS PLACE	Senior Masculino	52:01	+12:21	05:12
42	323	António Martins	Lebres	Senior Masculino	52:03	+12:23	05:12
43	134	André Cândido Braga Soares	BEM ME QUERO	Senior Masculino	52:06	+12:26	05:13
44	180	Manuel Augusto Carneiro Vilas	Braga - 1.º Maio - Team	Senior Masculino	52:12	+12:32	05:13
45	76	Ricardo Silva	Academia Best Club	Senior Masculino	52:36	+12:56	05:16
46	214	Fabricio Lopes Lages	CrossFit Famalicão	Senior Masculino	53:02	+13:22	05:18
47	51	Ricardo Da Silva	Academia Best Club	Senior Masculino	53:05	+13:25	05:18
48	232	André Oliveira	CrossFit OPO	Senior Masculino	53:05	+13:25	05:19
49	219	José Miguel Sousa Leite Nogueira Alves	CrossFit Famalicão	Senior Masculino	53:16	+13:36	05:20
50	322	António Domingues	Lebres	Senior Masculino	53:18	+13:38	05:20
51	293	José Carlos Correia Miranda	Individual	Senior Masculino	53:33	+13:53	05:21
52	290	João Filipe Jardim Correia Simões	Individual	Senior Masculino	53:33	+13:53	05:21
53	189	EDGAR GOMES PRAZERES COSTA	BTM	Senior Masculino	53:39	+13:59	05:22
54	495	Jose Manuel Rodrigues Costa	Sparta team	Senior Masculino	53:42	+14:02	05:22
55	217	João Paulo Dias Couto	CrossFit Famalicão	Senior Masculino	53:42	+14:02	05:22
56	188	DIOGO ANTÓNIO PEREIRA ARAÚJO	BTM	Senior Masculino	53:42	+14:02	05:22
57	491	Eduardo Lopes	Sparta team	Senior Masculino	53:47	+14:07	05:23
58	390	Miguel Gomes Chousa	OS FÉNIX	Senior Masculino	53:56	+14:16	05:24
59	460	Vítor Emanuel Pinto Cardoso	Pro-Energy Amares	Senior Masculino	54:10	+14:30	05:25
60	73	Pedro Monteiro	Academia Best Club	Senior Masculino	54:14	+14:34	05:25
61	69	Paulo Camarinha	Academia Best Club	Senior Masculino	54:23	+14:43	05:26
62	115	Jorge Gomes	Armazém do Fitness/CrossTheLine	Senior Masculino	54:43	+15:03	05:28
63	243	Fabrice Pimenta de Carvalho	Cruz Vermelha Portuguesa - Delegação de Amares	Senior Masculino	54:53	+15:13	05:29
64	155	João Teixeira	BestasSelvagens	Senior Masculino	54:58	+15:18	05:30
65	278	AGOSTINHO BRANDAO CUNHA	Individual	Senior Masculino	54:59	+15:19	05:30
66	490	Domingos Manuel Oliveira Peixoto	Sparta team	Senior Masculino	55:10	+15:30	05:31
67	156	José Carvalho	BestasSelvagens	Senior Masculino	55:11	+15:31	05:31
68	440	Alfredo Pereira	Pão de Forma	Senior Masculino	55:32	+15:52	05:33
69	400	Sergio Rodrigues	Os iluminados	Senior Masculino	55:34	+15:54	05:33

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

OFFICIAL RESULT

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70	398	Frederico Serrao	Os iluminados	Senior Masculino	55:37	+15:57	05:34
71	62	Joel Marques	Academia Best Club	Senior Masculino	55:54	+16:14	05:35
72	428	Paulo Miguel F. Dias	OSIT Black Team	Senior Masculino	55:57	+16:17	05:36
73	135	Axel Bruno da Silva Arantes	BEM ME QUERO	Senior Masculino	56:33	+16:53	05:39
74	194	NELSON JOSÉ SIMÕES CORREIA	BTM	Senior Masculino	57:04	+17:24	05:42
75	68	Nuno Lopes	Academia Best Club	Senior Masculino	57:20	+17:40	05:44
76	162	Carlos Miranda	Biba +	Senior Masculino	57:22	+17:42	05:44
77	164	Pedro felgueiras	Biba +	Senior Masculino	57:22	+17:42	05:44
78	163	José ferreira	Biba +	Senior Masculino	57:22	+17:42	05:44
79	149	CLAUDIO ALEXANDRE ALMEIDA MACEDO	BEST FITNESS PLACE	Senior Masculino	57:44	+18:04	05:46
80	392	Ricardo Coutinho	OS FÉNIX	Senior Masculino	57:54	+18:14	05:47
81	64	José Silva	Academia Best Club	Senior Masculino	58:00	+18:20	05:48
82	341	Luís Miguel Silva Queirós	Liberty Fitness Center	Senior Masculino	58:00	+18:20	05:48
83	340	Hélder Maximino Couto Barbosa	Liberty Fitness Center	Senior Masculino	58:00	+18:20	05:48
84	177	Fernando Diamantino Pinto Carneiro	Braga - 1.º Maio - Team	Senior Masculino	58:08	+18:28	05:49
85	494	Jose augusto Lopes Ferreira	Sparta team	Senior Masculino	58:19	+18:39	05:50
86	72	Pedro Leite	Academia Best Club	Senior Masculino	58:23	+18:43	05:50
87	150	MARCO VITORIANO PAREDES	BEST FITNESS PLACE	Senior Masculino	58:40	+19:00	05:52
88	78	Simão Quintas	Academia Best Club	Senior Masculino	58:41	+19:01	05:52
89	145	ALBINO JOSÉ LEMOS	BEST FITNESS PLACE	Senior Masculino	58:51	+19:11	05:53
90	461	Filipe Manuel Fernandes Ferreira	Quase	Senior Masculino	58:51	+19:11	05:53
91	285	Diogo Alexandre Alves Magalhães	Individual	Senior Masculino	58:57	+19:17	05:54
92	399	Marco Veloso	Os iluminados	Senior Masculino	58:58	+19:18	05:54
93	196	SÉRGIO PAULO LEITÃO FERNANDES	BTM	Senior Masculino	59:03	+19:23	05:54
94	257	NUNO TEIXEIRA	FITMAFIOSOS	Senior Masculino	59:09	+19:29	05:55
95	489	Antonio Manuel Pimentel da Silva	Sparta team	Senior Masculino	59:13	+19:33	05:55
96	258	RUI MIRANDA	FITMAFIOSOS	Senior Masculino	59:20	+19:40	05:56
97	16	Carlos Alves	100%	Senior Masculino	59:32	+19:52	05:57
98	454	Ismael Dinis Fernandes Vieira	Pro-Energy Amares	Senior Masculino	59:44	+20:04	05:58
99	195	RICARDO ALBERTO PEREIRA AMORIM DO REGO	BTM	Senior Masculino	59:49	+20:09	05:59
100	193	MARCOS ANDRÉ LONGRAS FERREIRA	BTM	Senior Masculino	01:00:11	+20:31	06:01
101	493	Hugo Sergio Ribeiro Vieira	Sparta team	Senior Masculino	01:00:14	+20:34	06:01
102	74	Pedro Nunes	Academia Best Club	Senior Masculino	01:00:23	+20:43	06:02
103	59	Daniel Camarinha	Academia Best Club	Senior Masculino	01:00:26	+20:46	06:03
104	453	Hugo Miguel Oliveira Veloso	Pro-Energy Amares	Senior Masculino	01:00:40	+21:00	06:04
105	131	Manuel Joaquim Batista Vale	Atéaofim	Senior Masculino	01:00:42	+21:02	06:04
106	305	Ruben Silva	Individual	Senior Masculino	01:00:46	+21:06	06:05
107	308	Rui Gabriel Araujo Neves	Individual	Senior Masculino	01:01:02	+21:22	06:06
108	237	Pedro Antunes	CrossFit OPO	Senior Masculino	01:01:22	+21:42	06:08
109	223	Rui Manuel Sousa Meira	CrossFit Famalicão	Senior Masculino	01:01:33	+21:53	06:09
110	147	ARMANDO JESUS SOUSA COSTA	BEST FITNESS PLACE	Senior Masculino	01:01:45	+22:05	06:10
111	450	André Joaquim Faria Fernandes	Pro-Energy Amares	Senior Masculino	01:01:51	+22:11	06:11
112	70	Pedro Balreia	Academia Best Club	Senior Masculino	01:01:59	+22:19	06:12
113	71	Pedro Henriques	Academia Best Club	Senior Masculino	01:02:11	+22:31	06:13

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

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

114	56	Alexandre Rocha	Academia Best Club	Senior Masculino	01:02:19	+22:39	06:14
115	93	David da Silva Pereira	AMARES URBAN FIT TEAM	Senior Masculino	01:02:34	+22:54	06:15
116	92	DAVID BRANDÃO PINHEIRO	AMARES URBAN FIT TEAM	Senior Masculino	01:02:35	+22:55	06:15
117	63	José Gomes	Academia Best Club	Senior Masculino	01:02:45	+23:05	06:17
118	268	Miguel Ângelo Silva Vilas Boas	G.D.R. Os Estrelas \ Estrelas BTT	Senior Masculino	01:02:54	+23:14	06:17
119	266	Jorge Rafael Pereira Peixoto	G.D.R. Os Estrelas \ Estrelas BTT	Senior Masculino	01:02:54	+23:14	06:17
120	267	Manuel Joaquim Ferreira Martins	G.D.R. Os Estrelas \ Estrelas BTT	Senior Masculino	01:02:54	+23:14	06:17
121	265	Helder Manuel Silva Vilas Boas	G.D.R. Os Estrelas \ Estrelas BTT	Senior Masculino	01:02:54	+23:14	06:17
122	192	FRANCISCO SANTOS FIGUEIREDO	BTM	Senior Masculino	01:03:08	+23:28	06:19
123	133	Ricardo Filipe Alves Magalhaes	Atéaofim	Senior Masculino	01:03:28	+23:48	06:21
124	503	jaime Queirós Macedo	Spartak de Fragoso	Senior Masculino	01:03:39	+23:59	06:22
125	502	cesar manuel queiros macedo	Spartak de Fragoso	Senior Masculino	01:03:39	+23:59	06:22
126	501	Benjamim batista da Cruz	Spartak de Fragoso	Senior Masculino	01:03:39	+23:59	06:22
127	283	Carlos Fernando Marques	Individual	Senior Masculino	01:04:17	+24:37	06:26
128	238	Ricardo Jorge Caldas Pereira	CrossFit OPO	Senior Masculino	01:04:36	+24:56	06:28
129	88	Carlos Lopes	Alpha Team	Senior Masculino	01:04:40	+25:00	06:28
130	90	Rui Novais	Alpha Team	Senior Masculino	01:04:48	+25:08	06:29
131	103	Paulo Alexandre salgado Gonçalves	AMIGOS DO TRAIL	Senior Masculino	01:04:58	+25:18	06:30
132	239	Tiago Baptista	CrossFit OPO	Senior Masculino	01:04:59	+25:19	06:30
133	426	John Sousa	OSIT Black Team	Senior Masculino	01:05:17	+25:37	06:32
134	245	Jorge Manuel Vieira Xavier	Cruz Vermelha Portuguesa - Delegação de Amares	Senior Masculino	01:05:26	+25:46	06:33
135	497	Paulo Guilherme da silva Pimentel	Sparta team	Senior Masculino	01:05:38	+25:58	06:34
136	98	Carlos Araújo	AMIGOS DO TRAIL	Senior Masculino	01:05:40	+26:00	06:34
137	388	Bruno Simão	OS FÉNIX	Senior Masculino	01:05:54	+26:14	06:35
138	397	Mário João Vianna	OS FÉNIX	Senior Masculino	01:06:08	+26:28	06:37
139	321	Tiago Miguel Parente Correia	koios	Senior Masculino	01:06:19	+26:39	06:38
140	77	Ruben costa	Academia Best Club	Senior Masculino	01:07:38	+27:58	06:46
141	201	Henrique Barros	Clube Corrida	Senior Masculino	01:07:45	+28:05	06:46
142	204	Tiago Martins	Clube de Corrida	Senior Masculino	01:07:46	+28:06	06:47
143	200	Carlos Esperança	Clube Corrida	Senior Masculino	01:08:07	+28:27	06:49
144	224	Simão Pedro Silva Crespo	CrossFit Famalicão	Senior Masculino	01:08:09	+28:29	06:49
145	298	Nuno Martins	Individual	Senior Masculino	01:08:36	+28:56	06:52
146	203	João Olivera	Clube de Corrida	Senior Masculino	01:08:42	+29:02	06:52
147	315	Joel Silva	KK	Senior Masculino	01:09:02	+29:22	06:54
148	317	Marcio Costa	KK	Senior Masculino	01:09:02	+29:22	06:54
149	316	Manuel Azevedo	KK	Senior Masculino	01:09:03	+29:23	06:54
150	342	Nuno Miguel Machado Marques	Liberty Fitness Center	Senior Masculino	01:09:55	+30:15	06:59
151	170	Joao Marques	Borrachos	Senior Masculino	01:10:51	+31:11	07:05
152	169	André Silva	Borrachos	Senior Masculino	01:10:54	+31:14	07:05
153	61	Gonçalo Espinola	Academia Best Club	Senior Masculino	01:11:02	+31:22	07:06
154	389	Joel Barros	OS FÉNIX	Senior Masculino	01:11:05	+31:25	07:06
155	91	Vítor Lopes	Alpha Team	Senior Masculino	01:11:23	+31:43	07:08
156	246	Luis Miguel da Costa Peixoto	Cruz Vermelha Portuguesa - Delegação de Amares	Senior Masculino	01:11:29	+31:49	07:09
157	338	Carlos Alexandre Correia Neves	Liberty Fitness Center	Senior Masculino	01:11:31	+31:51	07:09

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

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

158	242	Emanuel Araujo Goncalves	Cruz Vermelha Portuguesa - Delegação de Amares	Senior Masculino	01:11:37	+31:57	07:10
159	89	José Rodrigues	Alpha Team	Senior Masculino	01:11:48	+32:08	07:11
160	310	Tiago Emanuel Macedo Azevedo	Individual	Senior Masculino	01:11:49	+32:09	07:11
161	500	Rui Manuel Teixeira da Rocha	Sparta team	Senior Masculino	01:12:57	+33:17	07:18
162	594	emanuel soares da costa	PlayLife	Senior Masculino	01:13:03	+33:23	07:18
163	86	Antonio Ribeiro	Actualfit1	Senior Masculino	01:13:19	+33:39	07:20
164	87	Paulo Silva	Actualfit1	Senior Masculino	01:13:38	+33:58	07:22
165	492	Hugo Ricardo da Cruz Monteiro	Sparta team	Senior Masculino	01:13:44	+34:04	07:22
166	496	Luis Pedro Cardoso Ferreira de Abreu	Sparta team	Senior Masculino	01:13:45	+34:05	07:22
167	542	Vitor Tomas	Team Hard Trails	Senior Masculino	01:13:45	+34:05	07:23
168	84	Miguel Lima	ActualFit	Senior Masculino	01:13:49	+34:09	07:23
169	83	André Neves	ActualFit	Senior Masculino	01:13:51	+34:11	07:23
170	498	Pedro Filipe Guerra Paiva Duarte	Sparta team	Senior Masculino	01:14:10	+34:30	07:25
171	449	Acácio André Pereira Fernandes	Pro-Energy Amares	Senior Masculino	01:14:15	+34:35	07:25
172	539	Nuno Ribeiro	Team Hard Trails	Senior Masculino	01:14:59	+35:19	07:30
173	65	Manuel Nogueira	Academia Best Club	Senior Masculino	01:15:02	+35:22	07:30
174	129	Jose Francisco Ledo Gonzalez	Atéaofim	Senior Masculino	01:15:06	+35:26	07:31
175	128	Jorge Miguel Fernandes Cruz	Atéaofim	Senior Masculino	01:15:16	+35:36	07:32
176	130	Jose Manuel Garabatos Freiria	Atéaofim	Senior Masculino	01:15:31	+35:51	07:33
177	416	Jorge Augusto Campos Machado	Os Santa Apolónia	Senior Masculino	01:15:58	+36:18	07:36
178	424	Nuno Pedro Rodrigues Dos Santos	Os Sonecas Trailers Team	Senior Masculino	01:16:05	+36:25	07:36
179	477	Fernando Manuel Mendes	Shark Tale	Senior Masculino	01:16:37	+36:57	07:40
180	587	Miguel Freitas	VianaFriends	Senior Masculino	01:16:56	+37:16	07:42
181	588	Paulo Novo	VianaFriends	Senior Masculino	01:16:57	+37:17	07:42
182	585	Marco Santos	VianaFriends	Senior Masculino	01:16:57	+37:17	07:42
183	586	Marcos Pereira	VianaFriends	Senior Masculino	01:16:57	+37:17	07:42
184	102	Miguel Silva	AMIGOS DO TRAIL	Senior Masculino	01:17:05	+37:25	07:43
185	541	Sergio Silva	Team Hard Trails	Senior Masculino	01:17:12	+37:32	07:43
186	292	Joao Silva	Individual	Senior Masculino	01:17:48	+38:08	07:47
187	306	Rui Alberto Alves da Cruz	Individual	Senior Masculino	01:18:15	+38:35	07:50
188	294	luis marques	Individual	Senior Masculino	01:18:15	+38:35	07:50
189	457	Mónica Raquel Ribeiro Fernandes	Pro-Energy Amares	Senior Masculino	01:19:22	+39:42	07:56
190	452	Flávio André Oliveira Veloso	Pro-Energy Amares	Senior Masculino	01:19:33	+39:53	07:57
191	540	Pedro Pereira	Team Hard Trails	Senior Masculino	01:19:36	+39:56	07:58
192	157	Pedro Dantas	BestasSelvagens	Senior Masculino	01:20:06	+40:26	08:01
193	159	Rui Ferreira	BestasSelvagens	Senior Masculino	01:20:07	+40:27	08:01
194	101	Miguel Gavina	AMIGOS DO TRAIL	Senior Masculino	01:20:28	+40:48	08:03
195	472	RUI SILVA	SAO MARCOS	Senior Masculino	01:21:37	+41:57	08:10
196	473	VITOR SILVEIRA	SAO MARCOS	Senior Masculino	01:21:37	+41:57	08:10
197	40	Fernando Alberto Bessa Moreira	100 destino	Senior Masculino	01:21:45	+42:05	08:11
198	347	EDUARDO MANUEL PEIXOTO COELHO	MONSUL TEAM	Senior Masculino	01:22:19	+42:39	08:14
199	350	RICARDO JOSE PEIXOTO COELHO	MONSUL TEAM	Senior Masculino	01:22:32	+42:52	08:15
200	351	STEPHANE RIBEIRO DE SOUSA	MONSUL TEAM	Senior Masculino	01:22:33	+42:53	08:15
201	348	MARCO JOSE ARAUJO LIMA	MONSUL TEAM	Senior Masculino	01:22:34	+42:54	08:15
202	434	João Carlos Faria Dias	OSIT Red Team	Senior Masculino	01:22:48	+43:08	08:17

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

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

203	467	Pedro Resende	Recos	Senior Masculino	01:23:06	+43:26	08:19
204	465	Carlos Viamonte	Recos	Senior Masculino	01:23:06	+43:26	08:19
205	466	Paulo Almeida	Recos	Senior Masculino	01:23:06	+43:26	08:19
206	462	João Pedro Almeida Brandão	Quase	Senior Masculino	01:23:09	+43:29	08:19
207	463	Jorge Filipe Fernandes Ferreira	Quase	Senior Masculino	01:23:09	+43:29	08:19
208	312	Joel Portilho	Kamikaze	Senior Masculino	01:23:10	+43:30	08:19
209	313	Ruben Portilho	Kamikaze	Senior Masculino	01:23:18	+43:38	08:20
210	132	Miguel Alves	Atéaofim	Senior Masculino	01:23:49	+44:09	08:23
211	380	João Paulo Vieira Monteiro Fernandes	OS BRAVOS DA MANGUEIRA	Senior Masculino	01:24:27	+44:47	08:27
212	113	Casimiro Pinto	Armazém do Fitness/CrossTheLine	Senior Masculino	01:24:37	+44:57	08:28
213	382	José Luis Lopes da Silva	OS BRAVOS DA MANGUEIRA	Senior Masculino	01:24:39	+44:59	08:28
214	303	RICARDO COSTA	Individual	Senior Masculino	01:24:44	+45:04	08:28
215	116	Marco Moreira	Armazém do Fitness/CrossTheLine	Senior Masculino	01:25:06	+45:26	08:31
216	39	bruno manuel torres correia	100 destino	Senior Masculino	01:25:25	+45:45	08:33
217	297	Micael Pinto	Individual	Senior Masculino	01:25:25	+45:45	08:33
218	441	Diogo Martins	Pão de Forma	Senior Masculino	01:25:32	+45:52	08:33
219	383	José Miguel Oliveira Sousa	OS BRAVOS DA MANGUEIRA	Senior Masculino	01:25:53	+46:13	08:35
220	111	André Tavares	Armazém do Fitness/CrossTheLine	Senior Masculino	01:25:57	+46:17	08:36
221	79	Tiago Pereira	Academia Best Club	Senior Masculino	01:26:20	+46:40	08:38
222	385	Rui Daniel Vaz da Silva	OS BRAVOS DA MANGUEIRA	Senior Masculino	01:26:30	+46:50	08:39
223	302	Pedro Rego	Individual	Senior Masculino	01:27:12	+47:32	08:43
224	304	Ricardo João Silva Lopes	Individual	Senior Masculino	01:27:18	+47:38	08:44
225	384	Paulo Alexandre Pereira Neves	OS BRAVOS DA MANGUEIRA	Senior Masculino	01:27:25	+47:45	08:45
226	146	ANDREA CARVALHO MORAIS	BEST FITNESS PLACE	Senior Masculino	01:27:41	+48:01	08:46
227	66	Manuel Sá	Academia Best Club	Senior Masculino	01:28:05	+48:25	08:49
228	319	André Filipe Parente Correia	koios	Senior Masculino	01:28:46	+49:06	08:53
229	339	Daniel José Silva Queirós	Liberty Fitness Center	Senior Masculino	01:28:51	+49:11	08:53
230	343	Nuno Miguel Medeiros Pinto	Liberty Fitness Center	Senior Masculino	01:28:52	+49:12	08:53
231	337	António Manuel Gomes Martins	Liberty Fitness Center	Senior Masculino	01:28:53	+49:13	08:53
232	373	BRUNO MIGUELGONÇALVES DE SÁ	Os Arrastões	Senior Masculino	01:29:02	+49:22	08:54
233	114	David Oliveira	Armazém do Fitness/CrossTheLine	Senior Masculino	01:29:46	+50:06	08:59
234	527	Paulo Rafael Cardoso da Silva	SWATcamp	Senior Masculino	01:31:16	+51:36	09:08
235	520	José Filipe da Cunha Pereira	SWATcamp	Senior Masculino	01:31:17	+51:37	09:08
236	386	Rui Miguel Vieira Teixeira	OS BRAVOS DA MANGUEIRA	Senior Masculino	01:31:48	+52:08	09:11
237	381	Jorge Filipe Melo Tinoco	OS BRAVOS DA MANGUEIRA	Senior Masculino	01:31:49	+52:09	09:11
238	387	Paulo Jorge Teixeira Fernandes	OS BRAVOS DA MANGUEIRA	Senior Masculino	01:31:49	+52:09	09:11
239	456	Ludovic Sven Rocha Marques	Pro-Energy Amares	Senior Masculino	01:32:08	+52:28	09:13
240	119	Rui Guedes	Armazém do Fitness/CrossTheLine	Senior Masculino	01:32:31	+52:51	09:15
241	118	Orlando Henriques	Armazém do Fitness/CrossTheLine	Senior Masculino	01:32:32	+52:52	09:15
242	112	Bernardo Sousa	Armazém do Fitness/CrossTheLine	Senior Masculino	01:32:33	+52:53	09:15
243	33	Pedro Costa	#WTF	Senior Masculino	01:32:49	+53:09	09:17
244	30	José Luís Gomes	#WTF	Senior Masculino	01:32:49	+53:09	09:17
245	31	Nuno Palma	#WTF	Senior Masculino	01:32:50	+53:10	09:17
246	476	Fernando Jorge Moreira Magalhães	Shark Tale	Senior Masculino	01:33:16	+53:36	09:20
247	478	Jose Diogo dos Santos Sousa	Shark Tale	Senior Masculino	01:33:17	+53:37	09:20
248	479	Paulo Miguel Areal de Sousa	Shark Tale	Senior Masculino	01:33:17	+53:37	09:20

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

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

249	565	José António Faria Araújo	the art of dance	Senior Masculino	01:34:39	+54:59	09:28
250	567	Manuel Carlos Cruz Castro	the art of dance	Senior Masculino	01:34:39	+54:59	09:28
251	568	Nuno Miguel Martins Silva	the art of dance	Senior Masculino	01:34:39	+54:59	09:28
252	570	Tiago André Gonçalves Barros	the art of dance	Senior Masculino	01:34:39	+54:59	09:28
253	566	José Manuel Gonçalves Gomes Silva	the art of dance	Senior Masculino	01:34:40	+55:00	09:28
254	571	Tiago Daniel Meireles da Costa	the art of dance	Senior Masculino	01:34:40	+55:00	09:28
255	444	José Ribeiro	Praetorian Challenge V.C. Team	Senior Masculino	01:34:59	+55:19	09:30
256	445	Nuno Guimarães	Praetorian Challenge V.C. Team	Senior Masculino	01:34:59	+55:19	09:30
257	222	Ruben Rafael Carvalho Ferreira	CrossFit Famalicão	Senior Masculino	01:36:05	+56:25	09:36
258	555	Jose Pedro Sousa Ferreira	Team Workout 48	Senior Masculino	01:36:54	+57:14	09:41
259	559	Leonel João Sousa Carvalho	Team Workout 48	Senior Masculino	01:36:54	+57:14	09:41
260	556	Luis Rafael Lima Coutinho	Team Workout 48	Senior Masculino	01:36:54	+57:14	09:41
261	551	Andre Filipe Guilherme da Silva	Team Workout 48	Senior Masculino	01:36:55	+57:15	09:41
262	550	Andre Eduardo Balsa de Almeida	Team Workout 48	Senior Masculino	01:36:55	+57:15	09:41
263	552	Bruno Daniel Morais Rodrigues	Team Workout 48	Senior Masculino	01:36:55	+57:15	09:41
264	554	Jose Manuel Leite Afonso	Team Workout 48	Senior Masculino	01:36:55	+57:15	09:41
265	558	Filipe Manuel Lima Carvalho	Team Workout 48	Senior Masculino	01:36:55	+57:15	09:41
266	437	Sérgio Rodrigues	OSIT Red Team	Senior Masculino	01:37:11	+57:31	09:43
267	436	Rui Bruno Mendes Cunha	OSIT Red Team	Senior Masculino	01:37:11	+57:31	09:43
268	596	cristina isabel sousa coutinho	PlayLife	Senior Masculino	01:41:16	+01:01:36	10:08
269	590	vitor antonio dias da rocha cruz	PlayLife	Senior Masculino	01:41:16	+01:01:36	10:08
270	595	Emanuel dos santos costa	PlayLife	Senior Masculino	01:41:16	+01:01:36	10:08
271	591	jose antonio dias pimentel cota	PlayLife	Senior Masculino	01:41:16	+01:01:36	10:08
272	592	pedro antonio silva mendes reis	PlayLife	Senior Masculino	01:41:16	+01:01:36	10:08
273	256	NUNO SILVA	FITMAFIOSOS	Senior Masculino	01:41:41	+01:02:01	10:10
274	259	RUI SILVA	FITMAFIOSOS	Senior Masculino	01:41:42	+01:02:02	10:10
275	255	MIGUEL RIBEIRO	FITMAFIOSOS	Senior Masculino	01:41:42	+01:02:02	10:10
276	260	ALBERTO MARTINS	FITMAFIOSOS	Senior Masculino	01:41:42	+01:02:02	10:10
277	261	EMANUEL FONTES	FITMAFIOSOS	Senior Masculino	01:41:42	+01:02:02	10:10
278	262	NUNO LAGO	FITMAFIOSOS	Senior Masculino	01:41:43	+01:02:03	10:10
279	216	João Alexandre Oliveira Salgado	CrossFit Famalicão	Senior Masculino	01:42:03	+01:02:23	10:12
280	215	Frederico Nunes Miranda da Cunha	CrossFit Famalicão	Senior Masculino	01:42:36	+01:02:56	10:16
281	220	Pedro Filipe Araújo Costa	CrossFit Famalicão	Senior Masculino	01:42:36	+01:02:56	10:16
282	371	ANDREIA FILIPA OLIVEIRA SANTOS	Os Arrastões	Senior Masculino	01:43:03	+01:03:23	10:18
283	34	Pedro Padela	#WTF	Senior Masculino	01:43:19	+01:03:39	10:20
284	32	Paulo Vieira	#WTF	Senior Masculino	01:43:25	+01:03:45	10:20
285	372	ANTONIO ALVES QUINTAS	Os Arrastões	Senior Masculino	01:43:27	+01:03:47	10:21
286	376	TIAGO MOISES GONÇALVES SILVA	Os Arrastões	Senior Masculino	01:44:05	+01:04:25	10:24
287	375	ORLANDO MANUEL SILVA QUINTAS	Os Arrastões	Senior Masculino	01:44:05	+01:04:25	10:24
288	374	HELDER MANUEL OLIVEIRA MACHADO	Os Arrastões	Senior Masculino	01:44:05	+01:04:25	10:24
289	518	João Andre Costa	SWATcamp	Senior Masculino	01:44:07	+01:04:27	10:25
290	523	Morten Kroger	SWATcamp	Senior Masculino	01:44:08	+01:04:28	10:25
291	524	Nuno Andrade	SWATcamp	Senior Masculino	01:44:08	+01:04:28	10:25
292	522	MARIA FLORBELA OLIVEIRA RIBEIRO	SWATcamp	Senior Masculino	01:44:09	+01:04:29	10:25
293	513	Arlindo Joaquim da Silva Pereira	SWATcamp	Senior Masculino	01:44:09	+01:04:29	10:25

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

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

294	519	José Carlos Cunha Fernandes	SWATcamp	Senior Masculino	01:44:09	+01:04:29	10:25
295	516	Carlos Manuel Marques Atilano	SWATcamp	Senior Masculino	01:44:10	+01:04:30	10:25
296	526	Nuno Miguel Oliveira da Silva	SWATcamp	Senior Masculino	01:44:10	+01:04:30	10:25
297	529	Tiago José Marques da Costa	SWATcamp	Senior Masculino	01:44:10	+01:04:30	10:25
298	530	Vítor Miguel Machado Dias Bravo	SWATcamp	Senior Masculino	01:44:11	+01:04:31	10:25
299	528	Tiago João Gomes Silva	SWATcamp	Senior Masculino	01:44:11	+01:04:31	10:25
300	521	Luis Fernandes	SWATcamp	Senior Masculino	01:44:11	+01:04:31	10:25
301	517	Hugo Ribeiro	SWATcamp	Senior Masculino	01:44:12	+01:04:32	10:25
302	525	Nuno Ismael Leite de Oliveira	SWATcamp	Senior Masculino	01:44:12	+01:04:32	10:25
303	515	Bruno Miguel Nascimento Nunes	SWATcamp	Senior Masculino	01:44:12	+01:04:32	10:25
304	514	Bruno Amândio Lopes Fernandes	SWATcamp	Senior Masculino	01:44:13	+01:04:33	10:25
305	471	JOAO ROCHA	SAO MARCOS	Senior Masculino	01:45:00	+01:05:20	10:30
306	469	DAVID SILVEIRA	SAO MARCOS	Senior Masculino	01:45:00	+01:05:20	10:30
307	470	HUGO SOUSA	SAO MARCOS	Senior Masculino	01:45:00	+01:05:20	10:30
308	411	Nuno Miguel Novais Gonçalves	Os papa-desafios	Senior Masculino	01:45:42	+01:06:02	10:34
309	410	Marco Tiago Teixeira Leite Ribeiro	Os papa-desafios	Senior Masculino	01:45:42	+01:06:02	10:34
310	409	Luís Miguel Oliveira Lemos	Os papa-desafios	Senior Masculino	01:45:42	+01:06:02	10:34
311	413	Tiago Samuel Silva Mendes	Os papa-desafios	Senior Masculino	01:45:42	+01:06:02	10:34
312	412	Sérgio Manuel Magalhães Gonçalves	Os papa-desafios	Senior Masculino	01:45:44	+01:06:04	10:34
313	408	Duarte Dinis	Os papa-desafios	Senior Masculino	01:45:51	+01:06:11	10:35
314	499	Ricardo Filipe da Silva Couto	Sparta team	Senior Masculino	01:46:13	+01:06:33	10:37
315	173	Miguel Pinto	Borrachos	Senior Masculino	01:47:41	+01:08:01	10:46
316	171	José Gonçalves	Borrachos	Senior Masculino	01:47:41	+01:08:01	10:46
317	174	Pedro Silva	Borrachos	Senior Masculino	01:47:42	+01:08:02	10:46
318	175	Vitor Jorge Machado	Borrachos	Senior Masculino	01:47:42	+01:08:02	10:46
319	172	Luis Filipe Conceição	Borrachos	Senior Masculino	01:47:42	+01:08:02	10:46
320	580	Fábio Ferreira	US_BIANAS	Senior Masculino	01:49:12	+01:09:32	10:55
321	575	SEBASTIAO BARBOSA	TOMBA LOBOS	Senior Masculino	01:49:12	+01:09:32	10:55
322	574	JOAQUIM MATOS	TOMBA LOBOS	Senior Masculino	01:49:12	+01:09:32	10:55
323	423	Luis Rodrigues	Os Sonecas Trailers Team	Senior Masculino	01:49:45	+01:10:05	10:59
324	422	Fabio Silva	Os Sonecas Trailers Team	Senior Masculino	01:49:46	+01:10:06	10:59
325	606	João Ferreira	LOvFIT	Senior Masculino	01:50:35	+01:10:55	11:03
326	610	Vitor Rafael Pinto	LOvFIT	Senior Masculino	01:50:35	+01:10:55	11:04
327	608	João Filipe Vieira	LOvFIT	Senior Masculino	01:50:35	+01:10:55	11:04
328	609	Bruno Pinto	LOvFIT	Senior Masculino	01:50:35	+01:10:55	11:04
329	602	Rui Fernandes	LOvFIT	Senior Masculino	01:50:35	+01:10:55	11:04
330	605	Luís Fontes	LOvFIT	Senior Masculino	01:50:36	+01:10:56	11:04
331	600	Cláudio Abreu	LOvFIT	Senior Masculino	01:50:36	+01:10:56	11:04
332	361	carlos reis	Ninja Team	Senior Masculino	01:50:40	+01:11:00	11:04
333	365	hernani pacheco	Ninja Team	Senior Masculino	01:50:41	+01:11:01	11:04
334	363	cristiano silva	Ninja Team	Senior Masculino	01:50:41	+01:11:01	11:04
335	362	cosme fula	Ninja Team	Senior Masculino	01:50:42	+01:11:02	11:04
336	366	jorge silva	Ninja Team	Senior Masculino	01:50:42	+01:11:02	11:04
337	364	Fernando Gil Rodrigues do Nascimento	Ninja Team	Senior Masculino	01:50:42	+01:11:02	11:04
338	367	Daniel leite	Ninja Team	Senior Masculino	01:50:43	+01:11:03	11:04
339	368	Michael Pereira da Silva	Ninja Team	Senior Masculino	01:50:43	+01:11:03	11:04

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

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

340	58	Claudia Ferraz	Academia Best Club	Senior Masculino	01:50:59	+01:11:19	11:06
341	395	Bruno Magarinhos	OS FÉNIX	Senior Masculino	01:54:11	+01:14:31	11:25
342	391	paulo César Costa	OS FÉNIX	Senior Masculino	01:54:13	+01:14:33	11:25
343	41	José Moreira	100 destino	Senior Masculino	02:11:00	+01:31:20	13:06
344	42	Daniela Susana Cerqueira Carvalheira	100 destino	Senior Masculino	02:11:00	+01:31:20	13:06

COLETIVA (POR TEMPOS)

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 - LAP2GO - TIMING SOLUTION

RANK	TEAM	DESCRIPTION	POINTS
1	BTM	3 + 14 + 15	32
2	Pro-Energy Amares	9 + 13 + 16	38
3	Academia Best Club	4 + 8 + 29	41
4	BestasSelvagens	11 + 12 + 26	49
5	Cruz Vermelha Portuguesa - Delegação de Amares	27 + 28 + 36	91
6	CrossFit OPO	30 + 35 + 48	113
7	CrossFit Famalicão	19 + 46 + 49	114
8	Lebres	23 + 42 + 50	115
9	OS FÉNIX	32 + 37 + 58	127
10	BEST FITNESS PLACE	31 + 41 + 80	152
11	BEM ME QUERO	39 + 43 + 74	156
12	Braga - 1.º Maio - Team	33 + 44 + 86	163
13	Sparta team	54 + 57 + 66	177
14	Liberty Fitness Center	17 + 83 + 84	184
15	Os iluminados	69 + 70 + 94	233
16	Biba +	77 + 78 + 79	234
17	MONSUL TEAM	24 + 25 + 257	306
18	100%	99 + 102 + 117	318
19	OSIT Black Team	73 + 113 + 147	333
20	G.D.R. Os Estrelas \ Estrelas BTT	126 + 127 + 128	381
21	Atéaofim	110 + 132 + 153	395
22	Spartak de Fragoso	133 + 134 + 136	403
23	Alpha Team	141 + 143 + 184	468
24	Clube Corrida	158 + 159 + 161	478
25	Clube de Corrida	162 + 163 + 168	493
26	KK	169 + 170 + 171	510
27	AMIGOS DO TRAIL	144 + 151 + 232	527
28	SWATcamp	105 + 108 + 321	534
29	100 destino	40 + 256 + 263	559
30	ActualFit	196 + 198 + 201	595
31	FITMAFIOSOS	96 + 98 + 402	596
32	Actualfit1	199 + 200 + 202	601
33	Armazém do Fitness/CrossTheLine	62 + 280 + 284	626
34	Quase	92 + 268 + 269	629
35	Pão de Forma	68 + 279 + 290	637
36	Team Hard Trails	205 + 211 + 234	650
37	Os Santa Apolónia	219 + 220 + 221	660
38	VianaFriends	225 + 226 + 227	678

COLETIVA (POR TEMPOS)

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39	SAO MARCOS	253 + 254 + 255	762
40	Recos	264 + 265 + 266	795
41	Kamikaze	270 + 271 + 272	813
42	Borrachos	178 + 179 + 473	830
43	OS BRAVOS DA MANGUEIRA	277 + 281 + 292	850
44	OSIT Red Team	215 + 262 + 390	867
45	Shark Tale	224 + 352 + 353	929
46	PlayLife	197 + 357 + 395	949
47	#WTF	339 + 340 + 341	1020
48	the art of dance	359 + 360 + 361	1080
49	Team Workout 48	375 + 376 + 377	1128
50	Os Arrastões	318 + 423 + 426	1167
51	Os Sonecas Trailers Team	222 + 489 + 490	1201
52	FITMAFIOSAS	403 + 404 + 405	1212
53	Os papa-desafios	457 + 458 + 459	1374
54	US_BIANAS	482 + 483 + 484	1449
55	TOMBA LOBOS	485 + 486 + 488	1459
56	LOvFIT	495 + 496 + 497	1488
57	Ninja Team	506 + 507 + 508	1521