

PROVA PRINCIPAL - STAGE 1
5 KM

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

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

	Time	Temperature	Humidity
Start	22:00	21,8°C	66,8%
End	23:04	20,1°C	65,8%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	8	Nelson Vieira Ferreira	ac vermelho	Veterano M35	19:26		03:53
2	198	Jorge Aires	clube de atletismo da barreira	Veterano M35	19:26		03:53
3	201	Nuno Dias	clube de atletismo da barreira	Veterano M35	19:37	+00:11	03:55
4	313	João Pascoal	sr jardoeira	Senior Masculino	19:39	+00:13	03:56
5	382	Tiago Marques	visual lentos	Senior Masculino	19:46	+00:20	03:57
6	407	CARLOS ALVES	ac vermelho	Sub 20 Masculino	19:54	+00:28	03:59
7	316	Nuno Gonçalves	sr jardoeira	Veterano M35	20:04	+00:38	04:01
8	413	MÁRIO HENRIQUE	ac vermelho	Veterano M35	20:08	+00:42	04:02
9	195	António Reis	clube de atletismo da barreira	Veterano M35	20:29	+01:03	04:06
10	412	PEDRO FERREIRA	ac vermelho	Veterano M35	20:37	+01:11	04:07
11	74	Antonio Ferreira	individual	Veterano M35	21:04	+01:38	04:13
12	144	Luis Cavaleiro	run@figueira	Senior Masculino	21:04	+01:38	04:13
13	38	Nuno Branco	grupo alegre unido	Veterano M35	21:20	+01:54	04:16
14	106	Emmanuel Mendes	move up	Senior Masculino	21:21	+01:55	04:16
15	33	Fábio Gomes	grupo alegre unido	Senior Masculino	21:23	+01:57	04:17
16	41	Pedro Capela	grupo alegre unido	Veterano M35	21:26	+02:00	04:17
17	14	Germano Capela	clube de atletismo da barreira	Veterano M35	21:27	+02:01	04:17
18	118	Bruno Miguel Calado Gomes	ndap	Sub 20 Masculino	21:38	+02:12	04:20
19	11	AMILCAR BRITO	ac vermelho	Senior Masculino	21:41	+02:15	04:20
20	266	Hugo André Sousa Rosa	ndap	Senior Masculino	21:44	+02:18	04:21
21	417	AQUILINO FERREIRA	ac vermelho	Veterano M35	21:44	+02:18	04:21
22	555	Yvo Matias	maistardemaschegamos!	Senior Masculino	21:45	+02:19	04:21
23	202	Rui Roberto	clube de atletismo da barreira	Veterano M35	21:47	+02:21	04:21
24	408	JOSE SANTOS	ac vermelho	Veterano M35	21:51	+02:25	04:22
25	194	Fernando Simão	clube de atletismo da barreira	Veterano M35	21:55	+02:29	04:23
26	136	José Gonçalves	pombal athletics	Veterano M35	22:01	+02:35	04:24
27	169	Ricardo Lopes	acrm silveirinha claras	Senior Masculino	22:01	+02:35	04:24
28	39	Otelo Pereira	grupo alegre unido	Veterano M35	22:08	+02:42	04:26
29	170	Ricardo Nunes	acrm silveirinha claras	Senior Masculino	22:14	+02:48	04:27
30	203	Miguel Gonçalves	eagles & leon	Veterano M35	22:19	+02:53	04:28
31	197	Jorge Agostinho	clube de atletismo da barreira	Veterano M35	22:21	+02:55	04:28
32	315	Márcio Loureiro	sr jardoeira	Veterano M35	22:24	+02:58	04:29
33	419	António Luís Cordeiro Gomes	slow runners pombal	Senior Masculino	22:29	+03:03	04:30
34	415	JOAQUIM QUITÉRIO	ac vermelho	Veterano M35	22:33	+03:07	04:31
35	265	Diogo Henrique Sousa Rosa	ndap	Senior Masculino	22:36	+03:10	04:31
36	314	Rui Lucas	sr jardoeira	Senior Masculino	22:45	+03:19	04:33
37	96	Rui Cruz	individual	Veterano M35	22:47	+03:21	04:33
38	231	João Pedro Oliveira Rodrigues	individual	Veterano M35	22:48	+03:22	04:34
39	269	Marco Alexandre Sousa Rosa	ndap	Veterano M35	22:55	+03:29	04:35
40	97	Sérgio Junqueira	individual	Veterano M35	23:01	+03:35	04:36
41	388	Pedro Carlos	individual	Veterano M35	23:02	+03:36	04:36
42	391	Anthony dos Santos	menu fresco	Senior Masculino	23:05	+03:39	04:37

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
43	139	Joni Daniel Domingues Correia	run forrest.	Senior Masculino	23:10	+03:44	04:38
44	16	Nuno Ferreira	fonte nova runners	Veterano M35	23:13	+03:47	04:39
45	34	Hugo Barqueiro	grupo alegre unido	Senior Masculino	23:17	+03:51	04:39
46	188	Pedro Miguel L. Vieira	c.s.c.r.f. chameca	Veterano M35	23:20	+03:54	04:40
47	206	Henrique Fernandes	fonte nova runners	Senior Masculino	23:23	+03:57	04:41
48	196	Daniel Lourenço	clube de atletismo da barreira	Veterano M35	23:25	+03:59	04:41
49	36	António Fernandes	grupo alegre unido	Veterano M35	23:37	+04:11	04:43
50	215	Filipe Cordeiro	individual	Senior Masculino	23:38	+04:12	04:44
51	274	Jorge Alves	run@figueira	Veterano M35	23:40	+04:14	04:44
52	331	Eurico João	free runners	Senior Masculino	23:41	+04:15	04:44
53	10	Sara Carvalho	adercus	Senior Feminino	23:43	+04:17	04:45
54	335	ANDRE SILVA	individual	Senior Masculino	23:44	+04:18	04:45
55	333	Ismael Costa	free runners	Senior Masculino	23:50	+04:24	04:46
56	114	Daniela Sousa Cordeiro	ndap	Senior Feminino	23:54	+04:28	04:47
57	60	João Alves	individual	Senior Masculino	23:55	+04:29	04:47
58	399	João Pedro Fernandes	gnr	Senior Masculino	23:57	+04:31	04:47
59	237	Pedro Barros Roberto	juventude vidigalense	Sub 20 Masculino	24:04	+04:38	04:49
60	267	António Marques da Costa	ndap	Sub 20 Masculino	24:09	+04:43	04:50
61	204	Nuno Rosa	eagles & leon	Veterano M35	24:09	+04:43	04:50
62	234	Paulo Duarte	individual	Veterano M35	24:16	+04:50	04:51
63	117	Micael Gameiro Rodrigues	ndap	Senior Masculino	24:18	+04:52	04:52
64	312	Denise Pereira	sr jardoeira	Senior Feminino	24:22	+04:56	04:52
65	327	Paulo Gameiro	tartarugas veloces	Senior Masculino	24:22	+04:56	04:52
66	273	Fernando Santos	run@figueira	Veterano M35	24:25	+04:59	04:53
67	551	João Pedro Santos	maistardemaschegamos!	Senior Masculino	24:28	+05:02	04:54
68	180	Paulo Miguel S. Vilela	c.s.c.r.f. chameca	Senior Masculino	24:29	+05:03	04:54
69	336	Nelson dos Santos Vieira	individual	Senior Masculino	24:30	+05:04	04:54
70	205	Rui Moreira	eagles & leon	Veterano M35	24:31	+05:05	04:54
71	81	Fernando José das Neves	individual	Veterano M35	24:33	+05:07	04:55
72	187	Nuno Miguel G. Santos	c.s.c.r.f. chameca	Veterano M35	24:44	+05:18	04:57
73	148	Pedro Manso	run@figueira	Veterano M35	24:44	+05:18	04:57
74	326	Vitor Mota	tanqueray	Veterano M35	24:44	+05:18	04:57
75	88	Luíz Ferrão	individual	Veterano M35	24:44	+05:18	04:57
76	62	Miguel Lopes Costa	individual	Senior Masculino	24:44	+05:18	04:57
77	146	Daniel Mendes	run@figueira	Veterano M35	24:45	+05:19	04:57
78	401	Daniel Gomes Pereira	gnr	Senior Masculino	24:48	+05:22	04:58
79	410	DEONILDE COSTA	ac vermeil	Veterana F35	24:49	+05:23	04:58
80	289	João Pedro Santos Monteiro	slow runners pombal	Veterano M35	24:51	+05:25	04:58
81	168	Carlos Neves	acrm silveirinha claras	Senior Masculino	24:58	+05:32	05:00
82	259	Paulo Mendes	move up	Senior Masculino	24:59	+05:33	05:00
83	171	João Sintra	acrm silveirinha claras	Veterano M35	25:00	+05:34	05:00
84	280	Leonardo José Rodrigues Araújo	slow runners pombal	Senior Masculino	25:07	+05:41	05:01
85	218	Rafael Domingues Goncalves	individual	Senior Masculino	25:14	+05:48	05:03
86	181	Alexandre Rafael C. Lourenço	c.s.c.r.f. chameca	Sub 20 Masculino	25:16	+05:50	05:03
87	94	Pedro Gomes	fonte nova runners	Veterano M35	25:16	+05:50	05:03
88	178	Helder José G. Martins	c.s.c.r.f. chameca	Senior Masculino	25:17	+05:51	05:03

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OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
135	405	ALFREDO SANTOS	ac vermoil	Veterano M35	26:59	+07:33	05:24
136	400	Henrique Fernando faria	gnr	Senior Masculino	27:01	+07:35	05:24
137	328	carlos Barros	visual lentos	Veterano M35	27:01	+07:35	05:24
138	67	André Filipe da Costa Monteiro	individual	Sub 20 Masculino	27:03	+07:37	05:25
139	402	Rui Pereira	gnr	Senior Masculino	27:07	+07:41	05:25
140	149	Pedro Afonso Pedrosa dos Santos	runpeterrun	Sub 20 Masculino	27:09	+07:43	05:26
141	381	Filipe Leal	individual	Veterano M35	27:09	+07:43	05:26
142	323	Fernando Mota	tanqueray	Veterano M35	27:10	+07:44	05:26
143	140	Marco Gabriel da Mota Pascoal	run forrest.	Senior Masculino	27:12	+07:46	05:26
144	82	Fernando Neves Estrela	individual	Veterano M35	27:13	+07:47	05:27
145	61	LEONEL BARBOSA SERRA	individual	Senior Masculino	27:17	+07:51	05:27
146	298	Sofia Soares	soares	Senior Feminino	27:17	+07:51	05:27
147	338	Filipe Santos	individual	Veterano M35	27:20	+07:54	05:28
148	32	Manuel Gonçalves	gambuzios	Veterano M35	27:21	+07:55	05:28
149	173	Rafael Pinto	acrm silveirinha claras	Veterano M35	27:22	+07:56	05:28
150	31	Filipe Cruz	gambuzios	Veterano M35	27:23	+07:57	05:29
151	251	Vitor Monteiro	lebres e tartarugas	Veterano M35	27:25	+07:59	05:29
152	384	Porfirio Maduro	visual lentos	Veterano M35	27:29	+08:03	05:30
153	161	Daniel mendes dos santos	tartarugas velozes	Senior Masculino	27:31	+08:05	05:30
154	307	Carlos Carvalho	sporting clube de pombal	Veterano M35	27:31	+08:05	05:30
155	145	Susana Salvaterra	run@figueira	Veterana F35	27:33	+08:07	05:31
156	42	Ramiro Rodrigues	grupo alegre unido	Veterano M35	27:34	+08:08	05:31
157	127	nicolau ferreira	os lusco fusco	Senior Masculino	27:34	+08:08	05:31
158	109	Rafael Gariso	move up	Sub 20 Masculino	27:36	+08:10	05:31
159	84	Humberto Ferreira	individual	Veterano M35	27:42	+08:16	05:32
160	150	Manuel António Rodrigues dos Santos	runpeterrun	Veterano M35	27:45	+08:19	05:33
161	208	João Ferreira	free runners	Senior Masculino	27:51	+08:25	05:34
162	44	Paula Madeira	gymrunners	Senior Feminino	27:54	+08:28	05:35
163	225	Lígia Venâncio Pires Coelho Zarro	individual	Veterana F35	28:02	+08:36	05:36
164	383	Monica Rosa	visual lentos	Veterana F35	28:03	+08:37	05:37
165	329	HELDER MONTEIRO	visual lentos	Veterano M35	28:04	+08:38	05:37
166	53	Luisa Areia	individual	Senior Feminino	28:09	+08:43	05:38
167	184	Jorge Manuel F. Figueiral	c.s.c.r.f. chameca	Veterano M35	28:12	+08:46	05:38
168	211	Miriam Nair Pereira Silva	individual	Senior Feminino	28:14	+08:48	05:39
169	414	GONÇALO REDONDO	ac vermoil	Veterano M35	28:17	+08:51	05:39
170	177	Virginia Margarida Sintra	c.s.c.r.f. chameca	Senior Feminino	28:18	+08:52	05:40
171	45	Raquel Madeira	gymrunners	Senior Feminino	28:22	+08:56	05:40
172	411	ANTONIO NEVES	ac vermoil	Veterano M35	28:22	+08:56	05:40
173	282	Ricardo Santos	slow runners pombal	Senior Masculino	28:27	+09:01	05:41
174	309	Henrique Vicente	sporting clube de pombal	Veterano M35	28:28	+09:02	05:42
175	64	Rodrigo Martins Paulo	individual	Senior Masculino	28:31	+09:05	05:42
176	120	Aires Gomes	ndap	Veterano M35	28:36	+09:10	05:43
177	153	PEDRO PIMPÃO	slow runners pombal	Senior Masculino	28:39	+09:13	05:44
178	76	Cristóvão Gonçalves	individual	Veterano M35	28:42	+09:16	05:44
179	554	Tania Pedrosa	maistardemaschegamos!	Senior Feminino	28:47	+09:21	05:45

PROVA PRINCIPAL - STAGE 1

5 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
225	230	joão h souza.	individual	Veterano M35	31:57	+12:31	06:23
226	126	Inês Lavos	os lusco fusco	Senior Feminino	31:57	+12:31	06:23
227	111	Carla Lagos	move up	Veterana F35	31:59	+12:33	06:24
228	393	Tomás Baptista	menu fresco	Senior Masculino	32:01	+12:35	06:24
229	387	Luis Soares	individual	Senior Masculino	32:09	+12:43	06:26
230	239	Maria do Rosário Santos Barros	juventude vidigalense	Veterana F35	32:10	+12:44	06:26
231	318	Alexandra Pina	tanqueray	Veterana F35	32:21	+12:55	06:28
232	552	Liliana Pedrosa	maistardemaschegamos!	Senior Masculino	32:22	+12:56	06:28
233	155	Ricardo Sá Nuno	slow runners pombal	Veterano M35	32:24	+12:58	06:29
234	291	monica martinho	so happy	Senior Feminino	32:30	+13:04	06:30
235	87	josé carlos mendes	individual	Veterano M35	32:32	+13:06	06:30
236	268	Carla Teresa Soares Almeida	ndap	Veterana F35	32:35	+13:09	06:31
237	319	Ana Roma	tanqueray	Veterana F35	32:43	+13:17	06:33
238	260	Pedro Luís Caniceiro	move up	Sub 20 Masculino	32:44	+13:18	06:33
239	241	Bárbara Monteiro	lebres e tartarugas	Sub 20 Feminino	32:50	+13:24	06:34
240	72	maria luisa	individual	Veterana F35	32:55	+13:29	06:35
241	288	Natália Mendes	slow runners pombal	Veterana F35	33:00	+13:34	06:36
242	341	Eduardo Mendes	manos	Veterano M35	33:07	+13:41	06:37
243	135	Anabela Fernandes	pombal athletics	Veterana F35	33:10	+13:44	06:38
244	107	Fabio Gameiro	move up	Senior Masculino	33:11	+13:45	06:38
245	105	David Martins	move up	Senior Masculino	33:12	+13:46	06:38
246	330	Horácio Cândido Mendes da Costa	individual	Veterano M35	33:12	+13:46	06:38
247	386	Catia Nogueira	individual	Senior Feminino	33:13	+13:47	06:39
248	119	Celia Sousa	ndap	Veterana F35	33:14	+13:48	06:39
249	48	Andreia Alves	individual	Senior Feminino	33:14	+13:48	06:39
250	385	Pedro Freire	individual	Senior Masculino	33:17	+13:51	06:39
251	416	ELISA FERREIRA	ac vermoil	Senior Feminino	33:21	+13:55	06:40
252	63	Ricardo Filipe Diogo Carrasqueira	individual	Senior Masculino	33:24	+13:58	06:41
253	233	Luis Parreira	individual	Veterano M35	33:27	+14:01	06:41
254	299	Diogo Soares	soares	Sub 20 Masculino	33:34	+14:08	06:43
255	121	Cláudio Pedrosa	ndap	Veterano M35	33:35	+14:09	06:43
256	264	Licínio dos Santos Nunes	move up	Veterano M35	33:40	+14:14	06:44
257	245	Marcia Lopes	lebres e tartarugas	Veterana F35	33:46	+14:20	06:45
258	101	Ana Cláudia Simões	move up	Senior Feminino	33:59	+14:33	06:48
259	162	Eva Ferreira	team pipoca	Senior Feminino	34:00	+14:34	06:48
260	559	Atleta 559	individual	Senior Feminino	34:03	+14:37	06:49
261	560	Atleta 560	individual	Senior Masculino	34:03	+14:37	06:49
262	403	Diogo Mendes	gnr	Senior Masculino	34:04	+14:38	06:49
263	272	Isabel Pego	run@figueira	Veterana F35	34:08	+14:42	06:50
264	50	Catarina Isabel Gaspar Pinto	individual	Senior Feminino	34:09	+14:43	06:50
265	420	Lúcia Ferreira	team pipoca	Senior Feminino	34:09	+14:43	06:50
266	276	Sérgio Oliveira Roxo	sérgio e diogo roxo	Senior Masculino	34:13	+14:47	06:51
267	104	Núria Ferreira	move up	Senior Feminino	34:16	+14:50	06:51
268	160	Nuno Carrasqueira	tarn team	Senior Masculino	34:17	+14:51	06:51
269	23	Filipe Silva	gambuzios	Senior Masculino	34:28	+15:02	06:54
270	302	João Oliveira	sporting clube de pombal	Senior Masculino	34:35	+15:09	06:55

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
271	243	Elisabete Gonçalves	lebres e tartarugas	Veterana F35	34:37	+15:11	06:55
272	59	Gonçalo Romeiro	individual	Senior Masculino	34:39	+15:13	06:56
273	73	Raquel Andrea Pinto Lourenço	individual	Veterana F35	34:43	+15:17	06:57
274	110	Ana Gameiro	move up	Veterana F35	34:44	+15:18	06:57
275	142	Dora Isabel Seco Filipe	run Forrest.	Veterana F35	34:45	+15:19	06:57
276	12	Carla Nunes	ndap	Senior Feminino	34:48	+15:22	06:58
277	209	Carla Sofia Marques Simoes	individual	Senior Feminino	34:50	+15:24	06:58
278	124	brigitte palhais	os cabaças	Senior Feminino	34:50	+15:24	06:58
279	70	Cecilia Oliveira	fonte nova runners	Veterana F35	34:56	+15:30	06:59
280	395	Adélia dos Santos	menu fresco	Veterana F35	34:59	+15:33	07:00
281	123	Nuno Daniel Pedrosa Ferreira	núcleo do desporto amador de pombal	Veterano M35	35:01	+15:35	07:00
282	17	Jeane Lourenço	gambuzios	Senior Feminino	35:08	+15:42	07:02
283	311	Manuel Lopes	sporting clube de pombal	Veterano M35	35:18	+15:52	07:04
284	157	Estefania Pires	tanqueray	Veterana F35	35:27	+16:01	07:05
285	56	Sónia Margarida Nunes de Sousa	individual	Senior Feminino	35:29	+16:03	07:06
286	103	Liliana Domingues	move up	Senior Feminino	35:41	+16:15	07:08
287	334	Patrícia Santos	individual	Senior Feminino	35:59	+16:33	07:12
288	22	Diogo Costa	gambuzios	Senior Masculino	36:06	+16:40	07:13
289	324	Frederico Jorge	tanqueray	Veterano M35	36:07	+16:41	07:13
290	220	Carolina Rodrigues Mota Longo	individual	Sub 20 Feminino	36:23	+16:57	07:17
291	221	Lina Inês Martins Ferreira	individual	Sub 20 Feminino	36:24	+16:58	07:17
292	21	Vânia Junqueira	gambuzios	Senior Feminino	36:42	+17:16	07:20
293	281	Miguel de Almeida Duarte Pina	slow runners pombal	Senior Masculino	36:56	+17:30	07:23
294	174	Elisabete Mendes Gaspar	as gambozinas	Senior Feminino	37:22	+17:56	07:28
295	278	Inês Ferreira Gomes	slow runners pombal	Senior Feminino	37:23	+17:57	07:29
296	279	Gonçalo Cardoso Rodrigues Bonifácio Vítor	slow runners pombal	Senior Masculino	37:27	+18:01	07:29
297	213	Patrícia Isabel Domingues Gonçalves	individual	Senior Feminino	37:27	+18:01	07:29
298	49	Andreia Sofia da Costa Major	individual	Senior Feminino	37:50	+18:24	07:34
299	389	Sidónio Silva	menu fresco	Veterano M35	37:55	+18:29	07:35
300	151	Neide Ferrão	slow runners pombal	Senior Feminino	37:57	+18:31	07:35
301	270	Patrícia Gaspar	patricia gaspar	Veterana F35	38:13	+18:47	07:39
302	254	Diana Lopes	move up	Senior Feminino	38:45	+19:19	07:45
303	112	Manuela Murtinho	move up	Veterana F35	38:55	+19:29	07:47
304	219	Carolina Meco Rosa Estrela	individual	Sub 20 Feminino	39:02	+19:36	07:48
305	226	António Gonçalves Morgado	individual	Veterano M35	39:02	+19:36	07:48
306	137	Manuel António	pombal athletics	Veterano M35	39:03	+19:37	07:49
307	340	Joana Mendes	manos	Senior Feminino	39:09	+19:43	07:50
308	300	Fábio Lopes	sporting clube de pombal	Senior Masculino	39:19	+19:53	07:52
309	322	Elisabete Carrasqueira	tanqueray	Veterano M35	39:33	+20:07	07:55
310	285	Catia Cristina Santos	slow runners pombal	Veterana F35	39:37	+20:11	07:55
311	165	regina maria simoes dias	the star at night	Senior Feminino	39:40	+20:14	07:56
312	166	tania sofia lopes cordeiro	the star at night	Senior Feminino	39:45	+20:19	07:57
313	339	Irene Domingues	lebres e tartarugas	Veterana F35	40:06	+20:40	08:01
314	248	Ivan Lopes	lebres e tartarugas	Veterano M35	40:33	+21:07	08:07
315	134	João Morgado	pombal athletics	Sub 20 Masculino	40:42	+21:16	08:08

PROVA PRINCIPAL - STAGE 1

5 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
316	99	Noémia Rosa Domingues	mega nes	Veterana F35	40:43	+21:17	08:09
317	320	Catarina Pedrosa	tanqueray	Veterana F35	40:51	+21:25	08:10
318	304	Rebeca Lopes	sporting clube de pombal	Sub 20 Feminino	41:50	+22:24	08:22
319	19	Marina Branco	gambuzios	Senior Feminino	42:01	+22:35	08:24
320	25	Nilton Santos	gambuzios	Senior Masculino	42:07	+22:41	08:25
321	253	Cristina Santos	move up	Senior Feminino	42:52	+23:26	08:34
322	131	Mickael Freire	pombal athletics	Senior Masculino	43:12	+23:46	08:38
323	66	Ana Catarina Gaspar Ponte	individual	Sub 20 Feminino	43:36	+24:10	08:43
324	224	Brigite Cravo Oliveira	individual	Veterana F35	43:41	+24:15	08:44
325	212	Nathalie Fajardo	individual	Senior Feminino	44:15	+24:49	08:51
326	55	Paula Sofia Gomes Gonçalves	individual	Senior Feminino	44:39	+25:13	08:56
327	92	Nuno Miguel Tomaz Oliveira	individual	Veterano M35	44:43	+25:17	08:57
328	128	Andreia Gonçalves	pombal athletics	Senior Feminino	45:14	+25:48	09:03
329	100	Sandra Amado	mega nes	Veterana F35	45:18	+25:52	09:04
330	98	Elsa Maria Alves Graça	mega nes	Veterana F35	46:05	+26:39	09:13
331	223	Adélia Maria Lopes Gaspar Ponte	individual	Veterana F35	46:52	+27:26	09:22
332	5	João Rocha Quaresma	individual	Veterano M35	47:56	+28:30	09:35
333	210	Maribel Silva	individual	Senior Feminino	48:43	+29:17	09:45
334	51	Catarina Marques	individual	Senior Feminino	48:44	+29:18	09:45
335	52	Kelimar Silva	individual	Senior Feminino	48:45	+29:19	09:45
336	167	gina maria martins da silva	the star at night	Veterana F35	54:39	+35:13	10:56
337	547	Ines Lourenco	individual	Veterana F35	54:44	+35:18	10:57
338	546	Elodie Pedrosa da Costa	individual	Senior Feminino	54:44	+35:18	10:57
339	133	Soraia Gonçalves	pombal athletics	Sub 20 Feminino	58:40	+39:14	11:44
340	164	catarina marques rodrigues	the star at night	Senior Feminino	58:42	+39:16	11:44

Prova Principal

5 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	22:00	21,8°C	66,8%
End	23:04	20,1°C	65,8%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
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Senior Feminino

1	10	Sara Carvalho	ADERCUS	Senior Feminino	23:43		04:45
2	114	Daniela Sousa Cordeiro	NDAP	Senior Feminino	23:54	+00:11	04:47
3	312	Denise Pereira	SR JARDOEIRA	Senior Feminino	24:22	+00:39	04:52
4	143	Lara Azambujo	run@figueira	Senior Feminino	25:24	+01:41	05:05
5	115	Liliana Carina Santos Neves	NDAP	Senior Feminino	26:24	+02:41	05:17
6	298	Sofia Soares	Soares	Senior Feminino	27:17	+03:34	05:27
7	44	Paula Madeira	Gymrunners	Senior Feminino	27:54	+04:11	05:35
8	53	Luisa Areia	Individual	Senior Feminino	28:09	+04:26	05:38
9	211	Miriam Nair Pereira Silva	Individual	Senior Feminino	28:14	+04:31	05:39
10	177	Virginia Margarida Sintra	C.S.C.R.F. CHARNECA	Senior Feminino	28:18	+04:35	05:40
11	45	Raquel Madeira	Gymrunners	Senior Feminino	28:22	+04:39	05:40
12	554	Tania Pedrosa	Maistardemaschegamos!	Senior Feminino	28:47	+05:04	05:45
13	556	Ana Sofia Rolim Peças	run@figueira	Senior Feminino	29:30	+05:47	05:54
14	394	Ofelie Baptista	Menu Fresco	Senior Feminino	30:22	+06:39	06:04
15	102	Elsa Costa	MOVE UP	Senior Feminino	30:42	+06:59	06:08
16	18	Joana Silva	GAMBUZIOS	Senior Feminino	30:55	+07:12	06:11
17	292	Rita Sofia	so happy	Senior Feminino	31:10	+07:27	06:14
18	54	Margarida Carreira Revez Pereira Coucelo	Individual	Senior Feminino	31:27	+07:44	06:17
19	47	Ana Rita Domingues Marques	Individual	Senior Feminino	31:51	+08:08	06:22
20	277	Ana Simões	Slow Runners Pombal	Senior Feminino	31:55	+08:12	06:23
21	126	Inês Lavos	os lusco fusco	Senior Feminino	31:57	+08:14	06:23
22	291	monica martinho	so happy	Senior Feminino	32:30	+08:47	06:30
23	386	Catia Nogueira	Individual	Senior Feminino	33:13	+09:30	06:39
24	48	Andreia Alves	Individual	Senior Feminino	33:14	+09:31	06:39
25	416	ELISA FERREIRA	AC VERMOIL	Senior Feminino	33:21	+09:38	06:40
26	101	Ana Cláudia Simões	MOVE UP	Senior Feminino	33:59	+10:16	06:48
27	162	Eva Ferreira	Team Pipoca	Senior Feminino	34:00	+10:17	06:48
28	559	Atleta 559	Individual	Senior Feminino	34:03	+10:20	06:49
29	50	Catarina Isabel Gaspar Pinto	Individual	Senior Feminino	34:09	+10:26	06:50
30	420	Lúcia Ferreira	Team Pipoca	Senior Feminino	34:09	+10:26	06:50
31	104	Núria Ferreira	MOVE UP	Senior Feminino	34:16	+10:33	06:51
32	12	Carla Nunes	NDAP	Senior Feminino	34:48	+11:05	06:58
33	209	Carla Sofia Marques Simoes	Individual	Senior Feminino	34:50	+11:07	06:58
34	124	brigite palhais	os cabaças	Senior Feminino	34:50	+11:07	06:58
35	17	Jeane Lourenço	GAMBUZIOS	Senior Feminino	35:08	+11:25	07:02
36	56	Sónia Margarida Nunes de Sousa	Individual	Senior Feminino	35:29	+11:46	07:06
37	103	Liliana Domingues	MOVE UP	Senior Feminino	35:41	+11:58	07:08
38	334	Patrícia Santos	Individual	Senior Feminino	35:59	+12:16	07:12
39	21	Vânia Junqueira	GAMBUZIOS	Senior Feminino	36:42	+12:59	07:20

Prova Principal**5 KM**

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

OFFICIAL RESULT

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

40	174	Elisabete Mendes Gaspar	As gambozinas	Senior Feminino	37:22	+13:39	07:28
41	278	Inês Ferreira Gomes	Slow Runners Pombal	Senior Feminino	37:23	+13:40	07:29
42	213	Patrícia Isabel Domingues Gonçalves	Individual	Senior Feminino	37:27	+13:44	07:29
43	49	Andreia Sofia da Costa Major	Individual	Senior Feminino	37:50	+14:07	07:34
44	151	Neide Ferrão	Slow Runners Pombal	Senior Feminino	37:57	+14:14	07:35
45	254	Diana Lopes	MOVE UP	Senior Feminino	38:45	+15:02	07:45
46	340	Joana Mendes	manos	Senior Feminino	39:09	+15:26	07:50
47	165	regina maria simoes dias	the star at night	Senior Feminino	39:40	+15:57	07:56
48	166	tania sofia lopes cordeiro	the star at night	Senior Feminino	39:45	+16:02	07:57
49	19	Marina Branco	GAMBUZIOS	Senior Feminino	42:01	+18:18	08:24
50	253	Cristina Santos	MOVE UP	Senior Feminino	42:52	+19:09	08:34
51	212	Nathalie Fajardo	Individual	Senior Feminino	44:15	+20:32	08:51
52	55	Paula Sofia Gomes Gonçalves	Individual	Senior Feminino	44:39	+20:56	08:56
53	128	Andreia Gonçalves	Pombal Athletics	Senior Feminino	45:14	+21:31	09:03
54	210	Maribel Silva	Individual	Senior Feminino	48:43	+25:00	09:45
55	51	Catarina Marques	Individual	Senior Feminino	48:44	+25:01	09:45
56	52	Kelimar Silva	Individual	Senior Feminino	48:45	+25:02	09:45
57	546	Elodie Pedrosa da Costa	Individual	Senior Feminino	54:44	+31:01	10:57
58	164	catarina marques rodrigues	the star at night	Senior Feminino	58:42	+34:59	11:44

Senior Masculino

1	313	João Pascoal	SR JARDOEIRA	Senior Masculino	19:39		03:56
2	382	Tiago Marques	VISUAL LENTOS	Senior Masculino	19:46	+00:07	03:57
3	144	Luís Cavaleiro	run@figueira	Senior Masculino	21:04	+01:25	04:13
4	106	Emmanuel Mendes	MOVE UP	Senior Masculino	21:21	+01:42	04:16
5	33	Fábio Gomes	Grupo Alegre Unido	Senior Masculino	21:23	+01:44	04:17
6	11	AMILCAR BRITO	AC VERMOIL	Senior Masculino	21:41	+02:02	04:20
7	266	Hugo André Sousa Rosa	NDAP	Senior Masculino	21:44	+02:05	04:21
8	555	Yvo Matias	Maistardemaschegamos!	Senior Masculino	21:45	+02:06	04:21
9	169	Ricardo Lopes	ACRM Silveirinha Claras	Senior Masculino	22:01	+02:22	04:24
10	170	Ricardo Nunes	ACRM Silveirinha Claras	Senior Masculino	22:14	+02:35	04:27
11	419	António Luís Cordeiro Gomes	Slow Runners Pombal	Senior Masculino	22:29	+02:50	04:30
12	265	Diogo Henrique Sousa Rosa	NDAP	Senior Masculino	22:36	+02:57	04:31
13	314	Rui Lucas	SR JARDOEIRA	Senior Masculino	22:45	+03:06	04:33
14	391	Anthony dos Santos	Menu Fresco	Senior Masculino	23:05	+03:26	04:37
15	139	Joni Daniel Domingues Correia	Run Forrest.	Senior Masculino	23:10	+03:31	04:38
16	34	Hugo Barqueiro	Grupo Alegre Unido	Senior Masculino	23:17	+03:38	04:39
17	206	Henrique Fernandes	Fonte Nova Runners	Senior Masculino	23:23	+03:44	04:41
18	215	Filipe Cordeiro	Individual	Senior Masculino	23:38	+03:59	04:44
19	331	Eurico João	Free Runners	Senior Masculino	23:41	+04:02	04:44
20	335	ANDRE SILVA	Individual	Senior Masculino	23:44	+04:05	04:45
21	333	Ismael Costa	Free Runners	Senior Masculino	23:50	+04:11	04:46
22	60	João Alves	Individual	Senior Masculino	23:55	+04:16	04:47
23	399	João Pedro Fernandes	GNR	Senior Masculino	23:57	+04:18	04:47
24	117	Micael Gameiro Rodrigues	NDAP	Senior Masculino	24:18	+04:39	04:52

Official Timekeeper: Lap2Go	2 / 8	generate 05-jul-2015 00:23
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Prova Principal

5 KM

OFFICIAL RESULT

71	404	Sérgio lopes	Individual	Senior Masculino	31:38	+11:59	06:20
72	393	Tomás Baptista	Menu Fresco	Senior Masculino	32:01	+12:22	06:24
73	387	Luis Soares	Individual	Senior Masculino	32:09	+12:30	06:26
74	552	Liliana Pedrosa	Maistardemaschegamos!	Senior Masculino	32:22	+12:43	06:28
75	107	Fabio Gameiro	MOVE UP	Senior Masculino	33:11	+13:32	06:38
76	105	David Martins	MOVE UP	Senior Masculino	33:12	+13:33	06:38
77	385	Pedro Freire	Individual	Senior Masculino	33:17	+13:38	06:39
78	63	Ricardo Filipe Diogo Carrasqueira	Individual	Senior Masculino	33:24	+13:45	06:41
79	560	Atleta 560	Individual	Senior Masculino	34:03	+14:24	06:49
80	403	Diogo Mendes	GNR	Senior Masculino	34:04	+14:25	06:49
81	276	Sérgio Oliveira Roxo	Sérgio e Diogo Roxo	Senior Masculino	34:13	+14:34	06:51
82	160	Nuno Carrasqueira	TARN TEAM	Senior Masculino	34:17	+14:38	06:51
83	23	Filipe Silva	GAMBUZIOS	Senior Masculino	34:28	+14:49	06:54
84	302	João Oliveira	Sporting Clube de Pombal	Senior Masculino	34:35	+14:56	06:55
85	59	Gonçalo Romeiro	Individual	Senior Masculino	34:39	+15:00	06:56
86	22	Diogo Costa	GAMBUZIOS	Senior Masculino	36:06	+16:27	07:13
87	281	Miguel de Almeida Duarte Pina	Slow Runners Pombal	Senior Masculino	36:56	+17:17	07:23
88	279	Gonçalo Cardoso Rodrigues Bonifácio Vitor	Slow Runners Pombal	Senior Masculino	37:27	+17:48	07:29
89	300	Fábio Lopes	Sporting Clube de Pombal	Senior Masculino	39:19	+19:40	07:52
90	25	Nilton Santos	GAMBUZIOS	Senior Masculino	42:07	+22:28	08:25
91	131	Mickael Freire	Pombal Athletics	Senior Masculino	43:12	+23:33	08:38

Sub 20 Feminino

1	236	Sara Barros Roberto	Juventude Vidigalense	Sub 20 Feminino	30:36		06:07
2	241	Bárbara Monteiro	Lebres e Tartarugas	Sub 20 Feminino	32:50	+02:14	06:34
3	220	Carolina Rodrigues Mota Longo	Individual	Sub 20 Feminino	36:23	+05:47	07:17
4	221	Lina Inês Martins Ferreira	Individual	Sub 20 Feminino	36:24	+05:48	07:17
5	219	Carolina Meco Rosa Estrela	Individual	Sub 20 Feminino	39:02	+08:26	07:48
6	304	Rebeca Lopes	Sporting Clube de Pombal	Sub 20 Feminino	41:50	+11:14	08:22
7	66	Ana Catarina Gaspar Ponte	Individual	Sub 20 Feminino	43:36	+13:00	08:43
8	133	Soraia Gonçalves	Pombal Athletics	Sub 20 Feminino	58:40	+28:04	11:44

Sub 20 Masculino

1	407	CARLOS ALVES	AC VERMOIL	Sub 20 Masculino	19:54		03:59
2	118	Bruno Miguel Calado Gomes	NDAP	Sub 20 Masculino	21:38	+01:44	04:20
3	237	Pedro Barros Roberto	Juventude Vidigalense	Sub 20 Masculino	24:04	+04:10	04:49
4	267	António Marques da Costa	NDAP	Sub 20 Masculino	24:09	+04:15	04:50
5	181	Alexandre Rafael C. Lourenço	C.S.C.R.F. CHARNECA	Sub 20 Masculino	25:16	+05:22	05:03
6	207	Daniel Machado	Fonte Nova Runners	Sub 20 Masculino	25:32	+05:38	05:06
7	392	Enzo Santos	Menu Fresco	Sub 20 Masculino	26:07	+06:13	05:13
8	27	Christophe Cruz	GAMBUZIOS	Sub 20 Masculino	26:09	+06:15	05:14
9	67	André Filipe da Costa Monteiro	Individual	Sub 20 Masculino	27:03	+07:09	05:25
10	149	Pedro Afonso Pedrosa dos Santos	RunPeterRun	Sub 20 Masculino	27:09	+07:15	05:26

Prova Principal
5 KM
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION
OFFICIAL RESULT
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

11	109	Rafael Gariso	MOVE UP	Sub 20 Masculino	27:36	+07:42	05:31
12	242	João canelas	Lebres e Tartarugas	Sub 20 Masculino	29:48	+09:54	05:58
13	69	Eduardo Lourenço Botas	Individual	Sub 20 Masculino	29:50	+09:56	05:58
14	222	Joel Gonçalves Macedo Mota	Individual	Sub 20 Masculino	30:27	+10:33	06:05
15	260	Pedro Luís Caniceiro	MOVE UP	Sub 20 Masculino	32:44	+12:50	06:33
16	299	Diogo Soares	Soares	Sub 20 Masculino	33:34	+13:40	06:43
17	134	João Morgado	Pombal Athletics	Sub 20 Masculino	40:42	+20:48	08:08

Veterana F35

1	410	DEONILDE COSTA	AC VERMOIL	Veterana F35	24:49		04:58
2	145	Susana Salvaterra	run@figueira	Veterana F35	27:33	+02:44	05:31
3	225	Lígia Venâncio Pires Coelho Zarro	Individual	Veterana F35	28:02	+03:13	05:36
4	383	Monica Rosa	VISUAL LENTOS	Veterana F35	28:03	+03:14	05:37
5	240	Maria Rita Pedrosa	Juventude Vidigalense	Veterana F35	29:45	+04:56	05:57
6	261	Clara Santos	MOVE UP	Veterana F35	30:07	+05:18	06:01
7	238	Célia Silva	Juventude Vidigalense	Veterana F35	30:23	+05:34	06:05
8	321	Rita Gaspar	Tanqueray	Veterana F35	30:36	+05:47	06:07
9	295	anabela rodrigues	so happy	Veterana F35	30:40	+05:51	06:08
10	71	Helia Pimenta	Individual	Veterana F35	30:50	+06:01	06:10
11	284	Ana Duarte	Slow Runners Pombal	Veterana F35	31:33	+06:44	06:19
12	246	Sofia Mota	Lebres e Tartarugas	Veterana F35	31:45	+06:56	06:21
13	111	Carla Lagos	MOVE UP	Veterana F35	31:59	+07:10	06:24
14	239	Maria do Rosário Santos Barros	Juventude Vidigalense	Veterana F35	32:10	+07:21	06:26
15	318	Alexandra Pina	Tanqueray	Veterana F35	32:21	+07:32	06:28
16	268	Carla Teresa Soares Almeida	NDAP	Veterana F35	32:35	+07:46	06:31
17	319	Ana Roma	Tanqueray	Veterana F35	32:43	+07:54	06:33
18	72	maria luisa	Individual	Veterana F35	32:55	+08:06	06:35
19	288	Natália Mendes	Slow Runners Pombal	Veterana F35	33:00	+08:11	06:36
20	135	Anabela Fernandes	Pombal Athletics	Veterana F35	33:10	+08:21	06:38
21	119	Celia Sousa	NDAP	Veterana F35	33:14	+08:25	06:39
22	245	Marcia Lopes	Lebres e Tartarugas	Veterana F35	33:46	+08:57	06:45
23	272	Isabel Pego	run@figueira	Veterana F35	34:08	+09:19	06:50
24	243	Elisabete Gonçalves	Lebres e Tartarugas	Veterana F35	34:37	+09:48	06:55
25	73	Raquel Andrea Pinto Lourenço	Individual	Veterana F35	34:43	+09:54	06:57
26	110	Ana Gameiro	MOVE UP	Veterana F35	34:44	+09:55	06:57
27	142	Dora Isabel Seco Filipe	Run Forrest.	Veterana F35	34:45	+09:56	06:57
28	70	Cecilia Oliveira	Fonte Nova Runners	Veterana F35	34:56	+10:07	06:59
29	395	Adélia dos Santos	Menu Fresco	Veterana F35	34:59	+10:10	07:00
30	157	Estefania Pires	Tanqueray	Veterana F35	35:27	+10:38	07:05
31	270	Patrícia Gaspar	Patrícia Gaspar	Veterana F35	38:13	+13:24	07:39
32	112	Manuela Murtinho	MOVE UP	Veterana F35	38:55	+14:06	07:47
33	285	Catia Cristina Santos	Slow Runners Pombal	Veterana F35	39:37	+14:48	07:55
34	339	Irene Domingues	Lebres e Tartarugas	Veterana F35	40:06	+15:17	08:01
35	99	Noémia Rosa Domingues	Mega NES	Veterana F35	40:43	+15:54	08:09
36	320	Catarina Pedrosa	Tanqueray	Veterana F35	40:51	+16:02	08:10

Official Timekeeper: Lap2Go	5 / 8	generate 05-jul-2015 00:23
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Prova Principal
5 KM
OFFICIAL RESULT

38	148	Pedro Manso	run@figueira	Veterano M35	24:44	+05:18	04:57
39	326	Vitor Mota	Tanqueray	Veterano M35	24:44	+05:18	04:57
40	88	Luíz Ferrão	Individual	Veterano M35	24:44	+05:18	04:57
41	146	Daniel Mendes	run@figueira	Veterano M35	24:45	+05:19	04:57
42	289	João Pedro Santos Monteiro	Slow Runners Pombal	Veterano M35	24:51	+05:25	04:58
43	171	João Sintra	ACRM Silveirinha Claras	Veterano M35	25:00	+05:34	05:00
44	94	Pedro Gomes	Fonte Nova Runners	Veterano M35	25:16	+05:50	05:03
45	75	Cláudio Matias	Individual	Veterano M35	25:25	+05:59	05:05
46	83	fidel conde	Individual	Veterano M35	25:29	+06:03	05:06
47	80	emidio alves	Individual	Veterano M35	25:30	+06:04	05:06
48	227	Antonio Manuel Ferreira Mendes	Individual	Veterano M35	25:31	+06:05	05:06
49	95	Pedro Nogueira de Lemos	Individual	Veterano M35	25:44	+06:18	05:09
50	310	Jorge Campos	Sporting Clube de Pombal	Veterano M35	25:48	+06:22	05:10
51	154	Alexandre Miguel Mota Gaspar	Slow Runners Pombal	Veterano M35	25:55	+06:29	05:11
52	43	Virgilio Alberto	Grupo Alegre Unido	Veterano M35	26:05	+06:39	05:13
53	79	David Miguel Mota Lopes	Individual	Veterano M35	26:06	+06:40	05:13
54	229	Ivónio Martins	Individual	Veterano M35	26:07	+06:41	05:13
55	406	EUGENIO MENDES	AC VERMOIL	Veterano M35	26:07	+06:41	05:13
56	163	Nuno Rosa	Team Pipoca	Veterano M35	26:08	+06:42	05:14
57	200	Miguel Saraiva	Clube de Atletismo da Barreira	Veterano M35	26:09	+06:43	05:14
58	147	Pedro Boia	run@figueira	Veterano M35	26:11	+06:45	05:14
59	185	Luis Fernando R. Neves	C.S.C.R.F. CHARNECA	Veterano M35	26:13	+06:47	05:15
60	86	João Carlos Latour Meca Zarro	Individual	Veterano M35	26:14	+06:48	05:15
61	186	Miguel Angelo D. N. Matias	C.S.C.R.F. CHARNECA	Veterano M35	26:20	+06:54	05:16
62	182	Alvaro José Vieira lopes	C.S.C.R.F. CHARNECA	Veterano M35	26:25	+06:59	05:17
63	235	Rui Miguel Ferreira Nunes	Individual	Veterano M35	26:26	+07:00	05:17
64	192	nuno ferreira	OFFTEL RUNNERS	Veterano M35	26:29	+07:03	05:18
65	89	Miguel Guimaraes	Individual	Veterano M35	26:34	+07:08	05:19
66	40	Pedro Cabecinhas	Grupo Alegre Unido	Veterano M35	26:34	+07:08	05:19
67	125	joão marco gomes	os cabaças	Veterano M35	26:38	+07:12	05:20
68	290	Nuno Pereira	SLOW RUNNERS POMBAL	Veterano M35	26:41	+07:15	05:20
69	37	Filipe Carvalheiro	Grupo Alegre Unido	Veterano M35	26:43	+07:17	05:21
70	183	Carlos Antonio M. L. Conceição	C.S.C.R.F. CHARNECA	Veterano M35	26:45	+07:19	05:21
71	405	ALFREDO SANTOS	AC VERMOIL	Veterano M35	26:59	+07:33	05:24
72	328	carlos Barros	VISUAL LENTOS	Veterano M35	27:01	+07:35	05:24
73	381	Filipe Leal	Individual	Veterano M35	27:09	+07:43	05:26
74	323	Fernando Mota	Tanqueray	Veterano M35	27:10	+07:44	05:26
75	82	Fernando Neves Estrela	Individual	Veterano M35	27:13	+07:47	05:27
76	338	Filipe Santos	Individual	Veterano M35	27:20	+07:54	05:28
77	32	Manuel Gonçalves	GAMBUZIOS	Veterano M35	27:21	+07:55	05:28
78	173	Rafael Pinto	ACRM Silveirinha Claras	Veterano M35	27:22	+07:56	05:28
79	31	Filipe Cruz	GAMBUZIOS	Veterano M35	27:23	+07:57	05:29
80	251	Vitor Monteiro	Lebres e Tartarugas	Veterano M35	27:25	+07:59	05:29
81	384	Porfirio Maduro	VISUAL LENTOS	Veterano M35	27:29	+08:03	05:30
82	307	Carlos Carvalho	Sporting Clube de Pombal	Veterano M35	27:31	+08:05	05:30
83	42	Ramiro Rodrigues	Grupo Alegre Unido	Veterano M35	27:34	+08:08	05:31

Prova Principal

5 KM

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OFFICIAL RESULT
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84	84	Humberto Ferreira	Individual	Veterano M35	27:42	+08:16	05:32
85	150	Manuel António Rodrigues dos Santos	RunPeterRun	Veterano M35	27:45	+08:19	05:33
86	329	HELDER MONTEIRO	VISUAL LENTOS	Veterano M35	28:04	+08:38	05:37
87	184	Jorge Manuel F. Figueiral	C.S.C.R.F. CHARNECA	Veterano M35	28:12	+08:46	05:38
88	414	GONÇALO REDONDO	AC VERMOIL	Veterano M35	28:17	+08:51	05:39
89	411	ANTONIO NEVES	AC VERMOIL	Veterano M35	28:22	+08:56	05:40
90	309	Henrique Vicente	Sporting Clube de Pombal	Veterano M35	28:28	+09:02	05:42
91	120	Aires Gomes	NDAP	Veterano M35	28:36	+09:10	05:43
92	76	Cristóvão Gonçalves	Individual	Veterano M35	28:42	+09:16	05:44
93	78	David Fernandes	Individual	Veterano M35	28:52	+09:26	05:46
94	190	Samuel Ferraz Costa	C.S.C.R.F. CHARNECA	Veterano M35	28:55	+09:29	05:47
95	3	Fernando Manuel Pinto Parreira	Individual	Veterano M35	29:03	+09:37	05:49
96	297	vitör ponte	so happy	Veterano M35	29:10	+09:44	05:50
97	77	Daniel martins carrasqueira	Individual	Veterano M35	29:11	+09:45	05:50
98	308	Filipe Silva	Sporting Clube de Pombal	Veterano M35	29:36	+10:10	05:55
99	122	Nuno Ricardo da Silva Dionísio	NDAP	Veterano M35	29:58	+10:32	06:00
100	91	Nelson Cordeiro Pedrosa	Individual	Veterano M35	30:29	+11:03	06:06
101	296	henrique antunes	so happy	Veterano M35	30:36	+11:10	06:07
102	172	Lucidio Dias	ACRM Silveirinha Claras	Veterano M35	30:36	+11:10	06:07
103	113	Luís Lagos	MOVE UP	Veterano M35	30:43	+11:17	06:09
104	90	Miguel Silva	Individual	Veterano M35	30:51	+11:25	06:10
105	249	Jorge Santos	Lebres e Tartarugas	Veterano M35	31:17	+11:51	06:15
106	158	Artur Pires	Tanqueray	Veterano M35	31:55	+12:29	06:23
107	230	joão h sousa.	Individual	Veterano M35	31:57	+12:31	06:23
108	155	Ricardo Sá Nuno	Slow Runners Pombal	Veterano M35	32:24	+12:58	06:29
109	87	josé carlos mendes	Individual	Veterano M35	32:32	+13:06	06:30
110	341	Eduardo Mendes	manos	Veterano M35	33:07	+13:41	06:37
111	330	Horácio Cândido Mendes da Costa	Individual	Veterano M35	33:12	+13:46	06:38
112	233	Luis Parreira	Individual	Veterano M35	33:27	+14:01	06:41
113	121	Cláudio Pedrosa	NDAP	Veterano M35	33:35	+14:09	06:43
114	264	Licínio dos Santos Nunes	MOVE UP	Veterano M35	33:40	+14:14	06:44
115	123	Nuno Daniel Pedrosa Ferreira	Núcleo do Desporto Amador de Pombal	Veterano M35	35:01	+15:35	07:00
116	311	Manuel Lopes	Sporting Clube de Pombal	Veterano M35	35:18	+15:52	07:04
117	324	Frederico Jorge	Tanqueray	Veterano M35	36:07	+16:41	07:13
118	389	Sidónio Silva	Menu Fresco	Veterano M35	37:55	+18:29	07:35
119	226	António Gonçalves Morgado	Individual	Veterano M35	39:02	+19:36	07:48
120	137	Manuel António	Pombal Athletics	Veterano M35	39:03	+19:37	07:49
121	322	Elisabete Carrasqueira	Tanqueray	Veterano M35	39:33	+20:07	07:55
122	248	Ivan Lopes	Lebres e Tartarugas	Veterano M35	40:33	+21:07	08:07
123	92	Nuno Miguel Tomaz Oliveira	Individual	Veterano M35	44:43	+25:17	08:57
124	5	João Rocha Quaresma	Individual	Veterano M35	47:56	+28:30	09:35

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

RANK	TEAM	DESCRIPTION	POINTS
1	AC VERMOIL	1 + 6 + 8 + 10 + 19	44
2	Clube de Atletismo da Barreira	2 + 3 + 9 + 17 + 23	54
3	Grupo Alegre Unido	13 + 15 + 16 + 28 + 45	117
4	SR JARDOEIRA	4 + 7 + 32 + 36 + 64	143
5	NDAP	18 + 20 + 35 + 39 + 56	168
6	run@figueira	12 + 51 + 66 + 73 + 77	279
7	C.S.C.R.F. CHARNECA	46 + 68 + 72 + 86 + 88	360
8	Fonte Nova Runners	44 + 47 + 87 + 95 + 96	369
9	ACRM Silveirinha Claras	27 + 29 + 81 + 83 + 149	369
10	Slow Runners Pombal	33 + 80 + 84 + 102 + 129	428
11	MOVE UP	14 + 82 + 134 + 158 + 197	585
12	VISUAL LENTOS	5 + 137 + 152 + 164 + 165	623
13	GNR	58 + 78 + 136 + 139 + 262	673
14	Maistardemaschegamos!	22 + 67 + 179 + 185 + 232	685
15	GAMBUZIOS	100 + 110 + 148 + 150 + 180	688
16	Menu Fresco	42 + 107 + 189 + 199 + 228	765
17	Sporting Clube de Pombal	99 + 154 + 174 + 183 + 191	801
18	Tanqueray	74 + 142 + 204 + 224 + 231	875
19	Juventude Vidigalense	59 + 192 + 200 + 206 + 230	887
20	so happy	89 + 186 + 203 + 207 + 213	898
21	Pombal Athletics	26 + 101 + 243 + 306 + 315	991
22	Lebres e Tartarugas	151 + 193 + 214 + 221 + 239	1018