



**PROVA PRINCIPAL - STAGE 1**

**13 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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
40	517	Helder Rafael Machado da Cunha	100 destino	Senior Masculino	01:30:06	+26:14	06:56
41	790	Fernando Barradas	crossfit vale do ave	Senior Masculino	01:30:22	+26:29	06:57
42	788	Daniel Silva	crossfit vale do ave	Senior Masculino	01:30:22	+26:30	06:57
43	815	Tiago José Alves Martins	crossfit vale do ave	Senior Masculino	01:30:29	+26:36	06:58
44	612	RICARDO MANUEL SILVA MATOS	best fitness place	Senior Masculino	01:30:39	+26:47	06:58
45	922	Cláudio Silva	geofriends	Senior Masculino	01:30:49	+26:56	06:59
46	542	Miguel Alexandre Barbosa Pereira	4ever young	Senior Masculino	01:31:00	+27:07	07:00
47	1150	André Brandão	pro energy team	Senior Masculino	01:31:43	+27:51	07:03
48	968	MIGUEL DOMINGUES	lebres	Senior Masculino	01:31:56	+28:04	07:04
49	604	JORGE MIGUEL DA SILVA NASCIMENTO	best fitness place	Senior Masculino	01:32:04	+28:12	07:05
50	66	Rui Miguel Durães Campos	individual	Senior Masculino	01:32:05	+28:12	07:05
51	1160	Pedro Daniel Gonçalves Antunes	pro energy team	Senior Masculino	01:32:09	+28:17	07:05
52	921	Bruno Costa	geofriends	Senior Masculino	01:32:12	+28:20	07:06
53	63	Ricardo Alves	falcões	Senior Masculino	01:32:14	+28:21	07:06
54	924	Ivo Carvalho	geofriends	Senior Masculino	01:32:22	+28:30	07:06
55	65	Nuno Martins	ocr portugal	Senior Masculino	01:32:24	+28:32	07:07
56	37	ricardi silva	academia best club	Senior Masculino	01:32:33	+28:41	07:07
57	671	Vítor Jorge Ribeiro Machado	borrachos	Senior Masculino	01:32:33	+28:41	07:07
58	601	Eduardo André Faria Mendes	best fitness place	Senior Masculino	01:32:34	+28:41	07:07
59	56	Vítor Manuel Faria Ramalho	b.t.m.	Senior Masculino	01:33:08	+29:16	07:10
60	762	André Oliveira	crossfit opo	Senior Masculino	01:33:23	+29:31	07:11
61	68	Maria José	ocr portugal	Senior Feminino	01:33:43	+29:51	07:13
62	58	Tiago Silva	falcões	Senior Masculino	01:33:47	+29:55	07:13
63	1127	Miguel Gomes	power team	Senior Masculino	01:33:52	+30:00	07:13
64	44	ANDRE AMORIM	b.t.m.	Senior Masculino	01:33:58	+30:05	07:14
65	841	Reny Manuel Vilela Xavier	cvp - delegação de amares	Senior Masculino	01:34:05	+30:12	07:14
66	60	Hugo Marcos	falcões	Senior Masculino	01:34:21	+30:28	07:15
67	1200	Helena Fernandes	somos +q6	Senior Feminino	01:34:24	+30:32	07:16
68	1219	Morten Kroger	somos +q6	Senior Masculino	01:34:25	+30:32	07:16
69	1222	Rui Evandro Gomes de Almeida	somos +q6	Senior Masculino	01:34:28	+30:35	07:16
70	920	António Araújo	geofriends	Senior Masculino	01:34:44	+30:51	07:17
71	1217	José Manuel Braga Ferreira	somos +q6	Senior Masculino	01:34:59	+31:07	07:18
72	946	AGOSTINHO DOMINGOS BRANDAO CUNHA	individual	Senior Masculino	01:35:42	+31:50	07:22
73	42	JUDITE FERREIRA	b.t.m.	Senior Feminino	01:36:00	+32:07	07:23
74	1307	Carlos Ferreira	individual	Senior Masculino	01:36:45	+32:53	07:27
75	694	Mário João Almeida Leitão Teixeira	bukan- krav maga	Senior Masculino	01:37:02	+33:09	07:28
76	1215	HELDER MANUEL GUIMARAES ALVES	somos +q6	Senior Masculino	01:37:18	+33:26	07:29
77	1138	António Micael Costa	pro energy team	Senior Masculino	01:37:33	+33:40	07:30
78	753	Simão Crespo	crossfit famalicão	Senior Masculino	01:37:37	+33:45	07:31
79	613	VITOR MANUEL PEREIRA SILVA	best fitness place	Senior Masculino	01:38:34	+34:41	07:35
80	34	Nuno Lopes	academia best club	Senior Masculino	01:38:38	+34:46	07:35
81	814	Simão Martins	crossfit vale do ave	Senior Masculino	01:38:51	+34:59	07:36
82	1141	Lenita Jacinto	pro energy team	Senior Feminino	01:39:06	+35:14	07:37
83	1152	André Fernandes Vasconcelos	pro energy team	Senior Masculino	01:39:09	+35:16	07:38

**PROVA PRINCIPAL - STAGE 1**

**13 KM**

**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
84	70	Ricardo Peixe	ocr portugal	Senior Masculino	01:39:22	+35:30	07:39
85	1303	Margarida Fernandes	individual	Senior Feminino	01:40:16	+36:24	07:43
86	947	António Fins	individual	Senior Masculino	01:41:27	+37:35	07:48
87	570	EUNICE MOREIRA	b.t.m.	Senior Feminino	01:41:40	+37:47	07:49
88	575	RICARDO ROCHA	b.t.m.	Senior Masculino	01:41:40	+37:48	07:49
89	833	Edgar José costa machado	cvp - delegação de amares	Senior Masculino	01:41:49	+37:57	07:50
90	840	Pedro António Gomes brandão	cvp - delegação de amares	Senior Masculino	01:41:50	+37:57	07:50
91	1159	Ismael Vieira	pro energy team	Senior Masculino	01:41:54	+38:01	07:50
92	925	Ricardo Mina	geofriends	Senior Masculino	01:42:39	+38:46	07:54
93	923	David Torres	geofriends	Senior Masculino	01:42:40	+38:47	07:54
94	30	joao nunes	academia best club	Senior Masculino	01:42:50	+38:58	07:55
95	1185	João Pedro de Carvalho Paredes	run mud'funkcers	Senior Masculino	01:42:50	+38:58	07:55
96	1187	André Gonçalves Rodrigues	soldados lusos	Senior Masculino	01:42:57	+39:05	07:55
97	57	DAVID BRANDÃO PINHEIRO	best fitness place	Senior Masculino	01:43:33	+39:40	07:58
98	1151	André Fernandes	pro energy team	Senior Masculino	01:43:45	+39:53	07:59
99	944	Patrícia Peixoto da Silva	individual	Senior Feminino	01:43:46	+39:53	07:59
100	845	Diogo Gomes	dnr	Senior Masculino	01:44:04	+40:12	08:00
101	744	Libório Silva	crossfit famalicão	Senior Masculino	01:44:16	+40:23	08:01
102	802	Rafael Monteiro da Silva	crossfit vale do ave	Senior Masculino	01:44:28	+40:36	08:02
103	62	José Silva	falcões	Senior Masculino	01:44:38	+40:45	08:03
104	1205	Maria do Céu Lopes Lemos	somos +q6	Senior Feminino	01:44:42	+40:49	08:03
105	1188	Miguel de Barros Carvalho	soldados lusos	Senior Masculino	01:44:53	+41:00	08:04
106	1189	Manuel Joaquim Loureiro	soldados lusos	Senior Masculino	01:45:28	+41:36	08:07
107	688	João Duarte Pereira de Sousa	bukan- krav maga	Senior Masculino	01:45:56	+42:03	08:09
108	803	Ricardo dos santos	crossfit vale do ave	Senior Masculino	01:46:09	+42:16	08:10
109	1071	Joel Antunes	os improváveis	Senior Masculino	01:46:15	+42:23	08:10
110	1309	Ricardo Ribeiro Rodrigues	individual	Senior Masculino	01:46:17	+42:24	08:11
111	1308	Dan Gregory	individual	Senior Masculino	01:46:17	+42:25	08:11
112	851	Tiago Silva	falcões	Senior Masculino	01:46:26	+42:34	08:11
113	680	ABEL ANTONIO SOARES PINHEIRO	bukan- krav maga	Senior Masculino	01:46:29	+42:37	08:12
114	39	rui alferes	academia best club	Senior Masculino	01:46:33	+42:41	08:12
115	894	Alberto Martins	fitmafia	Senior Masculino	01:46:52	+43:00	08:13
116	907	Nuno Teixeira	fitmafia	Senior Masculino	01:46:52	+43:00	08:13
117	67	Ana Fenández	ocr portugal	Senior Feminino	01:47:02	+43:10	08:14
118	751	Rui Meira	crossfit famalicão	Senior Masculino	01:47:16	+43:24	08:15
119	1286	Fernando Artur Menezes Silva	why not'us?	Senior Masculino	01:47:27	+43:34	08:16
120	1291	José Domingues de Sousa Almeida	why not'us?	Senior Masculino	01:47:28	+43:35	08:16
121	738	João Couto	crossfit famalicão	Senior Masculino	01:47:30	+43:38	08:16
122	36	pedro balreia	academia best club	Senior Masculino	01:47:44	+43:51	08:17
123	17	daniela nunes	academia best club	Senior Feminino	01:47:50	+43:57	08:18
124	20	maria capelas	academia best club	Senior Feminino	01:47:54	+44:01	08:18
125	795	Joaquim Jorge Ferreira da Silva	crossfit vale do ave	Senior Masculino	01:48:01	+44:09	08:19
126	1062	Carla Gonçalves	os improváveis	Senior Feminino	01:48:02	+44:10	08:19
127	611	Ricardo Manuel Arantes Silva	best fitness place	Senior Masculino	01:48:06	+44:13	08:19
128	19	giselle costa	academia best club	Senior Feminino	01:48:08	+44:15	08:19

## PROVA PRINCIPAL - STAGE 1

13 KM

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

## OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
129	1216	João Pedro Castro	somos +q6	Senior Masculino	01:48:09	+44:17	08:19
130	1223	Vitor Manuel Machado Marques	somos +q6	Senior Masculino	01:48:20	+44:28	08:20
131	1069	Bruno Batista	os improváveis	Senior Masculino	01:48:30	+44:38	08:21
132	43	SARA NASCIMENTO	b.t.m.	Senior Feminino	01:48:39	+44:47	08:22
133	1214	Hélder Barbosa	somos +q6	Senior Masculino	01:48:39	+44:47	08:22
134	41	ANA NASCIMENTO	b.t.m.	Senior Feminino	01:48:42	+44:50	08:22
135	1132	Paulo Gonçalves	power team	Senior Masculino	01:48:45	+44:53	08:22
136	40	Sergio Almeida	academia best club	Senior Masculino	01:49:06	+45:13	08:24
137	49	FABIO PINTO	b.t.m.	Senior Masculino	01:49:15	+45:23	08:24
138	51	JOAO OLIVEIRA	b.t.m.	Senior Masculino	01:49:16	+45:23	08:24
139	811	Sandro Oliveira	crossfit vale do ave	Senior Masculino	01:49:17	+45:25	08:24
140	548	Joel Pedro Ferreira Moreira	5.7 crossfit	Senior Masculino	01:49:18	+45:25	08:24
141	600	DANIEL SILVA GONÇALVES	best fitness place	Senior Masculino	01:49:18	+45:26	08:25
142	551	Marcos Costa Pinto	5.7 crossfit	Senior Masculino	01:49:21	+45:28	08:25
143	554	Pedro Alberto Dos Santos Silva	5.7 crossfit	Senior Masculino	01:49:25	+45:33	08:25
144	552	Miguel Ângelo Figueiredo Gomes	5.7 crossfit	Senior Masculino	01:49:38	+45:45	08:26
145	652	Manuel Alexandre Coelho Sousa	bk united	Senior Masculino	01:50:11	+46:19	08:29
146	549	Luís Cristiano Machado Da Costa	5.7 crossfit	Senior Masculino	01:50:12	+46:19	08:29
147	553	Paulo Alexandre Fernandes De Almeida	5.7 crossfit	Senior Masculino	01:50:15	+46:23	08:29
148	807	Ruben Araújo	crossfit vale do ave	Senior Masculino	01:50:39	+46:47	08:31
149	1210	Clemente José Macedo de Sá Pereira	somos +q6	Senior Masculino	01:51:17	+47:25	08:34
150	1295	Ricardo Carvalho Rocha	why not'us?	Senior Masculino	01:51:19	+47:26	08:34
151	798	Nelson Pereira	crossfit vale do ave	Senior Masculino	01:51:35	+47:42	08:35
152	772	Elsa Cláudia Pinto Gonçalves	crossfit vale do ave	Senior Feminino	01:52:15	+48:23	08:38
153	951	Carlos Rafael Peixoto Coelho	individual	Senior Masculino	01:52:18	+48:26	08:38
154	929	Óscar Magôlo	ginasius team	Senior Masculino	01:52:22	+48:30	08:39
155	928	Gil Sousa	ginasius team	Senior Masculino	01:52:23	+48:30	08:39
156	927	Telma Catarina	ginasius team	Senior Feminino	01:52:23	+48:30	08:39
157	926	Maria Costa	ginasius team	Senior Feminino	01:52:23	+48:31	08:39
158	843	Neyd Ribeiro	dnr	Senior Feminino	01:52:29	+48:37	08:39
159	930	Tiago Fernando da Silva Pinto	ginasius team	Senior Masculino	01:52:30	+48:37	08:39
160	950	Carlos Marques	individual	Senior Masculino	01:52:53	+49:00	08:41
161	1218	Luís Queirós	somos +q6	Senior Masculino	01:52:56	+49:03	08:41
162	1213	Gerson Manuel Soares Lemos	somos +q6	Senior Masculino	01:52:56	+49:04	08:41
163	844	Rita Gomes	dnr	Senior Feminino	01:52:57	+49:04	08:41
164	1121	José Pinto	power team	Senior Masculino	01:53:08	+49:15	08:42
165	1165	Tiago Oliveira	pro energy team	Senior Masculino	01:53:14	+49:22	08:43
166	813	Silverio Alberto	crossfit vale do ave	Senior Masculino	01:53:43	+49:50	08:45
167	1118	Jorge Manuel Sousa Foz	power team	Senior Masculino	01:53:44	+49:51	08:45
168	842	Bárbara Castro	dnr	Senior Feminino	01:55:30	+51:38	08:53
169	1131	Paulo Fernandes	power team	Senior Masculino	01:55:34	+51:41	08:53
170	1190	Adriana Raquel Oliveira Antunes	somos +q6	Senior Feminino	01:55:43	+51:50	08:54
171	574	DANIEL ARAUJO	b.t.m.	Senior Masculino	01:55:49	+51:57	08:55
172	1220	Nuno Miguel Machado Marques	somos +q6	Senior Masculino	01:55:55	+52:02	08:55
173	771	Delfina Rompante	crossfit vale do ave	Senior Feminino	01:56:21	+52:28	08:57

**PROVA PRINCIPAL - STAGE 1**
**13 KM**
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION
**OFFICIAL RESULT**
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
174	571	ISABEL BOTELHO	b.t.m.	Senior Feminino	01:56:40	+52:48	08:59
175	550	Marco Victoriano Paredes	5.7 crossfit	Senior Masculino	01:56:42	+52:50	08:59
176	541	Manuel Joaquim Ribeiro Barroso	4ever young	Senior Masculino	01:56:49	+52:56	08:59
177	812	Sérgio Silva	crossfit vale do ave	Senior Masculino	01:56:52	+52:59	08:59
178	1289	Jacinto Manuel Brandão Moreira	why not'us?	Senior Masculino	01:57:08	+53:16	09:01
179	1283	Adriano Cesar da Silva Vieira Castro	why not'us?	Senior Masculino	01:57:08	+53:16	09:01
180	1288	Hugo Miguel Neves Rocha	why not'us?	Senior Masculino	01:57:09	+53:16	09:01
181	32	jose silva	academia best club	Senior Masculino	01:57:19	+53:27	09:02
182	52	JOSE CUNHA	b.t.m.	Senior Masculino	01:58:21	+54:29	09:06
183	594	MARIA FERNANDA REBELO	best fitness place	Senior Feminino	01:58:37	+54:45	09:08
184	1088	Claudia Alexandra Pereira Rodrigues	power team	Senior Feminino	01:58:39	+54:47	09:08
185	1108	Carlos Manuel Abreu Rodrigues	power team	Senior Masculino	01:58:59	+55:07	09:09
186	1105	Américo Mendes Rosário	power team	Senior Masculino	01:59:00	+55:08	09:09
187	872	Rodolfo Silva	farroncos papa km	Senior Masculino	01:59:08	+55:15	09:10
188	1074	Rui Marques	os improváveis	Senior Masculino	01:59:20	+55:28	09:11
189	699	Adriana Neves	challenge force	Senior Feminino	01:59:35	+55:42	09:12
190	1109	Diogo Victoriano	power team	Senior Masculino	02:00:01	+56:09	09:14
191	1064	Joana Fernandes	os improváveis	Senior Feminino	02:00:16	+56:23	09:15
192	701	Paula Soares	challenge force	Senior Feminino	02:00:23	+56:31	09:16
193	572	MARIA VILAS BOAS	b.t.m.	Senior Feminino	02:00:25	+56:33	09:16
194	700	Cândida Silva	challenge force	Senior Feminino	02:00:36	+56:44	09:17
195	702	Sara Barradas	challenge force	Senior Feminino	02:00:54	+57:02	09:18
196	706	Miguel Silva	challenge force	Senior Masculino	02:00:54	+57:02	09:18
197	573	BRUNO SANTOS	b.t.m.	Senior Masculino	02:00:59	+57:06	09:18
198	703	Carlos Araújo	challenge force	Senior Masculino	02:01:09	+57:16	09:19
199	704	Carlos Samagaio	challenge force	Senior Masculino	02:01:09	+57:17	09:19
200	506	Luis Miguel Morais Carvalho	10 tomates e 3 papaias	Senior Masculino	02:01:19	+57:26	09:20
201	504	António Alves Abreu	10 tomates e 3 papaias	Senior Masculino	02:01:24	+57:32	09:20
202	588	ANA MARGARIDA VIEIRA DA SILVA	best fitness place	Senior Feminino	02:01:37	+57:44	09:21
203	610	RICARDO EMANUEL ALVES DE OLIVEIRA	best fitness place	Senior Masculino	02:01:38	+57:45	09:21
204	1169	Vitor Marçal	pro energy team	Senior Masculino	02:01:44	+57:51	09:22
205	1284	Anselmo José Martins Calais	why not'us?	Senior Masculino	02:01:57	+58:05	09:23
206	521	André Freitas	3ª eir prt	Senior Masculino	02:01:58	+58:06	09:23
207	526	Raúl Silva	3ª eir prt	Senior Masculino	02:01:58	+58:06	09:23
208	520	Alfredo Pereira	3ª eir prt	Senior Masculino	02:01:58	+58:06	09:23
209	523	Élio Tavares	3ª eir prt	Senior Masculino	02:01:58	+58:06	09:23
210	527	Ricardo Marques	3ª eir prt	Senior Masculino	02:01:59	+58:07	09:23
211	1166	Tiago Pereira	pro energy team	Senior Masculino	02:02:02	+58:09	09:23
212	684	Armando Jesus Sousa Costa	bukan- krav maga	Senior Masculino	02:02:09	+58:16	09:24
213	609	Olivier Jean Baptiste Marcel Thevenin	best fitness place	Senior Masculino	02:02:09	+58:17	09:24
214	690	José Diogo Almeida Leitão Teixeira	bukan- krav maga	Senior Masculino	02:02:10	+58:18	09:24
215	1116	João Morais	power team	Senior Masculino	02:02:32	+58:39	09:26

**PROVA PRINCIPAL - STAGE 1**

**13 KM**

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
216	785	Álvaro José Pereira Couto	crossfit vale do ave	Senior Masculino	02:02:32	+58:40	09:26
217	868	Nelson França	farroncos papa km	Senior Masculino	02:02:45	+58:52	09:27
218	773	Helena Alexandra Sousa Ferreira	crossfit vale do ave	Senior Feminino	02:02:54	+59:01	09:27
219	767	Ana Rita Nogueira Trocado	crossfit vale do ave	Senior Feminino	02:03:00	+59:07	09:28
220	1158	Hugo Veloso	pro energy team	Senior Masculino	02:03:02	+59:09	09:28
221	1192	Carla Alves	somos +q6	Senior Feminino	02:03:49	+59:56	09:31
222	1280	Paula Daniela Pereira Vieira	why not'us?	Senior Feminino	02:04:16	+01:00:23	09:34
223	1294	Ricardo André Almeida da Rocha	why not'us?	Senior Masculino	02:04:17	+01:00:24	09:34
224	606	LUI CARVALHO	best fitness place	Senior Masculino	02:05:14	+01:01:22	09:38
225	1209	Carlos Alexandre Correia Neves	somos +q6	Senior Masculino	02:05:15	+01:01:22	09:38
226	1194	Carla Dalila Oliveira	somos +q6	Senior Feminino	02:05:18	+01:01:25	09:38
227	12	amanda ventura	academia best club	Senior Feminino	02:05:44	+01:01:52	09:40
228	1072	Paulo Rocha	os improváveis	Senior Masculino	02:06:03	+01:02:10	09:42
229	27	americo leite	academia best club	Senior Masculino	02:06:19	+01:02:27	09:43
230	958	Pedro Rego	individual	Senior Masculino	02:06:25	+01:02:33	09:44
231	649	Diamantino Carvalho	bk united	Senior Masculino	02:06:30	+01:02:37	09:44
232	650	Luís Rafael Fernandes Araújo	bk united	Senior Masculino	02:06:39	+01:02:46	09:45
233	1134	pedro hugo da cruz cunha pinto	power team	Senior Masculino	02:06:43	+01:02:50	09:45
234	654	Miguel duarte	bk united	Senior Masculino	02:06:44	+01:02:51	09:45
235	832	Daniel agostinho Tinoco gonçalves	cvp - delegação de amares	Senior Masculino	02:06:54	+01:03:02	09:46
236	827	Eugenia Gonçalves pereira	cvp - delegação de amares	Senior Feminino	02:06:55	+01:03:03	09:46
237	826	Cátia Andreia Gaspar Coutinho	cvp - delegação de amares	Senior Feminino	02:06:55	+01:03:03	09:46
238	695	Paulo Jorge de Sousa Parente	bukan- krav maga	Senior Masculino	02:06:57	+01:03:05	09:46
239	904	Miguel Ribeiro	fitmafia	Senior Masculino	02:07:01	+01:03:09	09:46
240	906	Nuno Silva	fitmafia	Senior Masculino	02:07:02	+01:03:10	09:46
241	902	Leandro Oliveira	fitmafia	Senior Masculino	02:07:08	+01:03:16	09:47
242	566	Ana Bras	aventureiros	Senior Feminino	02:07:09	+01:03:16	09:47
243	568	Teresa Cerejo	aventureiros	Senior Feminino	02:07:09	+01:03:17	09:47
244	1124	Marco Alves	power team	Senior Masculino	02:07:09	+01:03:17	09:47
245	1111	Francisco Morais	power team	Senior Masculino	02:07:12	+01:03:20	09:47
246	693	Marcelino Vieira	bukan- krav maga	Senior Masculino	02:07:27	+01:03:34	09:48
247	647	Rita Victoriano	bk united	Senior Feminino	02:07:28	+01:03:36	09:48
248	805	Ricardo Oliveira	crossfit vale do ave	Senior Masculino	02:07:33	+01:03:41	09:49
249	1061	Nuno Dias	ninja team	Senior Masculino	02:07:36	+01:03:44	09:49
250	1058	Gustavo Veloso	ninja team	Senior Masculino	02:07:37	+01:03:44	09:49
251	1059	Joel Silva	ninja team	Senior Masculino	02:07:38	+01:03:46	09:49
252	22	maria leite	academia best club	Senior Feminino	02:07:42	+01:03:49	09:49
253	651	Luís Rafael Sousa	bk united	Senior Masculino	02:07:44	+01:03:51	09:50
254	35	NUNO SILVA	academia best club	Senior Masculino	02:07:54	+01:04:02	09:50
255	26	sara salgado	academia best club	Senior Feminino	02:08:01	+01:04:09	09:51
256	31	JOEL MARQUES	academia best club	Senior Masculino	02:08:01	+01:04:09	09:51
257	1156	Edgar Faria	pro energy team	Senior Masculino	02:08:06	+01:04:14	09:51
258	1149	Acácio André Pereira Fernandes	pro energy team	Senior Masculino	02:08:07	+01:04:14	09:51
259	1212	Fernando Afonso Almeida da Silva	somos +q6	Senior Masculino	02:08:25	+01:04:32	09:53
260	638	Rui Ferreira	bestasselvagens	Senior Masculino	02:09:02	+01:05:09	09:56
261	633	Luis Miguel Silva Almendra	bestasselvagens	Senior Masculino	02:09:02	+01:05:09	09:56

## PROVA PRINCIPAL - STAGE 1

13 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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
262	635	Ricardo Jorge Ferreira Saraiva	bestasselvagens	Senior Masculino	02:09:02	+01:05:09	09:56
263	524	Jordão Quintãos	3ª eir prt	Senior Masculino	02:09:51	+01:05:59	09:59
264	962	Tiago Emanuel Macedo Azevedo	individual	Senior Masculino	02:10:37	+01:06:44	10:03
265	898	João Pereira	fitmafia	Senior Masculino	02:11:06	+01:07:14	10:05
266	1285	David Fernandes da Rocha	why not'us?	Senior Masculino	02:11:10	+01:07:17	10:05
267	961	Rui Alberto Alves da Cruz	individual	Senior Masculino	02:11:28	+01:07:35	10:07
268	1287	George Júnior Gomes	why not'us?	Senior Masculino	02:11:33	+01:07:41	10:07
269	786	Andre Couto	crossfit vale do ave	Senior Masculino	02:11:42	+01:07:50	10:08
270	509	Anabela Costa	100 destino	Senior Feminino	02:11:52	+01:08:00	10:09
271	514	Vera Costa	100 destino	Senior Feminino	02:11:52	+01:08:00	10:09
272	838	Luís Miguel costa Peixoto	cvp - delegação de amares	Senior Masculino	02:11:56	+01:08:04	10:09
273	663	Filipe Machado	borrachos	Senior Masculino	02:12:09	+01:08:17	10:10
274	799	Pedro Coelho	crossfit vale do ave	Senior Masculino	02:12:21	+01:08:29	10:11
275	890	Rui Miranda	fitmafia	Senior Feminino	02:13:15	+01:09:23	10:15
276	1186	Marco Gil da Silva Fernandes	run mud'funkers	Senior Masculino	02:13:18	+01:09:26	10:15
277	1157	Fábio Vieira	pro energy team	Senior Masculino	02:13:21	+01:09:29	10:16
278	1130	Nuno Silva	power team	Senior Masculino	02:13:28	+01:09:36	10:16
279	897	Henrique Barros	fitmafia	Senior Masculino	02:13:31	+01:09:39	10:16
280	905	Nuno Lago	fitmafia	Senior Masculino	02:13:32	+01:09:39	10:16
281	1073	Pedro Barbosa	os improváveis	Senior Masculino	02:13:34	+01:09:41	10:16
282	960	Ricardo Luís Gonçalves Pinto	individual	Senior Masculino	02:13:34	+01:09:41	10:16
283	507	Nelson Braga	10 tomates e 3 papaias	Senior Masculino	02:14:31	+01:10:39	10:21
284	502	Isabel Silva	10 tomates e 3 papaias	Senior Feminino	02:14:32	+01:10:39	10:21
285	777	Patrícia Marlene Almeida Pinto	crossfit vale do ave	Senior Feminino	02:14:46	+01:10:53	10:22
286	899	Jorge Caldas	fitmafia	Senior Masculino	02:15:12	+01:11:20	10:24
287	1007	António Gonçalves	lusitanusteam	Senior Masculino	02:15:18	+01:11:26	10:25
288	522	António Fonseca	3ª eir prt	Senior Masculino	02:15:20	+01:11:27	10:25
289	895	António Lamas	fitmafia	Senior Masculino	02:15:52	+01:12:00	10:27
290	776	Natasha Costa	crossfit vale do ave	Senior Feminino	02:15:55	+01:12:03	10:27
291	800	Pedro Laranjeira	crossfit vale do ave	Senior Masculino	02:16:03	+01:12:10	10:28
292	1306	Andreia Raquel Rodrigues Leite	individual	Senior Feminino	02:16:13	+01:12:20	10:29
293	901	José Bonifácio	fitmafia	Senior Masculino	02:16:13	+01:12:21	10:29
294	816	Tiago Sousa	crossfit vale do ave	Senior Masculino	02:16:22	+01:12:29	10:29
295	691	Luís Alves	bukan- krav maga	Senior Masculino	02:16:31	+01:12:39	10:30
296	1135	ricardo jose ferreira queiros da costa	power team	Senior Masculino	02:16:49	+01:12:56	10:31
297	587	ANA CLAUDIA BRANDÃO PONTES	best fitness place	Senior Feminino	02:17:05	+01:13:12	10:33
298	580	André Soares	bem me quero	Senior Masculino	02:18:25	+01:14:32	10:39
299	581	Ismael Corrêlo	bem me quero	Senior Masculino	02:18:25	+01:14:33	10:39
300	781	Sofia Ribeiro De Castro	crossfit vale do ave	Senior Feminino	02:18:36	+01:14:44	10:40
301	783	Susana Soares	crossfit vale do ave	Senior Feminino	02:18:37	+01:14:44	10:40
302	808	Rui Filipe da Silva Pereira	crossfit vale do ave	Senior Masculino	02:18:37	+01:14:44	10:40
303	16	Cristina Costa	academia best club	Senior Feminino	02:19:38	+01:15:45	10:44
304	13	angela nunes	academia best club	Senior Feminino	02:19:48	+01:15:55	10:45
305	525	Nelson Antunes	3ª eir prt	Senior Masculino	02:19:54	+01:16:02	10:46
306	1282	Silvia Gabriela Almeida da Rocha	why not'us?	Senior Feminino	02:21:27	+01:17:34	10:53

## PROVA PRINCIPAL - STAGE 1

13 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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
307	707	Catarina Maria Borges de Barros	chegaremos à meta	Senior Feminino	02:21:39	+01:17:47	10:54
308	761	Rita Carmim	crossfit opo	Senior Feminino	02:21:40	+01:17:47	10:54
309	708	Celina Gabriela Borges de Barros	chegaremos à meta	Senior Feminino	02:21:41	+01:17:49	10:54
310	1311	Pedro Miguel Freitas Silva	individual	Senior Masculino	02:21:50	+01:17:58	10:55
311	1167	Tiago Tinoco	pro energy team	Senior Masculino	02:22:20	+01:18:28	10:57
312	685	Cristiano Duarte Silva Magalhães	bukan- krav maga	Senior Masculino	02:22:22	+01:18:30	10:57
313	797	Marco Torre	crossfit vale do ave	Senior Masculino	02:22:29	+01:18:37	10:58
314	756	Alexandra Almeida	crossfit opo	Senior Feminino	02:23:02	+01:19:09	11:00
315	766	Ricardo Pereira	crossfit opo	Senior Masculino	02:23:02	+01:19:09	11:00
316	765	Oscar Magalhaes	crossfit opo	Senior Masculino	02:23:05	+01:19:12	11:00
317	1238	Rui Gabriel Coimbra	swatcamp	Senior Masculino	02:23:06	+01:19:14	11:01
318	1010	Luis Vale	lusitanusteam	Senior Masculino	02:23:17	+01:19:25	11:01
319	1005	Carla Novais	lusitanusteam	Senior Feminino	02:23:17	+01:19:25	11:01
320	1006	Vânia Gonçalves	lusitanusteam	Senior Feminino	02:23:18	+01:19:25	11:01
321	1009	Filipe Cunha	lusitanusteam	Senior Masculino	02:23:18	+01:19:25	11:01
322	1012	Tiago Azevedo	lusitanusteam	Senior Masculino	02:23:18	+01:19:25	11:01
323	1011	Miguel Lima	lusitanusteam	Senior Masculino	02:23:19	+01:19:26	11:01
324	1008	António Ribeiro	lusitanusteam	Senior Masculino	02:23:19	+01:19:27	11:02
325	1293	Rafael Antunes Ribeiro	why not'us?	Senior Masculino	02:23:20	+01:19:28	11:02
326	957	Pao em casa	individual	Senior Masculino	02:23:38	+01:19:46	11:03
327	1106	André Pinheiro	power team	Senior Masculino	02:23:44	+01:19:52	11:03
328	1310	Diogo Vicente	swatcamp	Senior Masculino	02:24:30	+01:20:37	11:07
329	1296	Ricardo Miguel Fernandes Almeida	why not'us?	Senior Masculino	02:24:43	+01:20:50	11:08
330	1142	Liliana Pereira	pro energy team	Senior Feminino	02:24:58	+01:21:05	11:09
331	1290	João Luís pinheiro Afonso	why not'us?	Senior Masculino	02:24:59	+01:21:07	11:09
332	1313	Marco Costa	individual	Senior Masculino	02:25:28	+01:21:35	11:11
333	1298	Bernardete Almeida Torres	will run 4 beer	Senior Feminino	02:25:53	+01:22:01	11:13
334	1297	Ariana Sofia da Silva Moreira	will run 4 beer	Senior Feminino	02:25:53	+01:22:01	11:13
335	1301	Tiago Miguel Parente Correia	will run 4 beer	Senior Masculino	02:25:54	+01:22:01	11:13
336	1299	André Filipe Parente Correia	will run 4 beer	Senior Masculino	02:25:54	+01:22:01	11:13
337	864	Hilário Costa	farroncos papa km	Senior Masculino	02:25:55	+01:22:02	11:13
338	1145	Mónica Ribeiro	pro energy team	Senior Feminino	02:26:05	+01:22:12	11:14
339	21	maria henriques	academia best club	Senior Feminino	02:26:07	+01:22:14	11:14
340	794	Hugo Alberto Macedo Guimarães	crossfit vale do ave	Senior Masculino	02:26:37	+01:22:45	11:17
341	855	Marta França	farroncos papa km	Senior Feminino	02:27:12	+01:23:19	11:19
342	871	Ricardo Santos	farroncos papa km	Senior Masculino	02:27:15	+01:23:22	11:20
343	867	Luis Pereira	farroncos papa km	Senior Masculino	02:27:41	+01:23:48	11:22
344	858	SARA PINTO	farroncos papa km	Senior Feminino	02:27:42	+01:23:49	11:22
345	880	Hélia Cidade	fitmafia	Senior Feminino	02:27:55	+01:24:02	11:23
346	877	Felicidade Carneiro	fitmafia	Senior Feminino	02:27:55	+01:24:02	11:23
347	945	Raquel de Sousa	individual	Senior Feminino	02:27:55	+01:24:03	11:23
348	949	Bruno Gonçalves	individual	Senior Masculino	02:28:06	+01:24:14	11:24
349	942	Liliana Oliveira	individual	Senior Feminino	02:28:19	+01:24:27	11:25
350	625	Teresa Alexandra Natario Macedo	bestasselvagens	Senior Feminino	02:28:55	+01:25:03	11:27
351	627	Antonio Eugenio Teixeira Batista	bestasselvagens	Senior Masculino	02:29:41	+01:25:49	11:31
352	1302	FRANCISCO COSTA	crossfit vale do ave	Senior Masculino	02:30:09	+01:26:17	11:33





**PROVA PRINCIPAL - STAGE 1**

**13 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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
396	1176	Cátia Costa	rookies	Senior Feminino	02:34:01	+01:30:09	11:51
397	1181	Manuel Ribeiro	rookies	Senior Masculino	02:34:02	+01:30:09	11:51
398	1180	Francisco Carvalho	rookies	Senior Masculino	02:34:02	+01:30:09	11:51
399	1177	Susana Guimarães	rookies	Senior Feminino	02:34:02	+01:30:09	11:51
400	1178	César Andrade	rookies	Senior Masculino	02:34:02	+01:30:09	11:51
401	23	Monica Maharia	academia best club	Senior Feminino	02:34:28	+01:30:36	11:53
402	38	Ruben Verissimo	academia best club	Senior Masculino	02:34:29	+01:30:36	11:53
403	964	ELISABETE DOMINGUES	lebres	Senior Feminino	02:34:40	+01:30:47	11:54
404	965	MÓNICA DOMINGUES	lebres	Senior Feminino	02:34:41	+01:30:48	11:54
405	963	ANDREIA ROCHA	lebres	Senior Feminino	02:34:41	+01:30:48	11:54
406	576	Cátia Isabel Lima Gomes	bem me quero	Senior Feminino	02:34:47	+01:30:54	11:54
407	590	EMILIA CONCEIÇÃO VIEIRA FARIA	best fitness place	Senior Feminino	02:35:26	+01:31:33	11:57
408	970	João Pedro da Silva Dias	los casanuevas	Senior Masculino	02:35:57	+01:32:05	12:00
409	969	André Filipe Fernandes Maciel	los casanuevas	Senior Masculino	02:35:58	+01:32:05	12:00
410	971	Pedro Miguel Gomes Pereira	los casanuevas	Senior Masculino	02:35:58	+01:32:05	12:00
411	972	Tiago Maciel	los casanuevas	Senior Masculino	02:35:59	+01:32:06	12:00
412	709	Sílvia Maria Borges de Barros	chegaremos à meta	Senior Feminino	02:36:19	+01:32:27	12:02
413	1060	Marco Caldas	ninja team	Senior Masculino	02:36:32	+01:32:39	12:02
414	862	Francisco Matos	farroncos papa km	Senior Masculino	02:36:49	+01:32:56	12:04
415	852	Catarina Bastos	farroncos papa km	Senior Feminino	02:36:50	+01:32:58	12:04
416	1233	Filipe Pereira	swatcamp	Senior Masculino	02:37:18	+01:33:26	12:06
417	1229	António Joaquim Pereira	swatcamp	Senior Masculino	02:37:25	+01:33:32	12:07
418	1115	João Andrade	power team	Senior Masculino	02:37:25	+01:33:33	12:07
419	1110	Flávio São João	power team	Senior Masculino	02:37:26	+01:33:33	12:07
420	1107	Bruno Miguel da Silva Ferreira	power team	Senior Masculino	02:37:26	+01:33:33	12:07
421	870	Pedro Correia	farroncos papa km	Senior Masculino	02:37:41	+01:33:49	12:08
422	865	JOÃO MATOS	farroncos papa km	Senior Masculino	02:37:41	+01:33:49	12:08
423	577	Diana Castro	bem me quero	Senior Feminino	02:37:56	+01:34:04	12:09
424	1276	Carlos Machado	vianafriends	Senior Masculino	02:38:08	+01:34:15	12:10
425	1273	Inês Martins	vianafriends	Senior Feminino	02:38:21	+01:34:28	12:11
426	911	Nuno Jorge Gomes de Araújo	fitpeople	Senior Masculino	02:39:52	+01:36:00	12:18
427	909	Ana Catarina Portela da Silva	fitpeople	Senior Feminino	02:39:53	+01:36:00	12:18
428	912	Pedro Miguel Portela Fernandes	fitpeople	Senior Masculino	02:39:53	+01:36:00	12:18
429	910	Rita Fernandes	fitpeople	Senior Feminino	02:39:53	+01:36:00	12:18
430	914	Rui Filipe Gomes Araujo	fitpeople	Senior Masculino	02:39:53	+01:36:00	12:18
431	913	Pedro Nuno Torres Fernandes	fitpeople	Senior Masculino	02:39:53	+01:36:00	12:18
432	1068	Artur Alves	os improváveis	Senior Masculino	02:40:34	+01:36:42	12:21
433	936	Mariana Florinda Santos Pinheiro	heartbreaker	Senior Feminino	02:40:39	+01:36:46	12:21
434	934	Liliana Carvalho Vieira	heartbreaker	Senior Feminino	02:40:39	+01:36:46	12:21
435	824	Miguel Lopes	crosstraining varzim lazer	Senior Masculino	02:41:06	+01:37:14	12:24
436	817	Ana Luisa Ferreira Patricio	crosstraining varzim lazer	Senior Feminino	02:41:06	+01:37:14	12:24
437	820	Rita mano	crosstraining varzim lazer	Senior Feminino	02:41:06	+01:37:14	12:24
438	821	Helder Costa	crosstraining varzim lazer	Senior Masculino	02:41:06	+01:37:14	12:24
439	823	Mário Marques	crosstraining varzim lazer	Senior Masculino	02:41:06	+01:37:14	12:24
440	825	Rui Carvalho	crosstraining varzim lazer	Senior Masculino	02:41:07	+01:37:14	12:24



**PROVA PRINCIPAL - STAGE 1**

**13 KM**

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
483	1082	Ana Rita da Cunha Azevedo	power team	Senior Feminino	02:48:24	+01:44:31	12:57
484	1191	Angela Jesus	somos +q6	Senior Feminino	02:49:08	+01:45:16	13:01
485	1193	Carla Barbosa	somos +q6	Senior Feminino	02:49:09	+01:45:16	13:01
486	1197	Eduarda Lamela Martins	somos +q6	Senior Feminino	02:49:09	+01:45:16	13:01
487	1211	Daniel Queirós	somos +q6	Senior Masculino	02:49:10	+01:45:17	13:01
488	1148	Sara Monteiro	pro energy team	Senior Feminino	02:49:20	+01:45:27	13:02
489	848	Raquel Sousa	falcões	Senior Feminino	02:49:30	+01:45:37	13:02
490	850	sara isabel ferreira de almeida	falcões	Senior Feminino	02:49:35	+01:45:42	13:03
491	849	Sandra Carina Carvalho	falcões	Senior Feminino	02:49:41	+01:45:48	13:03
492	847	Ana Magalhães	falcões	Senior Feminino	02:49:52	+01:45:59	13:04
493	1123	Luís Miguel Almeida Gomes	power team	Senior Masculino	02:51:19	+01:47:26	13:11
494	1017	Stéphane Sousa	monsul team	Senior Masculino	02:52:08	+01:48:16	13:15
495	1014	Sara Lima	monsul team	Senior Feminino	02:52:08	+01:48:16	13:15
496	1122	Luís Carlos Martins da Costa	power team	Senior Masculino	02:52:17	+01:48:25	13:15
497	1103	Sónia Daniela Paredes Rodrigues	power team	Senior Feminino	02:54:09	+01:50:16	13:24
498	1129	Nuno Gomes	power team	Senior Masculino	02:54:09	+01:50:17	13:24
499	1085	Carina Costa	power team	Senior Feminino	02:54:11	+01:50:19	13:24
500	724	Daniela Gonçalves	crossfit famalicão	Senior Feminino	02:54:17	+01:50:24	13:24
501	515	Bruno Correia	100 destino	Senior Masculino	02:54:26	+01:50:34	13:25
502	869	Paulo Tavares	farroncos papa km	Senior Masculino	02:54:34	+01:50:42	13:26
503	856	Patricia Santos	farroncos papa km	Senior Feminino	02:54:35	+01:50:43	13:26
504	866	Luis Cardoso	farroncos papa km	Senior Masculino	02:54:35	+01:50:43	13:26
505	873	Vitor Ferreira	farroncos papa km	Senior Masculino	02:54:35	+01:50:43	13:26
506	518	Miguel Pereira	100 destino	Senior Masculino	02:56:20	+01:52:28	13:34
507	1228	Sofia pereira	swatcamp	Senior Feminino	02:56:51	+01:52:59	13:36
508	1236	Orlando Cracel	swatcamp	Senior Masculino	02:56:51	+01:52:59	13:36
509	1235	Nuno Oliveira	swatcamp	Senior Masculino	02:56:51	+01:52:59	13:36
510	1230	Bruno Fernandes	swatcamp	Senior Masculino	02:56:52	+01:52:59	13:36
511	1226	Marlene freitas	swatcamp	Senior Feminino	02:56:52	+01:53:00	13:36
512	1239	Tiago silva	swatcamp	Senior Masculino	02:56:52	+01:53:00	13:36
513	1227	Natália Teixeira Ribeiro	swatcamp	Senior Feminino	02:56:53	+01:53:00	13:36
514	1237	Paulo Silva	swatcamp	Senior Masculino	02:56:53	+01:53:01	13:36
515	1225	Ana Catarina Melo Moreira	swatcamp	Senior Feminino	02:56:54	+01:53:01	13:36
516	1234	Luís Fernandes	swatcamp	Senior Masculino	02:56:55	+01:53:02	13:37
517	1231	Carlos Atilano	swatcamp	Senior Masculino	02:56:55	+01:53:03	13:37
518	888	Paula Moura	fitmafia	Senior Feminino	02:57:01	+01:53:08	13:37
519	1201	Helena Manuela Ferreira	somos +q6	Senior Feminino	02:57:03	+01:53:10	13:37
520	1208	António Martins	somos +q6	Senior Masculino	02:57:03	+01:53:10	13:37
521	1202	Joana Lamela Martins	somos +q6	Senior Feminino	02:57:03	+01:53:10	13:37
522	1198	Filipa Freitas Gonçalves	somos +q6	Senior Feminino	02:57:03	+01:53:11	13:37
523	1199	Francisca Lamela Martins	somos +q6	Senior Feminino	02:57:03	+01:53:11	13:37
524	1203	Juliana Fernandes Ferreira	somos +q6	Senior Feminino	02:57:03	+01:53:11	13:37
525	1206	Maria José Martins	somos +q6	Senior Feminino	02:57:04	+01:53:11	13:37
526	1196	Claudia Macedo	somos +q6	Senior Feminino	02:57:05	+01:53:12	13:37
527	1081	Alzira Macedo	power team	Senior Feminino	02:57:28	+01:53:35	13:39
528	879	Flor Guimarães Pereira	fitmafia	Senior Feminino	02:57:35	+01:53:42	13:40

**PROVA PRINCIPAL - STAGE 1****13 KM**

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
529	1136	Rui Ferreira	power team	Senior Masculino	02:57:38	+01:53:46	13:40
530	1067	Sandra Barbosa	os improváveis	Senior Feminino	02:57:44	+01:53:52	13:40
531	1063	Isabel Rocha	os improváveis	Senior Feminino	02:57:45	+01:53:52	13:40
532	1065	Maria do Céu Gomes	os improváveis	Senior Feminino	02:57:46	+01:53:53	13:40
533	1086	Carolina Fernandes	power team	Senior Feminino	02:57:48	+01:53:56	13:41
534	1095	Patrícia Faustino	power team	Senior Feminino	02:58:53	+01:55:01	13:46
535	1184	Mariana Ferreira de Carvalho	run mud'funckers	Senior Feminino	02:58:55	+01:55:02	13:46
536	1183	Joana Filipa de Araujo Fernandes	run mud'funckers	Senior Feminino	02:58:56	+01:55:03	13:46
537	519	Samuel Pedroso	100 destino	Senior Masculino	02:58:57	+01:55:04	13:46
538	1016	Ricardo Coelho	monsul team	Senior Masculino	02:59:47	+01:55:54	13:50
539	1013	Daniela Carvalho	monsul team	Senior Feminino	02:59:47	+01:55:55	13:50
540	1098	Raquel Barros Silva	power team	Senior Feminino	02:59:53	+01:56:00	13:50
541	1084	AURORA MARGARIDA RODRIGUES VEIGA	power team	Senior Feminino	02:59:53	+01:56:01	13:50
542	634	Pedro Dantas	bestasselvagens	Senior Masculino	03:00:17	+01:56:25	13:52
543	629	Bruno Moura	bestasselvagens	Senior Masculino	03:00:22	+01:56:30	13:53
544	618	Carina Filipa Carvalho Rodrigues	bestasselvagens	Senior Feminino	03:00:35	+01:56:43	13:54
545	624	Sandra Caravana Oliveira da Silva	bestasselvagens	Senior Feminino	03:00:44	+01:56:51	13:54
546	626	André Vilas Boas	bestasselvagens	Senior Masculino	03:00:44	+01:56:52	13:54
547	759	Juliana Gonçalves	crossfit opo	Senior Feminino	03:00:56	+01:57:03	13:55
548	764	Luís Lopes	crossfit opo	Senior Masculino	03:00:56	+01:57:04	13:55
549	760	Patricia Madureira	crossfit opo	Senior Feminino	03:00:56	+01:57:04	13:55
550	758	Cátia Gonçalves	crossfit opo	Senior Feminino	03:00:56	+01:57:04	13:55
551	757	Ana Pereira	crossfit opo	Senior Feminino	03:00:56	+01:57:04	13:55
552	763	Diogo Marques	crossfit opo	Senior Masculino	03:00:56	+01:57:04	13:55
553	1015	Marco Lima	monsul team	Senior Masculino	03:01:04	+01:57:11	13:56
554	1120	José Macedo	power team	Senior Masculino	03:01:09	+01:57:16	13:56
555	616	Anabela Costa	bestasselvagens	Senior Feminino	03:01:16	+01:57:23	13:57
556	617	Anabela de Sá Gomes	bestasselvagens	Senior Feminino	03:01:16	+01:57:23	13:57
557	511	Cristina Gonçalves	100 destino	Senior Feminino	03:01:30	+01:57:38	13:58
558	614	Ana Isabel Ferreira Peixoto	bestasselvagens	Senior Feminino	03:02:09	+01:58:16	14:01
559	992	João Ferreira	loffit	Senior Masculino	03:02:49	+01:58:56	14:04
560	990	Eduardo Oliveira	loffit	Senior Masculino	03:02:50	+01:58:58	14:04
561	915	Cátia Palma	geofriends	Senior Feminino	03:03:42	+01:59:49	14:08
562	1245	Joana Barros	team workout 48	Senior Feminino	03:04:06	+02:00:14	14:10
563	1250	Daniel Miranda	team workout 48	Senior Masculino	03:04:06	+02:00:14	14:10
564	1253	Luis Coutinho	team workout 48	Senior Masculino	03:04:06	+02:00:14	14:10
565	1243	Florinda Fernandes	team workout 48	Senior Feminino	03:04:06	+02:00:14	14:10
566	1242	Eliana Pereira	team workout 48	Senior Feminino	03:04:07	+02:00:14	14:10
567	1244	Helena Lamas	team workout 48	Senior Feminino	03:04:07	+02:00:14	14:10
568	1249	Bruno Daniel Morais Rodrigues	team workout 48	Senior Masculino	03:04:07	+02:00:14	14:10
569	1248	Yésica Santos	team workout 48	Senior Feminino	03:04:07	+02:00:15	14:10
570	1241	Cristina Sousa	team workout 48	Senior Feminino	03:04:07	+02:00:15	14:10
571	1252	Jose Pedro Sousa Ferreira	team workout 48	Senior Masculino	03:04:08	+02:00:15	14:10
572	1251	Filipe Manuel Lima Carvalho	team workout 48	Senior Masculino	03:04:08	+02:00:15	14:10
573	1240	Ana Luisa Sousa Ferreira	team workout 48	Senior Feminino	03:04:08	+02:00:15	14:10

**PROVA PRINCIPAL - STAGE 1****13 KM**

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
574	1246	Juliana Cerqueira	team workout 48	Senior Feminino	03:04:08	+02:00:15	14:10
575	1247	Vera Domingues	team workout 48	Senior Feminino	03:04:09	+02:00:16	14:10
576	989	Claudio Abreu	lovfit	Senior Masculino	03:04:33	+02:00:41	14:12
577	560	Paula Cristina Ferreira Silva	ateaofim	Senior Feminino	03:05:12	+02:01:19	14:15
578	559	Maria do Carmo Carvalho Ferreira	ateaofim	Senior Feminino	03:05:14	+02:01:21	14:15
579	829	Liliana Soraia Arantes Antunes	cvp - delegação de amares	Senior Feminino	03:05:33	+02:01:40	14:16
580	830	Sónia Alexandra dias Brás	cvp - delegação de amares	Senior Feminino	03:05:33	+02:01:40	14:16
581	828	Liliana Carina teixeira Gomes	cvp - delegação de amares	Senior Feminino	03:05:33	+02:01:40	14:16
582	834	Emanuel Araújo Goncalves	cvp - delegação de amares	Senior Masculino	03:05:33	+02:01:41	14:16
583	1305	Filipa Daniela da Silva Mesquita	individual	Senior Feminino	03:06:20	+02:02:28	14:20
584	1304	Cristiana Maria Oliveira de Sá	individual	Senior Feminino	03:06:22	+02:02:30	14:20
585	1096	Paula Landeira	power team	Senior Feminino	03:06:55	+02:03:02	14:23
586	1099	Renata Martins	power team	Senior Feminino	03:06:55	+02:03:03	14:23
587	531	Daniela Cerqueira da Cunha	4ever young	Senior Feminino	03:07:14	+02:03:21	14:24
588	544	Nuno Miguel Martins Silva	4ever young	Senior Masculino	03:07:14	+02:03:21	14:24
589	532	Joana Gil Martins Viana	4ever young	Senior Feminino	03:07:14	+02:03:21	14:24
590	546	Paulo Jorge Santos Gonçalves	4ever young	Senior Masculino	03:07:14	+02:03:21	14:24
591	534	Lisa Isabel Machado	4ever young	Senior Feminino	03:07:14	+02:03:21	14:24
592	540	Manuel Carlos Cruz Castro	4ever young	Senior Masculino	03:07:14	+02:03:22	14:24
593	543	Nuno Duarte Bento Armada	4ever young	Senior Masculino	03:07:14	+02:03:22	14:24
594	539	José Manuel Gonçalves Gomes da Silva	4ever young	Senior Masculino	03:07:15	+02:03:22	14:24
595	530	Anabela Duarte Rodrigues	4ever young	Senior Feminino	03:07:15	+02:03:23	14:24
596	562	Jose Francisco Ledo Gonzalez	ateaofim	Senior Masculino	03:07:49	+02:03:57	14:27
597	563	José Manuel Garabatos Freiria	ateaofim	Senior Masculino	03:07:49	+02:03:57	14:27
598	556	Cristiana Braga Correia	ateaofim	Senior Feminino	03:07:50	+02:03:57	14:27
599	564	Miguel Antonio Noversa Alves	ateaofim	Senior Masculino	03:07:50	+02:03:57	14:27
600	561	Susana Vidal Pereira	ateaofim	Senior Feminino	03:07:50	+02:03:58	14:27
601	558	Jorge Miguel Fernandes Cruz	ateaofim	Senior Feminino	03:07:50	+02:03:58	14:27
602	565	Ricardo Magalhães	ateaofim	Senior Masculino	03:07:50	+02:03:58	14:27
603	1113	ISAAC ALEXANDRE GUIMARÃES ROCHA	power team	Senior Masculino	03:08:04	+02:04:11	14:28
604	1097	Paula Silva	power team	Senior Feminino	03:09:45	+02:05:52	14:36
605	1101	Sandra Fernandes	power team	Senior Feminino	03:09:50	+02:05:57	14:36
606	1140	Elisabete Azevedo	pro energy team	Senior Feminino	03:10:53	+02:07:00	14:41
607	1261	João Castro	trailletra	Senior Masculino	03:12:06	+02:08:13	14:47
608	1257	Céu Cordeiro	trailletra	Senior Feminino	03:12:06	+02:08:14	14:47
609	1265	Marco Filipe Faria Nobre	trailletra	Senior Masculino	03:12:06	+02:08:14	14:47
610	1258	Clara Medeiros	trailletra	Senior Feminino	03:12:06	+02:08:14	14:47
611	1260	Marta Ferreira	trailletra	Senior Feminino	03:12:06	+02:08:14	14:47
612	1256	Carla Vidigal	trailletra	Senior Feminino	03:12:06	+02:08:14	14:47
613	1264	Luis Rodrigues	trailletra	Senior Masculino	03:12:06	+02:08:14	14:47
614	1255	Antonieta Moura	trailletra	Senior Feminino	03:12:07	+02:08:14	14:47
615	1259	Maria Lebreiro	trailletra	Senior Feminino	03:12:07	+02:08:14	14:47
616	1266	Nuno Rocha	trailletra	Senior Masculino	03:12:07	+02:08:14	14:47
617	1263	Jorge Amorim	trailletra	Senior Masculino	03:12:07	+02:08:14	14:47
618	1254	Anabela Mota	trailletra	Senior Feminino	03:12:07	+02:08:15	14:47

**PROVA PRINCIPAL - STAGE 1**
**13 KM**
**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
619	1262	João Cramez	trailletra	Senior Masculino	03:12:07	+02:08:15	14:47
620	952	Delfim Soares	individual	Senior Masculino	03:12:08	+02:08:16	14:47
621	1147	Rita Barros	pro energy team	Senior Feminino	03:12:54	+02:09:01	14:50
622	1153	André Veloso	pro energy team	Senior Masculino	03:13:03	+02:09:10	14:51
623	1144	Márcia Brandão	pro energy team	Senior Feminino	03:13:03	+02:09:10	14:51
624	749	Ricardo Machado	crossfit famalicao	Senior Masculino	03:14:28	+02:10:35	14:58
625	740	Jorge Cardoso	crossfit famalicao	Senior Masculino	03:14:28	+02:10:36	14:58
626	741	José Arantes	crossfit famalicao	Senior Masculino	03:14:29	+02:10:36	14:58
627	736	Frederico Carvalho	crossfit famalicao	Senior Masculino	03:14:29	+02:10:37	14:58
628	728	Helena Alves	crossfit famalicao	Senior Feminino	03:14:29	+02:10:37	14:58
629	739	João Salgado	crossfit famalicao	Senior Masculino	03:14:31	+02:10:38	14:58
630	743	José Henrique	crossfit famalicao	Senior Masculino	03:14:31	+02:10:38	14:58
631	742	José Castro	crossfit famalicao	Senior Masculino	03:14:31	+02:10:39	14:58
632	750	Ricardo Peixoto	crossfit famalicao	Senior Masculino	03:14:31	+02:10:39	14:58
633	748	Pedro Silva	crossfit famalicao	Senior Masculino	03:14:32	+02:10:39	14:58
634	735	António Martins	crossfit famalicao	Senior Masculino	03:14:32	+02:10:39	14:58
635	726	Emily Gatefoin	crossfit famalicao	Senior Feminino	03:14:32	+02:10:40	14:58
636	727	Filipa Fernades	crossfit famalicao	Senior Feminino	03:14:33	+02:10:40	14:58
637	746	Pedro Costa	crossfit famalicao	Senior Masculino	03:14:33	+02:10:41	14:58
638	737	Helder Fernandes	crossfit famalicao	Senior Masculino	03:14:33	+02:10:41	14:58
639	754	Valter Oliveira	crossfit famalicao	Senior Masculino	03:14:34	+02:10:41	14:58
640	733	Rita Azevedo	crossfit famalicao	Senior Feminino	03:14:35	+02:10:43	14:58
641	722	Cristiana Costa	crossfit famalicao	Senior Feminino	03:14:36	+02:10:43	14:58
642	720	Catarina Freitas	crossfit famalicao	Senior Feminino	03:14:37	+02:10:44	14:58
643	730	Ju Oliveira	crossfit famalicao	Senior Feminino	03:14:37	+02:10:45	14:58
644	721	Cristiana Carmo	crossfit famalicao	Senior Feminino	03:14:38	+02:10:45	14:58
645	731	Liba Pontes	crossfit famalicao	Senior Feminino	03:14:39	+02:10:47	14:58
646	745	Mário Martins	crossfit famalicao	Senior Masculino	03:14:39	+02:10:47	14:58
647	755	Viktor Strelbitskiy	crossfit famalicao	Senior Masculino	03:14:41	+02:10:48	14:59
648	719	Ana João Moreira	crossfit famalicao	Senior Feminino	03:14:41	+02:10:49	14:59
649	1128	Nelson Oliveira	power team	Senior Masculino	03:14:49	+02:10:57	14:59
650	1104	Telma Almeida	power team	Senior Feminino	03:14:50	+02:10:58	14:59
651	1117	João Saraiva	power team	Senior Masculino	03:14:50	+02:10:58	14:59
652	1092	Márcia Silva	power team	Senior Feminino	03:15:07	+02:11:15	15:01
653	1089	Cláudia Silva	power team	Senior Feminino	03:15:08	+02:11:16	15:01
654	723	Cristina Ferreira	crossfit famalicao	Senior Feminino	03:15:27	+02:11:34	15:02
655	734	João Nuno Veloso	crossfit famalicao	Senior Masculino	03:15:27	+02:11:35	15:02
656	732	Lúcia Carneiro	crossfit famalicao	Senior Feminino	03:15:28	+02:11:35	15:02
657	725	Elsa Cunha	crossfit famalicao	Senior Feminino	03:15:30	+02:11:38	15:02
658	567	Sandra Faria	aventureiros	Senior Feminino	03:15:34	+02:11:42	15:03
659	683	Antonio Bruno Ferreira de Azevedo	bukan- krav maga	Senior Masculino	03:15:53	+02:12:00	15:04
660	679	Silvia Azevedo Machado	bukan- krav maga	Senior Feminino	03:15:53	+02:12:01	15:04
661	673	Ana Bárbara Pontes da Silva Frade	bukan- krav maga	Senior Feminino	03:15:53	+02:12:01	15:04
662	674	Ana Oliveira	bukan- krav maga	Senior Feminino	03:15:53	+02:12:01	15:04
663	672	Alcina de Lurdes Cordeiro Borrhalho	bukan- krav maga	Senior Feminino	03:15:53	+02:12:01	15:04
664	692	Luis Pedro de Azevedo Machado	bukan- krav maga	Senior Masculino	03:15:53	+02:12:01	15:04

**PROVA PRINCIPAL - STAGE 1**

**13 KM**

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
665	689	João Pedro Correia Almeida	bukan- krav maga	Senior Masculino	03:15:54	+02:12:01	15:04
666	678	Sara Isabel Braga da Siva	bukan- krav maga	Senior Feminino	03:15:54	+02:12:01	15:04
667	658	Mariana Barros	borrachos	Senior Feminino	03:17:41	+02:13:49	15:12
668	666	José Gonçalves	borrachos	Senior Masculino	03:17:41	+02:13:49	15:12
669	667	José Pedro Sousa	borrachos	Senior Masculino	03:17:42	+02:13:49	15:12
670	670	Pedro Silva	borrachos	Senior Masculino	03:17:42	+02:13:49	15:12
671	660	Nathalie Azevedo	borrachos	Senior Feminino	03:17:42	+02:13:50	15:13
672	664	Hugo Ribeiro	borrachos	Senior Masculino	03:17:42	+02:13:50	15:13
673	656	Margarida Gonçalves	borrachos	Senior Feminino	03:17:42	+02:13:50	15:13
674	669	Pedro Brandão	borrachos	Senior Masculino	03:17:42	+02:13:50	15:13
675	655	Diana Oliveira	borrachos	Senior Feminino	03:17:43	+02:13:50	15:13
676	657	Maria Amélia da Silva Vieira	borrachos	Senior Feminino	03:17:43	+02:13:50	15:13
677	662	André Filipe Azevedo Silva	borrachos	Senior Masculino	03:17:43	+02:13:50	15:13
678	668	Miguel Filipe Dias Pinto	borrachos	Senior Masculino	03:17:43	+02:13:51	15:13
679	661	Patricia Oliveira	borrachos	Senior Feminino	03:17:43	+02:13:51	15:13
680	659	Marina Barbosa	borrachos	Senior Feminino	03:17:47	+02:13:55	15:13
681	884	Mafalda Dantas Gomes	fitmafia	Senior Feminino	03:18:07	+02:14:14	15:14
682	875	Diana Almeida	fitmafia	Senior Feminino	03:18:07	+02:14:15	15:14
683	908	Pedro Quaresma	fitmafia	Senior Masculino	03:18:08	+02:14:16	15:15
684	1049	hernani pacheco	ninja team	Senior Masculino	03:19:46	+02:15:54	15:22
685	1051	joao oliveira	ninja team	Senior Masculino	03:19:47	+02:15:54	15:22
686	1047	diogo gonalves	ninja team	Senior Masculino	03:19:47	+02:15:55	15:22
687	1050	hugo portilho	ninja team	Senior Masculino	03:19:49	+02:15:56	15:22
688	1057	rui oliveira	ninja team	Senior Masculino	03:19:49	+02:15:57	15:22
689	1030	fatima moreira	ninja team	Senior Feminino	03:19:49	+02:15:57	15:22
690	1038	marlene soares	ninja team	Senior Feminino	03:19:50	+02:15:57	15:22
691	1052	José Costa	ninja team	Senior Masculino	03:19:50	+02:15:58	15:22
692	1039	patricia ramoa	ninja team	Senior Feminino	03:19:50	+02:15:58	15:22
693	1032	ilda lixa	ninja team	Senior Feminino	03:19:51	+02:15:58	15:22
694	1046	cosme fula	ninja team	Senior Masculino	03:19:51	+02:15:58	15:22
695	1029	emilia santos	ninja team	Senior Feminino	03:19:51	+02:15:59	15:22
696	1031	filipa pereira	ninja team	Senior Feminino	03:19:52	+02:15:59	15:22
697	1042	silvia maciel	ninja team	Senior Feminino	03:19:52	+02:16:00	15:23
698	1040	paula gomes	ninja team	Senior Feminino	03:19:53	+02:16:00	15:23
699	1055	pedro ribeiro	ninja team	Senior Masculino	03:19:53	+02:16:00	15:23
700	1036	marcia santos	ninja team	Senior Feminino	03:19:54	+02:16:01	15:23
701	1045	carlos reis	ninja team	Senior Masculino	03:19:54	+02:16:01	15:23
702	1048	gil nascimento	ninja team	Senior Masculino	03:19:54	+02:16:01	15:23
703	1027	anabela carvalho	ninja team	Senior Feminino	03:19:55	+02:16:02	15:23
704	1028	eliana sousa	ninja team	Senior Feminino	03:19:55	+02:16:02	15:23
705	1053	mario logarinho	ninja team	Senior Masculino	03:19:56	+02:16:04	15:23
706	1035	lurdes marques	ninja team	Senior Feminino	03:19:57	+02:16:04	15:23
707	1054	michael silva	ninja team	Senior Masculino	03:19:57	+02:16:05	15:23
708	1056	Ruben Gonçalves	ninja team	Senior Masculino	03:19:58	+02:16:06	15:23
709	677	Matilde Pinheiro Rodrigues Ortigão Delgado	bukan- krav maga	Senior Feminino	03:20:29	+02:16:36	15:25



**PROVA PRINCIPAL - STAGE 1**

**13 KM**

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
710	675	Ana Sofia de Macedo Parente	bukan- krav maga	Senior Feminino	03:20:29	+02:16:36	15:25
711	937	Adriana Rosa Pereira Moreira	individual	Senior Feminino	03:21:02	+02:17:10	15:28
712	938	Cátia Sofia Freitas Gonçalves	individual	Senior Feminino	03:22:20	+02:18:27	15:34
713	512	Sabrina Gonçalves	100 destino	Senior Feminino	03:25:16	+02:21:24	15:47
714	510	Antonieta Nunes	100 destino	Senior Feminino	03:25:17	+02:21:24	15:47
715	698	RICARDO VELOSO	bukan- krav maga	Senior Masculino	03:25:36	+02:21:44	15:49
716	918	Marcia Ferreira	geofriends	Senior Feminino	03:26:28	+02:22:36	15:53
717	916	Cristiana Pereira	geofriends	Senior Feminino	03:26:28	+02:22:36	15:53
718	681	Alexandre Nuno dos Santos Viana	bukan- krav maga	Senior Masculino	03:27:01	+02:23:08	15:55
719	676	Carolina Vieira Araújo	bukan- krav maga	Senior Feminino	03:27:01	+02:23:09	15:56
720	596	Petra Vanessa Gouveia Gomes	best fitness place	Senior Feminino	03:27:39	+02:23:46	15:58
721	607	LUIS MIGUEL DOS SANTOS NETO	best fitness place	Senior Masculino	03:27:39	+02:23:47	15:58
722	592	Joana Raquel Amaral	best fitness place	Senior Feminino	03:27:39	+02:23:47	15:58
723	597	António Jorge Moreira da Costa	best fitness place	Senior Masculino	03:27:39	+02:23:47	15:58
724	595	MARLENE LOPES DUARTE	best fitness place	Senior Feminino	03:27:41	+02:23:48	15:59
725	1001	Rui Fernandes	lovfit	Senior Masculino	03:28:13	+02:24:20	16:01
726	979	Marisa Martins	lovfit	Senior Feminino	03:29:34	+02:25:42	16:07
727	994	Luis Fontes	lovfit	Senior Masculino	03:29:35	+02:25:42	16:07
728	991	Filipe Vieira	lovfit	Senior Masculino	03:29:35	+02:25:43	16:07
729	976	Carla Alexandra Castro Silva	lovfit	Senior Feminino	03:29:35	+02:25:43	16:07
730	996	Marco Dinis Ribeiro de Freitas	lovfit	Senior Masculino	03:29:36	+02:25:43	16:07
731	987	Bruno Pinto	lovfit	Senior Masculino	03:29:36	+02:25:43	16:07
732	999	Pedro Lobo	lovfit	Senior Masculino	03:29:36	+02:25:43	16:07
733	978	Inês fernandes	lovfit	Senior Feminino	03:29:36	+02:25:44	16:07
734	1003	Vitor oliveira	lovfit	Senior Masculino	03:29:36	+02:25:44	16:07
735	984	Teresa Fernades	lovfit	Senior Feminino	03:29:36	+02:25:44	16:07
736	988	Bruno Silva	lovfit	Senior Masculino	03:29:37	+02:25:44	16:07
737	980	Marta Magalhaes	lovfit	Senior Feminino	03:29:37	+02:25:44	16:07
738	982	Silveria Pinto	lovfit	Senior Feminino	03:29:37	+02:25:44	16:07
739	975	Andreia Alexandra Ferreira Cardoso	lovfit	Senior Feminino	03:29:37	+02:25:44	16:08
740	977	Cristina Ribeiro	lovfit	Senior Feminino	03:29:37	+02:25:45	16:08
741	985	Zita Silva	lovfit	Senior Feminino	03:29:37	+02:25:45	16:08
742	995	Luis Guimaraes	lovfit	Senior Masculino	03:29:37	+02:25:45	16:08
743	986	Angela Pinto	lovfit	Senior Masculino	03:29:38	+02:25:45	16:08
744	997	Miguel Silva	lovfit	Senior Masculino	03:29:38	+02:25:45	16:08
745	1002	Rui Matos	lovfit	Senior Masculino	03:29:38	+02:25:46	16:08
746	973	Alea Ferreira	lovfit	Senior Feminino	03:29:38	+02:25:46	16:08
747	974	Alice Silva	lovfit	Senior Feminino	03:29:39	+02:25:46	16:08
748	1000	Rafael Ribeiro	lovfit	Senior Masculino	03:29:40	+02:25:48	16:08
749	648	Bruno miguel	bk united	Senior Masculino	03:32:13	+02:28:21	16:20
750	645	Helena Martins	bk united	Senior Feminino	03:32:13	+02:28:21	16:20
751	644	Flávia Martins	bk united	Senior Feminino	03:32:14	+02:28:21	16:20
752	646	Marisa Jesus Fernandes Carvalho	bk united	Senior Feminino	03:32:14	+02:28:21	16:20
753	643	Ana Paula Silva Fernandes	bk united	Senior Feminino	03:32:14	+02:28:22	16:20
754	653	Miguel Ângelo Gomes	bk united	Senior Masculino	03:32:14	+02:28:22	16:20

PROVA PRINCIPAL - STAGE 1

13 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

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 - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
755	547	Tiago André Gonçalves Barroso	4ever young	Senior Masculino	03:32:31	+02:28:39	16:21
756	535	Márcia Isabel Gonçalves Barroso	4ever young	Senior Feminino	03:33:30	+02:29:37	16:25
757	896	Daniel Gonalo	fitmafia	Senior Masculino	03:33:42	+02:29:50	16:26
758	529	Alexandra Cataina Dias Alves	4ever young	Senior Feminino	03:34:16	+02:30:23	16:29
759	533	Laura Maria Carvalho Barros	4ever young	Senior Feminino	03:34:17	+02:30:24	16:29
760	545	Nuno Miguel Pereira da Silva	4ever young	Senior Masculino	03:34:17	+02:30:24	16:29
761	537	Rosana Maria Antunes Vale	4ever young	Senior Feminino	03:34:58	+02:31:05	16:32
762	891	Sandra Pinheiro	fitmafia	Senior Feminino	03:35:41	+02:31:49	16:36
763	889	Raquel Mariani	fitmafia	Senior Feminino	03:35:44	+02:31:52	16:36
764	876	Fátima Dias	fitmafia	Senior Feminino	03:35:45	+02:31:52	16:36
765	878	Fernanda Teixeira	fitmafia	Senior Feminino	03:35:45	+02:31:52	16:36
766	883	Liliana Cardoso	fitmafia	Senior Feminino	03:35:45	+02:31:53	16:36
767	886	Mónica Matos	fitmafia	Senior Feminino	03:35:48	+02:31:55	16:36
768	887	Olinda Sousa	fitmafia	Senior Feminino	03:35:48	+02:31:55	16:36
769	881	Herminia Silva	fitmafia	Senior Feminino	03:35:49	+02:31:57	16:36
770	882	Joana Casimiro	fitmafia	Senior Feminino	03:35:49	+02:31:57	16:36
771	11	Alexandra Teixeira	academia best club	Senior Feminino	03:38:43	+02:34:51	16:50
772	25	Rute Pinto	academia best club	Senior Feminino	03:39:52	+02:35:59	16:55
773	14	Claudia ferraz	academia best club	Senior Feminino	03:40:22	+02:36:30	16:57

**Prova Principal**

**13 KM**

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

**OFFICIAL RESULT**

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

	Time	Temperature	Humidity
Start	15:00	-99°C	-99%
End	18:41	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
------	-----	------	------	-----	--------	------	------

**Senior Feminino**

1	68	Maria José	OCR Portugal	Senior Feminino	01:33:44		07:13
2	1200	Helena Fernandes	Somos +Q6	Senior Feminino	01:34:25	+00:41	07:16
3	42	JUDITE FERREIRA	B.T.M.	Senior Feminino	01:36:00	+02:16	07:23
4	1141	Lenita Jacinto	Pro Energy Team	Senior Feminino	01:39:07	+05:23	07:37
5	1303	Margarida Fernandes	Individual	Senior Feminino	01:40:17	+06:33	07:43
6	570	EUNICE MOREIRA	B.T.M.	Senior Feminino	01:41:40	+07:56	07:49
7	944	Patrícia Peixoto da Silva	Individual	Senior Feminino	01:43:46	+10:02	07:59
8	1205	Maria do Céu Lopes Lemos	Somos +Q6	Senior Feminino	01:44:42	+10:58	08:03
9	67	Ana Fenández	OCR Portugal	Senior Feminino	01:47:03	+13:19	08:14
10	17	daniela nunes	Academia Best Club	Senior Feminino	01:47:50	+14:06	08:18
11	20	maria capelas	Academia Best Club	Senior Feminino	01:47:54	+14:10	08:18
12	1062	Carla Gonçalves	Os Improváveis	Senior Feminino	01:48:03	+14:19	08:19
13	19	giselle costa	Academia Best Club	Senior Feminino	01:48:08	+14:24	08:19
14	43	SARA NASCIMENTO	B.T.M.	Senior Feminino	01:48:40	+14:56	08:22
15	41	ANA NASCIMENTO	B.T.M.	Senior Feminino	01:48:43	+14:59	08:22
16	772	Elsa Cláudia Pinto Gonçalves	CrossFit Vale do Ave	Senior Feminino	01:52:16	+18:32	08:38
17	927	Telma Catarina	Ginasius Team	Senior Feminino	01:52:23	+18:39	08:39
18	926	Maria Costa	Ginasius Team	Senior Feminino	01:52:24	+18:40	08:39
19	843	Neyd Ribeiro	DNR	Senior Feminino	01:52:30	+18:46	08:39
20	844	Rita Gomes	DNR	Senior Feminino	01:52:57	+19:13	08:41
21	842	Bárbara Castro	DNR	Senior Feminino	01:55:31	+21:47	08:53
22	1190	Adriana Raquel Oliveira Antunes	Somos +Q6	Senior Feminino	01:55:43	+21:59	08:54
23	771	Delfina Rompante	CrossFit Vale do Ave	Senior Feminino	01:56:21	+22:37	08:57
24	571	ISABEL BOTELHO	B.T.M.	Senior Feminino	01:56:41	+22:57	08:59
25	594	MARIA FERNANDA REBELO	BEST FITNESS PLACE	Senior Feminino	01:58:38	+24:54	09:08
26	1088	Claudia Alexandra Pereira Rodrigues	Power Team	Senior Feminino	01:58:40	+24:56	09:08
27	699	Adriana Neves	CHALLENGE FORCE	Senior Feminino	01:59:35	+25:51	09:12
28	1064	Joana Fernandes	Os Improváveis	Senior Feminino	02:00:16	+26:32	09:15
29	701	Paula Soares	CHALLENGE FORCE	Senior Feminino	02:00:24	+26:40	09:16
30	572	MARIA VILAS BOAS	B.T.M.	Senior Feminino	02:00:26	+26:42	09:16
31	700	Cândida Silva	CHALLENGE FORCE	Senior Feminino	02:00:37	+26:53	09:17
32	702	Sara Barradas	CHALLENGE FORCE	Senior Feminino	02:00:55	+27:11	09:18
33	588	ANA MARGARIDA VIEIRA DA SILVA	BEST FITNESS PLACE	Senior Feminino	02:01:37	+27:53	09:21
34	773	Helena Alexandra Sousa Ferreira	CrossFit Vale do Ave	Senior Feminino	02:02:54	+29:10	09:27
35	767	Ana Rita Nogueira Trocado	CrossFit Vale do Ave	Senior Feminino	02:03:00	+29:16	09:28
36	1192	Carla Alves	Somos +Q6	Senior Feminino	02:03:49	+30:05	09:31
37	1280	Paula Daniela Pereira Vieira	why not'US?	Senior Feminino	02:04:16	+30:32	09:34
38	1194	Carla Dalila Oliveira	Somos +Q6	Senior Feminino	02:05:18	+31:34	09:38
39	12	amanda ventura	Academia Best Club	Senior Feminino	02:05:45	+32:01	09:40

**Prova Principal****13 KM**

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

**OFFICIAL RESULT**

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

40	827	Eugenia Gonçalves pereira	CVP - Delegação de Amare	Senior Feminino	02:06:56	+33:12	09:46
41	826	Cátia Andreia Gaspar Coutinho	CVP - Delegação de Amare	Senior Feminino	02:06:56	+33:12	09:46
42	566	Ana Bras	Aventureiros	Senior Feminino	02:07:09	+33:25	09:47
43	568	Teresa Cerejo	Aventureiros	Senior Feminino	02:07:10	+33:26	09:47
44	647	Rita Victoriano	BK UNITED	Senior Feminino	02:07:29	+33:45	09:48
45	22	maria leite	Academia Best Club	Senior Feminino	02:07:42	+33:58	09:49
46	26	sara salgado	Academia Best Club	Senior Feminino	02:08:02	+34:18	09:51
47	509	Anabela Costa	100 destino	Senior Feminino	02:11:53	+38:09	10:09
48	514	Vera Costa	100 destino	Senior Feminino	02:11:53	+38:09	10:09
49	890	Rui Miranda	FitMafia	Senior Feminino	02:13:16	+39:32	10:15
50	502	Isabel Silva	10 Tomates e 3 Papaias	Senior Feminino	02:14:32	+40:48	10:21
51	777	Patrícia Marlene Almeida Pinto	CrossFit Vale do Ave	Senior Feminino	02:14:46	+41:02	10:22
52	776	Natasha Costa	CrossFit Vale do Ave	Senior Feminino	02:15:56	+42:12	10:27
53	1306	Andreia Raquel Rodrigues Leite	Individual	Senior Feminino	02:16:13	+42:29	10:29
54	587	ANA CLAUDIA BRANDÃO PONTES	BEST FITNESS PLACE	Senior Feminino	02:17:05	+43:21	10:33
55	781	Sofia Ribeiro De Castro	CrossFit Vale do Ave	Senior Feminino	02:18:37	+44:53	10:40
56	783	Susana Soares	CrossFit Vale do Ave	Senior Feminino	02:18:37	+44:53	10:40
57	16	Cristina Costa	Academia Best Club	Senior Feminino	02:19:38	+45:54	10:44
58	13	angela nunes	Academia Best Club	Senior Feminino	02:19:48	+46:04	10:45
59	1282	Silvia Gabriela Almeida da Rocha	why not'US?	Senior Feminino	02:21:27	+47:43	10:53
60	707	Catarina Maria Borges de Barros	Chegaremos à meta	Senior Feminino	02:21:40	+47:56	10:54
61	761	Rita Carmim	CrossFit OPO	Senior Feminino	02:21:40	+47:56	10:54
62	708	Celina Gabriela Borges de Barros	Chegaremos à meta	Senior Feminino	02:21:42	+47:58	10:54
63	756	Alexandra Almeida	CrossFit OPO	Senior Feminino	02:23:02	+49:18	11:00
64	1005	Carla Novais	Lusitanusteam	Senior Feminino	02:23:18	+49:34	11:01
65	1006	Vânia Gonçalves	Lusitanusteam	Senior Feminino	02:23:18	+49:34	11:01
66	1142	Liliana Pereira	Pro Energy Team	Senior Feminino	02:24:58	+51:14	11:09
67	1298	Bernardete Almeida Torres	Will Run 4 Beer	Senior Feminino	02:25:54	+52:10	11:13
68	1297	Ariana Sofia da Silva Moreira	Will Run 4 Beer	Senior Feminino	02:25:54	+52:10	11:13
69	1145	Mónica Ribeiro	Pro Energy Team	Senior Feminino	02:26:05	+52:21	11:14
70	21	maria henriques	Academia Best Club	Senior Feminino	02:26:07	+52:23	11:14
71	855	Marta França	Farroncos Papa KM	Senior Feminino	02:27:12	+53:28	11:19
72	858	SARA PINTO	Farroncos Papa KM	Senior Feminino	02:27:42	+53:58	11:22
73	880	Hélia Cidade	FitMafia	Senior Feminino	02:27:55	+54:11	11:23
74	877	Felicidade Carneiro	FitMafia	Senior Feminino	02:27:55	+54:11	11:23
75	945	Raquel de Sousa	Individual	Senior Feminino	02:27:56	+54:12	11:23
76	942	Liliana Oliveira	Individual	Senior Feminino	02:28:20	+54:36	11:25
77	625	Teresa Alexandra Natario Macedo	BestasSelvagens	Senior Feminino	02:28:56	+55:12	11:27
78	24	patricia teixeira	Academia Best Club	Senior Feminino	02:30:13	+56:29	11:33
79	1020	Fátima Barbosa	Neiva Runners	Senior Feminino	02:30:20	+56:36	11:34
80	622	Maria Filipa Gomes Correia e Cunha Azevedo	BestasSelvagens	Senior Feminino	02:30:34	+56:50	11:35
81	620	Glória Antunes da Silva	BestasSelvagens	Senior Feminino	02:30:38	+56:54	11:35
82	619	Elisabete Alves Moreira	BestasSelvagens	Senior Feminino	02:30:52	+57:08	11:36
83	769	Andreia Machado	CrossFit Vale do Ave	Senior Feminino	02:30:57	+57:13	11:37
84	779	Rita Lima	CrossFit Vale do Ave	Senior Feminino	02:31:03	+57:19	11:37
85	768	Andreia Ferreira	CrossFit Vale do Ave	Senior Feminino	02:31:10	+57:26	11:38

Official Timekeeper: Lap2Go	2 / 18	generate 04-jun-2016 19:12
-----------------------------	--------	----------------------------

**Prova Principal**

**13 KM**

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

**OFFICIAL RESULT**

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

86	18	Diana Spencer	Academia Best Club	Senior Feminino	02:31:13	+57:29	11:38
87	591	ETELVINA MARIA AZEVEDO GONÇALVES	BEST FITNESS PLACE	Senior Feminino	02:31:15	+57:31	11:38
88	1078	Mariana Machado	Os Santa Apolónia	Senior Feminino	02:31:37	+57:53	11:40
89	1076	Carmo Machado	Os Santa Apolónia	Senior Feminino	02:31:37	+57:53	11:40
90	1075	Ana Azevedo	Os Santa Apolónia	Senior Feminino	02:31:37	+57:53	11:40
91	775	Marta Soares	CrossFit Vale do Ave	Senior Feminino	02:33:05	+59:21	11:47
92	503	Virgínia da Silva Ferreira	10 Tomates e 3 Papaias	Senior Feminino	02:33:15	+59:31	11:47
93	501	Diana Cláudia da Silva Santos	10 Tomates e 3 Papaias	Senior Feminino	02:33:15	+59:31	11:47
94	780	Selma Brigitte	CrossFit Vale do Ave	Senior Feminino	02:33:26	+59:42	11:48
95	1087	Catarina Gonçalves Mendes	Power Team	Senior Feminino	02:33:31	+59:47	11:49
96	1083	Andrea Morais	Power Team	Senior Feminino	02:33:44	+01:00:00	11:50
97	1175	Catarina Mendes	Rookies	Senior Feminino	02:34:01	+01:00:17	11:51
98	1174	Ana Braga	Rookies	Senior Feminino	02:34:01	+01:00:17	11:51
99	943	Margarida Costa	Individual	Senior Feminino	02:34:01	+01:00:17	11:51
100	1176	Cátia Costa	Rookies	Senior Feminino	02:34:02	+01:00:18	11:51
101	1177	Susana Guimaraes	Rookies	Senior Feminino	02:34:02	+01:00:18	11:51
102	23	Monica Maharia	Academia Best Club	Senior Feminino	02:34:29	+01:00:45	11:53
103	964	ELISABETE DOMINGUES	Lebres	Senior Feminino	02:34:40	+01:00:56	11:54
104	965	MÓNICA DOMINGUES	Lebres	Senior Feminino	02:34:41	+01:00:57	11:54
105	963	ANDREIA ROCHA	Lebres	Senior Feminino	02:34:41	+01:00:57	11:54
106	576	Cátia Isabel Lima Gomes	BEM ME QUERO	Senior Feminino	02:34:47	+01:01:03	11:54
107	590	EMILIA CONCEIÇÃO VIEIRA FARIA	BEST FITNESS PLACE	Senior Feminino	02:35:26	+01:01:42	11:57
108	709	Sílvia Maria Borges de Barros	Chegaremos à meta	Senior Feminino	02:36:20	+01:02:36	12:02
109	852	Catarina Bastos	Farroncos Papa KM	Senior Feminino	02:36:51	+01:03:07	12:04
110	577	Diana Castro	BEM ME QUERO	Senior Feminino	02:37:57	+01:04:13	12:09
111	1273	Inês Martins	VianaFriends	Senior Feminino	02:38:21	+01:04:37	12:11
112	909	Ana Catarina Portela da Silva	fitpeople	Senior Feminino	02:39:53	+01:06:09	12:18
113	910	Rita Fernandes	fitpeople	Senior Feminino	02:39:53	+01:06:09	12:18
114	936	Mariana Florinda Santos Pinheiro	Heartbreaker	Senior Feminino	02:40:39	+01:06:55	12:21
115	934	Liliana Carvalho Vieira	Heartbreaker	Senior Feminino	02:40:39	+01:06:55	12:21
116	817	Ana Luisa Ferreira Patricio	CrossTraining Varzim Lazer	Senior Feminino	02:41:07	+01:07:23	12:24
117	820	Rita mano	CrossTraining Varzim Lazer	Senior Feminino	02:41:07	+01:07:23	12:24
118	819	Raquel Patrícia de Sousa Abreu	CrossTraining Varzim Lazer	Senior Feminino	02:41:08	+01:07:24	12:24
119	818	Cristina Videira	CrossTraining Varzim Lazer	Senior Feminino	02:41:08	+01:07:24	12:24
120	589	ANA MARIA DA SILVA ANDRADE	BEST FITNESS PLACE	Senior Feminino	02:41:21	+01:07:37	12:25
121	1271	Célia Vital	VianaFriends	Senior Feminino	02:41:44	+01:08:00	12:26
122	1275	Mónia Barbosa	VianaFriends	Senior Feminino	02:41:44	+01:08:00	12:26
123	1270	Carolina Rocha	VianaFriends	Senior Feminino	02:41:44	+01:08:00	12:26
124	1272	Helena Correia	VianaFriends	Senior Feminino	02:41:44	+01:08:00	12:26
125	1066	Maria José Lopes	Os Improváveis	Senior Feminino	02:41:53	+01:08:09	12:27
126	857	Paula Ferreira	Farroncos Papa KM	Senior Feminino	02:42:20	+01:08:36	12:29
127	784	Tania Sampaio	CrossFit Vale do Ave	Senior Feminino	02:42:25	+01:08:41	12:30
128	770	Cláudia Barbosa	CrossFit Vale do Ave	Senior Feminino	02:43:05	+01:09:21	12:33
129	774	Joana Silva	CrossFit Vale do Ave	Senior Feminino	02:43:24	+01:09:40	12:34
130	1102	Sara Araújo	Power Team	Senior Feminino	02:43:36	+01:09:52	12:35
131	1080	Alda Faustino	Power Team	Senior Feminino	02:43:48	+01:10:04	12:36

Official Timekeeper: Lap2Go	3 / 18	generate 04-jun-2016 19:12
-----------------------------	--------	----------------------------

**Prova Principal**

**13 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

**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

132	933	Catarina Daniela Carvalho Freitas	Heartbreaker	Senior Feminino	02:43:49	+01:10:05	12:36
133	932	Ana Catarina Silva Rodrigues	Heartbreaker	Senior Feminino	02:43:51	+01:10:07	12:36
134	853	Janete Rodrigues	Farroncos Papa KM	Senior Feminino	02:44:19	+01:10:35	12:38
135	917	Mafalda Duro	geofriends	Senior Feminino	02:46:36	+01:12:52	12:49
136	557	Isabel Martins Pereira	AteaoFim	Senior Feminino	02:46:52	+01:13:08	12:50
137	919	Valeria Neves	geofriends	Senior Feminino	02:47:11	+01:13:27	12:52
138	555	Albertina Maria Gomes de Sousa	AteaoFim	Senior Feminino	02:47:49	+01:14:05	12:55
139	931	Adriana Filipa Silva Xavier	Heartbreaker	Senior Feminino	02:47:54	+01:14:10	12:55
140	935	Liliana Patricia Pereira Dias	Heartbreaker	Senior Feminino	02:48:08	+01:14:24	12:56
141	710	MARIA HELENA ALVES GOMES FERNANDES	Clube de Montanhismo de Braga	Senior Feminino	02:48:10	+01:14:26	12:56
142	941	Helena Catarina Loureiro Fertuzinhos	Individual	Senior Feminino	02:48:10	+01:14:26	12:56
143	1082	Ana Rita da Cunha Azevedo	Power Team	Senior Feminino	02:48:24	+01:14:40	12:57
144	1191	Angela Jesus	Somos +Q6	Senior Feminino	02:49:09	+01:15:25	13:01
145	1193	Carla Barbosa	Somos +Q6	Senior Feminino	02:49:09	+01:15:25	13:01
146	1197	Eduarda Lamela Martins	Somos +Q6	Senior Feminino	02:49:09	+01:15:25	13:01
147	1148	Sara Monteiro	Pro Energy Team	Senior Feminino	02:49:20	+01:15:36	13:02
148	848	Raquel Sousa	FALCÕES	Senior Feminino	02:49:30	+01:15:46	13:02
149	850	sara isabel ferreira de almeida	FALCÕES	Senior Feminino	02:49:35	+01:15:51	13:03
150	849	Sandra Carina Carvalho	FALCÕES	Senior Feminino	02:49:41	+01:15:57	13:03
151	847	Ana Magalhães	FALCÕES	Senior Feminino	02:49:52	+01:16:08	13:04
152	1014	Sara Lima	MONSUL TEAM	Senior Feminino	02:52:09	+01:18:25	13:15
153	1103	Sónia Daniela Paredes Rodrigues	Power Team	Senior Feminino	02:54:09	+01:20:25	13:24
154	1085	Carina Costa	Power Team	Senior Feminino	02:54:12	+01:20:28	13:24
155	724	Daniela Gonçalves	CrossFit Famalicão	Senior Feminino	02:54:17	+01:20:33	13:24
156	856	Patricia Santos	Farroncos Papa KM	Senior Feminino	02:54:36	+01:20:52	13:26
157	1228	Sofia pereira	SWATcamp	Senior Feminino	02:56:52	+01:23:08	13:36
158	1226	Marlene freitas	SWATcamp	Senior Feminino	02:56:53	+01:23:09	13:36
159	1227	Natália Teixeira Ribeiro	SWATcamp	Senior Feminino	02:56:53	+01:23:09	13:36
160	1225	Ana Catarina Melo Moreira	SWATcamp	Senior Feminino	02:56:54	+01:23:10	13:36
161	888	Paula Moura	FitMafia	Senior Feminino	02:57:01	+01:23:17	13:37
162	1201	Helena Manuela Ferreira	Somos +Q6	Senior Feminino	02:57:03	+01:23:19	13:37
163	1202	Joana Lamela Martins	Somos +Q6	Senior Feminino	02:57:03	+01:23:19	13:37
164	1198	Filipa Freitas Gonçalves	Somos +Q6	Senior Feminino	02:57:04	+01:23:20	13:37
165	1199	Francisca Lamela Martins	Somos +Q6	Senior Feminino	02:57:04	+01:23:20	13:37
166	1203	Juliana Fernandes Ferreira	Somos +Q6	Senior Feminino	02:57:04	+01:23:20	13:37
167	1206	Maria José Martins	Somos +Q6	Senior Feminino	02:57:04	+01:23:20	13:37
168	1196	Claudia Macedo	Somos +Q6	Senior Feminino	02:57:05	+01:23:21	13:37
169	1081	Alzira Macedo	Power Team	Senior Feminino	02:57:28	+01:23:44	13:39
170	879	Flor Guimarães Pereira	FitMafia	Senior Feminino	02:57:35	+01:23:51	13:40
171	1067	Sandra Barbosa	Os Improváveis	Senior Feminino	02:57:45	+01:24:01	13:40
172	1063	Isabel Rocha	Os Improváveis	Senior Feminino	02:57:45	+01:24:01	13:40
173	1065	Maria do Céu Gomes	Os Improváveis	Senior Feminino	02:57:46	+01:24:02	13:40
174	1086	Carolina Fernandes	Power Team	Senior Feminino	02:57:49	+01:24:05	13:41
175	1095	Patrícia Faustino	Power Team	Senior Feminino	02:58:54	+01:25:10	13:46
176	1184	Mariana Ferreira de Carvalho	Run Mud'Funkers	Senior Feminino	02:58:55	+01:25:11	13:46
177	1183	Joana Filipa de Araujo Fernandes	Run Mud'Funkers	Senior Feminino	02:58:56	+01:25:12	13:46

**Prova Principal**
**13 KM**
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION
**OFFICIAL RESULT**
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

178	1013	Daniela Carvalho	MONSUL TEAM	Senior Feminino	02:59:48	+01:26:04	13:50
179	1098	Raquel Barros Silva	Power Team	Senior Feminino	02:59:53	+01:26:09	13:50
180	1084	AURORA MARGARIDA RODRIGUES VEIGA	Power Team	Senior Feminino	02:59:54	+01:26:10	13:50
181	618	Carina Filipa Carvalho Rodrigues	BestasSelvagens	Senior Feminino	03:00:36	+01:26:52	13:54
182	624	Sandra Caravana Oliveira da Silva	BestasSelvagens	Senior Feminino	03:00:44	+01:27:00	13:54
183	759	Juliana Gonçalves	CrossFit OPO	Senior Feminino	03:00:56	+01:27:12	13:55
184	760	Patricia Madureira	CrossFit OPO	Senior Feminino	03:00:57	+01:27:13	13:55
185	758	Cátia Gonçalves	CrossFit OPO	Senior Feminino	03:00:57	+01:27:13	13:55
186	757	Ana Pereira	CrossFit OPO	Senior Feminino	03:00:57	+01:27:13	13:55
187	616	Anabela Costa	BestasSelvagens	Senior Feminino	03:01:16	+01:27:32	13:57
188	617	Anabela de Sá Gomes	BestasSelvagens	Senior Feminino	03:01:16	+01:27:32	13:57
189	511	Cristina Gonçalves	100 destino	Senior Feminino	03:01:31	+01:27:47	13:58
190	614	Ana Isabel Ferreira Peixoto	BestasSelvagens	Senior Feminino	03:02:09	+01:28:25	14:01
191	915	Cátia Palma	geofriends	Senior Feminino	03:03:42	+01:29:58	14:08
192	1245	Joana Barros	Team Workout 48	Senior Feminino	03:04:07	+01:30:23	14:10
193	1243	Florinda Fernandes	Team Workout 48	Senior Feminino	03:04:07	+01:30:23	14:10
194	1242	Eliana Pereira	Team Workout 48	Senior Feminino	03:04:07	+01:30:23	14:10
195	1244	Helena Lamas	Team Workout 48	Senior Feminino	03:04:07	+01:30:23	14:10
196	1248	Yésica Santos	Team Workout 48	Senior Feminino	03:04:08	+01:30:24	14:10
197	1241	Cristina Sousa	Team Workout 48	Senior Feminino	03:04:08	+01:30:24	14:10
198	1240	Ana Luisa Sousa Ferreira	Team Workout 48	Senior Feminino	03:04:08	+01:30:24	14:10
199	1246	Juliana Cerqueira	Team Workout 48	Senior Feminino	03:04:08	+01:30:24	14:10
200	1247	Vera Domingues	Team Workout 48	Senior Feminino	03:04:09	+01:30:25	14:10
201	560	Paula Cristina Ferreira Silva	AteaoFim	Senior Feminino	03:05:12	+01:31:28	14:15
202	559	Maria do Carmo Carvalho Ferreira	AteaoFim	Senior Feminino	03:05:14	+01:31:30	14:15
203	829	Liliana Soraia Arantes Antunes	CVP - Delegação de Amares	Senior Feminino	03:05:33	+01:31:49	14:16
204	830	Sónia Alexandra dias Brás	CVP - Delegação de Amares	Senior Feminino	03:05:33	+01:31:49	14:16
205	828	Liliana Carina teixeira Gomes	CVP - Delegação de Amares	Senior Feminino	03:05:33	+01:31:49	14:16
206	1305	Filipa Daniela da Silva Mesquita	Individual	Senior Feminino	03:06:21	+01:32:37	14:20
207	1304	Cristiana Maria Oliveira de Sá	Individual	Senior Feminino	03:06:23	+01:32:39	14:20
208	1096	Paula Landeira	Power Team	Senior Feminino	03:06:55	+01:33:11	14:23
209	1099	Renata Martins	Power Team	Senior Feminino	03:06:56	+01:33:12	14:23
210	531	Daniela Cerqueira da Cunha	4ever young	Senior Feminino	03:07:14	+01:33:30	14:24
211	532	Joana Gil Martins Viana	4ever young	Senior Feminino	03:07:14	+01:33:30	14:24
212	534	Lisa Isabel Machado	4ever young	Senior Feminino	03:07:14	+01:33:30	14:24
213	530	Anabela Duarte Rodrigues	4ever young	Senior Feminino	03:07:16	+01:33:32	14:24
214	556	Cristiana Braga Correia	AteaoFim	Senior Feminino	03:07:50	+01:34:06	14:27
215	561	Susana Vidal Pereira	AteaoFim	Senior Feminino	03:07:51	+01:34:07	14:27
216	558	Jorge Miguel Fernandes Cruz	AteaoFim	Senior Feminino	03:07:51	+01:34:07	14:27
217	1097	Paula Silva	Power Team	Senior Feminino	03:09:45	+01:36:01	14:36
218	1101	Sandra Fernandes	Power Team	Senior Feminino	03:09:50	+01:36:06	14:36
219	1140	Elisabete Azevedo	Pro Energy Team	Senior Feminino	03:10:53	+01:37:09	14:41
220	1257	Céu Cordeiro	Trailletra	Senior Feminino	03:12:07	+01:38:23	14:47
221	1258	Clara Medeiros	Trailletra	Senior Feminino	03:12:07	+01:38:23	14:47
222	1260	Marta Ferreira	Trailletra	Senior Feminino	03:12:07	+01:38:23	14:47
223	1256	Carla Vidigal	Trailletra	Senior Feminino	03:12:07	+01:38:23	14:47

**Prova Principal**

**13 KM**

**OFFICIAL RESULT**

224	1255	Antonieta Moura	Trailletra	Senior Feminino	03:12:07	+01:38:23	14:47
225	1259	Maria Lebreiro	Trailletra	Senior Feminino	03:12:07	+01:38:23	14:47
226	1254	Anabela Mota	Trailletra	Senior Feminino	03:12:08	+01:38:24	14:47
227	1147	Rita Barros	Pro Energy Team	Senior Feminino	03:12:54	+01:39:10	14:50
228	1144	Márcia Brandão	Pro Energy Team	Senior Feminino	03:13:03	+01:39:19	14:51
229	728	Helena Alves	CrossFit Famalicão	Senior Feminino	03:14:30	+01:40:46	14:58
230	726	Emily Gatefoin	CrossFit Famalicão	Senior Feminino	03:14:33	+01:40:49	14:58
231	727	Filipa Fernades	CrossFit Famalicão	Senior Feminino	03:14:33	+01:40:49	14:58
232	733	Rita Azevedo	CrossFit Famalicão	Senior Feminino	03:14:36	+01:40:52	14:58
233	722	Cristiana Costa	CrossFit Famalicão	Senior Feminino	03:14:36	+01:40:52	14:58
234	720	Catarina Freitas	CrossFit Famalicão	Senior Feminino	03:14:37	+01:40:53	14:58
235	730	Ju Oliveira	CrossFit Famalicão	Senior Feminino	03:14:38	+01:40:54	14:58
236	721	Cristiana Carmo	CrossFit Famalicão	Senior Feminino	03:14:38	+01:40:54	14:58
237	731	Liba Pontes	CrossFit Famalicão	Senior Feminino	03:14:40	+01:40:56	14:58
238	719	Ana João Moreira	CrossFit Famalicão	Senior Feminino	03:14:42	+01:40:58	14:59
239	1104	Telma Almeida	Power Team	Senior Feminino	03:14:51	+01:41:07	14:59
240	1092	Márcia Silva	Power Team	Senior Feminino	03:15:08	+01:41:24	15:01
241	1089	Cláudia Silva	Power Team	Senior Feminino	03:15:09	+01:41:25	15:01
242	723	Cristina Ferreira	CrossFit Famalicão	Senior Feminino	03:15:27	+01:41:43	15:02
243	732	Lúcia Carneiro	CrossFit Famalicão	Senior Feminino	03:15:28	+01:41:44	15:02
244	725	Elsa Cunha	CrossFit Famalicão	Senior Feminino	03:15:31	+01:41:47	15:02
245	567	Sandra Faria	Aventureiros	Senior Feminino	03:15:35	+01:41:51	15:03
246	679	Silvia Azevedo Machado	Bukan- Krav Maga	Senior Feminino	03:15:54	+01:42:10	15:04
247	673	Ana Bárbara Pontes da Silva Frade	Bukan- Krav Maga	Senior Feminino	03:15:54	+01:42:10	15:04
248	674	Ana Oliveira	Bukan- Krav Maga	Senior Feminino	03:15:54	+01:42:10	15:04
249	672	Alcina de Lurdes Cordeiro Borralho	Bukan- Krav Maga	Senior Feminino	03:15:54	+01:42:10	15:04
250	678	Sara Isabel Braga da Siva	Bukan- Krav Maga	Senior Feminino	03:15:54	+01:42:10	15:04
251	658	Mariana Barros	Borrachos	Senior Feminino	03:17:42	+01:43:58	15:12
252	660	Nathalie Azevedo	Borrachos	Senior Feminino	03:17:43	+01:43:59	15:13
253	656	Margarida Gonçalves	Borrachos	Senior Feminino	03:17:43	+01:43:59	15:13
254	655	Diana Oliveira	Borrachos	Senior Feminino	03:17:43	+01:43:59	15:13
255	657	Maria Amélia da Silva Vieira	Borrachos	Senior Feminino	03:17:43	+01:43:59	15:13
256	661	Patricia Oliveira	Borrachos	Senior Feminino	03:17:44	+01:44:00	15:13
257	659	Marina Barbosa	Borrachos	Senior Feminino	03:17:48	+01:44:04	15:13
258	884	Mafalda Dantas Gomes	FitMafia	Senior Feminino	03:18:07	+01:44:23	15:14
259	875	Diana Almeida	FitMafia	Senior Feminino	03:18:08	+01:44:24	15:14
260	1030	fatima moreira	ninja team	Senior Feminino	03:19:50	+01:46:06	15:22
261	1038	marlene soares	ninja team	Senior Feminino	03:19:50	+01:46:06	15:22
262	1039	patricia ramoa	ninja team	Senior Feminino	03:19:51	+01:46:07	15:22
263	1032	ilda lixa	ninja team	Senior Feminino	03:19:51	+01:46:07	15:22
264	1029	emilia santos	ninja team	Senior Feminino	03:19:52	+01:46:08	15:22
265	1031	filipa pereira	ninja team	Senior Feminino	03:19:52	+01:46:08	15:22
266	1042	silvia maciel	ninja team	Senior Feminino	03:19:53	+01:46:09	15:23
267	1040	paula gomes	ninja team	Senior Feminino	03:19:53	+01:46:09	15:23
268	1036	marcia santos	ninja team	Senior Feminino	03:19:54	+01:46:10	15:23
269	1027	anabela carvalho	ninja team	Senior Feminino	03:19:55	+01:46:11	15:23

Official Timekeeper: Lap2Go	6 / 18	generate 04-jun-2016 19:12
-----------------------------	--------	----------------------------



**Prova Principal**

**13 KM**

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

**OFFICIAL RESULT**

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

270	1028	eliana sousa	ninja team	Senior Feminino	03:19:55	+01:46:11	15:23
271	1035	lurdes marques	ninja team	Senior Feminino	03:19:57	+01:46:13	15:23
272	677	Matilde Pinheiro Rodrigues Ortigão Delgado	Bukan- Krav Maga	Senior Feminino	03:20:29	+01:46:45	15:25
273	675	Ana Sofia de Macedo Parente	Bukan- Krav Maga	Senior Feminino	03:20:29	+01:46:45	15:25
274	937	Adriana Rosa Pereira Moreira	Individual	Senior Feminino	03:21:03	+01:47:19	15:28
275	938	Cátia Sofia Freitas Gonçalves	Individual	Senior Feminino	03:22:20	+01:48:36	15:34
276	512	Sabrina Gonçalves	100 destino	Senior Feminino	03:25:17	+01:51:33	15:47
277	510	Antonieta Nunes	100 destino	Senior Feminino	03:25:17	+01:51:33	15:47
278	918	Marcia Ferreira	geofriends	Senior Feminino	03:26:29	+01:52:45	15:53
279	916	Cristiana Pereira	geofriends	Senior Feminino	03:26:29	+01:52:45	15:53
280	676	Carolina Vieira Araújo	Bukan- Krav Maga	Senior Feminino	03:27:02	+01:53:18	15:56
281	596	Petra Vanessa Gouveia Gomes	BEST FITNESS PLACE	Senior Feminino	03:27:39	+01:53:55	15:58
282	592	Joana Raquel Amaral	BEST FITNESS PLACE	Senior Feminino	03:27:40	+01:53:56	15:58
283	595	MARLENE LOPES DUARTE	BEST FITNESS PLACE	Senior Feminino	03:27:41	+01:53:57	15:59
284	979	Marisa Martins	LOvFIT	Senior Feminino	03:29:35	+01:55:51	16:07
285	976	Carla Alexandra Castro Silva	LOvFIT	Senior Feminino	03:29:36	+01:55:52	16:07
286	978	Inês fernandes	LOvFIT	Senior Feminino	03:29:37	+01:55:53	16:07
287	984	Teresa Fernades	LOvFIT	Senior Feminino	03:29:37	+01:55:53	16:07
288	980	Marta Magalhaes	LOvFIT	Senior Feminino	03:29:37	+01:55:53	16:07
289	982	Silveria Pinto	LOvFIT	Senior Feminino	03:29:37	+01:55:53	16:07
290	975	Andreia Alexandra Ferreira Cardoso	LOvFIT	Senior Feminino	03:29:37	+01:55:53	16:08
291	977	Cristina Ribeiro	LOvFIT	Senior Feminino	03:29:38	+01:55:54	16:08
292	985	Zita Silva	LOvFIT	Senior Feminino	03:29:38	+01:55:54	16:08
293	973	Alea Ferreira	LOvFIT	Senior Feminino	03:29:39	+01:55:55	16:08
294	974	Alice Silva	LOvFIT	Senior Feminino	03:29:39	+01:55:55	16:08
295	645	Helena Martins	BK UNITED	Senior Feminino	03:32:14	+01:58:30	16:20
296	644	Flávia Martins	BK UNITED	Senior Feminino	03:32:14	+01:58:30	16:20
297	646	Marisa Jesus Fernandes Carvalho	BK UNITED	Senior Feminino	03:32:14	+01:58:30	16:20
298	643	Ana Paula Silva Fernandes	BK UNITED	Senior Feminino	03:32:15	+01:58:31	16:20
299	535	Márcia Isabel Gonçalves Barroso	4ever young	Senior Feminino	03:33:30	+01:59:46	16:25
300	529	Alexandra Cataina Dias Alves	4ever young	Senior Feminino	03:34:16	+02:00:32	16:29
301	533	Laura Maria Carvalho Barros	4ever young	Senior Feminino	03:34:17	+02:00:33	16:29
302	537	Rosana Maria Antunes Vale	4ever young	Senior Feminino	03:34:58	+02:01:14	16:32
303	891	Sandra Pinheiro	FitMafia	Senior Feminino	03:35:42	+02:01:58	16:36
304	889	Raquel Mariani	FitMafia	Senior Feminino	03:35:45	+02:02:01	16:36
305	876	Fátima Dias	FitMafia	Senior Feminino	03:35:45	+02:02:01	16:36
306	878	Fernanda Teixeira	FitMafia	Senior Feminino	03:35:45	+02:02:01	16:36
307	883	Liliana Cardoso	FitMafia	Senior Feminino	03:35:46	+02:02:02	16:36
308	886	Mónica Matos	FitMafia	Senior Feminino	03:35:48	+02:02:04	16:36
309	887	Olinda Sousa	FitMafia	Senior Feminino	03:35:48	+02:02:04	16:36
310	881	Herminia Silva	FitMafia	Senior Feminino	03:35:50	+02:02:06	16:36
311	882	Joana Casimiro	FitMafia	Senior Feminino	03:35:50	+02:02:06	16:36
312	11	Alexandra Teixeira	Academia Best Club	Senior Feminino	03:38:44	+02:05:00	16:50
313	25	Rute Pinto	Academia Best Club	Senior Feminino	03:39:52	+02:06:08	16:55
314	14	Claudia ferraz	Academia Best Club	Senior Feminino	03:40:23	+02:06:39	16:57

**Prova Principal**

**13 KM**

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

**OFFICIAL RESULT**

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

**Senior Masculino**

1	53	Ricardo Alberto Pereira Amorim do Rego	B.T.M.	Senior Masculino	01:03:53	04:55
2	64	Amândio Antunes	Individual	Senior Masculino	01:03:53	04:55
3	50	FRANCISCO JOSE COSTA FERNANDES	B.T.M.	Senior Masculino	01:10:59	+07:06 05:28
4	71	Pedro Machado	Pro Energy Team	Senior Masculino	01:12:28	+08:35 05:34
5	966	ANTÓNIO MARTINS	Lebres	Senior Masculino	01:17:51	+13:58 05:59
6	789	Felisberto Arcipreste	CrossFit Vale do Ave	Senior Masculino	01:20:27	+16:34 06:11
7	806	Romeu Pereira	CrossFit Vale do Ave	Senior Masculino	01:20:28	+16:35 06:11
8	637	Rui Cardoso	BestasSelvagens	Senior Masculino	01:21:36	+17:43 06:17
9	45	ANDRE LOUREIRO	B.T.M.	Senior Masculino	01:22:00	+18:07 06:18
10	605	José Vitor Vieira Furtado	BEST FITNESS PLACE	Senior Masculino	01:22:01	+18:08 06:19
11	608	Nuno Daniel Marçal Barros	BEST FITNESS PLACE	Senior Masculino	01:22:07	+18:14 06:19
12	640	Rui Miguel Lopes Taveira	BestasSelvagens	Senior Masculino	01:22:11	+18:18 06:19
13	1114	Ivo Ribeiro	Power Team	Senior Masculino	01:22:21	+18:28 06:20
14	47	EDGAR COSTA	B.T.M.	Senior Masculino	01:22:22	+18:29 06:20
15	836	Filipe Manuel Amorim da Silva	CVP - Delegação de Amare	Senior Masculino	01:22:55	+19:02 06:23
16	599	CESAR AUGUSTO VIEIRA ANTUNES	BEST FITNESS PLACE	Senior Masculino	01:23:21	+19:28 06:25
17	687	Emanuel Barbosa Malheiro	Bukan- Krav Maga	Senior Masculino	01:23:53	+20:00 06:27
18	809	Rui Torres	CrossFit Vale do Ave	Senior Masculino	01:24:05	+20:12 06:28
19	602	EDUARDO EMANUEL ANDRADE FARIA	BEST FITNESS PLACE	Senior Masculino	01:24:11	+20:18 06:29
20	1161	Ludovic Marques	Pro Energy Team	Senior Masculino	01:24:27	+20:34 06:30
21	61	João Morais	FALCÕES	Senior Masculino	01:24:35	+20:42 06:30
22	1168	Vitor Cardoso	Pro Energy Team	Senior Masculino	01:24:39	+20:46 06:31
23	54	SERGIO FERNANDES	B.T.M.	Senior Masculino	01:24:45	+20:52 06:31
24	967	EMANUEL ROCHA	Lebres	Senior Masculino	01:26:38	+22:45 06:40
25	839	Micael José xavier Lopes	CVP - Delegação de Amare	Senior Masculino	01:26:42	+22:49 06:40
26	831	António Manuel pereira da silva	CVP - Delegação de Amare	Senior Masculino	01:26:48	+22:55 06:41
27	1164	Rui Fernandes	Pro Energy Team	Senior Masculino	01:26:50	+22:57 06:41
28	69	Bruno Sousa	OCR Portugal	Senior Masculino	01:27:10	+23:17 06:42
29	59	Diogo miguel mendes ribeiro	FALCÕES	Senior Masculino	01:27:14	+23:21 06:43
30	28	Andre Lopes	Academia Best Club	Senior Masculino	01:27:14	+23:21 06:43
31	603	GONÇALO RIBEIRO DIAS	BEST FITNESS PLACE	Senior Masculino	01:27:18	+23:25 06:43
32	639	Rui Filipe Mota Bastos	BestasSelvagens	Senior Masculino	01:27:56	+24:03 06:46
33	1155	Duarte Domingues	Pro Energy Team	Senior Masculino	01:27:58	+24:05 06:46
34	1267	Benjamim Cruz	Vespas	Senior Masculino	01:28:14	+24:21 06:47
35	1268	Hélder Matos	Vespas	Senior Masculino	01:28:14	+24:21 06:47
36	1137	Sérgio Manuel Pereira Rodrigues	Power Team	Senior Masculino	01:28:18	+24:25 06:48
37	55	VITOR GOMES	B.T.M.	Senior Masculino	01:28:50	+24:57 06:50
38	1126	Marco Veloso	Power Team	Senior Masculino	01:29:06	+25:13 06:51
39	29	Fabio Almeida	Academia Best Club	Senior Masculino	01:29:19	+25:26 06:52
40	517	Helder Rafael Machado da Cunha	100 destino	Senior Masculino	01:30:07	+26:14 06:56
41	790	Fernando Barradas	CrossFit Vale do Ave	Senior Masculino	01:30:22	+26:29 06:57

Official Timekeeper: Lap2Go	8 / 18	generate 04-jun-2016 19:12
-----------------------------	--------	----------------------------

**Prova Principal**

**13 KM**

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

**OFFICIAL RESULT**

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

42	788	Daniel Silva	CrossFit Vale do Ave	Senior Masculino	01:30:23	+26:30	06:57
43	815	Tiago José Alves Martins	CrossFit Vale do Ave	Senior Masculino	01:30:29	+26:36	06:58
44	612	RICARDO MANUEL SILVA MATOS	BEST FITNESS PLACE	Senior Masculino	01:30:40	+26:47	06:58
45	922	Cláudio Silva	geofriends	Senior Masculino	01:30:49	+26:56	06:59
46	542	Miguel Alexandre Barbosa Pereira	4ever young	Senior Masculino	01:31:00	+27:07	07:00
47	1150	André Brandão	Pro Energy Team	Senior Masculino	01:31:44	+27:51	07:03
48	968	MIGUEL DOMINGUES	Lebres	Senior Masculino	01:31:57	+28:04	07:04
49	604	JORGE MIGUEL DA SILVA NASCIMENTO	BEST FITNESS PLACE	Senior Masculino	01:32:05	+28:12	07:05
50	66	Rui Miguel Durães Campos	Individual	Senior Masculino	01:32:05	+28:12	07:05
51	1160	Pedro Daniel Gonçalves Antunes	Pro Energy Team	Senior Masculino	01:32:10	+28:17	07:05
52	921	Bruno Costa	geofriends	Senior Masculino	01:32:13	+28:20	07:06
53	63	Ricardo Alves	FALCÕES	Senior Masculino	01:32:14	+28:21	07:06
54	924	Ivo Carvalho	geofriends	Senior Masculino	01:32:23	+28:30	07:06
55	65	Nuno Martins	OCR Portugal	Senior Masculino	01:32:25	+28:32	07:07
56	37	ricardi silva	Academia Best Club	Senior Masculino	01:32:34	+28:41	07:07
57	671	Vítor Jorge Ribeiro Machado	Borrachos	Senior Masculino	01:32:34	+28:41	07:07
58	601	Eduardo André Faria Mendes	BEST FITNESS PLACE	Senior Masculino	01:32:34	+28:41	07:07
59	56	Vítor Manuel Faria Ramalho	B.T.M.	Senior Masculino	01:33:09	+29:16	07:10
60	762	André Oliveira	CrossFit OPO	Senior Masculino	01:33:24	+29:31	07:11
61	58	Tiago Silva	FALCÕES	Senior Masculino	01:33:48	+29:55	07:13
62	1127	Miguel Gomes	Power Team	Senior Masculino	01:33:53	+30:00	07:13
63	44	ANDRE AMORIM	B.T.M.	Senior Masculino	01:33:58	+30:05	07:14
64	841	Reny Manuel Vilela Xavier	CVP - Delegação de Amare	Senior Masculino	01:34:05	+30:12	07:14
65	60	Hugo Marcos	FALCÕES	Senior Masculino	01:34:21	+30:28	07:15
66	1219	Morten Kroger	Somos +Q6	Senior Masculino	01:34:25	+30:32	07:16
67	1222	Rui Evandro Gomes de Almeida	Somos +Q6	Senior Masculino	01:34:28	+30:35	07:16
68	920	António Araújo	geofriends	Senior Masculino	01:34:44	+30:51	07:17
69	1217	José Manuel Braga Ferreira	Somos +Q6	Senior Masculino	01:35:00	+31:07	07:18
70	946	AGOSTINHO DOMINGOS BRANDAO CUNHA	Individual	Senior Masculino	01:35:43	+31:50	07:22
71	1307	Carlos Ferreira	Individual	Senior Masculino	01:36:46	+32:53	07:27
72	694	Mário João Almeida Leitão Teixeira	Bukan- Krav Maga	Senior Masculino	01:37:02	+33:09	07:28
73	1215	HELDER MANUEL GUIMARAES ALVES	Somos +Q6	Senior Masculino	01:37:19	+33:26	07:29
74	1138	António Micael Costa	Pro Energy Team	Senior Masculino	01:37:33	+33:40	07:30
75	753	Simão Crespo	CrossFit Famalicão	Senior Masculino	01:37:38	+33:45	07:31
76	613	VITOR MANUEL PEREIRA SILVA	BEST FITNESS PLACE	Senior Masculino	01:38:34	+34:41	07:35
77	34	Nuno Lopes	Academia Best Club	Senior Masculino	01:38:39	+34:46	07:35
78	814	Simão Martins	CrossFit Vale do Ave	Senior Masculino	01:38:52	+34:59	07:36
79	1152	André Fernandes Vasconcelos	Pro Energy Team	Senior Masculino	01:39:09	+35:16	07:38
80	70	Ricardo Peixe	OCR Portugal	Senior Masculino	01:39:23	+35:30	07:39
81	947	António Fins	Individual	Senior Masculino	01:41:28	+37:35	07:48
82	575	RICARDO ROCHA	B.T.M.	Senior Masculino	01:41:41	+37:48	07:49
83	833	Edgar José costa machado	CVP - Delegação de Amare	Senior Masculino	01:41:50	+37:57	07:50
84	840	Pedro António Gomes brandão	CVP - Delegação de Amare	Senior Masculino	01:41:50	+37:57	07:50
85	1159	Ismael Vieira	Pro Energy Team	Senior Masculino	01:41:54	+38:01	07:50

**Prova Principal**
**13 KM**
**OFFICIAL RESULT**

86	925	Ricardo Mina	geofriends	Senior Masculino	01:42:39	+38:46	07:54
87	923	David Torres	geofriends	Senior Masculino	01:42:40	+38:47	07:54
88	30	joao nunes	Academia Best Club	Senior Masculino	01:42:51	+38:58	07:55
89	1185	João Pedro de Carvalho Paredes	Run Mud'Funkers	Senior Masculino	01:42:51	+38:58	07:55
90	1187	André Gonçalves Rodrigues	Soldados Lusos	Senior Masculino	01:42:58	+39:05	07:55
91	57	DAVID BRANDÃO PINHEIRO	BEST FITNESS PLACE	Senior Masculino	01:43:33	+39:40	07:58
92	1151	André Fernandes	Pro Energy Team	Senior Masculino	01:43:46	+39:53	07:59
93	845	Diogo Gomes	DNR	Senior Masculino	01:44:05	+40:12	08:00
94	744	Libório Silva	CrossFit Famalicão	Senior Masculino	01:44:16	+40:23	08:01
95	802	Rafael Monteiro da Silva	CrossFit Vale do Ave	Senior Masculino	01:44:29	+40:36	08:02
96	62	José Silva	FALCÕES	Senior Masculino	01:44:38	+40:45	08:03
97	1188	Miguel de Barros Carvalho	Soldados Lusos	Senior Masculino	01:44:53	+41:00	08:04
98	1189	Manuel Joaquim Loureiro	Soldados Lusos	Senior Masculino	01:45:29	+41:36	08:07
99	688	João Duarte Pereira de Sousa	Bukan- Krav Maga	Senior Masculino	01:45:56	+42:03	08:09
100	803	Ricardo dos santos	CrossFit Vale do Ave	Senior Masculino	01:46:09	+42:16	08:10
101	1071	Joel Antunes	Os Improváveis	Senior Masculino	01:46:16	+42:23	08:10
102	1309	Ricardo Ribeiro Rodrigues	Individual	Senior Masculino	01:46:17	+42:24	08:11
103	1308	Dan Gregory	Individual	Senior Masculino	01:46:18	+42:25	08:11
104	851	Tiago Silva	FALCÕES	Senior Masculino	01:46:27	+42:34	08:11
105	680	ABEL ANTONIO SOARES PINHEIRO	Bukan- Krav Maga	Senior Masculino	01:46:30	+42:37	08:12
106	39	rui alferes	Academia Best Club	Senior Masculino	01:46:34	+42:41	08:12
107	894	Alberto Martins	FitMafia	Senior Masculino	01:46:53	+43:00	08:13
108	907	Nuno Teixeira	FitMafia	Senior Masculino	01:46:53	+43:00	08:13
109	751	Rui Meira	CrossFit Famalicão	Senior Masculino	01:47:17	+43:24	08:15
110	1286	Fernando Artur Menezes Silva	why not'US?	Senior Masculino	01:47:27	+43:34	08:16
111	1291	José Domingues de Sousa Almeida	why not'US?	Senior Masculino	01:47:28	+43:35	08:16
112	738	João Couto	CrossFit Famalicão	Senior Masculino	01:47:31	+43:38	08:16
113	36	pedro balreia	Academia Best Club	Senior Masculino	01:47:44	+43:51	08:17
114	795	Joaquim Jorge Ferreira da Silva	CrossFit Vale do Ave	Senior Masculino	01:48:02	+44:09	08:19
115	611	Ricardo Manuel Arantes Silva	BEST FITNESS PLACE	Senior Masculino	01:48:06	+44:13	08:19
116	1216	João Pedro Castro	Somos +Q6	Senior Masculino	01:48:10	+44:17	08:19
117	1223	Vitor Manuel Machado Marques	Somos +Q6	Senior Masculino	01:48:21	+44:28	08:20
118	1069	Bruno Batista	Os Improváveis	Senior Masculino	01:48:31	+44:38	08:21
119	1214	Hélder Barbosa	Somos +Q6	Senior Masculino	01:48:40	+44:47	08:22
120	1132	Paulo Gonçalves	Power Team	Senior Masculino	01:48:46	+44:53	08:22
121	40	Sergio Almeida	Academia Best Club	Senior Masculino	01:49:06	+45:13	08:24
122	49	FABIO PINTO	B.T.M.	Senior Masculino	01:49:16	+45:23	08:24
123	51	JOAO OLIVEIRA	B.T.M.	Senior Masculino	01:49:16	+45:23	08:24
124	811	Sandro Oliveira	CrossFit Vale do Ave	Senior Masculino	01:49:18	+45:25	08:24
125	548	Joel Pedro Ferreira Moreira	5.7 CROSSFIT	Senior Masculino	01:49:18	+45:25	08:24
126	600	DANIEL SILVA GONÇALVES	BEST FITNESS PLACE	Senior Masculino	01:49:19	+45:26	08:25
127	551	Marcos Costa Pinto	5.7 CROSSFIT	Senior Masculino	01:49:21	+45:28	08:25
128	554	Pedro Alberto Dos Santos Silva	5.7 CROSSFIT	Senior Masculino	01:49:26	+45:33	08:25
129	552	Miguel Ângelo Figueiredo Gomes	5.7 CROSSFIT	Senior Masculino	01:49:38	+45:45	08:26
130	652	Manuel Alexandre Coelho Sousa	BK UNITED	Senior Masculino	01:50:12	+46:19	08:29
131	549	Luís Cristiano Machado Da Costa	5.7 CROSSFIT	Senior Masculino	01:50:12	+46:19	08:29

**Prova Principal**

**13 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  
**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 - LAP2GO - TIMING SOLUTION

132	553	Paulo Alexandre Fernandes De Almeida	5.7 CROSSFIT	Senior Masculino	01:50:16	+46:23	08:29
133	807	Ruben Araújo	CrossFit Vale do Ave	Senior Masculino	01:50:40	+46:47	08:31
134	1210	Clemente José Macedo de Sá Pereira	Somos +Q6	Senior Masculino	01:51:18	+47:25	08:34
135	1295	Ricardo Carvalho Rocha	why not'US?	Senior Masculino	01:51:19	+47:26	08:34
136	798	Nelson Pereira	CrossFit Vale do Ave	Senior Masculino	01:51:35	+47:42	08:35
137	951	Carlos Rafael Peixoto Coelho	Individual	Senior Masculino	01:52:19	+48:26	08:38
138	929	Óscar Magôlo	Ginasius Team	Senior Masculino	01:52:23	+48:30	08:39
139	928	Gil Sousa	Ginasius Team	Senior Masculino	01:52:23	+48:30	08:39
140	930	Tiago Fernando da Silva Pinto	Ginasius Team	Senior Masculino	01:52:30	+48:37	08:39
141	950	Carlos Marques	Individual	Senior Masculino	01:52:53	+49:00	08:41
142	1218	Luís Queirós	Somos +Q6	Senior Masculino	01:52:56	+49:03	08:41
143	1213	Gerson Manuel Soares Lemos	Somos +Q6	Senior Masculino	01:52:57	+49:04	08:41
144	1121	José Pinto	Power Team	Senior Masculino	01:53:08	+49:15	08:42
145	1165	Tiago Oliveira	Pro Energy Team	Senior Masculino	01:53:15	+49:22	08:43
146	813	Silverio Alberto	CrossFit Vale do Ave	Senior Masculino	01:53:43	+49:50	08:45
147	1118	Jorge Manuel Sousa Foz	Power Team	Senior Masculino	01:53:44	+49:51	08:45
148	1131	Paulo Fernandes	Power Team	Senior Masculino	01:55:34	+51:41	08:53
149	574	DANIEL ARAUJO	B.T.M.	Senior Masculino	01:55:50	+51:57	08:55
150	1220	Nuno Miguel Machado Marques	Somos +Q6	Senior Masculino	01:55:55	+52:02	08:55
151	550	Marco Victoriano Paredes	5.7 CROSSFIT	Senior Masculino	01:56:43	+52:50	08:59
152	541	Manuel Joaquim Ribeiro Barroso	4ever young	Senior Masculino	01:56:49	+52:56	08:59
153	812	Sérgio Silva	CrossFit Vale do Ave	Senior Masculino	01:56:52	+52:59	08:59
154	1289	Jacinto Manuel Brandão Moreira	why not'US?	Senior Masculino	01:57:09	+53:16	09:01
155	1283	Adriano Cesar da Silva Vieira Castro	why not'US?	Senior Masculino	01:57:09	+53:16	09:01
156	1288	Hugo Miguel Neves Rocha	why not'US?	Senior Masculino	01:57:09	+53:16	09:01
157	32	jose silva	Academia Best Club	Senior Masculino	01:57:20	+53:27	09:02
158	52	JOSE CUNHA	B.T.M.	Senior Masculino	01:58:22	+54:29	09:06
159	1108	Carlos Manuel Abreu Rodrigues	Power Team	Senior Masculino	01:59:00	+55:07	09:09
160	1105	Américo Mendes Rosário	Power Team	Senior Masculino	01:59:01	+55:08	09:09
161	872	Rodolfo Silva	Farroncos Papa KM	Senior Masculino	01:59:08	+55:15	09:10
162	1074	Rui Marques	Os Improváveis	Senior Masculino	01:59:21	+55:28	09:11
163	1109	Diogo Victoriano	Power Team	Senior Masculino	02:00:02	+56:09	09:14
164	706	Miguel Silva	CHALLENGE FORCE	Senior Masculino	02:00:55	+57:02	09:18
165	573	BRUNO SANTOS	B.T.M.	Senior Masculino	02:00:59	+57:06	09:18
166	703	Carlos Araújo	CHALLENGE FORCE	Senior Masculino	02:01:09	+57:16	09:19
167	704	Carlos Samagaio	CHALLENGE FORCE	Senior Masculino	02:01:10	+57:17	09:19
168	506	Luis Miguel Morais Carvalho	10 Tomates e 3 Papaias	Senior Masculino	02:01:19	+57:26	09:20
169	504	António Alves Abreu	10 Tomates e 3 Papaias	Senior Masculino	02:01:25	+57:32	09:20
170	610	RICARDO EMANUEL ALVES DE OLIVEIRA	BEST FITNESS PLACE	Senior Masculino	02:01:38	+57:45	09:21
171	1169	Vitor Marçal	Pro Energy Team	Senior Masculino	02:01:44	+57:51	09:22
172	1284	Anselmo José Martins Calais	why not'US?	Senior Masculino	02:01:58	+58:05	09:23
173	521	André Freitas	3ª EIR PRT	Senior Masculino	02:01:59	+58:06	09:23
174	526	Raúl Silva	3ª EIR PRT	Senior Masculino	02:01:59	+58:06	09:23
175	520	Alfredo Pereira	3ª EIR PRT	Senior Masculino	02:01:59	+58:06	09:23
176	523	Élio Tavares	3ª EIR PRT	Senior Masculino	02:01:59	+58:06	09:23
177	527	Ricardo Marques	3ª EIR PRT	Senior Masculino	02:02:00	+58:07	09:23

## Prova Principal

**13 KM**

### OFFICIAL RESULT

178	1166	Tiago Pereira	Pro Energy Team	Senior Masculino	02:02:02	+58:09	09:23
179	684	Armando Jesus Sousa Costa	Bukan- Krav Maga	Senior Masculino	02:02:09	+58:16	09:24
180	609	Olivier Jean Baptiste Marcel Thevenin	BEST FITNESS PLACE	Senior Masculino	02:02:10	+58:17	09:24
181	690	José Diogo Almeida Leitão Teixeira	Bukan- Krav Maga	Senior Masculino	02:02:11	+58:18	09:24
182	1116	João Morais	Power Team	Senior Masculino	02:02:32	+58:39	09:26
183	785	Álvaro José Pereira Couto	CrossFit Vale do Ave	Senior Masculino	02:02:33	+58:40	09:26
184	868	Nelson França	Farroncos Papa KM	Senior Masculino	02:02:45	+58:52	09:27
185	1158	Hugo Veloso	Pro Energy Team	Senior Masculino	02:03:02	+59:09	09:28
186	1294	Ricardo André Almeida da Rocha	why not'US?	Senior Masculino	02:04:17	+01:00:24	09:34
187	606	LUIS CARVALHO	BEST FITNESS PLACE	Senior Masculino	02:05:15	+01:01:22	09:38
188	1209	Carlos Alexandre Correia Neves	Somos +Q6	Senior Masculino	02:05:15	+01:01:22	09:38
189	1072	Paulo Rocha	Os Improváveis	Senior Masculino	02:06:03	+01:02:10	09:42
190	27	americo leite	Academia Best Club	Senior Masculino	02:06:20	+01:02:27	09:43
191	958	Pedro Rego	Individual	Senior Masculino	02:06:26	+01:02:33	09:44
192	649	Diamantino Carvalho	BK UNITED	Senior Masculino	02:06:30	+01:02:37	09:44
193	650	Luis Rafael Fernandes Araújo	BK UNITED	Senior Masculino	02:06:39	+01:02:46	09:45
194	1134	pedro hugo da cruz cunha pinto	Power Team	Senior Masculino	02:06:43	+01:02:50	09:45
195	654	Miguel duarte	BK UNITED	Senior Masculino	02:06:44	+01:02:51	09:45
196	832	Daniel agostinho Tinoco gonçalves	CVP - Delegação de Amares	Senior Masculino	02:06:55	+01:03:02	09:46
197	695	Paulo Jorge de Sousa Parente	Bukan- Krav Maga	Senior Masculino	02:06:58	+01:03:05	09:46
198	904	Miguel Ribeiro	FitMafia	Senior Masculino	02:07:02	+01:03:09	09:46
199	906	Nuno Silva	FitMafia	Senior Masculino	02:07:03	+01:03:10	09:46
200	902	Leandro Oliveira	FitMafia	Senior Masculino	02:07:09	+01:03:16	09:47
201	1124	Marco Alves	Power Team	Senior Masculino	02:07:10	+01:03:17	09:47
202	1111	Francisco Morais	Power Team	Senior Masculino	02:07:13	+01:03:20	09:47
203	693	Marcelino Vieira	Bukan- Krav Maga	Senior Masculino	02:07:27	+01:03:34	09:48
204	805	Ricardo Oliveira	CrossFit Vale do Ave	Senior Masculino	02:07:34	+01:03:41	09:49
205	1061	Nuno Dias	Ninja Team	Senior Masculino	02:07:37	+01:03:44	09:49
206	1058	Gustavo Veloso	Ninja Team	Senior Masculino	02:07:37	+01:03:44	09:49
207	1059	Joel Silva	Ninja Team	Senior Masculino	02:07:39	+01:03:46	09:49
208	651	Luis Rafael Sousa	BK UNITED	Senior Masculino	02:07:44	+01:03:51	09:50
209	35	NUNO SILVA	Academia Best Club	Senior Masculino	02:07:55	+01:04:02	09:50
210	31	JOEL MARQUES	Academia Best Club	Senior Masculino	02:08:02	+01:04:09	09:51
211	1156	Edgar Faria	Pro Energy Team	Senior Masculino	02:08:07	+01:04:14	09:51
212	1149	Acácio André Pereira Fernandes	Pro Energy Team	Senior Masculino	02:08:07	+01:04:14	09:51
213	1212	Fernando Afonso Almeida da Silva	Somos +Q6	Senior Masculino	02:08:25	+01:04:32	09:53
214	638	Rui Ferreira	BestasSelvagens	Senior Masculino	02:09:02	+01:05:09	09:56
215	633	Luis Miguel Silva Almendra	BestasSelvagens	Senior Masculino	02:09:02	+01:05:09	09:56
216	635	Ricardo Jorge Ferreira Saraiva	BestasSelvagens	Senior Masculino	02:09:02	+01:05:09	09:56
217	524	Jordão Quintãos	3ª EIR PRT	Senior Masculino	02:09:52	+01:05:59	09:59
218	962	Tiago Emanuel Macedo Azevedo	Individual	Senior Masculino	02:10:37	+01:06:44	10:03
219	898	João Pereira	FitMafia	Senior Masculino	02:11:07	+01:07:14	10:05
220	1285	David Fernandes da Rocha	why not'US?	Senior Masculino	02:11:10	+01:07:17	10:05
221	961	Rui Alberto Alves da Cruz	Individual	Senior Masculino	02:11:28	+01:07:35	10:07
222	1287	George Júnior Gomes	why not'US?	Senior Masculino	02:11:34	+01:07:41	10:07
223	786	Andre Couto	CrossFit Vale do Ave	Senior Masculino	02:11:43	+01:07:50	10:08



**Prova Principal**
**13 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
**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 - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

270	794	Hugo Alberto Macedo Guimarães	CrossFit Vale do Ave	Senior Masculino	02:26:38	+01:22:45	11:17
271	871	Ricardo Santos	Farroncos Papa KM	Senior Masculino	02:27:15	+01:23:22	11:20
272	867	Luis Pereira	Farroncos Papa KM	Senior Masculino	02:27:41	+01:23:48	11:22
273	949	Bruno Gonçalves	Individual	Senior Masculino	02:28:07	+01:24:14	11:24
274	627	Antonio Eugenio Teixeira Batista	BestasSelvagens	Senior Masculino	02:29:42	+01:25:49	11:31
275	1302	FRANCISCO COSTA	CrossFit Vale do Ave	Senior Masculino	02:30:10	+01:26:17	11:33
276	796	José Filipe Ferreira Coelho	CrossFit Vale do Ave	Senior Masculino	02:30:32	+01:26:39	11:35
277	1173	Pedro Resende	Recos	Senior Masculino	02:30:39	+01:26:46	11:35
278	1170	Carlos Viamonte	Recos	Senior Masculino	02:30:40	+01:26:47	11:35
279	959	Ricardo João Silva Lopes	Individual	Senior Masculino	02:30:48	+01:26:55	11:36
280	33	Miguel Viterbo	Academia Best Club	Senior Masculino	02:30:55	+01:27:02	11:37
281	1133	Paulo Jorge Almeida Gomes	Power Team	Senior Masculino	02:31:10	+01:27:17	11:38
282	628	Bruno Aragão Henriques	BestasSelvagens	Senior Masculino	02:31:15	+01:27:22	11:38
283	636	Rui André Gomes Pinto	BestasSelvagens	Senior Masculino	02:31:21	+01:27:28	11:39
284	1079	Jorge Machado	Os Santa Apolónia	Senior Masculino	02:31:39	+01:27:46	11:40
285	1026	Sérgio Bastos	Neiva Runners	Senior Masculino	02:31:55	+01:28:02	11:41
286	1023	Nuno Araújo	Neiva Runners	Senior Masculino	02:31:55	+01:28:02	11:41
287	1025	Sérgio Araújo	Neiva Runners	Senior Masculino	02:31:55	+01:28:02	11:41
288	1021	Adolfo Araújo	Neiva Runners	Senior Masculino	02:31:55	+01:28:02	11:41
289	1024	Paulo Martins	Neiva Runners	Senior Masculino	02:31:57	+01:28:04	11:41
290	1022	Augusto Rodrigues	Neiva Runners	Senior Masculino	02:31:57	+01:28:04	11:41
291	1125	Marco Conceição	Power Team	Senior Masculino	02:32:41	+01:28:48	11:45
292	508	Vasco Henrique Mendes Pedrosa e Silva Nascimento	10 Tomates e 3 Papaias	Senior Masculino	02:33:21	+01:29:28	11:48
293	505	Carlos Eduardo Rodrigues de Sousa	10 Tomates e 3 Papaias	Senior Masculino	02:33:26	+01:29:33	11:48
294	1172	Pedro Pereira	Recos	Senior Masculino	02:33:57	+01:30:04	11:51
295	1182	Paulo Martins	Rookies	Senior Masculino	02:34:01	+01:30:08	11:51
296	1179	Cláudio Costeira	Rookies	Senior Masculino	02:34:01	+01:30:08	11:51
297	1181	Manuel Ribeiro	Rookies	Senior Masculino	02:34:02	+01:30:09	11:51
298	1180	Francisco Carvalho	Rookies	Senior Masculino	02:34:02	+01:30:09	11:51
299	1178	César Andrade	Rookies	Senior Masculino	02:34:02	+01:30:09	11:51
300	38	Ruben Verissimo	Academia Best Club	Senior Masculino	02:34:29	+01:30:36	11:53
301	970	João Pedro da Silva Dias	Los Casanuevas	Senior Masculino	02:35:58	+01:32:05	12:00
302	969	André Filipe Fernandes Maciel	Los Casanuevas	Senior Masculino	02:35:58	+01:32:05	12:00
303	971	Pedro Miguel Gomes Pereira	Los Casanuevas	Senior Masculino	02:35:58	+01:32:05	12:00
304	972	Tiago Maciel	Los Casanuevas	Senior Masculino	02:35:59	+01:32:06	12:00
305	1060	Marco Caldas	Ninja Team	Senior Masculino	02:36:32	+01:32:39	12:02
306	862	Francisco Matos	Farroncos Papa KM	Senior Masculino	02:36:49	+01:32:56	12:04
307	1233	Filipe Pereira	SWATcamp	Senior Masculino	02:37:19	+01:33:26	12:06
308	1229	António Joaquim Pereira	SWATcamp	Senior Masculino	02:37:25	+01:33:32	12:07
309	1115	João Andrade	Power Team	Senior Masculino	02:37:26	+01:33:33	12:07
310	1110	Flávio São João	Power Team	Senior Masculino	02:37:26	+01:33:33	12:07
311	1107	Bruno Miguel da Silva Ferreira	Power Team	Senior Masculino	02:37:26	+01:33:33	12:07
312	870	Pedro Correia	Farroncos Papa KM	Senior Masculino	02:37:42	+01:33:49	12:08
313	865	JOÃO MATOS	Farroncos Papa KM	Senior Masculino	02:37:42	+01:33:49	12:08
314	1276	Carlos Machado	VianaFriends	Senior Masculino	02:38:08	+01:34:15	12:10
315	911	Nuno Jorge Gomes de Araújo	fitpeople	Senior Masculino	02:39:53	+01:36:00	12:18













