3ª Corrida dos Gambuzinos 2016

Pombal

02-julho-2016

PROVA PRINCIPAL - STAGE 1 — 4,95 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	22:00	31ºC	45%
End	23:25	31ºC	45%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	31	Mário Fonseca	cdc navais	Veterano M35	19:26		03:56
2	489	Nuno Gonçalves	srjardoeira/runcrosstrail.com	Veterano M35	21:14	+01:48	04:17
3	23	Carlos Alves	atlético clube vermoil	Sub 20 Masculino	21:15	+01:50	04:18
4	488	João Pascoal	srjardoeira/runcrosstrail.com	Senior Masculino	21:20	+01:54	04:19
5	41	Nuno Dias	clube de atletismo da barreira	Veterano M35	21:23	+01:57	04:19
6	28	Nelson Ferreira	atlético clube vermoil	Veterano M35	21:45	+02:19	04:24
7	267	António Ferreira	individual	Veterano M35	22:47	+03:22	04:36
8	19	Amilcar Brito	atlético clube vermoil	Senior Masculino	22:48	+03:22	04:36
9	338	João Pedro Marques Gonçalves	lama solta	Senior Masculino	22:50	+03:25	04:37
10	487	Emmanuel Mendes	srjardoeira/runcrosstrail.com	Senior Masculino	23:03	+03:38	04:40
11	150	Pedro Capela	grupo alegre unido bajouca	Veterano M35	23:07	+03:41	04:40
12	147	José Gonçalves	grupo alegre unido bajouca	Veterano M35	23:09	+03:43	04:41
13	27	José Santos	atlético clube vermoil	Veterano M35	23:11	+03:46	04:41
14	490	Rui Cruz	srjardoeira/runcrosstrail.com	Veterano M35	23:20	+03:55	04:43
15	42	Rui Roberto	clube de atletismo da barreira	Veterano M35	23:27	+04:02	04:44
16	148	Otelo Pereira	grupo alegre unido bajouca	Veterano M35	23:28	+04:03	04:45
17	26	Joaquim Quitério	atlético clube vermoil	Veterano M35	23:34	+04:09	04:46
18	9	GONÇALO SANTOS	animais do quênia	Senior Masculino	23:42	+04:17	04:47
19	346	Hugo Horta	leiria marcha atlètica	Veterano M35	23:50	+04:25	04:49
20	236	Vitor Esteves	individual	Senior Masculino	23:51	+04:25	04:49
21	8	Ricardo Ventura Ferreira Lopes	acrm silveirinha claras	Senior Masculino	23:57	+04:31	04:50
22	244	Bruno Neves	individual	Sub 20 Masculino	23:57	+04:32	04:50
23	392	Jorge Claro	o ultimo vai a pe team	Veterano M35	24:00	+04:34	04:51
24	108	Henrique Fernandes	fonte nova runners	Senior Masculino	24:08	+04:43	04:53
25	141	Tiago Pedrosa	grupo alegre unido bajouca	Senior Masculino	24:25	+04:59	04:56
26	226	Patrício Martins	individual	Senior Masculino	24:27	+05:01	04:56
27	124	João Pedro Ferreira Fernandes	gim running team	Senior Masculino	24:27	+05:02	04:56
28	331	Pedro Barros Roberto	juventude vidigalense	Sub 20 Masculino	24:29	+05:03	04:57
29	290	João Pedro de Oliveira Rodrigues	individual	Veterano M35	24:31	+05:06	04:57
30	343	Pedro Miguel Serra Santos	lama solta	Senior Masculino	24:32	+05:06	04:57
31	138	Fábio Gomes	grupo alegre unido bajouca	Senior Masculino	24:33	+05:07	04:58
32	139	Micael Rodrigues	grupo alegre unido bajouca	Senior Masculino	24:40	+05:15	04:59
33	347	Jorge Henriques	lourival bike team	Senior Masculino	24:47	+05:22	05:01
34	428	Diogo Nunes	pulse - movement factory	Senior Masculino	24:53	+05:28	05:02
35	145	António Fernandes	grupo alegre unido bajouca	Veterano M35	24:58	+05:33	05:03
36	151	Pedro Pedrosa	grupo alegre unido bajouca	Veterano M35	25:03	+05:38	05:04
37	385	David Jesus	nuno portugal	Veterano M35	25:04	+05:38	05:04
38	320	Wilson Subtil	individual	Veterano M35	25:16	+05:51	05:06
39	90	JONI CORREIA	dream team	Senior Masculino	25:17	+05:51	05:06
40	422	José Ramalho	pombal.g.runners	Veterano M35	25:17	+05:52	05:07
41	314	Pedro Miguel Silva Carlos	individual	Veterano M35	25:19	+05:53	05:07
42	475	Vitor João Carpalhoso	slow runners pombal	Senior Masculino	25:19	+05:53	05:07

PROVA PRINCIPAL - STAGE 1 4,95 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
43	116	Ricardo Lavos Oliveira	gambuzios	Senior Masculino	25:19	+05:54	05:07
44	217	José Pedro Moreira Ribeiro da Mota	individual	Senior Masculino	25:20	+05:54	05:07
45	37	Daniel Lourenço	clube de atletismo da barreira	Veterano M35	25:21	+05:55	05:07
46	497	Pedro Manso	team fffer	Veterano M35	25:23	+05:57	05:08
47	130	João Sintra Marques	gim running team	Veterano M35	25:25	+06:00	05:08
48	29	José Antunes	bombeiros de ansião	Veterano M35	25:27	+06:02	05:09
49	38	Germano Capela	clube de atletismo da barreira	Veterano M35	25:29	+06:03	05:09
50	92	RAFAEL GONÇALVES	dream team	Senior Masculino	25:34	+06:08	05:10
51	342	Nuno Neves	lama solta	Senior Masculino	25:34	+06:08	05:10
52	96	Albano Silva	ergoecran	Veterano M35	25:36	+06:11	05:10
53	494	Gastão Sousa	team fffer	Veterano M35	25:43	+06:17	05:12
54	486	Elsa Andrade	srjardoeira/runcrosstrail.com	Senior Feminino	25:44	+06:18	05:12
55	77	Helder José Gomes Martins	cscrf charneca	Senior Masculino	25:45	+06:19	05:12
56	368	MARCO ROSA	ndap	Veterano M35	25:47	+06:21	05:13
57	144	André Fernandes	grupo alegre unido bajouca	Veterano M35	25:48	+06:23	05:13
58	384	Arsenio Santos	nuno portugal	Veterano M35	25:48	+06:23	05:13
59	480	Leonardo José Rodrigues Araújo	slow runners pombal	Veterano M35	25:49	+06:23	05:13
60	211	Gil Domingues Ribeiro	individual	Senior Masculino	25:52	+06:27	05:14
61	110	Nuno Ferreira	fonte nova runners	Veterano M35	25:53	+06:27	05:14
62	63	Guilherme Gaspar	crossfit pombal	Sub 20 Masculino	25:55	+06:30	05:14
63	395	Filipe Alexandre Pinto Silva	oito pés	Senior Masculino	25:58	+06:32	05:15
64	220	Marco Pimenta	individual	Senior Masculino	26:02	+06:37	05:16
65	225	Nuno Miguel Silva Coutinho	individual	Senior Masculino	26:07	+06:41	05:17
66	140	Pedro Ribeiro	grupo alegre unido bajouca	Senior Masculino	26:09	+06:43	05:17
67	419	João Moderno	pombal.g.runners	Senior Masculino	26:14	+06:48	05:18
68	198	Bruno Caetano	individual	Senior Masculino	26:14	+06:48	05:18
69	246	Samuel Antunes Nogueira	individual	Sub 20 Masculino	26:16	+06:50	05:18
70	440	Fernando Neves Estrela	pulse - movement factory	Veterano M35	26:18	+06:52	05:19
71	307	Nuno Rosa	individual	Veterano M35	26:19	+06:53	05:19
72	95	Thierry Conceição	ergoecran	Senior Masculino	26:21	+06:56	05:20
73	7	João Pedro da Silva Dâmaso	acrm silveirinha claras	Senior Masculino	26:28	+07:03	05:21
74	491	Daniel Santos	tartarugas velozes	Senior Masculino	26:29	+07:03	05:21
75	301	Luiz António de Souza Ferreira	individual	Veterano M35	26:29	+07:04	05:21
76	277	Eduardo de Jesus Mendes	individual	Veterano M35	26:29	+07:04	05:21
77	56	Pedro Silva	crossfit pombal	Senior Masculino	26:30	+07:05	05:21
78	222	Miguel Lopes Costa	individual	Senior Masculino	26:33	+07:08	05:22
79	278	emidio jorge gonçalves alves	individual	Veterano M35	26:39	+07:14	05:23
80	57	Rafael Silva	crossfit pombal	Senior Masculino	26:41	+07:16	05:24
81	311	Pedro Fernandes	individual	Veterano M35	26:42	+07:16	05:24
82	458	Hugo Gaspar	sago team	Sub 20 Masculino	26:42	+07:17	05:24
83	318	Tomás Da Silva	individual	Veterano M35	26:42	+07:17	05:24
84	416	Daniel Pereira	pombal.g.runners	Senior Masculino	26:43	+07:18	05:24
85	22	Manuela Martins	atlético clube vermoil	Sub 20 Feminino	26:47	+07:21	05:25
86	17	Ana Matias	atlético clube vermoil	Senior Feminino	26:47	+07:21	05:25
87	131	José António da Cruz Silveirinha	gim running team	Veterano M35	26:49	+07:24	05:25

PROVA PRINCIPAL - STAGE 1 4,95 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
88	243	André Mendes	individual	Sub 20 Masculino	26:52	+07:26	05:26
89	455	João Santos	rocket team	Veterano M35	26:54	+07:29	05:26
90	123	Cristóvão Leal Couto	gim running team	Senior Masculino	26:55	+07:30	05:26
91	294	José Carlos Martins	individual	Veterano M35	26:58	+07:32	05:27
92	70	Paulo Gomes	crossfit pombal	Veterano M35	26:58	+07:33	05:27
93	279	Fernando Neves	individual	Veterano M35	26:59	+07:33	05:27
94	11	XAVIER SOUSA	animais do quênia	Senior Masculino	27:10	+07:44	05:29
95	287	Humberto Duarte	individual	Veterano M35	27:12	+07:47	05:30
96	215	João Pedro Silva Gaspar	individual	Senior Masculino	27:13	+07:48	05:30
97	296	Lino Manuel Marques Albano	individual	Veterano M35	27:14	+07:48	05:30
98	431	João Carlos Santos Cardoso	pulse - movement factory	Senior Masculino	27:15	+07:49	05:30
99	382	Sergio Santos	nuno portugal	Senior Masculino	27:16	+07:50	05:31
100	127	Pedro Afonso Pedrosa dos Santos	gim running team	Sub 20 Masculino	27:18	+07:52	05:31
101	270	António Manuel Ferreira Mendes	individual	Veterano M35	27:19	+07:53	05:31
102	299	Luis Filipe Silva Rodrigues	individual	Veterano M35	27:22	+07:57	05:32
103	152	Rafael Cabecinhas	grupo alegre unido bajouca	Veterano M35	27:24	+07:59	05:32
104	32	Vitor Nelson Esteves Torres da Silva	cerveira team running - clube celtas do minho	Veterano M35	27:25	+07:59	05:32
105	517	Ricardo Gonçalves	fonte nova runners	Senior Masculino	27:25	+08:00	05:33
106	403	henrique fernandes lavaredas	os amigos da corrida	Veterano M35	27:26	+08:00	05:33
107	78	Nicolau Cravo Ferreira	cscrf charneca	Senior Masculino	27:28	+08:02	05:33
108	231	Sérgio Alexandre dias Fernandes	individual	Senior Masculino	27:28	+08:02	05:33
109	74	Alexandre rafael Costa Lourenço	cscrf charneca	Senior Masculino	27:32	+08:06	05:34
110	135	Daniela Cordeiro	grupo alegre unido bajouca	Senior Feminino	27:32	+08:07	05:34
111	300	luis manuel dos santos silva	individual	Veterano M35	27:36	+08:10	05:35
112	129	Fernando da Silva Parracho	gim running team	Veterano M35	27:37	+08:12	05:35
113	84	Pedro Miguel Lopes Vieira	cscrf charneca	Veterano M35	27:38	+08:12	05:35
114	25	Eugénio Mendes	atlético clube vermoil	Veterano M35	27:39	+08:13	05:35
115	274	Daniel	individual	Veterano M35	27:39	+08:13	05:35
116	340	Luís Oliveira	lama solta	Senior Masculino	27:39	+08:14	05:35
117	81	Luís Fernando Rocha das Neves	cscrf charneca	Veterano M35	27:40	+08:14	05:35
118	417	Diogo Mendes	pombal.g.runners	Senior Masculino	27:42	+08:16	05:36
119	285	Henrique Ferreira dos Santos	individual	Veterano M35	27:42	+08:16	05:36
120	55	Mickael Freire	crossfit pombal	Senior Masculino	27:44	+08:18	05:36
121	67	Fernando Ferreira	crossfit pombal	Veterano M35	27:47	+08:22	05:37
122	381	HEBER PIRES	nuno portugal	Senior Masculino	27:52	+08:27	05:38
123	43	LILIANA NEVES	clube veteranos do lis- leiria	Veterana F35	27:53	+08:28	05:38
124	94	Pedro Fernandes	ergoecran	Senior Masculino	28:03	+08:37	05:40
125	302	Miguel Ferreira	individual	Veterano M35	28:03	+08:37	05:40
126	30	Vitor Santos	bombeiros de ansião	Veterano M35	28:08	+08:42	05:41
127	237	WILSON GONÇALVES RODRIGUES	individual	Senior Masculino	28:10	+08:44	05:41
128	293	JOSÉ ARMANDINO RODRIGUES CARVALHO	individual	Veterano M35	28:13	+08:48	05:42
129	479	Joao Pedro Monteiro	slow runners pombal	Veterano M35	28:15	+08:49	05:42
130	499	Nuno Rosa	team pipoca	Veterano M35	28:16	+08:51	05:43
131	154	Virgílio Alberto	grupo alegre unido bajouca	Veterano M35	28:18	+08:53	05:43

PROVA PRINCIPAL - STAGE 1 4,95 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
132	496	Pedro Boia	team fffer	Veterano M35	28:19	+08:53	05:43
133	89	IVO CORREIA	dream team	Senior Masculino	28:20	+08:54	05:44
134	349	José Maçarria	maresia - bar	Veterano M35	28:20	+08:55	05:44
135	386	Nuno Pascoal	nuno portugal	Veterano M35	28:21	+08:55	05:44
136	350	Nuno Duarte Domingues	maresia - bar	Veterano M35	28:21	+08:55	05:44
137	210	Frederico Grilo	individual	Senior Masculino	28:24	+08:58	05:44
138	304	NELSON SILVA LOPES	individual	Veterano M35	28:26	+09:00	05:45
139	327	Rodrigo Paulo	joão paulo	Senior Masculino	28:27	+09:01	05:45
140	482	Pedro Pimpão	slow runners pombal	Veterano M35	28:32	+09:06	05:46
141	336	Eduardo Neves	lama solta	Senior Masculino	28:37	+09:12	05:47
142	308	Paulo Freire	individual	Veterano M35	28:38	+09:12	05:47
143	432	Luis Filipe Rodrigues da Silva	pulse - movement factory	Senior Masculino	28:38	+09:12	05:47
144	506	João Pedro Martins Gonçalves	ultras acdc	Sub 20 Masculino	28:38	+09:13	05:47
145	427	Aléxis Rato Costa	pulgas team	Senior Masculino	28:40	+09:15	05:48
146	316	Rui Miguel Ferreira Nunes	individual	Veterano M35	28:48	+09:22	05:49
147	288	Ilidio Manuel Freitas Dos Santos	individual	Veterano M35	28:48	+09:22	05:49
148	112	Rui Neves	gambuzinos pó saco	Senior Masculino	28:51	+09:26	05:50
149	337	Isidro Fernandes	lama solta	Senior Masculino	28:51	+09:26	05:50
150	219	LINO EMANUEL SIMÕES SANTOS	individual	Senior Masculino	28:54	+09:29	05:50
151	109	Joao Ferreira	fonte nova runners	Senior Masculino	28:55	+09:29	05:51
152	72	Filipe Cruz	cruzes	Sub 20 Masculino	28:55	+09:30	05:51
153	483	Pedro Neves	slowmotion	Senior Masculino	28:55	+09:30	05:51
154	271	armenio jesus	individual	Veterano M35	28:56	+09:30	05:51
155	484	Rui Correia	slowmotion	Senior Masculino	28:56	+09:31	05:51
156	516	Pedro Miguel Mendes	individual	Senior Masculino	28:56	+09:31	05:51
157	439	David Miguel Mota Lopes	pulse - movement factory	Veterano M35	29:04	+09:38	05:52
158	421	Carlos Nogueira	pombal.g.runners	Veterano M35	29:05	+09:40	05:53
159	113	Ilidio da Silva Santos	gambuzios	Senior Masculino	29:08	+09:43	05:53
160	203	Cedrico Pedrosa Marques Moderno	individual	Senior Masculino	29:16	+09:50	05:55
161	195	Alexandre Pedrosa Leal	individual	Senior Masculino	29:17	+09:51	05:55
162	146	Jorge Silva	grupo alegre unido bajouca	Veterano M35	29:19	+09:53	05:55
163	121	Tânia Filipa Agostinho Ferreira	gim running team	Senior Feminino	29:19	+09:54	05:56
164	341	Marco Murgeiro	lama solta	Senior Masculino	29:23	+09:57	05:56
165	306	Nuno Moreira	individual	Veterano M35	29:23	+09:58	05:56
166	481	Pedro Moreira	slow runners pombal	Veterano M35	29:24	+09:58	05:56
167	429	Jhonny Pereira	pulse - movement factory	Senior Masculino	29:25	+10:00	05:57
168	12	Daniela Matinho	as pitbulls	Senior Feminino	29:28	+10:02	05:57
169	268	António Gomes	individual	Veterano M35	29:28	+10:03	05:57
170	133	Manuel António Rodrigues dos Santos	gim running team	Veterano M35	29:29	+10:03	05:57
171	196	Andre Costa Ponte Ferreira	individual	Senior Masculino	29:30	+10:04	05:58
172	75	ANDRÉ RAFAEL DA COSTA LOPES	cscrf charneca	Senior Masculino	29:32	+10:07	05:58
173	136	Sofia Soares	grupo alegre unido bajouca	Senior Feminino	29:34	+10:09	05:59
174	111	Rúben Baeta	gambuzinos pó saco	Senior Masculino	29:35	+10:09	05:59
175	295	José Miguel Santos	individual	Veterano M35	29:37	+10:12	05:59
176	418	Henrique Faria	pombal.g.runners	Senior Masculino	29:38	+10:13	05:59

PROVA PRINCIPAL - STAGE 1 4,95 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
177	189	Rita Pereira Gonçalves	individual	Senior Feminino	29:39	+10:13	05:59
178	339	Luis Carlos Sintra Marques	lama solta	Senior Masculino	29:44	+10:19	06:01
179	34	Cármen Silva	clube de atletismo da barreira	Veterana F35	29:49	+10:23	06:01
180	118	Carina Domingues Gaspar	gim running team	Senior Feminino	29:49	+10:24	06:02
181	404	João Rebelo	os gambuscos	Senior Masculino	29:51	+10:25	06:02
182	100	Blandina Lourenço	flechas bike running	Veterana F35	29:55	+10:30	06:03
183	502	PAULA MADEIRA	uap	Senior Feminino	29:55	+10:30	06:03
184	224	Nicolau Santos Ferreira	individual	Senior Masculino	29:56	+10:31	06:03
185	456	Nelson Matias	rocket team	Veterano M35	29:57	+10:31	06:03
186	212	Gil Miguel Ferreira Fernandes	individual	Senior Masculino	29:57	+10:32	06:03
187	24	Alfredo Santos	atlético clube vermoil	Veterano M35	29:59	+10:34	06:04
188	213	Gonçalo da Silva Bregieiro	individual	Senior Masculino	30:03	+10:37	06:04
189	149	Pedro Cabecinhas	grupo alegre unido bajouca	Veterano M35	30:03	+10:38	06:04
190	216	Jonny Martins Neves	individual	Senior Masculino	30:05	+10:39	06:05
191	513	HUMBERTO CARLOS PEDROSA MARQUES	urbangare	Veterano M35	30:10	+10:44	06:06
192	289	joao marco domingues gomes	individual	Veterano M35	30:13	+10:48	06:06
193	101	Helder Miranda	flechas bike running	Veterano M35	30:14	+10:48	06:06
194	214	João Carlos Loio Marques	individual	Senior Masculino	30:16	+10:51	06:07
195	153	Ramiro Rodrigues	grupo alegre unido bajouca	Veterano M35	30:24	+10:58	06:09
196	50	Sara Gaspar	crossfit pombal	Senior Feminino	30:24	+10:58	06:09
197	91	MARCO PASCOAL	dream team	Senior Masculino	30:26	+11:00	06:09
198	80	Carlos António Mota Longo da Conceição	cscrf charneca	Veterano M35	30:31	+11:06	06:10
199	253	Elsa Maria Lopes Soares	individual	Veterana F35	30:42	+11:17	06:12
200	65	João Pinto	crossfit pombal	Sub 20 Masculino	30:45	+11:19	06:13
201	282	FILIPE MATIAS SANTOS	individual	Veterano M35	30:48	+11:23	06:13
202	322	João Guilherme Ferreira	j r l p	Senior Masculino	30:48	+11:23	06:13
203	321	Patrícia Marto Carreira	j r l p	Senior Feminino	30:49	+11:23	06:14
204	36	Cláudia carreira	j r l p	Senior Feminino	30:49	+11:23	06:14
205	324	Rúben Mota	j r l p	Senior Masculino	30:49	+11:24	06:14
206	86	Ricardo Jorge de Oliveira Ferreira	d+	Senior Masculino	30:50	+11:24	06:14
207	367	Aires Gomes	ndap	Veterano M35	30:53	+11:27	06:14
208	234	Tiago Duarte	individual	Senior Masculino	30:55	+11:30	06:15
209	495	João Loureiro	team fffer	Veterano M35	30:58	+11:33	06:16
210	423	Paulo Serra	pombal.g.runners	Veterano M35	31:02	+11:36	06:16
211	280	Fernando Parreira	individual	Veterano M35	31:02	+11:37	06:16
212	312	PEDRO FILIPE COSTA PEREIRA	individual	Veterano M35	31:05	+11:39	06:17
213	155	Adriana Costa	individual	Senior Feminino	31:06	+11:40	06:17
214	400	pedro miguel gonçalves lourenço	os amigos da corrida	Senior Masculino	31:07	+11:42	06:17
215	323	LUÍS Ruivo	j r l p	Senior Masculino	31:19	+11:53	06:20
216	53	João Cadete	crossfit pombal	Senior Masculino	31:22	+11:57	06:20
217	143	Rosa Henriques	grupo alegre unido bajouca	Veterana F35	31:23	+11:58	06:21
218	199	Bruno Henrique dos Santos Margato	individual	Senior Masculino	31:24	+11:58	06:21
219	411	Filipe Pedrosa	os gambuscos	Veterano M35	31:25	+12:00	06:21
220	227	Pedro Joel Silva Pedrosa	individual	Senior Masculino	31:29	+12:03	06:22

PROVA PRINCIPAL - STAGE 1 4,95 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
221	229	Renato João Canelas Pascoal	individual	Senior Masculino	31:32	+12:06	06:22
222	76	Bruno Miguel Ferreira Simões Lima	cscrf charneca	Senior Masculino	31:33	+12:08	06:23
223	284	Frederico Sismeiro	individual	Veterano M35	31:35	+12:10	06:23
224	275	Daniel Francisco Fragoso	individual	Veterano M35	31:41	+12:15	06:24
225	317	Samuel Ferraz Costa	individual	Veterano M35	31:41	+12:15	06:24
226	204	David Simoes	individual	Senior Masculino	31:43	+12:18	06:25
227	132	Lucidio das Neves Dias	gim running team	Veterano M35	31:45	+12:20	06:25
228	539	Diogo Gomes Soares	individual	Sub 20 Masculino	31:46	+12:21	06:25
229	184	Patricia Santos	individual	Senior Feminino	31:47	+12:22	06:25
230	333	Elodie Pedrosa da Costa	lama solta	Senior Feminino	31:48	+12:22	06:25
231	99	Marcos Lisboa	ergoecran	Veterano M35	31:49	+12:23	06:26
232	344	Catarina Isabel Fernandes Sintra	lama solta	Veterana F35	31:52	+12:27	06:26
233	315	Rui Avila	individual	Veterano M35	31:54	+12:28	06:27
234	286	Horácio Cândido Mendes da Costa	individual	Veterano M35	31:55	+12:30	06:27
235	247	Tiago Alexandre Costa Freire	individual	Sub 20 Masculino	31:59	+12:33	06:28
236	241	André Filipe da Costa Monteiro	individual	Sub 20 Masculino	31:59	+12:33	06:28
237	230	Ricardo Agostinho	individual	Senior Masculino	32:00	+12:34	06:28
238	351	Cristiana Lopes	minoranas	Senior Feminino	32:00	+12:34	06:28
239	335	Patrícia Marques Gonçalves	lama solta	Senior Feminino	32:02	+12:36	06:28
240	165	Cátia Gaspar Ferreira	individual	Senior Feminino	32:12	+12:46	06:30
241	510	MARCO ALEXANDRE DE SOUSA PINHEIRO	urbangare	Senior Masculino	32:21	+12:55	06:32
242	345	ANTONIO FREITAS NEVES	lama solta	Veterano M35	32:22	+12:56	06:32
243	390	Leandro Valadas	o ultimo vai a pe team	Senior Masculino	32:29	+13:04	06:34
244	261	Sara Domingues	individual	Veterana F35	32:31	+13:06	06:34
245	10	NELSON SILVA	animais do quênia	Senior Masculino	32:34	+13:09	06:35
246	97	Carlos Rodrigues	ergoecran	Veterano M35	32:36	+13:10	06:35
247	73	Nuno Cruz	cruzes	Veterano M35	32:42	+13:17	06:36
248	447	Rita Carrilho	qualquercoisa	Sub 20 Feminino	32:44	+13:18	06:37
249	161	Andreia Filipa Lopes Mendes	individual	Senior Feminino	32:44	+13:18	06:37
250	177	Luisa Areia	individual	Senior Feminino	32:45	+13:20	06:37
251	412	Frederico Jorge	os gambuscos	Veterano M35	32:47	+13:21	06:37
252	68	Luís Rosa	crossfit pombal	Veterano M35	32:48	+13:23	06:38
253	221	Micael Marcelino	individual	Senior Masculino	32:49	+13:23	06:38
254	485	Tiago Marques	slowmotion	Senior Masculino	32:49	+13:23	06:38
255	459	Samuel Gaspar	sago team	Sub 20 Masculino	32:55	+13:29	06:39
256	492	Marco Pereira	tartarugas velozes	Senior Masculino	32:57	+13:31	06:39
257	103	Jorge Silva	flechas bike running	Veterano M35	33:00	+13:35	06:40
258	425	Andréia Pires	pulgas team	Senior Feminino	33:06	+13:40	06:41
259	426	Carolina Luís	pulgas team	Senior Feminino	33:06	+13:41	06:41
260	410	Artur Pires	os gambuscos	Veterano M35	33:15	+13:50	06:43
261	194	Alex Martins Neves	individual	Senior Masculino	33:16	+13:50	06:43
262	444	Daniel Marques	qualquercoisa	Senior Masculino	33:17	+13:51	06:43
263	415	Sérgio Soares	os gambuscos	Veterano M35	33:19	+13:54	06:44
264	434	Edite Ribeiro Nunes	pulse - movement factory	Veterana F35	33:21	+13:56	06:44
265	436	Manuela Henriques	pulse - movement factory	Veterana F35	33:22	+13:56	06:45

PROVA PRINCIPAL - STAGE 1 4,95 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
266	233	Telmo Gaspar	individual	Senior Masculino	33:25	+13:59	06:45
267	355	Jorge Cunha	monte dos amigos	Senior Masculino	33:25	+14:00	06:45
268	357	Rui Carraco	monte dos amigos	Senior Masculino	33:26	+14:01	06:45
269	334	Marina Isabel Gonçalves Barroca	lama solta	Senior Feminino	33:31	+14:05	06:46
270	478	Natalia Mendes	slow runners pombal	Veterana F35	33:35	+14:09	06:47
271	48	Rita Mendes	crossfit pombal	Senior Feminino	33:39	+14:14	06:48
272	332	MARIA DO ROSARIO SANTOS BARROS	juventude vidigalense	Veterana F35	33:39	+14:14	06:48
273	117	Ana Filipa Domingues Jordão	gim running team	Senior Feminino	33:42	+14:16	06:49
274	125	Nelson Pedrosa Mota	gim running team	Senior Masculino	33:42	+14:17	06:49
275	375	Válter Alcides Henriques Alves dos Santos	night runners	Senior Masculino	33:44	+14:18	06:49
276	232	Sérgio lopes	individual	Senior Masculino	33:49	+14:23	06:50
277	352	Paulo Duarte	minoranas	Senior Masculino	33:52	+14:27	06:51
278	20	Pedro Freire	atlético clube vermoil	Senior Masculino	33:55	+14:29	06:51
279	356	Mikael Carreira	monte dos amigos	Senior Masculino	33:55	+14:29	06:51
280	512	eduardo mendes	urbangare	Veterano M35	33:58	+14:32	06:52
281	319	Vítor Manuel Matos Lourenço	individual	Veterano M35	33:58	+14:33	06:52
282	159	Andreia Alves	individual	Senior Feminino	33:59	+14:33	06:52
283	389	Marisa Bregieiro	o ultimo vai a pe team	Senior Feminino	34:04	+14:39	06:53
284	387	Daniela Pedrosa	o ultimo vai a pe team	Senior Feminino	34:06	+14:40	06:53
285	505	Fábio Costa Gonçalves	ultras acdc	Sub 20 Masculino	34:09	+14:44	06:54
286	313	Pedro Filipe da Silva Murtinho	individual	Veterano M35	34:10	+14:45	06:54
287	298	Luís Filipe Ferreira Mendes	individual	Veterano M35	34:11	+14:46	06:54
288	266	Andre Gomes	individual	Veterano M35	34:11	+14:46	06:55
289	509	ROSINDA FILOMENA BATISTA GONCALVES	urbangare	Senior Feminino	34:13	+14:48	06:55
290	21	Ana Pedrosa	atlético clube vermoil	Sub 20 Feminino	34:23	+14:57	06:57
291	445	Nuno Rito	qualquercoisa	Senior Masculino	34:23	+14:58	06:57
292	18	Cátia Nogueira	atlético clube vermoil	Senior Feminino	34:24	+14:59	06:57
293	93	Helder Mendes	ergoecran	Senior Masculino	34:27	+15:01	06:58
294	158	Ana Patricia Costa Pereira	individual	Senior Feminino	34:29	+15:03	06:58
295	126	Telmo Fernandes Ferreira	gim running team	Senior Masculino	34:30	+15:04	06:58
296	264	Virgínia Gabriel	individual	Veterana F35	34:37	+15:11	07:00
297	457	Pedro Figueiredo	rocket team	Veterano M35	34:42	+15:17	07:01
298	169	Juliana Silva Oliveira	individual	Senior Feminino	34:43	+15:17	07:01
299	200	Bruno Onofre Monteiro Araújo	individual	Senior Masculino	34:43	+15:17	07:01
300	192	Silvia Raquel Santos	individual	Senior Feminino	34:49	+15:23	07:02
301	142	Anabela Fernandes	grupo alegre unido bajouca	Veterana F35	34:50	+15:25	07:02
302	406	Ana Roma	os gambuscos	Veterana F35	34:52	+15:26	07:03
303	430	João Alexandre Canais Reis	pulse - movement factory	Senior Masculino	34:54	+15:28	07:03
304	98	Dinis Santos	ergoecran	Veterano M35	34:56	+15:30	07:03
305	303	Nelson Pedrosa	individual	Veterano M35	34:57	+15:31	07:04
306	137	Soraia Gonçalves	grupo alegre unido bajouca	Senior Feminino	34:57	+15:31	07:04
307	514	NUNO ALEXANDRE LOURO SIMOES	urbangare	Veterano M35	34:57	+15:32	07:04
308	441	João Ramos	pulse - movement factory	Veterano M35	35:05	+15:39	07:05

PROVA PRINCIPAL - STAGE 1 4,95 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
309	259	Monica Cristina Santos Pedras	individual	Veterana F35	35:08	+15:42	07:06
310	507	JOANA EDUARDA GUEDES FERREIRA MENDES	urbangare	Senior Feminino	35:08	+15:43	07:06
311	353	Daniela Carraco	monte dos amigos	Senior Feminino	35:15	+15:49	07:07
312	326	Humberto Santos	javalís do sicó	Veterano M35	35:18	+15:53	07:08
313	325	Daniel Martins Carrasqueira	javalís do sicó	Veterano M35	35:19	+15:54	07:08
314	450	Filipe Carrilho	qualquercoisa	Veterano M35	35:28	+16:03	07:10
315	114	João Carlos Gonçalves Martins	gambuzios	Senior Masculino	35:35	+16:09	07:11
316	240	Maria Franca	individual	Sub 20 Feminino	35:35	+16:10	07:11
317	309	Pedro Aires Cardoso Gomes	individual	Veterano M35	35:42	+16:17	07:13
318	257	Maria Adelaide Marques Gameiro	individual	Veterana F35	35:53	+16:28	07:15
319	414	Pedro Cordeiro	os gambuscos	Veterano M35	35:55	+16:29	07:15
320	178	Maria José Pereira dos Santos	individual	Senior Feminino	35:56	+16:30	07:16
321	54	Rita Gaspar	slow runners pombal	Veterana F35	36:03	+16:38	07:17
322	173	Lara Azambujo	individual	Senior Feminino	36:07	+16:42	07:18
323	263	Susana	individual	Veterana F35	36:07	+16:42	07:18
324	115	Marco António Rodrigues Gonçalves	gambuzios	Senior Masculino	36:09	+16:43	07:18
325	297	Luis Cavaleiro	individual	Veterano M35	36:09	+16:44	07:18
326	128	Elisabete Maria dos Santos Pedrosa	gim running team	Veterana F35	36:11	+16:45	07:19
327	168	Inês Raquel Pereira Lavos	individual	Senior Feminino	36:12	+16:46	07:19
328	361	Célia Sousa	ndap	Veterana F35	36:18	+16:53	07:20
329	360	CARLA ALMEIDA	ndap	Veterana F35	36:18	+16:53	07:20
330	260	Natalina Silva Gomes	individual	Veterana F35	36:26	+17:00	07:22
331	454	Liliana Pedrosa	rocket team	Veterana F35	36:28	+17:02	07:22
332	452	Tânia Pedrosa	rocket team	Senior Feminino	36:28	+17:03	07:22
333	83	Pascoal Duarte Oliveira	cscrf charneca	Veterano M35	36:33	+17:07	07:23
334	501	Ricardo Carrasqueira	tlc	Veterano M35	36:49	+17:24	07:26
335	500	Raquel Lourenço	tlc	Veterana F35	36:50	+17:25	07:27
336	460	Diana Pereira	samurai runners	Senior Feminino	36:56	+17:30	07:28
337	540	Gerhard Doppler	individual	Veterano M35	36:58	+17:32	07:28
338	64	Jeremy da Silva	crossfit pombal	Sub 20 Masculino	36:59	+17:33	07:28
339	176	Lúcia Ferreira	individual	Senior Feminino	37:02	+17:36	07:29
340	498	Eva Ferreira	team pipoca	Senior Feminino	37:03	+17:38	07:29
341	354	Gabriela Rodrigues	monte dos amigos	Senior Feminino	37:03	+17:38	07:29
342	469	Bruno Fernandes	simito	Senior Masculino	37:07	+17:41	07:30
343	468	Sónia Pascoal	simito	Senior Feminino	37:07	+17:42	07:30
344	174	Lídia Neto Ferreira	individual	Senior Feminino	37:10	+17:45	07:31
345	292	JORGE MIGUEL CORDEIRO DA SILVA PENACHO	individual	Veterano M35	37:11	+17:46	07:31
346	88	ELSA COSTA	dream team	Senior Feminino	37:14	+17:49	07:31
347	87	ANA SIMÕES	dream team	Senior Feminino	37:17	+17:52	07:32
348	378	Joaquim Monteiro	night runners	Veterano M35	37:22	+17:57	07:33
349	281	FILIPE GAMEIRO	individual	Veterano M35	37:24	+17:58	07:33
350	102	Henrique Silva	flechas bike running	Veterano M35	37:25	+18:00	07:34
351	465	Marisa Ferreira	scalabis night race	Senior Feminino	37:26	+18:00	07:34

PROVA PRINCIPAL - STAGE 1 4,95 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
352	424	Pedro Fernandes	pombal.g.runners	Veterano M35	37:27	+18:01	07:34
353	44	Andreia Gonçalves	crossfit pombal	Senior Feminino	37:28	+18:02	07:34
354	449	António Silvestre	qualquercoisa	Veterano M35	37:30	+18:04	07:35
355	396	Lídia Maria Pinto da Silva	oito pés	Veterana F35	37:34	+18:08	07:35
356	134	Nélia Ponte	girl power	Senior Feminino	37:35	+18:10	07:36
357	388	Eunice Pedrosa	o ultimo vai a pe team	Senior Feminino	37:37	+18:11	07:36
358	5	Rosália Maria Gameiro	a lebre e a tartaruga	Veterana F35	37:39	+18:13	07:36
359	408	Estefânia Pires	os gambuscos	Veterana F35	37:56	+18:30	07:40
360	258	Maria Cecília Mendes de oliveira	individual	Veterana F35	38:05	+18:39	07:42
361	443	Teresa Ventura	qualquercoisa	Senior Feminino	38:06	+18:41	07:42
362	442	Patrícia Rosa	qualquercoisa	Senior Feminino	38:07	+18:41	07:42
363	448	Mónica Ventura	qualquercoisa	Veterana F35	38:07	+18:41	07:42
364	186	Raquel Andreia Nunes Pereira dos Santos	individual	Senior Feminino	38:08	+18:43	07:42
365	291	João Rocha Quaresma	individual	Veterano M35	38:21	+18:55	07:45
366	60	Liliana Freire	crossfit pombal	Sub 20 Feminino	38:21	+18:55	07:45
367	374	Nuno Filipe Agostinho Carrasqueira	night runners	Senior Masculino	38:33	+19:07	07:47
368	474	Rafael Duarte Mendes	slow runners pombal	Senior Masculino	38:35	+19:10	07:48
369	249	ANA GAMEIRO	individual	Veterana F35	38:36	+19:10	07:48
370	183	NÚRIA FERREIRA	individual	Senior Feminino	38:36	+19:11	07:48
371	328	Vania João	joão paulo	Veterana F35	38:47	+19:21	07:50
372	461	Inês Pereira	samurai runners	Senior Feminino	38:57	+19:32	07:52
373	273	Cláudio André Guerreiro Pedrosa	individual	Veterano M35	38:59	+19:33	07:53
374	122	Veronica Évora Pedrosa Pereira	gim running team	Senior Feminino	39:05	+19:39	07:54
375	435	MAFALDA FERREIRA	pulse - movement factory	Veterana F35	39:13	+19:47	07:55
376	218	Julien Melo	individual	Senior Masculino	39:16	+19:50	07:56
377	187	Rita Margarida Ferreira	individual	Senior Feminino	39:22	+19:57	07:57
378	511	INES ISABEL MARQUES VENANCIO	urbangare	Veterana F35	39:23	+19:57	07:57
379	462	Melanie Domingues Custódio	samurai runners	Senior Feminino	39:28	+20:03	07:59
380	207	Fábio Mendes Domingues	individual	Senior Masculino	39:58	+20:32	08:05
381	202	Bruno Rafael Henriques Alves dos Santos	individual	Senior Masculino	40:02	+20:36	08:05
382	106	Dário Pedro	follow me	Veterano M35	40:15	+20:49	08:08
383	182	Nélia rodrigues	individual	Senior Feminino	40:25	+20:59	08:10
384	239	Lara Mendes	individual	Sub 20 Feminino	40:45	+21:20	08:14
385	251	Dina Lopes	individual	Veterana F35	40:48	+21:22	08:15
386	438	Susana Ribeiro	pulse - movement factory	Veterana F35	41:01	+21:36	08:17
387	437	Sofia Lopes	pulse - movement factory	Veterana F35	41:02	+21:37	08:18
388	405	Ana Catarina Pedrosa	os gambuscos	Veterana F35	41:08	+21:42	08:19
389	6	Francisco José Carvalho da Silva Marto	a lebre e a tartaruga	Veterano M35	41:09	+21:43	08:19
390	407	Cátia Cristina Santos	os gambuscos	Veterana F35	41:14	+21:49	08:20
391	451	Joaquim Ventura	qualquercoisa	Veterano M35	41:34	+22:09	08:24
392	370	Patrícia Leitão	night runners	Senior Feminino	41:48	+22:23	08:27
393	372	Gil Alexandre Natário Correia	night runners	Senior Masculino	41:48	+22:23	08:27
394	179	Mariana Soares Meia-via	individual	Senior Feminino	41:51	+22:26	08:27

PROVA PRINCIPAL - STAGE 1 4,95 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
395	157	Ana Maria Soares Meia-via	individual	Senior Feminino	41:52	+22:27	08:28
396	164	Catarina Silva	individual	Senior Feminino	42:29	+23:03	08:35
397	252	Elisabete Monteiro	individual	Veterana F35	42:30	+23:04	08:35
398	446	Mariana Silvestre	qualquercoisa	Sub 20 Feminino	42:32	+23:07	08:36
399	167	Diana Lopes	individual	Senior Feminino	42:39	+23:13	08:37
400	471	Catarina Pimpão	slow runners pombal	Senior Feminino	42:39	+23:13	08:37
401	188	Rita Pereira	individual	Senior Feminino	42:50	+23:24	08:39
402	119	Cecília Inês Carreira Cardoso	gim running team	Senior Feminino	43:01	+23:35	08:41
403	120	Joana Andrea Silva	gim running team	Senior Feminino	43:01	+23:36	08:42
404	205	Diogo José Santos Oliveira	individual	Senior Masculino	43:13	+23:47	08:44
405	409	Sílvia Andrade	os gambuscos	Veterana F35	43:36	+24:11	08:49
406	413	Paulo Andrade	os gambuscos	Veterano M35	43:36	+24:11	08:49
407	256	Manuela Frias	individual	Veterana F35	43:40	+24:15	08:49
408	185	Paula Sofia Gomes Gonçalves	individual	Senior Feminino	43:41	+24:15	08:50
409	69	Manuel Eduardo Sousa marques	crossfit pombal	Veterano M35	43:50	+24:25	08:51
410	85	Ândrea Marina Gaspar Figueiredo	d+	Senior Feminino	44:20	+24:55	08:58
411	250	Brigite Cravo Oliveira	individual	Veterana F35	44:25	+24:59	08:58
412	160	Andreia Caetano	individual	Senior Feminino	44:39	+25:13	09:01
413	402	regina maria simoes dias	os amigos da corrida	Veterana F35	44:44	+25:18	09:02
414	508	MAGDA MARGARIDA LOURO SIMOES	urbangare	Senior Feminino	44:51	+25:25	09:04
415	373	João Pedro Agostinho Carrasqueira	night runners	Senior Masculino	45:24	+25:59	09:10
416	463	Andreia Domingues	samurai runners	Sub 20 Feminino	45:42	+26:17	09:14
417	107	Paulo Ferreira	follow me	Veterano M35	46:00	+26:34	09:18
418	166	Diana Erduino	individual	Senior Feminino	46:12	+26:46	09:20
419	398	tania sofia lopes cordeiro	os amigos da corrida	Senior Feminino	46:16	+26:50	09:21
420	397	catarina marques rodrigues	os amigos da corrida	Senior Feminino	46:20	+26:55	09:22
421	399	telma cintra	os amigos da corrida	Senior Feminino	46:21	+26:55	09:22
422	156	Ana Carolina Pimenta de Jesus	individual	Senior Feminino	46:40	+27:14	09:26
423	305	Nuno Miguel Tomaz Oliveira	individual	Veterano M35	46:40	+27:15	09:26
424	473	Luís Filipe Ferreira Gomes	slow runners pombal	Senior Masculino	46:59	+27:33	09:30
425	515	Paulo Gameiro	individual	Veterano M35	47:00	+27:34	09:30
426	393	Carina da Silva Leal	oito pés	Senior Feminino	48:21	+28:55	09:46
427	61	Tatiana Ferreira	crossfit pombal	Sub 20 Feminino	48:33	+29:08	09:49
428	62	Vitória Sá	crossfit pombal	Sub 20 Feminino	48:34	+29:08	09:49
429	45	Cristiana Botas	crossfit pombal	Senior Feminino	48:35	+29:10	09:49
430	380	Joana Bidarra	nuno portugal	Senior Feminino	49:07	+29:41	09:55
431	254	Helena Isabel Ferro Lucas	individual	Veterana F35	49:29	+30:03	10:00
432	162	Carla Sofia dos Santos Ramos	individual	Senior Feminino	49:29	+30:04	10:00
433	197	André neves cordeiro	individual	Senior Masculino	49:30	+30:04	10:00
434	262	Sílvia Cordeiro Agostinho	individual	Veterana F35	49:30	+30:05	10:00
435	472	Inês Sofia Ferreira Gomes	slow runners pombal	Senior Feminino	50:39	+31:13	10:14
436	171	Karen Howald	individual	Senior Feminino	50:39	+31:14	10:14
437	269	António Gonçalves Morgado	individual	Veterano M35	50:53	+31:27	10:17
438	13	Elisabete Mendes Gaspar	as pitbulls	Senior Feminino	51:06	+31:41	10:20
439	14	Andreia Santos Silva	as pitbulls	Sub 20 Feminino	51:07	+31:41	10:20

PROVA PRINCIPAL - STAGE 1 4,95 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
440	255	Lucília Luís de Castro	individual	Veterana F35	51:32	+32:07	10:25
441	46	Daniela Vinhas	crossfit pombal	Senior Feminino	51:33	+32:07	10:25
442	59	Ana Clara Vaz	crossfit pombal	Sub 20 Feminino	51:33	+32:07	10:25
443	49	Sandra Gomes	crossfit pombal	Senior Feminino	53:32	+34:06	10:49
444	66	Rodrigo Marques	crossfit pombal	Sub 20 Masculino	53:33	+34:08	10:49
445	47	Joana Gomes	crossfit pombal	Senior Feminino	53:34	+34:08	10:49
446	163	Catarina Marques	individual	Senior Feminino	54:04	+34:38	10:55
447	180	Maribel Silva	individual	Senior Feminino	54:19	+34:54	10:59
448	172	Kelimar Silva	individual	Senior Feminino	54:20	+34:54	10:59
449	470	Henrique Santos	simito	Senior Masculino	56:14	+36:49	11:22
450	105	Rosa Ferreira	follow me	Veterana F35	58:14	+38:48	11:46
451	364	Noémia Domingues	ndap	Veterana F35	58:15	+38:50	11:46
452	366	Teresa Neves	ndap	Veterana F35	58:18	+38:52	11:47
453	104	Dulcinia Santos	follow me	Veterana F35	58:38	+39:12	11:51
454	377	Gina Gonçalves	night runners	Veterana F35	58:43	+39:18	11:52
455	376	Catarina Vicente	night runners	Veterana F35	58:44	+39:18	11:52
456	248	Ana Cristina Gaspar Costa	individual	Veterana F35	01:03:45	+44:19	12:53
457	191	Sandra moço	individual	Senior Feminino	01:03:45	+44:20	12:53
458	190	Sandra Margarida dos Santos Morais	individual	Senior Feminino	01:03:46	+44:21	12:53
459	51	Sónia Almeida	crossfit pombal	Senior Feminino	01:05:05	+45:40	13:09
460	245	Fernando José Castro Henriques	individual	Sub 20 Masculino	01:08:05	+48:40	13:45
461	362	Corina Silva	ndap	Veterana F35	01:09:00	+49:35	13:57
462	363	Elsa Maria Alves Graça	ndap	Veterana F35	01:09:02	+49:37	13:57
463	365	Sandra Amado	ndap	Veterana F35	01:09:03	+49:37	13:57
464	52	Emanuel Pedrosa	crossfit pombal	Senior Masculino	01:13:02	+53:37	14:45
465	238	INÊS CASTRO HENRIQUES	individual	Sub 20 Feminino	01:24:05	+01:04:40	16:59

3ª Corrida dos Gambuzinos 2016

Pombal

02-julho-2016

Prova Principal

4,95 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	22:00	31ºC	45%
End	23:25	31ºC	45%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	486	Elsa Andrade	SRJardoeira/RUNCROSSTRAIL.COM	Senior Feminino	25:44		05:12
2	17	Ana Matias	Atlético Clube Vermoil	Senior Feminino	26:47	+01:03	05:25
3	135	Daniela Cordeiro	Grupo Alegre Unido Bajouca	Senior Feminino	27:32	+01:49	05:34
4	121	Tânia Filipa Agostinho Ferreira	GIM Running Team	Senior Feminino	29:19	+03:36	05:56
5	12	Daniela Matinho	As Pitbulls	Senior Feminino	29:28	+03:44	05:57
6	136	Sofia Soares	Grupo Alegre Unido Bajouca	Senior Feminino	29:34	+03:51	05:59
7	189	Rita Pereira Gonçalves	Individual	Senior Feminino	29:39	+03:55	05:59
8	118	Carina Domingues Gaspar	GIM Running Team	Senior Feminino	29:49	+04:06	06:02
9	502	PAULA MADEIRA	UAP	Senior Feminino	29:55	+04:12	06:03
10	50	Sara Gaspar	CROSSFIT POMBAL	Senior Feminino	30:24	+04:40	06:09
11	321	Patrícia Marto Carreira	J R L P	Senior Feminino	30:49	+05:05	06:14
12	36	Cláudia carreira	J R L P	Senior Feminino	30:49	+05:05	06:14
13	155	Adriana Costa	Individual	Senior Feminino	31:06	+05:22	06:17
14	184	Patricia Santos	Individual	Senior Feminino	31:47	+06:04	06:25
15	333	Elodie Pedrosa da Costa	Lama Solta	Senior Feminino	31:48	+06:04	06:25
16	351	Cristiana Lopes	Minoranas	Senior Feminino	32:00	+06:16	06:28
17	335	Patrícia Marques Gonçalves	Lama Solta	Senior Feminino	32:02	+06:18	06:28
18	165	Cátia Gaspar Ferreira	Individual	Senior Feminino	32:12	+06:28	06:30
19	161	Andreia Filipa Lopes Mendes	Individual	Senior Feminino	32:44	+07:00	06:37
20	177	Luisa Areia	Individual	Senior Feminino	32:45	+07:02	06:37
21	425	Andréia Pires	Pulgas team	Senior Feminino	33:06	+07:22	06:41
22	426	Carolina Luís	Pulgas team	Senior Feminino	33:06	+07:23	06:41
23	334	Marina Isabel Gonçalves Barroca	Lama Solta	Senior Feminino	33:31	+07:47	06:46
24	48	Rita Mendes	CROSSFIT POMBAL	Senior Feminino	33:39	+07:56	06:48
25	117	Ana Filipa Domingues Jordão	GIM Running Team	Senior Feminino	33:42	+07:58	06:49
26	159	Andreia Alves	Individual	Senior Feminino	33:59	+08:15	06:52
27	389	Marisa Bregieiro	o ultimo vai a pe team	Senior Feminino	34:04	+08:21	06:53
28	387	Daniela Pedrosa	o ultimo vai a pe team	Senior Feminino	34:06	+08:22	06:53
29	509	ROSINDA FILOMENA BATISTA GONCALVES	URBANGARE	Senior Feminino	34:13	+08:30	06:55
30	18	Cátia Nogueira	Atlético Clube Vermoil	Senior Feminino	34:24	+08:41	06:57
31	158	Ana Patricia Costa Pereira	Individual	Senior Feminino	34:29	+08:45	06:58
32	169	Juliana Silva Oliveira	Individual	Senior Feminino	34:43	+08:59	07:01
33	192	Silvia Raquel Santos	Individual	Senior Feminino	34:49	+09:05	07:02
34	137	Soraia Gonçalves	Grupo Alegre Unido Bajouca	Senior Feminino	34:57	+09:13	07:04
35	507	JOANA EDUARDA GUEDES FERREIRA MENDES	URBANGARE	Senior Feminino	35:08	+09:25	07:06
36	353	Daniela Carraco	Monte dos Amigos	Senior Feminino	35:15	+09:31	07:07
37	178	Maria José Pereira dos Santos	Individual	Senior Feminino	35:56	+10:12	07:16

Prova Principal 4,95 KM

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

OFFICIAL RESULT

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

38	173	Lara Azambujo	Individual	Senior Feminino	36:07	+10:24	07:18
39	168	Inês Raquel Pereira Lavos	Individual	Senior Feminino	36:12	+10:28	07:19
40	452	Tânia Pedrosa	Rocket Team	Senior Feminino	36:28	+10:45	07:22
41	460	Diana Pereira	Samurai Runners	Senior Feminino	36:56	+11:12	07:28
42	176	Lúcia Ferreira	Individual	Senior Feminino	37:02	+11:18	07:29
43	498	Eva Ferreira	Team Pipoca	Senior Feminino	37:03	+11:20	07:29
44	354	Gabriela Rodrigues	Monte dos Amigos	Senior Feminino	37:03	+11:20	07:29
45	468	Sónia Pascoal	SIMITO	Senior Feminino	37:07	+11:24	07:30
46	174	Lídia Neto Ferreira	Individual	Senior Feminino	37:10	+11:27	07:31
47	88	ELSA COSTA	DREAM TEAM	Senior Feminino	37:14	+11:31	07:31
48	87	ANA SIMÕES	DREAM TEAM	Senior Feminino	37:17	+11:34	07:32
49	465	Marisa Ferreira	Scalabis Night Race	Senior Feminino	37:26	+11:42	07:34
50	44	Andreia Gonçalves	CROSSFIT POMBAL	Senior Feminino	37:28	+11:44	07:34
51	134	Nélia Ponte	Girl power	Senior Feminino	37:35	+11:52	07:36
52	388	Eunice Pedrosa	o ultimo vai a pe team	Senior Feminino	37:37	+11:53	07:36
53	443	Teresa Ventura	QualquerCoisa	Senior Feminino	38:06	+12:23	07:42
54	442	Patrícia Rosa	QualquerCoisa	Senior Feminino	38:07	+12:23	07:42
55	186	Raquel Andreia Nunes Pereira dos Santos	Individual	Senior Feminino	38:08	+12:25	07:42
56	183	NÚRIA FERREIRA	Individual	Senior Feminino	38:36	+12:53	07:48
57	461	Inês Pereira	Samurai Runners	Senior Feminino	38:57	+13:14	07:52
58	122	Veronica Évora Pedrosa Pereira	GIM Running Team	Senior Feminino	39:05	+13:21	07:54
59	187	Rita Margarida Ferreira	Individual	Senior Feminino	39:22	+13:39	07:57
60	462	Melanie Domingues Custódio	Samurai Runners	Senior Feminino	39:28	+13:45	07:59
61	182	Nélia rodrigues	Individual	Senior Feminino	40:25	+14:41	08:10
62	370	Patrícia Leitão	Night runners	Senior Feminino	41:48	+16:05	08:27
63	179	Mariana Soares Meia-via	Individual	Senior Feminino	41:51	+16:08	08:27
64	157	Ana Maria Soares Meia-via	Individual	Senior Feminino	41:52	+16:09	08:28
65	164	Catarina Silva	Individual	Senior Feminino	42:29	+16:45	08:35
66	167	Diana Lopes	Individual	Senior Feminino	42:39	+16:55	08:37
67	471	Catarina Pimpão	Slow Runners Pombal	Senior Feminino	42:39	+16:55	08:37
68	188	Rita Pereira	Individual	Senior Feminino	42:50	+17:06	08:39
69	119	Cecília Inês Carreira Cardoso	GIM Running Team	Senior Feminino	43:01	+17:17	08:41
70	120	Joana Andrea Silva	GIM Running Team	Senior Feminino	43:01	+17:18	08:42
71	185	Paula Sofia Gomes Gonçalves	Individual	Senior Feminino	43:41	+17:57	08:50
72	85	Ândrea Marina Gaspar Figueiredo	D+	Senior Feminino	44:20	+18:37	08:58
73	160	Andreia Caetano	Individual	Senior Feminino	44:39	+18:55	09:01
74	508	MAGDA MARGARIDA LOURO SIMOES	URBANGARE	Senior Feminino	44:51	+19:07	09:04
75	166	Diana Erduino	Individual	Senior Feminino	46:12	+20:28	09:20
76	398	tania sofia lopes cordeiro	os amigos da corrida	Senior Feminino	46:16	+20:32	09:21
77	397	catarina marques rodrigues	os amigos da corrida	Senior Feminino	46:20	+20:37	09:22
78	399	telma cintra	os amigos da corrida	Senior Feminino	46:21	+20:37	09:22
79	156	Ana Carolina Pimenta de Jesus	Individual	Senior Feminino	46:40	+20:56	09:26
80	393	Carina da Silva Leal	Oito pés	Senior Feminino	48:21	+22:37	09:46
81	45	Cristiana Botas	CROSSFIT POMBAL	Senior Feminino	48:35	+22:52	09:49
82	380	Joana Bidarra	Nuno Portugal	Senior Feminino	49:07	+23:23	09:55

Prova Principal

4,95 KM

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

OFFICIAL RESULT

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

83	162	Carla Sofia dos Santos Ramos	Individual	Senior Feminino	49:29	+23:46	10:00
84	472	Inês Sofia Ferreira Gomes	Slow Runners Pombal	Senior Feminino	50:39	+24:55	10:14
85	171	Karen Howald	Individual	Senior Feminino	50:39	+24:56	10:14
86	13	Elisabete Mendes Gaspar	As Pitbulls	Senior Feminino	51:06	+25:23	10:20
87	46	Daniela Vinhas	CROSSFIT POMBAL	Senior Feminino	51:33	+25:49	10:25
88	49	Sandra Gomes	CROSSFIT POMBAL	Senior Feminino	53:32	+27:48	10:49
89	47	Joana Gomes	CROSSFIT POMBAL	Senior Feminino	53:34	+27:50	10:49
90	163	Catarina Marques	Individual	Senior Feminino	54:04	+28:20	10:55
91	180	Maribel Silva	Individual	Senior Feminino	54:19	+28:36	10:59
92	172	Kelimar Silva	Individual	Senior Feminino	54:20	+28:36	10:59
93	191	Sandra moço	Individual	Senior Feminino	01:03:45	+38:02	12:53
94	190	Sandra Margarida dos Santos Morais	Individual	Senior Feminino	01:03:46	+38:03	12:53
95	51	Sónia Almeida	CROSSFIT POMBAL	Senior Feminino	01:05:05	+39:22	13:09

Senior Masculino

1	488	João Pascoal	SRJardoeira/RUNCROSSTRAIL.COM	Senior Masculino	21:20		04:19
2	19	Amilcar Brito	Atlético Clube Vermoil	Senior Masculino	22:48	+01:28	04:36
3	338	João Pedro Marques Gonçalves	Lama Solta	Senior Masculino	22:50	+01:31	04:37
4	487	Emmanuel Mendes	SRJardoeira/RUNCROSSTRAIL.COM	Senior Masculino	23:03	+01:44	04:40
5	9	GONÇALO SANTOS	ANIMAIS DO QUÊNIA	Senior Masculino	23:42	+02:23	04:47
6	236	Vitor Esteves	Individual	Senior Masculino	23:51	+02:31	04:49
7	8	Ricardo Ventura Ferreira Lopes	ACRM Silveirinha Claras	Senior Masculino	23:57	+02:37	04:50
8	108	Henrique Fernandes	Fonte Nova Runners	Senior Masculino	24:08	+02:49	04:53
9	141	Tiago Pedrosa	Grupo Alegre Unido Bajouca	Senior Masculino	24:25	+03:05	04:56
10	226	Patrício Martins	Individual	Senior Masculino	24:27	+03:07	04:56
11	124	João Pedro Ferreira Fernandes	GIM Running Team	Senior Masculino	24:27	+03:08	04:56
12	343	Pedro Miguel Serra Santos	Lama Solta	Senior Masculino	24:32	+03:12	04:57
13	138	Fábio Gomes	Grupo Alegre Unido Bajouca	Senior Masculino	24:33	+03:13	04:58
14	139	Micael Rodrigues	Grupo Alegre Unido Bajouca	Senior Masculino	24:40	+03:21	04:59
15	347	Jorge Henriques	Lourival Bike Team	Senior Masculino	24:47	+03:28	05:01
16	428	Diogo Nunes	Pulse - Movement Factory	Senior Masculino	24:53	+03:34	05:02
17	90	JONI CORREIA	DREAM TEAM	Senior Masculino	25:17	+03:57	05:06
18	475	Vitor João Carpalhoso	Slow Runners Pombal	Senior Masculino	25:19	+03:59	05:07
19	116	Ricardo Lavos Oliveira	GAMBUZIOS	Senior Masculino	25:19	+04:00	05:07
20	217	José Pedro Moreira Ribeiro da Mota	Individual	Senior Masculino	25:20	+04:00	05:07
21	92	RAFAEL GONÇALVES	DREAM TEAM	Senior Masculino	25:34	+04:14	05:10
22	342	Nuno Neves	Lama Solta	Senior Masculino	25:34	+04:14	05:10
23	77	Helder José Gomes Martins	CSCRF CHARNECA	Senior Masculino	25:45	+04:25	05:12
24	211	Gil Domingues Ribeiro	Individual	Senior Masculino	25:52	+04:33	05:14
25	395	Filipe Alexandre Pinto Silva	Oito pés	Senior Masculino	25:58	+04:38	05:15
26	220	Marco Pimenta	Individual	Senior Masculino	26:02	+04:43	05:16
27	225	Nuno Miguel Silva Coutinho	Individual	Senior Masculino	26:07	+04:47	05:17
28	140	Pedro Ribeiro	Grupo Alegre Unido Bajouca	Senior Masculino	26:09	+04:49	05:17
29	419	João Moderno	Pombal.G.Runners	Senior Masculino	26:14	+04:54	05:18

Prova Principal

4,95 KM

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

OFFICIAL RESULT

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

30	198	Bruno Caetano	Individual	Senior Masculino	26:14	+04:54	05:18
31	95	Thierry Conceição	Ergoecran	Senior Masculino	26:21	+05:02	05:20
32	7	João Pedro da Silva Dâmaso	ACRM Silveirinha Claras	Senior Masculino	26:28	+05:09	05:21
33	491	Daniel Santos	Tartarugas Velozes	Senior Masculino	26:29	+05:09	05:21
34	56	Pedro Silva	CROSSFIT POMBAL	Senior Masculino	26:30	+05:11	05:21
35	222	Miguel Lopes Costa	Individual	Senior Masculino	26:33	+05:14	05:22
36	57	Rafael Silva	CROSSFIT POMBAL	Senior Masculino	26:41	+05:22	05:24
37	416	Daniel Pereira	Pombal.G.Runners	Senior Masculino	26:43	+05:24	05:24
38	123	Cristóvão Leal Couto	GIM Running Team	Senior Masculino	26:55	+05:36	05:26
39	11	XAVIER SOUSA	ANIMAIS DO QUÊNIA	Senior Masculino	27:10	+05:50	05:29
40	215	João Pedro Silva Gaspar	Individual	Senior Masculino	27:13	+05:54	05:30
41	431	João Carlos Santos Cardoso	Pulse - Movement Factory	Senior Masculino	27:15	+05:55	05:30
42	382	Sergio Santos	Nuno Portugal	Senior Masculino	27:16	+05:56	05:31
43	517	Ricardo Gonçalves	Fonte Nova Runners	Senior Masculino	27:25	+06:06	05:33
44	78	Nicolau Cravo Ferreira	CSCRF CHARNECA	Senior Masculino	27:28	+06:08	05:33
45	231	Sérgio Alexandre dias Fernandes	Individual	Senior Masculino	27:28	+06:08	05:33
46	74	Alexandre rafael Costa Lourenço	CSCRF CHARNECA	Senior Masculino	27:32	+06:12	05:34
47	340	Luís Oliveira	Lama Solta	Senior Masculino	27:39	+06:20	05:35
48	417	Diogo Mendes	Pombal.G.Runners	Senior Masculino	27:42	+06:22	05:36
49	55	Mickael Freire	CROSSFIT POMBAL	Senior Masculino	27:44	+06:24	05:36
50	381	HEBER PIRES	Nuno Portugal	Senior Masculino	27:52	+06:33	05:38
51	94	Pedro Fernandes	Ergoecran	Senior Masculino	28:03	+06:43	05:40
52	237	WILSON GONÇALVES RODRIGUES	Individual	Senior Masculino	28:10	+06:50	05:41
53	89	IVO CORREIA	DREAM TEAM	Senior Masculino	28:20	+07:00	05:44
54	210	Frederico Grilo	Individual	Senior Masculino	28:24	+07:04	05:44
55	327	Rodrigo Paulo	João Paulo	Senior Masculino	28:27	+07:07	05:45
56	336	Eduardo Neves	Lama Solta	Senior Masculino	28:37	+07:18	05:47
57	432	Luis Filipe Rodrigues da Silva	Pulse - Movement Factory	Senior Masculino	28:38	+07:18	05:47
58	427	Aléxis Rato Costa	Pulgas team	Senior Masculino	28:40	+07:21	05:48
59	112	Rui Neves	gambuzinos pó saco	Senior Masculino	28:51	+07:32	05:50
60	337	Isidro Fernandes	Lama Solta	Senior Masculino	28:51	+07:32	05:50
61	219	LINO EMANUEL SIMÕES SANTOS	Individual	Senior Masculino	28:54	+07:35	05:50
62	109	Joao Ferreira	Fonte Nova Runners	Senior Masculino	28:55	+07:35	05:51
63	483	Pedro Neves	SlowMotion	Senior Masculino	28:55	+07:36	05:51
64	484	Rui Correia	SlowMotion	Senior Masculino	28:56	+07:37	05:51
65	516	Pedro Miguel Mendes	Individual	Senior Masculino	28:56	+07:37	05:51
66	113	Ilidio da Silva Santos	GAMBUZIOS	Senior Masculino	29:08	+07:49	05:53
67	203	Cedrico Pedrosa Marques Moderno	Individual	Senior Masculino	29:16	+07:56	05:55
68	195	Alexandre Pedrosa Leal	Individual	Senior Masculino	29:17	+07:57	05:55
69	341	Marco Murgeiro	Lama Solta	Senior Masculino	29:23	+08:03	05:56
70	429	Jhonny Pereira	Pulse - Movement Factory	Senior Masculino	29:25	+08:06	05:57
71	196	Andre Costa Ponte Ferreira	Individual	Senior Masculino	29:30	+08:10	05:58
72	75	ANDRÉ RAFAEL DA COSTA LOPES	CSCRF CHARNECA	Senior Masculino	29:32	+08:13	05:58
73	111	Rúben Baeta	gambuzinos pó saco	Senior Masculino	29:35	+08:15	05:59
74	418	Henrique Faria	Pombal.G.Runners	Senior Masculino	29:38	+08:19	05:59
75	339	Luis Carlos Sintra Marques	Lama Solta	Senior Masculino	29:44	+08:25	06:01

Prova Principal

4,95 KM

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

OFFICIAL RESULT

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

76	404	João Rebelo	Os Gambuscos	Senior Masculino	29:51	+08:31	06:02
77	224	Nicolau Santos Ferreira	Individual	Senior Masculino	29:56	+08:37	06:03
78	212	Gil Miguel Ferreira Fernandes	Individual	Senior Masculino	29:57	+08:38	06:03
79	213	Gonçalo da Silva Bregieiro	Individual	Senior Masculino	30:03	+08:43	06:04
80	216	Jonny Martins Neves	Individual	Senior Masculino	30:05	+08:45	06:05
81	214	João Carlos Loio Marques	Individual	Senior Masculino	30:16	+08:57	06:07
82	91	MARCO PASCOAL	DREAM TEAM	Senior Masculino	30:26	+09:06	06:09
83	322	João Guilherme Ferreira	J R L P	Senior Masculino	30:48	+09:29	06:13
84	324	Rúben Mota	J R L P	Senior Masculino	30:49	+09:30	06:14
85	86	Ricardo Jorge de Oliveira Ferreira	D+	Senior Masculino	30:50	+09:30	06:14
86	234	Tiago Duarte	Individual	Senior Masculino	30:55	+09:36	06:15
87	400	pedro miguel gonçalves lourenço	os amigos da corrida	Senior Masculino	31:07	+09:48	06:17
88	323	LUÍS Ruivo	J R L P	Senior Masculino	31:19	+09:59	06:20
89	53	João Cadete	CROSSFIT POMBAL	Senior Masculino	31:22	+10:03	06:20
90	199	Bruno Henrique dos Santos Margato	Individual	Senior Masculino	31:24	+10:04	06:21
91	227	Pedro Joel Silva Pedrosa	Individual	Senior Masculino	31:29	+10:09	06:22
92	229	Renato João Canelas Pascoal	Individual	Senior Masculino	31:32	+10:12	06:22
93	76	Bruno Miguel Ferreira Simões Lima	CSCRF CHARNECA	Senior Masculino	31:33	+10:14	06:23
94	204	David Simoes	Individual	Senior Masculino	31:43	+10:24	06:25
95	230	Ricardo Agostinho	Individual	Senior Masculino	32:00	+10:40	06:28
96	510	MARCO ALEXANDRE DE SOUSA PINHEIRO	URBANGARE	Senior Masculino	32:21	+11:01	06:32
97	390	Leandro Valadas	o ultimo vai a pe team	Senior Masculino	32:29	+11:10	06:34
98	10	NELSON SILVA	ANIMAIS DO QUÊNIA	Senior Masculino	32:34	+11:15	06:35
99	221	Micael Marcelino	Individual	Senior Masculino	32:49	+11:29	06:38
100	485	Tiago Marques	SlowMotion	Senior Masculino	32:49	+11:29	06:38
101	492	Marco Pereira	Tartarugas Velozes	Senior Masculino	32:57	+11:37	06:39
102	194	Alex Martins Neves	Individual	Senior Masculino	33:16	+11:56	06:43
103	444	Daniel Marques	QualquerCoisa	Senior Masculino	33:17	+11:57	06:43
104	233	Telmo Gaspar	Individual	Senior Masculino	33:25	+12:05	06:45
105	355	Jorge Cunha	Monte dos Amigos	Senior Masculino	33:25	+12:06	06:45
106	357	Rui Carraco	Monte dos Amigos	Senior Masculino	33:26	+12:07	06:45
107	125	Nelson Pedrosa Mota	GIM Running Team	Senior Masculino	33:42	+12:23	06:49
108	375	Válter Alcides Henriques Alves dos Santos	Night runners	Senior Masculino	33:44	+12:24	06:49
109	232	Sérgio lopes	Individual	Senior Masculino	33:49	+12:29	06:50
110	352	Paulo Duarte	Minoranas	Senior Masculino	33:52	+12:33	06:51
111	20	Pedro Freire	Atlético Clube Vermoil	Senior Masculino	33:55	+12:35	06:51
112	356	Mikael Carreira	Monte dos Amigos	Senior Masculino	33:55	+12:35	06:51
113	445	Nuno Rito	QualquerCoisa	Senior Masculino	34:23	+13:04	06:57
114	93	Helder Mendes	Ergoecran	Senior Masculino	34:27	+13:07	06:58
115	126	Telmo Fernandes Ferreira	GIM Running Team	Senior Masculino	34:30	+13:10	06:58
116	200	Bruno Onofre Monteiro Araújo	Individual	Senior Masculino	34:43	+13:23	07:01
117	430	João Alexandre Canais Reis	Pulse - Movement Factory	Senior Masculino	34:54	+13:34	07:03
118	114	João Carlos Gonçalves Martins	GAMBUZIOS	Senior Masculino	35:35	+14:15	07:11
119	115	Marco António Rodrigues Gonçalves	GAMBUZIOS	Senior Masculino	36:09	+14:49	07:18
120	469	Bruno Fernandes	SIMITO	Senior Masculino	37:07	+15:47	07:30

Prova Principal 4,95 KM

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

OFFICIAL RESULT

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

121	374	Nuno Filipe Agostinho Carrasqueira	Night runners	Senior Masculino	38:33	+17:13	07:47
122	474	Rafael Duarte Mendes	Slow Runners Pombal	Senior Masculino	38:35	+17:16	07:48
123	218	Julien Melo	Individual	Senior Masculino	39:16	+17:56	07:56
124	207	Fábio Mendes Domingues	Individual	Senior Masculino	39:58	+18:38	08:05
125	202	Bruno Rafael Henriques Alves dos Santos	Individual	Senior Masculino	40:02	+18:42	08:05
126	372	Gil Alexandre Natário Correia	Night runners	Senior Masculino	41:48	+20:29	08:27
127	205	Diogo José Santos Oliveira	Individual	Senior Masculino	43:13	+21:53	08:44
128	373	João Pedro Agostinho Carrasqueira	Night runners	Senior Masculino	45:24	+24:05	09:10
129	473	Luís Filipe Ferreira Gomes	Slow Runners Pombal	Senior Masculino	46:59	+25:39	09:30
130	197	André neves cordeiro	Individual	Senior Masculino	49:30	+28:10	10:00
131	470	Henrique Santos	SIMITO	Senior Masculino	56:14	+34:55	11:22
132	52	Emanuel Pedrosa	CROSSFIT POMBAL	Senior Masculino	01:13:02	+51:43	14:45

Sub 20 Feminino

1	22	Manuela Martins	Atlético Clube Vermoil	Sub 20 Feminino	26:47		05:25
2	447	Rita Carrilho	QualquerCoisa	Sub 20 Feminino	32:44	+05:57	06:37
3	21	Ana Pedrosa	Atlético Clube Vermoil	Sub 20 Feminino	34:23	+07:36	06:57
4	240	Maria Franca	Individual	Sub 20 Feminino	35:35	+08:49	07:11
5	60	Liliana Freire	CROSSFIT POMBAL	Sub 20 Feminino	38:21	+11:34	07:45
6	239	Lara Mendes	Individual	Sub 20 Feminino	40:45	+13:59	08:14
7	446	Mariana Silvestre	QualquerCoisa	Sub 20 Feminino	42:32	+15:46	08:36
8	463	Andreia Domingues	Samurai Runners	Sub 20 Feminino	45:42	+18:56	09:14
9	61	Tatiana Ferreira	CROSSFIT POMBAL	Sub 20 Feminino	48:33	+21:47	09:49
10	62	Vitória Sá	CROSSFIT POMBAL	Sub 20 Feminino	48:34	+21:47	09:49
11	14	Andreia Santos Silva	As Pitbulls	Sub 20 Feminino	51:07	+24:20	10:20
12	59	Ana Clara Vaz	CROSSFIT POMBAL	Sub 20 Feminino	51:33	+24:46	10:25
13	238	INÊS CASTRO HENRIQUES	Individual	Sub 20 Feminino	01:24:05	+57:19	16:59

Sub 20 Masculino

1	23	Carlos Alves	Atlético Clube Vermoil	Sub 20 Masculino	21:15		04:18
2	244	Bruno Neves	Individual	Sub 20 Masculino	23:57	+02:42	04:50
3	331	Pedro Barros Roberto	Juventude Vidigalense	Sub 20 Masculino	24:29	+03:13	04:57
4	63	Guilherme Gaspar	CROSSFIT POMBAL	Sub 20 Masculino	25:55	+04:40	05:14
5	246	Samuel Antunes Nogueira	Individual	Sub 20 Masculino	26:16	+05:00	05:18
6	458	Hugo Gaspar	SAGO Team	Sub 20 Masculino	26:42	+05:27	05:24
7	243	André Mendes	Individual	Sub 20 Masculino	26:52	+05:36	05:26
8	127	Pedro Afonso Pedrosa dos Santos	GIM Running Team	Sub 20 Masculino	27:18	+06:02	05:31
9	506	João Pedro Martins Gonçalves	Ultras ACDC	Sub 20 Masculino	28:38	+07:23	05:47
10	72	Filipe Cruz	Cruzes	Sub 20 Masculino	28:55	+07:40	05:51
11	65	João Pinto	CROSSFIT POMBAL	Sub 20 Masculino	30:45	+09:29	06:13
12	539	Diogo Gomes Soares	Individual	Sub 20 Masculino	31:46	+10:31	06:25
13	247	Tiago Alexandre Costa Freire	Individual	Sub 20 Masculino	31:59	+10:43	06:28
14	241	André Filipe da Costa Monteiro	Individual	Sub 20 Masculino	31:59	+10:43	06:28

Prova Principal 4,95 KM

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

OFFICIAL RESULT

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

15	459	Samuel Gaspar	SAGO Team	Sub 20 Masculino	32:55	+11:39	06:39
16	505	Fábio Costa Gonçalves	Ultras ACDC	Sub 20 Masculino	34:09	+12:54	06:54
17	64	Jeremy da Silva	CROSSFIT POMBAL	Sub 20 Masculino	36:59	+15:43	07:28
18	66	Rodrigo Marques	CROSSFIT POMBAL	Sub 20 Masculino	53:33	+32:18	10:49
19	245	Fernando José Castro Henriques	Individual	Sub 20 Masculino	01:08:05	+46:50	13:45

Veterana F35

1	43	LILIANA NEVES	CLUBE VETERANOS DO LIS-LEIRIA	Veterana F35	27:53		05:38
2	34	Cármen Silva	Clube de Atletismo da Barreira	Veterana F35	29:49	+01:55	06:01
3	100	Blandina Lourenço	Flechas Bike Running	Veterana F35	29:55	+02:02	06:03
4	253	Elsa Maria Lopes Soares	Individual	Veterana F35	30:42	+02:49	06:12
5	143	Rosa Henriques	Grupo Alegre Unido Bajouca	Veterana F35	31:23	+03:30	06:21
6	344	Catarina Isabel Fernandes Sintra	Lama Solta	Veterana F35	31:52	+03:59	06:26
7	261	Sara Domingues	Individual	Veterana F35	32:31	+04:38	06:34
8	434	Edite Ribeiro Nunes	Pulse - Movement Factory	Veterana F35	33:21	+05:28	06:44
9	436	Manuela Henriques	Pulse - Movement Factory	Veterana F35	33:22	+05:28	06:45
10	478	Natalia Mendes	Slow Runners Pombal	Veterana F35	33:35	+05:41	06:47
11	332	MARIA DO ROSARIO SANTOS BARROS	Juventude Vidigalense	Veterana F35	33:39	+05:46	06:48
12	264	Virgínia Gabriel	Individual	Veterana F35	34:37	+06:43	07:00
13	142	Anabela Fernandes	Grupo Alegre Unido Bajouca	Veterana F35	34:50	+06:57	07:02
14	406	Ana Roma	Os Gambuscos	Veterana F35	34:52	+06:58	07:03
15	259	Monica Cristina Santos Pedras	Individual	Veterana F35	35:08	+07:14	07:06
16	257	Maria Adelaide Marques Gameiro	Individual	Veterana F35	35:53	+08:00	07:15
17	54	Rita Gaspar	Slow Runners Pombal	Veterana F35	36:03	+08:10	07:17
18	263	Susana	Individual	Veterana F35	36:07	+08:14	07:18
19	128	Elisabete Maria dos Santos Pedrosa	GIM Running Team	Veterana F35	36:11	+08:17	07:19
20	361	Célia Sousa	NDAP	Veterana F35	36:18	+08:25	07:20
21	360	CARLA ALMEIDA	NDAP	Veterana F35	36:18	+08:25	07:20
22	260	Natalina Silva Gomes	Individual	Veterana F35	36:26	+08:32	07:22
23	454	Liliana Pedrosa	Rocket Team	Veterana F35	36:28	+08:34	07:22
24	500	Raquel Lourenço	TLC	Veterana F35	36:50	+08:57	07:27
25	396	Lídia Maria Pinto da Silva	Oito pés	Veterana F35	37:34	+09:40	07:35
26	5	Rosália Maria Gameiro	A Lebre e a Tartaruga	Veterana F35	37:39	+09:45	07:36
27	408	Estefânia Pires	Os Gambuscos	Veterana F35	37:56	+10:02	07:40
28	258	Maria Cecília Mendes de oliveira	Individual	Veterana F35	38:05	+10:11	07:42
29	448	Mónica Ventura	QualquerCoisa	Veterana F35	38:07	+10:13	07:42
30	249	ANA GAMEIRO	Individual	Veterana F35	38:36	+10:42	07:48
31	328	Vania João	João Paulo	Veterana F35	38:47	+10:53	07:50
32	435	MAFALDA FERREIRA	Pulse - Movement Factory	Veterana F35	39:13	+11:19	07:55
33	511	INES ISABEL MARQUES VENANCIO	URBANGARE	Veterana F35	39:23	+11:29	07:57
34	251	Dina Lopes	Individual	Veterana F35	40:48	+12:54	08:15
35	438	Susana Ribeiro	Pulse - Movement Factory	Veterana F35	41:01	+13:08	08:17
36	437	Sofia Lopes	Pulse - Movement Factory	Veterana F35	41:02	+13:09	08:18
37	405	Ana Catarina Pedrosa	Os Gambuscos	Veterana F35	41:08	+13:14	08:19

Prova Principal

4,95 KM

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

OFFICIAL RESULT

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

38	407	Cátia Cristina Santos	Os Gambuscos	Veterana F35	41:14	+13:21	08:20
39	252	Elisabete Monteiro	Individual	Veterana F35	42:30	+14:36	08:35
40	409	Sílvia Andrade	Os Gambuscos	Veterana F35	43:36	+15:43	08:49
41	256	Manuela Frias	Individual	Veterana F35	43:40	+15:47	08:49
42	250	Brigite Cravo Oliveira	Individual	Veterana F35	44:25	+16:31	08:58
43	402	regina maria simoes dias	os amigos da corrida	Veterana F35	44:44	+16:50	09:02
44	254	Helena Isabel Ferro Lucas	Individual	Veterana F35	49:29	+21:35	10:00
45	262	Sílvia Cordeiro Agostinho	Individual	Veterana F35	49:30	+21:37	10:00
46	255	Lucília Luís de Castro	Individual	Veterana F35	51:32	+23:39	10:25
47	105	Rosa Ferreira	Follow Me	Veterana F35	58:14	+30:20	11:46
48	364	Noémia Domingues	NDAP	Veterana F35	58:15	+30:22	11:46
49	366	Teresa Neves	NDAP	Veterana F35	58:18	+30:24	11:47
50	104	Dulcinia Santos	Follow Me	Veterana F35	58:38	+30:44	11:51
51	377	Gina Gonçalves	Night runners	Veterana F35	58:43	+30:50	11:52
52	376	Catarina Vicente	Night runners	Veterana F35	58:44	+30:50	11:52
53	248	Ana Cristina Gaspar Costa	Individual	Veterana F35	01:03:45	+35:51	12:53
54	362	Corina Silva	NDAP	Veterana F35	01:09:00	+41:07	13:57
55	363	Elsa Maria Alves Graça	NDAP	Veterana F35	01:09:02	+41:09	13:57
56	365	Sandra Amado	NDAP	Veterana F35	01:09:03	+41:09	13:57

Veterano M35

1	31	Mário Fonseca	CDC NAVAIS	Veterano M35	19:26		03:56
2	489	Nuno Gonçalves	SRJardoeira/RUNCROSSTRAIL.COM	Veterano M35	21:14	+01:48	04:17
3	41	Nuno Dias	Clube de Atletismo da Barreira	Veterano M35	21:23	+01:57	04:19
4	28	Nelson Ferreira	Atlético Clube Vermoil	Veterano M35	21:45	+02:19	04:24
5	267	António Ferreira	Individual	Veterano M35	22:47	+03:22	04:36
6	150	Pedro Capela	Grupo Alegre Unido Bajouca	Veterano M35	23:07	+03:41	04:40
7	147	José Gonçalves	Grupo Alegre Unido Bajouca	Veterano M35	23:09	+03:43	04:41
8	27	José Santos	Atlético Clube Vermoil	Veterano M35	23:11	+03:46	04:41
9	490	Rui Cruz	SRJardoeira/RUNCROSSTRAIL.COM	Veterano M35	23:20	+03:55	04:43
10	42	Rui Roberto	Clube de Atletismo da Barreira	Veterano M35	23:27	+04:02	04:44
11	148	Otelo Pereira	Grupo Alegre Unido Bajouca	Veterano M35	23:28	+04:03	04:45
12	26	Joaquim Quitério	Atlético Clube Vermoil	Veterano M35	23:34	+04:09	04:46
13	346	Hugo Horta	LEIRIA MARCHA ATLÈTICA	Veterano M35	23:50	+04:25	04:49
14	392	Jorge Claro	o ultimo vai a pe team	Veterano M35	24:00	+04:34	04:51
15	290	João Pedro de Oliveira Rodrigues	Individual	Veterano M35	24:31	+05:06	04:57
16	145	António Fernandes	Grupo Alegre Unido Bajouca	Veterano M35	24:58	+05:33	05:03
17	151	Pedro Pedrosa	Grupo Alegre Unido Bajouca	Veterano M35	25:03	+05:38	05:04
18	385	David Jesus	Nuno Portugal	Veterano M35	25:04	+05:38	05:04
19	320	Wilson Subtil	Individual	Veterano M35	25:16	+05:51	05:06
20	422	José Ramalho	Pombal.G.Runners	Veterano M35	25:17	+05:52	05:07
21	314	Pedro Miguel Silva Carlos	Individual	Veterano M35	25:19	+05:53	05:07
22	37	Daniel Lourenço	Clube de Atletismo da Barreira	Veterano M35	25:21	+05:55	05:07
23	497	Pedro Manso	Team FFFer	Veterano M35	25:23	+05:57	05:08

Prova Principal

4,95 KM

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

OFFICIAL RESULT

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

24	130	João Sintra Marques	GIM Running Team	Veterano M35	25:25	+06:00	05:08
25	29	José Antunes	Bombeiros de Ansião	Veterano M35	25:27	+06:02	05:09
26	38	Germano Capela	Clube de Atletismo da Barreira	Veterano M35	25:29	+06:03	05:09
27	96	Albano Silva	Ergoecran	Veterano M35	25:36	+06:11	05:10
28	494	Gastão Sousa	Team FFFer	Veterano M35	25:43	+06:17	05:12
29	368	MARCO ROSA	NDAP	Veterano M35	25:47	+06:21	05:13
30	144	André Fernandes	Grupo Alegre Unido Bajouca	Veterano M35	25:48	+06:23	05:13
31	384	Arsenio Santos	Nuno Portugal	Veterano M35	25:48	+06:23	05:13
32	480	Leonardo José Rodrigues Araújo	Slow Runners Pombal	Veterano M35	25:49	+06:23	05:13
33	110	Nuno Ferreira	Fonte Nova Runners	Veterano M35	25:53	+06:27	05:14
34	440	Fernando Neves Estrela	Pulse - Movement Factory	Veterano M35	26:18	+06:52	05:19
35	307	Nuno Rosa	Individual	Veterano M35	26:19	+06:53	05:19
36	301	Luiz António de Souza Ferreira	Individual	Veterano M35	26:29	+07:04	05:21
37	277	Eduardo de Jesus Mendes	Individual	Veterano M35	26:29	+07:04	05:21
38	278	emidio jorge gonçalves alves	Individual	Veterano M35	26:39	+07:14	05:23
39	311	Pedro Fernandes	Individual	Veterano M35	26:42	+07:16	05:24
40	318	Tomás Da Silva	Individual	Veterano M35	26:42	+07:17	05:24
41	131	José António da Cruz Silveirinha	GIM Running Team	Veterano M35	26:49	+07:24	05:25
42	455	João Santos	Rocket Team	Veterano M35	26:54	+07:29	05:26
43	294	José Carlos Martins	Individual	Veterano M35	26:58	+07:32	05:27
44	70	Paulo Gomes	CROSSFIT POMBAL	Veterano M35	26:58	+07:33	05:27
45	279	Fernando Neves	Individual	Veterano M35	26:59	+07:33	05:27
46	287	Humberto Duarte	Individual	Veterano M35	27:12	+07:47	05:30
47	296	Lino Manuel Marques Albano	Individual	Veterano M35	27:14	+07:48	05:30
48	270	António Manuel Ferreira Mendes	Individual	Veterano M35	27:19	+07:53	05:31
49	299	Luis Filipe Silva Rodrigues	Individual	Veterano M35	27:22	+07:57	05:32
50	152	Rafael Cabecinhas	Grupo Alegre Unido Bajouca	Veterano M35	27:24	+07:59	05:32
51	32	Vitor Nelson Esteves Torres da Silva	Cerveira Team Running - Clube Celtas do Minho	Veterano M35	27:25	+07:59	05:32
52	403	henrique fernandes lavaredas	os amigos da corrida	Veterano M35	27:26	+08:00	05:33
53	300	luis manuel dos santos silva	Individual	Veterano M35	27:36	+08:10	05:35
54	129	Fernando da Silva Parracho	GIM Running Team	Veterano M35	27:37	+08:12	05:35
55	84	Pedro Miguel Lopes Vieira	CSCRF CHARNECA	Veterano M35	27:38	+08:12	05:35
56	25	Eugénio Mendes	Atlético Clube Vermoil	Veterano M35	27:39	+08:13	05:35
57	274	Daniel	Individual	Veterano M35	27:39	+08:13	05:35
58	81	Luís Fernando Rocha das Neves	CSCRF CHARNECA	Veterano M35	27:40	+08:14	05:35
59	285	Henrique Ferreira dos Santos	Individual	Veterano M35	27:42	+08:16	05:36
60	67	Fernando Ferreira	CROSSFIT POMBAL	Veterano M35	27:47	+08:22	05:37
61	302	Miguel Ferreira	Individual	Veterano M35	28:03	+08:37	05:40
62	30	Vitor Santos	Bombeiros de Ansião	Veterano M35	28:08	+08:42	05:41
63	293	JOSÉ ARMANDINO RODRIGUES CARVALHO	Individual	Veterano M35	28:13	+08:48	05:42
64	479	Joao Pedro Monteiro	Slow Runners Pombal	Veterano M35	28:15	+08:49	05:42
65	499	Nuno Rosa	Team Pipoca	Veterano M35	28:16	+08:51	05:43
66	154	Virgílio Alberto	Grupo Alegre Unido Bajouca	Veterano M35	28:18	+08:53	05:43
67	496	Pedro Boia	Team FFFer	Veterano M35	28:19	+08:53	05:43
68	349	José Maçarria	MARESIA - BAR	Veterano M35	28:20	+08:55	05:44

Prova Principal 4,95 KM

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

OFFICIAL RESULT

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

69	386	Nuno Pascoal	Nuno Portugal	Veterano M35	28:21	+08:55	05:44
70	350	Nuno Duarte Domingues	MARESIA - BAR	Veterano M35	28:21	+08:55	05:44
71	304	NELSON SILVA LOPES	Individual	Veterano M35	28:26	+09:00	05:45
72	482	Pedro Pimpão	Slow Runners Pombal	Veterano M35	28:32	+09:06	05:46
73	308	Paulo Freire	Individual	Veterano M35	28:38	+09:12	05:47
74	316	Rui Miguel Ferreira Nunes	Individual	Veterano M35	28:48	+09:22	05:49
75	288	Ilidio Manuel Freitas Dos Santos	Individual	Veterano M35	28:48	+09:22	05:49
76	271	armenio jesus	Individual	Veterano M35	28:56	+09:30	05:51
77	439	David Miguel Mota Lopes	Pulse - Movement Factory	Veterano M35	29:04	+09:38	05:52
78	421	Carlos Nogueira	Pombal.G.Runners	Veterano M35	29:05	+09:40	05:53
79	146	Jorge Silva	Grupo Alegre Unido Bajouca	Veterano M35	29:19	+09:53	05:55
80	306	Nuno Moreira	Individual	Veterano M35	29:23	+09:58	05:56
81	481	Pedro Moreira	Slow Runners Pombal	Veterano M35	29:24	+09:58	05:56
82	268	António Gomes	Individual	Veterano M35	29:28	+10:03	05:57
83	133	Manuel António Rodrigues dos Santos	GIM Running Team	Veterano M35	29:29	+10:03	05:57
84	295	José Miguel Santos	Individual	Veterano M35	29:37	+10:12	05:59
85	456	Nelson Matias	Rocket Team	Veterano M35	29:57	+10:31	06:03
86	24	Alfredo Santos	Atlético Clube Vermoil	Veterano M35	29:59	+10:34	06:04
87	149	Pedro Cabecinhas	Grupo Alegre Unido Bajouca	Veterano M35	30:03	+10:38	06:04
88	513	HUMBERTO CARLOS PEDROSA MARQUES	URBANGARE	Veterano M35	30:10	+10:44	06:06
89	289	joao marco domingues gomes	Individual	Veterano M35	30:13	+10:48	06:06
90	101	Helder Miranda	Flechas Bike Running	Veterano M35	30:14	+10:48	06:06
91	153	Ramiro Rodrigues	Grupo Alegre Unido Bajouca	Veterano M35	30:24	+10:58	06:09
92	80	Carlos António Mota Longo da Conceição	CSCRF CHARNECA	Veterano M35	30:31	+11:06	06:10
93	282	FILIPE MATIAS SANTOS	Individual	Veterano M35	30:48	+11:23	06:13
94	367	Aires Gomes	NDAP	Veterano M35	30:53	+11:27	06:14
95	495	João Loureiro	Team FFFer	Veterano M35	30:58	+11:33	06:16
96	423	Paulo Serra	Pombal.G.Runners	Veterano M35	31:02	+11:36	06:16
97	280	Fernando Parreira	Individual	Veterano M35	31:02	+11:37	06:16
98	312	PEDRO FILIPE COSTA PEREIRA	Individual	Veterano M35	31:05	+11:39	06:17
99	411	Filipe Pedrosa	Os Gambuscos	Veterano M35	31:25	+12:00	06:21
100	284	Frederico Sismeiro	Individual	Veterano M35	31:35	+12:10	06:23
101	275	Daniel Francisco Fragoso	Individual	Veterano M35	31:41	+12:15	06:24
102	317	Samuel Ferraz Costa	Individual	Veterano M35	31:41	+12:15	06:24
103	132	Lucidio das Neves Dias	GIM Running Team	Veterano M35	31:45	+12:20	06:25
104	99	Marcos Lisboa	Ergoecran	Veterano M35	31:49	+12:23	06:26
105	315	Rui Avila	Individual	Veterano M35	31:54	+12:28	06:27
106	286	Horácio Cândido Mendes da Costa	Individual	Veterano M35	31:55	+12:30	06:27
107	345	ANTONIO FREITAS NEVES	Lama Solta	Veterano M35	32:22	+12:56	06:32
108	97	Carlos Rodrigues	Ergoecran	Veterano M35	32:36	+13:10	06:35
109	73	Nuno Cruz	Cruzes	Veterano M35	32:42	+13:17	06:36
110	412	Frederico Jorge	Os Gambuscos	Veterano M35	32:47	+13:21	06:37
111	68	Luís Rosa	CROSSFIT POMBAL	Veterano M35	32:48	+13:23	06:38
112	103	Jorge Silva	Flechas Bike Running	Veterano M35	33:00	+13:35	06:40
113	410	Artur Pires	Os Gambuscos	Veterano M35	33:15	+13:50	06:43

Prova Principal 4,95 KM

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

OFFICIAL RESULT

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

114	415	Sérgio Soares	Os Gambuscos	Veterano M35	33:19	+13:54	06:44
115	512	eduardo mendes	URBANGARE	Veterano M35	33:58	+14:32	06:52
116	319	Vítor Manuel Matos Lourenço	Individual	Veterano M35	33:58	+14:33	06:52
117	313	Pedro Filipe da Silva Murtinho	Individual	Veterano M35	34:10	+14:45	06:54
118	298	Luís Filipe Ferreira Mendes	Individual	Veterano M35	34:11	+14:46	06:54
119	266	Andre Gomes	Individual	Veterano M35	34:11	+14:46	06:55
120	457	Pedro Figueiredo	Rocket Team	Veterano M35	34:42	+15:17	07:01
121	98	Dinis Santos	Ergoecran	Veterano M35	34:56	+15:30	07:03
122	303	Nelson Pedrosa	Individual	Veterano M35	34:57	+15:31	07:04
123	514	NUNO ALEXANDRE LOURO SIMOES	URBANGARE	Veterano M35	34:57	+15:32	07:04
124	441	João Ramos	Pulse - Movement Factory	Veterano M35	35:05	+15:39	07:05
125	326	Humberto Santos	Javalís do sicó	Veterano M35	35:18	+15:53	07:08
126	325	Daniel Martins Carrasqueira	Javalís do sicó	Veterano M35	35:19	+15:54	07:08
127	450	Filipe Carrilho	QualquerCoisa	Veterano M35	35:28	+16:03	07:10
128	309	Pedro Aires Cardoso Gomes	Individual	Veterano M35	35:42	+16:17	07:13
129	414	Pedro Cordeiro	Os Gambuscos	Veterano M35	35:55	+16:29	07:15
130	297	Luis Cavaleiro	Individual	Veterano M35	36:09	+16:44	07:18
131	83	Pascoal Duarte Oliveira	CSCRF CHARNECA	Veterano M35	36:33	+17:07	07:23
132	501	Ricardo Carrasqueira	TLC	Veterano M35	36:49	+17:24	07:26
133	540	Gerhard Doppler	Individual	Veterano M35	36:58	+17:32	07:28
134	292	JORGE MIGUEL CORDEIRO DA SILVA PENACHO	Individual	Veterano M35	37:11	+17:46	07:31
135	378	Joaquim Monteiro	Night runners	Veterano M35	37:22	+17:57	07:33
136	281	FILIPE GAMEIRO	Individual	Veterano M35	37:24	+17:58	07:33
137	102	Henrique Silva	Flechas Bike Running	Veterano M35	37:25	+18:00	07:34
138	424	Pedro Fernandes	Pombal.G.Runners	Veterano M35	37:27	+18:01	07:34
139	449	António Silvestre	QualquerCoisa	Veterano M35	37:30	+18:04	07:35
140	291	João Rocha Quaresma	Individual	Veterano M35	38:21	+18:55	07:45
141	273	Cláudio André Guerreiro Pedrosa	Individual	Veterano M35	38:59	+19:33	07:53
142	106	Dário Pedro	Follow Me	Veterano M35	40:15	+20:49	08:08
143	6	Francisco José Carvalho da Silva Marto	A Lebre e a Tartaruga	Veterano M35	41:09	+21:43	08:19
144	451	Joaquim Ventura	QualquerCoisa	Veterano M35	41:34	+22:09	08:24
145	413	Paulo Andrade	Os Gambuscos	Veterano M35	43:36	+24:11	08:49
146	69	Manuel Eduardo Sousa marques	CROSSFIT POMBAL	Veterano M35	43:50	+24:25	08:51
147	107	Paulo Ferreira	Follow Me	Veterano M35	46:00	+26:34	09:18
148	305	Nuno Miguel Tomaz Oliveira	Individual	Veterano M35	46:40	+27:15	09:26
149	515	Paulo Gameiro	Individual	Veterano M35	47:00	+27:34	09:30
150	269	António Gonçalves Morgado	Individual	Veterano M35	50:53	+31:27	10:17

3ª Corrida dos Gambuzinos 2016
Pombal
02-julho-2016

COLETIVA

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

RANK	TEAM	DESCRIPTION	POINTS
1	Atlético Clube Vermoil	3 + 6 + 8 + 13 + 17	47
2	SRJardoeira/RUNCROSSTRAIL.COM	2 + 4 + 10 + 14 + 54	84
3	Grupo Alegre Unido Bajouca	11 + 12 + 16 + 25 + 31	95
4	Clube de Atletismo da Barreira	5 + 15 + 45 + 49 + 179	293
5	Lama Solta	9 + 30 + 51 + 116 + 141	347
6	GIM Running Team	27 + 47 + 87 + 90 + 100	351
7	CROSSFIT POMBAL	62 + 77 + 80 + 92 + 120	431
8	Nuno Portugal	37 + 58 + 99 + 122 + 135	451
9	Pombal.G.Runners	40 + 67 + 84 + 118 + 158	467
10	CSCRF CHARNECA	55 + 107 + 109 + 113 + 117	501
11	Pulse - Movement Factory	34 + 70 + 98 + 143 + 157	502
12	Slow Runners Pombal	42 + 59 + 129 + 140 + 166	536
13	Ergoecran	52 + 72 + 124 + 231 + 246	725
14	DREAM TEAM	39 + 50 + 133 + 197 + 346	765
15	J R L P	202 + 203 + 204 + 205 + 215	1029
16	Os Gambuscos	181 + 219 + 251 + 260 + 263	1174
17	o ultimo vai a pe team	23 + 243 + 283 + 284 + 357	1190
18	Rocket Team	89 + 185 + 297 + 331 + 332	1234
19	URBANGARE	191 + 241 + 280 + 289 + 307	1308
20	NDAP	56 + 207 + 328 + 329 + 451	1371
21	Monte dos Amigos	267 + 268 + 279 + 311 + 341	1466
22	QualquerCoisa	248 + 262 + 291 + 314 + 354	1469
23	os amigos da corrida	106 + 214 + 413 + 419 + 420	1572
24	Night runners	275 + 348 + 367 + 392 + 393	1775