

k70
70 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
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LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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	07:00	10,3°C	92%
End	21:49	12,8°C	96%

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

1	2012	Lúcia Lourenço	AVF auto	Senior Feminino	09:54:32		08:30
2	2089	MARIA ELISA SANTOS	PROAVENTURAS	Senior Feminino	10:30:43	+36:10	09:01
3	2078	Geisa Correia	O Mundo da Corrida	Senior Feminino	11:19:41	+01:25:08	09:43
4	2101	Marina Alves	Turres Trail Team	Senior Feminino	11:29:43	+01:35:11	09:51
5	2039	ana gonzalez	Individual	Senior Feminino	11:56:49	+02:02:16	10:14
6	2025	SU RAPOSO	CORRER LISBOA	Senior Feminino	14:08:21	+04:13:49	12:07
7	2040	Elisa Canario	Individual	Senior Feminino	14:46:04	+04:51:32	12:39

Senior Masculino

1	2053	Pedro Tiago Mendes	Coimbra Trail Running - Juice Plus +	Senior Masculino	08:39:02		07:25
2	2021	Tiago Cochicho	CMMC São Marcos Cacém	Senior Masculino	08:39:02	+00:01	07:25
3	2030	José Faria	EDV-VIANA TRAIL	Senior Masculino	08:50:00	+10:59	07:34
4	2026	TIAGO ROVISCO	Correr na cidade	Senior Masculino	08:54:15	+15:14	07:38
5	2085	Miguel Sousa	Ourém Vida Team	Senior Masculino	09:15:59	+36:58	07:57
6	2086	Tony Maya	Ourém Vida Team	Senior Masculino	09:16:00	+36:58	07:57
7	2046	Francisco Monte	Individual	Senior Masculino	09:47:13	+01:08:12	08:23
8	2091	Emanuel Simões	Run Crew Trail Montijo	Senior Masculino	10:06:09	+01:27:08	08:40
9	2048	Gonçalo Nuno Neto Francisco	Individual	Senior Masculino	10:08:55	+01:29:54	08:42
10	2041	André Lopes Ribeiro	Individual	Senior Masculino	10:29:38	+01:50:36	09:00
11	2082	Hugo Miguel Brito Alcobia	Os cinco	Senior Masculino	10:35:23	+01:56:21	09:05
12	2038	Romeu Alexandre Taneco Colaço	Ginásio Quinta do Valbom - AAAlcochete	Senior Masculino	10:37:50	+01:58:49	09:07
13	2045	Filipe Bandeira	Individual	Senior Masculino	10:52:20	+02:13:19	09:19
14	2044	Elvino Miguel de Campos Gonçalves	Individual	Senior Masculino	10:54:03	+02:15:01	09:21
15	2047	Gonçalo Nuno Jorge Rita	Individual	Senior Masculino	11:14:20	+02:35:18	09:38
16	2079	Hélder Tavares de Lemos	O Mundo da Corrida	Senior Masculino	11:19:41	+02:40:39	09:43
17	2083	Pedro Manuel Silva Inácio Ribeiro	Os cinco	Senior Masculino	11:44:52	+03:05:51	10:04
18	2052	Pedro Miguel Dias dos Santos	Individual	Senior Masculino	11:56:48	+03:17:47	10:14
19	2050	João Nuno Jesus dos Santos Mota Frade	Individual	Senior Masculino	11:56:49	+03:17:47	10:14
20	2011	Francisco Cachulo	Ass. 20KM de Almeirim - TRAIL	Senior Masculino	12:05:50	+03:26:49	10:22
21	2042	Bruno Custódio	Individual	Senior Masculino	12:05:50	+03:26:49	10:22
22	2051	Luis Rodrigues	Individual	Senior Masculino	12:11:08	+03:32:07	10:27
23	2076	Paulo Santos	Não Fazemos Nem Mais Um... Km!	Senior Masculino	12:14:05	+03:35:04	10:29
24	2054	Renato Marques	Individual	Senior Masculino	12:52:27	+04:13:25	11:02
25	2028	Bruno Moita	Dolce Furadouro	Senior Masculino	14:08:22	+05:29:20	12:07
26	2033	Jorge Atalaia	GD BBPI	Senior Masculino	14:11:05	+05:32:04	12:10
27	2096	João Carlos Santos	Serviços Sociais Montepio	Senior Masculino	14:43:59	+06:04:58	12:38

Official Timekeeper: Lap2Go	1 / 3	generate 29-nov-2016 21:01
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k70

70 KM

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REVISEDLAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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

8	2070	Nuno Castro	Individual	Veterano M45	13:44:52	+05:19:17	11:47
9	2068	Luis Fidalgo	Individual	Veterano M45	13:44:52	+05:19:17	11:47

Veterano M50

1	2016	Francisco Gaio	Caracol Trail Team	Veterano M50	08:51:25		07:36
2	2097	João Sanches	SOCONCALMA	Veterano M50	10:26:54	+01:35:28	08:57
3	2020	Luís Soares	Clube OGMA	Veterano M50	10:38:09	+01:46:43	09:07
4	2105	José Fonseca	UNIÃO FCI DE TOMAR	Veterano M50	11:07:46	+02:16:20	09:32
5	2027	Paulo Ferreira	CTR Vale de Cambra	Veterano M50	12:05:50	+03:14:25	10:22
6	2073	FERNANDO EDUARDO TEIXEIRA VILELA	Individual	Veterano M50	12:23:16	+03:31:50	10:37
7	2037	Fernando Morais	GD BBPI	Veterano M50	14:11:06	+05:19:41	12:10
8	2074	Manuel Santiago Faro	Individual	Veterano M50	14:27:51	+05:36:25	12:24
9	2015	claudino almeida rebelo	CAOB	Veterano M50	14:46:03	+05:54:38	12:39

Veterano M55

1	2008	Amadeu Teixeira	Amigos do Pedal - Trail de Lagares	Veterano M55	09:54:32		08:30
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Veterano M60

1	2017	Manuel Victorino	CCD ALVITEJO	Veterano M60	12:15:32		10:30
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COLETIVA GERAL 70K

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

RANK	TEAM	DESCRIPTION	POINTS
1	Ourém Vida Team	10 + 11 + 16	37
2	GD BBPI	43 + 66 + 67	176

K35 - STAGE 1**35 KM****OFFICIAL RESULT****R**
REVISED

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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
89	181	João Carlos Nunes Patricio	escaraveiros team	Sub 23 Masculino	04:33:13	+01:19:33	07:48
90	239	Eduardo Filipe Gomes Fonseca	individual	Senior Masculino	04:33:24	+01:19:45	07:49
91	69	Marco António Correia Rodrigues	arism - associação recreativa de s. miguel	Veterano M40	04:33:36	+01:19:57	07:49
92	262	Jorge Nabais	individual	Senior Masculino	04:34:15	+01:20:36	07:50
93	330	sergio ramos	individual	Veterano M40	04:34:53	+01:21:13	07:51
94	28	Fátima Alendouro	individual	Veterana F40	04:35:57	+01:22:17	07:53
95	278	Pedro Miguel Ladeira Gonçalves	individual	Senior Masculino	04:35:59	+01:22:20	07:53
96	240	Emanuel	individual	Senior Masculino	04:36:10	+01:22:31	07:53
97	111	Vítor Santos	ccd cmt/smas tomar	Veterano M40	04:36:11	+01:22:31	07:53
98	524	Rui Leandro	udr zona alta - torres novas	Senior Masculino	04:36:22	+01:22:43	07:54
99	72	Carlos Fernandes	as belas e eles	Veterano M40	04:37:36	+01:23:57	07:56
100	379	Rui Menas	matilha running	Senior Masculino	04:37:57	+01:24:18	07:57
101	449	Luís Faísco	proaventuras	Veterano M45	04:38:09	+01:24:29	07:57
102	236	Diogo Roberto	individual	Senior Masculino	04:38:12	+01:24:33	07:57
103	237	Donato Ornelas	individual	Senior Masculino	04:39:29	+01:25:50	07:59
104	441	Helder Costa	porto de nós a correr	Veterano M40	04:39:29	+01:25:50	07:59
105	464	Bruno Bispo	runners do demo	Senior Masculino	04:39:33	+01:25:54	07:59
106	512	FERNANDO FERREIRA	trilhos dos templários / green roc	Senior Masculino	04:40:30	+01:26:51	08:01
107	324	Pedro Miguel Inácio Nogueira	individual	Veterano M40	04:40:44	+01:27:05	08:01
108	183	Joao Paulo Pires da Maia	falcões selvagens	Veterano M50	04:40:58	+01:27:18	08:02
109	80	António Batata	atletismo clube da tocha	Veterano M40	04:40:59	+01:27:20	08:02
110	395	Tyna Valada	monsanto running team	Veterana F40	04:41:04	+01:27:25	08:02
111	126	JOSE LUIS BACEIRA FARINHA	clube millennium bcp	Veterano M40	04:41:13	+01:27:33	08:02
112	455	Pedro Sousa	proaventuras	Veterano M60	04:41:26	+01:27:46	08:02
113	27	Paula Penedo	naza - núcleo atletismo zona da aboboda	Senior Feminino	04:41:31	+01:27:51	08:03
114	56	Bruno Safara	amcf - arrábida trail team	Senior Masculino	04:41:31	+01:27:52	08:03
115	333	Fernando Capitão	individual	Veterano M45	04:42:10	+01:28:31	08:04
116	29	Ana Maria Henriques Carvalho Féteira	arism - associação recreativa de s. miguel	Senior Feminino	04:43:38	+01:29:58	08:06
117	412	Luís Narciso	o mundo da corrida	Senior Masculino	04:44:27	+01:30:47	08:08
118	357	Fernando Martins Mateus	individual	Veterano M55	04:44:29	+01:30:50	08:08
119	93	Bruno Nalha	c.d. "os águias" trail/running	Senior Masculino	04:45:40	+01:32:00	08:10
120	97	Nuno Paulino	c.d. "os águias" trail/running	Veterano M40	04:45:40	+01:32:00	08:10
121	188	Álvaro Mendonça	gáfeterunners	Senior Masculino	04:46:02	+01:32:22	08:10
122	50	Daniel Soares	adcrpj	Senior Masculino	04:46:35	+01:32:56	08:11
123	284	Roger Matthews	individual	Senior Masculino	04:47:10	+01:33:30	08:12
124	419	Anabela Maria Rainho	os matrecos	Senior Feminino	04:47:27	+01:33:48	08:13
125	481	Rodolfo Orfão	sinmetro	Senior Masculino	04:47:37	+01:33:58	08:13
126	31	Gil Alves	100fobias	Veterano M40	04:47:42	+01:34:03	08:13
127	473	JERONIMO ESTEVES	salamandrecos	Veterano M40	04:47:51	+01:34:12	08:13
128	204	Paulo Jorge Rodrigues Alves	grupo desportivo santander totta	Senior Masculino	04:49:09	+01:35:30	08:16
129	413	Alexandre Cunha	o mundo da corrida	Veterano M45	04:49:55	+01:36:16	08:17
130	468	Joao Costa	sabores do paço / zatopeques	Veterano M40	04:50:11	+01:36:32	08:17
131	275	Nuno Nunes	individual	Senior Masculino	04:50:26	+01:36:47	08:18
132	351	Carlos Pascoal	individual	Veterano M50	04:50:33	+01:36:54	08:18
133	49	Tiago Lousada	adap trail team	Senior Masculino	04:51:23	+01:37:43	08:20

K35 - STAGE 1

35 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
225	249	Gonçalo Pereira Nina	individual	Senior Masculino	05:25:32	+02:11:52	09:18
226	491	João Pedro Silva	ss cgd	Veterano M45	05:26:19	+02:12:40	09:19
227	78	Sara Silva	atletismo clube da tocha	Senior Feminino	05:26:21	+02:12:42	09:19
228	79	Daniel Batata	atletismo clube da tocha	Senior Masculino	05:26:22	+02:12:42	09:19
229	474	ROMÃO SANTOS	salamandrecos	Veterano M40	05:27:42	+02:14:02	09:22
230	34	Noriko Sugiyama	50 shades of trail	Veterana F50	05:27:51	+02:14:12	09:22
231	384	Paulo Menezes	matilha running	Veterano M40	05:28:22	+02:14:43	09:23
232	328	Rui Marino	individual	Veterano M40	05:28:23	+02:14:43	09:23
233	248	Gonçalo Lopes	individual	Senior Masculino	05:28:23	+02:14:43	09:23
234	136	Artur Jorge Nunes Oliveira	coa - clube de orientação e aventura	Senior Masculino	05:28:55	+02:15:16	09:24
235	141	Luís Manuel Martins Lobato	coa - clube de orientação e aventura	Veterano M40	05:29:54	+02:16:15	09:26
236	38	Diana Veiga Romão	ac portalegre / utsm	Senior Feminino	05:30:02	+02:16:23	09:26
237	424	Marco Caseiro	os perigosos	Senior Masculino	05:30:31	+02:16:52	09:27
238	421	Helder Valadas	os perigosos	Senior Masculino	05:30:31	+02:16:52	09:27
239	127	PEDRO MIGUEL BATISTA CORDAS	clube millennium bcp	Veterano M40	05:30:51	+02:17:11	09:27
240	471	Óscar Oliveira	sabores do paço / zatepeques	Veterano M50	05:31:01	+02:17:22	09:27
241	303	Karina Moura	individual	Veterana F45	05:31:24	+02:17:44	09:28
242	256	João Calado	individual	Senior Masculino	05:31:46	+02:18:07	09:29
243	30	Maria Jose Felisardo	proaventuras	Veterana F45	05:32:05	+02:18:26	09:29
244	230	César Pereira	individual	Senior Masculino	05:32:21	+02:18:42	09:30
245	199	Luis Gabriel Lopes Oliveira	grupo desportivo da parreira	Senior Masculino	05:32:33	+02:18:53	09:30
246	460	Sara Pedro	róódinhas-santos silva / oxygen-gym & fitness	Veterana F50	05:32:50	+02:19:10	09:31
247	235	Diogo Barros	individual	Senior Masculino	05:33:05	+02:19:26	09:31
248	81	Sérgio Nuno dos Santos Camarinho	atletismo clube da tocha	Veterano M40	05:33:45	+02:20:05	09:32
249	71	Ricardo Magalhães	as belas e eles	Senior Masculino	05:34:29	+02:20:50	09:33
250	147	Joel Almeida Martinho	coimbra trail running	Senior Masculino	05:34:31	+02:20:52	09:33
251	281	Ricardo Silva	individual	Senior Masculino	05:34:33	+02:20:53	09:34
252	502	André Coelho	team lantermil	Senior Masculino	05:36:31	+02:22:51	09:37
253	501	Mónica Martins	team lantermil	Senior Feminino	05:36:31	+02:22:51	09:37
254	300	Sandra Raposinho	individual	Veterana F40	05:37:05	+02:23:26	09:38
255	100	VÍTOR DOMINGOS	calma - tomar	Veterano M40	05:37:13	+02:23:33	09:38
256	349	Will Barnard	individual	Veterano M45	05:37:51	+02:24:11	09:39
257	289	Sérgio Alexandre Mendes Vinagre Ferreira Artilheiro	individual	Senior Masculino	05:37:56	+02:24:16	09:39
258	355	Rui Susano Mateus	individual	Veterano M50	05:38:32	+02:24:53	09:40
259	401	Cristóvão Casimiro	não fazemos nem mais um... km!	Veterano M40	05:38:44	+02:25:04	09:41
260	254	Hugo Miguel Rodrigues Picotez	individual	Senior Masculino	05:39:12	+02:25:33	09:42
261	360	José Barroco	individual	Veterano M55	05:39:13	+02:25:34	09:42
262	493	Luis Miguel Gomes Martins	ss cgd	Veterano M45	05:39:19	+02:25:39	09:42
263	321	Paulo Godinho	individual	Veterano M40	05:40:21	+02:26:41	09:43
264	339	Miguel Nuno Duarte Pedro	individual	Veterano M45	05:41:13	+02:27:34	09:45
265	119	Luís Paulo Ferreira de Almeida Carlos	chitas de alcobaça	Veterano M40	05:43:08	+02:29:28	09:48
266	63	NUno Almeida	arrábida runners	Veterano M40	05:43:40	+02:30:01	09:49
267	489	João Filipe Henriques	ss cgd	Veterano M40	05:43:41	+02:30:02	09:49

K35 - STAGE 1

35 KM

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

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
268	456	Andreia Sousa	putos da mangueira	Senior Feminino	05:43:42	+02:30:03	09:49
269	457	Daniel Moreira	putos da mangueira	Senior Masculino	05:43:42	+02:30:03	09:49
270	283	Rodrigo Viana Machado	individual	Senior Masculino	05:44:35	+02:30:55	09:51
271	318	Luis Miguel Relvas Pedro	individual	Veterano M40	05:45:13	+02:31:34	09:52
272	319	Miguel António Nunes Gonçalves	individual	Veterano M40	05:45:17	+02:31:37	09:52
273	102	André Ferreira	caracol trail team	Senior Masculino	05:45:41	+02:32:02	09:53
274	317	Jorge Sousa	individual	Veterano M40	05:46:09	+02:32:30	09:53
275	45	Bruno Filipe Soares Coelho	adabem running team	Senior Masculino	05:46:13	+02:32:33	09:54
276	61	Miguel Baptista	aroo	Veterano M50	05:46:48	+02:33:08	09:55
277	60	Natasha Planas	aroo	Veterana F45	05:46:48	+02:33:08	09:55
278	42	Ricardo Nunes	acrm silveirinha claras	Senior Masculino	05:47:01	+02:33:21	09:55
279	277	Pedro José Neves Marques	individual	Senior Masculino	05:47:01	+02:33:22	09:55
280	320	NUNO ATHAYDE	individual	Veterano M40	05:47:10	+02:33:30	09:55
281	217	Mariana Monteiro	individual	Senior Feminino	05:47:42	+02:34:02	09:56
282	209	Andreia Stoffel Lemos	individual	Senior Feminino	05:48:09	+02:34:30	09:57
283	323	Pedro Leiria	individual	Veterano M40	05:48:10	+02:34:30	09:57
284	161	Romão Correia	devagar, devagarinho...	Senior Masculino	05:48:26	+02:34:46	09:57
285	297	Anabela Neves dos Santos	individual	Veterana F40	05:50:44	+02:37:05	10:01
286	322	Paulo Libânio	individual	Veterano M40	05:50:45	+02:37:05	10:01
287	504	Paulo Carvalho	tomar runners	Veterano M40	05:50:45	+02:37:06	10:01
288	350	Carlos Manuel Henriques	individual	Veterano M50	05:50:46	+02:37:07	10:01
289	461	José Carlos Melo	run 4 fun	Veterano M50	05:51:31	+02:37:51	10:03
290	151	Renato Ferreira	coimbra trail running	Veterano M40	05:52:01	+02:38:21	10:03
291	444	Jose Cacheira	primeirokm	Senior Masculino	05:52:14	+02:38:35	10:04
292	425	Carlos Sousa	os perigosos	Veterano M55	05:54:00	+02:40:20	10:07
293	133	Américo Rodrigues	cmmc são marcos cacém	Veterano M55	05:55:12	+02:41:33	10:09
294	338	Luis Dimas	individual	Veterano M45	05:55:15	+02:41:35	10:09
295	403	Otilio Martiniano	não fazemos nem mais um... km!	Veterano M40	05:55:20	+02:41:40	10:09
296	234	David Silva	individual	Senior Masculino	05:55:25	+02:41:46	10:09
297	345	Pedro Ramos	individual	Veterano M45	05:55:41	+02:42:02	10:10
298	73	EZEQUIEL OLIVEIRA	associação de atletismo lebres	Senior Masculino	05:55:41	+02:42:02	10:10
299	2088	Paulo Calvino	põe-te a milhas	Veterano M40	05:55:43	+02:42:04	10:10
300	250	Helder Santos	individual	Senior Masculino	05:56:56	+02:43:16	10:12
301	145	Francisco Moraes	coimbra trail running	Senior Masculino	05:57:02	+02:43:23	10:12
302	367	Vitor Afonso Lourenço	jobrinde - montes saloios	Veterano M45	05:57:13	+02:43:33	10:12
303	213	filipa ramos curralo	individual	Senior Feminino	05:57:49	+02:44:09	10:13
304	505	João Paulo Alcobia	tomar runners	Veterano M45	05:57:52	+02:44:12	10:13
305	343	Paulo Vicente	individual	Veterano M45	05:57:57	+02:44:18	10:14
306	33	Marketa Martins	50 shades of trail	Senior Feminino	05:58:00	+02:44:21	10:14
307	176	António Serrano	eléctrico futebol clube	Senior Masculino	05:59:21	+02:45:42	10:16
308	134	Sónia Isabel Margarido Marques	coa - clube de orientação e aventura	Senior Feminino	06:00:29	+02:46:49	10:18
309	438	Joana Frazão	porto de mós a correr	Senior Feminino	06:01:08	+02:47:29	10:19
310	144	Luís Miguel dos Santos Emídio	coa - clube de orientação e aventura	Veterano M45	06:01:13	+02:47:34	10:19
311	397	Jorge Alexandre Correia Moita	montanha clube trail running/runners	Veterano M40	06:01:24	+02:47:45	10:20
312	396	Hugo Rodrigues	montanha clube trail running/runners	Senior Masculino	06:01:24	+02:47:45	10:20
313	383	Mauro Gonçalves	matilha running	Veterano M40	06:01:58	+02:48:19	10:21

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46	262	Jorge Nabais	Individual	Senior Masculino	04:34:15	+01:20:36	07:50
47	278	Pedro Miguel Ladeira Gonçalves	Individual	Senior Masculino	04:35:59	+01:22:20	07:53
48	240	Emanuel	Individual	Senior Masculino	04:36:10	+01:22:31	07:53
49	524	Rui Leandro	UDR ZONA ALTA - Torres Novas	Senior Masculino	04:36:22	+01:22:43	07:54
50	379	Rui Menas	Matilha Running	Senior Masculino	04:37:57	+01:24:18	07:57
51	236	Diogo Roberto	Individual	Senior Masculino	04:38:12	+01:24:33	07:57
52	237	Donato Ornelas	Individual	Senior Masculino	04:39:29	+01:25:50	07:59
53	464	Bruno Bispo	Runners do Demo	Senior Masculino	04:39:33	+01:25:54	07:59
54	512	FERNANDO FERREIRA	TRILHOS DOS TEMPLÁRIOS / GREEN ROC	Senior Masculino	04:40:30	+01:26:51	08:01
55	56	Bruno Safara	AMCF - Arrábida Trail Team	Senior Masculino	04:41:31	+01:27:52	08:03
56	412	Luís Narciso	O Mundo da Corrida	Senior Masculino	04:44:27	+01:30:47	08:08
57	93	Bruno Nalha	C.D. "Os Águias" Trail/Running	Senior Masculino	04:45:40	+01:32:00	08:10
58	188	Álvaro Mendonça	GáfeteRunners	Senior Masculino	04:46:02	+01:32:22	08:10
59	50	Daniel Soares	ADCRPJ	Senior Masculino	04:46:35	+01:32:56	08:11
60	284	Roger Matthews	Individual	Senior Masculino	04:47:10	+01:33:30	08:12
61	481	Rodolfo Orfão	Sinmetro	Senior Masculino	04:47:37	+01:33:58	08:13
62	204	Paulo Jorge Rodrigues Alves	GRUPO DESPORTIVO SANTANDER TOTTA	Senior Masculino	04:49:09	+01:35:30	08:16
63	275	Nuno Nunes	Individual	Senior Masculino	04:50:26	+01:36:47	08:18
64	49	Tiago Lousada	Adap Trail Team	Senior Masculino	04:51:23	+01:37:43	08:20
65	113	Filipe Carrão	ccd de porto mendo	Senior Masculino	04:51:23	+01:37:44	08:20
66	179	David Gouveia	Escaravelhos Team	Senior Masculino	04:53:32	+01:39:53	08:23
67	376	Humberto Barros	Kaninos	Senior Masculino	04:54:12	+01:40:32	08:24
68	287	Rui Loureiro Marques	Individual	Senior Masculino	04:54:12	+01:40:32	08:24
69	166	Bruno Loureiro	Dr. Merino/Nutrifit	Senior Masculino	04:54:29	+01:40:49	08:25
70	496	Fernando Rafael Ribeiro Carvalho	Tarahumara	Senior Masculino	04:55:15	+01:41:35	08:26
71	255	ivo manuel barreiro fernandes	Individual	Senior Masculino	04:55:58	+01:42:18	08:27
72	511	CARLOS BASÍLIO	TRILHOS DOS TEMPLÁRIOS / GREEN ROC	Senior Masculino	04:56:39	+01:43:00	08:29
73	370	ALEXANDRE NARCISO	Juventude Vidigalense	Senior Masculino	04:57:43	+01:44:03	08:30
74	527	Miguel José Pereira Neves	UGAS TRAIL Running	Senior Masculino	04:59:11	+01:45:31	08:33
75	445	Rui Alves Filipe	PrimeiroKm	Senior Masculino	05:00:19	+01:46:40	08:35
76	442	Andre Ribeiro	PrimeiroKm	Senior Masculino	05:00:19	+01:46:40	08:35
77	94	Bruno Raposeira	C.D. "Os Águias" Trail/Running	Senior Masculino	05:00:24	+01:46:45	08:35
78	364	Hugo Mendonça	Inijovem - Nisa	Senior Masculino	05:02:41	+01:49:01	08:39
79	269	Matias Silva	Individual	Senior Masculino	05:03:20	+01:49:41	08:40
80	229	Carlos Silva	Individual	Senior Masculino	05:04:10	+01:50:30	08:41
81	243	filipe caldeira	Individual	Senior Masculino	05:04:15	+01:50:35	08:42
82	231	Clemente Pinto	Individual	Senior Masculino	05:04:46	+01:51:06	08:42
83	259	João Moreira	Individual	Senior Masculino	05:05:48	+01:52:08	08:44
84	157	João Fernando Arroja André	CSRDOTA-ANIPURA-EDUARDO HENRIQUES	Senior Masculino	05:05:51	+01:52:11	08:44
85	393	David Lima	Monsanto Running Team	Senior Masculino	05:06:00	+01:52:20	08:45
86	378	NUNO HENRIQUES	Matilha Running	Senior Masculino	05:06:12	+01:52:33	08:45
87	462	Tiago Abreu	Run Crew Trail Montijo	Senior Masculino	05:06:45	+01:53:06	08:46
88	253	Hugo Miguel Rodrigues Gonçalves	Individual	Senior Masculino	05:07:02	+01:53:23	08:46
89	258	João Mangana	Individual	Senior Masculino	05:08:00	+01:54:20	08:48

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134	73	EZEQUIEL OLIVEIRA	ASSOCIAÇÃO DE ATLETISMO LEBRES	Senior Masculino	05:55:41	+02:42:02	10:10
135	250	Helder Santos	Individual	Senior Masculino	05:56:56	+02:43:16	10:12
136	145	Francisco Morais	Coimbra Trail Running	Senior Masculino	05:57:02	+02:43:23	10:12
137	176	António Serrano	Eléctrico Futebol Clube	Senior Masculino	05:59:21	+02:45:42	10:16
138	396	Hugo Rodrigues	MONTANHA CLUBE TRAIL RUNNING/RUNNERS	Senior Masculino	06:01:24	+02:47:45	10:20
139	138	Nuno Ricardo Moreira de Figueiredo	COA - Clube de Orientação e Aventura	Senior Masculino	06:02:13	+02:48:34	10:21
140	139	Rodrigo Henrique Martins Lopes	COA - Clube de Orientação e Aventura	Senior Masculino	06:02:49	+02:49:09	10:22
141	246	Francisco Branco	Individual	Senior Masculino	06:04:12	+02:50:33	10:24
142	247	Gonçalo Jorge Mendes Martins	Individual	Senior Masculino	06:04:12	+02:50:33	10:24
143	273	Nuno Miguel Carujo Redondo	Individual	Senior Masculino	06:06:45	+02:53:06	10:29
144	224	Bruno Fernandes	Individual	Senior Masculino	06:06:46	+02:53:06	10:29
145	241	Fábio Daniel Pocinho Silva	Individual	Senior Masculino	06:09:47	+02:56:07	10:34
146	497	Ricardo Pocinho Silva	Tarahumara	Senior Masculino	06:09:47	+02:56:08	10:34
147	137	Cláudio Jorge Alves da Silva	COA - Clube de Orientação e Aventura	Senior Masculino	06:09:49	+02:56:10	10:34
148	227	Carlos Manuel Gonçalves Reis	Individual	Senior Masculino	06:10:18	+02:56:39	10:35
149	526	Daniel Marques dos Santos	UGAS TRAIL Running	Senior Masculino	06:14:39	+03:01:00	10:42
150	67	João Octávio Cruz	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	06:14:39	+03:01:00	10:42
151	443	Goncalo Martins	PrimeiroKm	Senior Masculino	06:14:54	+03:01:14	10:43
152	433	João Filipe Martinho	PharmaRunners	Senior Masculino	06:31:51	+03:18:11	11:12
153	276	Paulo Filipe Loureiro Ferreira	Individual	Senior Masculino	06:34:04	+03:20:25	11:16
154	295	Fabio cunha	Individual	Senior Masculino	06:34:04	+03:20:25	11:16
155	260	João Pedro Correia Parente	Individual	Senior Masculino	06:34:04	+03:20:25	11:16
156	432	Valter Gaspar	PAPAMILHAS RUNNING TEAM	Senior Masculino	06:34:32	+03:20:52	11:16
157	429	Marco Aurélio Bandeira Urbano	PAPAMILHAS RUNNING TEAM	Senior Masculino	06:34:32	+03:20:53	11:16
158	431	Ricardo Silva Ferreira	PAPAMILHAS RUNNING TEAM	Senior Masculino	06:34:34	+03:20:55	11:16
159	430	Mário Costa	PAPAMILHAS RUNNING TEAM	Senior Masculino	06:34:42	+03:21:03	11:17
160	270	Miguel Fazenda	Individual	Senior Masculino	06:34:48	+03:21:09	11:17
161	228	Carlos Miguel Ribeiro de Melo	Individual	Senior Masculino	06:41:30	+03:27:51	11:28
162	66	Hugo Ricardo Alexandre Caldeira	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	06:44:59	+03:31:20	11:34
163	200	Pedro Oliveira	Grupo Desportivo da Parreira	Senior Masculino	06:44:59	+03:31:20	11:34
164	238	Edgar Dias dos Santos	Individual	Senior Masculino	06:45:00	+03:31:21	11:34
165	158	Luis Simão	Derretebanha	Senior Masculino	06:48:10	+03:34:30	11:40
166	131	Artur Gao	CMMC São Marcos Cacém	Senior Masculino	06:48:26	+03:34:46	11:40
167	112	Andre Conceição	ccd de porto mendo	Senior Masculino	06:52:40	+03:39:00	11:47
168	108	João Sêbo	Carros Vassoura	Senior Masculino	06:54:20	+03:40:40	11:50
169	488	Pedro Afonso	SS CGD	Senior Masculino	06:59:22	+03:45:43	11:59
170	285	Rogério Mendes	Individual	Senior Masculino	07:03:37	+03:49:57	12:06
171	428	Samuel de Oliveira Martinho	OzXtreme / GDCR	Senior Masculino	07:05:04	+03:51:25	12:09
172	498	João Jacinto	Tartarugas Solidárias	Senior Masculino	07:09:35	+03:55:56	12:16
173	223	Bruno Arcanjo	Individual	Senior Masculino	07:27:48	+04:14:09	12:48
174	280	Ricardo Patrício	Individual	Senior Masculino	07:32:46	+04:19:06	12:56
175	286	Rui Lopes	Individual	Senior Masculino	07:32:47	+04:19:07	12:56

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176	233	Daniel Ramos	Individual	Senior Masculino	07:33:20	+04:19:41	12:57
177	107	Fabio Gaudencio	Carros Vassoura	Senior Masculino	07:50:17	+04:36:37	13:26
178	267	Marco António Oliveira Santos	Individual	Senior Masculino	07:54:05	+04:40:25	13:33
179	165	Miguel Graça	Dolce Furadouro	Senior Masculino	08:16:43	+05:03:03	14:12

Sub 23 Masculino

1	11	João Emanuel Mendes Martins	Clube de Atletismo de Ferreira do Zêzere	Sub 23 Masculino	03:31:36		06:03
2	185	André Melhor Duarte	Força Vegana	Sub 23 Masculino	03:31:57	+00:21	06:03
3	180	Fernando Luís Lopes Santos	Escaravelhos Team	Sub 23 Masculino	03:47:58	+16:22	06:31
4	181	João Carlos Nunes Patricio	Escaravelhos Team	Sub 23 Masculino	04:33:13	+01:01:36	07:48
5	51	Bruno Viana	Afifense Trail	Sub 23 Masculino	05:20:52	+01:49:16	09:10

Veterana F40

1	171	Casimira Moura	Dr. Merino/Nutrifit	Veterana F40	03:56:14		06:45
2	28	Fátima Alendouro	Individual	Veterana F40	04:35:57	+39:43	07:53
3	395	Tyna Valada	Monsanto Running Team	Veterana F40	04:41:04	+44:51	08:02
4	149	Dina Rocha	Coimbra Trail Running	Veterana F40	04:55:15	+59:02	08:26
5	499	Ivone Saramago Ferreira	Tartarugas Solidárias	Veterana F40	04:56:37	+01:00:24	08:29
6	399	Lurdes Gil	Mountain trails	Veterana F40	05:06:30	+01:10:16	08:45
7	55	Fernanda Almeida	Agregar	Veterana F40	05:24:22	+01:28:09	09:16
8	300	Sandra Raposinho	Individual	Veterana F40	05:37:05	+01:40:52	09:38
9	297	Anabela Neves dos Santos	Individual	Veterana F40	05:50:44	+01:54:31	10:01
10	373	Rita Pedrosa	Juventude Vidigalense	Veterana F40	06:11:14	+02:15:01	10:36
11	159	Maria João Regalo	Derretebanha	Veterana F40	06:20:44	+02:24:30	10:53
12	298	Elisabete Rocha	Individual	Veterana F40	06:31:50	+02:35:37	11:12
13	372	Cristina de Freitas Prioste	Juventude Vidigalense	Veterana F40	06:33:15	+02:37:02	11:14
14	160	Célia Sampaio	Desnível Positivo	Veterana F40	06:48:26	+02:52:12	11:40
15	153	Carla Raposo	CORRER LISBOA	Veterana F40	07:27:02	+03:30:48	12:46
16	59	Sandra Sofia Pereira Simões	ARCD Venda da Luísa	Veterana F40	07:54:05	+03:57:51	13:33

Veterana F45

1	301	Ana Lucia Duarte	Individual	Veterana F45	05:12:16		08:55
2	533	Cidália Maria Serra Marques Martins	VendasNovasTrail	Veterana F45	05:16:01	+03:44	09:02
3	303	Karina Moura	Individual	Veterana F45	05:31:24	+19:07	09:28
4	30	Maria Jose Felisardo	PROAVENTURAS	Veterana F45	05:32:05	+19:49	09:29
5	60	Natasha Planas	AROO	Veterana F45	05:46:48	+34:31	09:55
6	52	Carolina Pereira	Afifense Trail	Veterana F45	06:07:43	+55:27	10:30
7	304	Paula Ventura	Individual	Veterana F45	06:16:25	+01:04:08	10:45
8	124	Ana Cristina Nogueira Lopes	Clube Millennium BCP	Veterana F45	06:58:37	+01:46:20	11:58
9	90	Otilia Maria Ribeiro Gonçalves Leal	C.A.S.P.A. - Clube Amador Só Para Atletismo	Veterana F45	07:27:02	+02:14:45	12:46

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26	126	JOSE LUIS BACEIRA FARINHA	Clube Millennium BCP	Veterano M40	04:41:13	+01:15:31	08:02
27	97	Nuno Paulino	C.D. "Os Águias" Trail/Running	Veterano M40	04:45:40	+01:19:58	08:10
28	31	Gil Alves	100fobias	Veterano M40	04:47:42	+01:22:01	08:13
29	473	JERONIMO ESTEVES	Salamandrecos	Veterano M40	04:47:51	+01:22:10	08:13
30	468	Joao Costa	Sabores do Paço / Zatopeques	Veterano M40	04:50:11	+01:24:30	08:17
31	201	Vasco Lopes	Grupo Desportivo da Parreira	Veterano M40	04:53:48	+01:28:07	08:24
32	517	Tiago Basilio	Tu eu e ele	Veterano M40	04:54:41	+01:29:00	08:25
33	325	Pedro Neves	Individual	Veterano M40	04:55:21	+01:29:39	08:26
34	62	José Fernandes	Arrábida Runners	Veterano M40	04:55:40	+01:29:58	08:27
35	463	Rui Patrício Miguel	Run Crew Trail Montijo	Veterano M40	04:59:11	+01:33:30	08:33
36	312	João Jesus	Individual	Veterano M40	05:03:57	+01:38:16	08:41
37	207	Rui Machinho	GRUPO DESPORTIVO SANTANDER TOTTA	Veterano M40	05:06:43	+01:41:01	08:46
38	178	António Filipe da Silva Garcia	Eléctrico Futebol Clube	Veterano M40	05:09:16	+01:43:35	08:50
39	500	Rui Alves	Tartarugas Solidárias	Veterano M40	05:09:17	+01:43:36	08:50
40	398	Rui Manuel Pereira Gaspar	MONTANHA CLUBE TRAIL RUNNING/RUNNERS	Veterano M40	05:10:06	+01:44:24	08:52
41	68	Bruno de Sousa Querido	ARSM - Associação Recreativa de S. Miguel	Veterano M40	05:10:06	+01:44:25	08:52
42	374	Nuno Baltazar	Juventude Vidigalense	Veterano M40	05:10:54	+01:45:12	08:53
43	447	Luis Maroco	PROAVENTURAS	Veterano M40	05:13:16	+01:47:35	08:57
44	316	Joao Tralha	Individual	Veterano M40	05:15:09	+01:49:27	09:00
45	98	Pedro Fogueteiro	C.D. "Os Águias" Trail/Running	Veterano M40	05:15:11	+01:49:29	09:00
46	387	Pedro Mendonca	Matilha Running	Veterano M40	05:18:28	+01:52:46	09:06
47	475	Mário Rosa	SartimRunners	Veterano M40	05:20:40	+01:54:58	09:10
48	313	João Paulo Barros	Tartarugas Solidárias	Veterano M40	05:21:09	+01:55:27	09:11
49	474	ROMÃO SANTOS	Salamandrecos	Veterano M40	05:27:42	+02:02:00	09:22
50	384	Paulo Menezes	Matilha Running	Veterano M40	05:28:22	+02:02:41	09:23
51	328	Rui Marino	Individual	Veterano M40	05:28:23	+02:02:41	09:23
52	141	Luís Manuel Martins Lobato	COA - Clube de Orientação e Aventura	Veterano M40	05:29:54	+02:04:13	09:26
53	127	PEDRO MIGUEL BATISTA CORDAS	Clube Millennium BCP	Veterano M40	05:30:51	+02:05:09	09:27
54	81	Sérgio Nuno dos Santos Camarinho	Atletismo Clube da Tocha	Veterano M40	05:33:45	+02:08:03	09:32
55	100	VÍTOR DOMINGOS	CALMA - Tomar	Veterano M40	05:37:13	+02:11:31	09:38
56	401	Cristóvão Casimiro	Não Fazemos Nem Mais Um... Km!	Veterano M40	05:38:44	+02:13:02	09:41
57	321	Paulo Godinho	Individual	Veterano M40	05:40:21	+02:14:39	09:43
58	119	Luís Paulo Ferreira de Almeida Carlos	Chitas de Alcobaça	Veterano M40	05:43:08	+02:17:26	09:48
59	63	NUno Almeida	Arrábida Runners	Veterano M40	05:43:40	+02:17:59	09:49
60	489	João Filipe Henriques	SS CGD	Veterano M40	05:43:41	+02:18:00	09:49
61	318	Luis Miguel Relvas Pedro	Individual	Veterano M40	05:45:13	+02:19:32	09:52
62	319	Miguel António Nunes Gonçalves	Individual	Veterano M40	05:45:17	+02:19:35	09:52
63	317	Jorge Sousa	Individual	Veterano M40	05:46:09	+02:20:28	09:53
64	320	NUNO ATHAYDE	Individual	Veterano M40	05:47:10	+02:21:28	09:55
65	323	Pedro Leiria	Individual	Veterano M40	05:48:10	+02:22:28	09:57
66	322	Paulo Libânio	Individual	Veterano M40	05:50:45	+02:25:03	10:01
67	504	Paulo Carvalho	Tomar Runners	Veterano M40	05:50:45	+02:25:04	10:01
68	151	Renato Ferreira	Coimbra Trail Running	Veterano M40	05:52:01	+02:26:19	10:03
69	403	Otilio Martiniano	Não Fazemos Nem Mais Um... Km!	Veterano M40	05:55:20	+02:29:38	10:09

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70	2088	Paulo Calvino	Põe-Te a Milhas	Veterano M40	05:55:43	+02:30:02	10:10
71	397	Jorge Alexandre Correia Moita	MONTANHA CLUBE TRAIL RUNNING/RUNNERS	Veterano M40	06:01:24	+02:35:43	10:20
72	383	Mauro Gonçalves	Matilha Running	Veterano M40	06:01:58	+02:36:17	10:21
73	390	Hugo Ribeiro	Mau Maus	Veterano M40	06:02:25	+02:36:44	10:21
74	54	Carlos Pereira	Afifense Trail	Veterano M40	06:07:43	+02:42:01	10:30
75	306	António Queiros	Individual	Veterano M40	06:12:13	+02:46:31	10:38
76	142	Manuel Silva	COA - Clube de Orientação e Aventura	Veterano M40	06:15:12	+02:49:31	10:43
77	402	Henrique Frazão	Não Fazemos Nem Mais Um... Km!	Veterano M40	06:15:20	+02:49:38	10:43
78	203	Bruno José Almeida Pereira	Grupo Desportivo e Cultural dos Trabalhadores do SBSI	Veterano M40	06:15:45	+02:50:03	10:44
79	490	Pedro Vasco da Costa Almeida	SS CGD	Veterano M40	06:24:31	+02:58:50	10:59
80	162	João Bernardino	Devagar, devagarinho...	Veterano M40	06:27:27	+03:01:46	11:04
81	327	Rui Brás	Individual	Veterano M40	06:35:25	+03:09:44	11:18
82	385	Paulo Sérgio Augusto Alves	Matilha Running	Veterano M40	06:54:30	+03:28:49	11:51
83	382	José Camelo	Matilha Running	Veterano M40	07:01:03	+03:35:21	12:02
84	311	João Cruz	Individual	Veterano M40	07:05:50	+03:40:09	12:10

Veterano M45

1	415	Paulo Costa	O Mundo da Corrida	Veterano M45	04:07:51		07:05
2	12	Paulo Santos	Mountain trails	Veterano M45	04:11:41	+03:50	07:11
3	510	Helder Baptista	Trilho Perdido Eventos / Imporlux	Veterano M45	04:17:08	+09:18	07:21
4	342	Paulo Osório	Individual	Veterano M45	04:19:09	+11:18	07:24
5	448	João Nuno Fonseca	PROAVENTURAS	Veterano M45	04:20:08	+12:17	07:26
6	377	Joaquim Capela	Kaninos	Veterano M45	04:25:28	+17:38	07:35
7	469	Paulo Frade	Sabores do Paço / Zatopeques	Veterano M45	04:29:45	+21:54	07:42
8	414	Lícinio Sequeira	O Mundo da Corrida	Veterano M45	04:29:46	+21:55	07:42
9	344	Pedro Gouveia	Arrábida Runners	Veterano M45	04:30:46	+22:56	07:44
10	155	Paulo Alexandre Lema Pelicano	Crocodilos / Mister PC	Veterano M45	04:32:13	+24:23	07:47
11	449	Luís Fáisco	PROAVENTURAS	Veterano M45	04:38:09	+30:18	07:57
12	333	Fernando Capitão	Individual	Veterano M45	04:42:10	+34:20	08:04
13	413	Alexandre Cunha	O Mundo da Corrida	Veterano M45	04:49:55	+42:05	08:17
14	64	Silvério Correia	Arrábida Runners	Veterano M45	04:55:01	+47:10	08:26
15	450	Miguel Lino	PROAVENTURAS	Veterano M45	04:55:16	+47:25	08:26
16	92	José Carlos Brito	C.A.S.P.A. - Clube Amador Só Para Atletismo	Veterano M45	05:08:18	+01:00:27	08:49
17	332	AUGUSTO SOUSA	Individual	Veterano M45	05:09:16	+01:01:26	08:50
18	70	Horácio Ferreira	ARSM - Associação Recreativa de S. Miguel	Veterano M45	05:14:22	+01:06:31	08:59
19	334	Gonçalo Valente	Individual	Veterano M45	05:17:09	+01:09:18	09:04
20	476	Artur Santiago Coelho	scalabis nigth runners	Veterano M45	05:17:45	+01:09:54	09:05
21	386	João Rosa	Matilha Running	Veterano M45	05:18:28	+01:10:37	09:06
22	348	Rui Lourenço	Individual	Veterano M45	05:22:12	+01:14:21	09:12
23	529	Álvaro Manuel da Costa Centeio	UGAS TRAIL Running	Veterano M45	05:24:03	+01:16:12	09:16
24	491	João Pedro Silva	SS CGD	Veterano M45	05:26:19	+01:18:29	09:19
25	349	Will Barnard	Individual	Veterano M45	05:37:51	+01:30:00	09:39

Official Timekeeper: Lap2Go	9 / 11	generate 29-nov-2016 21:00
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k35

35 KM



OFFICIAL RESULT

26	493	Luis Miguel Gomes Martins	SS CGD	Veterano M45	05:39:19	+01:31:28	09:42
27	339	Miguel Nuno Duarte Pedro	Individual	Veterano M45	05:41:13	+01:33:23	09:45
28	338	Luis Dimas	Individual	Veterano M45	05:55:15	+01:47:24	10:09
29	345	Pedro Ramos	Individual	Veterano M45	05:55:41	+01:47:51	10:10
30	367	Vitor Afonso Lourenço	JOBRINDE - MONTES SALOIOS	Veterano M45	05:57:13	+01:49:22	10:12
31	505	João Paulo Alcobia	Tomar Runners	Veterano M45	05:57:52	+01:50:01	10:13
32	343	Paulo Vicente	Individual	Veterano M45	05:57:57	+01:50:07	10:14
33	144	Luís Miguel dos Santos Emídio	COA - Clube de Orientação e Aventura	Veterano M45	06:01:13	+01:53:23	10:19
34	91	Acácio Machado	C.A.S.P.A. - Clube Amador Só Para Atletismo	Veterano M45	06:02:17	+01:54:26	10:21
35	492	Luis Filipe Mendes Santos	SS CGD	Veterano M45	06:08:10	+02:00:20	10:31
36	335	Hélder Monteiro	Individual	Veterano M45	06:09:38	+02:01:48	10:34
37	340	Paulo Gordo	Individual	Veterano M45	06:11:15	+02:03:24	10:36
38	346	PEDRO RAMOS	Individual	Veterano M45	06:15:20	+02:07:29	10:43
39	482	paulo schofield	SINTRARUNNING	Veterano M45	06:24:35	+02:16:44	10:59
40	163	Rui Nascimento	Devagar, devagarinho...	Veterano M45	06:27:27	+02:19:37	11:04
41	336	Joaquim José Leitão Caeiro	Individual	Veterano M45	06:30:32	+02:22:41	11:09
42	128	FERNANDO JORGE MOTA DE SOUSA	Clube Millennium BCP	Veterano M45	06:31:51	+02:24:01	11:12
43	388	Pedro Lourenço	Matilha Running	Veterano M45	06:32:55	+02:25:04	11:14
44	347	Pedro Rebelo Dias	Individual	Veterano M45	06:34:53	+02:27:03	11:17
45	521	João Paulo Felix	Turres Trail Team	Veterano M45	06:45:01	+02:37:10	11:34
46	114	Jorge Pimpão	ccd de porto mendo	Veterano M45	06:52:39	+02:44:49	11:47
47	459	Manuel António	Rail Runners	Veterano M45	07:18:16	+03:10:26	12:31

Veterano M50

1	4	Vitor Cordeiro	AC PORTALEGRE / UTSM	Veterano M50	03:18:00		05:39
2	452	João Paulo de Oliveira Marques	PROAVENTURAS	Veterano M50	04:06:41	+48:41	07:03
3	407	Jorge Rodrigues	NAZA - Núcleo Atletismo Zona da Aboboda	Veterano M50	04:11:58	+53:58	07:12
4	470	Gabriel Frade	Sabores do Paço / Zatopeques	Veterano M50	04:27:35	+01:09:34	07:39
5	494	Paulo Pires	SS CGD	Veterano M50	04:28:10	+01:10:10	07:40
6	183	Joao Paulo Pires da Maia	FALCÕES SELVAGENS	Veterano M50	04:40:58	+01:22:57	08:02
7	351	Carlos Pascoal	Individual	Veterano M50	04:50:33	+01:32:33	08:18
8	405	Ricardo Nuno Valente	Não Fazemos Nem Mais Um... Km!	Veterano M50	04:52:37	+01:34:37	08:22
9	389	Joaquim Manuel Coelho Lima	Matilha Running	Veterano M50	05:04:41	+01:46:41	08:42
10	471	Óscar Oliveira	Sabores do Paço / Zatopeques	Veterano M50	05:31:01	+02:13:01	09:27
11	355	Rui Susano Mateus	Individual	Veterano M50	05:38:32	+02:20:32	09:40
12	61	Miguel Baptista	AROO	Veterano M50	05:46:48	+02:28:47	09:55
13	350	Carlos Manuel Henriques	Individual	Veterano M50	05:50:46	+02:32:46	10:01
14	461	José Carlos Melo	RUN 4 FUN	Veterano M50	05:51:31	+02:33:30	10:03
15	130	Eduardo Mendes	Clube Vodafone	Veterano M50	06:05:50	+02:47:50	10:27
16	101	Carlos Eira	CALMA - Tomar	Veterano M50	06:10:14	+02:52:13	10:35
17	352	Henrique Manuel Hortelão Trindade	Individual	Veterano M50	06:34:52	+03:16:51	11:17
18	115	Ricardo Baptista	ccd de porto mendo	Veterano M50	06:52:40	+03:34:39	11:47
19	354	luis prazeres	Individual	Veterano M50	06:58:37	+03:40:36	11:58

COLETIVA GERAL 35K

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

RANK	TEAM	DESCRIPTION	POINTS
1	AC PORTALEGRE / UTM	1 + 3 + 8	12
2	Caracol Trail Team	2 + 5 + 11	18
3	Dr. Merino/Nutrifit	25 + 26 + 46	97
4	PROAVENTURAS	18 + 41 + 57	116
5	ARSM - Associação Recreativa de S. Miguel	10 + 61 + 91	162
6	Sabores do Paço / Zatopeques	51 + 72 + 79	202
7	Juventude Vidigalense	54 + 77 + 88	219
8	Coimbra Trail Running	35 + 42 + 144	221
9	Porto de Mós a Correr	37 + 87 + 104	228
10	Escaravelhos Team	13 + 89 + 136	238
11	O Mundo da Corrida	44 + 80 + 117	241
12	GOIRunners	47 + 58 + 170	275
13	C.D. "Os Águias" Trail/Running	52 + 119 + 120	291
14	Matilha Running	62 + 100 + 162	324
15	Monsanto Running Team	69 + 110 + 167	346
16	SS CGD	73 + 74 + 225	372
17	PrimeiroKm	71 + 153 + 154	378
18	Não Fazemos Nem Mais Um... Km!	83 + 135 + 181	399
19	Turres Trail Team	9 + 66 + 376	451
20	Arrábida Runners	81 + 142 + 265	488
21	COA - Clube de Orientação e Aventura	27 + 233 + 234	494
22	Tartarugas Solidárias	148 + 178 + 205	531
23	C.A.S.P.A. - Clube Amador Só Para Atletismo	60 + 175 + 314	549
24	Atletismo Clube da Tocha	109 + 226 + 227	562
25	Afifense Trail	84 + 204 + 324	612
26	UGAS TRAIL Running	151 + 218 + 337	706
27	Clube Millennium BCP	111 + 238 + 357	706
28	50 Shades of Trail	196 + 229 + 305	730
29	CMMC São Marcos Cacém	63 + 292 + 378	733
30	Grupo Desportivo da Parreira	137 + 244 + 374	755
31	os perigosos	236 + 237 + 291	764
32	MONTANHA CLUBE TRAIL RUNNING/RUNNERS	179 + 310 + 311	800
33	Eléctrico Futebol Clube	176 + 306 + 321	803
34	ccd de porto mendo	134 + 380 + 381	895
35	ATR - Algarve Trail Running	217 + 347 + 393	957
36	Devagar, devagarinho...	283 + 352 + 353	988
37	PAPAMILHAS RUNNING TEAM	364 + 365 + 366	1095

K20 - STAGE 1

20 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
43	1353	Rui Lopes	individual	Senior Masculino	02:01:17	+34:02	06:04
44	1299	Helder Manuel Delgado	individual	Senior Masculino	02:01:17	+34:03	06:04
45	1020	Germano Canedo	100fobias	Veterano M50	02:01:34	+34:20	06:05
46	1485	Martino Carreira Montez	individual	Veterano M45	02:02:26	+35:12	06:07
47	1090	Sérgio Nuno Nunes	carapaus de corrida	Veterano M40	02:04:07	+36:52	06:12
48	1579	JOSÉ GUIMAS	os matrecos	Veterano M45	02:04:41	+37:26	06:14
49	1315	Joaquim Filipe da Rosa Rodrigues	individual	Senior Masculino	02:04:42	+37:28	06:14
50	1001	Nuno Calisto	#passo#a#passo#runners - pontével	Senior Masculino	02:04:52	+37:37	06:15
51	1517	Sergio Pedro da Silva Ferreira Antunes	juventude vidigalense	Veterano M40	02:05:00	+37:46	06:15
52	1340	pedro manuel ferreira da rosa	individual	Senior Masculino	02:05:30	+38:15	06:17
53	1629	Pedro Ricardo	porto de mós a correr	Senior Masculino	02:05:38	+38:23	06:17
54	1583	Tiago David	os zatopeques	Senior Masculino	02:05:38	+38:23	06:17
55	1443	Nuno Luis Carvalho José	individual	Veterano M40	02:05:38	+38:24	06:17
56	1124	Nuno Pereira	clube ogma	Veterano M40	02:06:15	+39:00	06:19
57	1343	Pedro Miguel Silvério da Cruz	individual	Senior Masculino	02:07:07	+39:53	06:21
58	1542	Manuel Cabete	moinhos da gândara trail	Veterano M50	02:07:16	+40:02	06:22
59	1499	Filipe Carvalheiro	individual	Veterano M50	02:07:24	+40:10	06:22
60	1099	Vítor Pires	casa do povo de alcanena	Veterano M45	02:07:33	+40:19	06:23
61	1068	Domingos Nogueira	associação desportiva da efacec	Senior Masculino	02:07:38	+40:23	06:23
62	1074	Pedro Pinto	associação desportiva da efacec	Veterano M40	02:07:38	+40:23	06:23
63	1128	Hugo Agua	coac coruche	Senior Masculino	02:08:09	+40:54	06:24
64	1035	Pedro Aires	adar (ass.desportiva de aldeia da ribeira)	Veterano M45	02:08:17	+41:02	06:25
65	1425	Humberto Spínola	individual	Veterano M40	02:08:19	+41:05	06:25
66	1281	Diogo José Matos Carlos	individual	Senior Masculino	02:08:40	+41:26	06:26
67	1532	António Manuel Carvalho Silva Leal	marinhais ac	Veterano M45	02:08:56	+41:41	06:27
68	1413	André Fernandes	individual	Veterano M40	02:08:59	+41:44	06:27
69	1129	João Reis	coac coruche	Senior Masculino	02:09:00	+41:46	06:27
70	1166	Ana Gonçalves	évora night runners	Senior Feminino	02:09:02	+41:47	06:27
71	1024	Rodrigo Antunes Rosa	a. d. r. águas belas	Senior Masculino	02:09:23	+42:08	06:28
72	1480	Luis Mealha	individual	Veterano M45	02:09:35	+42:21	06:29
73	1609	João Vitorino	pace.makers	Veterano M50	02:09:50	+42:35	06:30
74	1161	André Fonte	escola de atletismo de coimbra / jpaiva	Senior Masculino	02:09:53	+42:39	06:30
75	1199	Luís Miguel Fernandes Rodrigues	ginásio quinta do valbom - aaalcochete	Senior Masculino	02:10:07	+42:53	06:30
76	1342	Pedro Miguel Silva	individual	Senior Masculino	02:10:07	+42:53	06:30
77	1566	António José Gomez Soares	os galgos de tancos	Senior Masculino	02:10:18	+43:03	06:31
78	1318	Luís César lobão Rego	individual	Senior Masculino	02:10:26	+43:12	06:31
79	1183	Carlos Cardoso	gd bbpi	Veterano M60	02:10:46	+43:31	06:32
80	1563	Isabel Ferreira Ribeiro	os galgos de tancos	Senior Feminino	02:10:58	+43:43	06:33
81	1568	Tiago Moita Oliveira	os galgos de tancos	Senior Masculino	02:10:58	+43:44	06:33
82	1622	Paulo Fernandes	pé na pinha	Veterano M50	02:11:00	+43:46	06:33
83	1258	Bruno carvalho	individual	Senior Masculino	02:11:12	+43:57	06:34
84	1672	Mário Rui Tordo Dias	thoughttrail alenquer	Senior Masculino	02:11:21	+44:07	06:34
85	1092	Sergio Simão	cartaxo night runners	Senior Masculino	02:11:27	+44:13	06:34
86	1100	carlos pinto	casa do povo de alcanena	Veterano M55	02:12:01	+44:46	06:36
87	1556	Tiago Vicente	ondatrinhos	Senior Masculino	02:12:29	+45:14	06:37

K20 - STAGE 1

20 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
88	1030	Mário Martins	abutres running team	Veterano M45	02:12:32	+45:17	06:38
89	1112	Orlando Pedro	ccd sintrense	Veterano M45	02:12:38	+45:24	06:38
90	1163	André Henrique Pereira Fernandes	escola de atletismo de coimbra / jpaiva	Veterano M40	02:12:46	+45:32	06:38
91	1104	Antonio Rufino	ccd de porto mendo	Senior Masculino	02:12:59	+45:44	06:39
92	1283	Eduardo Filipe Vaz Ferreira	individual	Senior Masculino	02:13:47	+46:32	06:41
93	1547	ALBERTO ALVES	nadv.pt	Veterano M45	02:13:51	+46:37	06:42
94	1109	Helder Vaz	ccd sintrense	Senior Masculino	02:14:16	+47:02	06:43
95	1138	Paulo Jorge Fonseca Carvalho	coimbra trail running	Veterano M40	02:14:29	+47:15	06:43
96	1577	Aurélio Rodrigues	os matreco	Veterano M45	02:14:35	+47:20	06:44
97	1201	Fulvio Ramos	go!runners	Senior Masculino	02:14:47	+47:33	06:44
98	1004	Sergio Almeida	100 estrihos	Senior Masculino	02:14:49	+47:35	06:44
99	1066	Helder Domingos	ass. 20km de almeirim - trail	Senior Masculino	02:14:59	+47:44	06:45
100	1005	Vitor Sérgio Santos Viana	100 estrihos	Senior Masculino	02:15:19	+48:04	06:46
101	1277	Danny Santos	individual	Senior Masculino	02:15:33	+48:18	06:47
102	1285	Elio cerejo	individual	Senior Masculino	02:15:33	+48:18	06:47
103	1169	Gildo Santos	fire team bvmc	Veterano M40	02:15:51	+48:36	06:48
104	1168	Carlos Rodrigues	figueira kayak clube	Veterano M50	02:16:01	+48:47	06:48
105	1558	Jorge Antunes	ondatrinhos	Veterano M40	02:16:03	+48:48	06:48
106	1623	rui alberto bacharel norte	pé na pinha	Veterano M55	02:16:28	+49:13	06:49
107	1123	Joaquim Martins	clube de atletismo odimarq	Veterano M50	02:16:58	+49:43	06:51
108	1010	Luis Aires	100 estrihos	Veterano M45	02:17:17	+50:03	06:52
109	1416	Bruno Filipe Teixeira	individual	Veterano M40	02:17:21	+50:07	06:52
110	1337	Paulo Sousa	individual	Senior Masculino	02:17:35	+50:20	06:53
111	1055	Lígia Pires Coelho	arqm - associação recreativa de s. miguel	Veterana F45	02:18:21	+51:07	06:55
112	1062	Carlos marques	as limitada	Senior Masculino	02:18:25	+51:10	06:55
113	1279	Dinis Maurício	individual	Senior Masculino	02:18:28	+51:14	06:55
114	1367	João Proença	individual	Senior Masculino	02:18:39	+51:24	06:56
115	1520	Nelson Perpétua	liz runners	Veterano M40	02:18:55	+51:40	06:57
116	1700	Mauro Covas	vikings trail runners	Senior Masculino	02:19:04	+51:49	06:57
117	1073	Miguel Barbosa	associação desportiva da efacec	Veterano M40	02:19:30	+52:15	06:59
118	1170	Nuno ferreira	fonte nova runners	Veterano M45	02:20:09	+52:55	07:00
119	1615	Nelson Monteiro	pé na pinha	Senior Masculino	02:20:18	+53:03	07:01
120	1457	Sergio Mendes	individual	Veterano M40	02:20:27	+53:13	07:01
121	1656	Rui Freitas	save tibet	Senior Masculino	02:20:38	+53:23	07:02
122	1692	Daniela Heleno	urban corps family	Senior Feminino	02:20:43	+53:29	07:02
123	1291	Filipe Jorge de Sousa Moreira	individual	Senior Masculino	02:21:05	+53:51	07:03
124	1384	Lénia Teresa Brito da Silva	individual	Veterana F40	02:21:14	+54:00	07:04
125	1618	Ilidio Carpinteiro	pé na pinha	Veterano M45	02:21:15	+54:01	07:04
126	1433	Josep Maria Montserrat	individual	Veterano M40	02:21:16	+54:02	07:04
127	1120	Pedro Gomes	clube colaboradores ageas	Senior Masculino	02:21:17	+54:02	07:04
128	1297	Gonçalo Vicente	individual	Senior Masculino	02:21:25	+54:10	07:04
129	75	Nuno Moreira	associação desportiva da efacec	Senior Masculino	02:22:06	+54:52	07:06
130	1681	PAULO FERREIRA	trilhos dos templários / green roc	Veterano M40	02:22:08	+54:53	07:06
131	1679	NUNO COSTA	trilhos dos templários / green roc	Senior Masculino	02:22:09	+54:54	07:06
132	1553	Paulo Alexandre da Silva Dias	nel-pédatlata	Senior Masculino	02:22:10	+54:56	07:07
133	1492	Rui Rocha	individual	Veterano M45	02:22:32	+55:17	07:08

K20 - STAGE 1

20 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
134	1432	José Rosa	individual	Veterano M40	02:22:46	+55:31	07:08
135	1678	JORGE RAMALHO	trilhos dos templários / green roc	Senior Masculino	02:23:22	+56:07	07:10
136	1420	Edgar Ribeiro	individual	Veterano M40	02:23:42	+56:28	07:11
137	1300	Helder Miguel Reis Camacho	individual	Senior Masculino	02:23:47	+56:32	07:11
138	1586	Nuno Caixeirinho	ourém vida team	Veterano M40	02:23:48	+56:33	07:11
139	1698	Diogo Alves	vikings trail runners	Senior Masculino	02:23:56	+56:42	07:12
140	1628	Luis Rino	porto de mós a correr	Senior Masculino	02:24:03	+56:48	07:12
141	1083	Bruno Bernardo	c.d. "os águias" trail/running	Senior Masculino	02:24:22	+57:07	07:13
142	1554	vitor Santos	nel-pédatleta	Veterano M50	02:24:31	+57:16	07:14
143	1473	João Paulo Nobre Santos Marques	individual	Veterano M45	02:24:36	+57:21	07:14
144	1436	Marco Rodrigues	individual	Veterano M40	02:24:46	+57:31	07:14
145	1346	RICARDO CARVALHO	individual	Senior Masculino	02:24:50	+57:35	07:15
146	1361	Tó Manel	individual	Senior Masculino	02:25:02	+57:48	07:15
147	1424	Hilário Manuel de Jesus Louro	individual	Veterano M40	02:25:12	+57:57	07:16
148	1624	João Miguel Carapinha	pernetas	Veterano M40	02:25:21	+58:07	07:16
149	1101	nelson ferreira filipe	cavaliños runners	Senior Masculino	02:25:24	+58:09	07:16
150	1072	Marco Lourenço	associação desportiva da efacec	Veterano M40	02:25:24	+58:10	07:16
151	1069	Fábio Silva	associação desportiva da efacec	Senior Masculino	02:25:24	+58:10	07:16
152	1029	José Luís Coelho	abutres running team	Veterano M40	02:25:25	+58:10	07:16
153	1008	Miguel Veludo	100 estrihos	Veterano M40	02:25:27	+58:13	07:16
154	1118	Pedro Carmo	clac entroncamento	Senior Masculino	02:25:34	+58:20	07:17
155	1555	Henrique Faria	ondatrilhos	Senior Masculino	02:25:35	+58:20	07:17
156	1557	Conceição Castanheira	ondatrilhos	Veterana F50	02:25:35	+58:21	07:17
157	1572	Mário Jorge da Costa Bernardino	os galgos de tancos	Veterano M45	02:25:41	+58:26	07:17
158	1519	Esmeraldo Prudencio	liz runners	Veterano M40	02:25:55	+58:40	07:18
159	1603	Nuno Tiago	pace.makers	Veterano M40	02:26:13	+58:58	07:19
160	1398	Manuela Rodrigues Antunes	individual	Veterana F45	02:26:13	+58:59	07:19
161	1151	Vera Vaz	david vaz	Veterana F40	02:26:39	+59:24	07:20
162	1658	mario silva	sintrarunning	Veterano M45	02:27:17	+01:00:03	07:22
163	1130	Miguel Gualdino	coac coruche	Senior Masculino	02:27:28	+01:00:14	07:22
164	1604	Rui Marçal	pace.makers	Veterano M40	02:27:30	+01:00:16	07:23
165	1325	Mário Val	individual	Senior Masculino	02:27:31	+01:00:17	07:23
166	1327	Miguel Pinheiro Navega	ac portalegre / utsm	Senior Masculino	02:27:32	+01:00:17	07:23
167	1115	Rui Grazina	ccd sintrense	Veterano M55	02:27:34	+01:00:20	07:23
168	1061	Rosa Magalhães	as belas e eles	Veterana F55	02:27:37	+01:00:22	07:23
169	1543	Inês Nunes	monbiketeam - monforte bike team	Senior Feminino	02:28:02	+01:00:47	07:24
170	1087	Catarina Neves	caracol trail team	Veterana F40	02:28:20	+01:01:05	07:25
171	1657	Cristina Barros	sinmetro	Veterana F40	02:28:30	+01:01:15	07:26
172	1345	Pedro Pimpão	individual	Senior Masculino	02:28:39	+01:01:24	07:26
173	1505	Raul Abraão Martins	individual	Veterano M50	02:28:40	+01:01:25	07:26
174	1506	Rui Manuel Aires Rodrigues Farinha	individual	Veterano M50	02:28:58	+01:01:44	07:27
175	1632	António Alves	porto de mós a correr	Veterano M45	02:29:25	+01:02:10	07:28
176	1708	Gonçalo Águas	individual	Senior Masculino	02:29:26	+01:02:12	07:28
177	1009	Nuno Bogalheiro	100 estrihos	Veterano M40	02:29:30	+01:02:16	07:29
178	1086	Telmo Silva	caracol trail team	Senior Masculino	02:29:53	+01:02:38	07:30

K20 - STAGE 1
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LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
179	1017	Hugo Evaristo	100fobias	Senior Masculino	02:29:54	+01:02:39	07:30
180	1149	Luís Fernando Rocha das Neves	cscr/fcharneca	Veterano M50	02:29:58	+01:02:43	07:30
181	1585	João Subtil	ourém vida team	Veterano M40	02:30:14	+01:02:59	07:31
182	1435	LUIS MIGUEL AMARO FERREIRA	individual	Veterano M40	02:30:16	+01:03:01	07:31
183	1574	Carlos Manuel Ervideira Diogo Grácio	os galgos de tancos	Veterano M50	02:30:23	+01:03:09	07:31
184	1319	Luís Ribeiro	individual	Senior Masculino	02:31:44	+01:04:29	07:35
185	1016	Filipe Almeida	100fobias	Senior Masculino	02:31:49	+01:04:34	07:35
186	1486	Paulo Jorge Nunes da Conceição Martins	individual	Veterano M45	02:31:58	+01:04:43	07:36
187	1140	BRUNO TIBÉRIO	correr na cidade	Senior Masculino	02:32:10	+01:04:55	07:37
188	1263	Bruno Manuel Sousa Ferreira	individual	Senior Masculino	02:32:21	+01:05:06	07:37
189	1228	CATARINA CIPRIANO	individual	Senior Feminino	02:32:22	+01:05:08	07:37
190	1080	Gustavo Faria	c.a.s.p.a. - clube amador só para atletismo	Senior Masculino	02:32:25	+01:05:10	07:37
191	1488	Pedro Nogueira de Lemos	individual	Veterano M45	02:32:32	+01:05:17	07:38
192	1392	Sílvia Franco	individual	Veterana F40	02:32:37	+01:05:22	07:38
193	1453	Rui Amador	individual	Veterano M40	02:32:43	+01:05:29	07:38
194	1518	Paula Falacho	liz runners	Veterana F40	02:32:53	+01:05:38	07:39
195	1596	Vanda Fernandes	pace.makers	Veterana F40	02:32:55	+01:05:41	07:39
196	1093	Vanda Matias	cartaxo night runners	Veterana F45	02:32:55	+01:05:41	07:39
197	1160	Luis António Pinto Pereira	escaravelhos team	Veterano M55	02:32:56	+01:05:42	07:39
198	1418	Carlos Manuel Navalho Isidro	individual	Veterano M40	02:33:07	+01:05:52	07:39
199	1358	Sérgio Sousa	individual	Senior Masculino	02:33:13	+01:05:58	07:40
200	1335	Nuno santos	individual	Senior Masculino	02:33:13	+01:05:59	07:40
201	1322	Marco Alexandre Neves Madeira	individual	Senior Masculino	02:33:20	+01:06:06	07:40
202	1125	Paulo Monteiro	clube ogma	Veterano M50	02:33:23	+01:06:09	07:40
203	1619	joao ricardo costa gomes	pé na pinha	Veterano M50	02:33:33	+01:06:18	07:41
204	1509	Carlos Gonçalves	individual	Veterano M55	02:33:42	+01:06:27	07:41
205	1048	Fátima Pacheco do Cruzeiro	aroo	Veterana F40	02:33:42	+01:06:27	07:41
206	1267	Bruno Vieira Gonçalves	individual	Senior Masculino	02:34:02	+01:06:47	07:42
207	1330	Nuno Manso	individual	Senior Masculino	02:34:05	+01:06:50	07:42
208	1156	Bruno Caetano	dream team	Senior Masculino	02:34:12	+01:06:57	07:43
209	1096	Luis Faria	cartaxo night runners	Veterano M50	02:34:20	+01:07:06	07:43
210	1287	Ercilio Duarte Cardoso Ribeiro	individual	Senior Masculino	02:34:23	+01:07:08	07:43
211	1351	Rui Brogueira	individual	Senior Masculino	02:34:31	+01:07:16	07:44
212	1669	Rui Miguel Costa Teixeira	team lantermil	Veterano M40	02:34:37	+01:07:23	07:44
213	1466	Edgar Silva	individual	Veterano M45	02:34:45	+01:07:31	07:44
214	1338	Pedro Afonso	individual	Senior Masculino	02:35:00	+01:07:45	07:45
215	1560	ruí batista	os charnecos teimosos	Veterano M40	02:35:05	+01:07:50	07:45
216	1695	João Heleno	urban corps family	Senior Masculino	02:35:23	+01:08:08	07:46
217	1357	Sérgio Pedro	individual	Senior Masculino	02:35:31	+01:08:17	07:47
218	1235	Lúcia Marinho	individual	Senior Feminino	02:36:13	+01:08:58	07:49
219	1268	Carlos Ferreira	individual	Senior Masculino	02:36:14	+01:09:00	07:49
220	1372	Anabela Cláudia Meireles Ribeiro	individual	Veterana F40	02:36:22	+01:09:08	07:49
221	1307	Joao Carreira	individual	Senior Masculino	02:36:25	+01:09:11	07:49
222	1474	JOÃO RAFAEL	individual	Veterano M45	02:36:33	+01:09:18	07:50
223	1363	Vítor Grazina	individual	Senior Masculino	02:36:33	+01:09:18	07:50

Official Timekeeper: Lap2Go	5 / 14	generate 29-nov-2016 21:00
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K20 - STAGE 1
20 KM
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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
268	1415	Arménio Pontes	individual	Veterano M40	02:43:00	+01:15:45	08:09
269	1355	Rui Miguel Pereira Inácio	individual	Senior Masculino	02:43:24	+01:16:09	08:10
270	1400	MARIA-ANGELES GUTIERREZ CASSILLAS	individual	Veterana F45	02:43:25	+01:16:11	08:10
271	1308	João Filipe Nunes Marcelino	individual	Senior Masculino	02:43:32	+01:16:17	08:11
272	1482	Luis Moura	individual	Veterano M45	02:43:35	+01:16:21	08:11
273	1456	RUI GONÇALVES	individual	Veterano M40	02:43:36	+01:16:22	08:11
274	1501	JOÃO MANUEL DAMAS JACINTO	individual	Veterano M50	02:43:45	+01:16:31	08:11
275	1686	Jose Oliveira	tuga saloios	Veterano M45	02:44:00	+01:16:46	08:12
276	1347	Ricardo Ferreira	individual	Senior Masculino	02:44:01	+01:16:47	08:12
277	1653	Magda Vieira	running clube coimbra	Veterana F40	02:44:13	+01:16:59	08:13
278	1052	Rogério de Matos Penalva Becho	aroo	Veterano M40	02:44:47	+01:17:32	08:14
279	1687	Ana Gracio	união fci de tomar	Senior Feminino	02:44:56	+01:17:42	08:15
280	1528	Bruno Silva	mapfre seguros	Senior Masculino	02:45:15	+01:18:00	08:16
281	1688	Carolina Feliz	união fci de tomar	Veterana F55	02:45:23	+01:18:08	08:16
282	1133	Catarina Lapa	coimbra trail running	Senior Feminino	02:45:30	+01:18:15	08:17
283	1514	JOSE LAGES	individual	Veterano M60	02:45:52	+01:18:38	08:18
284	1504	Pedro Vicente	individual	Veterano M50	02:45:54	+01:18:39	08:18
285	1014	Ana Sofia Augusto	100fobias	Senior Feminino	02:46:25	+01:19:11	08:19
286	1621	luis domingues rodrigues	pé na pinha	Veterano M50	02:46:27	+01:19:12	08:19
287	1260	Bruno Filipe Nunes Lopes Silva	individual	Senior Masculino	02:46:54	+01:19:40	08:21
288	1171	Rogerio Palmeiro	fundao trail running	Senior Masculino	02:46:59	+01:19:45	08:21
289	1469	Ivo de Castro Lopes Abrantes	individual	Veterano M45	02:47:48	+01:20:34	08:23
290	1350	Rúben Duque	individual	Senior Masculino	02:47:49	+01:20:35	08:23
291	1036	Carolina Gomes	adcrpj	Senior Feminino	02:47:50	+01:20:35	08:24
292	1446	Paulo Branco	individual	Veterano M40	02:47:52	+01:20:38	08:24
293	1309	Joao marco domingues gomes	individual	Senior Masculino	02:47:55	+01:20:41	08:24
294	1591	Miguel Raposo	pace.makers	Senior Masculino	02:47:56	+01:20:41	08:24
295	1085	Joana Alves	caracol trail team	Senior Feminino	02:47:58	+01:20:43	08:24
296	1011	Raul Jesus	100 estrilhos	Veterano M45	02:48:15	+01:21:00	08:25
297	1003	Helio Correia	100 estrilhos	Senior Masculino	02:48:15	+01:21:01	08:25
298	507	Teresa Bemfeita	trilho perdido eventos / imporlux	Senior Feminino	02:48:28	+01:21:13	08:25
299	1317	Luis Casimiro	individual	Senior Masculino	02:48:37	+01:21:22	08:26
300	1013	Artur Vicente	100 estrilhos	Veterano M55	02:48:55	+01:21:40	08:27
301	1617	Cesar Viola	pé na pinha	Veterano M45	02:48:56	+01:21:41	08:27
302	1677	Alberto José da Rocha Loureiro	trilhos do valado	Veterano M50	02:49:03	+01:21:49	08:27
303	1383	Justina Pereira	individual	Veterana F40	02:49:11	+01:21:56	08:28
304	1524	José Califórnia	lusorede trail running team	Senior Masculino	02:49:24	+01:22:09	08:28
305	1438	Miguel Mendes	individual	Veterano M40	02:49:37	+01:22:23	08:29
306	1187	Maria João Correia	gda - gydarun	Veterana F40	02:50:10	+01:22:55	08:31
307	1158	Luis Mendes	dream team	Senior Masculino	02:50:13	+01:22:58	08:31
308	1054	Rui Quelhas	aroo	Veterano M45	02:50:31	+01:23:16	08:32
309	1007	Carla Pereira	100 estrilhos	Veterana F45	02:50:42	+01:23:27	08:32
310	1084	jorge fernandes	cabrizrun	Veterano M45	02:50:42	+01:23:28	08:32
311	1404	Rosa Lúcia Camarinha da Silva	individual	Veterana F45	02:50:51	+01:23:37	08:33
312	1042	Carina Alves	alves costa	Senior Feminino	02:51:11	+01:23:57	08:34

K20 - STAGE 1

20 KM



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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
313	1316	Jorge Daniel Lopes	individual	Senior Masculino	02:51:15	+01:24:00	08:34
314	1673	Nuno Manuel Ferreira Granadas	tough trails alenquer	Senior Masculino	02:51:15	+01:24:01	08:34
315	1326	Martinho Lopes	individual	Senior Masculino	02:51:17	+01:24:02	08:34
316	1276	Daniel Pedro Martins Serra	individual	Senior Masculino	02:52:00	+01:24:45	08:36
317	1651	Sara Carvalho	running clube coimbra	Senior Feminino	02:52:02	+01:24:47	08:36
318	1186	Carla Silva	gda - gydarun	Veterana F40	02:52:02	+01:24:48	08:36
319	1359	Tiago Gaspar Costa	individual	Senior Masculino	02:52:05	+01:24:51	08:36
320	1311	João Paulo Silva Pereira	individual	Senior Masculino	02:52:53	+01:25:38	08:39
321	1223	Bárbara Sá Marques	individual	Senior Feminino	02:52:54	+01:25:39	08:39
322	1331	Nuno Marques	individual	Senior Masculino	02:52:55	+01:25:41	08:39
323	1227	Carla Sofia Moreira Vieira	individual	Senior Feminino	02:53:08	+01:25:54	08:39
324	1377	claudia sofia de jesus abreu	individual	Veterana F40	02:53:08	+01:25:54	08:39
325	1153	Rui Gonçalves	david vaz	Veterano M40	02:53:10	+01:25:55	08:40
326	1154	Rui Carvalho	david vaz	Veterano M45	02:53:10	+01:25:56	08:40
327	1475	José Cruz	individual	Veterano M45	02:53:21	+01:26:06	08:40
328	1652	Elza Mendes Cordeiro	running clube coimbra	Veterana F40	02:53:30	+01:26:16	08:41
329	1693	Gonçalo Sousa	urban corps family	Senior Masculino	02:53:37	+01:26:23	08:41
330	1646	Gisela Pinhal	running academy - o2 life center	Senior Feminino	02:53:38	+01:26:24	08:41
331	1472	João Ferreira	individual	Veterano M45	02:53:38	+01:26:24	08:41
332	1147	Carlos António Mota Longo da Conceição	cscrcharneca	Veterano M40	02:54:24	+01:27:10	08:43
333	1232	Lara Ferreira	individual	Senior Feminino	02:54:34	+01:27:19	08:44
334	1352	Rui Guarda	individual	Senior Masculino	02:54:38	+01:27:24	08:44
335	1395	Ana Margarida Ricardo	individual	Veterana F45	02:55:01	+01:27:47	08:45
336	1463	Carlos Ricardo	individual	Veterano M45	02:55:02	+01:27:47	08:45
337	1142	Vanessa Sousa	correr soc rec da granja	Senior Feminino	02:55:04	+01:27:50	08:45
338	1467	Eduardo Cabrita	individual	Veterano M45	02:55:09	+01:27:54	08:45
339	1144	Álvaro José Vieira Lopes	cscrcharneca	Senior Masculino	02:55:25	+01:28:11	08:46
340	1282	Diogo Soares	individual	Senior Masculino	02:55:31	+01:28:16	08:47
341	1049	Paula Silva	aroo	Veterana F40	02:55:32	+01:28:17	08:47
342	1639	Rui Sal	rosalgalão	Veterano M40	02:55:36	+01:28:22	08:47
343	1256	António Emídio	individual	Senior Masculino	02:55:37	+01:28:22	08:47
344	1194	Walter Palma	ginásio clube português	Veterano M50	02:55:37	+01:28:23	08:47
345	1025	Zulmira Godinho Ferreira Silva	a. d. r. águas belas	Veterana F45	02:56:01	+01:28:46	08:48
346	1181	Luciano Campos H. Marques	gd bbpi	Veterano M55	02:56:17	+01:29:03	08:49
347	1229	Guida Sousa	individual	Senior Feminino	02:56:19	+01:29:05	08:49
348	302	Elena labanji	individual	Veterana F45	02:56:32	+01:29:17	08:50
349	1382	Isa Sebastião	individual	Veterana F40	02:56:36	+01:29:22	08:50
350	1493	sergio silva	individual	Veterano M45	02:56:38	+01:29:24	08:50
351	1460	Vitor Rodrigo Oliveira da Silva	individual	Veterano M40	02:56:45	+01:29:31	08:50
352	1386	Marília Sofia Barbosa dos Santos	individual	Veterana F40	02:56:46	+01:29:31	08:50
353	1378	Daniela Santos	individual	Veterana F40	02:56:56	+01:29:41	08:51
354	1683	Michael jorge	tuga saloios	Senior Masculino	02:57:03	+01:29:49	08:51
355	1702	António Joaquim	vila de pias	Veterano M45	02:57:18	+01:30:04	08:52
356	1304	Hugo Saraiva Ferraz	individual	Senior Masculino	02:57:32	+01:30:18	08:53
357	1095	Mario Jordão	cartaxo night runners	Veterano M45	02:57:50	+01:30:36	08:54

K20 - STAGE 1

20 KM

OFFICIAL RESULT

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LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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
448	1173	Joao Rodrigues	fundao trail running	Veterano M50	03:15:22	+01:48:07	09:46
449	1210	Aurélio Godinho Gomes	grupo desportivo e cultural dos trabalhadores do sbisi	Veterano M55	03:15:25	+01:48:10	09:46
450	1409	Deolinda Rosa Camarinha da Silva	individual	Veterana F55	03:15:28	+01:48:13	09:46
451	1633	PEDRO MOTA	r4c - run4children	Senior Masculino	03:15:35	+01:48:20	09:47
452	1248	Raquel Soares	individual	Senior Feminino	03:15:35	+01:48:21	09:47
453	1116	Orlando Martins	ccd sintrense	Veterano M60	03:15:41	+01:48:26	09:47
454	1385	MARIA DE FÁTIMA LAVRADOR	individual	Veterana F40	03:15:43	+01:48:28	09:47
455	1224	Carina Carreira	individual	Senior Feminino	03:15:49	+01:48:35	09:47
456	1271	Cláudio Lopes	individual	Senior Masculino	03:15:50	+01:48:35	09:48
457	1275	Daniel Filipe Lindo Martins	individual	Senior Masculino	03:15:57	+01:48:43	09:48
458	1516	Graça Fernandes	juventude vidigalense	Veterana F45	03:16:00	+01:48:46	09:48
459	1203	raquel maria lopes oliveira	grupo desportivo da parreira	Senior Feminino	03:16:21	+01:49:06	09:49
460	1526	Vasco Manique	lusorede trail running team	Senior Masculino	03:16:48	+01:49:34	09:50
461	1356	Rui Neto	individual	Senior Masculino	03:16:51	+01:49:37	09:51
462	1135	Natália José	coimbra trail running	Senior Feminino	03:17:08	+01:49:53	09:51
463	1477	leonel correia soeiro	individual	Veterano M45	03:17:17	+01:50:02	09:52
464	1645	João Neves	run crew trail montijo	Veterano M50	03:17:57	+01:50:42	09:54
465	1423	Hélio Luís Nunes Alves	individual	Veterano M40	03:18:24	+01:51:09	09:55
466	1284	Élio Aderneira	individual	Senior Masculino	03:18:24	+01:51:10	09:55
467	1444	Nuno Salgueiro	individual	Veterano M40	03:18:33	+01:51:18	09:56
468	1293	Gonçalo Antunes	individual	Senior Masculino	03:18:50	+01:51:35	09:57
469	1188	Calos Nunes	gda - gydarun	Veterano M40	03:19:05	+01:51:50	09:57
470	1189	Paulo Aparício	gda - gydarun	Veterano M40	03:19:07	+01:51:53	09:57
471	1184	Cláudia Correia	gda - gydarun	Senior Feminino	03:19:11	+01:51:57	09:58
472	1141	NUNO MALCATA	correr na cidade	Senior Masculino	03:19:21	+01:52:07	09:58
473	1323	Marco Marques	individual	Senior Masculino	03:19:56	+01:52:42	10:00
474	1515	Rita Garcia Dias	juventude vidigalense	Veterana F40	03:20:14	+01:53:00	10:01
475	1405	Susete Marques	individual	Veterana F45	03:20:14	+01:53:00	10:01
476	1476	José Pedro Carvalho Glória	individual	Veterano M45	03:20:16	+01:53:01	10:01
477	1694	Hugo Oliveira	urban corps family	Senior Masculino	03:20:17	+01:53:03	10:01
478	1650	Rui Fernandes	running academy - o2 life center	Veterano M45	03:20:22	+01:53:07	10:01
479	1065	Carlos Ipe	asas nos pés	Veterano M40	03:20:22	+01:53:08	10:01
480	1389	Rita Leote	individual	Veterana F40	03:20:29	+01:53:15	10:01
481	1288	Fernando Pedro Vieira Santos	individual	Senior Masculino	03:21:19	+01:54:04	10:04
482	1242	Natalina Dias da Silva Monteiro	individual	Senior Feminino	03:21:20	+01:54:06	10:04
483	1262	Bruno Manuel Serdeira Monteiro	individual	Senior Masculino	03:21:21	+01:54:07	10:04
484	1636	Gonçalo Farinha	rosalgão	Senior Masculino	03:21:31	+01:54:16	10:05
485	1634	Jose Carlos Viana Maçarico	rancho folclórico e etnográfico de alviobeira	Veterano M40	03:21:38	+01:54:24	10:05
486	1635	Maria Manuela Nunes dos Santos	rancho folclórico e etnográfico de alviobeira	Veterano M45	03:21:39	+01:54:24	10:05
487	1261	Bruno Filipe Sequeira Moreira Pinto de Sousa	individual	Senior Masculino	03:21:46	+01:54:32	10:05
488	1682	Patricia Jorge	tuga saloios	Senior Feminino	03:22:02	+01:54:48	10:06
489	1111	Emília Borges	ccd sintrense	Veterana F50	03:22:53	+01:55:39	10:09
490	1047	Elizabete Santos	aroo	Veterana F40	03:22:58	+01:55:43	10:09
491	1050	Alexandre Joaquim	aroo	Veterano M40	03:22:58	+01:55:43	10:09
492	1018	Paula Félix	100fobias	Veterana F45	03:23:11	+01:55:56	10:10

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
581	1139	ANA MORAIS	correr na cidade	Senior Feminino	04:01:12	+02:33:58	12:04
582	1406	Maria da Conceição Figueiredo da Cunha	individual	Veterana F50	04:02:01	+02:34:46	12:06
583	1399	Maria da Conceição Tomás	individual	Veterana F45	04:02:01	+02:34:46	12:06
584	1122	Frederico Augusto Rodrigues Galvão	clube de atletismo de ferreira do zêzere	Veterano M60	04:05:20	+02:38:05	12:16
585	1390	sandra maria domingues de amorim	individual	Veterana F40	04:07:33	+02:40:19	12:23
586	1002	Keusia Coutinho	100 estrilhos	Senior Feminino	04:08:01	+02:40:47	12:24
587	1608	Fernando Silva	pace.makers	Veterano M50	04:12:33	+02:45:19	12:38
588	1588	Patrícia Rosa	pace.makers	Senior Feminino	04:12:34	+02:45:19	12:38
589	1214	Ana Catarina Almeida Galhardo	individual	Senior Feminino	04:15:20	+02:48:05	12:46
590	1379	Dora Lopes Caracitas	individual	Veterana F40	04:15:20	+02:48:06	12:46
591	1369	Adriana Filipa Santos	individual	Veterana F40	04:15:21	+02:48:06	12:46
592	1365	Andre Teles Lopes	individual	Sub 23 Masculino	04:28:09	+03:00:54	13:24
593	1534	Américo Luis Lourenço	matilha running	Veterano M60	04:29:10	+03:01:55	13:28
594	1598	Salomé Glórias	pace.makers	Veterana F45	04:30:11	+03:02:57	13:31
595	1597	Anabela Santos	pace.makers	Veterana F45	04:30:11	+03:02:57	13:31
596	1222	Ângela Santos	individual	Senior Feminino	04:37:30	+03:10:15	13:53
597	1375	Cidália Vicente	individual	Veterana F40	04:37:30	+03:10:15	13:53
598	1370	Ana Luz	individual	Veterana F40	04:37:30	+03:10:16	13:53
599	1231	Ivone Maria da Silva Rei	individual	Senior Feminino	04:43:34	+03:16:19	14:11
600	1244	Patricia Barros	individual	Senior Feminino	04:59:05	+03:31:50	14:57
601	1216	Ana Luísa Melo Carreiro	individual	Senior Feminino	04:59:05	+03:31:50	14:57
602	1600	Cristina Marcos	pace.makers	Veterana F50	05:22:10	+03:54:56	16:07
603	122	Filipe Ferreira	clube de atletismo de ferreira do zêzere	Senior Masculino	05:22:11	+03:54:56	16:07

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OFFICIAL RESULT

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38	1626	Joana Rosa	Plus One	Senior Feminino	03:09:02	+01:00:01	09:27
39	1625	Ana Glória Martins Oliveira	Plus One	Senior Feminino	03:09:02	+01:00:01	09:27
40	1215	Ana Leonor	Individual	Senior Feminino	03:09:39	+01:00:38	09:29
41	1241	Natalia Cardoso Fernandes	Individual	Senior Feminino	03:09:39	+01:00:38	09:29
42	1647	Lúcia Silva Fernandes	Running Academy - O2 Life Center	Senior Feminino	03:09:57	+01:00:55	09:30
43	1226	carla sofia casaca semedo	Individual	Senior Feminino	03:10:24	+01:01:23	09:31
44	1034	Anatilde José Barbas Gomes	Adap Trail Team	Senior Feminino	03:11:09	+01:02:07	09:33
45	1561	Ana Filipa Martins da Costa	Os cinco	Senior Feminino	03:11:23	+01:02:22	09:34
46	1250	Sandra Sousa	Individual	Senior Feminino	03:13:39	+01:04:38	09:41
47	1248	Raquel Soares	Individual	Senior Feminino	03:15:35	+01:06:34	09:47
48	1224	Carina Carreira	Individual	Senior Feminino	03:15:49	+01:06:48	09:47
49	1203	raquel maria lopes oliveira	Grupo Desportivo da Parreira	Senior Feminino	03:16:21	+01:07:19	09:49
50	1135	Natália José	Coimbra Trail Running	Senior Feminino	03:17:08	+01:08:06	09:51
51	1184	Cláudia Correia	GDA - GyDArun	Senior Feminino	03:19:11	+01:10:10	09:58
52	1242	Natalina Dias da Silva Monteiro	Individual	Senior Feminino	03:21:20	+01:12:19	10:04
53	1682	Patricia Jorge	Tuga Saloios	Senior Feminino	03:22:02	+01:13:01	10:06
54	1536	Olga Felamino	Moinhos da Gândara Trail	Senior Feminino	03:23:37	+01:14:35	10:11
55	1225	Carla Filipe	Individual	Senior Feminino	03:33:51	+01:24:50	10:42
56	1091	Catia Casanova Martins	Carros Vassoura	Senior Feminino	03:35:33	+01:26:31	10:47
57	1249	Sandra Sofia Alves Da Silva Firmo	Individual	Senior Feminino	03:37:35	+01:28:33	10:53
58	1239	Marlene Filipa Nascimento dos Santos	Individual	Senior Feminino	03:38:18	+01:29:16	10:55
59	1246	Raquel Neto Cordeiro	Individual	Senior Feminino	03:38:45	+01:29:44	10:56
60	1198	Filipa Alexandra Taneco Colaço	Ginásio Quinta do Valbom - AAAcochete	Senior Feminino	03:40:17	+01:31:16	11:01
61	1033	Tania Libório	ADABEM Running team	Senior Feminino	03:40:32	+01:31:30	11:02
62	1218	Ana Pipa	Individual	Senior Feminino	03:40:54	+01:31:53	11:03
63	1150	Bianca Accioly	David Vaz	Senior Feminino	03:41:00	+01:31:58	11:03
64	1219	Ana Sérgio	Individual	Senior Feminino	03:41:16	+01:32:15	11:04
65	1046	Sofia Ferraz	AROO	Senior Feminino	03:42:03	+01:33:02	11:06
66	1236	Maria Almeida	Individual	Senior Feminino	03:46:10	+01:37:09	11:19
67	1587	Catarina Marcelino	Pace.Makers	Senior Feminino	03:46:21	+01:37:20	11:19
68	1220	Ana Sofia Martins Garcia António Balala	Individual	Senior Feminino	03:46:51	+01:37:50	11:21
69	1205	Vânia Isabel Fidalgo Ventura	Grupo Desportivo da Parreira	Senior Feminino	03:53:32	+01:44:31	11:41
70	1204	Rita Coelho	Grupo Desportivo da Parreira	Senior Feminino	03:53:33	+01:44:31	11:41
71	1234	Liliana Agostinho	Individual	Senior Feminino	03:54:40	+01:45:39	11:44
72	1230	Helena Gomes	Individual	Senior Feminino	03:56:44	+01:47:42	11:50
73	1217	Ana Mateus	Individual	Senior Feminino	04:01:12	+01:52:11	12:04
74	1139	ANA MORAIS	Correr na cidade	Senior Feminino	04:01:12	+01:52:11	12:04
75	1002	Keusia Coutinho	100 esTRILHOS	Senior Feminino	04:08:01	+01:59:00	12:24
76	1588	Patricia Rosa	Pace.Makers	Senior Feminino	04:12:34	+02:03:32	12:38
77	1214	Ana Catarina Almeida Galhardo	Individual	Senior Feminino	04:15:20	+02:06:18	12:46
78	1222	Ângela Santos	Individual	Senior Feminino	04:37:30	+02:28:28	13:53
79	1231	Ivone Maria da Silva Rei	Individual	Senior Feminino	04:43:34	+02:34:32	14:11
80	1244	Patricia Barros	Individual	Senior Feminino	04:59:05	+02:50:03	14:57
81	1216	Ana Luísa Melo Carreiro	Individual	Senior Feminino	04:59:05	+02:50:03	14:57

Official Timekeeper: Lap2Go	2 / 15	generate 29-nov-2016 21:00
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OFFICIAL RESULT



Senior Masculino

1	1022	Filipe Miguel Antunes Rosa	A. D. R. Águas Belas	Senior Masculino	01:27:15	04:22
2	1202	Samuel Castela	GO!Runners	Senior Masculino	01:41:28	+14:13 05:04
3	1162	Miguel Pires	Escola de Atletismo de Coimbra / JPaiva	Senior Masculino	01:46:37	+19:22 05:20
4	1108	Gonçalo Cruz	CCD Sintrense	Senior Masculino	01:46:42	+19:27 05:20
5	1023	Miguel Cotrim	A. D. R. Águas Belas	Senior Masculino	01:50:37	+23:22 05:32
6	1107	Adriano Felicio	CCD Sintrense	Senior Masculino	01:51:01	+23:47 05:33
7	1362	Valter Lopes	Individual	Senior Masculino	01:51:18	+24:04 05:34
8	1136	Jorge Duarte	Coimbra Trail Running	Senior Masculino	01:51:25	+24:10 05:34
9	1070	Gabriel Coutinho	Associação Desportiva da Efacec	Senior Masculino	01:52:18	+25:03 05:37
10	1097	João Carlos Augusto Fernandes	CASA DO POVO DE ALCANENA	Senior Masculino	01:54:25	+27:10 05:43
11	1302	Hugo Conde	Individual	Senior Masculino	01:54:52	+27:37 05:45
12	1701	Vasco Monteiro	Vikings Trail Runners	Senior Masculino	01:54:59	+27:45 05:45
13	1105	guel ferreira	ccd de porto mendo	Senior Masculino	01:55:13	+27:58 05:46
14	1360	Tiago Miguel Cordeiro Pedrosa	Individual	Senior Masculino	01:55:37	+28:23 05:47
15	1567	João Daniel Gaioso Fernandes	Os Galgos de Tancos	Senior Masculino	01:55:37	+28:23 05:47
16	1167	Carlos Gonçalves	Évora Night Runners	Senior Masculino	01:56:34	+29:19 05:50
17	1531	Luis Neves	MARINHAIS AC	Senior Masculino	01:56:48	+29:34 05:50
18	1344	Pedro Palma	Individual	Senior Masculino	01:57:04	+29:49 05:51
19	1333	Nuno Miguel Silva Coutinho	Individual	Senior Masculino	01:57:15	+30:01 05:52
20	1314	João Sacramento	Individual	Senior Masculino	01:58:48	+31:33 05:56
21	1305	Hugo Simões	Individual	Senior Masculino	01:59:50	+32:36 06:00
22	1301	Hugo Barqueiro	Individual	Senior Masculino	02:00:41	+33:26 06:02
23	1353	Rui Lopes	Individual	Senior Masculino	02:01:17	+34:02 06:04
24	1299	Helder Manuel Delgado	Individual	Senior Masculino	02:01:17	+34:03 06:04
25	1315	Joaquim Filipe da Rosa Rodrigues	Individual	Senior Masculino	02:04:42	+37:28 06:14
26	1001	Nuno Calisto	#PASSO#A#PASSO#RUNNERS - PONTÉVEL	Senior Masculino	02:04:52	+37:37 06:15
27	1340	pedro manuel ferreira da rosa	Individual	Senior Masculino	02:05:30	+38:15 06:17
28	1629	Pedro Ricardo	Porto de Mós a Correr	Senior Masculino	02:05:38	+38:23 06:17
29	1583	Tiago David	Os Zatopeques	Senior Masculino	02:05:38	+38:23 06:17
30	1343	Pedro Miguel Silvério da Cruz	Individual	Senior Masculino	02:07:07	+39:53 06:21
31	1068	Domingos Nogueira	Associação Desportiva da Efacec	Senior Masculino	02:07:38	+40:23 06:23
32	1128	Hugo Agua	COAC Coruche	Senior Masculino	02:08:09	+40:54 06:24
33	1281	Diogo José Matos Carlos	Individual	Senior Masculino	02:08:40	+41:26 06:26
34	1129	João Reis	COAC Coruche	Senior Masculino	02:09:00	+41:46 06:27
35	1024	Rodrigo Antunes Rosa	A. D. R. Águas Belas	Senior Masculino	02:09:23	+42:08 06:28
36	1161	André Fonte	Escola de Atletismo de Coimbra / JPaiva	Senior Masculino	02:09:53	+42:39 06:30
37	1199	Luís Miguel Fernandes Rodrigues	Ginásio Quinta do Valbom - AAAlcochete	Senior Masculino	02:10:07	+42:53 06:30
38	1342	Pedro Miguel Silva	Individual	Senior Masculino	02:10:07	+42:53 06:30
39	1566	António José Gomez Soares	Os Galgos de Tancos	Senior Masculino	02:10:18	+43:03 06:31
40	1318	Luís César Iobão Rego	Individual	Senior Masculino	02:10:26	+43:12 06:31
41	1568	Tiago Moita Oliveira	Os Galgos de Tancos	Senior Masculino	02:10:58	+43:44 06:33
42	1258	Bruno carvalho	Individual	Senior Masculino	02:11:12	+43:57 06:34

Official Timekeeper: Lap2Go	3 / 15	generate 29-nov-2016 21:00
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43	1672	Mário Rui Tordo Dias	Thoughtrail Alenquer	Senior Masculino	02:11:21	+44:07	06:34
44	1092	Sergio Simão	cartaxo night runners	Senior Masculino	02:11:27	+44:13	06:34
45	1556	Tiago Vicente	OndaTrilhos	Senior Masculino	02:12:29	+45:14	06:37
46	1104	Antonio Rufino	ccd de porto mendo	Senior Masculino	02:12:59	+45:44	06:39
47	1283	Eduardo Filipe Vaz Ferreira	Individual	Senior Masculino	02:13:47	+46:32	06:41
48	1109	Helder Vaz	CCD Sintrense	Senior Masculino	02:14:16	+47:02	06:43
49	1201	Fulvio Ramos	GO!Runners	Senior Masculino	02:14:47	+47:33	06:44
50	1004	Sergio Almeida	100 esTRILHOS	Senior Masculino	02:14:49	+47:35	06:44
51	1066	Helder Domingos	Ass. 20KM de Almeirim - TRAIL	Senior Masculino	02:14:59	+47:44	06:45
52	1005	Vitor Sérgio Santos Viana	100 esTRILHOS	Senior Masculino	02:15:19	+48:04	06:46
53	1277	Danny Santos	Individual	Senior Masculino	02:15:33	+48:18	06:47
54	1285	Elio cerejo	Individual	Senior Masculino	02:15:33	+48:18	06:47
55	1337	Paulo Sousa	Individual	Senior Masculino	02:17:35	+50:20	06:53
56	1062	Carlos marques	AS Limitada	Senior Masculino	02:18:25	+51:10	06:55
57	1279	Dinis Maurício	Individual	Senior Masculino	02:18:28	+51:14	06:55
58	1367	João Proença	Individual	Senior Masculino	02:18:39	+51:24	06:56
59	1700	Mauro Covas	Vikings Trail Runners	Senior Masculino	02:19:04	+51:49	06:57
60	1615	Nelson Monteiro	Pé na Pinha	Senior Masculino	02:20:18	+53:03	07:01
61	1656	Rui Freitas	Save Tibet	Senior Masculino	02:20:38	+53:23	07:02
62	1291	Filipe Jorge de Sousa Moreira	Individual	Senior Masculino	02:21:05	+53:51	07:03
63	1120	Pedro Gomes	Clube Colaboradores Ageas	Senior Masculino	02:21:17	+54:02	07:04
64	1297	Gonçalo Vicente	Individual	Senior Masculino	02:21:25	+54:10	07:04
65	75	Nuno Moreira	Associação Desportiva da Efacec	Senior Masculino	02:22:06	+54:52	07:06
66	1679	NUNO COSTA	TRILHOS DOS TEMPLÁRIOS / GREEN ROC	Senior Masculino	02:22:09	+54:54	07:06
67	1553	Paulo Alexandre da Silva Dias	Nel-Péd atleta	Senior Masculino	02:22:10	+54:56	07:07
68	1678	JORGE RAMALHO	TRILHOS DOS TEMPLÁRIOS / GREEN ROC	Senior Masculino	02:23:22	+56:07	07:10
69	1300	Helder Miguel Reis Camacho	Individual	Senior Masculino	02:23:47	+56:32	07:11
70	1698	Diogo Alves	Vikings Trail Runners	Senior Masculino	02:23:56	+56:42	07:12
71	1628	Luis Rino	Porto de Mós a Correr	Senior Masculino	02:24:03	+56:48	07:12
72	1083	Bruno Bernardo	C.D. "Os Águias" Trail/Running	Senior Masculino	02:24:22	+57:07	07:13
73	1346	RICARDO CARVALHO	Individual	Senior Masculino	02:24:50	+57:35	07:15
74	1361	Tó Manel	Individual	Senior Masculino	02:25:02	+57:48	07:15
75	1101	nelson ferreira filipe	Cavalinhos runners	Senior Masculino	02:25:24	+58:09	07:16
76	1069	Fábio Silva	Associação Desportiva da Efacec	Senior Masculino	02:25:24	+58:10	07:16
77	1118	Pedro Carmo	CLAC Entroncamento	Senior Masculino	02:25:34	+58:20	07:17
78	1555	Henrique Faria	OndaTrilhos	Senior Masculino	02:25:35	+58:20	07:17
79	1130	Miguel Gualdino	COAC Coruche	Senior Masculino	02:27:28	+01:00:14	07:22
80	1325	Mário Val	Individual	Senior Masculino	02:27:31	+01:00:17	07:23
81	1327	Miguel Pinheiro Navega	AC PORTALEGRE / UTSM	Senior Masculino	02:27:32	+01:00:17	07:23
82	1345	Pedro Pimpão	Individual	Senior Masculino	02:28:39	+01:01:24	07:26
83	1708	Gonçalo Águas	Individual	Senior Masculino	02:29:26	+01:02:12	07:28
84	1086	Telmo Silva	Caracol Trail Team	Senior Masculino	02:29:53	+01:02:38	07:30
85	1017	Hugo Evaristo	100fobias	Senior Masculino	02:29:54	+01:02:39	07:30
86	1319	Luís Ribeiro	Individual	Senior Masculino	02:31:44	+01:04:29	07:35
87	1016	Filipe Almeida	100fobias	Senior Masculino	02:31:49	+01:04:34	07:35

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179	1274	Cristovao Bacalhau	Individual	Senior Masculino	03:25:00	+01:57:45	10:15
180	1703	Fábio Francisco	Xiripiti Team	Senior Masculino	03:25:01	+01:57:46	10:15
181	1329	Nuno Gonçalves	Individual	Senior Masculino	03:26:04	+01:58:50	10:18
182	1294	Gonçalo Antunes Azevedo Cardoso	Individual	Senior Masculino	03:27:34	+02:00:19	10:23
183	1354	Rui Miguel Mota Gonçalves	Individual	Senior Masculino	03:29:47	+02:02:32	10:29
184	1334	Nuno Oliveira	Individual	Senior Masculino	03:31:00	+02:03:46	10:33
185	1675	João Pedro Ramos Silva	Trailers do Ghetto	Senior Masculino	03:31:56	+02:04:42	10:36
186	1286	Emanuel Mamede	Individual	Senior Masculino	03:33:20	+02:06:06	10:40
187	1545	Ricardo Frazão	Nadadouro team	Senior Masculino	03:33:49	+02:06:34	10:41
188	1067	Diogo Moreira	Associação Desportiva da Efacec	Senior Masculino	03:37:12	+02:09:58	10:52
189	1270	Cláudio Filipe	Individual	Senior Masculino	03:38:41	+02:11:26	10:56
190	1298	Hélder Branco	Individual	Senior Masculino	03:38:41	+02:11:27	10:56
191	1525	Tiago Fonseca	LusoRede Trail Running Team	Senior Masculino	03:46:23	+02:19:08	11:19
192	1043	Nuno Torres	AMCF - Arrábida Trail Team	Senior Masculino	03:46:23	+02:19:09	11:19
193	1676	Jorge Miguel Dias Camoesas	Trailers do Ghetto	Senior Masculino	03:47:54	+02:20:40	11:24
194	1614	José António Bandeira Urbano	PAPAMILHAS RUNNING TEAM	Senior Masculino	03:50:08	+02:22:54	11:30
195	1028	Nuno Amaral	Abutres Running Team	Senior Masculino	03:51:31	+02:24:16	11:35
196	1306	João António Vieira Miranda	Individual	Senior Masculino	03:54:06	+02:26:51	11:42
197	122	Filipe Ferreira	Clube de Atletismo de Ferreira do Zêzere	Senior Masculino	05:22:11	+03:54:56	16:07

Sub 23 Feminino

1	1192	Alexandra Palma	Ginásio Clube Português	Sub 23 Feminino	03:54:57		11:45
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Sub 23 Masculino

1	1206	João Miguel da Costa Lopes	Grupo Desportivo da Parreira	Sub 23 Masculino	01:51:40		05:35
2	1368	João Salgado Cabaço	Individual	Sub 23 Masculino	02:37:32	+45:52	07:53
3	1146	Alexandre Rafael Costa Lourenço	cscrfcharneca	Sub 23 Masculino	02:38:28	+46:49	07:55
4	1366	Bernardo Manuel Confraria Leite	Individual	Sub 23 Masculino	03:09:40	+01:18:00	09:29
5	1364	Andre Filipe Godinho	Individual	Sub 23 Masculino	03:10:40	+01:19:01	09:32
6	1365	Andre Teles Lopes	Individual	Sub 23 Masculino	04:28:09	+02:36:29	13:24

Veterana F40

1	1384	Lénia Teresa Brito da Silva	Individual	Veterana F40	02:21:14		07:04
2	1151	Vera Vaz	David Vaz	Veterana F40	02:26:39	+05:24	07:20
3	1087	Catarina Neves	Caracol Trail Team	Veterana F40	02:28:20	+07:05	07:25
4	1657	Cristina Barros	Sinmetro	Veterana F40	02:28:30	+07:15	07:26
5	1392	Sílvia Franco	Individual	Veterana F40	02:32:37	+11:22	07:38
6	1518	Paula Falacho	LIZ RUNNERS	Veterana F40	02:32:53	+11:38	07:39
7	1596	Vanda Fernandes	Pace.Makers	Veterana F40	02:32:55	+11:41	07:39
8	1048	Fátima Pacheco do Cruzeiro	AROO	Veterana F40	02:33:42	+12:27	07:41
9	1372	Anabela Cláudia Meireles Ribeiro	Individual	Veterana F40	02:36:22	+15:08	07:49

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4	1400	MARIA-ANGELES GUTIERREZ CASSILLAS	Individual	Veterana F45	02:43:25	+25:04	08:10
5	1007	Carla Pereira	100 esTRILHOS	Veterana F45	02:50:42	+32:20	08:32
6	1404	Rosa Lúcia Camarinha da Silva	Individual	Veterana F45	02:50:51	+32:30	08:33
7	1395	Ana Margarida Ricardo	Individual	Veterana F45	02:55:01	+36:40	08:45
8	1025	Zulmira Godinho Ferreira Silva	A. D. R. Águas Belas	Veterana F45	02:56:01	+37:39	08:48
9	302	Elena Iabanji	Individual	Veterana F45	02:56:32	+38:10	08:50
10	1685	Teresa Oliveira	Tuga Saloios	Veterana F45	03:01:46	+43:24	09:05
11	1137	Margarida Carvalho	Coimbra Trail Running	Veterana F45	03:02:37	+44:16	09:08
12	1401	Raquel Correia	Individual	Veterana F45	03:03:25	+45:04	09:10
13	1627	Elisabete Pedrosa	Plus One	Veterana F45	03:09:03	+50:41	09:27
14	1088	Maria Antonieta	Caracol Trail Team	Veterana F45	03:12:57	+54:35	09:39
15	1516	Graça Fernandes	Juventude Vidigalense	Veterana F45	03:16:00	+57:39	09:48
16	1405	Susete Marques	Individual	Veterana F45	03:20:14	+01:01:53	10:01
17	1018	Paula Félix	100fobias	Veterana F45	03:23:11	+01:04:49	10:10
18	1396	Branca Margarida Aleixo Assuncao	Individual	Veterana F45	03:25:10	+01:06:48	10:16
19	1654	Sandra Margarida N C Silva dos Santos	Santos' Team	Veterana F45	03:26:56	+01:08:35	10:21
20	1643	Zélia Rodrigues	Run Crew Trail Montijo	Veterana F45	03:27:18	+01:08:56	10:22
21	1599	Susana Fernandes	Pace.Makers	Veterana F45	03:29:25	+01:11:04	10:28
22	1126	Odília Maria Pereira	Clube Vodafone	Veterana F45	03:40:54	+01:22:33	11:03
23	1152	Sandra Antunes	David Vaz	Veterana F45	03:41:00	+01:22:38	11:03
24	1021	InêsF	4RUN.pt	Veterana F45	03:41:29	+01:23:08	11:04
25	1394	Ana Cristina Pinto Cabrita	Individual	Veterana F45	03:44:12	+01:25:50	11:13
26	1177	Helena Estevinha	GD BBPI	Veterana F45	03:54:58	+01:36:37	11:45
27	1399	Maria da Conceição Tomás	Individual	Veterana F45	04:02:01	+01:43:39	12:06
28	1598	Salomé Glórias	Pace.Makers	Veterana F45	04:30:11	+02:11:50	13:31
29	1597	Anabela Santos	Pace.Makers	Veterana F45	04:30:11	+02:11:50	13:31

Veterana F50

1	1557	Conceição Castanheira	OndaTrilhos	Veterana F50	02:25:35		07:17
2	1601	Maria J. Jesus	Pace.Makers	Veterana F50	02:41:24	+15:48	08:04
3	1659	Filomena Marques	Sport Clube Desportos Glória do Ribatejo	Veterana F50	02:41:55	+16:20	08:06
4	1172	Isabel Rodrigues	Fundao Trail Running	Veterana F50	03:15:21	+49:46	09:46
5	1111	Emília Borges	CCD Sintrense	Veterana F50	03:22:53	+57:18	10:09
6	1666	Dora Pires	SS CGD	Veterana F50	03:25:09	+59:34	10:15
7	1406	Maria da Conceição Figueiredo da Cunha	Individual	Veterana F50	04:02:01	+01:36:25	12:06
8	1600	Cristina Marcos	Pace.Makers	Veterana F50	05:22:10	+02:56:35	16:07

Veterana F55

1	1061	Rosa Magalhães	As Belas e Eles	Veterana F55	02:27:37		07:23
2	1688	Carolina Feliz	UNIÃO FCI DE TOMAR	Veterana F55	02:45:23	+17:46	08:16
3	1077	Elsa de Paiva Loes Vaz	ATR - Algarve Trail Running	Veterana F55	03:02:21	+34:45	09:07

Official Timekeeper: Lap2Go

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4	1407	almerinda frazao	Individual	Veterana F55	03:12:44	+45:07	09:38
5	1409	Deolinda Rosa Camarinha da Silva	Individual	Veterana F55	03:15:28	+47:51	09:46
6	1408	Ana Maria Rodrigues	Individual	Veterana F55	03:58:35	+01:30:58	11:56

Veterano M40

1	1164	Mário Teixeira	Escola de Atletismo de Coimbra / JPaiva	Veterano M40	01:40:43		05:02
2	1631	José Rosário	Porto de Mós a Correr	Veterano M40	01:44:39	+03:55	05:14
3	1434	Luis Cunha	Individual	Veterano M40	01:46:08	+05:24	05:18
4	1056	PEDRO SIMÕES	ARSM - Associação Recreativa de S. Miguel	Veterano M40	01:47:54	+07:11	05:24
5	1606	Sérgio Oliveira	Pace.Makers	Veterano M40	01:53:55	+13:11	05:42
6	1450	Pedro Daniel Frazão Correia	Individual	Veterano M40	01:53:59	+13:16	05:42
7	1090	Sérgio Nuno Nunes	CARAP AUS DE CORRIDA	Veterano M40	02:04:07	+23:23	06:12
8	1517	Sergio Pedro da Silva Ferreira Antunes	Juventude Vidigalense	Veterano M40	02:05:00	+24:17	06:15
9	1443	Nuno Luis Carvalho José	Individual	Veterano M40	02:05:38	+24:55	06:17
10	1124	Nuno Pereira	Clube OGMA	Veterano M40	02:06:15	+25:31	06:19
11	1074	Pedro Pinto	Associação Desportiva da Efacec	Veterano M40	02:07:38	+26:54	06:23
12	1425	Humberto Spínola	Individual	Veterano M40	02:08:19	+27:36	06:25
13	1413	André Fernandes	Individual	Veterano M40	02:08:59	+28:15	06:27
14	1163	André Henrique Pereira Fernandes	Escola de Atletismo de Coimbra / JPaiva	Veterano M40	02:12:46	+32:03	06:38
15	1138	Paulo Jorge Fonseca Carvalho	Coimbra Trail Running	Veterano M40	02:14:29	+33:46	06:43
16	1169	Gildo Santos	Fire Team BVMC	Veterano M40	02:15:51	+35:07	06:48
17	1558	Jorge Antunes	OndaTrilhos	Veterano M40	02:16:03	+35:19	06:48
18	1416	Bruno Filipe Teixeira	Individual	Veterano M40	02:17:21	+36:38	06:52
19	1520	Nelson Perpétua	LIZ RUNNERS	Veterano M40	02:18:55	+38:11	06:57
20	1073	Miguel Barbosa	Associação Desportiva da Efacec	Veterano M40	02:19:30	+38:46	06:59
21	1457	Sergio Mendes	Individual	Veterano M40	02:20:27	+39:44	07:01
22	1433	Josep Maria Montserrat	Individual	Veterano M40	02:21:16	+40:33	07:04
23	1681	PAULO FERREIRA	TRILHOS DOS TEMPLÁRIOS / GREEN ROC	Veterano M40	02:22:08	+41:24	07:06
24	1432	José Rosa	Individual	Veterano M40	02:22:46	+42:02	07:08
25	1420	Edgar Ribeiro	Individual	Veterano M40	02:23:42	+42:59	07:11
26	1586	Nuno Caixeirinho	Ourém Vida Team	Veterano M40	02:23:48	+43:04	07:11
27	1436	Marco Rodrigues	Individual	Veterano M40	02:24:46	+44:02	07:14
28	1424	Hilário Manuel de Jesus Louro	Individual	Veterano M40	02:25:12	+44:28	07:16
29	1624	João Miguel Carapinha	Pernetas	Veterano M40	02:25:21	+44:38	07:16
30	1072	Marco Lourenço	Associação Desportiva da Efacec	Veterano M40	02:25:24	+44:41	07:16
31	1029	José Luís Coelho	Abutres Running Team	Veterano M40	02:25:25	+44:41	07:16
32	1008	Miguel Veludo	100 esTRILHOS	Veterano M40	02:25:27	+44:44	07:16
33	1519	Esmeraldo Prudencio	LIZ RUNNERS	Veterano M40	02:25:55	+45:11	07:18
34	1603	Nuno Tiago	Pace.Makers	Veterano M40	02:26:13	+45:29	07:19
35	1604	Rui Marçal	Pace.Makers	Veterano M40	02:27:30	+46:47	07:23
36	1009	Nuno Bogalheiro	100 esTRILHOS	Veterano M40	02:29:30	+48:47	07:29
37	1585	João Subtil	Ourém Vida Team	Veterano M40	02:30:14	+49:30	07:31

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38	1435	LUIS MIGUEL AMARO FERREIRA	Individual	Veterano M40	02:30:16	+49:32	07:31
39	1453	Rui Amador	Individual	Veterano M40	02:32:43	+52:00	07:38
40	1418	Carlos Manuel Navalho Isidro	Individual	Veterano M40	02:33:07	+52:23	07:39
41	1669	Rui Miguel Costa Teixeira	TEAM LANTEMIL	Veterano M40	02:34:37	+53:54	07:44
42	1560	rui batista	os charnecos teimosos	Veterano M40	02:35:05	+54:21	07:45
43	1426	João Lopes	Individual	Veterano M40	02:36:42	+55:58	07:50
44	1437	Miguel Mateus	Individual	Veterano M40	02:37:50	+57:06	07:54
45	1616	Pedro Miguel Barros Vicente	Pé na Pinha	Veterano M40	02:38:19	+57:36	07:55
46	1605	Rui Salgueiro	Pace.Makers	Veterano M40	02:40:28	+59:44	08:01
47	1602	Nuno Ferreira	Pace.Makers	Veterano M40	02:41:43	+01:01:00	08:05
48	1704	Roberto Caneiro	Sport Clube Desportos Glória do Ribatejo	Veterano M40	02:41:56	+01:01:12	08:06
49	1661	Cristiano Pereira	Sport Clube Desportos Glória do Ribatejo	Veterano M40	02:41:56	+01:01:13	08:06
50	1415	Arménio Pontes	Individual	Veterano M40	02:43:00	+01:02:16	08:09
51	1456	RUI GONÇALVES	Individual	Veterano M40	02:43:36	+01:02:53	08:11
52	1052	Rogério de Matos Penalva Becho	AROO	Veterano M40	02:44:47	+01:04:03	08:14
53	1446	Paulo Branco	Individual	Veterano M40	02:47:52	+01:07:09	08:24
54	1438	Miguel Mendes	Individual	Veterano M40	02:49:37	+01:08:54	08:29
55	1153	Rui Gonçalves	David Vaz	Veterano M40	02:53:10	+01:12:26	08:40
56	1147	Carlos António Mota Longo da Conceição	cscrcharneca	Veterano M40	02:54:24	+01:13:41	08:43
57	1639	Rui Sal	Rosalgalão	Veterano M40	02:55:36	+01:14:53	08:47
58	1460	Vitor Rodrigo Oliveira da Silva	Individual	Veterano M40	02:56:45	+01:16:02	08:50
59	1078	Luc Vanstalle	ATR - Algarve Trail Running	Veterano M40	02:58:56	+01:18:13	08:57
60	1458	Vitor Amaro	Individual	Veterano M40	02:59:33	+01:18:49	08:59
61	1441	Nuno Franco	Individual	Veterano M40	03:00:51	+01:20:08	09:03
62	1448	Paulo Melo Rodrigues	Individual	Veterano M40	03:02:11	+01:21:27	09:07
63	1562	Nuno Miguel Brito Antunes	Os cinco	Veterano M40	03:02:34	+01:21:50	09:08
64	1671	Nuno Maia	Team Pernetas	Veterano M40	03:03:10	+01:22:27	09:10
65	1530	Luis Oliveira	MAPFRE SEGUROS	Veterano M40	03:04:10	+01:23:26	09:13
66	1455	Rui Filipe Rodrigues Balala	Individual	Veterano M40	03:04:28	+01:23:44	09:13
67	1439	Nelson Simoes	Individual	Veterano M40	03:05:36	+01:24:53	09:17
68	1209	Nuno Miguel Roupeta da Silva	Grupo Desportivo e Cultural dos Trabalhadores do SBSI	Veterano M40	03:05:55	+01:25:11	09:18
69	1427	João Manuel Rosa	Individual	Veterano M40	03:06:23	+01:25:40	09:19
70	1422	Francisco Carvalho	Individual	Veterano M40	03:06:54	+01:26:10	09:21
71	1103	FILIPE M CARREIRA SIMÕES	CCD Crédito Agrícola Mútuo	Veterano M40	03:11:18	+01:30:34	09:34
72	1064	Paulo Rodrigues	AS Limitada	Veterano M40	03:11:18	+01:30:34	09:34
73	1051	Henrique Cola	AROO	Veterano M40	03:12:04	+01:31:20	09:36
74	1527	Mário Ferreira	LusoRede Trail Running Team	Veterano M40	03:14:35	+01:33:51	09:44
75	1195	JOAO SOARES	GINASIO ENERGYM	Veterano M40	03:14:48	+01:34:05	09:44
76	1423	Hélio Luís Nunes Alves	Individual	Veterano M40	03:18:24	+01:37:40	09:55
77	1444	Nuno Salgueiro	Individual	Veterano M40	03:18:33	+01:37:49	09:56
78	1188	Calos Nunes	GDA - GyDArun	Veterano M40	03:19:05	+01:38:21	09:57
79	1189	Paulo Aparício	GDA - GyDArun	Veterano M40	03:19:07	+01:38:24	09:57
80	1065	Carlos lpe	Asas nos Pés	Veterano M40	03:20:22	+01:39:39	10:01

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26	1466	Edgar Silva	Individual	Veterano M45	02:34:45	+42:08	07:44
27	1474	JOÃO RAFAEL	Individual	Veterano M45	02:36:33	+43:55	07:50
28	1471	joao Dias	Individual	Veterano M45	02:37:03	+44:25	07:51
29	1487	Pedro Alexandre Martins dos Santos Araújo	Individual	Veterano M45	02:39:14	+46:37	07:58
30	1559	Jorge Martins	OndaTrilhos	Veterano M45	02:41:57	+49:19	08:06
31	1190	Paulo Nicolau	GDA - GyDARun	Veterano M45	02:42:37	+50:00	08:08
32	1479	luis mario vitorino raimundo	Individual	Veterano M45	02:42:44	+50:06	08:08
33	1494	Vítor Silva Dinis	Individual	Veterano M45	02:42:45	+50:08	08:08
34	1482	Luis Moura	Individual	Veterano M45	02:43:35	+50:58	08:11
35	1686	Jose Oliveira	Tuga Saloios	Veterano M45	02:44:00	+51:23	08:12
36	1469	Ivo de Castro Lopes Abrantes	Individual	Veterano M45	02:47:48	+55:11	08:23
37	1011	Raul Jesus	100 esTRILHOS	Veterano M45	02:48:15	+55:37	08:25
38	1617	Cesar Viola	Pé na Pinha	Veterano M45	02:48:56	+56:18	08:27
39	1054	Rui Quelhas	AROO	Veterano M45	02:50:31	+57:53	08:32
40	1084	jorge fernandes	cabrizrun	Veterano M45	02:50:42	+58:05	08:32
41	1154	Rui Carvalho	David Vaz	Veterano M45	02:53:10	+01:00:33	08:40
42	1475	José Cruz	Individual	Veterano M45	02:53:21	+01:00:43	08:40
43	1472	João Ferreira	Individual	Veterano M45	02:53:38	+01:01:01	08:41
44	1463	Carlos Ricardo	Individual	Veterano M45	02:55:02	+01:02:24	08:45
45	1467	Eduardo Cabrita	Individual	Veterano M45	02:55:09	+01:02:31	08:45
46	1493	sergio silva	Individual	Veterano M45	02:56:38	+01:04:01	08:50
47	1702	António Joaquim	Vila de Pias	Veterano M45	02:57:18	+01:04:41	08:52
48	1095	Mario Jordão	cartaxo night runners	Veterano M45	02:57:50	+01:05:13	08:54
49	1012	Rui Caiado	100 esTRILHOS	Veterano M45	02:58:05	+01:05:27	08:54
50	1522	Miguel Monteiro	LIZ RUNNERS	Veterano M45	02:58:31	+01:05:53	08:56
51	1468	Fernando Joao Santos Oliveira	Individual	Veterano M45	02:59:24	+01:06:47	08:58
52	1573	Nelson de Sousa Cardoso	Os Galgos de Tancos	Veterano M45	03:00:17	+01:07:39	09:01
53	1571	João Pedro Dias Baptista	Os Galgos de Tancos	Veterano M45	03:02:56	+01:10:19	09:09
54	1521	Luis Sa	LIZ RUNNERS	Veterano M45	03:03:52	+01:11:15	09:12
55	1148	Pascoal Duarte Oliveira	cscrcharneca	Veterano M45	03:04:47	+01:12:09	09:14
56	1465	Dário Duarte Mendes Prates	Individual	Veterano M45	03:11:55	+01:19:17	09:36
57	1477	leonel correia soeiro	Individual	Veterano M45	03:17:17	+01:24:39	09:52
58	1476	José Pedro Carvalho Glória	Individual	Veterano M45	03:20:16	+01:27:38	10:01
59	1650	Rui Fernandes	Running Academy - O2 Life Center	Veterano M45	03:20:22	+01:27:44	10:01
60	1635	Maria Manuela Nunes dos Santos	Rancho Folclórico e Etnográfico de Alviobeira	Veterano M45	03:21:39	+01:29:01	10:05
61	1478	Luis Diogo Melo	Individual	Veterano M45	03:25:17	+01:32:40	10:16
62	1481	Luís Miguel Custódio Pereira Neves	Individual	Veterano M45	03:29:26	+01:36:48	10:28
63	1461	Anselmo Maia	Individual	Veterano M45	03:38:09	+01:45:31	10:54
64	1483	luis renato vieira calado possante bento	Individual	Veterano M45	03:38:20	+01:45:43	10:55
65	1470	João Botas	Individual	Veterano M45	03:39:15	+01:46:38	10:58
66	1491	Rogério Falcao	Individual	Veterano M45	03:54:06	+02:01:28	11:42
67	1462	Carlos cunha	Individual	Veterano M45	04:00:40	+02:08:02	12:02

k20

20 KM

OFFICIAL RESULT

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Veterano M50

1	1081	Rui Guia Perdigão	C.A.S.P.A. - Clube Amador Só Para Atletismo	Veterano M50	01:54:15		05:43
2	1620	Jose Mario Cordeiro	Pé na Pinha	Veterano M50	01:55:08	+00:53	05:45
3	1075	Vitor Faim	Atletismo Clube da Tocha	Veterano M50	01:59:04	+04:50	05:57
4	1575	José Carlos Marques Dias	Os Galgos de Tancos	Veterano M50	01:59:05	+04:50	05:57
5	1607	David Jesus	Pace.Makers	Veterano M50	01:59:11	+04:57	05:58
6	1020	Germano Canedo	100fobias	Veterano M50	02:01:34	+07:20	06:05
7	1542	Manuel Cabete	Moinhos da Gândara Trail	Veterano M50	02:07:16	+13:02	06:22
8	1499	Filipe Carvalheiro	Individual	Veterano M50	02:07:24	+13:10	06:22
9	1609	João Vitorino	Pace.Makers	Veterano M50	02:09:50	+15:35	06:30
10	1622	Paulo Fernandes	Pé na Pinha	Veterano M50	02:11:00	+16:46	06:33
11	1168	Carlos Rodrigues	Figueira Kayak Clube	Veterano M50	02:16:01	+21:47	06:48
12	1123	Joaquim Martins	Clube de Atletismo Odimarq	Veterano M50	02:16:58	+22:43	06:51
13	1554	vitto Santos	Nel-Péd atleta	Veterano M50	02:24:31	+30:16	07:14
14	1505	Raul Abraão Martins	Individual	Veterano M50	02:28:40	+34:25	07:26
15	1506	Rui Manuel Aires Rodrigues Farinha	Individual	Veterano M50	02:28:58	+34:44	07:27
16	1149	Luis Fernando Rocha das Neves	cscrcharneca	Veterano M50	02:29:58	+35:43	07:30
17	1574	Carlos Manuel Ervideira Diogo Grácio	Os Galgos de Tancos	Veterano M50	02:30:23	+36:09	07:31
18	1125	Paulo Monteiro	Clube OGMA	Veterano M50	02:33:23	+39:09	07:40
19	1619	joao ricardo costa gomes	Pé na Pinha	Veterano M50	02:33:33	+39:18	07:41
20	1096	Luis Faria	cartaxo night runners	Veterano M50	02:34:20	+40:06	07:43
21	1691	Ernesto Parente	UNIÃO FCI DE TOMAR	Veterano M50	02:37:04	+42:49	07:51
22	1496	Domingos Casimiro	Individual	Veterano M50	02:38:25	+44:11	07:55
23	1501	JOÃO MANUEL DAMAS JACINTO	Individual	Veterano M50	02:43:45	+49:31	08:11
24	1504	Pedro Vicente	Individual	Veterano M50	02:45:54	+51:39	08:18
25	1621	luis domingues rodrigues	Pé na Pinha	Veterano M50	02:46:27	+52:12	08:19
26	1677	Alberto José da Rocha Loureiro	Trilhos do Valado	Veterano M50	02:49:03	+54:49	08:27
27	1194	Walter Palma	Ginásio Clube Português	Veterano M50	02:55:37	+01:01:23	08:47
28	1191	Edgar Anastácio	GDA - GyDArun	Veterano M50	03:00:02	+01:05:47	09:00
29	1113	Mário Lageiro	CCD Sintrense	Veterano M50	03:04:47	+01:10:32	09:14
30	1503	Paulo Jorge Campos Leite	Individual	Veterano M50	03:09:40	+01:15:25	09:29
31	1507	Vitor José da Silva FERREIRA	Individual	Veterano M50	03:11:09	+01:16:55	09:33
32	1498	Fernando Agostinho	Individual	Veterano M50	03:13:06	+01:18:51	09:39
33	1173	Joao Rodrigues	Fundao Trail Running	Veterano M50	03:15:22	+01:21:07	09:46
34	1645	João Neves	Run Crew Trail Montijo	Veterano M50	03:17:57	+01:23:42	09:54
35	1495	Carlos Manuel Rodrigues Lopes	Individual	Veterano M50	03:24:10	+01:29:55	10:13
36	1655	José Francisco Madureira dos Santos	Santos' Team	Veterano M50	03:26:57	+01:32:42	10:21
37	1497	Emilio Leal Santos	Individual	Veterano M50	03:38:18	+01:44:03	10:55
38	1193	Rui Louzeiro	Ginásio Clube Português	Veterano M50	03:54:59	+02:00:44	11:45
39	1502	Luis Gil Antunes	Individual	Veterano M50	03:56:39	+02:02:24	11:50
40	1608	Fernando Silva	Pace.Makers	Veterano M50	04:12:33	+02:18:19	12:38

COLETIVA GERAL 20K

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RANK	TEAM	DESCRIPTION	POINTS
1	A. D. R. Águas Belas	1 + 9 + 32	42
2	ARSM - Associação Recreativa de S. Miguel	8 + 27 + 41	76
3	Escola de Atletismo de Coimbra / JPaiva	2 + 6 + 74	82
4	CCD Sintrense	7 + 10 + 89	106
5	Pace.Makers	16 + 39 + 73	128
6	Associação Desportiva da Efacec	14 + 61 + 62	137
7	Os Galgos de Tancos	26 + 38 + 77	141
8	CASA DO POVO DE ALCANENA	20 + 60 + 86	166
9	OS MATRECOS	31 + 48 + 96	175
10	Porto de Mós a Correr	4 + 53 + 140	197
11	Pé na Pinha	23 + 82 + 106	211
12	Vikings Trail Runners	22 + 116 + 139	277
13	COAC Coruche	63 + 69 + 163	295
14	100 esTRILHOS	98 + 100 + 108	306
15	OndaTrilhos	87 + 105 + 155	347
16	Coimbra Trail Running	12 + 95 + 253	360
17	Caracol Trail Team	15 + 170 + 178	363
18	TRILHOS DOS TEMPLÁRIOS / GREEN ROC	130 + 131 + 135	396
19	100fobias	45 + 179 + 185	409
20	LIZ RUNNERS	115 + 158 + 194	467
21	cartaxo night runners	85 + 196 + 209	490
22	Nel-Péd atleta	132 + 142 + 244	518
23	Ourém Vida Team	138 + 181 + 246	565
24	UNIÃO FCI DE TOMAR	18 + 278 + 280	576
25	Urban Corps Family	122 + 216 + 328	666
26	cscrfcharneca	180 + 237 + 251	668
27	Sport Clube Desportos Glória do Ribatejo	257 + 258 + 259	774
28	AROO	205 + 277 + 307	789
29	Abutres Running Team	88 + 152 + 565	805
30	David Vaz	161 + 324 + 325	810
31	AMCF - Arrábida Trail Team	35 + 247 + 560	842
32	GDA - GyDArun	262 + 305 + 317	884
33	Ginásio Quinta do Valbom - AAAlcochete	75 + 404 + 407	886
34	Juventude Vidigalense	51 + 400 + 457	908
35	Running Clube Coimbra	276 + 316 + 327	919
36	GD BBPI	79 + 345 + 503	927
37	AS Limitada	112 + 428 + 429	969
38	Tuga Saloios	274 + 353 + 373	1000

COLETIVA GERAL 20K

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

39	Grupo Desportivo da Parreira	13 + 458 + 566	1037
40	Moinhos da Gândara Trail	58 + 492 + 493	1043
41	MAPFRE SEGUROS	279 + 386 + 405	1070
42	Fundao Trail Running	287 + 446 + 447	1180
43	LusoRede Trail Running Team	303 + 443 + 459	1205
44	Running Academy - O2 Life Center	329 + 418 + 477	1224
45	Plus One	411 + 412 + 413	1236
46	Correr na cidade	187 + 471 + 580	1238
47	ATR - Algarve Trail Running	362 + 375 + 542	1279
48	Run Crew Trail Montijo	357 + 463 + 510	1330
49	Rosalgalão	341 + 483 + 527	1351
50	Ginásio Clube Português	343 + 571 + 573	1487