

URBANTRAIL - STAGE 1
10 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	18:30	20°C	72%
End	19:48	20°C	72%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	57	Diogo Fernandes	dr. merino / 4moove	Senior Masculino	30:24		03:02
2	295	Joaquim Silva	individual	Veterano M40	30:42	+00:17	03:04
3	1	Armando Teixeira	individual	Veterano M40	31:05	+00:40	03:07
4	34	Nuno Carneiro	clube zipper	Senior Masculino	31:28	+01:03	03:09
5	299	Pedro Santos	fugitivos urbanos	Veterano M40	31:31	+01:06	03:09
6	79	Paulo Jesus	grupo recreativo estrela do bonfim	Veterano M40	32:34	+02:10	03:15
7	241	Miguel Carvalho	ozxtreme	Senior Masculino	33:02	+02:37	03:18
8	3	Bernardo Tavares	dr. merino / 4moove	Senior Masculino	33:02	+02:38	03:18
9	179	Fernando Maia Porto Igreja	individual	Veterano M40	33:11	+02:47	03:19
10	267	João Manuel Borges	armando	Senior Masculino	33:50	+03:25	03:23
11	99	Tiago Correia	gtt - armazém do caffè	Senior Masculino	34:02	+03:38	03:24
12	296	Joaquim Oliveira	individual	Senior Masculino	34:14	+03:49	03:25
13	293	Paulo Leça	team lantemil	Senior Masculino	34:29	+04:04	03:27
14	91	Emanuel Costa	gtt - armazém do caffè	Senior Masculino	35:28	+05:03	03:33
15	6	Bruno Castro	#papamedalhas	Senior Masculino	35:36	+05:11	03:34
16	240	Carlos Cruz	os rompe solas	Veterano M40	35:42	+05:18	03:34
17	158	Paulo Ferreira	individual	Senior Masculino	36:04	+05:39	03:36
18	77	Carlos Lopes Fernandes	frezite	Veterano M40	36:08	+05:44	03:37
19	213	André Brito	onesoul crossfit	Senior Masculino	36:18	+05:53	03:38
20	108	Rui Franco	gtt - armazém do caffè	Veterano M40	36:24	+05:59	03:38
21	244	Sergio Crista	persistentes	Senior Masculino	36:27	+06:02	03:39
22	174	Abílio Vieira	individual	Veterano M40	36:33	+06:08	03:39
23	205	Luis Monteiro	monday runners	Veterano M40	36:42	+06:18	03:40
24	31	PEDRO SILVA	clube atletismo fafe	Veterano M40	36:46	+06:22	03:41
25	285	Luis Torres	individual	Veterano M40	37:05	+06:41	03:43
26	277	Eduardo Carvalho	individual	Senior Masculino	37:08	+06:44	03:43
27	284	Arlindo Ferreira	individual	Veterano M40	37:18	+06:54	03:44
28	125	Verónica Moreira	individual	Senior Feminino	37:20	+06:55	03:44
29	103	Jose lopes	gtt - armazém do caffè	Veterano M40	37:23	+06:58	03:44
30	263	Nuno Silva	turbulentos	Veterano M40	37:38	+07:13	03:46
31	203	Carlos Monteiro	monday runners	Veterano M40	37:51	+07:27	03:47
32	194	Rui Leitao	individual	Veterano M40	38:00	+07:36	03:48
33	278	Gonçalo Silva Sousa	individual	Senior Masculino	38:01	+07:37	03:48
34	232	Pedro Miguel Salgado Faria	onesoul crossfit	Veterano M40	38:03	+07:38	03:48
35	281	Luis Miguel Matos	individual	Senior Masculino	38:04	+07:39	03:48
36	191	Paulo Quintas	individual	Veterano M40	38:10	+07:46	03:49
37	134	César Antunes	individual	Senior Masculino	38:16	+07:51	03:50
38	24	Miguel Cunha Guimaraes	cdt team	Senior Masculino	38:21	+07:56	03:50
39	96	Marcelo Teles	gtt - armazém do caffè	Senior Masculino	38:25	+08:00	03:51
40	301	João Reina	individual	Senior Masculino	38:38	+08:14	03:52
41	67	Emídio Marques Emídio Marques	frezite	Senior Masculino	38:50	+08:25	03:53

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	217	Joaquim Coelho	onesoul crossfit	Senior Masculino	38:54	+08:29	03:53
43	214	Hugo Galindro	onesoul crossfit	Senior Masculino	38:55	+08:30	03:54
44	189	Pascal Caspar	individual	Veterano M40	38:57	+08:33	03:54
45	30	Samuel Queirós	churrasqueiros	Senior Masculino	38:59	+08:34	03:54
46	178	Claudio Coentrao	individual	Veterano M40	39:05	+08:41	03:55
47	264	PAULO MOREIRA	turbulentos	Veterano M40	39:06	+08:42	03:55
48	106	Pedro Costa	gtt - armazém do caffè	Veterano M40	39:08	+08:43	03:55
49	110	Vitor Campos	gtt - armazém do caffè	Veterano M40	39:09	+08:44	03:55
50	69	IVO MARTINS IVO MARTINS	frezite	Senior Masculino	39:15	+08:51	03:56
51	20	Vitor Ferreira	c. p. alcanena	Veterano M40	39:22	+08:58	03:56
52	90	José Pereira	gtt - armazém do caffè	Senior Masculino	39:27	+09:02	03:57
53	83	Fátima Oliveira	gtt - armazém do caffè	Senior Feminino	39:27	+09:02	03:57
54	154	Miguel França	individual	Senior Masculino	39:31	+09:07	03:57
55	152	Luis Pedro Ferreira	individual	Senior Masculino	39:33	+09:09	03:57
56	236	Bruno Lima	os bolts	Senior Masculino	39:34	+09:10	03:57
57	128	António Cunha Guimarães Santos	individual	Senior Masculino	39:38	+09:13	03:58
58	65	Ricardo Ferreira	em'força	Senior Masculino	39:39	+09:15	03:58
59	300	Alfredo Teixeira	individual	Senior Masculino	39:42	+09:17	03:58
60	164	Tiago Dourado De Campos	individual	Senior Masculino	39:42	+09:17	03:58
61	289	Hélder João Moreira	onesoul	Senior Masculino	39:42	+09:17	03:58
62	95	Hugo Pereira	gtt - armazém do caffè	Senior Masculino	39:51	+09:26	03:59
63	47	Pedro Gomes	crossfit vale do ave	Senior Masculino	39:58	+09:33	04:00
64	204	João Ferreira	monday runners	Veterano M40	40:16	+09:51	04:02
65	145	Jorge Pinheiro	individual	Senior Masculino	40:22	+09:58	04:02
66	276	Paulo Graça	individual	Veterano M40	40:22	+09:58	04:02
67	265	Luis Lobo	unidos do cano	Senior Masculino	40:30	+10:06	04:03
68	254	Hugo Cerqueira	roda solta	Senior Masculino	40:36	+10:11	04:04
69	212	Adriano Costa e Silva	onesoul crossfit	Senior Masculino	40:40	+10:15	04:04
70	176	António Canelas	individual	Veterano M40	40:52	+10:28	04:05
71	51	Vasco Pereira	crossfit vale do ave	Senior Masculino	40:56	+10:31	04:06
72	18	Mário Pinhão	bosch	Veterano M40	41:00	+10:36	04:06
73	101	Anabela Batista	gtt - armazém do caffè	Veterana F40	41:04	+10:39	04:06
74	19	Sérgio Pessegueiro	bricor run	Veterano M40	41:08	+10:44	04:07
75	261	Sandra Travessas	turbulentos	Veterana F40	41:19	+10:54	04:08
76	131	Bruno Pereira	individual	Senior Masculino	41:19	+10:54	04:08
77	292	Jorge Sousa	onesoul crossfit	Veterano M40	41:25	+11:01	04:09
78	162	Rui Alvez	individual	Senior Masculino	41:27	+11:03	04:09
79	41	Rui Torres	crossfit vale do ave	Senior Masculino	41:30	+11:06	04:09
80	142	Ivo Rodrigues	individual	Senior Masculino	41:32	+11:07	04:09
81	223	Rúben Santana	onesoul crossfit	Senior Masculino	41:33	+11:08	04:09
82	225	Stephen Radkov	onesoul crossfit	Senior Masculino	41:33	+11:08	04:09
83	187	Luís Godinho	individual	Veterano M40	41:38	+11:14	04:10
84	160	Pedro Silva	individual	Senior Masculino	41:45	+11:21	04:11
85	113	Catarina Matos	individual	Senior Feminino	41:45	+11:21	04:11
86	246	Agostinho Sequeira	persistentes	Veterano M40	41:48	+11:23	04:11

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	71	Marco Correia Marco Correia	frezite	Senior Masculino	41:49	+11:25	04:11
88	310	Fátima Catarino	individual	Senior Feminino	41:53	+11:29	04:11
89	200	Ricardo Vieira	m & f	Senior Masculino	41:59	+11:34	04:12
90	172	Maria Fátima Silva Lopes	individual	Veterana F40	42:11	+11:46	04:13
91	48	Ricardo Araújo	crossfit vale do ave	Senior Masculino	42:12	+11:48	04:13
92	23	Paulo Costa	carapaus	Veterano M40	42:13	+11:48	04:13
93	73	NUNO MARTINS NUNO MARTINS	frezite	Senior Masculino	42:14	+11:49	04:13
94	193	Ricardo Carneiro	individual	Veterano M40	42:14	+11:49	04:13
95	144	Jorge Araújo	individual	Senior Masculino	42:20	+11:56	04:14
96	186	Luis Filipe Ferreira	individual	Veterano M40	42:22	+11:57	04:14
97	14	Carlos Eduardo Ramos	arrasa montanhas	Senior Masculino	42:26	+12:01	04:15
98	64	João Moura	em'força	Senior Masculino	42:26	+12:01	04:15
99	202	Diana Ferreira	monday runners	Senior Feminino	42:28	+12:03	04:15
100	181	Henrique Baessa	individual	Veterano M40	42:30	+12:06	04:15
101	253	João Pinheiro	porto sentido runners	Veterano M40	42:36	+12:11	04:16
102	136	David Teixeira	individual	Senior Masculino	42:38	+12:13	04:16
103	149	Ludgero Ribeiro	individual	Senior Masculino	42:52	+12:28	04:17
104	11	Victor Linhares	arejarocapacete	Veterano M40	42:54	+12:29	04:17
105	258	Mário Novais	toca e foge	Senior Masculino	42:55	+12:31	04:18
106	126	Álvaro Barreto	individual	Senior Masculino	42:55	+12:31	04:18
107	147	José Figueiredo	individual	Senior Masculino	43:07	+12:43	04:19
108	155	Nelson Lopes	individual	Senior Masculino	43:16	+12:51	04:20
109	215	Ivo Neves	onesoul crossfit	Senior Masculino	43:25	+13:00	04:21
110	227	Tiago Bompastor	onesoul crossfit	Senior Masculino	43:28	+13:04	04:21
111	188	Manuel Carriço	individual	Veterano M40	43:31	+13:07	04:21
112	180	Guilherme Gonçalves	individual	Veterano M40	43:34	+13:09	04:21
113	148	Joy Monteiro	individual	Senior Masculino	43:37	+13:13	04:22
114	143	Joao Oliveira	individual	Senior Masculino	43:38	+13:14	04:22
115	116	Gabriela Fonseca	individual	Senior Feminino	43:51	+13:27	04:23
116	165	Tiago Gomes	individual	Senior Masculino	43:54	+13:30	04:23
117	219	Luis Saura	onesoul crossfit	Senior Masculino	44:22	+13:57	04:26
118	297	Helena Alves	individual	Senior Feminino	44:26	+14:02	04:27
119	190	Paulo Hernani Moreira	individual	Veterano M40	44:32	+14:08	04:27
120	138	Fábio Azevedo	individual	Senior Masculino	44:34	+14:09	04:27
121	259	Nuno Silva	toca e foge	Senior Masculino	44:34	+14:09	04:27
122	198	André Martins	lousadabtt	Senior Masculino	44:35	+14:10	04:28
123	234	Rui Braga	onesoul crossfit	Veterano M40	44:36	+14:11	04:28
124	220	Marco Barbosa	onesoul crossfit	Senior Masculino	44:38	+14:13	04:28
125	82	DINA MORIM	gtt - armazém do caffè	Senior Feminino	44:48	+14:23	04:29
126	93	Flávio Ortins	gtt - armazém do caffè	Senior Masculino	44:48	+14:24	04:29
127	122	Raquel Oliveira	individual	Senior Feminino	44:53	+14:29	04:29
128	140	Hernani Pinto	individual	Senior Masculino	44:53	+14:29	04:29
129	195	Vitor Vieira	individual	Veterano M40	45:04	+14:40	04:30
130	97	Ricardo Miranda	gtt - armazém do caffè	Senior Masculino	45:23	+14:58	04:32
131	81	Cátia Isabel Silva	gtt - armazém do caffè	Senior Feminino	45:29	+15:05	04:33

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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
178	224	Sónia Carvalho	onesoul crossfit	Senior Feminino	49:30	+19:06	04:57
179	55	Marta Freitas	don't need prep team	Senior Feminino	49:40	+19:16	04:58
180	132	Carlos Gaspar	individual	Senior Masculino	49:46	+19:21	04:59
181	26	Ester Rabumba	churrasqueiros	Senior Feminino	49:48	+19:24	04:59
182	72	Mário Araújo Mário Araújo	frezite	Senior Masculino	49:54	+19:29	04:59
183	221	Miguel Chaves	onesoul crossfit	Senior Masculino	49:55	+19:30	05:00
184	170	Margarida Vale	individual	Veterana F40	50:03	+19:38	05:00
185	235	Sérgio Ramos	onesoul crossfit	Veterano M40	50:11	+19:47	05:01
186	298	Diana Alves	individual	Senior Feminino	50:19	+19:54	05:02
187	252	Teresa Lourenço	porto sentido runners	Veterana F40	50:32	+20:08	05:03
188	40	Juliana Pereira	crossfit vale do ave	Senior Feminino	50:42	+20:17	05:04
189	286	Joana Isabel Araújo	onesoul	Senior Feminino	50:53	+20:28	05:05
190	288	Marta Barros	onesoul	Senior Feminino	50:58	+20:34	05:06
191	29	Nuno Costa	churrasqueiros	Senior Masculino	51:00	+20:35	05:06
192	109	Sarah Silva	gtt - armazém do caffè	Veterana F40	51:07	+20:42	05:07
193	124	Teresa Guimaraes	individual	Senior Feminino	51:12	+20:48	05:07
194	17	Pedro Miguel Póvoas	atitude outdoor	Veterano M40	51:16	+20:52	05:08
195	13	Cristiana Inácio	arrasa montanhas	Senior Feminino	51:25	+21:00	05:09
196	118	Marília Ferreira	individual	Senior Feminino	51:39	+21:14	05:10
197	98	Sergio Coelho	gtt - armazém do caffè	Senior Masculino	51:43	+21:19	05:10
198	60	Gustavo Almeida	duas babes e o bodyguard	Senior Masculino	51:43	+21:19	05:10
199	59	Fátima Pontes	duas babes e o bodyguard	Senior Feminino	51:43	+21:19	05:10
200	58	Ana Serrão	duas babes e o bodyguard	Senior Feminino	51:43	+21:19	05:10
201	49	Ricardo Oliveira	crossfit vale do ave	Senior Masculino	51:49	+21:25	05:11
202	280	João Pacheco	individual	Senior Masculino	51:51	+21:27	05:11
203	15	Rosa Guedes	atitude outdoor	Senior Feminino	51:56	+21:31	05:12
204	291	Pedro Casinha	onesoul	Veterano M40	52:12	+21:48	05:13
205	231	Miguel Torres	onesoul crossfit	Veterano M40	52:21	+21:57	05:14
206	89	Sara Novais	gtt - armazém do caffè	Senior Feminino	52:48	+22:24	05:17
207	92	Emanuel da Costa	gtt - armazém do caffè	Senior Masculino	52:48	+22:24	05:17
208	100	Aída Linhares	gtt - armazém do caffè	Veterana F40	52:48	+22:24	05:17
209	251	Berta Pinheiro	porto sentido runners	Veterana F40	52:54	+22:30	05:17
210	271	Ruben Reis da Silva	crossfit vale do ave	Senior Masculino	53:00	+22:35	05:18
211	166	Tomás Oliveira	individual	Senior Masculino	53:15	+22:51	05:20
212	137	Diogo Estêvão	individual	Senior Masculino	53:16	+22:51	05:20
213	171	Maria Coelho	individual	Veterana F40	53:19	+22:54	05:20
214	119	Marília Macieira	individual	Senior Feminino	53:28	+23:04	05:21
215	62	Bruno Fonseca	em'força	Senior Masculino	53:31	+23:07	05:21
216	230	Carlos Trigo	onesoul crossfit	Veterano M40	53:36	+23:11	05:22
217	87	Nuna Bastos	gtt - armazém do caffè	Senior Feminino	53:48	+23:24	05:23
218	127	André Pereira	individual	Senior Masculino	53:49	+23:24	05:23
219	161	Rúben Fernandes	individual	Senior Masculino	53:49	+23:24	05:23
220	282	Maria Olivença	individual	Veterana F40	54:20	+23:55	05:26
221	247	Diana Fernandes	polarzinhos	Senior Feminino	54:33	+24:09	05:27
222	270	Paulo Salgueirinho	crossfit vale do ave	Senior Masculino	54:53	+24:29	05:29
223	272	Guilhermina Ferreira	crossfit vale do ave	Veterana F40	54:53	+24:29	05:29

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
224	37	Bruna Dias Silva	crossfit vale do ave	Senior Feminino	54:53	+24:29	05:29
225	141	Hernâni Veríssimo	individual	Senior Masculino	54:54	+24:29	05:29
226	42	Sofia Naldinho	crossfit vale do ave	Senior Feminino	54:54	+24:29	05:29
227	39	Daniela Araújo	crossfit vale do ave	Senior Feminino	54:54	+24:29	05:29
228	44	Fábio André Silva Ribeiro	crossfit vale do ave	Senior Masculino	54:54	+24:30	05:29
229	46	Oscar Silva	crossfit vale do ave	Senior Masculino	54:54	+24:30	05:29
230	16	Hugo Pinheiro	atitude outdoor	Senior Masculino	54:55	+24:30	05:30
231	242	Anabela Gonçalves	persistentes	Senior Feminino	55:02	+24:38	05:30
232	248	Inês Fernandes	polarzinhos	Senior Feminino	55:07	+24:43	05:31
233	250	António Fernandes	polarzinhos	Veterano M40	55:11	+24:47	05:31
234	22	Adelaide Morim	capv	Veterana F40	55:15	+24:50	05:32
235	269	Adriana Ferreira	clube de atletismo da póvoa de varzim	Senior Feminino	55:15	+24:50	05:32
236	7	Ana Soares	a voar	Senior Feminino	55:26	+25:01	05:33
237	8	Paula Carneiro	a voar	Senior Feminino	55:26	+25:02	05:33
238	105	Paulo Silva	gtt - armazém do caffè	Veterano M40	55:47	+25:22	05:35
239	185	Jose Pacheco	individual	Veterano M40	55:48	+25:23	05:35
240	139	Helder Fernandes	individual	Senior Masculino	56:12	+25:47	05:37
241	68	FRANCISCO RIBEIRO FRANCISCO RIBEIRO	frezite	Senior Masculino	56:55	+26:31	05:42
242	268	Ivone Ferraz	armando	Veterana F40	57:34	+27:09	05:45
243	266	Ana Cristina Rosa	armando	Senior Feminino	57:34	+27:09	05:45
244	211	Rita Carvalho	onesoul crossfit	Senior Feminino	57:34	+27:10	05:45
245	216	João Teles de Carvalho	onesoul crossfit	Senior Masculino	57:34	+27:10	05:45
246	173	Sofia Freitas	individual	Veterana F40	57:37	+27:12	05:46
247	75	Rui Moreira	frezite	Senior Masculino	57:39	+27:15	05:46
248	112	Ana Guimarães	individual	Senior Feminino	58:22	+27:58	05:50
249	85	Joana Maia	gtt - armazém do caffè	Senior Feminino	58:36	+28:12	05:52
250	88	Raquel Maia	gtt - armazém do caffè	Senior Feminino	58:37	+28:12	05:52
251	184	Jorge Pimenta	individual	Veterano M40	59:01	+28:37	05:54
252	66	Marisa Freitas	frau	Senior Feminino	59:02	+28:38	05:54
253	115	Daniela Azevedo	individual	Senior Feminino	59:03	+28:38	05:54
254	218	John Francis	onesoul crossfit	Senior Masculino	59:36	+29:12	05:58
255	38	Cláudia Barbosa	crossfit vale do ave	Senior Feminino	01:00:10	+29:45	06:01
256	43	Tânia Sampaio	crossfit vale do ave	Senior Feminino	01:00:10	+29:45	06:01
257	245	Susana Silva	persistentes	Veterana F40	01:00:12	+29:47	06:01
258	28	Alexandre Silva	churrasqueiros	Senior Masculino	01:00:15	+29:51	06:02
259	114	Célia Queirós	individual	Senior Feminino	01:01:50	+31:25	06:11
260	130	Bruno Machado	individual	Senior Masculino	01:01:50	+31:26	06:11
261	256	Sandra Vasconcelos	salseiros	Veterana F40	01:02:28	+32:03	06:15
262	121	Raquel Fernandes	individual	Senior Feminino	01:02:37	+32:12	06:16
263	21	Pedro Lopes	c+ runners	Senior Masculino	01:02:47	+32:23	06:17
264	52	Andreia Marques	despacitos	Senior Feminino	01:03:11	+32:47	06:19
265	233	Pedro Vieira	onesoul crossfit	Veterano M40	01:03:58	+33:33	06:24
266	228	Mafalda Correia	onesoul crossfit	Veterana F40	01:03:58	+33:34	06:24

UrbanTrail

10 KM

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

OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	18:30	20°C	72%
End	19:48	20°C	72%

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

1	125	Verónica Moreira	Individual	Senior Feminino	37:20	+06:55	03:44
2	83	Fátima Oliveira	GTT - Armazém do Caffè	Senior Feminino	39:27	+09:02	03:57
3	113	Catarina Matos	Individual	Senior Feminino	41:45	+11:21	04:11
4	310	Fátima Catarino	Individual	Senior Feminino	41:53	+11:29	04:11
5	202	Diana Ferreira	Monday Runners	Senior Feminino	42:28	+12:03	04:15
6	116	Gabriela Fonseca	Individual	Senior Feminino	43:51	+13:27	04:23
7	297	Helena Alves	Individual	Senior Feminino	44:26	+14:02	04:27
8	82	DINA MORIM	GTT - Armazém do Caffè	Senior Feminino	44:48	+14:23	04:29
9	122	Raquel Oliveira	Individual	Senior Feminino	44:53	+14:29	04:29
10	81	Cátia Isabel Silva	GTT - Armazém do Caffè	Senior Feminino	45:29	+15:05	04:33
11	123	Tânia da Silva Vieira	Individual	Senior Feminino	46:18	+15:54	04:38
12	201	Carla Azevedo	Monday Runners	Senior Feminino	46:24	+15:59	04:38
13	36	Ângela Moreira	CrossFit Vale do Ave	Senior Feminino	47:01	+16:37	04:42
14	35	Cristina Rocha	ConDor Runners	Senior Feminino	47:22	+16:58	04:44
15	239	Patricia Cruz	OS ROMPE SOLAS	Senior Feminino	47:31	+17:07	04:45
16	287	Maria Inês Sousa	ONESOUL	Senior Feminino	47:41	+17:17	04:46
17	61	Diana Fernandes	EM'Força	Senior Feminino	48:05	+17:41	04:49
18	209	Ana Marques	OneSoul Crossfit	Senior Feminino	48:05	+17:41	04:49
19	255	Elisabete Rente	Salseiros	Senior Feminino	48:06	+17:41	04:49
20	208	Ana Caldas	OneSoul Crossfit	Senior Feminino	48:07	+17:42	04:49
21	117	Magda Reina	Individual	Senior Feminino	48:21	+17:57	04:50
22	243	Cláudia Ferreira	PERSISTENTES	Senior Feminino	48:50	+18:25	04:53
23	12	Ana Raquel Lopes Ramos	Arrasa Montanhas	Senior Feminino	48:57	+18:32	04:54
24	27	Susana Costa	Churrasqueiros	Senior Feminino	49:16	+18:51	04:56
25	25	Andreia Pestana	Churrasqueiros	Senior Feminino	49:16	+18:51	04:56
26	224	Sónia Carvalho	OneSoul Crossfit	Senior Feminino	49:30	+19:06	04:57
27	55	Marta Freitas	Don't need prep TEAM	Senior Feminino	49:40	+19:16	04:58
28	26	Ester Rabumba	Churrasqueiros	Senior Feminino	49:48	+19:24	04:59
29	298	Diana Alves	Individual	Senior Feminino	50:19	+19:54	05:02
30	40	Juliana Pereira	CrossFit Vale do Ave	Senior Feminino	50:42	+20:17	05:04
31	286	Joana Isabel Araújo	ONESOUL	Senior Feminino	50:53	+20:28	05:05
32	288	Marta Barros	ONESOUL	Senior Feminino	50:58	+20:34	05:06
33	124	Teresa Guimaraes	Individual	Senior Feminino	51:12	+20:48	05:07
34	13	Cristiana Inácio	Arrasa Montanhas	Senior Feminino	51:25	+21:00	05:09
35	118	Marília Ferreira	Individual	Senior Feminino	51:39	+21:14	05:10
36	59	Fátima Pontes	Duas Babes e o Bodyguard	Senior Feminino	51:43	+21:19	05:10
37	58	Ana Serrão	Duas Babes e o Bodyguard	Senior Feminino	51:43	+21:19	05:10
38	15	Rosa Guedes	Atitude Outdoor	Senior Feminino	51:56	+21:31	05:12
39	89	Sara Novais	GTT - Armazém do Caffè	Senior Feminino	52:48	+22:24	05:17

UrbanTrail

10 KM

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

OFFICIAL RESULT

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40	119	Marília Macieira	Individual	Senior Feminino	53:28	+23:04	05:21
41	87	Nuna Bastos	GTT - Armazém do Caffè	Senior Feminino	53:48	+23:24	05:23
42	247	Diana Fernandes	Polarzinhos	Senior Feminino	54:33	+24:09	05:27
43	37	Bruna Dias Silva	CrossFit Vale do Ave	Senior Feminino	54:53	+24:29	05:29
44	42	Sofia Naldinho	CrossFit Vale do Ave	Senior Feminino	54:54	+24:29	05:29
45	39	Daniela Araújo	CrossFit Vale do Ave	Senior Feminino	54:54	+24:29	05:29
46	242	Anabela Gonçalves	PERSISTENTES	Senior Feminino	55:02	+24:38	05:30
47	248	Inês Fernandes	Polarzinhos	Senior Feminino	55:07	+24:43	05:31
48	269	Adriana Ferreira	Clube de Atletismo da Póvoa de Varzim	Senior Feminino	55:15	+24:50	05:32
49	7	Ana Soares	A voar	Senior Feminino	55:26	+25:01	05:33
50	8	Paula Carneiro	A voar	Senior Feminino	55:26	+25:02	05:33
51	266	Ana Cristina Rosa	ARMANDO	Senior Feminino	57:34	+27:09	05:45
52	211	Rita Carvalho	OneSoul Crossfit	Senior Feminino	57:34	+27:10	05:45
53	112	Ana Guimaraes	Individual	Senior Feminino	58:22	+27:58	05:50
54	85	Joana Maia	GTT - Armazém do Caffè	Senior Feminino	58:36	+28:12	05:52
55	88	Raquel Maia	GTT - Armazém do Caffè	Senior Feminino	58:37	+28:12	05:52
56	66	Marisa Freitas	FRAU	Senior Feminino	59:02	+28:38	05:54
57	115	Daniela Azevedo	Individual	Senior Feminino	59:03	+28:38	05:54
58	38	Cláudia Barbosa	CrossFit Vale do Ave	Senior Feminino	01:00:10	+29:45	06:01
59	43	Tânia Sampaio	CrossFit Vale do Ave	Senior Feminino	01:00:10	+29:45	06:01
60	114	Célia Queirós	Individual	Senior Feminino	01:01:50	+31:25	06:11
61	121	Raquel Fernandes	Individual	Senior Feminino	01:02:37	+32:12	06:16
62	52	Andreia Marques	Despacificos	Senior Feminino	01:03:11	+32:47	06:19

Senior Masculino

1	57	Diogo Fernandes	Dr. Merino / 4moove	Senior Masculino	30:24		03:02
2	34	Nuno Carneiro	Clube Zupper	Senior Masculino	31:28	+01:03	03:09
3	241	Miguel Carvalho	OZXTREME	Senior Masculino	33:02	+02:37	03:18
4	3	Bernardo Tavares	Dr. Merino / 4moove	Senior Masculino	33:02	+02:38	03:18
5	267	João Manuel Borges	ARMANDO	Senior Masculino	33:50	+03:25	03:23
6	99	Tiago Correia	GTT - Armazém do Caffè	Senior Masculino	34:02	+03:38	03:24
7	296	Joaquim Oliveira	Individual	Senior Masculino	34:14	+03:49	03:25
8	293	Paulo Leça	TEAM LANTEMIL	Senior Masculino	34:29	+04:04	03:27
9	91	Emanuel Costa	GTT - Armazém do Caffè	Senior Masculino	35:28	+05:03	03:33
10	6	Bruno Castro	#papamedalhas	Senior Masculino	35:36	+05:11	03:34
11	158	Paulo Ferreira	Individual	Senior Masculino	36:04	+05:39	03:36
12	213	André Brito	OneSoul Crossfit	Senior Masculino	36:18	+05:53	03:38
13	244	Sergio Crista	PERSISTENTES	Senior Masculino	36:27	+06:02	03:39
14	277	Eduardo Carvalho	Individual	Senior Masculino	37:08	+06:44	03:43
15	278	Gonçalo Silva Sousa	Individual	Senior Masculino	38:01	+07:37	03:48
16	281	Luis Miguel Matos	Individual	Senior Masculino	38:04	+07:39	03:48
17	134	César Antunes	Individual	Senior Masculino	38:16	+07:51	03:50
18	24	Miguel Cunha Guimaraes	CDT team	Senior Masculino	38:21	+07:56	03:50
19	96	Marcelo Teles	GTT - Armazém do Caffè	Senior Masculino	38:25	+08:00	03:51

