













### 3H SOLO - SOLO - ESCALÕES

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

### OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	12:00	23,5°C	69%
End	23:19	17,5°C	93%

RANK	BIB	NAME	TEAM	LAPS	RESULT	BEST LAP	DISTANCE	1/KM
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#### Senior Feminino

1	513	ADELAIDE DUARTE	Individual	14	03:19:45	12:55 [4]	29,82 Km	06:42
2	508	Patricia Ferreira	GANGUE DAS MAÇAS	11	03:02:48	13:43 [5]	23,43 Km	07:48

#### Senior Masculino

1	511	TIAGO PINTO	grupo dramatico e recreativo da retorta	18	03:05:41	08:22 [2]	38,34 Km	04:51
2	516	Cláudio Santa	Individual	16	02:59:57	10:39 [1]	34,08 Km	05:17
3	537	Paulo Antunes	Sanjogaspeas Lda - Os Kágados	16	03:08:07	10:30 [1]	34,08 Km	05:31
4	517	Diogo Martins	Individual	15	03:06:46	10:10 [1]	31,95 Km	05:51
5	518	Nelson António Oliveira Tavares	Individual	13	03:07:31	10:09 [1]	27,69 Km	06:46
6	514	andre filipe da costa tavares	Individual	12	03:10:28	09:41 [1]	25,56 Km	07:27
7	515	Carlos Cunha	Individual	9	02:54:31	12:29 [5]	19,17 Km	09:06

#### Veterana F40

1	503	Sara Santos Silva	Cães d'Avenida	14	03:02:35	11:42 [5]	29,82 Km	06:07
2	521	Susana Brás Santos	Individual	12	03:11:22	13:28 [1]	25,56 Km	07:29
3	539	Helena Márcia Bastos	Individual	11	03:13:29	13:58 [1]	23,43 Km	08:16
4	520	monica montenegro	Individual	10	02:26:36	12:31 [1]	21,3 Km	06:53

#### Veterana F50

1	522	Fatima Ribeiro d Almeida	Individual	13	02:54:07	12:34 [4]	27,69 Km	06:17
2	509	Luisa Amorim	GANGUE DAS MAÇAS	12	03:03:28	13:47 [1]	25,56 Km	07:11

#### Veterano M40

1	512	ADELINO SILVA	grupo dramatico e recreativo da retorta	20	03:16:12	08:12 [1]	42,6 Km	04:36
2	507	João Moreira	G.D.Ronda	18	03:04:54	09:30 [1]	38,34 Km	04:49
3	527	José Manuel Silva Soares	Individual	17	03:08:59	10:38 [9]	36,21 Km	05:13
4	530	Paulo Manuel Silva	Individual	16	03:00:54	11:02 [7]	34,08 Km	05:18
5	524	Francisco Rebelo	Individual	15	03:02:31	11:08 [10]	31,95 Km	05:43
6	523	Carlos Correia	Individual	15	03:12:18	10:32 [8]	31,95 Km	06:01
7	540	Rui Ferreira	Individual	11	03:13:29	13:58 [1]	23,43 Km	08:16
8	526	José Figueiredo	Individual	10	03:13:49	11:25 [1]	21,3 Km	09:06

#### Veterano M50

1	541	João Vinha	JOBRA	18	02:59:57	09:06 [1]	38,34 Km	04:42
2	533	Dinis Tavares	Individual	18	03:06:14	10:00 [5]	38,34 Km	04:51
3	532	Carlos Ferreira	Individual	14	03:06:57	12:11 [5]	29,82 Km	06:16
4	536	Fernando Andrade	No tomorrow running time	13	03:01:54	11:47 [3]	27,69 Km	06:34





