

**PROVA PRINCIPAL - STAGE 1**

**10 KM**

**OFFICIAL RESULT**

	Time	Temperature	Humidity
Start	19:00	18.1°C	72%
End	20:05	18.1°C	72%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	28	Nelson Santos	capenafirme	Veterano M35	36:11		03:37
2	8	Paulo Alves	associação vale grande	Veterano M35	36:18	+00:06	03:38
3	77	Kevin Amoedo	individual	Senior Masculino	36:24	+00:12	03:38
4	36	ANDRÉ DUARTE	conquista ginásio - cadaval	Senior Masculino	36:39	+00:28	03:40
5	10	José Silva	associação vale grande	Veterano M45	36:56	+00:44	03:42
6	114	GABRIEL RODRIGUES	industrial desportivo vieirense	Veterano M45	37:06	+00:54	03:43
7	126	Luis Avelar	róódinhas-santos silva / oxygen-gym & fitness	Veterano M35	37:14	+01:02	03:43
8	152	Tiago Tomás	ccrd burinhosa	Senior Masculino	37:39	+01:27	03:46
9	37	JOÃO FIGUEIREDO	conquista ginásio - cadaval	Senior Masculino	37:52	+01:40	03:47
10	96	Nuno Santos	individual	Veterano M35	38:09	+01:57	03:49
11	44	VALDEIR CASTRO	conquista ginásio - cadaval	Veterano M35	38:18	+02:06	03:50
12	57	José Raimundo	cr amieirinhense	Veterano M55	38:31	+02:19	03:51
13	154	Diogo Duarte	ccrd burinhosa	Senior Masculino	38:33	+02:22	03:51
14	9	José Geada	associação vale grande	Veterano M45	38:52	+02:40	03:53
15	151	Nuno Mendes	ccrd burinhosa	Veterano M35	38:54	+02:42	03:53
16	122	Rui Vicente	róódinhas-santos silva / oxygen-gym & fitness	Senior Masculino	38:56	+02:44	03:54
17	27	Carlos Serra	capenafirme	Veterano M35	39:04	+02:53	03:54
18	113	CARLOS SIMÕES	industrial desportivo vieirense	Veterano M45	39:07	+02:55	03:55
19	139	Pedro Almeida	run team bombarral	Veterano M35	39:09	+02:57	03:55
20	59	Rui Henriques	federação da família para a paz mundial e unificação	Veterano M45	39:18	+03:07	03:56
21	157	Ricardo Rodrigues	academia do pro - peniche	Veterano M35	39:22	+03:10	03:56
22	120	Fernando Fernandes	peniche a correr	Veterano M35	39:25	+03:13	03:57
23	4	Horácio Nunes Alexandre	academia do pro - peniche	Veterano M35	39:40	+03:28	03:58
24	99	sergio flavio craveiro dos prazeres	individual	Veterano M35	39:52	+03:40	03:59
25	102	Camilo Valgy Tarmahomed	individual	Veterano M45	40:01	+03:49	04:00
26	129	Paulo Silva	róódinhas-santos silva / oxygen-gym & fitness	Veterano M45	40:13	+04:01	04:01
27	125	Daniel Silva	róódinhas-santos silva / oxygen-gym & fitness	Veterano M35	40:16	+04:04	04:02
28	32	Bruno Antunes	cdbbr clube desportivo do bombarral	Senior Masculino	40:20	+04:08	04:02
29	39	MIGUEL CAETANO	conquista ginásio - cadaval	Senior Masculino	40:34	+04:23	04:03
30	150	Nuno Lorrão	ccrd burinhosa	Veterano M45	40:54	+04:42	04:05
31	2	Fábio Machado	academia do pro - peniche	Senior Masculino	40:57	+04:45	04:06
32	112	ALEXIS ROCHA	industrial desportivo vieirense	Senior Masculino	41:18	+05:06	04:08
33	116	RUI DINIS	industrial desportivo vieirense	Veterano M45	41:26	+05:14	04:09
34	130	Luis Reis	róódinhas-santos silva / oxygen-gym & fitness	Veterano M55	41:31	+05:19	04:09
35	12	Diogo Felipe Angelo Ferreira	caldas corre +	Senior Masculino	41:44	+05:32	04:10
36	63	Mario Iopo	grupo d. zambujeira e serra	Senior Masculino	42:00	+05:49	04:12
37	89	Antonio Pedro Costa	individual	Veterano M35	42:02	+05:50	04:12
38	69	João Franco	grupo d. zambujeira e serra	Veterano M55	42:04	+05:52	04:12



## PROVA PRINCIPAL - 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

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	tkm
84	124	Sara Pedro	róódinhas-santos silva / oxygen-gym & fitness	Veterana F45	49:39	+13:27	04:58
85	26	António Miranda	caob clube de atletismo de óbidos	Veterano M65	49:40	+13:28	04:58
86	94	MARCO ANTÓNIO LOURENÇO CONCHINHA	associação vale grande	Veterano M35	49:55	+13:43	04:59
87	6	Francisco Pereira	armada torriense	Veterano M45	49:59	+13:47	05:00
88	90	Fernando Carlos Morais de Oliveira	individual	Veterano M35	50:02	+13:50	05:00
89	115	JOÃO BENTO	industrial desportivo vieirense	Veterano M45	50:14	+14:02	05:01
90	111	João Marcão	individual	Veterano M65	50:16	+14:04	05:02
91	132	Carina Querido das Neves	run team bombarral	Veterana F35	50:24	+14:12	05:02
92	25	Rute Pereira	caob clube de atletismo de óbidos	Veterana F45	50:29	+14:17	05:03
93	105	José Serrão	individual	Veterano M45	50:59	+14:47	05:06
94	41	BRUNO FIALHO	conquista ginásio - cadaval	Veterano M35	51:11	+15:00	05:07
95	104	Joaquim David Santos Serafim	individual	Veterano M45	51:22	+15:10	05:08
96	93	luis costa	individual	Veterano M35	52:07	+15:55	05:13
97	145	Acurcio Maria	sporting clube moitense	Veterano M45	52:11	+15:59	05:13
98	144	Anabela Maria	sporting clube moitense	Veterana F45	52:13	+16:01	05:13
99	24	Katalin Endrodi	caob clube de atletismo de óbidos	Veterana F45	52:16	+16:04	05:14
100	155	Rui Ventura	ccrd burinhosa	Veterano M55	52:21	+16:09	05:14
101	78	Mario Rodrigo	individual	Senior Masculino	52:30	+16:18	05:15
102	19	Vitor José da Silva Ferreira	caldas corre +	Veterano M55	52:34	+16:22	05:15
103	121	Sara Maria	róódinhas-santos silva / oxygen-gym & fitness	Senior Feminino	52:35	+16:24	05:16
104	158	Isaul Rodrigues	academia do pro - peniche	Veterano M55	52:40	+16:28	05:16
105	84	Maria Filipe	individual	Veterana F35	52:45	+16:34	05:17
106	134	Sheila Tomaz	run team bombarral	Veterana F35	53:15	+17:03	05:19
107	17	Ricardo Cordeiro	caldas corre +	Veterano M45	53:41	+17:29	05:22
108	70	Juliana dos Santos Fontoura Ramos	individual	Senior Feminino	53:53	+17:41	05:23
109	76	Joao Severino	individual	Senior Masculino	54:01	+17:49	05:24
110	91	Filipe Leite	individual	Veterano M35	54:07	+17:55	05:25
111	107	Rui Brunheta	individual	Veterano M45	54:12	+18:00	05:25
112	72	Bruno Nunes	individual	Senior Masculino	54:51	+18:39	05:29
113	88	Elisabete Assunção	individual	Veterana F45	54:54	+18:42	05:29
114	13	Sílvia	caldas corre +	Veterana F35	55:03	+18:51	05:30
115	142	Pedro Correia	runtascas	Senior Masculino	55:30	+19:18	05:33
116	133	Sandra Proença	run team bombarral	Veterana F35	56:10	+19:58	05:37
117	11	ELISABETE ÁGUAS	c.c.d. "o alvitejo"	Veterana F45	56:24	+20:12	05:38
118	106	Óscar Assunção	individual	Veterano M45	56:35	+20:24	05:40
119	135	Sílvia Espírito Santo	run team bombarral	Veterana F35	56:52	+20:40	05:41
120	86	Marta Leonor Vieira Rodrigues Fernandes	individual	Veterana F35	57:37	+21:25	05:46
121	92	Guilherme Verga	individual	Veterano M35	57:38	+21:26	05:46
122	159	Margarida Silva	run team bombarral	Veterana F35	57:40	+21:29	05:46
123	100	Valter Ribeiro	individual	Veterano M35	58:17	+22:05	05:50
124	60	Catarina ferreira	gaeiras running team	Veterana F35	01:00:31	+24:19	06:03
125	123	Eunice Silva	róódinhas-santos silva / oxygen-gym & fitness	Veterana F45	01:00:42	+24:30	06:04

**PROVA PRINCIPAL - 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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
126	137	Nuno Amaral	run team bombarral	Veterano M35	01:02:29	+26:18	06:15
127	136	Vera Prata	run team bombarral	Veterana F35	01:02:55	+26:43	06:17
128	14	Sílvia Félix	caldas corre +	Veterana F35	01:03:00	+26:48	06:18
129	16	Nuno Simões	caldas corre +	Veterano M35	01:03:00	+26:48	06:18
130	110	José Manuel Cardoso	individual	Veterano M55	01:03:00	+26:49	06:18
131	143	Sara Primor	sporting clube moitense	Senior Feminino	01:03:06	+26:54	06:19
132	85	Maria João Correia Gomes	individual	Veterana F35	01:03:06	+26:55	06:19

## Prova Principal

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

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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	19:00	18.1°C	72%
End	20:05	18.1°C	72%

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

1	71	Sara Mendes	Individual	Senior Feminino	44:20	+08:08	04:26
2	121	Sara Maria	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	Senior Feminino	52:35	+16:24	05:16
3	70	Juliana dos Santos Fontoura Ramos	Individual	Senior Feminino	53:53	+17:41	05:23
4	143	Sara Primor	sporting clube moitense	Senior Feminino	01:03:06	+26:54	06:19

### Senior Masculino

1	77	Kevin Amoedo	Individual	Senior Masculino	36:24	+00:12	03:38
2	36	ANDRÉ DUARTE	CONQUISTA GINÁSIO - CADAVAL	Senior Masculino	36:39	+00:28	03:40
3	152	Tiago Tomás	CCRD Burinhosa	Senior Masculino	37:39	+01:27	03:46
4	37	JOÃO FIGUEIREDO	CONQUISTA GINÁSIO - CADAVAL	Senior Masculino	37:52	+01:40	03:47
5	154	Diogo Duarte	CCRD Burinhosa	Senior Masculino	38:33	+02:22	03:51
6	122	Rui Vicente	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	Senior Masculino	38:56	+02:44	03:54
7	32	Bruno Antunes	CDBBR Clube Desportivo do Bombarral	Senior Masculino	40:20	+04:08	04:02
8	39	MIGUEL CAETANO	CONQUISTA GINÁSIO - CADAVAL	Senior Masculino	40:34	+04:23	04:03
9	2	Fábio Machado	ACADEMIA DO PRO - PENICHE	Senior Masculino	40:57	+04:45	04:06
10	112	ALEXIS ROCHA	INDUSTRIAL DESPORTIVO VIEIRENSE	Senior Masculino	41:18	+05:06	04:08
11	12	Diogo Felipe Angelo Ferreira	Caldas Corre +	Senior Masculino	41:44	+05:32	04:10
12	63	Mario Iopo	grupo d. zambujeira e serra	Senior Masculino	42:00	+05:49	04:12
13	75	Flávio Ramos	Individual	Senior Masculino	42:59	+06:47	04:18
14	3	Silvino Machado	ACADEMIA DO PRO - PENICHE	Senior Masculino	43:58	+07:46	04:24
15	131	Bruno Pereira	RUN TEAM BOMBARRAL	Senior Masculino	44:22	+08:10	04:26
16	118	Miguel Reis	Não fazemos nem mais um... km!	Senior Masculino	44:48	+08:36	04:29
17	79	Pedro manuel Henriques dos santos	Individual	Senior Masculino	45:15	+09:03	04:31
18	38	MÁRIO RUI SOARES	CONQUISTA GINÁSIO - CADAVAL	Senior Masculino	46:35	+10:23	04:39
19	74	Diogo Morgado	Individual	Senior Masculino	47:34	+11:22	04:45
20	81	Vitor Fernandes	Individual	Senior Masculino	47:52	+11:40	04:47
21	78	Mario Rodrigo	Individual	Senior Masculino	52:30	+16:18	05:15
22	76	Joao Severino	Individual	Senior Masculino	54:01	+17:49	05:24
23	72	Bruno Nunes	Individual	Senior Masculino	54:51	+18:39	05:29
24	142	Pedro Correia	RUNTASCAS	Senior Masculino	55:30	+19:18	05:33

Prova Principal

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

**Veterana F35**

1	83	Margarida Vieira	Individual	Veterana F35	48:16	+12:04	04:50
2	132	Carina Querido das Neves	RUN TEAM BOMBARRAL	Veterana F35	50:24	+14:12	05:02
3	84	Maria Filipe	Individual	Veterana F35	52:45	+16:34	05:17
4	134	Sheila Tomaz	RUN TEAM BOMBARRAL	Veterana F35	53:15	+17:03	05:19
5	13	Sílvia	Caldas Corre +	Veterana F35	55:03	+18:51	05:30
6	133	Sandra Proença	RUN TEAM BOMBARRAL	Veterana F35	56:10	+19:58	05:37
7	135	Sílvia Espírito Santo	RUN TEAM BOMBARRAL	Veterana F35	56:52	+20:40	05:41
8	86	Marta Leonor Vieira Rodrigues Fernandes	Individual	Veterana F35	57:37	+21:25	05:46
9	159	Margarida Silva	RUN TEAM BOMBARRAL	Veterana F35	57:40	+21:29	05:46
10	60	Catarina ferreira	Gaeiras running team	Veterana F35	01:00:31	+24:19	06:03
11	136	Vera Prata	RUN TEAM BOMBARRAL	Veterana F35	01:02:55	+26:43	06:17
12	14	Sílvia Félix	Caldas Corre +	Veterana F35	01:03:00	+26:48	06:18
13	85	Maria João Correia Gomes	Individual	Veterana F35	01:03:06	+26:55	06:19

**Veterana F45**

1	124	Sara Pedro	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	Veterana F45	49:39	+13:27	04:58
2	25	Rute Pereira	CAOB Clube de atletismo de Óbidos	Veterana F45	50:29	+14:17	05:03
3	144	Anabela Maria	sporting clube moitense	Veterana F45	52:13	+16:01	05:13
4	24	Katalin Endrodi	CAOB Clube de atletismo de Óbidos	Veterana F45	52:16	+16:04	05:14
5	88	Elisabete Assunção	Individual	Veterana F45	54:54	+18:42	05:29
6	11	ELISABETE ÁGUAS	C.C.D. "O ALVITEJO"	Veterana F45	56:24	+20:12	05:38
7	123	Eunice Silva	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	Veterana F45	01:00:42	+24:30	06:04

**Veterano M35**

1	28	Nelson Santos	CAPenafirme	Veterano M35	36:11		03:37
2	8	Paulo Alves	Associação Vale Grande	Veterano M35	36:18	+00:06	03:38
3	126	Luis Avelar	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	Veterano M35	37:14	+01:02	03:43
4	96	Nuno Santos	Individual	Veterano M35	38:09	+01:57	03:49
5	44	VALDEIR CASTRO	CONQUISTA GINÁSIO - CADAVAL	Veterano M35	38:18	+02:06	03:50
6	151	Nuno Mendes	CCRD Burinhosa	Veterano M35	38:54	+02:42	03:53
7	27	Carlos Serra	CAPenafirme	Veterano M35	39:04	+02:53	03:54
8	139	Pedro Almeida	RUN TEAM BOMBARRAL	Veterano M35	39:09	+02:57	03:55
9	157	Ricardo Rodrigues	ACADEMIA DO PRO - PENICHE	Veterano M35	39:22	+03:10	03:56
10	120	Fernando Fernandes	Peniche a Correr	Veterano M35	39:25	+03:13	03:57
11	4	Horácio Nunes Alexandre	ACADEMIA DO PRO - PENICHE	Veterano M35	39:40	+03:28	03:58
12	99	sergio flavio craveiro dos prazeres	Individual	Veterano M35	39:52	+03:40	03:59

**Prova Principal**

**10 KM**

**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									
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13	125	Daniel Silva	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	Veterano M35	40:16	+04:04	04:02		
14	89	Antonio Pedro Costa	Individual	Veterano M35	42:02	+05:50	04:12		
15	40	ADRIANO ARAÚJO	CONQUISTA GINÁSIO - CADAVAL	Veterano M35	42:51	+06:40	04:17		
16	53	Marcio Sousa	CPR. A-do-Barbas	Veterano M35	43:09	+06:57	04:19		
17	54	Nuno Ferreira	CPR. A-do-Barbas	Veterano M35	44:00	+07:48	04:24		
18	42	Filipe oliveira	CONQUISTA GINÁSIO - CADAVAL	Veterano M35	44:05	+07:53	04:24		
19	127	Luis Miguel Leitão Marques	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	Veterano M35	44:18	+08:06	04:26		
20	140	Pedro Mota	RUN TEAM BOMBARRAL	Veterano M35	44:53	+08:41	04:29		
21	119	Cristóvão Casimiro	Não fazemos nem mais um... km!	Veterano M35	45:10	+08:58	04:31		
22	34	José Marques	Clube de Atletismo da Nazaré	Veterano M35	45:13	+09:01	04:31		
23	43	Paulo Silva	CONQUISTA GINÁSIO - CADAVAL	Veterano M35	46:20	+10:09	04:38		
24	98	Sérgio David Rocha	Individual	Veterano M35	46:53	+10:41	04:41		
25	138	Nuno Figueiredo	RUN TEAM BOMBARRAL	Veterano M35	47:05	+10:53	04:42		
26	61	Gil Querido	Gaeiras running team	Veterano M35	47:48	+11:36	04:47		
27	94	MARCO ANTÓNIO LOURENÇO CONCHINHA	Associação Vale Grande	Veterano M35	49:55	+13:43	04:59		
28	90	Fernando Carlos Morais de Oliveira	Individual	Veterano M35	50:02	+13:50	05:00		
29	41	BRUNO FIALHO	CONQUISTA GINÁSIO - CADAVAL	Veterano M35	51:11	+15:00	05:07		
30	93	luis costa	Individual	Veterano M35	52:07	+15:55	05:13		
31	91	Filipe Leite	Individual	Veterano M35	54:07	+17:55	05:25		
32	92	Guilherme Verga	Individual	Veterano M35	57:38	+21:26	05:46		
33	100	Valter Ribeiro	Individual	Veterano M35	58:17	+22:05	05:50		
34	137	Nuno Amaral	RUN TEAM BOMBARRAL	Veterano M35	01:02:29	+26:18	06:15		
35	16	Nuno Simões	Caldas Corre +	Veterano M35	01:03:00	+26:48	06:18		

**Veterano M45**

1	10	José Silva	Associação Vale Grande	Veterano M45	36:56	+00:44	03:42		
2	114	GABRIEL RODRIGUES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M45	37:06	+00:54	03:43		
3	9	José Geada	Associação Vale Grande	Veterano M45	38:52	+02:40	03:53		
4	113	CARLOS SIMÕES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M45	39:07	+02:55	03:55		
5	59	Rui Henriques	Federação da Família para a Paz Mundial e Unificação	Veterano M45	39:18	+03:07	03:56		
6	102	Camilo Valgy Tarmahomed	Individual	Veterano M45	40:01	+03:49	04:00		
7	129	Paulo Silva	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	Veterano M45	40:13	+04:01	04:01		
8	150	Nuno Lorrão	CCRD Burinhosa	Veterano M45	40:54	+04:42	04:05		
9	116	RUI DINIS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M45	41:26	+05:14	04:09		
10	47	PEDRO MARQUES	CONQUISTA GINÁSIO - CADAVAL	Veterano M45	42:29	+06:18	04:15		
11	67	Rui Aguiar	grupo d. zambujeira e serra	Veterano M45	42:52	+06:40	04:17		

**Prova Principal****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

**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

12	46	CARLOS QUEIROZ	CONQUISTA GINÁSIO - CADAVAL	Veterano M45	43:18	+07:07	04:20
13	48	RICARDO PEREIRA	CONQUISTA GINÁSIO - CADAVAL	Veterano M45	44:42	+08:30	04:28
14	29	Carlos Rebelo	CAPenafirme	Veterano M45	44:43	+08:31	04:28
15	103	João Manuel Frango	Individual	Veterano M45	44:51	+08:39	04:29
16	101	Alexandre Sousa	Individual	Veterano M45	44:56	+08:44	04:30
17	62	Joaquim Cristovão	Gaeiras running team	Veterano M45	45:12	+09:00	04:31
18	153	Paulo Duarte	CCRD Burinhosa	Veterano M45	45:42	+09:30	04:34
19	65	João calçada	grupo d. zambujeira e serra	Veterano M45	46:36	+10:24	04:40
20	5	Armando Parreira	Armada Torriense	Veterano M45	46:39	+10:27	04:40
21	45	ARTUR COSTA	CONQUISTA GINÁSIO - CADAVAL	Veterano M45	48:02	+11:50	04:48
22	146	Virgílio Oliveira	sporting clube moitense	Veterano M45	48:19	+12:07	04:50
23	35	Rui Susano Mateus	Clube de pessoal da Edp Caldas da Rainha	Veterano M45	48:26	+12:14	04:51
24	141	Pedro Nascimento	RUN TEAM BOMBARRAL	Veterano M45	49:12	+13:00	04:55
25	6	Francisco Pereira	Armada Torriense	Veterano M45	49:59	+13:47	05:00
26	115	JOÃO BENTO	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M45	50:14	+14:02	05:01
27	105	José Serrão	Individual	Veterano M45	50:59	+14:47	05:06
28	104	Joaquim David Santos Serafim	Individual	Veterano M45	51:22	+15:10	05:08
29	145	Acurcio Maria	sporting clube moitense	Veterano M45	52:11	+15:59	05:13
30	17	Ricardo Cordeiro	Caldas Corre +	Veterano M45	53:41	+17:29	05:22
31	107	Rui Brunheta	Individual	Veterano M45	54:12	+18:00	05:25
32	106	Óscar Assunção	Individual	Veterano M45	56:35	+20:24	05:40

**Veterano M55**

1	57	José Raimundo	CR AMIEIRINHENSE	Veterano M55	38:31	+02:19	03:51
2	130	Luis Reis	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	Veterano M55	41:31	+05:19	04:09
3	69	João Franco	grupo d. zambujeira e serra	Veterano M55	42:04	+05:52	04:12
4	7	Rui Merujo	Armada Torriense	Veterano M55	42:55	+06:43	04:18
5	117	CELESTINO MARQUES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M55	43:09	+06:58	04:19
6	49	AMÂNDIO CAETANO	CONQUISTA GINÁSIO - CADAVAL	Veterano M55	43:43	+07:31	04:22
7	147	Isidro Serra	sporting clube moitense	Veterano M55	44:35	+08:23	04:28
8	18	Fernando Agostinho	Caldas Corre +	Veterano M55	46:11	+09:59	04:37
9	50	MÁRIO PEREIRA	CONQUISTA GINÁSIO - CADAVAL	Veterano M55	46:20	+10:09	04:38
10	33	Julio Patricio	CDBBR Clube Desportivo do Bombarral	Veterano M55	47:14	+11:02	04:43
11	155	Rui Ventura	CCRD Burinhosa	Veterano M55	52:21	+16:09	05:14
12	19	Vitor José da Silva Ferreira	Caldas Corre +	Veterano M55	52:34	+16:22	05:15
13	158	Isaul Rodrigues	ACADEMIA DO PRO - PENICHE	Veterano M55	52:40	+16:28	05:16
14	110	José Manuel Cardoso	Individual	Veterano M55	01:03:00	+26:49	06:18



## Prova Principal

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 - LAP2GO - TIMING SOLUTION

## OFFICIAL RESULT

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## Veterano M65

1	56	Joaquim Gomes	CPR. A-do-Barbas	Veterano M65	44:05	+07:53	04:24
2	26	António Miranda	CAOB Clube de atletismo de Óbidos	Veterano M65	49:40	+13:28	04:58
3	111	João Marcão	Individual	Veterano M65	50:16	+14:04	05:02





## Juvenis e Juniores

3 KM

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

## OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	19:02	18.1°C	72%
End	19:18	17.3°C	72%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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## Junior Feminino

1	30	Ana Pinto	CDBBR Clube Desportivo do Bombarral	Junior Feminino	13:54	+02:40	04:38
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## Junior Masculino

1	51	Diogo Henriques	CPR. A-do-Barbas	Junior Masculino	11:47	+00:33	03:56
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## Juvenil Feminino

1	52	Soraia Cardeira	CPR. A-do-Barbas	Juvenil Feminino	13:55	+02:41	04:38
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## Juvenil Masculino

1	20	Duarte Santos	CAOB Clube de atletismo de Óbidos	Juvenil Masculino	11:13		03:44
2	22	Treasure Madueke	CAOB Clube de atletismo de Óbidos	Juvenil Masculino	11:22	+00:08	03:47