

JUVENIS - STAGE 1

2.6 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	10:40	14°C	87%
End	10:56	14°C	87%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	102	Rui Oliveira	escola atletismo rosa oliveira	Juvenil Masculino	08:42		03:21
2	263	Diogo Cunha	nba barrosas	Juvenil Masculino	08:49	+00:07	03:24
3	264	Tiago Magalhães	nba barrosas	Juvenil Masculino	08:54	+00:11	03:25
4	30	André Fonte	adrep	Juvenil Masculino	08:59	+00:17	03:28
5	262	Bruno Neto	nba barrosas	Juvenil Masculino	09:14	+00:31	03:33
6	100	Beatriz Fernandes	escola atletismo rosa oliveira	Juvenil Feminino	09:44	+01:01	03:45
7	101	Bruna Ortiga	escola atletismo rosa oliveira	Juvenil Feminino	09:45	+01:03	03:45
8	56	Gabriel Teixeira	ascvaleirinha	Juvenil Masculino	10:18	+01:36	03:58
9	28	Luisa Pereira	adrep	Juvenil Feminino	10:21	+01:39	03:59
10	29	Mariana Duarte	adrep	Juvenil Feminino	10:44	+02:01	04:08
11	27	Filipa Soares	adrep	Juvenil Feminino	12:15	+03:33	04:43

Juvenis

2.6 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 - LAP2GO - TIMING SOLUTION

	Time	Temperature	Humidity
Start	10:40	14°C	87%
End	10:56	14°C	87%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
------	-----	------	------	-----	--------	------	------

Juvenil Feminino

1	100	Beatriz Fernandes	ESCOLA ATLETISMO ROSA OLIVEIRA	Juvenil Feminino	09:44	+01:01	03:45
2	101	Bruna Ortiga	ESCOLA ATLETISMO ROSA OLIVEIRA	Juvenil Feminino	09:45	+01:03	03:45
3	28	Luisa Pereira	ADREP	Juvenil Feminino	10:21	+01:39	03:59
4	29	Mariana Duarte	ADREP	Juvenil Feminino	10:44	+02:01	04:08
5	27	Filipa Soares	ADREP	Juvenil Feminino	12:15	+03:33	04:43

Juvenil Masculino

1	102	Rui Oliveira	ESCOLA ATLETISMO ROSA OLIVEIRA	Juvenil Masculino	08:42		03:21
2	263	Diogo Cunha	NBA Barrosas	Juvenil Masculino	08:49	+00:07	03:24
3	264	Tiago Magalhães	NBA Barrosas	Juvenil Masculino	08:54	+00:11	03:25
4	30	André Fonte	ADREP	Juvenil Masculino	08:59	+00:17	03:28
5	262	Bruno Neto	NBA Barrosas	Juvenil Masculino	09:14	+00:31	03:33
6	56	Gabriel Teixeira	ASCValeirinha	Juvenil Masculino	10:18	+01:36	03:58

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

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

	Time	Temperature	Humidity
Start	11:00	15°C	82%
End	12:24	15°C	82%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	6	Hélder Santos	sporting c.p	Senior Masculino	30:31		03:03
2	1	Licínio Pimentel	sporting c.p	Senior Masculino	30:32	+00:00	03:03
3	33	Daniel Pinheiro	águia de alvelos	Senior Masculino	30:53	+00:21	03:05
4	317	Alberto Batista	nba barrosas - cadeiras de rodas	Veterano M45	31:18	+00:46	03:08
5	2	Pedro cruz	clube desportivo s.salvador do campo	Senior Masculino	31:24	+00:52	03:08
6	226	Vitor oliveira	maia a.c	Senior Masculino	31:47	+01:16	03:11
7	8	Carlos Costa	clube desportivo s.salvador do campo	Senior Masculino	32:18	+01:46	03:14
8	157	ARTUR OLIVEIRA RODRIGUES	grupo desportivo e cultural de guilhovai	Veterano M40	32:18	+01:46	03:14
9	219	Elídio Freire	joma	Senior Masculino	32:24	+01:52	03:14
10	285	Fábio Abrantes	união clube eirense	Senior Masculino	32:28	+01:57	03:15
11	92	Hélder Lopes	dcí/pedrulha-mealhada	Senior Masculino	32:33	+02:01	03:15
12	206	Paulo Santos	joão silva atletismo ccr praia de mira	Senior Masculino	32:54	+02:22	03:17
13	40	JORGE VALENTE	arvor - associação os veteranos de ovar	Senior Masculino	33:07	+02:36	03:19
14	103	Leandro Martins	escola atletismo rosa oliveira	Senior Masculino	33:19	+02:48	03:20
15	17	André Aniceto	acr vale de cambra	Senior Masculino	33:45	+03:14	03:23
16	104	Nuno Fernandes	escola atletismo rosa oliveira	Senior Masculino	34:02	+03:31	03:24
17	199	Alexsandro Varela	joão silva atletismo ccr praia de mira	Senior Masculino	34:04	+03:32	03:24
18	93	Messias Dias	dcí/pedrulha-mealhada	Veterano M45	34:10	+03:38	03:25
19	170	Ricardo Santos	individual	Junior Masculino	34:10	+03:39	03:25
20	153	Manuel belinha	grupo desportivo de são paio de oleiros	Veterano M40	34:13	+03:42	03:25
21	4	Carla Martinho	recreio desportivo de águeda	Senior Feminino	34:20	+03:48	03:26
22	119	jose fernandes	g d 3 santos populares	Veterano M50	34:25	+03:53	03:27
23	325	Filipe Rocha	escola atletismo coimbra	Senior Masculino	34:26	+03:55	03:27
24	307	carlos costa	cpt sobral de ceira	Senior Masculino	34:37	+04:05	03:28
25	151	Rui Alves	grupo desportivo de são paio de oleiros	Senior Masculino	34:45	+04:14	03:29
26	201	Aricson Gomes	joão silva atletismo ccr praia de mira	Senior Masculino	34:51	+04:19	03:29
27	5	Emília Pisoeiro	recreio desportivo de águeda	Senior Feminino	34:54	+04:23	03:29
28	105	Rui Fernandes	escola atletismo rosa oliveira	Senior Masculino	35:03	+04:31	03:30
29	319	João Pereira	afis-ovar	Veterano M50	35:07	+04:36	03:31
30	308	victor pleno	cpt sobral de ceira	Senior Masculino	35:17	+04:45	03:32
31	283	Gelson Furtado	união clube eirense	Junior Masculino	35:27	+04:55	03:33
32	57	Alexandre Mestre	ascvleirinha	Veterano M40	35:35	+05:04	03:34
33	189	Pedro salcedas	individual	Veterano M45	35:37	+05:05	03:34
34	31	Alberto Fonte	adrep	Veterano M40	35:41	+05:09	03:34
35	99	Miguel Torres	escola atletismo rosa oliveira	Junior Masculino	35:50	+05:19	03:35
36	121	toze velha	g d 3 santos populares	Veterano M50	36:05	+05:33	03:37
37	18	Bruno Freitas	acr vale de cambra	Senior Masculino	36:37	+06:05	03:40
38	200	António Correia	joão silva atletismo ccr praia de mira	Senior Masculino	36:40	+06:08	03:40
39	278	Luis Miguel	recreio desportivo de águeda	Veterano M40	36:43	+06:12	03:40
40	131	Miriam Martins	grecas - vagos	Senior Feminino	36:50	+06:19	03:41
41	192	Jose Carlos DE FREITAS	individual	Veterano M50	37:01	+06:30	03:42

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

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
42	225	Carlos Pimenta	lusoteam	Veterano M40	37:08	+06:36	03:43
43	287	Telmo Nascimento	união clube eirense	Senior Masculino	37:22	+06:51	03:44
44	161	Armando Correia	grupo desportivo gafanha	Veterano M45	37:25	+06:53	03:45
45	136	João Arraes	grecas - vagos	Veterano M45	37:33	+07:01	03:45
46	160	João Silva	grupo desportivo gafanha	Senior Masculino	37:35	+07:03	03:46
47	116	Helder Robalinho	fiães sc	Senior Masculino	37:41	+07:10	03:46
48	155	Jorge Luz	grupo desportivo de são paio de oleiros	Veterano M50	37:42	+07:10	03:46
49	266	Ramiro Ribeiro	nba barrosas	Senior Masculino	37:43	+07:12	03:46
50	39	alexandre azevedo	arvor - associação os veteranos de ovar	Junior Masculino	37:44	+07:12	03:46
51	279	Joao Pedro Oliveira	rompe solas	Senior Masculino	37:44	+07:13	03:46
52	135	Rafael Guedes	grecas - vagos	Veterano M40	38:02	+07:31	03:48
53	217	Filipe Marques	jobra-associação jovens da branca	Senior Masculino	38:08	+07:37	03:49
54	94	Vitor Oliveira	dci/pedrulha-mealhada	Veterano M50	38:09	+07:38	03:49
55	152	Avelino freitas	grupo desportivo de são paio de oleiros	Veterano M40	38:17	+07:45	03:50
56	91	Márcia Martins	dci/pedrulha-mealhada	Senior Feminino	38:17	+07:46	03:50
57	284	Alexandre Marques	união clube eirense	Senior Masculino	38:42	+08:10	03:52
58	270	Flávio Fernandes	nba barrosas	Veterano M50	39:19	+08:47	03:56
59	137	José Mário Rocha	grecas - vagos	Veterano M45	39:20	+08:49	03:56
60	220	Telmo Almeida	lágrimas team	Veterano M40	39:26	+08:55	03:57
61	211	Nuno silva	joão silva atletismo ccr praia de mira	Veterano M40	39:47	+09:15	03:59
62	176	Francisco Manuel Teixeira Marques	individual	Senior Masculino	39:51	+09:19	03:59
63	158	PAULO JORGE SOARES PEREIRA	grupo desportivo e cultural de guilhovai	Veterano M40	39:53	+09:22	03:59
64	23	Luís Silva	acrm silveirinha grande claras	Veterano M45	39:58	+09:26	04:00
65	123	Lídia Pereira	gdr granja - trutas do mau	Veterana F40	39:59	+09:28	04:00
66	159	Gilberto Pereira	grupo desportivo gafanha	Senior Masculino	40:00	+09:28	04:00
67	83	Joaquim Ramos	cenap - cacia	Veterano M60	40:06	+09:35	04:01
68	110	António Sousa	escola atletismo rosa oliveira	Senior Masculino	40:08	+09:36	04:01
69	207	Crisolita Rodrigues	joão silva atletismo ccr praia de mira	Veterana F40	40:12	+09:41	04:01
70	162	Paulo Almeida	grupo desportivo gafanha	Veterano M45	40:14	+09:43	04:01
71	138	Paulo António	grecas - vagos	Veterano M45	40:21	+09:50	04:02
72	73	Nuno Silva	caob - oliveira do bairro	Senior Masculino	40:35	+10:03	04:04
73	118	nuno lopes	g d 3 santos populares	Veterano M40	40:38	+10:06	04:04
74	134	Fernando Freire	grecas - vagos	Veterano M40	40:41	+10:09	04:04
75	10	Aleida Santos	joão silva atletismo ccr praia de mira	Senior Feminino	40:46	+10:14	04:05
76	204	Odiar Oliveira	joão silva atletismo ccr praia de mira	Senior Masculino	40:46	+10:15	04:05
77	180	Pedro Barbosa	individual	Senior Masculino	41:03	+10:32	04:06
78	273	Frederico Marques	out2run/miro	Senior Masculino	41:03	+10:32	04:06
79	139	Paulo Briga	grecas - vagos	Veterano M45	41:04	+10:32	04:06
80	86	PEDRO LEAL	clube de atletismo de ovar	Veterano M50	41:13	+10:41	04:07
81	133	Fátima Pinho	grecas - vagos	Veterana F40	41:13	+10:42	04:07
82	312	celso pereira	cpt sobral de ceira	Veterano M45	41:14	+10:42	04:07
83	174	Cristóvão Gomes	individual	Senior Masculino	41:16	+10:44	04:08
84	150	Marcelo Silva	grupo desportivo de são paio de oleiros	Senior Masculino	41:19	+10:47	04:08
85	156	Valdemar alves	grupo desportivo de são paio de oleiros	Veterano M50	41:19	+10:47	04:08
86	80	Manuel Silva	cenap - cacia	Veterano M40	41:19	+10:48	04:08

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

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
133	261	Tânia Ribeiro	nba barrosas	Junior Feminino	48:27	+17:56	04:51
134	268	Filipe Machado	nba barrosas	Veterano M40	48:53	+18:21	04:53
135	132	Suzete Marco	grecas - vagos	Senior Feminino	49:14	+18:42	04:55
136	300	António Almeida	villa cesari / flama	Senior Masculino	49:19	+18:47	04:56
137	127	Raquel Grilo	gira sol	Veterana F40	49:19	+18:47	04:56
138	208	Odete Cruz	joão silva atletismo ccr praia de mira	Veterana F40	49:30	+18:59	04:57
139	320	Vicente Julião	individual	Senior Masculino	49:36	+19:04	04:58
140	124	Liliana pereira	ginásio rainha	Senior Feminino	49:39	+19:07	04:58
141	24	João Graça	acrm silveirinha grande claras	Veterano M60	50:05	+19:33	05:01
142	85	MATILDE LEAL	clube de atletismo de ovar	Veterana F40	50:06	+19:35	05:01
143	25	Arménio Andrade	acs-amigos da corrida salvaterra	Veterano M60	50:07	+19:35	05:01
144	260	Ana Ribeiro	nba barrosas	Junior Feminino	50:19	+19:48	05:02
145	108	Sara Oliveira	escola atletismo rosa oliveira	Junior Feminino	50:20	+19:48	05:02
146	272	Manuel Matos	nba barrosas	Veterano M60	50:20	+19:48	05:02
147	84	José Teixeira	cenap - cacia	Veterano M60	50:29	+19:57	05:03
148	32	Hélder Rodrigues	adrep	Veterano M60	50:33	+20:02	05:03
149	37	Hugo Rosas	amigos daniel pinheiro	Senior Masculino	50:43	+20:11	05:04
150	299	Celeste Oliveira	villa cesari / flama	Senior Feminino	50:57	+20:25	05:06
151	212	Carlos Pedro	joão silva atletismo ccr praia de mira	Veterano M45	51:08	+20:36	05:07
152	172	Tânia Sabino	individual	Senior Feminino	51:16	+20:44	05:08
153	209	Rosa Santos	joão silva atletismo ccr praia de mira	Veterana F40	52:52	+22:20	05:17
154	76	Armando Delgado	casa do benfica da figueira da foz	Veterano M60	53:41	+23:10	05:22
155	34	Joana Marques dos Santos	amigos daniel pinheiro	Senior Feminino	53:45	+23:14	05:23
156	14	Rosa Bastos	acr de vale de cambra	Veterana F40	53:54	+23:23	05:23
157	224	Carla Ramos	lusoteam	Veterana F40	54:38	+24:06	05:28
158	196	Daniela Santos	joão silva atletismo ccr praia de mira	Senior Feminino	54:45	+24:13	05:29
159	77	António Silva	cenap - cacia	Senior Masculino	55:22	+24:50	05:32
160	274	Sandra Moreira	praia de mira night runners	Senior Feminino	55:52	+25:21	05:35
161	275	Sónia Arneiro	praia de mira night runners	Senior Feminino	55:53	+25:21	05:35
162	277	Joao Jo	praia de mira night runners	Veterano M45	55:53	+25:21	05:35
163	276	Marco maltez	praia de mira night runners	Senior Masculino	55:53	+25:21	05:35
164	328	Sara martins	cluve	Veterana F40	55:55	+25:23	05:36
165	193	Manuel da Conceição Pereira	individual	Veterano M60	56:10	+25:38	05:37
166	36	Sofia Pinto	amigos daniel pinheiro	Senior Feminino	56:40	+26:09	05:40
167	321	Ana Messias	praia de mira night runners	Senior Feminino	57:17	+26:45	05:44
168	78	Fábio Silva	cenap - cacia	Senior Masculino	59:43	+29:12	05:58
169	21	Ondina Leal	acrm silveirinha grande claras	Veterana F40	01:00:20	+29:48	06:02

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

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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	11:00	15°C	82%
End	12:24	15°C	82%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
------	-----	------	------	-----	--------	------	------

Junior Feminino

1	316	Silvia Silva	NBA Barrosas	Junior Feminino	46:58	+16:26	04:42
2	315	Ines Silva	NBA Barrosas	Junior Feminino	47:47	+17:15	04:47
3	261	Tânia Ribeiro	NBA Barrosas	Junior Feminino	48:27	+17:56	04:51
4	260	Ana Ribeiro	NBA Barrosas	Junior Feminino	50:19	+19:48	05:02
5	108	Sara Oliveira	ESCOLA ATLETISMO ROSA OLIVEIRA	Junior Feminino	50:20	+19:48	05:02

Junior Masculino

1	170	Ricardo Santos	Individual	Junior Masculino	34:10	+03:39	03:25
2	283	Gelson Furtado	União Clube Eirense	Junior Masculino	35:27	+04:55	03:33
3	99	Miguel Torres	ESCOLA ATLETISMO ROSA OLIVEIRA	Junior Masculino	35:50	+05:19	03:35
4	39	alexandre azevedo	ARVOR - ASSOCIAÇÃO OS VETERANOS DE OVAR	Junior Masculino	37:44	+07:12	03:46
5	54	Roberto Graça	ASCValeirinha	Junior Masculino	42:15	+11:43	04:14
6	16	Rafael Freitas	ACR Vale de Cambra	Junior Masculino	46:49	+16:17	04:41

Senior Feminino

1	4	Carla Martinho	RECREIO DESPORTIVO DE ÁGUEDA	Senior Feminino	34:20	+03:48	03:26
2	5	Emilia Pisoeiro	RECREIO DESPORTIVO DE ÁGUEDA	Senior Feminino	34:54	+04:23	03:29
3	131	Miriam Martins	GRECAS - Vagos	Senior Feminino	36:50	+06:19	03:41
4	91	Márcia Martins	DCI/Pedrulha-Mealhada	Senior Feminino	38:17	+07:46	03:50
5	10	Aleida Santos	JOÃO SILVA ATLETISMO CCR PRAIA DE MIRA	Senior Feminino	40:46	+10:14	04:05
6	11	Liliana Neves	A.C. Vermoil	Senior Feminino	43:09	+12:37	04:19
7	35	Joana Moura	Amigos Daniel Pinheiro	Senior Feminino	45:22	+14:50	04:32
8	195	Andreia silva	JOÃO SILVA ATLETISMO CCR PRAIA DE MIRA	Senior Feminino	45:27	+14:56	04:33
9	218	Carla Fontoura	JOBRA-ASSOCIAÇÃO JOVENS DA BRANCA	Senior Feminino	45:46	+15:14	04:35
10	323	Marta Lobo	Associação Académica de Coimbra	Senior Feminino	46:37	+16:05	04:40
11	132	Suzete Marco	GRECAS - Vagos	Senior Feminino	49:14	+18:42	04:55
12	124	Liliana pereira	Ginásio Rainha	Senior Feminino	49:39	+19:07	04:58
13	299	Celeste Oliveira	Villa Cesari / FLAMA	Senior Feminino	50:57	+20:25	05:06
14	172	Tânia Sabino	Individual	Senior Feminino	51:16	+20:44	05:08
15	34	Joana Marques dos Santos	Amigos Daniel Pinheiro	Senior Feminino	53:45	+23:14	05:23

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 - 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 - LAP2GO - TIMING SOLUTION

16	196	Daniela Santos	JOÃO SILVA ATLETISMO CCR PRAIA DE MIRA	Senior Feminino	54:45	+24:13	05:29
17	274	Sandra Moreira	Praia de Mira night runners	Senior Feminino	55:52	+25:21	05:35
18	275	Sónia Arneiro	Praia de Mira night runners	Senior Feminino	55:53	+25:21	05:35
19	36	Sofia Pinto	Amigos Daniel Pinheiro	Senior Feminino	56:40	+26:09	05:40
20	321	Ana Messias	Praia de Mira night runners	Senior Feminino	57:17	+26:45	05:44

Senior Masculino

1	6	Hélder Santos	Sporting C.P	Senior Masculino	30:31		03:03
2	1	Licínio Pimentel	Sporting C.P	Senior Masculino	30:32	+00:00	03:03
3	33	Daniel Pinheiro	Águia de Alvelos	Senior Masculino	30:53	+00:21	03:05
4	2	Pedro cruz	Clube desportivo s.salvador do campo	Senior Masculino	31:24	+00:52	03:08
5	226	Vitor oliveira	Maia A.C	Senior Masculino	31:47	+01:16	03:11
6	8	Carlos Costa	Clube desportivo s.salvador do campo	Senior Masculino	32:18	+01:46	03:14
7	219	Elidio Freire	JOMA	Senior Masculino	32:24	+01:52	03:14
8	285	Fábio Abrantes	União Clube Eirense	Senior Masculino	32:28	+01:57	03:15
9	92	Hélder Lopes	DCI/Pedrolha-Mealhada	Senior Masculino	32:33	+02:01	03:15
10	206	Paulo Santos	JOÃO SILVA ATLETISMO CCR PRAIA DE MIRA	Senior Masculino	32:54	+02:22	03:17
11	40	JORGE VALENTE	ARVOR - ASSOCIAÇÃO OS VETERANOS DE OVAR	Senior Masculino	33:07	+02:36	03:19
12	103	Leandro Martins	ESCOLA ATLETISMO ROSA OLIVEIRA	Senior Masculino	33:19	+02:48	03:20
13	17	André Aniceto	ACR Vale de Cambra	Senior Masculino	33:45	+03:14	03:23
14	104	Nuno Fernandes	ESCOLA ATLETISMO ROSA OLIVEIRA	Senior Masculino	34:02	+03:31	03:24
15	199	Alexsandro Varela	JOÃO SILVA ATLETISMO CCR PRAIA DE MIRA	Senior Masculino	34:04	+03:32	03:24
16	325	Filipe Rocha	escola atletismo coimbra	Senior Masculino	34:26	+03:55	03:27
17	307	carlos costa	CPT Sobral de Ceira	Senior Masculino	34:37	+04:05	03:28
18	151	Rui Alves	Grupo Desportivo de São paio de oleiros	Senior Masculino	34:45	+04:14	03:29
19	201	Aricson Gomes	JOÃO SILVA ATLETISMO CCR PRAIA DE MIRA	Senior Masculino	34:51	+04:19	03:29
20	105	Rui Fernandes	ESCOLA ATLETISMO ROSA OLIVEIRA	Senior Masculino	35:03	+04:31	03:30
21	308	victor pleno	CPT Sobral de Ceira	Senior Masculino	35:17	+04:45	03:32
22	18	Bruno Freitas	ACR Vale de Cambra	Senior Masculino	36:37	+06:05	03:40
23	200	António Correia	JOÃO SILVA ATLETISMO CCR PRAIA DE MIRA	Senior Masculino	36:40	+06:08	03:40
24	287	Telmo Nascimento	União Clube Eirense	Senior Masculino	37:22	+06:51	03:44
25	160	João Silva	Grupo Desportivo Gafanha	Senior Masculino	37:35	+07:03	03:46
26	116	Helder Robalinho	Fiães sc	Senior Masculino	37:41	+07:10	03:46
27	266	Ramiro Ribeiro	NBA Barrosas	Senior Masculino	37:43	+07:12	03:46
28	279	Joao Pedro Oliveira	Rompe Solas	Senior Masculino	37:44	+07:13	03:46
29	217	Filipe Marques	JOBRA-ASSOCIAÇÃO JOVENS DA BRANCA	Senior Masculino	38:08	+07:37	03:49

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 - 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 - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

30	284	Alexandre Marques	União Clube Eirense	Senior Masculino	38:42	+08:10	03:52
31	176	Francisco Manuel Teixeira Marques	Individual	Senior Masculino	39:51	+09:19	03:59
32	159	Gilberto Pereira	Grupo Desportivo Gafanha	Senior Masculino	40:00	+09:28	04:00
33	110	António Sousa	ESCOLA ATLETISMO ROSA OLIVEIRA	Senior Masculino	40:08	+09:36	04:01
34	73	Nuno Silva	CAOB - Oliveira do Bairro	Senior Masculino	40:35	+10:03	04:04
35	204	Odiar Oliveira	JOÃO SILVA ATLETISMO CCR PRAIA DE MIRA	Senior Masculino	40:46	+10:15	04:05
36	180	Pedro Barbosa	Individual	Senior Masculino	41:03	+10:32	04:06
37	273	Frederico Marques	Out2run/Miro	Senior Masculino	41:03	+10:32	04:06
38	174	Cristóvão Gomes	Individual	Senior Masculino	41:16	+10:44	04:08
39	150	Marcelo Silva	Grupo Desportivo de São paio de oleiros	Senior Masculino	41:19	+10:47	04:08
40	318	Fernando Mendonça	NBA Barrosas - Cadeiras de Rodas	Senior Masculino	41:38	+11:06	04:10
41	13	MÁRCIO RODRIGUES	ACDRS QUINHENDROS	Senior Masculino	41:51	+11:19	04:11
42	175	Fábio Santos	Individual	Senior Masculino	42:48	+12:17	04:17
43	182	Ricardo da Silva Auxiliar	Individual	Senior Masculino	42:59	+12:27	04:18
44	329	Eduardo Loureiro	Individual	Senior Masculino	43:00	+12:29	04:18
45	74	Jorge Delgado	Casa do Benfica da Figueira da Foz	Senior Masculino	43:01	+12:29	04:18
46	282	Tiago Santos	Tiago Santos	Senior Masculino	43:28	+12:57	04:21
47	177	Hugo Santiago Luzio	Individual	Senior Masculino	43:38	+13:06	04:22
48	301	Nuno Santos	Villa Cesari / FLAMA	Senior Masculino	46:18	+15:46	04:38
49	122	Dárcio Rodrigues	G. A. Soutos	Senior Masculino	46:28	+15:57	04:39
50	286	Fábio Marques	União Clube Eirense	Senior Masculino	46:38	+16:06	04:40
51	202	Luis filipe Rocha	JOÃO SILVA ATLETISMO CCR PRAIA DE MIRA	Senior Masculino	47:16	+16:44	04:44
52	173	Brian Dias Ferreira	Individual	Senior Masculino	47:50	+17:19	04:47
53	179	Paulo Jorge Mendes da Silva	Individual	Senior Masculino	48:07	+17:35	04:49
54	300	António Almeida	Villa Cesari / FLAMA	Senior Masculino	49:19	+18:47	04:56
55	320	Vicente Julião	Individual	Senior Masculino	49:36	+19:04	04:58
56	37	Hugo Rosas	Amigos Daniel Pinheiro	Senior Masculino	50:43	+20:11	05:04
57	77	António Silva	CENAP - Cacia	Senior Masculino	55:22	+24:50	05:32
58	276	Marco maltez	Praia de Mira night runners	Senior Masculino	55:53	+25:21	05:35
59	78	Fábio Silva	CENAP - Cacia	Senior Masculino	59:43	+29:12	05:58

Veterana F40

1	123	Lídia Pereira	GDR Granja - TRUTAS DO MAU	Veterana F40	39:59	+09:28	04:00
2	207	Crisolita Rodrigues	JOÃO SILVA ATLETISMO CCR PRAIA DE MIRA	Veterana F40	40:12	+09:41	04:01
3	133	Fátima Pinho	GRECAS - Vagos	Veterana F40	41:13	+10:42	04:07
4	106	Rosa Oliveira	ESCOLA ATLETISMO ROSA OLIVEIRA	Veterana F40	42:48	+12:16	04:17
5	184	Sandra Silva	Individual	Veterana F40	43:44	+13:13	04:22
6	267	Zeza Carvalho	NBA Barrosas	Veterana F40	45:47	+15:16	04:35
7	281	MARIA FLORBELA COSTA	SERVIÇOS SOCIAIS T. C. M. DE OVAR	Veterana F40	46:28	+15:56	04:39

Official Timekeeper: Lap2Go	3 / 6	generate 03-Jun-2018 12:36
-----------------------------	-------	----------------------------

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 - LAP2GO - TIMING SOLUTION

2	93	Messias Dias	DCI/Pedrulha-Mealhada	Veterano M45	34:10	+03:38	03:25
3	189	Pedro salcedas	Individual	Veterano M45	35:37	+05:05	03:34
4	161	Armando Correia	Grupo Desportivo Gafanha	Veterano M45	37:25	+06:53	03:45
5	136	João Arraes	GRECAS - Vagos	Veterano M45	37:33	+07:01	03:45
6	137	José Mário Rocha	GRECAS - Vagos	Veterano M45	39:20	+08:49	03:56
7	23	Luís Silva	ACRM Silveirinha Grande Claras	Veterano M45	39:58	+09:26	04:00
8	162	Paulo Almeida	Grupo Desportivo Gafanha	Veterano M45	40:14	+09:43	04:01
9	138	Paulo António	GRECAS - Vagos	Veterano M45	40:21	+09:50	04:02
10	139	Paulo Briga	GRECAS - Vagos	Veterano M45	41:04	+10:32	04:06
11	312	celso pereira	CPT Sobral de Ceira	Veterano M45	41:14	+10:42	04:07
12	81	José Resende	CENAP - Cacia	Veterano M45	44:09	+13:38	04:25
13	190	vasco estrada marques	Individual	Veterano M45	46:48	+16:17	04:41
14	304	Manuel Conceição	Villa Cesari / FLAMA	Veterano M45	48:01	+17:30	04:48
15	212	Carlos Pedro	JOÃO SILVA ATLETISMO CCR PRAIA DE MIRA	Veterano M45	51:08	+20:36	05:07
16	277	Joao Jo	Praia de Mira night runners	Veterano M45	55:53	+25:21	05:35

Veterano M50

1	119	jose fernandes	G D 3 SANTOS POPULARES	Veterano M50	34:25	+03:53	03:27
2	319	João Pereira	AFIS-OVAR	Veterano M50	35:07	+04:36	03:31
3	121	toze velha	G D 3 SANTOS POPULARES	Veterano M50	36:05	+05:33	03:37
4	192	Jose Carlos DE FREITAS	Individual	Veterano M50	37:01	+06:30	03:42
5	155	Jorge Luz	Grupo Desportivo de São paio de oleiros	Veterano M50	37:42	+07:10	03:46
6	94	Vitor Oliveira	DCI/Pedrulha-Mealhada	Veterano M50	38:09	+07:38	03:49
7	270	Flávio Fernandes	NBA Barrosas	Veterano M50	39:19	+08:47	03:56
8	86	PEDRO LEAL	CLUBE DE ATLETISMO DE OVAR	Veterano M50	41:13	+10:41	04:07
9	156	Valdemar alves	Grupo Desportivo de São paio de oleiros	Veterano M50	41:19	+10:47	04:08
10	306	Paulo Ribeiro	Villa Cesari / FLAMA	Veterano M50	44:17	+13:46	04:26
11	128	Adérito Curto	Gira Sol	Veterano M50	44:26	+13:55	04:27
12	311	carlos garrido	CPT Sobral de Ceira	Veterano M50	45:18	+14:46	04:32
13	191	João Capelôa	Individual	Veterano M50	45:59	+15:28	04:36
14	310	fernando teixeira	CPT Sobral de Ceira	Veterano M50	47:09	+16:38	04:43

Veterano M60

1	83	Joaquim Ramos	CENAP - Cacia	Veterano M60	40:06	+09:35	04:01
2	271	Fernando Oliveira	NBA Barrosas	Veterano M60	42:00	+11:29	04:12
3	313	costa marques	CPT Sobral de Ceira	Veterano M60	45:06	+14:35	04:31
4	24	João Graça	ACRM Silveirinha Grande Claras	Veterano M60	50:05	+19:33	05:01
5	25	Arménio Andrade	ACS-Amigos da Corrida Salvaterra	Veterano M60	50:07	+19:35	05:01
6	272	Manuel Matos	NBA Barrosas	Veterano M60	50:20	+19:48	05:02
7	84	José Teixeira	CENAP - Cacia	Veterano M60	50:29	+19:57	05:03
8	32	Hélder Rodrigues	ADREP	Veterano M60	50:33	+20:02	05:03

COLETIVO - BENJAMINS

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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	CAOB - OLIVEIRA DO BAIRRO	3 + 4 + 5	12
2	NBA BARROSAS	9 + 10 + 11	30
3	ASCVALEIRINHA	14 + 16 + 27	57

COLETIVO - JUVENIS FEM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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	ADREP	3 + 4 + 5	12

COLETIVO - PROVA PRINCIPAL SENIOR

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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	JOÃO SILVA ATLETISMO CCR PRAIA DE MIRA	10 + 15 + 21	46
2	ESCOLA ATLETISMO ROSA OLIVEIRA	12 + 14 + 23	49
3	UNIÃO CLUBE EIRENSE	8 + 25 + 30	63
4	ACR VALE DE CAMBRA	13 + 27 + 66	106
5	NBA BARROSAS	33 + 67 + 69	169
6	VILLA CESARI / FLAMA	62 + 74 + 80	216
7	AMIGOS DANIEL PINHEIRO	59 + 79 + 82	220
8	PRAIA DE MIRA NIGHT RUNNERS	85 + 86 + 87	258

COLETIVO - PROVA PRINCIPAL VETERANOS

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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	GRUPO DESPORTIVO DE SÃO PAIO DE OLEIROS	4 + 16 + 19	39
2	G D 3 SANTOS POPULARES	5 + 10 + 31	46
3	GRECAS - VAGOS	15 + 17 + 21	53
4	NBA BARROSAS	20 + 39 + 43	102
5	JOÃO SILVA ATLETISMO CCR PRAIA DE MIRA	23 + 28 + 60	111
6	CENAP - CACIA	27 + 38 + 47	112
7	VILLA CESARI / FLAMA	40 + 45 + 48	133
8	CPT SOBRAL DE CEIRA	36 + 51 + 52	139
9	ACRM SILVEIRINHA GRANDE CLARAS	25 + 50 + 65	140