

PROVA PRINCIPAL - STAGE 1

12 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	21:00	17°C	72%
End	23:29	14°C	87%

12 KM

OFFICIAL RESULT

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[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
266	545	Marco Monteiro	individual	Veterano M40	01:21:46	+30:08	06:49
267	81	carlos sebastião	clube recreativo chãs	Veterano M40	01:21:49	+30:12	06:49
268	703	NUNO LOURENÇO	porto de mós a correr	Veterano M40	01:21:57	+30:19	06:50
269	702	LUIS RINO	porto de mós a correr	Veterano M35	01:21:57	+30:19	06:50
270	700	Ivone Vieira	porto de mós a correr	Veterana F40	01:21:57	+30:19	06:50
271	698	Ana Amado	porto de mós a correr	Senior Feminino	01:21:57	+30:20	06:50
272	346	Ana Alexandra Teixeira Pinto	individual	Veterana F35	01:22:04	+30:27	06:50
273	833	Ancré Viva	individual	Senior Masculino	01:22:13	+30:36	06:51
274	170	Cristiana Pereira da Cunha	individual	Senior Feminino	01:22:22	+30:44	06:52
275	457	Miguel Lopes	individual	Veterano M35	01:22:22	+30:45	06:52
276	602	Paulo jorge Almeida Ferreira	individual	Veterano M50	01:22:37	+31:00	06:53
277	316	Ricardo Conceição	individual	Senior Masculino	01:22:42	+31:05	06:54
278	233	Bruno silva	individual	Senior Masculino	01:22:51	+31:14	06:54
279	479	Rui Manuel Fernandes Nunes	individual	Veterano M35	01:22:59	+31:21	06:55
280	263	Henrique Carvalheiro	individual	Senior Masculino	01:22:59	+31:21	06:55
281	582	Vitor Mendes de Almeida	individual	Veterano M40	01:23:01	+31:23	06:55
282	146	Bruno Silva	gt running	Veterano M35	01:23:11	+31:33	06:56
283	284	José Carlos Cabaço	individual	Senior Masculino	01:23:13	+31:35	06:56
284	121	Nelson Barbosa	freguesia de bidoeira de cima	Senior Masculino	01:23:19	+31:42	06:57
285	31	Paula Cristina Valente	ansibikers	Veterana F35	01:23:21	+31:43	06:57
286	447	joão jorge	individual	Veterano M35	01:23:27	+31:49	06:57
287	548	Miguel Oliveira	individual	Veterano M40	01:23:28	+31:51	06:57
288	565	Paulo Vicente	individual	Veterano M40	01:23:30	+31:53	06:58
289	515	Helder silva	individual	Veterano M40	01:23:36	+31:58	06:58
290	539	Luis Miguel Neves Pouseiro	individual	Veterano M40	01:23:38	+32:01	06:58
291	77	Jorge Gomes	clube desportivo moitense	Veterano M40	01:23:44	+32:06	06:59
292	72	Isabel Gomes	clube desportivo moitense	Veterana F40	01:23:46	+32:08	06:59
293	220	Vanessa Santo	individual	Senior Feminino	01:23:46	+32:08	06:59
294	637	Nelson Domingues Rodrigues	lfo	Senior Masculino	01:23:46	+32:09	06:59
295	25	Tiago Gaspar	amigos do descanso	Veterano M35	01:23:47	+32:09	06:59
296	28	Henrique Viriato Borges	amigos do descanso	Veterano M50	01:24:11	+32:34	07:01
297	552	Nelson Simões	individual	Veterano M40	01:24:14	+32:36	07:01
298	272	João Paulo Silva Pereira	individual	Senior Masculino	01:24:15	+32:38	07:01
299	251	Diogo Santos Casalinho	individual	Senior Masculino	01:24:31	+32:54	07:03
300	264	Hugo Fonseca	individual	Senior Masculino	01:24:34	+32:56	07:03
301	532	JOSE FONSECA	individual	Veterano M40	01:24:34	+32:57	07:03
302	608	jose bertolino de sousa silva	individual	Veterano M60	01:24:38	+33:00	07:03
303	128	Jorge Crespo	freguesia de bidoeira de cima	Veterano M50	01:24:42	+33:05	07:04
304	254	Fábio Carreira	individual	Senior Masculino	01:24:49	+33:12	07:04
305	419	Bruno Alexandre	individual	Veterano M35	01:25:13	+33:35	07:06
306	500	César de Jesus Santos	individual	Veterano M40	01:25:15	+33:38	07:06
307	110	Jose Rodrigues	estrela	Veterano M40	01:25:20	+33:42	07:07
308	378	CARLA GONÇALVES	individual	Veterana F40	01:25:39	+34:01	07:08
309	118	Florian Gaspar	freguesia de bidoeira de cima	Senior Masculino	01:25:49	+34:12	07:09
310	555	Nuno Miguel Roque Santos	individual	Veterano M40	01:25:49	+34:12	07:09
311	305	Nuno Tiago Almeida Heleno	individual	Senior Masculino	01:25:50	+34:12	07:09

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
658	377	Carla Alexandra Ferreira Duarte	individual	Veterana F40	02:00:40	+01:09:02	10:03
659	385	Cristela Oliveira	individual	Veterana F40	02:01:42	+01:10:05	10:09
660	469	Pedro Romão	individual	Veterano M35	02:01:43	+01:10:05	10:09
661	544	Marco Mendes	individual	Veterano M40	02:01:51	+01:10:13	10:09
662	474	Ricardo Franco	individual	Veterano M35	02:01:51	+01:10:14	10:09
663	389	Gisela Margarida Alves Jorge	individual	Veterana F40	02:01:51	+01:10:14	10:09
664	372	Alexandra Craveiro	individual	Veterana F40	02:01:51	+01:10:14	10:09
665	282	Jorge Emanuel	individual	Senior Masculino	02:02:49	+01:11:11	10:14
666	360	Mary Braz	individual	Veterana F35	02:02:49	+01:11:11	10:14
667	364	ROSALIA MARIA DA CRUZ RIBEIRO	individual	Veterana F35	02:02:49	+01:11:12	10:14
668	215	Sónia Fernandes	individual	Senior Feminino	02:03:21	+01:11:43	10:17
669	487	Ulisses Paulo	individual	Veterano M35	02:03:21	+01:11:43	10:17
670	271	João Ferreira	individual	Senior Masculino	02:03:37	+01:12:00	10:18
671	181	Joana Catarina Mónico Estrela	individual	Senior Feminino	02:04:36	+01:12:58	10:23
672	177	Filipa Santos Orfao	individual	Senior Feminino	02:04:38	+01:13:01	10:23
673	754	CAROLINA PIRES SANTOS	turbolentos	Senior Feminino	02:05:09	+01:13:31	10:26
674	755	CATARINA ISABEL PALAIO ALBUQUERQUE	turbolentos	Senior Feminino	02:05:10	+01:13:32	10:26
675	411	Ana Paula Castanheira Marques	individual	Veterana F50	02:05:27	+01:13:50	10:27
676	418	Rosangela Aparecida Fortunato dos Santos Antonio	individual	Veterana F50	02:05:36	+01:13:58	10:28
677	370	Tatiana da Silva	individual	Veterana F35	02:05:36	+01:13:59	10:28
678	186	Joana Pereira	individual	Senior Feminino	02:06:22	+01:14:45	10:32
679	200	Nádia Pereira	individual	Senior Feminino	02:06:23	+01:14:45	10:32
680	397	Maria João Tomaz	individual	Veterana F40	02:07:31	+01:15:54	10:38
681	522	João Carlos Antunes	individual	Veterano M40	02:07:31	+01:15:54	10:38
682	610	Manuel Lopes de Sousa Antunes	individual	Veterano M60	02:08:05	+01:16:28	10:40
683	657	João Freitas	mcdonald's	Senior Masculino	02:10:31	+01:18:53	10:53
684	658	Mónica Barcelos	mcdonald's	Veterana F35	02:10:32	+01:18:54	10:53
685	596	Jorge Humberto Branco de Oliveira	individual	Veterano M50	02:11:30	+01:19:52	10:58
686	793	Viviano Inácio	vende-se frangos para fora	Senior Masculino	02:12:40	+01:21:03	11:03
687	176	Filipa Gomes	individual	Senior Feminino	02:12:49	+01:21:11	11:04
688	187	Laura Vicente	individual	Senior Feminino	02:12:50	+01:21:12	11:04
689	791	Luís Freire	vende-se frangos para fora	Senior Masculino	02:12:58	+01:21:21	11:05
690	790	Joel Antunes	vende-se frangos para fora	Senior Masculino	02:13:25	+01:21:47	11:07
691	115	Susana Tapadas	freguesia de bidoeira de cima	Senior Feminino	02:13:33	+01:21:56	11:08
692	347	Ana Filipa Martins coelho	individual	Veterana F35	02:15:25	+01:23:48	11:17
693	659	Silvina Pereira	mcdonald's	Veterana F35	02:15:26	+01:23:48	11:17
694	655	Rita Alegre	mcdonald's	Senior Feminino	02:15:27	+01:23:49	11:17
695	396	MARIA JOÃO REGO	individual	Veterana F40	02:17:07	+01:25:29	11:26
696	112	Diana José	freguesia de bidoeira de cima	Senior Feminino	02:17:10	+01:25:32	11:26
697	197	Mónica Luisa Moreira da Silva	individual	Senior Feminino	02:18:15	+01:26:37	11:31

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[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
698	152	Jessica Alexandra Moreira da Silva	individual	Junior Feminino	02:18:15	+01:26:37	11:31
699	781	Maria Marcelino	vende-se frangos para fora	Junior Feminino	02:18:41	+01:27:03	11:33
700	786	Sofia Nogueira	vende-se frangos para fora	Senior Feminino	02:18:41	+01:27:03	11:33
701	403	Petra Marchã	individual	Veterana F40	02:18:48	+01:27:10	11:34
702	361	Monica Gonçalves	individual	Veterana F35	02:18:52	+01:27:14	11:34
703	386	Cristina Joaquim	individual	Veterana F40	02:18:53	+01:27:15	11:34
704	512	Francisco Marques	individual	Veterano M40	02:20:07	+01:28:29	11:41
705	531	José Fernandes	individual	Veterano M40	02:20:08	+01:28:30	11:41
706	111	Andreia Agostinho	freguesia de bidoeira de cima	Senior Feminino	02:20:20	+01:28:42	11:42
707	114	Márcia Carreira	freguesia de bidoeira de cima	Senior Feminino	02:20:21	+01:28:43	11:42
708	11	Vera Ramos	acr vimeiro	Junior Feminino	02:24:19	+01:32:41	12:02
709	12	Teresa Alves	acr vimeiro	Veterana F50	02:24:19	+01:32:42	12:02
710	787	Tânia Lains	vende-se frangos para fora	Senior Feminino	02:24:23	+01:32:46	12:02
711	412	Célia Maria dos Santos Moreira	individual	Veterana F50	02:24:30	+01:32:52	12:03
712	785	Marlene Gomes	vende-se frangos para fora	Senior Feminino	02:26:46	+01:35:08	12:14
713	788	Carlos Lopes	vende-se frangos para fora	Senior Masculino	02:26:47	+01:35:09	12:14
714	123	Vera Crespim	freguesia de bidoeira de cima	Veterana F35	02:26:47	+01:35:09	12:14
715	122	Tiago Ferreira	freguesia de bidoeira de cima	Senior Masculino	02:26:48	+01:35:11	12:14
716	794	Elsa Marcelino	vende-se frangos para fora	Veterana F35	02:26:48	+01:35:11	12:14
717	795	Ricardo Costa	vende-se frangos para fora	Veterano M35	02:26:49	+01:35:11	12:14
718	789	João Pedrosa	vende-se frangos para fora	Senior Masculino	02:28:09	+01:36:32	12:21
719	783	Diana Lopes	vende-se frangos para fora	Senior Feminino	02:28:09	+01:36:32	12:21
720	388	FERNANDA MARIA OLIVEIRA MOTA COSTA	individual	Veterana F40	02:28:10	+01:36:32	12:21
721	792	Simão Pereira	vende-se frangos para fora	Senior Masculino	02:28:11	+01:36:34	12:21
722	784	Maelle Oliveira	vende-se frangos para fora	Senior Feminino	02:29:25	+01:37:48	12:27

Prova Principal

12 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	21:00	17°C	72%
End	23:29	14°C	87%

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

1	151	Inês Pinheiro	Individual	Junior Feminino	01:36:01	+44:24	08:00
2	150	Catarina Sousa Neves Maia	Individual	Junior Feminino	01:39:34	+47:56	08:18
3	152	Jessica Alexandra Moreira da Silva	Individual	Junior Feminino	02:18:15	+01:26:37	11:31
4	781	Maria Marcelino	Vende-se Frangos para Fora	Junior Feminino	02:18:41	+01:27:03	11:33
5	11	Vera Ramos	ACR Vimeiro	Junior Feminino	02:24:19	+01:32:41	12:02

Junior Masculino

1	671	Tomás Esteves	Os Bacocos	Junior Masculino	54:11	+02:33	04:31
2	69	Rafael Pinto	Clube Desportivo Moitense	Junior Masculino	01:04:28	+12:50	05:22
3	143	Nuno Miguel Duarte Jorge	GT RUNNING	Junior Masculino	01:12:16	+20:38	06:01
4	670	Sacha Kulchytsky	Os Bacocos	Junior Masculino	01:14:14	+22:37	06:11
5	155	Miguel Gameiro	Individual	Junior Masculino	01:16:18	+24:40	06:22
6	741	Diogo Soares	Soares	Junior Masculino	01:34:06	+42:28	07:51
7	154	Fábio Moreira Santos	Individual	Junior Masculino	01:37:36	+45:59	08:08
8	634	Daniel Lourenço Assunção	LFO	Junior Masculino	01:37:36	+45:59	08:08
9	635	Pedro Lourenço Assunção	LFO	Junior Masculino	01:37:38	+46:01	08:08
10	153	Dany Carreira	Individual	Junior Masculino	01:54:02	+01:02:25	09:30

Senior Feminino

1	718	Denise Pereira	Runcrosstrail	Senior Feminino	01:02:45	+11:08	05:14
2	189	Liliana Oliveira	Individual	Senior Feminino	01:06:44	+15:07	05:34
3	113	Joana Ferreira	Freguesia de Bidoeira de Cima	Senior Feminino	01:09:24	+17:47	05:47
4	165	Andreia Sofia Freitas Pires	Individual	Senior Feminino	01:12:22	+20:44	06:02
5	198	Mónica Reis	Individual	Senior Feminino	01:14:32	+22:55	06:13
6	681	Adriana Alina Majer	Os tolinhos	Senior Feminino	01:16:48	+25:10	06:24
7	161	Ana Nicolau	Individual	Senior Feminino	01:18:02	+26:25	06:30
8	168	Catarina Alexandra Pereira Oliveira	Individual	Senior Feminino	01:20:16	+28:38	06:41
9	698	Ana Amado	Porto de Mós a Correr	Senior Feminino	01:21:57	+30:20	06:50
10	170	Cristiana Pereira da Cunha	Individual	Senior Feminino	01:22:22	+30:44	06:52
11	220	Vanessa Santo	Individual	Senior Feminino	01:23:46	+32:08	06:59
12	175	Filipa Gameiro	Individual	Senior Feminino	01:27:33	+35:55	07:18
13	167	Carolina Silva	Individual	Senior Feminino	01:27:33	+35:55	07:18
14	666	Marina Rodrigues Jorge	Mosqueteiros do VP	Senior Feminino	01:28:32	+36:55	07:23
15	45	Carina Gaspar	Cabritos do Mato	Senior Feminino	01:28:49	+37:12	07:24
16	645	Daniela Bernardo	Maukuk da box	Senior Feminino	01:28:51	+37:14	07:24
17	192	Magali Costa	Individual	Senior Feminino	01:28:56	+37:19	07:25

Prova Principal

12 KM

OFFICIAL RESULT

Official Timekeeper: Lap2Go	2 / 17	generate 05-mai-2018 23:34
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Prova Principal

12 KM

OFFICIAL RESULT

64	208	Rute Santos	Individual	Senior Feminino	01:53:02	+01:01:24	09:25
65	174	Diana Silva	Individual	Senior Feminino	01:53:02	+01:01:25	09:25
66	34	Verónica Reis	As Poderosas	Senior Feminino	01:53:58	+01:02:20	09:30
67	745	Suh Godinho	Suh e Sá	Senior Feminino	01:54:01	+01:02:23	09:30
68	162	Ana Pisco	Individual	Senior Feminino	01:55:19	+01:03:41	09:37
69	620	Catia sousa	Kenianos Albinos	Senior Feminino	01:55:20	+01:03:42	09:37
70	166	Carolina Moreira Santos	Individual	Senior Feminino	01:57:01	+01:05:24	09:45
71	188	Lici abreu	Individual	Senior Feminino	01:58:21	+01:06:43	09:52
72	178	Inês Colaço	Individual	Senior Feminino	01:59:24	+01:07:46	09:57
73	215	Sónia Fernandes	Individual	Senior Feminino	02:03:21	+01:11:43	10:17
74	181	Joana Catarina Mónico Estrela	Individual	Senior Feminino	02:04:36	+01:12:58	10:23
75	177	Filipa Santos Orfao	Individual	Senior Feminino	02:04:38	+01:13:01	10:23
76	754	CAROLINA PIRES SANTOS	TURBOLENTOS	Senior Feminino	02:05:09	+01:13:31	10:26
77	755	CATARINA ISABEL PALAIO ALBUQUERQUE	TURBOLENTOS	Senior Feminino	02:05:10	+01:13:32	10:26
78	186	Joana Pereira	Individual	Senior Feminino	02:06:22	+01:14:45	10:32
79	200	Nádia Pereira	Individual	Senior Feminino	02:06:23	+01:14:45	10:32
80	176	Filipa Gomes	Individual	Senior Feminino	02:12:49	+01:21:11	11:04
81	187	Laura Vicente	Individual	Senior Feminino	02:12:50	+01:21:12	11:04
82	115	Susana Tapadas	Freguesia de Bidoeira de Cima	Senior Feminino	02:13:33	+01:21:56	11:08
83	655	Rita Alegre	McDonald's	Senior Feminino	02:15:27	+01:23:49	11:17
84	112	Diana José	Freguesia de Bidoeira de Cima	Senior Feminino	02:17:10	+01:25:32	11:26
85	197	Mónica Luisa Moreira da Silva	Individual	Senior Feminino	02:18:15	+01:26:37	11:31
86	786	Sofia Nogueira	Vende-se Frangos para Fora	Senior Feminino	02:18:41	+01:27:03	11:33
87	111	Andreia Agostinho	Freguesia de Bidoeira de Cima	Senior Feminino	02:20:20	+01:28:42	11:42
88	114	Márcia Carreira	Freguesia de Bidoeira de Cima	Senior Feminino	02:20:21	+01:28:43	11:42
89	787	Tânia Lains	Vende-se Frangos para Fora	Senior Feminino	02:24:23	+01:32:46	12:02
90	785	Marlene Gomes	Vende-se Frangos para Fora	Senior Feminino	02:26:46	+01:35:08	12:14
91	783	Diana Lopes	Vende-se Frangos para Fora	Senior Feminino	02:28:09	+01:36:32	12:21
92	784	Maelle Oliveira	Vende-se Frangos para Fora	Senior Feminino	02:29:25	+01:37:48	12:27

Senior Masculino

1	719	Dinis Almeida	Runcrosstrail	Senior Masculino	53:01	+01:24	04:25
2	133	Ricardo Carreira	GAC - Grupo Atletismo da Caranguejeira	Senior Masculino	55:17	+03:39	04:36
3	309	Pedro Henrique Ferreira	Individual	Senior Masculino	57:18	+05:40	04:47
4	65	Diogo Alexandre Santos Duarte	CCRD Burinhosa	Senior Masculino	59:48	+08:11	04:59
5	281	Jorge daniel zambrano padilla	Individual	Senior Masculino	01:00:41	+09:03	05:03
6	279	Joel Santos	Individual	Senior Masculino	01:00:49	+09:11	05:04
7	252	Diogo Viana	Individual	Senior Masculino	01:01:09	+09:32	05:06
8	245	Denis Ujházy	Individual	Senior Masculino	01:01:38	+10:01	05:08
9	649	Eduardo Ferreira	Mauukus da box	Senior Masculino	01:01:41	+10:04	05:08
10	672	Rafael Neto	Os Bacocos	Senior Masculino	01:01:44	+10:06	05:09
11	15	Nuno Vitorino	ADRM	Senior Masculino	01:02:17	+10:39	05:11
12	768	Daniel Matias	URDJuncalense	Senior Masculino	01:02:39	+11:02	05:13

Prova Principal

12 KM

[illegible]

OFFICIAL RESULT

13	134	Ricardo Marques	GAC - Grupo Atletismo da Caranguejeira	Senior Masculino	01:02:51	+11:14	05:14
14	268	Jiri Umlauf	Individual	Senior Masculino	01:03:15	+11:37	05:16
15	343	wilson oliveira bastos	Individual	Senior Masculino	01:03:23	+11:46	05:17
16	648	Eduardo Fabião	Mauukus da box	Senior Masculino	01:03:23	+11:46	05:17
17	231	Bruno Lopes	Individual	Senior Masculino	01:04:31	+12:53	05:23
18	699	Filipe Silva Oliveira	Porto de Mós a Correr	Senior Masculino	01:05:57	+14:20	05:30
19	646	André Monteiro	Mauukus da box	Senior Masculino	01:05:59	+14:21	05:30
20	265	Igor Brites	Individual	Senior Masculino	01:06:04	+14:26	05:30
21	292	Manuel Fernandes	Individual	Senior Masculino	01:06:43	+15:05	05:34
22	250	Diogo Olival	Individual	Senior Masculino	01:06:50	+15:13	05:34
23	55	Fábio Ferreira	Campo Amarelo Team	Senior Masculino	01:06:59	+15:22	05:35
24	841	André Filipe Ferreira Lopes	Individual	Senior Masculino	01:07:24	+15:46	05:37
25	249	Diogo Filipe Feliciano Roberto	Individual	Senior Masculino	01:07:37	+15:59	05:38
26	100	Paulo Bernardino	DRT Group	Senior Masculino	01:07:42	+16:04	05:39
27	222	Alberico Pereira Neto Rosa	Individual	Senior Masculino	01:07:47	+16:09	05:39
28	258	Filipe Ferreira Costa	Individual	Senior Masculino	01:07:50	+16:12	05:39
29	116	André Crespo	Freguesia de Bidoeira de Cima	Senior Masculino	01:08:04	+16:27	05:40
30	117	André Pereira Crespo	Freguesia de Bidoeira de Cima	Senior Masculino	01:08:26	+16:48	05:42
31	712	Yvo Matias	Rocket Team	Senior Masculino	01:09:26	+17:49	05:47
32	769	felipe faustino	URDJuncalense	Senior Masculino	01:09:33	+17:56	05:48
33	300	Nuno Mendes	Individual	Senior Masculino	01:09:34	+17:57	05:48
34	332	Tiago Claro	Individual	Senior Masculino	01:09:34	+17:57	05:48
35	746	Sá Pereira	Suh e Sá	Senior Masculino	01:10:03	+18:25	05:50
36	642	Rafael Gaspar	Mal Estimados	Senior Masculino	01:11:27	+19:49	05:57
37	285	José Carlos da Costa Nobre	Individual	Senior Masculino	01:11:27	+19:49	05:57
38	638	Rui Miguel Aldeia Silva	LFO	Senior Masculino	01:12:08	+20:31	06:01
39	651	Patric Vieira	Mauukus da box	Senior Masculino	01:12:14	+20:36	06:01
40	145	Márcio Duarte	GT RUNNING	Senior Masculino	01:12:16	+20:38	06:01
41	314	Renato Alexandre	Individual	Senior Masculino	01:12:18	+20:40	06:02
42	341	Vitor Gonçalo Santos Silva	Individual	Senior Masculino	01:12:26	+20:48	06:02
43	306	Patrick Ferreira	Individual	Senior Masculino	01:12:58	+21:20	06:05
44	302	Nuno Moita	Individual	Senior Masculino	01:12:58	+21:21	06:05
45	120	Lionel Norte	Freguesia de Bidoeira de Cima	Senior Masculino	01:13:00	+21:23	06:05
46	324	Rui Henriques	Individual	Senior Masculino	01:13:05	+21:27	06:05
47	255	Fábio Costa	Individual	Senior Masculino	01:13:16	+21:39	06:06
48	311	Pedro Miguel neto Crespo	Individual	Senior Masculino	01:13:18	+21:40	06:07
49	335	Tiago Martins	Individual	Senior Masculino	01:13:44	+22:06	06:09
50	303	Nuno Montenegro	Individual	Senior Masculino	01:14:14	+22:36	06:11
51	636	André Ferreira Rocha	LFO	Senior Masculino	01:14:16	+22:39	06:11
52	763	Daniel Delgado	Twopikas	Senior Masculino	01:14:27	+22:49	06:12
53	48	Gonçalo Duque	CAIADO SA	Senior Masculino	01:14:27	+22:50	06:12
54	847	Atleta 847	Individual	Senior Masculino	01:14:32	+22:55	06:13
55	224	André Carreira	Individual	Senior Masculino	01:14:34	+22:56	06:13
56	97	Bruno Ferreira	DRT Group	Senior Masculino	01:14:38	+23:00	06:13
57	321	Rodrigo Nunes	Individual	Senior Masculino	01:14:38	+23:00	06:13
58	30	Pedro Miguel Mendes	Ansibikers	Senior Masculino	01:16:02	+24:25	06:20

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Prova Principal

12 KM

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OFFICIAL RESULT

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Prova Principal

12 KM

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OFFICIAL RESULT

105	235	Carlos Ferreira	Individual	Senior Masculino	01:27:53	+36:16	07:19
106	668	Joel Oliveira	Mosqueteiros do VP	Senior Masculino	01:28:12	+36:35	07:21
107	667	João Domingues	Mosqueteiros do VP	Senior Masculino	01:28:32	+36:55	07:23
108	266	Igor Silva	Individual	Senior Masculino	01:28:44	+37:06	07:24
109	239	Cristiano Catulo	Individual	Senior Masculino	01:28:45	+37:07	07:24
110	287	José Pena	Individual	Senior Masculino	01:28:46	+37:08	07:24
111	656	Hélder Rico	McDonald's	Senior Masculino	01:28:48	+37:11	07:24
112	21	Rodrigo Silva	Amigos do descanso	Senior Masculino	01:28:51	+37:14	07:24
113	260	Francisco Grácio	Individual	Senior Masculino	01:29:31	+37:54	07:28
114	844	André Sismeiro	Individual	Senior Masculino	01:29:41	+38:03	07:28
115	612	Christophe Capitão	Invictus	Senior Masculino	01:30:09	+38:31	07:31
116	797	Daniel Fernandes	vimarunners	Senior Masculino	01:30:09	+38:31	07:31
117	310	Pedro Miguel da Silva Lourenço	Individual	Senior Masculino	01:30:36	+38:59	07:33
118	647	Bernardo Temudo	Mauukus da box	Senior Masculino	01:30:38	+39:01	07:33
119	275	João Pedro S0usa	Individual	Senior Masculino	01:30:41	+39:04	07:33
120	329	TELMO GONÇALO PASCOAL DE OLIVEIRA	Individual	Senior Masculino	01:31:01	+39:24	07:35
121	800	Tiago Silva	Yudo Green Booster	Senior Masculino	01:31:08	+39:31	07:36
122	843	André Delgado	Individual	Senior Masculino	01:31:26	+39:48	07:37
123	261	Francisco Mateus Antunes	Individual	Senior Masculino	01:31:45	+40:08	07:39
124	244	David Vigarinho	Individual	Senior Masculino	01:31:46	+40:08	07:39
125	273	João Pedro da Silva	Individual	Senior Masculino	01:32:31	+40:53	07:43
126	318	Ricardo Massano	Individual	Senior Masculino	01:32:32	+40:54	07:43
127	312	PEREIRA VERDASCA RAPHAEL	Individual	Senior Masculino	01:32:46	+41:09	07:44
128	339	Valter Rodrigues	Individual	Senior Masculino	01:33:20	+41:43	07:47
129	87	Ricardo Gonçalves	CP CMP	Senior Masculino	01:33:34	+41:57	07:48
130	333	Tiago Ferreira Ramalhais	Individual	Senior Masculino	01:33:49	+42:12	07:49
131	338	Valério Barreto	Individual	Senior Masculino	01:34:11	+42:33	07:51
132	308	Pedro Gil Gameiro	Individual	Senior Masculino	01:34:17	+42:39	07:51
133	85	Wilson José Pereira Rodrigues	CMD - Companhia Menos Desejável	Senior Masculino	01:34:37	+43:00	07:53
134	627	Mário Vicente	Kenianos Albinos	Senior Masculino	01:35:17	+43:39	07:56
135	628	Tiago Melo	Kenianos Albinos	Senior Masculino	01:35:24	+43:46	07:57
136	626	Hugo Alberto	Kenianos Albinos	Senior Masculino	01:35:26	+43:49	07:57
137	256	Fábio Daniel Pereira Jorge	Individual	Senior Masculino	01:36:04	+44:26	08:00
138	294	Márcio Marques	Individual	Senior Masculino	01:36:18	+44:41	08:02
139	798	Filipe Lourenço	Yudo Green Booster	Senior Masculino	01:36:23	+44:46	08:02
140	298	Miguel Pragosa	Individual	Senior Masculino	01:36:32	+44:54	08:03
141	290	Luís Santos	Individual	Senior Masculino	01:37:05	+45:28	08:05
142	283	José António Ferreira Antunes Santos Jorge	Individual	Senior Masculino	01:37:06	+45:28	08:06
143	336	Tiago Matos	Individual	Senior Masculino	01:38:13	+46:35	08:11
144	280	Jorge Amorim	Individual	Senior Masculino	01:38:22	+46:45	08:12
145	313	Rafael Ferreira Henriques	Individual	Senior Masculino	01:38:22	+46:45	08:12
146	243	David Carreira	Individual	Senior Masculino	01:38:37	+46:59	08:13
147	289	Luis alexandre oliveira lopes	Individual	Senior Masculino	01:39:18	+47:41	08:17
148	845	Bruno costa	Individual	Senior Masculino	01:39:19	+47:41	08:17

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Prova Principal

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OFFICIAL RESULT

Veterana F35

1	725	Inês João	Saca Trilhos	Veterana F35	01:02:45	+11:08	05:14
2	394	Claudia Torres	Individual	Veterana F35	01:11:28	+19:51	05:57
3	353	Eliana Raimundo	Individual	Veterana F35	01:16:06	+24:28	06:21
4	352	Dulce Santos Lopes	Individual	Veterana F35	01:17:37	+25:59	06:28
5	358	Marcia Santos	Individual	Veterana F35	01:18:03	+26:26	06:30
6	60	Liliana Caetano Martins	Cavalinhos runners	Veterana F35	01:21:36	+29:59	06:48

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Prova Principal

12 KM

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OFFICIAL RESULT

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Prova Principal

12 KM

OFFICIAL RESULT

Veterana F40

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Prova Principal

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OFFICIAL RESULT

43	404	Sandrine Oliveira	Individual	Veterana F40	01:54:03	+01:02:26	09:30
44	35	Susana Pinheira	As Poderosas	Veterana F40	01:55:10	+01:03:32	09:36
45	731	MARTA LOUREIRO	SANTIAGOBIKES	Veterana F40	01:55:23	+01:03:45	09:37
46	377	Carla Alexandra Ferreira Duarte	Individual	Veterana F40	02:00:40	+01:09:02	10:03
47	385	Cristela Oliveira	Individual	Veterana F40	02:01:42	+01:10:05	10:09
48	389	Gisela Margarida Alves Jorge	Individual	Veterana F40	02:01:51	+01:10:14	10:09
49	372	Alexandra Craveiro	Individual	Veterana F40	02:01:51	+01:10:14	10:09
50	397	Maria João Tomaz	Individual	Veterana F40	02:07:31	+01:15:54	10:38
51	396	MARIA JOÃO REGO	Individual	Veterana F40	02:17:07	+01:25:29	11:26
52	403	Petra Marchã	Individual	Veterana F40	02:18:48	+01:27:10	11:34
53	386	Cristina Joaquim	Individual	Veterana F40	02:18:53	+01:27:15	11:34
54	388	FERNANDA MARIA OLIVEIRA MOTA COSTA	Individual	Veterana F40	02:28:10	+01:36:32	12:21

Veterana F50

1	74	Paula Pereira	Clube Desportivo Moitense	Veterana F50	01:28:46	+37:09	07:24
2	413	Clarinda Santos	Individual	Veterana F50	01:29:05	+37:28	07:25
3	639	Georgina Mendes Lourenço	LFO	Veterana F50	01:38:37	+47:00	08:13
4	415	Isabel Maria Marques de Varella Dias	Individual	Veterana F50	01:47:29	+55:51	08:57
5	411	Ana Paula Castanheira Marques	Individual	Veterana F50	02:05:27	+01:13:50	10:27
6	418	Rosangela Aparecida Fortunato dos Santos Antonio	Individual	Veterana F50	02:05:36	+01:13:58	10:28
7	12	Teresa Alves	ACR Vimeiro	Veterana F50	02:24:19	+01:32:42	12:02
8	412	Célia Maria dos Santos Moreira	Individual	Veterana F50	02:24:30	+01:32:52	12:03

Veterano M35

1	802	Bruno Silva	Individual	Veterano M35	54:11	+02:33	04:31
2	720	Luís Martins	Runcrosstrail	Veterano M35	54:11	+02:34	04:31
3	448	JOEL COUTO	Individual	Veterano M35	58:54	+07:17	04:55
4	435	Filipe Gonçalves Ferreira	Individual	Veterano M35	59:49	+08:11	04:59
5	772	Pedro Ricardo	URDJuncalense	Veterano M35	01:01:02	+09:24	05:05
6	83	GONÇALO LOPES	CLUBE VETERANOS DO LIS	Veterano M35	01:01:07	+09:30	05:06
7	84	LEANDRO SANTOS	CLUBE VETERANOS DO LIS	Veterano M35	01:02:47	+11:10	05:14
8	464	Paulo	Individual	Veterano M35	01:02:55	+11:17	05:15
9	7	Nélson Oliveira	4team	Veterano M35	01:03:14	+11:36	05:16
10	9	FREDERICO CARREIRA	ACBATALHA	Veterano M35	01:03:44	+12:07	05:19
11	701	Cristiano Ferreira	Porto de Mós a Correr	Veterano M35	01:05:14	+13:37	05:26
12	771	Paulo Carreira	URDJuncalense	Veterano M35	01:05:43	+14:05	05:29
13	437	Filipe Ramos	Individual	Veterano M35	01:05:52	+14:15	05:29
14	19	Gonçalo Vieira	Amanhã ainda temos esperança --- Rumo ao Penta---	Veterano M35	01:06:04	+14:27	05:30
15	88	Filipe Santos	CP CMP	Veterano M35	01:06:22	+14:45	05:32
16	431	Ezequiel Mendes dos Reis	Individual	Veterano M35	01:06:43	+15:06	05:34
17	57	Norberto Ferreira	Carnes Jaulino - Salsicharia Monte Real	Veterano M35	01:06:59	+15:21	05:35

Prova Principal

12 KM

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OFFICIAL RESULT

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18	426	Daniel Santos Gaspar	Individual	Veterano M35	01:07:44	+16:07	05:39
19	475	Ricardo Jorge	Individual	Veterano M35	01:08:26	+16:48	05:42
20	141	João Batista	GIM Running Team/Inércia S.C.	Veterano M35	01:09:13	+17:35	05:46
21	424	Cristiano Alexandre silva	Individual	Veterano M35	01:09:31	+17:53	05:48
22	421	Bruno Fernandes	Individual	Veterano M35	01:10:03	+18:26	05:50
23	444	Hugo Ferreira	Individual	Veterano M35	01:10:09	+18:31	05:51
24	486	Tiago Rodrigues	Individual	Veterano M35	01:10:55	+19:17	05:55
25	430	Emanuel Jordão	Individual	Veterano M35	01:11:12	+19:35	05:56
26	449	Jorge Ribeiro	Individual	Veterano M35	01:11:20	+19:43	05:57
27	439	Filipe Sousa	Individual	Veterano M35	01:11:36	+19:59	05:58
28	425	Daniel Barros	Individual	Veterano M35	01:12:58	+21:20	06:05
29	148	Gonçalo Lagos	Guess What Running Team	Veterano M35	01:13:56	+22:19	06:10
30	482	sergio Vieira	Individual	Veterano M35	01:14:02	+22:24	06:10
31	727	Lisandro Alves	Saca Trilhos	Veterano M35	01:15:11	+23:34	06:16
32	454	Marco Domingues	Individual	Veterano M35	01:15:24	+23:47	06:17
33	427	David Oliveira	Individual	Veterano M35	01:16:06	+24:29	06:21
34	124	Bruno Cordeiro	Freguesia de Bidoeira de Cima	Veterano M35	01:16:15	+24:37	06:21
35	132	Hugo Filipe Ferreira Marques	GAB RUNNERS	Veterano M35	01:16:16	+24:38	06:21
36	480	Rui Pimenta	Individual	Veterano M35	01:16:30	+24:52	06:23
37	456	Miguel Eugénio	Individual	Veterano M35	01:16:59	+25:22	06:25
38	450	JORGE SOUSA	Individual	Veterano M35	01:17:15	+25:37	06:26
39	441	Hélder José Santos Martins	Individual	Veterano M35	01:17:22	+25:44	06:27
40	466	Pedro Costa	Individual	Veterano M35	01:17:28	+25:50	06:27
41	428	Delio Pascoal	Individual	Veterano M35	01:17:35	+25:57	06:28
42	451	Jose Antonio Dâmaso	Individual	Veterano M35	01:18:00	+26:22	06:30
43	472	Ricardo Ferreira	Individual	Veterano M35	01:18:05	+26:27	06:30
44	67	Pedro Batista	Clube Atletismo Nazaré	Veterano M35	01:18:07	+26:29	06:31
45	37	Marco Rodigues Faustino	Barosa Viva	Veterano M35	01:18:42	+27:04	06:34
46	484	Tiago Ferreira Prior	Individual	Veterano M35	01:18:48	+27:11	06:34
47	489	Vitor Duarte	Individual	Veterano M35	01:19:05	+27:27	06:35
48	481	RUI QUINAZ	Individual	Veterano M35	01:19:31	+27:53	06:38
49	770	celso venda coelho	URDJuncalense	Veterano M35	01:20:15	+28:38	06:41
50	455	Marco Gomes	Individual	Veterano M35	01:20:21	+28:44	06:42
51	462	Nuno Ricardo Lourenço Martins	Individual	Veterano M35	01:21:22	+29:44	06:47
52	702	LUIS RINO	Porto de Mós a Correr	Veterano M35	01:21:57	+30:19	06:50
53	457	Miguel Lopes	Individual	Veterano M35	01:22:22	+30:45	06:52
54	479	Rui Manuel Fernandes Nunes	Individual	Veterano M35	01:22:59	+31:21	06:55
55	146	Bruno Silva	GT RUNNING	Veterano M35	01:23:11	+31:33	06:56
56	447	joão jorge	Individual	Veterano M35	01:23:27	+31:49	06:57
57	25	Tiago Gaspar	Amigos do descanso	Veterano M35	01:23:47	+32:09	06:59
58	419	Bruno Alexandre	Individual	Veterano M35	01:25:13	+33:35	07:06
59	488	vinicius da rocha kraey	Individual	Veterano M35	01:26:01	+34:24	07:10
60	459	Nelson Monteiro	Individual	Veterano M35	01:26:45	+35:07	07:14
61	764	Carlos Coelho	Twopikas	Veterano M35	01:26:51	+35:14	07:14
62	68	Pedro Pejapes	Clube Atletismo Nazaré	Veterano M35	01:27:11	+35:34	07:16
63	440	Helder Andrade Damaso	Individual	Veterano M35	01:28:55	+37:17	07:25

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Prova Principal

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OFFICIAL RESULT

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64	50	Filipe Custódio	CAIADO SA	Veterano M35	01:29:51	+38:13	07:29
65	485	Tiago Lopes	Individual	Veterano M35	01:30:24	+38:46	07:32
66	126	Marco Dionísio	Freguesia de Bidoeira de Cima	Veterano M35	01:31:20	+39:42	07:37
67	687	Diogo Paulo Pereira Gomes	Pegadas	Veterano M35	01:31:42	+40:05	07:39
68	630	Luís Reis	La Redoute	Veterano M35	01:32:55	+41:18	07:45
69	631	Micael Antunes	La Redoute	Veterano M35	01:33:07	+41:30	07:46
70	434	Filipe Faustino	Individual	Veterano M35	01:33:09	+41:31	07:46
71	735	João Vieira	Sem Kilometros	Veterano M35	01:33:31	+41:54	07:48
72	632	Nelson Pires	La Redoute	Veterano M35	01:33:36	+41:58	07:48
73	633	Nuno Nabo	La Redoute	Veterano M35	01:34:25	+42:48	07:52
74	443	Hélio Marques	Individual	Veterano M35	01:34:35	+42:58	07:53
75	460	Nuno Ganhão	Individual	Veterano M35	01:34:36	+42:58	07:53
76	471	Ricardo Alexandre de Oliveira Vieira	Individual	Veterano M35	01:35:22	+43:44	07:57
77	614	César Simões	Invictus	Veterano M35	01:35:28	+43:50	07:57
78	467	Pedro Fernandes	Individual	Veterano M35	01:36:17	+44:40	08:01
79	468	Pedro Orfão	Individual	Veterano M35	01:36:21	+44:43	08:02
80	465	Pedro Costa	Individual	Veterano M35	01:36:40	+45:02	08:03
81	445	Hugo Magalhães Ferreira	Individual	Veterano M35	01:38:13	+46:35	08:11
82	470	Pedro Tiago Carreira Mendes	Individual	Veterano M35	01:38:14	+46:36	08:11
83	680	Sérgio de Jesus Marques Neves	Os milhas	Veterano M35	01:38:24	+46:47	08:12
84	147	Joaquim Duarte	GT RUNNING	Veterano M35	01:38:28	+46:50	08:12
85	140	Valter Filipe dos Santos Ribeiro	Gaeiras Running Team	Veterano M35	01:38:33	+46:56	08:13
86	131	Gonçalo Carreira	GAB RUNNERS	Veterano M35	01:38:37	+47:00	08:13
87	739	Nuno Carreira	SEM PRESSA	Veterano M35	01:39:39	+48:01	08:18
88	429	Emanuel Bernardes	Individual	Veterano M35	01:42:25	+50:48	08:32
89	490	Vítor Pimenta	Individual	Veterano M35	01:42:31	+50:53	08:33
90	796	Válter Silva	Vende-se Frangos para Fora	Veterano M35	01:42:33	+50:56	08:33
91	643	Paulo Pereira	Manos Pereira	Veterano M35	01:43:01	+51:23	08:35
92	644	Rogério Pereira	Manos Pereira	Veterano M35	01:43:02	+51:24	08:35
93	736	Joaquim Tojeiro	Sem Kilometros	Veterano M35	01:43:02	+51:24	08:35
94	125	Carlos Crespim	Freguesia de Bidoeira de Cima	Veterano M35	01:44:31	+52:53	08:43
95	461	Nuno Palhinha	Individual	Veterano M35	01:44:36	+52:58	08:43
96	458	Nelson Carvalho	Individual	Veterano M35	01:44:36	+52:59	08:43
97	422	Bruno Gameiro	Individual	Veterano M35	01:44:43	+53:06	08:44
98	629	André Fraga Fonseca	La Redoute	Veterano M35	01:44:54	+53:17	08:45
99	142	Tomé Fernandes	Grupo Alegre Unido Bajouca	Veterano M35	01:49:54	+58:16	09:10
100	665	Bruno Miguel Fernandes Fragoso	Moldemba	Veterano M35	01:50:56	+59:18	09:15
101	758	RICARDO JORGE SOUSA MIRANDA	TURBOLENTOS	Veterano M35	01:50:56	+59:19	09:15
102	478	Rui Jorge dos Santos Neto	Individual	Veterano M35	01:51:04	+59:27	09:15
103	446	João Filipe	Individual	Veterano M35	01:51:21	+59:44	09:17
104	453	LUIS JORGE DOS SANTOS	Individual	Veterano M35	01:51:37	+59:59	09:18
105	432	Fabio Leandro Borella Barbosa	Individual	Veterano M35	01:58:24	+01:06:47	09:52
106	476	Rodrigo dos Santos Antonio	Individual	Veterano M35	01:58:24	+01:06:47	09:52
107	469	Pedro Romão	Individual	Veterano M35	02:01:43	+01:10:05	10:09
108	474	Ricardo Franco	Individual	Veterano M35	02:01:51	+01:10:14	10:09
109	487	Ulisses Paulo	Individual	Veterano M35	02:03:21	+01:11:43	10:17

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110	795	Ricardo Costa	Vende-se Frangos para Fora	Veterano M35	02:26:49	+01:35:11	12:14
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Veterano M40

1	41	Jorge "ShotBird" Aires	CA Barreira	Veterano M40	51:37	04:18
2	721	Nuno Gonçalves	Runcrosstrail	Veterano M40	53:01	+01:24 04:25
3	723	Rui Parrochinha	Runcrosstrail	Veterano M40	53:03	+01:26 04:25
4	775	paulo costa	URDJuncalense	Veterano M40	57:18	+05:41 04:47
5	509	Filipe Andre Viana Nogueira	Individual	Veterano M40	01:00:27	+08:50 05:02
6	722	Rui Cruz	Runcrosstrail	Veterano M40	01:00:35	+08:58 05:03
7	748	David Lopes dos Santos	Trail do Chicharo da Serra	Veterano M40	01:00:37	+09:00 05:03
8	561	Paulo carvalho	Individual	Veterano M40	01:00:44	+09:06 05:04
9	570	Pedro Neves	Individual	Veterano M40	01:01:36	+09:59 05:08
10	527	Jorge Manuel Dias Pereira	Individual	Veterano M40	01:01:45	+10:08 05:09
11	728	José Pereira	Saca Trilhos	Veterano M40	01:02:17	+10:39 05:11
12	773	Carlos Ferreira	URDJuncalense	Veterano M40	01:02:40	+11:02 05:13
13	618	Luís Almeida	Kaleijados	Veterano M40	01:02:42	+11:04 05:14
14	572	Pedro Reis	Individual	Veterano M40	01:03:05	+11:28 05:15
15	137	Joaquim Santos	GAC - Grupo Atletismo da Caranguejeira	Veterano M40	01:03:23	+11:46 05:17
16	534	Leonel Joaquim Dinis Silva Sousa	Individual	Veterano M40	01:03:26	+11:49 05:17
17	514	Helder Abreu	Individual	Veterano M40	01:04:21	+12:43 05:22
18	136	Horácio Gaspar	GAC - Grupo Atletismo da Caranguejeira	Veterano M40	01:04:21	+12:43 05:22
19	553	Nuno catarino	Individual	Veterano M40	01:04:37	+13:00 05:23
20	568	Pedro Miguel Silverio da Cruz	Individual	Veterano M40	01:05:51	+14:14 05:29
21	518	Hilário Louro	Individual	Veterano M40	01:05:58	+14:20 05:30
22	10	CASIMIRO GOMES	ACBATALHA	Veterano M40	01:06:58	+15:20 05:35
23	499	Carlos Lourenço	Individual	Veterano M40	01:07:02	+15:24 05:35
24	564	Paulo Santos	Individual	Veterano M40	01:07:27	+15:49 05:37
25	520	João Barata	Individual	Veterano M40	01:07:36	+15:59 05:38
26	673	Nuno Fabião	Os Bacocos	Veterano M40	01:07:46	+16:09 05:39
27	135	Guilherme Bento	GAC - Grupo Atletismo da Caranguejeira	Veterano M40	01:07:48	+16:10 05:39
28	76	Edgar Rosa	Clube Desportivo Moitense	Veterano M40	01:08:05	+16:27 05:40
29	17	António Carreira	ADRM	Veterano M40	01:08:07	+16:29 05:41
30	75	Carlos pinto	Clube Desportivo Moitense	Veterano M40	01:08:53	+17:15 05:44
31	579	Sergio Pereira gameiro	Individual	Veterano M40	01:09:31	+17:53 05:48
32	78	Ricardo Vicente	Clube Desportivo Moitense	Veterano M40	01:09:36	+17:58 05:48
33	510	Filipe Ferreira de sousa	Individual	Veterano M40	01:09:51	+18:14 05:49
34	580	Sérgio Silva	Individual	Veterano M40	01:09:51	+18:14 05:49
35	139	Nelson Sousa	GAC - Grupo Atletismo da Caranguejeira	Veterano M40	01:09:59	+18:21 05:50
36	63	Miguel Duarte	Cavalinhos runners	Veterano M40	01:10:03	+18:26 05:50
37	508	Fernando Neves	Individual	Veterano M40	01:10:06	+18:28 05:51
38	831	José sereno	Os tolinhos	Veterano M40	01:10:52	+19:14 05:54

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39	708	HELDER PEREIRA	Regueira de Pontes	Veterano M40	01:10:57	+19:19	05:55
40	676	Frederico Sismeiro	Os Intocáveis	Veterano M40	01:11:17	+19:40	05:56
41	569	Pedro Mota	Individual	Veterano M40	01:11:18	+19:40	05:57
42	536	Luis Alberto Ferreira Henriques	Individual	Veterano M40	01:11:18	+19:41	05:57
43	64	Nuno Ribeiro	Cavalinhos runners	Veterano M40	01:11:19	+19:41	05:57
44	566	Pedro Dinis Da Silva Caetano	Individual	Veterano M40	01:11:52	+20:15	05:59
45	504	David Cunha	Individual	Veterano M40	01:12:39	+21:01	06:03
46	525	João Pedrosa	Individual	Veterano M40	01:12:56	+21:19	06:05
47	576	RUI MOURATO	Individual	Veterano M40	01:13:01	+21:23	06:05
48	765	Luís Bernardo	Twopikas	Veterano M40	01:13:02	+21:25	06:05
49	103	Fernando Pereira	DRT Group	Veterano M40	01:13:54	+22:17	06:10
50	91	Nelson Santos	CP CMP	Veterano M40	01:13:56	+22:18	06:10
51	513	Fred Lisboa	Individual	Veterano M40	01:14:04	+22:26	06:10
52	567	Pedro Miguel Mendes Patita	Individual	Veterano M40	01:14:11	+22:33	06:11
53	516	Henrique Lavaredas	Individual	Veterano M40	01:14:39	+23:01	06:13
54	551	Nelson Alves	Individual	Veterano M40	01:14:42	+23:04	06:14
55	546	Mário Carvalho	Individual	Veterano M40	01:14:47	+23:10	06:14
56	577	Serge Mendes Dos Santos	Individual	Veterano M40	01:15:10	+23:32	06:16
57	138	Jorge Galhispo	GAC - Grupo Atletismo da Caranguejeira	Veterano M40	01:15:24	+23:47	06:17
58	93	José Antunes	Dá-Lhe Gás	Veterano M40	01:16:02	+24:24	06:20
59	32	Jorge Rocha	Ansibikers	Veterano M40	01:16:10	+24:32	06:21
60	26	Sandro Miguel Pedrosa Vilela	Amigos do descanso	Veterano M40	01:16:25	+24:47	06:22
61	517	Henrique Oliveira	Individual	Veterano M40	01:16:30	+24:52	06:23
62	747	Vitor Rei	TecnoRei	Veterano M40	01:16:38	+25:00	06:23
63	717	Lino Ferreira	run4fun	Veterano M40	01:17:21	+25:44	06:27
64	761	Joel Guerra	TURTLES & RABBITS	Veterano M40	01:17:28	+25:51	06:27
65	521	Joao Bernardo	Individual	Veterano M40	01:17:59	+26:21	06:30
66	149	Jorge Azevedo	Guess What Running Team	Veterano M40	01:18:17	+26:39	06:31
67	574	Ricardo Luís Santos Lopes	Individual	Veterano M40	01:18:21	+26:43	06:32
68	538	Luis Miguel de Jesus Lopes	Individual	Veterano M40	01:18:39	+27:02	06:33
69	109	Francisco Silva	Estrela	Veterano M40	01:18:52	+27:14	06:34
70	762	Jorge Miguel Domingues Patrício	TURTLES & RABBITS	Veterano M40	01:19:21	+27:44	06:37
71	498	Carlos Jacinto - Diário de Leiria	Individual	Veterano M40	01:19:42	+28:05	06:39
72	706	Marco Rasteiro	Rasteiros	Veterano M40	01:20:20	+28:43	06:42
73	528	Jorge Manuel reis Vieira	Individual	Veterano M40	01:21:28	+29:50	06:47
74	94	Vitor Santos	Dá-Lhe Gás	Veterano M40	01:21:30	+29:52	06:48
75	524	João Paulo Neves Conceição	Individual	Veterano M40	01:21:30	+29:53	06:48
76	62	David Francisco	Cavalinhos runners	Veterano M40	01:21:36	+29:59	06:48
77	732	GUSTAVO BAETA	SANTIAGOBIKES	Veterano M40	01:21:44	+30:07	06:49
78	545	Marco Monteiro	Individual	Veterano M40	01:21:46	+30:08	06:49
79	81	carlos sebastião	clube recreativo chãs	Veterano M40	01:21:49	+30:12	06:49
80	703	NUNO LOURENÇO	Porto de Mós a Correr	Veterano M40	01:21:57	+30:19	06:50
81	582	Vitor Mendes de Almeida	Individual	Veterano M40	01:23:01	+31:23	06:55
82	548	Miguel Oliveira	Individual	Veterano M40	01:23:28	+31:51	06:57
83	565	Paulo Vicente	Individual	Veterano M40	01:23:30	+31:53	06:58
84	515	Helder silva	Individual	Veterano M40	01:23:36	+31:58	06:58

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85	539	Luis Miguel Neves Pouseiro	Individual	Veterano M40	01:23:38	+32:01	06:58
86	77	Jorge Gomes	Clube Desportivo Moitense	Veterano M40	01:23:44	+32:06	06:59
87	552	Nelson Simões	Individual	Veterano M40	01:24:14	+32:36	07:01
88	532	JOSE FONSECA	Individual	Veterano M40	01:24:34	+32:57	07:03
89	500	César de Jesus Santos	Individual	Veterano M40	01:25:15	+33:38	07:06
90	110	Jose Rodrigues	Estrela	Veterano M40	01:25:20	+33:42	07:07
91	555	Nuno Miguel Roque Santos	Individual	Veterano M40	01:25:49	+34:12	07:09
92	543	Marco Luís Monteiro Ferreira	Individual	Veterano M40	01:25:54	+34:17	07:10
93	526	Jorge Gaspar Mendes	Individual	Veterano M40	01:27:14	+35:37	07:16
94	563	Paulo Esperança	Individual	Veterano M40	01:27:42	+36:04	07:19
95	506	Eduardo Neves	Individual	Veterano M40	01:28:03	+36:25	07:20
96	549	MIGUEL SERAFIM	Individual	Veterano M40	01:28:14	+36:36	07:21
97	743	João Brito	STAND TRANSBRITO	Veterano M40	01:28:46	+37:08	07:24
98	660	Miguel Bernardo	McDonald's	Veterano M40	01:28:48	+37:10	07:24
99	661	Porfirio Paiva	McDonald's	Veterano M40	01:28:49	+37:11	07:24
100	497	Carlos Cordeiro	Individual	Veterano M40	01:28:50	+37:13	07:24
101	496	Carlos Alberto Jesus Ferreira	Individual	Veterano M40	01:28:56	+37:19	07:25
102	529	Jorge Silva	Individual	Veterano M40	01:29:31	+37:53	07:28
103	714	Nelson Matias	Rocket Team	Veterano M40	01:30:02	+38:24	07:30
104	58	Marco Serafim	Carnes Jaulino - Salsicharia Monte Real	Veterano M40	01:30:04	+38:27	07:30
105	678	Pedro Santos	Os Intocáveis	Veterano M40	01:30:20	+38:42	07:32
106	578	Sérgio Machado	Individual	Veterano M40	01:30:23	+38:45	07:32
107	556	Nuno Moura	Individual	Veterano M40	01:30:24	+38:47	07:32
108	541	Manuel Osvaldo Fernandes Simão	Individual	Veterano M40	01:30:34	+38:56	07:33
109	654	Arménio Miguel Basso Neves	Mauukus da box	Veterano M40	01:30:43	+39:05	07:34
110	493	António Jorge Fernandes Marques dos Santos	Individual	Veterano M40	01:30:59	+39:22	07:35
111	535	Luciano Marques	Individual	Veterano M40	01:31:09	+39:32	07:36
112	501	César Ferreira	Individual	Veterano M40	01:31:15	+39:38	07:36
113	677	Mário Silva	Os Intocáveis	Veterano M40	01:31:20	+39:42	07:37
114	740	Rui Borralho	SFLUR	Veterano M40	01:31:22	+39:45	07:37
115	40	Henrique Simao	C.B./VISEU RUNNING TEAM	Veterano M40	01:31:41	+40:04	07:38
116	688	João Reis	Pegadas	Veterano M40	01:32:36	+40:58	07:43
117	519	Hugo Vasco Monteiro Ferreira	Individual	Veterano M40	01:32:37	+40:59	07:43
118	669	Carlos de Sousa Marques	N.A.D.A.	Veterano M40	01:33:35	+41:57	07:48
119	507	Fernando Cruz	Individual	Veterano M40	01:34:56	+43:18	07:55
120	575	Ricardo Ribeiro	Individual	Veterano M40	01:35:24	+43:47	07:57
121	89	Artur Lopes	CP CMP	Veterano M40	01:35:48	+44:11	07:59
122	550	Miguel Silva Santos	Individual	Veterano M40	01:36:02	+44:24	08:00
123	540	Luis Mónico	Individual	Veterano M40	01:36:17	+44:39	08:01
124	503	Dario Pedro	Individual	Veterano M40	01:38:24	+46:46	08:12
125	615	Luís Alves	Invictus	Veterano M40	01:41:03	+49:25	08:25
126	554	Nuno Gomes	Individual	Veterano M40	01:41:42	+50:05	08:29
127	511	Filipe Monteiro	Individual	Veterano M40	01:41:43	+50:06	08:29
128	734	Dinis Santos	SANTOS	Veterano M40	01:41:44	+50:07	08:29
129	683	Nelson Rodrigues	Os tolinhos	Veterano M40	01:41:58	+50:21	08:30

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130	729	Pedro Miguel Belo das Neves	Saca Trilhos	Veterano M40	01:42:28	+50:50	08:32
131	709	Leonel Cordeiro Duque	Regueira de Pontes	Veterano M40	01:43:19	+51:41	08:37
132	571	Pedro Nuno Reis	Individual	Veterano M40	01:43:27	+51:49	08:37
133	542	Marco Feliciano	Individual	Veterano M40	01:44:02	+52:25	08:40
134	27	sergio lameiras	Amigos do descanso	Veterano M40	01:44:33	+52:56	08:43
135	523	JOÃO CARLOS DIAS ABRAÚL	Individual	Veterano M40	01:44:36	+52:58	08:43
136	662	Jorge Duarte	MD Team	Veterano M40	01:45:29	+53:51	08:47
137	533	José Silva	Individual	Veterano M40	01:45:32	+53:54	08:48
138	752	Miguel Angelo Faria Soares	Trilho do Castelejo	Veterano M40	01:46:07	+54:30	08:51
139	557	Nuno Pereira	Individual	Veterano M40	01:46:17	+54:40	08:51
140	502	Daniel Quiaios	Individual	Veterano M40	01:48:52	+57:14	09:04
141	715	Paulo Fatia	RUN2U	Veterano M40	01:51:09	+59:31	09:16
142	716	Paulo Matias	RUN2U	Veterano M40	01:51:09	+59:32	09:16
143	505	Diogo Manuel Gonçalves Silva Pereira Neto	Individual	Veterano M40	01:51:50	+01:00:12	09:19
144	573	Ricardo Ferreira	Individual	Veterano M40	01:53:48	+01:02:10	09:29
145	837	Erwin Deen	Vale da Palha	Veterano M40	01:54:02	+01:02:24	09:30
146	836	Alexandre Storms	Vale da Palha	Veterano M40	01:54:02	+01:02:24	09:30
147	492	Amandio Santos	Individual	Veterano M40	01:54:04	+01:02:26	09:30
148	92	Cristiano Calado	Dá-Lhe Gás	Veterano M40	01:55:32	+01:03:54	09:38
149	560	Patrício freire	Individual	Veterano M40	01:55:33	+01:03:56	09:38
150	106	Urbelino Beça	DRT Group	Veterano M40	01:57:08	+01:05:31	09:46
151	104	Filipe Vieira	DRT Group	Veterano M40	01:57:08	+01:05:31	09:46
152	581	Sidónio Ferreira Martins	Individual	Veterano M40	02:00:39	+01:09:02	10:03
153	544	Marco Mendes	Individual	Veterano M40	02:01:51	+01:10:13	10:09
154	522	João Carlos Antunes	Individual	Veterano M40	02:07:31	+01:15:54	10:38
155	512	Francisco Marques	Individual	Veterano M40	02:20:07	+01:28:29	11:41
156	531	José Fernandes	Individual	Veterano M40	02:20:08	+01:28:30	11:41

Veterano M50

1	592	Filipe Carvalheiro	Individual	Veterano M50	01:01:08	+09:30	05:06
2	43	Rui Roberto	CA Barreira	Veterano M50	01:01:46	+10:09	05:09
3	33	José Carlos Ramalho	Ansibikers	Veterano M50	01:02:38	+11:00	05:13
4	42	Jorge "Chefe" Agostinho	CA Barreira	Veterano M50	01:02:41	+11:03	05:13
5	607	Vitor Manuel Pontes Pereira	Individual	Veterano M50	01:04:46	+13:09	05:24
6	588	Fernando Jacinto	Individual	Veterano M50	01:05:44	+14:07	05:29
7	834	Manuel Santos	Individual	Veterano M50	01:07:56	+16:19	05:40
8	595	Joaquim Vieira	Individual	Veterano M50	01:08:37	+16:59	05:43
9	127	Francisco Ferreira	Freguesia de Bidoeira de Cima	Veterano M50	01:08:38	+17:00	05:43
10	53	Manuel Ferreira	CAIADO SA	Veterano M50	01:08:54	+17:17	05:45
11	599	Manuel Bregieira Domingues	Individual	Veterano M50	01:09:28	+17:51	05:47
12	589	Fernando Luz	Individual	Veterano M50	01:11:07	+19:30	05:56
13	767	José Carlos Matias Filipe	UFPA	Veterano M50	01:12:18	+20:40	06:02
14	617	Norberto toscano	Juventude Vidigalense	Veterano M50	01:12:21	+20:43	06:02
15	591	Fernando Rui Ribeiro Ferreira	Individual	Veterano M50	01:12:34	+20:57	06:03

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16	605	Rui Carreira - Diário de Leiria	Individual	Veterano M50	01:14:48	+23:11	06:14
17	776	Leonel Almeida	URDJuncalense	Veterano M50	01:16:00	+24:22	06:20
18	36	Manuel Deus	AtletaCampioni	Veterano M50	01:17:16	+25:39	06:26
19	52	Carlos Alberto Soares	CAIADO SA	Veterano M50	01:18:22	+26:44	06:32
20	744	João Pinheiro	STAND TRANSBRITO	Veterano M50	01:19:19	+27:42	06:37
21	587	Carlos Manuel Gomes Alves	Individual	Veterano M50	01:19:29	+27:52	06:37
22	730	Albano João	Saca Trilhos	Veterano M50	01:20:39	+29:01	06:43
23	594	Jeremias Vigarinho	Individual	Veterano M50	01:20:53	+29:16	06:44
24	602	Paulo jorge Almeida Ferreira	Individual	Veterano M50	01:22:37	+31:00	06:53
25	28	Henrique Viriato Borges	Amigos do descanso	Veterano M50	01:24:11	+32:34	07:01
26	128	Jorge Crespo	Freguesia de Bidoeira de Cima	Veterano M50	01:24:42	+33:05	07:04
27	604	Pedro Ribeiro	Individual	Veterano M50	01:25:56	+34:18	07:10
28	593	Francisco silva	Individual	Veterano M50	01:27:13	+35:36	07:16
29	840	Paulo Oliveira	PelaEstradaFora	Veterano M50	01:28:13	+36:36	07:21
30	583	Albertino Ferreira Agostinho	Individual	Veterano M50	01:30:13	+38:36	07:31
31	585	Avelino CORREIA	Individual	Veterano M50	01:31:20	+39:43	07:37
32	590	Ramiro Santos	Individual	Veterano M50	01:32:27	+40:49	07:42
33	586	Carlos Barroso	Individual	Veterano M50	01:32:39	+41:01	07:43
34	686	Fernando Silva	Pace.Makers	Veterano M50	01:33:38	+42:00	07:48
35	603	Paulo Pedrosa	Individual	Veterano M50	01:33:50	+42:13	07:49
36	51	Alexandre Costa	CAIADO SA	Veterano M50	01:36:10	+44:32	08:01
37	598	Julio Pereira	Individual	Veterano M50	01:38:37	+46:59	08:13
38	640	Vasco Ferreira Assunção Silva	LFO	Veterano M50	01:39:52	+48:14	08:19
39	684	Carlos Novo	Os tolinhos	Veterano M50	01:41:59	+50:21	08:30
40	597	Julio Gaspar	Individual	Veterano M50	01:47:52	+56:14	08:59
41	600	Marcelino Gomes	Individual	Veterano M50	01:48:10	+56:33	09:01
42	705	António Silvestre	Qualquer coisa	Veterano M50	01:51:29	+59:52	09:17
43	584	Aníbal Pisco	Individual	Veterano M50	01:55:18	+01:03:40	09:37
44	596	Jorge Humberto Branco de Oliveira	Individual	Veterano M50	02:11:30	+01:19:52	10:58

Veterano M60

1	79	Antonio Ferrera	Clube Desportivo Moitense	Veterano M60	01:10:55	+19:17	05:55
2	44	José Joaquim Filipe Martins	CA Barreira	Veterano M60	01:12:57	+21:19	06:05
3	80	Mario Duarte	Clube Desportivo Moitense	Veterano M60	01:17:50	+26:13	06:29
4	611	Ramiro Rodrigues	Individual	Veterano M60	01:18:15	+26:38	06:31
5	608	jose bertolino de sousa silva	Individual	Veterano M60	01:24:38	+33:00	07:03
6	609	Luis Marques	Individual	Veterano M60	01:45:29	+53:52	08:47
7	610	Manuel Lopes de Sousa Antunes	Individual	Veterano M60	02:08:05	+01:16:28	10:40

Official Timekeeper: Lap2Go	1 / 1	generate 05-mai-2018 23:35
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