

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 - LAP2GO - TIMING SOLUTION

	Time	Temperature	Humidity
Start	18:30	12.7°C	93%
End	19:51	12.7°C	93%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	170	Bob Haller	Individual	31:14			03:07
2	314	Pedro Arsénio	Run Tejo-CM Socks	31:16	+00:02		03:08
3	123	Francisco Cerveira	Clube Natação Rio Maior	31:48	+00:34		03:11
4	2	Guilherme Lourenço	CRP RIBAFRIA	34:15	+03:01		03:25
5	3	Ana Mafalda Ferreira	Sporting Clube de Portugal	34:25	+03:11		03:26
6	304	Luis Avelar	RÓÓDINHAS - Master Vantagem /Oxygen	35:55	+04:41		03:35
7	8	Nuno Evangelista	A20KM	35:58	+04:44		03:36
8	1	Sara Carvalho	GRECAS Vagos	36:04	+04:50		03:36
9	145	Flávio Castelhana	GRF Benedita - Atletismo	36:39	+05:25		03:40
10	156	Nuno santos	GRF Benedita - Atletismo	36:45	+05:31		03:41
11	215	Marco Filipe	Individual	36:50	+05:36		03:41
12	146	João Luís Delgado Graça	GRF Benedita - Atletismo	36:57	+05:43		03:42
13	71	Tiago Tomás	C.C.R.D BURINHOSA	37:00	+05:46		03:42
14	292	Luis Miguel Alves de Oliveira	Pimpões Triatlo	37:05	+05:51		03:43
15	139	Rui Henriques	Federação da Família para a Paz Mundial e Unificação	37:12	+05:58		03:43
16	148	Luis Carlos Rodrigues da Silva	GRF Benedita - Atletismo	37:19	+06:05		03:44
17	290	António Ervideira	Pimpões Triatlo	37:26	+06:12		03:45
18	164	marcus bonito	Grupo Cicloturismo Gaeiras / XostraSports	37:28	+06:14		03:45
19	285	Fernando Fernandes	Peniche a Correr	37:33	+06:19		03:45
20	36	Marcelo Chagas	Balance Running Club	37:36	+06:22		03:46
21	311	Kcenia Bougrova	Run Tejo-CM Socks	37:37	+06:23		03:46
22	155	João Canas	GRF Benedita - Atletismo	37:46	+06:32		03:47
23	313	Alexandra Sousa	Run Tejo-CM Socks	37:46	+06:32		03:47
24	128	JORGE RATÃO	Conquista Ginásio - Cadaval	37:54	+06:40		03:47
25	25	André Filipe Tempero Pinto	Balance Running Club	37:57	+06:43		03:48
26	309	CÁTIA GALHARDO	Run Tejo-CM Socks	37:58	+06:44		03:48
27	288	Tiago Isidoro	Pimpões Triatlo	38:01	+06:47		03:48
28	5	Sandro Jordão	Individual	38:09	+06:55		03:49
29	306	Bruno Pereira	Run Team Bombarral	38:24	+07:10		03:50
30	286	Luis Martínez	Pimpões Triatlo	38:30	+07:16		03:51
31	113	Samuel Limpinho	Clube de Atletismo da Nazaré	38:42	+07:28		03:52
32	131	Bruno Silvério	CRP RIBAFRIA	39:05	+07:51		03:55
33	154	César José	GRF Benedita - Atletismo	39:07	+07:53		03:55
34	134	Inacio Serrazina	CRP RIBAFRIA	39:07	+07:53		03:55
35	117	Luís Silvério	Clube de Atletismo da Nazaré	39:12	+07:58		03:55
36	233	Camilo Valgy Tarmahomed	Individual	39:23	+08:09		03:56
37	72	Vítor Chagas	C.F. Os Belenenses	39:23	+08:09		03:56
38	162	Nuno Alexandre Reis	Grupo Cicloturismo Gaeiras / XostraSports	39:30	+08:16		03:57
39	190	Palmira quinhama	We Run	39:33	+08:19		03:57
40	220	Nuno Miguel	Individual	39:48	+08:34		03:59
41	59	Pedro Monteiro	Balance Running Club	39:55	+08:41		04:00

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	119	Augusto Portugal	Clube de Atletismo da Nazaré	39:59	+08:45	04:00	
43	252	Sergio flavio craveiro dos prazeres	Individual	40:06	+08:52	04:01	
44	97	Duarte Santos	CAOB	40:11	+08:57	04:01	
45	120	José Marques	Clube de Atletismo da Nazaré	40:16	+09:02	04:02	
46	124	Carlos Cardoso	Clube Natação Rio Maior	40:17	+09:03	04:02	
47	115	Hélder Pereira	Clube de Atletismo da Nazaré	40:19	+09:05	04:02	
48	11	Luis Botelho	ACDR ARNEIRENSE	40:32	+09:18	04:03	
49	121	Miguel Silva	Clube de Atletismo da Nazaré	40:35	+09:21	04:04	
50	224	Pedro Roxo Silva	Individual	40:37	+09:23	04:04	
51	310	Helena Miranda	Run Tejo-CM Socks	40:59	+09:45	04:06	
52	149	Patrick Inácio	GRF Benedita - Atletismo	41:07	+09:53	04:07	
53	116	Hugo Trindade	Clube de Atletismo da Nazaré	41:08	+09:54	04:07	
54	150	Rafael Lopes	GRF Benedita - Atletismo	41:15	+10:01	04:08	
55	207	Horácio Nunes Alexandre	Individual	41:17	+10:03	04:08	
56	34	João Martinho	Balance Running Club	41:19	+10:05	04:08	
57	243	José Dias	Individual	41:25	+10:11	04:09	
58	173	Joao Leandro	Individual	41:29	+10:15	04:09	
59	9	Ricardo Rodrigues	Academia do Pro Peniche	41:33	+10:19	04:09	
60	203	Celso Fernando nunes	Individual	41:37	+10:23	04:10	
61	64	Paulo Costa	Balance Running Club	41:42	+10:28	04:10	
62	244	Luis Cipriano	Individual	41:52	+10:38	04:11	
63	157	Rafael Lourenço	GRF Benedita - Atletismo	41:54	+10:40	04:11	
64	237	Hélder Couto	Individual	41:59	+10:45	04:12	
65	153	Alexandre Araújo	GRF Benedita - Atletismo	42:04	+10:50	04:12	
66	312	Telma Sofia Silva	Run Tejo-CM Socks	42:09	+10:55	04:13	
67	73	João Graça	CA Oeste	42:17	+11:03	04:14	
68	84	Patrick Figueiredo	Caldas Corre +	42:18	+11:04	04:14	
69	205	Davide Santos	Individual	42:42	+11:28	04:16	
70	160	Luis Pina Paulo	GRF Benedita - Atletismo	42:45	+11:31	04:17	
71	247	MANUEL FAUSTINO	Individual	42:54	+11:40	04:17	
72	37	Nelson Barros	Balance Running Club	42:54	+11:40	04:17	
73	35	João Sancheira	Balance Running Club	42:59	+11:45	04:18	
74	29	Fábio Fortunato	Balance Running Club	43:07	+11:53	04:19	
75	85	Paulo Gomes	Caldas Corre +	43:12	+11:58	04:19	
76	118	Pedro Pejapes	Clube de Atletismo da Nazaré	43:18	+12:04	04:20	
77	294	Rui Pereira	Pimpões Triatlo	43:28	+12:14	04:21	
78	147	João Piçarra	GRF Benedita - Atletismo	43:30	+12:16	04:21	
79	144	Joana Fialho Paulo	GRF Benedita - Atletismo	43:45	+12:31	04:23	
80	214	Marco droga	Individual	43:46	+12:32	04:23	
81	232	Antnio franco	Individual	43:58	+12:44	04:24	
82	213	luis miguel geraldés	Individual	43:58	+12:44	04:24	
83	210	osé passos	Individual	44:09	+12:55	04:25	
84	143	Diana Elias	GRF Benedita - Atletismo	44:16	+13:02	04:26	
85	151	Bárbara Fernandes	GRF Benedita - Atletismo	44:19	+13:05	04:26	
86	253	Sérgio Miguel Paiva Silva Alves Pereira	Individual	44:28	+13:14	04:27	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
87	6	joao maria martins inacio	a.d.c.r.painho/conquista ginasio	44:31	+13:17	04:27	
88	129	ADRIANO ARAÚJO	Conquista Ginásio - Cadaval	44:50	+13:36	04:29	
89	152	Fátima Alendouro	GRF Benedita - Atletismo	44:51	+13:37	04:29	
90	254	Telmo Pinto	Individual	44:58	+13:44	04:30	
91	28	Emanuel Libório	Balance Running Club	45:11	+13:57	04:31	
92	201	Carlos Pacheco	Individual	45:15	+14:01	04:32	
93	75	Cláudio Conceição	Caldas Corre +	45:16	+14:02	04:32	
94	221	Nuno silva	Individual	45:20	+14:06	04:32	
95	206	Filipe Martins	Individual	45:20	+14:06	04:32	
96	249	Nuno Gomes	Individual	45:22	+14:08	04:32	
97	127	Tiago Costa	Colégio Rainha D. Leonor	45:25	+14:11	04:32	
98	100	António Miranda	CAOB	45:36	+14:22	04:34	
99	126	Telmo Campos	Colégio Rainha D. Leonor	45:45	+14:31	04:35	
100	187	Flávia Cristina Santos	Individual	45:49	+14:35	04:35	
101	163	bernardo rodrigues	Grupo Cicloturismo Gaeiras / XostraSports	45:54	+14:40	04:35	
102	161	Filipe Veludo	Grupo Cicloturismo Gaeiras / XostraSports	45:54	+14:40	04:35	
103	94	Vasco Soares	Caldas Corre +	45:57	+14:43	04:36	
104	308	Pedro Almeida	Run Team Bombarral	46:07	+14:53	04:37	
105	317	HELDER MARQUES	SR. CAMARNAL	46:13	+14:59	04:37	
106	102	Nuno Raposo	CASA ANTERO/PACHÁ	46:16	+15:02	04:38	
107	103	Paulo Feliciano	CASA ANTERO/PACHÁ	46:17	+15:03	04:38	
108	260	João Manuel Franco. Mendes	Individual	46:22	+15:08	04:38	
109	283	Fernando Pimenta	Nursingcare	46:23	+15:09	04:38	
110	295	Loes van Elswijk -Schuren	PUXA POR TI	46:37	+15:23	04:40	
111	282	Tiago Santos	Nursingcare	47:13	+15:59	04:43	
112	225	Rui Cunha	Individual	47:16	+16:02	04:44	
113	177	Rafael Oliveira de Carvalho	Individual	47:16	+16:02	04:44	
114	272	Rita Gabriel	Não Fazemos Nem Mais Um...Km	47:23	+16:09	04:44	
115	122	António Martins	Clube de Atletismo da Nazaré	47:50	+16:36	04:47	
116	230	VitorPereira	Individual	47:53	+16:39	04:47	
117	231	Agostinho Costa	Individual	47:54	+16:40	04:47	
118	38	Nuno Chicharro	Balance Running Club	47:54	+16:40	04:47	
119	212	luis costa	Individual	47:54	+16:40	04:47	
120	142	Carolina Serrazina	GRF Benedita - Atletismo	48:00	+16:46	04:48	
121	263	Jose António de Sousa Rebelo dos Santos	Individual	48:02	+16:48	04:48	
122	202	Carlos Veludk	Individual	48:05	+16:51	04:48	
123	63	Manuel Cruz	Balance Running Club	48:15	+17:01	04:50	
124	189	Margarida Vieira	Individual	48:31	+17:17	04:51	
125	270	Manuel Vitorino	Manuel Vitorino	48:34	+17:20	04:51	
126	62	Benjamim Medalha	Balance Running Club	48:48	+17:34	04:53	
127	307	dáriodacf	Run Team Bombarral	48:54	+17:40	04:53	
128	209	João Ricardo Luz	Individual	48:58	+17:44	04:54	
129	251	Pedro Leal	Individual	49:04	+17:50	04:54	
130	133	Renato Lourenço	CRP RIBAFRIA	49:08	+17:54	04:55	
131	211	Luis Almeida	Individual	49:13	+17:59	04:55	

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

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	RESULT	DIFF	t/KM	CARD
177	68	Rui Soveral	Bazolas Team	54:43	+23:29	05:28	
178	21	Fernanda Marcela Rodriguez Unda	Balance Running Club	54:44	+23:30	05:28	
179	284	Marta Fernandes	Peniche a Correr	54:48	+23:34	05:29	
180	175	José Mendes	Individual	54:52	+23:38	05:29	
181	23	Mafalda Ruivo	Balance Running Club	54:56	+23:42	05:30	
182	40	Vasco Matos	Balance Running Club	54:56	+23:42	05:30	
183	248	Miguel Carvalho	Individual	55:43	+24:29	05:34	
184	169	Alexandre Batista	Individual	55:56	+24:42	05:36	
185	167	Maggie Williams	Individual	55:56	+24:42	05:36	
186	315	Rui Carvalho	Sartim runners	56:08	+24:54	05:37	
187	58	Nuno Ferreira	Balance Running Club	56:26	+25:12	05:39	
188	236	Gomes	Individual	56:37	+25:23	05:40	
189	305	Sara Maria	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	56:41	+25:27	05:40	
190	191	Patrícia Piedade	Individual	56:47	+25:33	05:41	
191	43	Cláudia Barroca	Balance Running Club	56:48	+25:34	05:41	
192	51	Henrique Gilberto Dias	Balance Running Club	56:49	+25:35	05:41	
193	138	Mercedes Fonseca	Federação da Família para a Paz Mundial e Unificação	56:56	+25:42	05:42	
194	194	Luísa Carvalhinho	Individual	57:13	+25:59	05:43	
195	185	Ana Filipa Jesus Costa	Individual	57:15	+26:01	05:44	
196	229	Vitor Ferreira	Individual	57:29	+26:15	05:45	
197	199	shona thomson	Individual	57:29	+26:15	05:45	
198	227	Sérgio Miguel Ribeiro	Individual	57:31	+26:17	05:45	
199	242	José Carlos Ribeiro Capinha	Individual	57:43	+26:29	05:46	
200	135	Ana Melo	Dentuças	58:01	+26:47	05:48	
201	241	Joao Marques	Individual	58:03	+26:49	05:48	
202	10	Isaul Rodrigues	Academia do Pro Peniche	58:04	+26:50	05:48	
203	41	Ana Filipa Vieira	Balance Running Club	58:41	+27:27	05:52	
204	255	António Batista	Individual	59:13	+27:59	05:55	
205	235	Francisco António Ferraz	Individual	59:24	+28:10	05:56	
206	208	Ivo Campino	Individual	59:36	+28:22	05:58	
207	250	Paulo Fernandes	Individual	59:38	+28:24	05:58	
208	20	Evani Freitas	Balance Running Club	59:53	+28:39	05:59	
209	45	Sofia Figueiredo	Balance Running Club	01:00:15	+29:01	06:01	
210	324	Pedro Baptista	Individual	01:00:26	+29:12	06:03	
211	130	Catarina Marques	CRP RIBAFRIA	01:00:27	+29:13	06:03	
212	300	Luis Neto	Quarta a Fundo	01:00:41	+29:27	06:04	
213	281	Luciano Pinto Pereira	Núcleo de Caldas da Rainha da Liga dos Combatentes	01:00:51	+29:37	06:05	
214	137	Jorge Magalhães	Dentuças	01:01:19	+30:05	06:08	
215	136	Rita Magalhães	Dentuças	01:01:20	+30:06	06:08	
216	105	Hugo Alves	Casa do Sport Lisboa e Benfica nas Caldas da Rainha	01:01:26	+30:12	06:09	
217	106	Nuno Feliciano	Casa do Sport Lisboa e Benfica nas Caldas da Rainha	01:01:26	+30:12	06:09	
218	104	Eliana Rodrigues	Casa do Sport Lisboa e Benfica nas Caldas da Rainha	01:01:26	+30:12	06:09	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
219	91	Fernando Dias	Caldas Corre +	01:01:45	+30:31	06:11	
220	44	Liliana Ferreira	Balance Running Club	01:01:55	+30:41	06:11	
221	216	MARcos Vinícius Ferreira	Individual	01:01:56	+30:42	06:12	
222	30	Gonçalo Querido	Balance Running Club	01:02:23	+31:09	06:14	
223	16	Adriana Ferreira	Balance Running Club	01:02:30	+31:16	06:15	
224	293	Paulo Ferreira	Pimpões Triatlo	01:03:33	+32:19	06:21	
225	289	Carla Ferreira	Pimpões Triatlo	01:03:33	+32:19	06:21	
226	320	Carlos Filipe	Balance Running Club	01:03:53	+32:39	06:23	
227	79	Filomena Henriques	Caldas Corre +	01:04:15	+33:01	06:26	
228	275	Carla Ribas	Não Fazemos Nem Mais Um...Km	01:04:15	+33:01	06:26	
229	193	Karina Moura	Caldas Corre +	01:04:15	+33:01	06:26	
230	93	Rui Susano Mateus	Caldas Corre +	01:04:16	+33:02	06:26	
231	96	José Manuel Serrenho	Caldas Corre +	01:04:16	+33:02	06:26	
232	78	Sílvia Duarte	Caldas Corre +	01:04:16	+33:02	06:26	
233	87	Ricardo Cordeiro	Caldas Corre +	01:04:16	+33:02	06:26	
234	95	Vitor José da Silva Ferreira	Caldas Corre +	01:04:16	+33:02	06:26	
235	279	José Costa	Não Fazemos Nem Mais Um...Km	01:04:16	+33:02	06:26	
236	81	António Reis	Caldas Corre +	01:04:16	+33:02	06:26	
237	83	Nelson Mateus	Caldas Corre +	01:04:16	+33:02	06:26	
238	246	Luís Moura	Caldas Corre +	01:04:16	+33:02	06:26	
239	90	Delmar Andrade	Caldas Corre +	01:04:17	+33:03	06:26	
240	291	Gonçalo Valente	Pimpões Triatlo	01:04:17	+33:03	06:26	
241	76	Eva Fonte	Caldas Corre +	01:04:17	+33:03	06:26	
242	4	Jorge Serrazina	Individual	01:04:17	+33:03	06:26	
243	86	João Manuel Frango	Caldas Corre +	01:04:18	+33:04	06:26	
244	80	André Cardoso	Caldas Corre +	01:04:18	+33:04	06:26	
245	82	Luís Alberto	Caldas Corre +	01:04:19	+33:05	06:26	
246	89	Carlos ,Manuel Rosendo Gomes	Caldas Corre +	01:04:19	+33:05	06:26	
247	298	Paulo Gil	PUXA POR TI	01:04:19	+33:05	06:26	
248	240	João Armando Feliciano Lopes	Individual	01:04:19	+33:05	06:26	
249	265	Orlando Gabriel da Silva Ferreira	Individual	01:04:20	+33:06	06:26	
250	13	Carina Gomes	Asas nos Pés	01:04:21	+33:07	06:26	
251	274	Sofia Portela	Não Fazemos Nem Mais Um...Km	01:04:22	+33:08	06:26	
252	273	Ana B2	Não Fazemos Nem Mais Um...Km	01:04:22	+33:08	06:26	
253	278	Mário Alberto	Não Fazemos Nem Mais Um...Km	01:04:23	+33:09	06:26	
254	277	Henrique Frazão	Não Fazemos Nem Mais Um...Km	01:04:24	+33:10	06:26	
255	184	Wilian Vianna	Individual	01:04:53	+33:39	06:29	
256	42	Ana Rita Pereira	Balance Running Club	01:05:20	+34:06	06:32	
257	168	Mónica Faria	Individual	01:05:22	+34:08	06:32	
258	196	Teresa Margarida Cruzeiro Nobre Carneiro	Individual	01:05:27	+34:13	06:33	
259	110	Alexandra Pereira	Cf EVDCR	01:05:35	+34:21	06:34	
260	17	Alexandra Biscaia	Balance Running Club	01:05:37	+34:23	06:34	
261	24	Mariana Tavares	Balance Running Club	01:05:38	+34:24	06:34	
262	49	Isabel Reis	Balance Running Club	01:05:38	+34:24	06:34	
263	55	Miguel Ribeiro	Balance Running Club	01:05:38	+34:24	06:34	

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	RESULT	DIFF	t/KM	CARD
264	65	Vasco Biscoito	Balance Running Club	01:05:39	+34:25	06:34	
265	52	João Pedro Silva	Balance Running Club	01:05:39	+34:25	06:34	
266	53	Luis Loureiro	Balance Running Club	01:05:53	+34:39	06:35	
267	48	Susana Mendes	Balance Running Club	01:07:09	+35:55	06:43	
268	301	Luis Gomes	Quarta a Fundo	01:07:54	+36:40	06:47	
269	112	Eurico Barreto	Cf EVDCR	01:08:49	+37:35	06:53	
270	111	Sara Timóteo	Cf EVDCR	01:08:50	+37:36	06:53	
271	186	Andreia Cavalheiro	Individual	01:09:06	+37:52	06:55	
272	200	Christine WILMAN	Individual	01:10:04	+38:50	07:00	
273	18	Betrice Tadeu	Balance Running Club	01:11:07	+39:53	07:07	
274	198	Robin Staffeld	Individual	01:12:32	+41:18	07:15	
275	109	Vanda Prudêncio	Cf EVDCR	01:13:55	+42:41	07:23	
276	108	Filipa Louro	Cf EVDCR	01:13:55	+42:41	07:23	
277	107	Cristina Correia	Cf EVDCR	01:13:55	+42:41	07:24	
278	77	Maria Sarabando	Caldas Corre +	01:15:38	+44:24	07:34	
279	197	Eugénia Maria Gomes Isidoro	Individual	01:18:26	+47:12	07:51	
280	222	Nuno Simões	Individual	01:18:26	+47:12	07:51	
281	98	Luis Manuel Lourenço Correia Reis	CAOB	01:18:56	+47:42	07:54	

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

9	128	JORGE RATÃO	Conquista Ginásio - Cadaval	Senior Masculino	37:54	+06:39	03:47
10	25	André Filipe Tempero Pinto	Balance Running Club	Senior Masculino	37:57	+06:42	03:48
11	288	Tiago Isidoro	Pimpões Triatlo	Senior Masculino	38:01	+06:46	03:48
12	286	Luis Martínez	Pimpões Triatlo	Senior Masculino	38:30	+07:16	03:51
13	113	Samuel Limpinho	Clube de Atletismo da Nazaré	Senior Masculino	38:42	+07:27	03:52
14	131	Bruno Silvério	CRP RIBAFRIA	Senior Masculino	39:05	+07:51	03:55
15	97	Duarte Santos	CAOB	Senior Masculino	40:11	+08:57	04:01
16	149	Patrick Inácio	GRF Benedita - Atletismo	Senior Masculino	41:07	+09:52	04:07
17	150	Rafael Lopes	GRF Benedita - Atletismo	Senior Masculino	41:15	+10:01	04:08
18	34	João Martinho	Balance Running Club	Senior Masculino	41:19	+10:04	04:08
19	173	Joao Leandro	Individual	Senior Masculino	41:29	+10:14	04:09
20	37	Nelson Barros	Balance Running Club	Senior Masculino	42:54	+11:40	04:17
21	35	João Sancheira	Balance Running Club	Senior Masculino	42:59	+11:44	04:18
22	29	Fábio Fortunato	Balance Running Club	Senior Masculino	43:07	+11:52	04:19
23	147	João Piçarra	GRF Benedita - Atletismo	Senior Masculino	43:30	+12:15	04:21
24	6	joao maria martins inacio	a.d.c.r.painho/conquista ginasio	Senior Masculino	44:31	+13:16	04:27
25	28	Emanuel Libório	Balance Running Club	Senior Masculino	45:11	+13:57	04:31
26	75	Cláudio Conceição	Caldas Corre +	Senior Masculino	45:16	+14:02	04:32
27	282	Tiago Santos	Nursingcare	Senior Masculino	47:13	+15:58	04:43
28	177	Rafael Oliveira de Carvalho	Individual	Senior Masculino	47:16	+16:01	04:44
29	38	Nuno Chicharro	Balance Running Club	Senior Masculino	47:54	+16:40	04:47
30	287	Rui Isabel	Pimpões Triatlo	Senior Masculino	49:33	+18:19	04:57
31	172	Diogo Simão	Individual	Senior Masculino	50:19	+19:04	05:02
32	180	Rodrigo Leal	Individual	Senior Masculino	50:58	+19:43	05:06
33	183	Tiago Machado	Individual	Senior Masculino	51:47	+20:32	05:11
34	171	Carlos Fonte	Individual	Senior Masculino	52:36	+21:21	05:16
35	179	Rodrigo da costa Santos	Individual	Senior Masculino	52:57	+21:43	05:18
36	26	Bruno Santos	Balance Running Club	Senior Masculino	53:09	+21:54	05:19
37	33	João Leitão	Balance Running Club	Senior Masculino	53:26	+22:11	05:21
38	132	Pedro Belo	CRP RIBAFRIA	Senior Masculino	53:38	+22:24	05:22
39	175	José Mendes	Individual	Senior Masculino	54:52	+23:38	05:29
40	40	Vasco Matos	Balance Running Club	Senior Masculino	54:56	+23:41	05:30
41	169	Alexandre Batista	Individual	Senior Masculino	55:56	+24:41	05:36
42	300	Luis Neto	Quarta a Fundo	Senior Masculino	01:00:41	+29:26	06:04
43	105	Hugo Alves	Casa do Sport Lisboa e Benfica nas Caldas da Rainha	Senior Masculino	01:01:26	+30:11	06:09
44	106	Nuno Feliciano	Casa do Sport Lisboa e Benfica nas Caldas da Rainha	Senior Masculino	01:01:26	+30:11	06:09
45	30	Gonçalo Querido	Balance Running Club	Senior Masculino	01:02:23	+31:09	06:14
46	184	Wilian Vianna	Individual	Senior Masculino	01:04:53	+33:38	06:29

Veterana F35

1	313	Alexandra Sousa	Run Tejo-CM Socks	Veterana F35	37:46	+06:31	03:47
2	190	Palmira quinhama	We Run	Veterana F35	39:33	+08:18	03:57
3	151	Bárbara Fernandes	GRF Benedita - Atletismo	Veterana F35	44:19	+13:04	04:26
4	187	Flávia Cristina Santos	Individual	Veterana F35	45:49	+14:35	04:35

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

5	295	Loes van Elswijk -Schuren	PUXA POR TI	Veterana F35	46:37	+15:23	04:40
6	189	Margarida Vieira	Individual	Veterana F35	48:31	+17:17	04:51
7	14	Lucia Monteiro	Asas nos Pés	Veterana F35	53:18	+22:03	05:20
8	188	Joana Frazão	Individual	Veterana F35	53:41	+22:27	05:22
9	296	Mirandolina Martins	PUXA POR TI	Veterana F35	54:07	+22:53	05:25
10	284	Marta Fernandes	Peniche a Correr	Veterana F35	54:48	+23:33	05:29
11	191	Patrícia Piedade	Individual	Veterana F35	56:47	+25:32	05:41
12	43	Cláudia Barroca	Balance Running Club	Veterana F35	56:48	+25:34	05:41
13	185	Ana Filipa Jesus Costa	Individual	Veterana F35	57:15	+26:01	05:44
14	41	Ana Filipa Vieira	Balance Running Club	Veterana F35	58:41	+27:26	05:52
15	45	Sofia Figueiredo	Balance Running Club	Veterana F35	01:00:15	+29:00	06:01
16	44	Liliana Ferreira	Balance Running Club	Veterana F35	01:01:55	+30:40	06:11
17	289	Carla Ferreira	Pimpões Triatlo	Veterana F35	01:03:33	+32:18	06:21
18	78	Sílvia Duarte	Caldas Corre +	Veterana F35	01:04:16	+33:01	06:26
19	76	Eva Fonte	Caldas Corre +	Veterana F35	01:04:17	+33:03	06:26
20	13	Carina Gomes	Asas nos Pés	Veterana F35	01:04:21	+33:07	06:26
21	274	Sofia Portela	Não Fazemos Nem Mais Um...Km	Veterana F35	01:04:22	+33:07	06:26
22	273	Ana B2	Não Fazemos Nem Mais Um...Km	Veterana F35	01:04:22	+33:08	06:26
23	42	Ana Rita Pereira	Balance Running Club	Veterana F35	01:05:20	+34:05	06:32
24	186	Andreia Cavalheiro	Individual	Veterana F35	01:09:06	+37:51	06:55
25	109	Vanda Prudêncio	Cf EVDCR	Veterana F35	01:13:55	+42:40	07:23
26	108	Filipa Louro	Cf EVDCR	Veterana F35	01:13:55	+42:40	07:23
27	107	Cristina Correia	Cf EVDCR	Veterana F35	01:13:55	+42:40	07:24
28	77	Maria Sarabando	Caldas Corre +	Veterana F35	01:15:38	+44:23	07:34

Veterana F45

1	152	Fátima Alendouro	GRF Benedita - Atletismo	Veterana F45	44:51	+13:36	04:29
2	46	Edite Eusébio	Balance Running Club	Veterana F45	50:16	+19:01	05:02
3	194	Lúisa Carvalhinho	Individual	Veterana F45	57:13	+25:58	05:43
4	79	Filomena Henriques	Caldas Corre +	Veterana F45	01:04:15	+33:01	06:26
5	275	Carla Ribas	Não Fazemos Nem Mais Um...Km	Veterana F45	01:04:15	+33:01	06:26
6	193	Karina Moura	Caldas Corre +	Veterana F45	01:04:15	+33:01	06:26
7	196	Teresa Margarida Cruzeiro Nobre Carneiro	Individual	Veterana F45	01:05:27	+34:13	06:33
8	110	Alexandra Pereira	Cf EVDCR	Veterana F45	01:05:35	+34:21	06:34
9	48	Susana Mendes	Balance Running Club	Veterana F45	01:07:09	+35:54	06:43
10	111	Sara Timóteo	Cf EVDCR	Veterana F45	01:08:50	+37:35	06:53

Veterana F55

1	138	Mercedes Fonseca	Federação da Família para a Paz Mundial e Unificação	Veterana F55	56:56	+25:42	05:42
2	199	shona thomson	Individual	Veterana F55	57:29	+26:15	05:45
3	136	Rita Magalhães	Dentuças	Veterana F55	01:01:20	+30:06	06:08
4	49	Isabel Reis	Balance Running Club	Veterana F55	01:05:38	+34:23	06:34

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

5	198	Robin Staffeld	Individual	Veterana F55	01:12:32	+41:18	07:15
6	197	Eugénia Maria Gomes Isidoro	Individual	Veterana F55	01:18:26	+47:11	07:51

Veterana F65

1	200	Christine WILMAN	Individual	Veterana F65	01:10:04	+38:49	07:00
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Veterano M35

1	314	Pedro Arsénio	Run Tejo-CM Socks	Veterano M35	31:16	+00:02	03:08
2	8	Nuno Evangelista	A20KM	Veterano M35	35:58	+04:43	03:36
3	156	Nuno santos	GRF Benedita - Atletismo	Veterano M35	36:45	+05:31	03:41
4	215	Marco Filipe	Individual	Veterano M35	36:50	+05:35	03:41
5	285	Fernando Fernandes	Peniche a Correr	Veterano M35	37:33	+06:18	03:45
6	155	João Canas	GRF Benedita - Atletismo	Veterano M35	37:46	+06:31	03:47
7	5	Sandro Jordão	Individual	Veterano M35	38:09	+06:54	03:49
8	306	Bruno Pereira	Run Team Bombarral	Veterano M35	38:24	+07:09	03:50
9	154	César José	GRF Benedita - Atletismo	Veterano M35	39:07	+07:52	03:55
10	117	Luís Silvério	Clube de Atletismo da Nazaré	Veterano M35	39:12	+07:58	03:55
11	162	Nuno Alexandre Reis	Grupo Cicloturismo Gaeiras / XostraSports	Veterano M35	39:30	+08:15	03:57
12	220	Nuno Miguel	Individual	Veterano M35	39:48	+08:33	03:59
13	59	Pedro Monteiro	Balance Running Club	Veterano M35	39:55	+08:41	04:00
14	115	Hélder Pereira	Clube de Atletismo da Nazaré	Veterano M35	40:19	+09:04	04:02
15	11	Luis Botelho	ACDR ARNEIRENSE	Veterano M35	40:32	+09:17	04:03
16	224	Pedro Roxo Silva	Individual	Veterano M35	40:37	+09:22	04:04
17	116	Hugo Trindade	Clube de Atletismo da Nazaré	Veterano M35	41:08	+09:54	04:07
18	207	Horácio Nunes Alexandre	Individual	Veterano M35	41:17	+10:02	04:08
19	9	Ricardo Rodrigues	Academia do Pro Peniche	Veterano M35	41:33	+10:18	04:09
20	203	Celso Fernando nunes	Individual	Veterano M35	41:37	+10:22	04:10
21	157	Rafael Lourenço	GRF Benedita - Atletismo	Veterano M35	41:54	+10:39	04:11
22	153	Alexandre Araújo	GRF Benedita - Atletismo	Veterano M35	42:04	+10:49	04:12
23	84	Patrick Figueiredo	Caldas Corre +	Veterano M35	42:18	+11:03	04:14
24	205	Davide Santos	Individual	Veterano M35	42:42	+11:27	04:16
25	85	Paulo Gomes	Caldas Corre +	Veterano M35	43:12	+11:57	04:19
26	118	Pedro Pejapes	Clube de Atletismo da Nazaré	Veterano M35	43:18	+12:03	04:20
27	214	Marco droga	Individual	Veterano M35	43:46	+12:31	04:23
28	213	luis miguel geraldos	Individual	Veterano M35	43:58	+12:44	04:24
29	210	josé passos	Individual	Veterano M35	44:09	+12:54	04:25
30	129	ADRIANO ARAÚJO	Conquista Ginásio - Cadaval	Veterano M35	44:50	+13:35	04:29
31	201	Carlos Pacheco	Individual	Veterano M35	45:15	+14:01	04:32
32	221	Nuno silva	Individual	Veterano M35	45:20	+14:05	04:32
33	206	Filipe Martins	Individual	Veterano M35	45:20	+14:05	04:32
34	127	Tiago Costa	Colégio Rainha D. Leonor	Veterano M35	45:25	+14:10	04:32
35	126	Telmo Campos	Colégio Rainha D. Leonor	Veterano M35	45:45	+14:30	04:35

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

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

36	161	Filipe Veludo	Grupo Cicloturismo Gaeiras / Xostrasports	Veterano M35	45:54	+14:39	04:35
37	308	Pedro Almeida	Run Team Bombarral	Veterano M35	46:07	+14:52	04:37
38	225	Rui Cunha	Individual	Veterano M35	47:16	+16:01	04:44
39	230	VitorPereira	Individual	Veterano M35	47:53	+16:38	04:47
40	212	luis costa	Individual	Veterano M35	47:54	+16:40	04:47
41	202	Carlos Veludk	Individual	Veterano M35	48:05	+16:50	04:48
42	307	dáriodacf	Run Team Bombarral	Veterano M35	48:54	+17:40	04:53
43	209	João Ricardo Luz	Individual	Veterano M35	48:58	+17:43	04:54
44	133	Renato Lourenço	CRP RIBAFRIA	Veterano M35	49:08	+17:53	04:55
45	211	Luis Almeida	Individual	Veterano M35	49:13	+17:59	04:55
46	54	Marco Conchinha	Balance Running Club	Veterano M35	49:43	+18:29	04:58
47	60	Ricardo Santos	Balance Running Club	Veterano M35	49:50	+18:36	04:59
48	50	Daniel Leitão	Balance Running Club	Veterano M35	50:05	+18:51	05:01
49	204	David Couto	Individual	Veterano M35	50:19	+19:04	05:02
50	321	Rui Tavares	Individual	Veterano M35	50:35	+19:20	05:03
51	61	Sérgio Medalha	Balance Running Club	Veterano M35	50:44	+19:30	05:04
52	299	Paulo Sousa	PUXA POR TI	Veterano M35	51:01	+19:47	05:06
53	218	Nelson Santos	Individual	Veterano M35	51:47	+20:32	05:11
54	125	Daniel Ferreira	Colégio Rainha D. Leonor	Veterano M35	52:55	+21:40	05:17
55	223	Oliveira	Individual	Veterano M35	52:58	+21:43	05:18
56	69	Tiago Soveral	Bazolas Team	Veterano M35	54:43	+23:28	05:28
57	68	Rui Soveral	Bazolas Team	Veterano M35	54:43	+23:29	05:28
58	315	Rui Carvalho	Sartim runners	Veterano M35	56:08	+24:53	05:37
59	58	Nuno Ferreira	Balance Running Club	Veterano M35	56:26	+25:11	05:39
60	51	Henrique Gilberto Dias	Balance Running Club	Veterano M35	56:49	+25:34	05:41
61	229	Vitor Ferreira	Individual	Veterano M35	57:29	+26:14	05:45
62	227	Sérgio Miguel Ribeiro	Individual	Veterano M35	57:31	+26:17	05:45
63	208	Ivo Campino	Individual	Veterano M35	59:36	+28:22	05:58
64	216	MARcos Vinícius Ferreira	Individual	Veterano M35	01:01:56	+30:42	06:12
65	81	António Reis	Caldas Corre +	Veterano M35	01:04:16	+33:02	06:26
66	83	Nelson Mateus	Caldas Corre +	Veterano M35	01:04:16	+33:02	06:26
67	80	André Cardoso	Caldas Corre +	Veterano M35	01:04:18	+33:04	06:26
68	82	Luís Alberto	Caldas Corre +	Veterano M35	01:04:19	+33:04	06:26
69	298	Paulo Gil	PUXA POR TI	Veterano M35	01:04:19	+33:04	06:26
70	55	Miguel Ribeiro	Balance Running Club	Veterano M35	01:05:38	+34:24	06:34
71	52	João Pedro Silva	Balance Running Club	Veterano M35	01:05:39	+34:24	06:34
72	53	Luis Loureiro	Balance Running Club	Veterano M35	01:05:53	+34:38	06:35
73	222	Nuno Simões	Individual	Veterano M35	01:18:26	+47:11	07:51

Veterano M45

1	304	Luis Avelar	RÓÓDINHAS - Master Vantagem /Oxygen	Veterano M45	35:55	+04:40	03:35
2	292	Luis Miguel Alves de Oliveira	Pimpões Triatlo	Veterano M45	37:05	+05:50	03:43
3	139	Rui Henriques	Federação da Família para a Paz Mundial e Unificação	Veterano M45	37:12	+05:57	03:43

Official Timekeeper: Lap2Go	5 / 8	generate 07-Dec-2019 19:54
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Prova Principal
10 KM
OFFICIAL RESULT

4	290	António Ervideira	Pimpões Triatlo	Veterano M45	37:26	+06:11	03:45
5	164	marcus bonito	Grupo Cicloturismo Gaeiras / XostrSports	Veterano M45	37:28	+06:13	03:45
6	233	Camilo Valgy Tarmahomed	Individual	Veterano M45	39:23	+08:08	03:56
7	72	Vitor Chagas	C.F. Os Belenenses	Veterano M45	39:23	+08:09	03:56
8	119	Augusto Portugal	Clube de Atletismo da Nazaré	Veterano M45	39:59	+08:45	04:00
9	252	Sergio flavio craveiro dos prazeres	Individual	Veterano M45	40:06	+08:51	04:01
10	120	José Marques	Clube de Atletismo da Nazaré	Veterano M45	40:16	+09:01	04:02
11	124	Carlos Cardoso	Clube Natação Rio Maior	Veterano M45	40:17	+09:02	04:02
12	121	Miguel Silva	Clube de Atletismo da Nazaré	Veterano M45	40:35	+09:21	04:04
13	243	José Dias	Individual	Veterano M45	41:25	+10:10	04:09
14	64	Paulo Costa	Balance Running Club	Veterano M45	41:42	+10:27	04:10
15	244	Luis Cipriano	Individual	Veterano M45	41:52	+10:37	04:11
16	237	Hélder Couto	Individual	Veterano M45	41:59	+10:44	04:12
17	247	MANUEL FAUSTINO	Individual	Veterano M45	42:54	+11:39	04:17
18	294	Rui Pereira	Pimpões Triatlo	Veterano M45	43:28	+12:13	04:21
19	232	Antnio franco	Individual	Veterano M45	43:58	+12:43	04:24
20	253	Sérgio Miguel Paiva Silva Alves Pereira	Individual	Veterano M45	44:28	+13:13	04:27
21	254	Telmo Pinto	Individual	Veterano M45	44:58	+13:44	04:30
22	249	Nuno Gomes	Individual	Veterano M45	45:22	+14:08	04:32
23	163	bernardo rodrigues	Grupo Cicloturismo Gaeiras / XostrSports	Veterano M45	45:54	+14:39	04:35
24	317	HELDER MARQUES	SR. CAMARNAL	Veterano M45	46:13	+14:58	04:37
25	102	Nuno Raposo	CASA ANTERO/PACHÁ	Veterano M45	46:16	+15:02	04:38
26	103	Paulo Feliciano	CASA ANTERO/PACHÁ	Veterano M45	46:17	+15:02	04:38
27	231	Agostinho Costa	Individual	Veterano M45	47:54	+16:39	04:47
28	63	Manuel Cruz	Balance Running Club	Veterano M45	48:15	+17:01	04:50
29	62	Benjamim Medalha	Balance Running Club	Veterano M45	48:48	+17:34	04:53
30	251	Pedro Leal	Individual	Veterano M45	49:04	+17:49	04:54
31	276	Duarte	Não Fazemos Nem Mais Um...Km	Veterano M45	49:19	+18:04	04:56
32	245	LUIS FILIPE RODRIGUES CORREIA	Individual	Veterano M45	49:31	+18:16	04:57
33	239	João	Individual	Veterano M45	51:55	+20:40	05:12
34	234	Dionisio dos Reis Silva	Individual	Veterano M45	53:59	+22:44	05:24
35	248	Miguel Carvalho	Individual	Veterano M45	55:43	+24:28	05:34
36	236	Gomes	Individual	Veterano M45	56:37	+25:22	05:40
37	242	José Carlos Ribeiro Capinha	Individual	Veterano M45	57:43	+26:28	05:46
38	241	Joao Marques	Individual	Veterano M45	58:03	+26:48	05:48
39	235	Francisco António Ferraz	Individual	Veterano M45	59:24	+28:09	05:56
40	250	Paulo Fernandes	Individual	Veterano M45	59:38	+28:23	05:58
41	324	Pedro Baptista	Individual	Veterano M45	01:00:26	+29:11	06:03
42	281	Luciano Pinto Pereira	Núcleo de Caldas da Rainha da Liga dos Combatentes	Veterano M45	01:00:51	+29:36	06:05
43	293	Paulo Ferreira	Pimpões Triatlo	Veterano M45	01:03:33	+32:18	06:21
44	87	Ricardo Cordeiro	Caldas Corre +	Veterano M45	01:04:16	+33:01	06:26
45	246	Luís Moura	Caldas Corre +	Veterano M45	01:04:16	+33:02	06:26
46	291	Gonçalo Valente	Pimpões Triatlo	Veterano M45	01:04:17	+33:02	06:26
47	86	João Manuel Frango	Caldas Corre +	Veterano M45	01:04:18	+33:03	06:26

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 - LAP2GO - TIMING SOLUTION

2	266	Gabriel dos Santos Conceição	Individual	Veterano M65	49:37	+18:22	04:58
3	271	Vítor parreira	mesh nazareth	Veterano M65	51:10	+19:55	05:07
4	96	José Manuel Serrenho	Caldas Corre +	Veterano M65	01:04:16	+33:01	06:26

Veterano M70

1	100	António Miranda	CAOB	Veterano M70	45:36	+14:22	04:34
2	270	Manuel Vitorino	Manuel Vitorino	Veterano M70	48:34	+17:19	04:51

COLETIVO MASCULINO - PROVA PRINCIPAL

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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	GRF BENEDITA - ATLETISMO	7 + 8 + 10 + 14 + 19	58
2	PIMPÕES TRIATLO	12 + 15 + 22 + 25 + 69	143
3	CLUBE DE ATLETISMO DA NAZARÉ	26 + 30 + 36 + 39 + 41	172
4	BALANCE RUNNING CLUB	18 + 21 + 35 + 49 + 54	177
5	CRP RIBAFRIA	4 + 27 + 29 + 113 + 146	319
6	CALDAS CORRE +	60 + 67 + 81 + 90 + 121	419

PROVA JOVEM - STAGE 1

1.5 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

	Time	Temperature	Humidity
Start	17:30	13.7°C	87%
End	17:46	13.1°C	76%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1060	Tiago Pessa	Colégio Rainha D. Leonor	04:57	-	-	-
2	1021	Tomás Casimiro	ACDR ARNEIRENSE	04:59	+00:02	-	-
3	1066	Diogo Carvalhinho	Pimpões Triatlo	05:18	+00:21	-	-
4	1064	Miguel dos Santos Ervideira	Individual	05:23	+00:26	-	-
5	1070	Martim Marques	Pimpões Triatlo	05:38	+00:41	-	-
6	1034	David Prezado	CAOB	05:47	+00:50	-	-
7	1031	Matilde Cardoso	CAOB	05:49	+00:52	-	-
8	1065	Dinis Carvalhinho	Pimpões Triatlo	05:51	+00:54	-	-
9	1050	Carlos Paiva	Colégio Rainha D. Leonor	05:53	+00:56	-	-
10	1069	Gabriel Oliveira	Pimpões Triatlo	05:57	+01:00	-	-
11	1001	Beatriz Castelhana	ACDR ARNEIRENSE	06:01	+01:04	-	-
12	1016	Diogo Chaves	ACDR ARNEIRENSE	06:01	+01:04	-	-
13	1043	Francisca Bento	Colégio Rainha D. Leonor	06:08	+01:11	-	-
14	1005	Constança Correia	ACDR ARNEIRENSE	06:12	+01:15	-	-
15	1013	Afonso Cardoso	ACDR ARNEIRENSE	06:20	+01:23	-	-
16	1010	Maria Vicente	ACDR ARNEIRENSE	06:21	+01:24	-	-
17	1075	Caetana Neves	ACDR ARNEIRENSE	06:21	+01:24	-	-
18	1033	Daniel Esgueira	CAOB	06:24	+01:27	-	-
19	1019	José Maria Parreira	ACDR ARNEIRENSE	06:24	+01:27	-	-
20	1011	Mariana Freitas	ACDR ARNEIRENSE	06:33	+01:36	-	-
21	1037	Alexandra Persson	Colégio Rainha D. Leonor	06:39	+01:42	-	-
22	1026	Leeonor Reis	CAOB	06:39	+01:42	-	-
23	1068	Francisco Castanhinha	Pimpões Triatlo	06:41	+01:44	-	-
24	1027	Madalena Carçoço	CAOB	06:43	+01:46	-	-
25	1035	Leonardo Mateus	CAOB	06:48	+01:51	-	-
26	1002	Beatriz Gonçalves	ACDR ARNEIRENSE	06:51	+01:54	-	-
27	1071	Rafael Assis	Pimpões Triatlo	06:55	+01:58	-	-
28	1076	Isaura Correia	ACDR ARNEIRENSE	07:00	+02:03	-	-
29	1067	Filipe Rocha Vareta	Pimpões Triatlo	07:03	+02:06	-	-
30	1056	Gonçalo Henriques	Colégio Rainha D. Leonor	07:06	+02:09	-	-
31	1063	Mateus Costa	Individual	07:09	+02:12	-	-
32	1052	Dinis Vicente	Colégio Rainha D. Leonor	07:10	+02:13	-	-
33	1048	Marta Marques	Colégio Rainha D. Leonor	07:11	+02:14	-	-
34	1024	Isabel Vidigal	CAOB	07:44	+02:47	-	-
35	1023	Carolina Antunes	CAOB	07:48	+02:51	-	-
36	1030	Margarida Brettes	CAOB	07:52	+02:55	-	-
37	1062	Íris Ferreira Pinto	Individual	07:53	+02:56	-	-
38	1057	João Figueiredo	Colégio Rainha D. Leonor	07:59	+03:02	-	-
39	1059	Tiago Gomes	Colégio Rainha D. Leonor	08:02	+03:05	-	-
40	1028	Mafalda Santos	CAOB	08:04	+03:07	-	-
41	1074	Pedro Figueiredo	Individual	08:04	+03:07	-	-
42	1061	Vicente Riachos	Colégio Rainha D. Leonor	08:07	+03:10	-	-

PROVA JOVEM - STAGE 1**1.5 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	RESULT	DIFF	t/KM	CARD
43	1036	Adriana Medalha	Colégio Rainha D. Leonor	08:15	+03:18	-	
44	1072	Sara Cardeiras	Individual	08:19	+03:22	-	
45	1073	Rafael Cardeiras	Individual	08:20	+03:23	-	
46	1029	Mafalda Santos	CAOB	08:36	+03:39	-	
47	1042	Diana Rodrigues	Colégio Rainha D. Leonor	08:37	+03:40	-	
48	1038	Beatriz Batista	Colégio Rainha D. Leonor	08:45	+03:48	-	
49	1006	Erica Morgado	ACDR ARNEIRENSE	08:48	+03:51	-	
50	1015	Denys Katorhin	ACDR ARNEIRENSE	08:55	+03:58	-	
51	1045	Mafalda Marques	Colégio Rainha D. Leonor	08:58	+04:01	-	
52	1039	Beatriz Costa	Colégio Rainha D. Leonor	09:01	+04:04	-	
53	1041	Catarina Amora	Colégio Rainha D. Leonor	10:23	+05:26	-	
54	1040	Betatriz Trincadeiro	Colégio Rainha D. Leonor	10:23	+05:26	-	
55	1049	Afonso Gata	Colégio Rainha D. Leonor	10:24	+05:27	-	
56	1047	Mariana Maurício	Colégio Rainha D. Leonor	10:26	+05:29	-	
57	1044	Madalena Alves	Colégio Rainha D. Leonor	10:57	+06:00	-	

Prova Jovem**1.5 KM****OFFICIAL RESULT**

	Time	Temperature	Humidity
Start	17:30	13.7°C	87%
End	17:46	13.1°C	76%

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

1	1031	Matilde Cardoso	CAOB	Infantil Feminino	05:49	+00:52	-
2	1001	Beatriz Castelhana	ACDR ARNEIRENSE	Infantil Feminino	06:01	+01:03	-
3	1043	Francisca Bento	Colégio Rainha D. Leonor	Infantil Feminino	06:08	+01:11	-
4	1005	Constança Correia	ACDR ARNEIRENSE	Infantil Feminino	06:12	+01:14	-
5	1010	Maria Vicente	ACDR ARNEIRENSE	Infantil Feminino	06:21	+01:24	-
6	1075	Caetana Neves	ACDR ARNEIRENSE	Infantil Feminino	06:21	+01:24	-
7	1011	Mariana Freitas	ACDR ARNEIRENSE	Infantil Feminino	06:33	+01:35	-
8	1037	Alexandra Persson	Colégio Rainha D. Leonor	Infantil Feminino	06:39	+01:41	-
9	1026	Leeonor Reis	CAOB	Infantil Feminino	06:39	+01:41	-
10	1027	Madalena Carçoço	CAOB	Infantil Feminino	06:43	+01:45	-
11	1002	Beatriz Gonçalves	ACDR ARNEIRENSE	Infantil Feminino	06:51	+01:53	-
12	1076	Isaura Correia	ACDR ARNEIRENSE	Infantil Feminino	07:00	+02:02	-
13	1048	Marta Marques	Colégio Rainha D. Leonor	Infantil Feminino	07:11	+02:13	-
14	1024	Isabel Vidigal	CAOB	Infantil Feminino	07:44	+02:46	-
15	1023	Carolina Antunes	CAOB	Infantil Feminino	07:48	+02:50	-
16	1030	Margarida Brettes	CAOB	Infantil Feminino	07:52	+02:54	-
17	1062	Íris Ferreira Pinto	Individual	Infantil Feminino	07:53	+02:55	-
18	1028	Mafalda Santos	CAOB	Infantil Feminino	08:04	+03:06	-
19	1036	Adriana Medalha	Colégio Rainha D. Leonor	Infantil Feminino	08:15	+03:17	-
20	1072	Sara Cardeiras	Individual	Infantil Feminino	08:19	+03:21	-
21	1029	Mafalda Santos	CAOB	Infantil Feminino	08:36	+03:39	-
22	1042	Diana Rodrigues	Colégio Rainha D. Leonor	Infantil Feminino	08:37	+03:39	-
23	1038	Beatriz Batista	Colégio Rainha D. Leonor	Infantil Feminino	08:45	+03:47	-
24	1006	Erica Morgado	ACDR ARNEIRENSE	Infantil Feminino	08:48	+03:50	-
25	1045	Mafalda Marques	Colégio Rainha D. Leonor	Infantil Feminino	08:58	+04:00	-
26	1039	Beatriz Costa	Colégio Rainha D. Leonor	Infantil Feminino	09:01	+04:03	-
27	1041	Catarina Amora	Colégio Rainha D. Leonor	Infantil Feminino	10:23	+05:25	-
28	1040	Betatriz Trincadeiro	Colégio Rainha D. Leonor	Infantil Feminino	10:23	+05:26	-
29	1047	Mariana Maurício	Colégio Rainha D. Leonor	Infantil Feminino	10:26	+05:29	-
30	1044	Madalena Alves	Colégio Rainha D. Leonor	Infantil Feminino	10:57	+05:59	-

Infantil Masculino

1	1060	Tiago Pessa	Colégio Rainha D. Leonor	Infantil Masculino	04:57	-	-
2	1021	Tomás Casimiro	ACDR ARNEIRENSE	Infantil Masculino	04:59	+00:01	-
3	1066	Diogo Carvalhinho	Pimpões Triatlo	Infantil Masculino	05:18	+00:20	-
4	1064	Miguel dos Santos Ervideira	Individual	Infantil Masculino	05:23	+00:25	-
5	1070	Martim Marques	Pimpões Triatlo	Infantil Masculino	05:38	+00:40	-
6	1034	David Prezado	CAOB	Infantil Masculino	05:47	+00:49	-

Prova Jovem**1.5 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

7	1065	Dinis Carvalhinho	Pimpões Triatlo	Infantil Masculino	05:51	+00:54	-
8	1050	Carlos Paiva	Colégio Rainha D. Leonor	Infantil Masculino	05:53	+00:56	-
9	1069	Gabriel Oliveira	Pimpões Triatlo	Infantil Masculino	05:57	+00:59	-
10	1016	Diogo Chaves	ACDR ARNEIRENSE	Infantil Masculino	06:01	+01:04	-
11	1013	Afonso Cardoso	ACDR ARNEIRENSE	Infantil Masculino	06:20	+01:23	-
12	1033	Daniel Esgueira	CAOB	Infantil Masculino	06:24	+01:26	-
13	1019	José Maria Parreira	ACDR ARNEIRENSE	Infantil Masculino	06:24	+01:27	-
14	1068	Francisco Castanhinha	Pimpões Triatlo	Infantil Masculino	06:41	+01:43	-
15	1035	Leonardo Mateus	CAOB	Infantil Masculino	06:48	+01:50	-
16	1071	Rafael Assis	Pimpões Triatlo	Infantil Masculino	06:55	+01:57	-
17	1067	Filipe Rocha Vareta	Pimpões Triatlo	Infantil Masculino	07:03	+02:06	-
18	1056	Gonçalo Henriques	Colégio Rainha D. Leonor	Infantil Masculino	07:06	+02:09	-
19	1063	Mateus Costa	Individual	Infantil Masculino	07:09	+02:11	-
20	1052	Dinis Vicente	Colégio Rainha D. Leonor	Infantil Masculino	07:10	+02:13	-
21	1057	João Figueiredo	Colégio Rainha D. Leonor	Infantil Masculino	07:59	+03:01	-
22	1059	Tiago Gomes	Colégio Rainha D. Leonor	Infantil Masculino	08:02	+03:04	-
23	1074	Pedro Figueiredo	Individual	Infantil Masculino	08:04	+03:06	-
24	1061	Vicente Riachos	Colégio Rainha D. Leonor	Infantil Masculino	08:07	+03:10	-
25	1073	Rafael Cardeiras	Individual	Infantil Masculino	08:20	+03:22	-
26	1015	Denys Katorhin	ACDR ARNEIRENSE	Infantil Masculino	08:55	+03:57	-
27	1049	Afonso Gata	Colégio Rainha D. Leonor	Infantil Masculino	10:24	+05:26	-