

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

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

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 10:00 | 13.4°C      | 82%      |
| End   | 11:44 | 14.6°C      | 67%      |

| RANK | BIB  | NAME             | TEAM   | RESULT | DIFF   | t/KM  | CARD |
|------|------|------------------|--|--------|--------|-------|------|
| 1    | 4    | MARCO MIGUEL     | Clube de Praças da Armada                            | 32:03  |        | 03:12 |      |
| 2    | 2    | NELSON CRUZ      | CPPEA  | 32:18  | +00:15 | 03:14 |      |
| 3    | 2207 | JOAO BRAGADESTE  | Clube de Praças da Armada                            | 32:24  | +00:21 | 03:14 |      |
| 4    | 2428 | ANDRÉ COSTA      | Clube de Praças da Armada                            | 32:46  | +00:43 | 03:17 |      |
| 5    | 3443 | Rafael Domingos  | Estoril Praia Triatlo                                | 33:01  | +00:58 | 03:18 |      |
| 6    | 1438 | RUI SOUSA        | ANA  | 33:12  | +01:09 | 03:19 |      |
| 7    | 896  | MARCO GOMES      | CPPEA  | 33:20  | +01:17 | 03:20 |      |
| 8    | 881  | JOSE OLIVEIRA    | CPPEA  | 33:28  | +01:25 | 03:21 |      |
| 9    | 2028 | PEDRO NOGUEIRA   | Amigos do Atletismo de Mafra                         | 34:21  | +02:18 | 03:26 |      |
| 10   | 84   | MIGUEL PIRES     | CATA   | 34:22  | +02:19 | 03:26 |      |
| 11   | 875  | MIGUEL REBELO    | CPPEA  | 34:29  | +02:26 | 03:27 |      |
| 12   | 3255 | NUNO ROCHA       | Natural Force  | 34:31  | +02:28 | 03:27 |      |
| 13   | 1477 | ROBERTO SILVEIRA | ANE  | 34:32  | +02:29 | 03:27 |      |
| 14   | 2190 | RODRIGO CARRILHO | Casa Sport Lisboa e Benfica Vendas Novas             | 34:55  | +02:52 | 03:29 |      |
| 15   | 880  | TIAGO SILVA      | CPPEA  | 35:10  | +03:07 | 03:31 |      |
| 16   | 105  | Bruno Loureiro   | ANE  | 35:12  | +03:09 | 03:31 |      |
| 17   | 340  | STEFAN ALMEIDA   | CDRAM  | 35:16  | +03:13 | 03:32 |      |
| 18   | 2319 | PEDRO GOMES      | Federação da Família para a Paz Mundial e Unificação | 35:23  | +03:20 | 03:32 |      |
| 19   | 350  | Pedro Amigo      | ANE  | 35:37  | +03:34 | 03:34 |      |
| 20   | 598  | CARLOS ARIEIRO   | ANE  | 35:39  | +03:36 | 03:34 |      |
| 21   | 316  | MARTIM FERNANDES | CDRAM  | 35:41  | +03:38 | 03:34 |      |
| 22   | 1505 | EUSEBIO ROSA     | CPPEA  | 35:47  | +03:44 | 03:35 |      |
| 23   | 1509 | BRUNO CARVALHO   | F.C. Rossão  | 35:49  | +03:46 | 03:35 |      |
| 24   | 140  | TIAGO MORAIS     | CDRAU  | 35:55  | +03:52 | 03:36 |      |
| 25   | 1502 | BERNARDO PESSOA  | CPPEA  | 36:07  | +04:04 | 03:37 |      |
| 26   | 885  | FILIPPE RAMOS    | CPPEA  | 36:09  | +04:06 | 03:37 |      |
| 27   | 3312 | CLÁUDIO NÓBREGA  | Run Crew Trail Montijo                               | 36:10  | +04:07 | 03:37 |      |
| 28   | 899  | JOÃO FAUSTINO    | CPPEA  | 36:14  | +04:11 | 03:37 |      |
| 29   | 2313 | MIGUEL PINTO     | Federação da Família para a Paz Mundial e Unificação | 36:15  | +04:12 | 03:38 |      |
| 30   | 2335 | PAULO ALVES      | GDCTINCM   | 36:21  | +04:18 | 03:38 |      |
| 31   | 3445 | Carlos Alves     | Boavista do Pico - Açores                            | 36:23  | +04:20 | 03:38 |      |
| 32   | 389  | PAULO BENEVENTE  | CDRAM  | 36:24  | +04:21 | 03:38 |      |
| 33   | 613  | MÁRIO BOUCINHA   | ANE  | 36:27  | +04:24 | 03:39 |      |
| 34   | 586  | HÉLDER CARMINÉ   | ANE  | 36:41  | +04:38 | 03:40 |      |
| 35   | 2958 | PEDRO RIBEIRO    | Individual   | 36:57  | +04:54 | 03:42 |      |
| 36   | 66   | NUNO RAPOSO      | CATA   | 36:59  | +04:56 | 03:42 |      |
| 37   | 582  | ALEXANDRE TIAGO  | ANE  | 37:02  | +04:59 | 03:42 |      |
| 38   | 629  | LUÍS GOUVEIA     | ANE  | 37:05  | +05:02 | 03:43 |      |
| 39   | 1076 | PEDRO JOAQUIM    | CBS  | 37:13  | +05:10 | 03:43 |      |
| 40   | 884  | JONATAS XAVIER   | CPPEA  | 37:18  | +05:15 | 03:44 |      |

**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 |
|------|------|--------------------|--|--------|--------|-------|------|
| 41   | 891  | CARLOS ALPOIM      | CPPEA  | 37:19  | +05:16 | 03:44 |      |
| 42   | 1432 | JOÃO CORDEIRO      | ANA  | 37:20  | +05:17 | 03:44 |      |
| 43   | 3322 | LUÍS CRUZ          | Run Crew Trail Montijo                               | 37:23  | +05:20 | 03:44 |      |
| 44   | 594  | LUÍS ANTUNES       | ANE  | 37:27  | +05:24 | 03:45 |      |
| 45   | 54   | JOÃO CORREIA       | CATA   | 37:34  | +05:31 | 03:45 |      |
| 46   | 2300 | FLÁVIO SANTOS      | Federação da Família para a Paz Mundial e Unificação | 37:47  | +05:44 | 03:47 |      |
| 47   | 437  | SEBASTIÃO ANTÓNIO  | CDRAM  | 37:51  | +05:48 | 03:47 |      |
| 48   | 2236 | PAULO PONTEIRA     | CLUBE DO SARGENTO DA ARMADA                          | 37:56  | +05:53 | 03:48 |      |
| 49   | 2693 | JOÃO SILVA         | Individual   | 38:07  | +06:04 | 03:49 |      |
| 50   | 6    | Inês Marques       | Escola de Atletismo de Coimbra                       | 38:15  | +06:12 | 03:50 |      |
| 51   | 2159 | NUNO VARELA        | CA VALE FIGUEIRA                                     | 38:16  | +06:13 | 03:50 |      |
| 52   | 2332 | DAVID PEREIRA      | GD Independente                                      | 38:19  | +06:16 | 03:50 |      |
| 53   | 426  | EDUARDO FERNANDES  | CDRAM  | 38:24  | +06:21 | 03:50 |      |
| 54   | 600  | ANTÓNIO MOURO      | ANE  | 38:27  | +06:24 | 03:51 |      |
| 55   | 2023 | EDUARDO EUSTÁQUIO  | Amigos do Atletismo de Mafra                         | 38:30  | +06:27 | 03:51 |      |
| 56   | 3334 | VICTOR LOPES       | Run Crew Trail Montijo                               | 38:33  | +06:30 | 03:51 |      |
| 57   | 578  | JOÃO OLIVEIRA      | ANE  | 38:39  | +06:36 | 03:52 |      |
| 58   | 665  | PAULO PINTO        | ANE  | 38:42  | +06:39 | 03:52 |      |
| 59   | 423  | RUI AFONSO         | CDRAM  | 38:45  | +06:42 | 03:52 |      |
| 60   | 150  | RAUL PENA          | CDRAU  | 38:48  | +06:45 | 03:53 |      |
| 61   | 612  | JOSÉ FACHADAS      | ANE  | 38:51  | +06:48 | 03:53 |      |
| 62   | 3417 | NUNO ANTUNES       | URBAN RUN TEAM                                       | 38:54  | +06:51 | 03:53 |      |
| 63   | 2161 | PAULO LOPES        | CA VALE FIGUEIRA                                     | 39:02  | +06:59 | 03:54 |      |
| 64   | 2297 | ALEX TAVARES       | Federação da Família para a Paz Mundial e Unificação | 39:07  | +07:04 | 03:55 |      |
| 65   | 2669 | IVO MENDES         | Individual   | 39:10  | +07:07 | 03:55 |      |
| 66   | 121  | Ricardo Oliveira   | ANE  | 39:15  | +07:12 | 03:55 |      |
| 67   | 2352 | MIGUEL DAVID       | GRCD Leião   | 39:16  | +07:13 | 03:56 |      |
| 68   | 1522 | EDUARDO LOURENÇO   | CDRAM  | 39:17  | +07:14 | 03:56 |      |
| 69   | 1111 | PEDRO MARTINS      | CDRAM  | 39:23  | +07:20 | 03:56 |      |
| 70   | 1343 | JOÃO CRUZ          | CBS  | 39:28  | +07:25 | 03:57 |      |
| 71   | 349  | MOISÉS OLIVEIRA    | CDRAM  | 39:33  | +07:30 | 03:57 |      |
| 72   | 2581 | FÁBIO AZINHEIRINHA | Individual   | 39:35  | +07:32 | 03:58 |      |
| 73   | 3199 | RUI SILVA          | Linda-A-Pastora Sporting Clube                       | 39:37  | +07:34 | 03:58 |      |
| 74   | 3435 | Paulo Rodrigues    | Tintas MONDAUTO                                      | 39:40  | +07:37 | 03:58 |      |
| 75   | 2282 | VASCO LEVITA       | Estoril Praia Triatlo                                | 39:43  | +07:40 | 03:58 |      |
| 76   | 2632 | GODINHO RAMOS      | Individual   | 39:44  | +07:41 | 03:58 |      |
| 77   | 656  | CARLOS CRISTÃO     | ANE  | 39:47  | +07:44 | 03:59 |      |
| 78   | 1510 | ANTONIO MACHADO    | F.C. Rossão  | 39:47  | +07:44 | 03:59 |      |
| 79   | 2429 | ANDRÉ MARTINS      | Individual   | 39:47  | +07:44 | 03:59 |      |
| 80   | 2132 | ANTÓNIO HENRIQUES  | CA VALE FIGUEIRA                                     | 39:50  | +07:47 | 03:59 |      |
| 81   | 336  | MÁRIO AFONSO       | CDRAM  | 39:52  | +07:49 | 03:59 |      |
| 82   | 1038 | JOÃO LIMÃO         | ANE  | 39:57  | +07:54 | 04:00 |      |
| 83   | 3    | LARA GLÓRIA        | Sporting Clube de Portugal                           | 39:58  | +07:55 | 04:00 |      |
| 84   | 2555 | DUARTE COSTA       | Individual   | 40:00  | +07:57 | 04:00 |      |
| 85   | 3027 | SAMUEL MARQUES     | Individual   | 40:01  | +07:58 | 04:00 |      |

**PROVA PRINCIPAL - STAGE 1**
**10 KM**
**OFFICIAL RESULT**

| RANK | BIB  | NAME                   | TEAM   | RESULT | DIFF   | t/KM  | CARD |
|------|------|------------------------|--|--------|--------|-------|------|
| 86   | 615  | JOSÉ NEVES             | ANE  | 40:13  | +08:10 | 04:01 |      |
| 87   | 878  | CATARINA CARMO         | CPPEA  | 40:18  | +08:15 | 04:02 |      |
| 88   | 2177 | Pedro Carrasqueira     | Casa do Benfica de Algueirão Mem-Martins             | 40:20  | +08:17 | 04:02 |      |
| 89   | 2861 | NELSON LOURO           | Individual   | 40:21  | +08:18 | 04:02 |      |
| 90   | 417  | LUIS PEREIRA           | CDRAM  | 40:22  | +08:19 | 04:02 |      |
| 91   | 2183 | ROMÁRIO ALMEIDA        | Casa do Benfica de Algueirão Mem-Martins             | 40:26  | +08:23 | 04:03 |      |
| 92   | 2334 | NUNO HENRIQUES         | GDCTINCM   | 40:27  | +08:24 | 04:03 |      |
| 93   | 397  | RICARDO CASTANHO       | CDRAM  | 40:31  | +08:28 | 04:03 |      |
| 94   | 3168 | ARTUR PEREIRA          | Linda-A-Pastora Sporting Clube                       | 40:35  | +08:32 | 04:03 |      |
| 95   | 2176 | HUGO PALMEIRO          | Casa do Benfica de Algueirão Mem-Martins             | 40:36  | +08:33 | 04:04 |      |
| 96   | 2188 | FERNANDO MELÃO         | Casa do Concelho de Arcos de Valdevez                | 40:39  | +08:36 | 04:04 |      |
| 97   | 1310 | JOÃO SOUSA             | CPSN   | 40:40  | +08:37 | 04:04 |      |
| 98   | 2165 | RUI VALE               | CA VALE FIGUEIRA                                     | 40:41  | +08:38 | 04:04 |      |
| 99   | 2158 | MARCO BAETA            | CA VALE FIGUEIRA                                     | 40:46  | +08:43 | 04:05 |      |
| 100  | 1364 | SANDRA CRUZ            | ANE  | 40:50  | +08:47 | 04:05 |      |
| 101  | 1362 | EMANUEL RODRIGUES      | ANE  | 40:50  | +08:47 | 04:05 |      |
| 102  | 2304 | MÁRIO RODRIGUES        | Federação da Família para a Paz Mundial e Unificação | 40:50  | +08:47 | 04:05 |      |
| 103  | 126  | JOAQUIM DIAS           | CATA   | 40:57  | +08:54 | 04:06 |      |
| 104  | 3193 | JOÃO SALGUEIRO ANTUNES | URBAN RUN TEAM                                       | 40:59  | +08:56 | 04:06 |      |
| 105  | 2239 | NUNO ALVES             | Clube Olímpico de Oeiras                             | 41:00  | +08:57 | 04:06 |      |
| 106  | 118  | FÁBIO TEIXEIRA         | CATA   | 41:02  | +08:59 | 04:06 |      |
| 107  | 617  | CARLOS LIMA            | ANE  | 41:03  | +09:00 | 04:06 |      |
| 108  | 2150 | JOSÉ MARQUES           | CA VALE FIGUEIRA                                     | 41:05  | +09:02 | 04:06 |      |
| 109  | 3446 | TIAGO SILVA            | Individual   | 41:05  | +09:02 | 04:07 |      |
| 110  | 2148 | José Pereira           | CA VALE FIGUEIRA                                     | 41:08  | +09:05 | 04:07 |      |
| 111  | 1500 | NUNO TORRES            | CATA   | 41:09  | +09:06 | 04:07 |      |
| 112  | 1532 | RUI ALMEIDA            | CDRAM  | 41:11  | +09:08 | 04:07 |      |
| 113  | 2026 | JOSÉ GONÇALVES         | Amigos do Atletismo de Mafra                         | 41:12  | +09:09 | 04:07 |      |
| 114  | 3184 | MIGUEL SEQUEIRA        | Linda-A-Pastora Sporting Clube                       | 41:13  | +09:10 | 04:07 |      |
| 115  | 3098 | VASCO PESSOA           | Individual   | 41:14  | +09:11 | 04:07 |      |
| 116  | 2134 | JORGE VALENTE          | CA VALE FIGUEIRA                                     | 41:18  | +09:15 | 04:08 |      |
| 117  | 341  | TIAGO PINTO            | CDRAM  | 41:18  | +09:15 | 04:08 |      |
| 118  | 1427 | FILIPPE REBELO         | Individual   | 41:19  | +09:16 | 04:08 |      |
| 119  | 1430 | FILIPPE MARQUES        | ANA  | 41:19  | +09:16 | 04:08 |      |
| 120  | 890  | PEDRO PELADO           | CPPEA  | 41:19  | +09:16 | 04:08 |      |
| 121  | 616  | RICARDO LOBO           | ANE  | 41:20  | +09:17 | 04:08 |      |
| 122  | 3419 | SADIQ KASSAMO          | URBAN RUN TEAM                                       | 41:20  | +09:17 | 04:08 |      |
| 123  | 2465 | BRUNO BRAZAO           | Individual   | 41:20  | +09:17 | 04:08 |      |
| 124  | 717  | CARLOS PARREIRA        | CDCCM  | 41:24  | +09:21 | 04:08 |      |
| 125  | 898  | NUNO CARMO             | CPPEA  | 41:25  | +09:22 | 04:08 |      |
| 126  | 3169 | BRUNO SANTOS           | Linda-A-Pastora Sporting Clube                       | 41:26  | +09:23 | 04:09 |      |
| 127  | 2467 | BRUNO CARVALHO         | Individual   | 41:27  | +09:24 | 04:09 |      |
| 128  | 2829 | MÁRIO BORGES           | Individual   | 41:29  | +09:26 | 04:09 |      |
| 129  | 446  | ALBERTO RODRIGUES      | CDRAM  | 41:30  | +09:27 | 04:09 |      |
| 130  | 2244 | FERNANDO GODINHO       | correr loures  | 41:33  | +09:30 | 04:09 |      |

**PROVA PRINCIPAL - STAGE 1**
**10 KM**
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION
**OFFICIAL RESULT**
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

| RANK | BIB  | NAME                 | TEAM   | RESULT | DIFF   | t/KM  | CARD |
|------|------|----------------------|--|--------|--------|-------|------|
| 131  | 184  | RUI PANÇA            | CBS  | 41:36  | +09:33 | 04:10 |      |
| 132  | 2318 | PAULO CARVALHO       | Federação da Família para a Paz Mundial e Unificação | 41:37  | +09:34 | 04:10 |      |
| 133  | 3418 | MIGUEL SANTOS        | URBAN RUN TEAM                                       | 41:38  | +09:35 | 04:10 |      |
| 134  | 1355 | MAURO EDUARDO        | URJFF  | 41:39  | +09:36 | 04:10 |      |
| 135  | 3205 | DANIEL SAMPAIO       | LISRUNNING CPA                                       | 41:46  | +09:43 | 04:11 |      |
| 136  | 3230 | DAVID PALMEIRO       | Montes Saloios Trail Team                            | 41:53  | +09:50 | 04:11 |      |
| 137  | 1529 | HÉLIO AUGUSTO        | CDRAM  | 41:56  | +09:53 | 04:12 |      |
| 138  | 2369 | GABRIEL GONÇALVES    | grupo desportivo chelas                              | 41:58  | +09:55 | 04:12 |      |
| 139  | 874  | MARIANA SANTOS       | CPPEA  | 42:00  | +09:57 | 04:12 |      |
| 140  | 324  | DANIEL PALMA         | CDRAM  | 42:00  | +09:57 | 04:12 |      |
| 141  | 1000 | BRUNO ESTEVES        | CATA   | 42:03  | +10:00 | 04:12 |      |
| 142  | 1138 | HERNÂNI FERNANDES    | NSPCS  | 42:03  | +10:00 | 04:12 |      |
| 143  | 1564 | IVO FERREIRA         | ANE  | 42:04  | +10:01 | 04:12 |      |
| 144  | 580  | JOSÉ NUNES           | ANE  | 42:05  | +10:02 | 04:12 |      |
| 145  | 2847 | MICHAEL RECHENA      | Individual   | 42:11  | +10:08 | 04:13 |      |
| 146  | 2295 | PEDRO GUERREIRO      | EX FEDERADOS   | 42:13  | +10:10 | 04:13 |      |
| 147  | 1299 | ÁLVARO GUERRA        | ANE  | 42:14  | +10:11 | 04:13 |      |
| 148  | 1217 | SÉRGIO FERREIRA      | URJFF  | 42:14  | +10:11 | 04:13 |      |
| 149  | 3400 | PEDRO LOURENÇO       | Team   | 42:16  | +10:13 | 04:14 |      |
| 150  | 630  | NUNO CORREIA         | ANE  | 42:20  | +10:17 | 04:14 |      |
| 151  | 2133 | João Covas           | CA VALE FIGUEIRA                                     | 42:21  | +10:18 | 04:14 |      |
| 152  | 3155 | PAULO SILVA          | LH Ginasio   | 42:22  | +10:19 | 04:14 |      |
| 153  | 475  | José Amigo           | ANE  | 42:25  | +10:22 | 04:14 |      |
| 154  | 2676 | JOAO BRAZ            | Individual   | 42:27  | +10:24 | 04:15 |      |
| 155  | 900  | PEDRO LOPES          | CPPEA  | 42:31  | +10:28 | 04:15 |      |
| 156  | 146  | AGOSTINHO GONÇALVES  | CDRAU  | 42:35  | +10:32 | 04:15 |      |
| 157  | 2346 | HUMBERTO SOEIMA      | GRCD Leião   | 42:38  | +10:35 | 04:16 |      |
| 158  | 430  | JORGE PAULO SANTOS   | CDRAM  | 42:43  | +10:40 | 04:16 |      |
| 159  | 167  | ANTÓNIO MASSANO      | CBS  | 42:45  | +10:42 | 04:16 |      |
| 160  | 3108 | FRANCISCO CERQUEIRA  | KER SPORT TRAIL RUNNING                              | 42:45  | +10:42 | 04:17 |      |
| 161  | 2050 | ISIDRO SIMÕES        | AO RITMO DAS 200PPM                                  | 42:45  | +10:42 | 04:17 |      |
| 162  | 3326 | PAULO LOPES          | Run Crew Trail Montijo                               | 42:48  | +10:45 | 04:17 |      |
| 163  | 179  | JORGE PAULO          | CBS  | 42:48  | +10:45 | 04:17 |      |
| 164  | 2634 | GUILHERME HORA       | Individual   | 42:49  | +10:46 | 04:17 |      |
| 165  | 2202 | NUNO PITA            | CCDTMetroLX  | 42:50  | +10:47 | 04:17 |      |
| 166  | 391  | ALEXANDRE CANTANHEDE | CDRAM  | 42:53  | +10:50 | 04:17 |      |
| 167  | 1603 | ORLEAN SANTOS        | ANE  | 42:55  | +10:52 | 04:18 |      |
| 168  | 664  | FERNANDO CHAMUSCA    | ANE  | 42:58  | +10:55 | 04:18 |      |
| 169  | 1245 | BRUNO GARCIA         | URJFF  | 43:00  | +10:57 | 04:18 |      |
| 170  | 398  | Nuno Alves           | ANE  | 43:01  | +10:58 | 04:18 |      |
| 171  | 2725 | JOSE BRITO           | Individual   | 43:02  | +10:59 | 04:18 |      |
| 172  | 435  | João Montes          | ANE  | 43:03  | +11:00 | 04:18 |      |
| 173  | 1450 | LUIS LOUREIRO        | CBS  | 43:04  | +11:01 | 04:18 |      |
| 174  | 2718 | JORGE VAZ            | Individual   | 43:05  | +11:02 | 04:19 |      |
| 175  | 1444 | SIMÃO CORRENTE       | AAS  | 43:09  | +11:06 | 04:19 |      |

**PROVA PRINCIPAL - STAGE 1****10 KM**

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

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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 |
|------|------|---------------------|------------------------------|--------|--------|-------|------|
| 176  | 654  | PEDRO GOMES         | ANE                          | 43:11  | +11:08 | 04:19 |      |
| 177  | 3111 | ROBERT TEIXEIRA     | KonanRunners                 | 43:12  | +11:09 | 04:19 |      |
| 178  | 1454 | JORGE SERRA         | CBS                          | 43:13  | +11:10 | 04:19 |      |
| 179  | 2140 | Hugo Caselhas       | CA VALE FIGUEIRA             | 43:13  | +11:10 | 04:19 |      |
| 180  | 2144 | JOÃO FERREIRA       | CA VALE FIGUEIRA             | 43:13  | +11:10 | 04:19 |      |
| 181  | 2269 | JORGE CANTEIRO      | El Comandante                | 43:14  | +11:12 | 04:19 |      |
| 182  | 193  | VERGILIO MADEIRA    | CBS                          | 43:17  | +11:14 | 04:20 |      |
| 183  | 166  | RICARDO ALVES       | CBS                          | 43:18  | +11:15 | 04:20 |      |
| 184  | 2633 | GONÇALO FERRAZ      | Individual                   | 43:20  | +11:17 | 04:20 |      |
| 185  | 148  | JOÃO BARRONA        | CDRAU                        | 43:21  | +11:18 | 04:20 |      |
| 186  | 3379 | JOÃO PÁSCOA         | Tálfentos Team               | 43:23  | +11:20 | 04:20 |      |
| 187  | 2199 | JOAO OLIVEIRA       | CCDTMetroLX                  | 43:23  | +11:20 | 04:20 |      |
| 188  | 659  | CARLOS COSTA        | ANE                          | 43:24  | +11:21 | 04:20 |      |
| 189  | 710  | JOSÉ TELES          | CDCCM                        | 43:28  | +11:25 | 04:21 |      |
| 190  | 2201 | MANUEL COSTA        | CCDTMetroLX                  | 43:29  | +11:26 | 04:21 |      |
| 191  | 2099 | BRUNO CARVALHO      | BANDIDOS                     | 43:29  | +11:26 | 04:21 |      |
| 192  | 3002 | RUBEN VARELA        | Individual                   | 43:30  | +11:27 | 04:21 |      |
| 193  | 2892 | NUNO ALMEIDA        | Individual                   | 43:32  | +11:29 | 04:21 |      |
| 194  | 2459 | ANTÓNIO LEIRÃO      | Individual                   | 43:34  | +11:31 | 04:21 |      |
| 195  | 697  | HENRIQUE FERREIRA   | ASAS                         | 43:35  | +11:32 | 04:22 |      |
| 196  | 2171 | VASCO GONÇALVES     | CA VALE FIGUEIRA             | 43:36  | +11:33 | 04:22 |      |
| 197  | 2045 | FERNANDO FIGUEIREDO | AO RITMO DAS 200PPM          | 43:37  | +11:34 | 04:22 |      |
| 198  | 2080 | EDUARDO LUÍS        | Atómicos                     | 43:37  | +11:34 | 04:22 |      |
| 199  | 2283 | ANTONIO RUA         | EX FEDERADOS                 | 43:38  | +11:35 | 04:22 |      |
| 200  | 3163 | SÉRGIO PALMA        | LIBERDADE FUTEBOL CLUBE      | 43:39  | +11:36 | 04:22 |      |
| 201  | 2547 | DAVID MARTINS       | Individual                   | 43:40  | +11:37 | 04:22 |      |
| 202  | 2135 | CARLOS GONÇALVES    | CA VALE FIGUEIRA             | 43:41  | +11:38 | 04:22 |      |
| 203  | 2206 | RUI PASTOR          | CCDTMetroLX                  | 43:43  | +11:40 | 04:22 |      |
| 204  | 2707 | JOÃO SIMÕES         | Individual                   | 43:44  | +11:41 | 04:22 |      |
| 205  | 3215 | PAULO SANTOS        | Lourdete Perfumarias         | 43:46  | +11:43 | 04:23 |      |
| 206  | 2241 | CARLOS SEQUEIRA     | correr loures                | 43:46  | +11:43 | 04:23 |      |
| 207  | 102  | MÁRIO LOURENÇO      | CATA                         | 43:47  | +11:44 | 04:23 |      |
| 208  | 718  | BRUNO TAVARES       | CDCCM                        | 43:48  | +11:45 | 04:23 |      |
| 209  | 2769 | LUIS RODRIGUES      | Individual                   | 43:48  | +11:45 | 04:23 |      |
| 210  | 2466 | BRUNO CARLOS        | Individual                   | 43:48  | +11:45 | 04:23 |      |
| 211  | 2593 | FERNANDO CORREIA    | Individual                   | 43:50  | +11:47 | 04:23 |      |
| 212  | 47   | JOÃO REBELO         | CATA                         | 43:50  | +11:47 | 04:23 |      |
| 213  | 2022 | CARLOS MORAIS       | Amigos do Atletismo de Mafra | 43:51  | +11:48 | 04:23 |      |
| 214  | 2027 | ORLANDO REBELO      | Amigos do Atletismo de Mafra | 43:52  | +11:49 | 04:23 |      |
| 215  | 70   | FELICIANO CARVALHO  | CATA                         | 43:52  | +11:49 | 04:23 |      |
| 216  | 2589 | FERNANDO FERREIRA   | Individual                   | 43:54  | +11:51 | 04:23 |      |
| 217  | 380  | AMÉLIA COSTA        | CDRAM                        | 43:54  | +11:51 | 04:23 |      |
| 218  | 1327 | NUNO DUARTE         | CDRAU                        | 43:54  | +11:51 | 04:23 |      |
| 219  | 897  | ANTONIO PEDRO COSTA | CPPEA                        | 43:55  | +11:52 | 04:23 |      |
| 220  | 3452 | Julio Serras        | Individual                   | 43:56  | +11:53 | 04:24 |      |
| 221  | 3436 | Pedro Guerra        | Tintas MONDAUTO              | 43:58  | +11:55 | 04:24 |      |

## PROVA PRINCIPAL - STAGE 1

10 KM

## OFFICIAL RESULT

| RANK | BIB  | NAME              | TEAM   | RESULT | DIFF   | t/KM  | CARD |
|------|------|-------------------|--|--------|--------|-------|------|
| 222  | 3368 | PAULO SARTY       | Strong Team  | 43:59  | +11:56 | 04:24 |      |
| 223  | 421  | LUIS ROQUE        | CDRAM  | 43:59  | +11:56 | 04:24 |      |
| 224  | 2431 | ANDRÉ VILHENA     | Individual   | 44:01  | +11:58 | 04:24 |      |
| 225  | 555  | PAULA GUEDES      | ANE  | 44:02  | +11:59 | 04:24 |      |
| 226  | 533  | Dina Oliveira     | ANE  | 44:03  | +12:00 | 04:24 |      |
| 227  | 2936 | PEDRO ANTUNES     | Individual   | 44:04  | +12:01 | 04:24 |      |
| 228  | 1385 | TELMO FREIRE      | CBS  | 44:08  | +12:05 | 04:25 |      |
| 229  | 2919 | PAULO COSTA       | Individual   | 44:09  | +12:06 | 04:25 |      |
| 230  | 2003 | EMANUEL MARTINS   | A Minha Corrida                                      | 44:09  | +12:06 | 04:25 |      |
| 231  | 2492 | CARLOS            | Individual   | 44:10  | +12:07 | 04:25 |      |
| 232  | 1491 | DUARTE AGUIAR     | ANE  | 44:10  | +12:07 | 04:25 |      |
| 233  | 327  | FILIPA COSTA      | CDRAM  | 44:11  | +12:08 | 04:25 |      |
| 234  | 2323 | TIAGO QUITÉRIO    | Federação da Família para a Paz Mundial e Unificação | 44:14  | +12:11 | 04:25 |      |
| 235  | 1006 | CRISTINA MOURATO  | CBS  | 44:15  | +12:12 | 04:25 |      |
| 236  | 180  | RENATO CRISTINA   | CBS  | 44:23  | +12:20 | 04:26 |      |
| 237  | 473  | JOSÉ LANÇA        | CDRAM  | 44:29  | +12:26 | 04:27 |      |
| 238  | 2710 | JOAQUIM FRADE     | Individual   | 44:30  | +12:27 | 04:27 |      |
| 239  | 98   | ANTÓNIO MARQUES   | CATA   | 44:30  | +12:27 | 04:27 |      |
| 240  | 2979 | RICARDO DOMINGUES | Individual   | 44:32  | +12:29 | 04:27 |      |
| 241  | 463  | ANTÓNIO CERDEIRA  | CDRAM  | 44:33  | +12:30 | 04:27 |      |
| 242  | 2484 | CARLA DIAS        | Individual   | 44:33  | +12:30 | 04:27 |      |
| 243  | 2749 | JUSTINIANO SILVA  | Individual   | 44:35  | +12:32 | 04:27 |      |
| 244  | 169  | FILIPE FIDALGO    | CBS  | 44:39  | +12:36 | 04:28 |      |
| 245  | 158  | LEONTINO LAMPREIA | CBS  | 44:41  | +12:38 | 04:28 |      |
| 246  | 2678 | JOAO ALMEIDA      | CBS  | 44:41  | +12:38 | 04:28 |      |
| 247  | 2250 | PEDRO VIEIRA      | correr loures  | 44:42  | +12:39 | 04:28 |      |
| 248  | 1451 | AFONSO DIAS       | CBS  | 44:43  | +12:40 | 04:28 |      |
| 249  | 1075 | CARLOS PINTO      | CDRAM  | 44:45  | +12:42 | 04:28 |      |
| 250  | 1204 | RUI BALTAZAR      | CATA   | 44:45  | +12:42 | 04:28 |      |
| 251  | 2606 | FILIPE MARQUES    | Individual   | 44:47  | +12:44 | 04:29 |      |
| 252  | 2981 | RICARDO MARQUES   | Individual   | 44:48  | +12:45 | 04:29 |      |
| 253  | 2067 | PEDRO GONÇALVES   | AO RITMO DAS 200PPM                                  | 44:50  | +12:47 | 04:29 |      |
| 254  | 61   | HÉLDER RAMOS      | CATA   | 44:50  | +12:47 | 04:29 |      |
| 255  | 3423 | MIGUEL FIGUEIREDO | We'll Never Walk Alone                               | 44:50  | +12:47 | 04:29 |      |
| 256  | 3204 | CARLOS LOURENÇO   | LISRUNNING CPA                                       | 44:50  | +12:47 | 04:29 |      |
| 257  | 468  | ANTÓNIO CASTRO    | CDRAM  | 44:52  | +12:49 | 04:29 |      |
| 258  | 3361 | RICARDO NOBRE     | SIMECQ   | 44:53  | +12:50 | 04:29 |      |
| 259  | 1573 | FRANCISCO MELO    | ANE  | 44:54  | +12:51 | 04:29 |      |
| 260  | 1572 | BO IRIK           | ANE  | 44:56  | +12:53 | 04:30 |      |
| 261  | 433  | SÉRGIO SANTOS     | CDRAM  | 44:57  | +12:54 | 04:30 |      |
| 262  | 2121 | PEDRO GABRIEL     | C.A. Amigos Parque da Paz                            | 44:57  | +12:54 | 04:30 |      |
| 263  | 655  | SÉRGIO MACATRÃO   | ANE  | 44:57  | +12:54 | 04:30 |      |
| 264  | 2256 | FRANCISCO FARINHA | Correr Queluz  | 45:01  | +12:58 | 04:30 |      |
| 265  | 2074 | MARCIA SANTOS     | Associação Académica Pinhalnovense                   | 45:02  | +12:59 | 04:30 |      |
| 266  | 343  | HUGO BENEVENTE    | CDRAM  | 45:03  | +13:00 | 04:30 |      |

## PROVA PRINCIPAL - STAGE 1

10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB  | NAME              | TEAM                           | RESULT | DIFF   | t/KM  | CARD |
|------|------|-------------------|--------------------------------|--------|--------|-------|------|
| 267  | 2505 | CARLOS OLIVEIRA   | Individual                     | 45:03  | +13:00 | 04:30 |      |
| 268  | 287  | CARLOS FONSECA    | ZFF                            | 45:05  | +13:02 | 04:30 |      |
| 269  | 1147 | MANUEL HORTA      | AAS                            | 45:05  | +13:02 | 04:30 |      |
| 270  | 2476 | BRUNO ORNELAS     | Individual                     | 45:08  | +13:05 | 04:31 |      |
| 271  | 641  | JOSÉ NOBRE        | ANE                            | 45:09  | +13:06 | 04:31 |      |
| 272  | 3200 | RUI DUARTE        | Linda-A-Pastora Sporting Clube | 45:11  | +13:08 | 04:31 |      |
| 273  | 395  | ANTÓNIO GONÇALVES | CDRAM                          | 45:12  | +13:09 | 04:31 |      |
| 274  | 1151 | RUI BOLOTA        | CDRAM                          | 45:15  | +13:12 | 04:31 |      |
| 275  | 1507 | LUIS NATAL        | CPPEA                          | 45:15  | +13:12 | 04:31 |      |
| 276  | 79   | ANTÓNIO ALMEIDA   | CATA                           | 45:15  | +13:12 | 04:32 |      |
| 277  | 465  | MANUEL AMARO      | CDRAM                          | 45:17  | +13:14 | 04:32 |      |
| 278  | 2691 | JOÃO GARCIA       | FERNÃO FERRO SEIXAL            | 45:17  | +13:14 | 04:32 |      |
| 279  | 2659 | HUGO CONCEIÇÃO    | Individual                     | 45:17  | +13:14 | 04:32 |      |
| 280  | 1004 | PAULA JORGE       | CBS                            | 45:18  | +13:15 | 04:32 |      |
| 281  | 3006 | RUI FREITAS       | Individual                     | 45:19  | +13:16 | 04:32 |      |
| 282  | 2888 | NUNO OLIVEIRA     | Individual                     | 45:22  | +13:19 | 04:32 |      |
| 283  | 2778 | LUÍS CORREIA      | Individual                     | 45:22  | +13:19 | 04:32 |      |
| 284  | 1305 | SÓNIA FREITAS     | ANE                            | 45:24  | +13:21 | 04:32 |      |
| 285  | 3161 | CIPRIANO MARTINS  | LIBERDADE FUTEBOL CLUBE        | 45:24  | +13:21 | 04:32 |      |
| 286  | 636  | JOÃO LOURENÇO     | ANE                            | 45:25  | +13:22 | 04:32 |      |
| 287  | 413  | JOSÉ SERRANO      | CDRAM                          | 45:26  | +13:23 | 04:33 |      |
| 288  | 521  | LUÍS BALINHO      | NSCPS                          | 45:27  | +13:24 | 04:33 |      |
| 289  | 3103 | VITOR TEIXEIRA    | Individual                     | 45:32  | +13:29 | 04:33 |      |
| 290  | 2463 | BRUNO AMARO       | Individual                     | 45:33  | +13:30 | 04:33 |      |
| 291  | 1426 | JOAQUIM MARTINS   | CDRAU                          | 45:34  | +13:31 | 04:33 |      |
| 292  | 3236 | LUIS ALMEIDA      | Montes Saloios Trail Team      | 45:37  | +13:34 | 04:34 |      |
| 293  | 2701 | JOÃO DURO         | Individual                     | 45:37  | +13:34 | 04:34 |      |
| 294  | 1498 | LUÍS SOBRAL       | CATA                           | 45:38  | +13:35 | 04:34 |      |
| 295  | 647  | ALBERTO COVAS     | ANE                            | 45:38  | +13:35 | 04:34 |      |
| 296  | 2361 | AMERICO PIMENTA   | grupo desportivo chelas        | 45:38  | +13:35 | 04:34 |      |
| 297  | 1511 | CARLOS MACHADO    | F.C. Rossão                    | 45:43  | +13:40 | 04:34 |      |
| 298  | 456  | JOSÉ DIONISIO     | CDRAM                          | 45:44  | +13:41 | 04:34 |      |
| 299  | 2219 | PAULO PATRICIO    | CLUBE DO SARGENTO DA ARMADA    | 45:46  | +13:43 | 04:35 |      |
| 300  | 2225 | JULIO DAMAS       | CLUBE DO SARGENTO DA ARMADA    | 45:48  | +13:45 | 04:35 |      |
| 301  | 3156 | PEDRO OLIVEIRA    | LH Ginasio                     | 45:48  | +13:45 | 04:35 |      |
| 302  | 2136 | CARLOS CAEIRO     | CA VALE FIGUEIRA               | 45:49  | +13:46 | 04:35 |      |
| 303  | 517  | FRANCISCO ROSÁRIO | NSCPS                          | 45:49  | +13:46 | 04:35 |      |
| 304  | 489  | ADOLFO LOUREIRO   | CRCP                           | 45:51  | +13:48 | 04:35 |      |
| 305  | 591  | RUI CARVALHO      | ANE                            | 45:52  | +13:49 | 04:35 |      |
| 306  | 284  | JOSÉ CUNHA        | ZFF                            | 45:53  | +13:50 | 04:35 |      |
| 307  | 605  | NELSON LOPES      | ANE                            | 45:54  | +13:51 | 04:35 |      |
| 308  | 427  | JOSÉ PRAZERES     | CDRAM                          | 45:58  | +13:55 | 04:36 |      |
| 309  | 2544 | DAVID AZENHA      | Individual                     | 46:00  | +13:57 | 04:36 |      |
| 310  | 3354 | ANTÓNIO CAMPOS    | SERUL - Os Unidos de Leceia    | 46:00  | +13:57 | 04:36 |      |
| 311  | 3381 | JORGE GONÇALVES   | Talentos Team                  | 46:01  | +13:58 | 04:36 |      |

**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

**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 |
|------|------|-------------------|--|--------|--------|-------|------|
| 312  | 2299 | CARLA SANTOS      | Federação da Família para a Paz Mundial e Unificação | 46:03  | +14:00 | 04:36 |      |
| 313  | 2766 | LUIS JOSE         | Individual   | 46:03  | +14:00 | 04:36 |      |
| 314  | 2494 | CARLOS AMARO      | Individual   | 46:05  | +14:02 | 04:37 |      |
| 315  | 633  | PAULO FOLGADO     | ANE  | 46:05  | +14:02 | 04:37 |      |
| 316  | 278  | JORGE MONTEIRO    | ZFF  | 46:05  | +14:02 | 04:37 |      |
| 317  | 3211 | PAULO SANTOS      | LISRUNNING CPA                                       | 46:06  | +14:03 | 04:37 |      |
| 318  | 3202 | VÍTOR CANTO       | Linda-A-Pastora Sporting Clube                       | 46:07  | +14:04 | 04:37 |      |
| 319  | 667  | RAÚL RIBEIRO      | ANE  | 46:08  | +14:05 | 04:37 |      |
| 320  | 1486 | CARLOS SOUSA      | URJFF  | 46:12  | +14:09 | 04:37 |      |
| 321  | 2709 | JOÃO VIEGAS       | Individual   | 46:12  | +14:09 | 04:37 |      |
| 322  | 657  | JOÃO ABRANTES     | ANE  | 46:13  | +14:10 | 04:37 |      |
| 323  | 2409 | ANA VELOSO        | Individual   | 46:13  | +14:10 | 04:37 |      |
| 324  | 1514 | RICARDO COSTA     | CDRAU  | 46:14  | +14:11 | 04:37 |      |
| 325  | 1358 | PAULO GALO        | ANE  | 46:18  | +14:15 | 04:38 |      |
| 326  | 625  | PAULO MANAÇAS     | ANE  | 46:19  | +14:16 | 04:38 |      |
| 327  | 2850 | MIGUEL CUNHA      | Individual   | 46:20  | +14:17 | 04:38 |      |
| 328  | 337  | BRUNO COSTA       | CDRAM  | 46:21  | +14:18 | 04:38 |      |
| 329  | 3466 | Ricardo Trigueiro | Individual   | 46:21  | +14:18 | 04:38 |      |
| 330  | 459  | JOÃO BATISTA      | CDRAM  | 46:24  | +14:21 | 04:38 |      |
| 331  | 2962 | RAMIRO MADUREIRA  | Individual   | 46:25  | +14:22 | 04:39 |      |
| 332  | 1449 | JOSÉ COSTA        | CBS  | 46:32  | +14:29 | 04:39 |      |
| 333  | 1453 | JOÃO VIDINHA      | CBS  | 46:33  | +14:30 | 04:39 |      |
| 334  | 83   | VÍTOR CARRONDO    | CATA   | 46:34  | +14:31 | 04:39 |      |
| 335  | 3314 | DANIEL CORREIA    | Run Crew Trail Montijo                               | 46:34  | +14:31 | 04:39 |      |
| 336  | 2100 | CÂNDIDO POÇAS     | BANDIDOS   | 46:36  | +14:33 | 04:40 |      |
| 337  | 3010 | RUI NUNES         | Individual   | 46:39  | +14:36 | 04:40 |      |
| 338  | 2446 | ANTONIO SOARES    | Individual   | 46:40  | +14:37 | 04:40 |      |
| 339  | 352  | EDGAR PRAZERES    | CDRAM  | 46:41  | +14:38 | 04:40 |      |
| 340  | 2689 | JOÃO HENRIQUES    | Individual   | 46:42  | +14:39 | 04:40 |      |
| 341  | 86   | NUNO GOMES        | CATA   | 46:46  | +14:43 | 04:41 |      |
| 342  | 3336 | FERNANDO ALMEIDA  | RUN4EAT  | 46:47  | +14:44 | 04:41 |      |
| 343  | 424  | MANUEL SEQUEIRA   | CDRAM  | 46:49  | +14:46 | 04:41 |      |
| 344  | 2831 | MÁRIO COXILHA     | Individual   | 46:50  | +14:47 | 04:41 |      |
| 345  | 2920 | PAULO MARÇALO     | Individual   | 46:50  | +14:47 | 04:41 |      |
| 346  | 672  | JOSÉ MIRA         | ASAS   | 46:50  | +14:47 | 04:41 |      |
| 347  | 1512 | ÂNGELA HEIDA      | CDRAU  | 46:50  | +14:47 | 04:41 |      |
| 348  | 1608 | ISIDRO FERREIRA   | CDRAM  | 46:53  | +14:50 | 04:41 |      |
| 349  | 447  | ALBINO NUNES      | CDRAM  | 46:54  | +14:51 | 04:41 |      |
| 350  | 1208 | FLÁVIO RAMALHO    | CATA   | 46:55  | +14:52 | 04:41 |      |
| 351  | 603  | LUCIANO LOPES     | ANE  | 46:55  | +14:52 | 04:42 |      |
| 352  | 3430 | João Cruz         | Escola de Atletismo do Montijo-A.F.D.D               | 46:57  | +14:54 | 04:42 |      |
| 353  | 95   | Joao Gogue        | CATA   | 47:00  | +14:57 | 04:42 |      |
| 354  | 2613 | FLAVIO            | Individual   | 47:00  | +14:57 | 04:42 |      |
| 355  | 2306 | JOÃO FERRO        | Federação da Família para a Paz Mundial e Unificação | 47:01  | +14:58 | 04:42 |      |
| 356  | 106  | Luis Lopes        | CATA   | 47:01  | +14:58 | 04:42 |      |



**PROVA PRINCIPAL - STAGE 1**

**10 KM**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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 |
|------|------|---------------------|--|--------|--------|-------|------|
| 357  | 2624 | GABRIELA GENOVA     | Individual   | 47:01  | +14:58 | 04:42 |      |
| 358  | 1515 | LUIS FERNANDES      | CATA   | 47:01  | +14:58 | 04:42 |      |
| 359  | 2736 | JOSÉ FERREIRA       | Individual   | 47:06  | +15:03 | 04:43 |      |
| 360  | 3045 | SÉRGIO BASTOS       | Individual   | 47:09  | +15:06 | 04:43 |      |
| 361  | 995  | JOÃO LOPES          | LEBRE  | 47:14  | +15:11 | 04:43 |      |
| 362  | 2200 | JOSE ALVES          | CCDTMetroLX  | 47:14  | +15:11 | 04:43 |      |
| 363  | 1596 | RICARDO LEITÃO      | ANE  | 47:14  | +15:11 | 04:43 |      |
| 364  | 2654 | HUGO DIAS           | Individual   | 47:15  | +15:12 | 04:44 |      |
| 365  | 2146 | JORGE PAREDES       | CA VALE FIGUEIRA                                     | 47:16  | +15:13 | 04:44 |      |
| 366  | 650  | VÍTOR MARQUES       | ANE  | 47:17  | +15:14 | 04:44 |      |
| 367  | 2301 | FRANCISCO MULETA    | Federação da Família para a Paz Mundial e Unificação | 47:17  | +15:14 | 04:44 |      |
| 368  | 2621 | FREDERICO NOBRE     | Individual   | 47:18  | +15:15 | 04:44 |      |
| 369  | 3012 | RUI MARQUES         | Individual   | 47:19  | +15:16 | 04:44 |      |
| 370  | 1318 | RUI MARQUES         | URJFF  | 47:22  | +15:19 | 04:44 |      |
| 371  | 114  | FERNANDO SOUSA      | CATA   | 47:23  | +15:20 | 04:44 |      |
| 372  | 3300 | JOSÉ CARVALHO       | Restaurante Barcadelta                               | 47:23  | +15:20 | 04:44 |      |
| 373  | 2575 | ESMERALDINO SA      | Individual   | 47:23  | +15:20 | 04:44 |      |
| 374  | 3092 | TIAGO RODRIGUES     | Individual   | 47:24  | +15:21 | 04:44 |      |
| 375  | 587  | CARLOS MARINHO      | ANE  | 47:25  | +15:22 | 04:44 |      |
| 376  | 3107 | JOSÉ RENDILHEIRO    | Kenianos de Almada                                   | 47:26  | +15:23 | 04:45 |      |
| 377  | 2473 | BRUNO DIAS          | Individual   | 47:27  | +15:24 | 04:45 |      |
| 378  | 2882 | NUNO DIAS           | Individual   | 47:27  | +15:24 | 04:45 |      |
| 379  | 2535 | DANGELIS SANTOS     | Individual   | 47:28  | +15:25 | 04:45 |      |
| 380  | 651  | JOSÉ GONÇALVES      | ANE  | 47:32  | +15:29 | 04:45 |      |
| 381  | 1097 | JOÃO LOURENÇO       | CBS  | 47:33  | +15:30 | 04:45 |      |
| 382  | 2911 | PAULO MACHADO       | Individual   | 47:35  | +15:32 | 04:45 |      |
| 383  | 3341 | JOSÉ PEREIRA        | Sempre Favoritos                                     | 47:36  | +15:33 | 04:46 |      |
| 384  | 2143 | Pedro Caneco        | CA VALE FIGUEIRA                                     | 47:36  | +15:33 | 04:46 |      |
| 385  | 3337 | JORGE DIAS          | RUN4EAT  | 47:37  | +15:34 | 04:46 |      |
| 386  | 2982 | RICARDO MARQUES     | Individual   | 47:38  | +15:35 | 04:46 |      |
| 387  | 698  | CARLA TABAIO        | ASAS   | 47:38  | +15:35 | 04:46 |      |
| 388  | 1518 | DIOGO MAGRO         | CDRAM  | 47:39  | +15:36 | 04:46 |      |
| 389  | 3244 | PAULO BOTELHO       | Montes Saloios Trail Team                            | 47:40  | +15:37 | 04:46 |      |
| 390  | 3318 | FAUSTINO PEREIRINHA | Run Crew Trail Montijo                               | 47:41  | +15:38 | 04:46 |      |
| 391  | 93   | SÉRGIO PEDREIRO     | CATA   | 47:43  | +15:40 | 04:46 |      |
| 392  | 2131 | ANTÓNIO CAMACHO     | CA VALE FIGUEIRA                                     | 47:43  | +15:40 | 04:46 |      |
| 393  | 1471 | PAULO PALMEIRO      | ANE  | 47:44  | +15:41 | 04:46 |      |
| 394  | 2825 | MARIANA MOTA        | Individual   | 47:44  | +15:41 | 04:46 |      |
| 395  | 1258 | JOSÉ CABRAL         | Alto do Moinho                                       | 47:44  | +15:41 | 04:46 |      |
| 396  | 2976 | RICARDO CARVALHO    | Individual   | 47:44  | +15:41 | 04:46 |      |
| 397  | 185  | HENRIQUE OLIVEIRA   | CBS  | 47:47  | +15:44 | 04:47 |      |
| 398  | 2371 | TIAGO FARINHA       | grupo desportivo chelas                              | 47:48  | +15:45 | 04:47 |      |
| 399  | 3232 | JOÃO ALBERTO        | Montes Saloios Trail Team                            | 47:51  | +15:48 | 04:47 |      |
| 400  | 3234 | JOSÉ TOMÁS          | Montes Saloios Trail Team                            | 47:51  | +15:48 | 04:47 |      |
| 401  | 408  | AUGUSTO PINTO       | CDRAM  | 47:53  | +15:50 | 04:47 |      |

**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 |
|------|------|--------------------|--|--------|--------|-------|------|
| 402  | 1517 | CARLOS COELHO      | Alto do Moinho                                       | 47:55  | +15:52 | 04:48 |      |
| 403  | 3289 | MÁRIO MOITA        | Pinhal Novo a Correr                                 | 47:57  | +15:54 | 04:48 |      |
| 404  | 604  | PEDRO ALMEIDA      | ANE  | 47:57  | +15:54 | 04:48 |      |
| 405  | 2324 | TOMÁS SOUSA        | Federação da Família para a Paz Mundial e Unificação | 47:57  | +15:54 | 04:48 |      |
| 406  | 2961 | PEDRO TAVARES      | Individual   | 47:57  | +15:54 | 04:48 |      |
| 407  | 722  | AMÍLCAR SANTOS     | CDCCM  | 47:57  | +15:54 | 04:48 |      |
| 408  | 1527 | AMÁVEL FIGUEIREDO  | Alto do Moinho                                       | 47:58  | +15:55 | 04:48 |      |
| 409  | 1584 | TIMÓTEO CARVALHO   | ANE  | 47:59  | +15:56 | 04:48 |      |
| 410  | 3291 | PEDRO MARTINS      | Pinhal Novo a Correr                                 | 48:00  | +15:57 | 04:48 |      |
| 411  | 3220 | PAULO RODRIGUES    | Moita a Correr                                       | 48:04  | +16:01 | 04:48 |      |
| 412  | 2638 | HELDER ROSÁRIO     | Individual   | 48:05  | +16:02 | 04:49 |      |
| 413  | 1492 | ANTÓNIO BARBOSA    | ANE  | 48:06  | +16:03 | 04:49 |      |
| 414  | 296  | JAIME SILVA        | ZFF  | 48:07  | +16:04 | 04:49 |      |
| 415  | 2197 | FRANCISCO PLÍNIO   | CCDTMetroLX  | 48:07  | +16:04 | 04:49 |      |
| 416  | 2731 | JOSÉ FERREIRA      | Individual   | 48:07  | +16:04 | 04:49 |      |
| 417  | 481  | MANUEL DOMINGOS    | CDRAM  | 48:07  | +16:04 | 04:49 |      |
| 418  | 2315 | HELDER MARTINS     | Federação da Família para a Paz Mundial e Unificação | 48:08  | +16:05 | 04:49 |      |
| 419  | 3392 | FERNANDO MARTINHO  | Tartarugas do Mato                                   | 48:08  | +16:05 | 04:49 |      |
| 420  | 3128 | LUIS PINHEIRO      | Kotas Boa Forma                                      | 48:10  | +16:07 | 04:49 |      |
| 421  | 2950 | PEDRO MONTEIRO     | Federação da Família para a Paz Mundial e Unificação | 48:10  | +16:07 | 04:49 |      |
| 422  | 1040 | PAULA TRINDADE     | ASAS   | 48:10  | +16:07 | 04:49 |      |
| 423  | 2166 | RUI MENDES         | CA VALE FIGUEIRA                                     | 48:10  | +16:07 | 04:49 |      |
| 424  | 3377 | HÉLDER CONSTANTINO | Tálenos Team   | 48:13  | +16:10 | 04:49 |      |
| 425  | 172  | LUCIANO CONTENTE   | CBS  | 48:13  | +16:10 | 04:49 |      |
| 426  | 289  | CARLOS ROLO        | ZFF  | 48:14  | +16:11 | 04:49 |      |
| 427  | 3142 | DANIEL REVÉS       | LESMAS ALOPRADAS                                     | 48:14  | +16:11 | 04:49 |      |
| 428  | 2186 | VITOR SANTOS       | Casa do Benfica de Algueirão Mem-Martins             | 48:16  | +16:13 | 04:50 |      |
| 429  | 2518 | CÉSAR MIRANDA      | Individual   | 48:17  | +16:14 | 04:50 |      |
| 430  | 2145 | JORGE PEPE         | CA VALE FIGUEIRA                                     | 48:19  | +16:16 | 04:50 |      |
| 431  | 637  | LUÍS PIRES         | ANE  | 48:20  | +16:17 | 04:50 |      |
| 432  | 2506 | CARLOS MARTINS     | Individual   | 48:20  | +16:17 | 04:50 |      |
| 433  | 3189 | PAULA FERNANDES    | Linda-A-Pastora Sporting Clube                       | 48:20  | +16:17 | 04:50 |      |
| 434  | 2056 | LARA CLÁUDIO       | AO RITMO DAS 200PPM                                  | 48:21  | +16:18 | 04:50 |      |
| 435  | 3129 | LUÍS VARELA        | Kotas boa Forma                                      | 48:24  | +16:21 | 04:50 |      |
| 436  | 2194 | ANTONIO PEREIRA    | CCDTMetroLX  | 48:24  | +16:21 | 04:50 |      |
| 437  | 2793 | MANUEL FIGUEIREDO  | Individual   | 48:26  | +16:23 | 04:51 |      |
| 438  | 3277 | MIGUEL MARQUES     | PALMELENSE FC  | 48:26  | +16:23 | 04:51 |      |
| 439  | 2175 | ANABELA FERREIRA   | Casa do Benfica de Algueirão Mem-Martins             | 48:26  | +16:23 | 04:51 |      |
| 440  | 2675 | JOAO BOGALHEIRO    | Individual   | 48:27  | +16:24 | 04:51 |      |
| 441  | 2871 | NUNO CORREIA       | Individual   | 48:28  | +16:25 | 04:51 |      |
| 442  | 2320 | RAUL SANTOS        | Federação da Família para a Paz Mundial e Unificação | 48:30  | +16:27 | 04:51 |      |
| 443  | 1221 | CLÍDIA COELHO      | ANE  | 48:32  | +16:29 | 04:51 |      |
| 444  | 2583 | FÁBIO SANTOS       | Individual   | 48:32  | +16:29 | 04:51 |      |

**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 |
|------|------|-------------------|--|--------|--------|-------|------|
| 445  | 2881 | NUNO MARTINS      | Individual                               | 48:33  | +16:30 | 04:51 |      |
| 446  | 518  | HUGO HILÁRIO      | NSCPS                                    | 48:33  | +16:30 | 04:51 |      |
| 447  | 2433 | ANDRÉ SILVA       | Individual                               | 48:33  | +16:30 | 04:51 |      |
| 448  | 3280 | ARTUR CARDEIRA    | Pinhal Novo a Correr                     | 48:33  | +16:30 | 04:51 |      |
| 449  | 2656 | HUGO CRESCIDO     | Individual                               | 48:34  | +16:31 | 04:51 |      |
| 450  | 2990 | RICARDO VENÂNCIO  | Individual                               | 48:34  | +16:31 | 04:51 |      |
| 451  | 2703 | JOÃO PINTO        | Individual                               | 48:36  | +16:33 | 04:52 |      |
| 452  | 1098 | JOÃO SANTOS       | CDRAM                                    | 48:37  | +16:34 | 04:52 |      |
| 453  | 2455 | ANTÓNIO ALMEIDA   | Individual                               | 48:39  | +16:36 | 04:52 |      |
| 454  | 2493 | CARLOS ALBINO     | Individual                               | 48:39  | +16:36 | 04:52 |      |
| 455  | 2464 | BRUNO AMARO       | Individual                               | 48:42  | +16:39 | 04:52 |      |
| 456  | 2839 | MARTA ADÃO        | Individual                               | 48:43  | +16:40 | 04:52 |      |
| 457  | 202  | RENÉ DUARTE       | CBS                                      | 48:43  | +16:40 | 04:52 |      |
| 458  | 3086 | TIAGO FERNANDES   | Individual                               | 48:46  | +16:43 | 04:53 |      |
| 459  | 601  | PEDRO ANTUNES     | ANE                                      | 48:47  | +16:44 | 04:53 |      |
| 460  | 293  | JOÃO SILVA        | ZFF                                      | 48:50  | +16:47 | 04:53 |      |
| 461  | 3279 | ANTÓNIO SILVA     | Pinhal Novo a Correr                     | 48:50  | +16:47 | 04:53 |      |
| 462  | 2209 | AUGUSTO FERNANDES | Clube Desportivo e Recreativo Ribeirinho | 48:51  | +16:48 | 04:53 |      |
| 463  | 3299 | PEDRO QUARESMA    | Rafaela                                  | 48:52  | +16:49 | 04:53 |      |
| 464  | 3143 | PAULO REVÉS       | LESMAS ALOPRADAS                         | 48:53  | +16:50 | 04:53 |      |
| 465  | 1615 | BRUNO SILVA       | ANE                                      | 48:54  | +16:51 | 04:53 |      |
| 466  | 1617 | FERNANDO CORDA    | ANE                                      | 48:54  | +16:51 | 04:53 |      |
| 467  | 2743 | JOSÉ RECHENA      | Individual                               | 48:54  | +16:51 | 04:53 |      |
| 468  | 2545 | DAVID BERNARDO    | Individual                               | 48:55  | +16:52 | 04:54 |      |
| 469  | 92   | JOÃO SANTOS       | CATA                                     | 48:55  | +16:52 | 04:54 |      |
| 470  | 2628 | GINA MARTINS      | Individual                               | 48:55  | +16:52 | 04:54 |      |
| 471  | 2264 | VARELA SÃO        | Correr Queluz                            | 48:56  | +16:53 | 04:54 |      |
| 472  | 2726 | JOSE HILARIO      | Individual                               | 48:56  | +16:53 | 04:54 |      |
| 473  | 660  | AMÉRICO SANTOS    | ANE                                      | 48:57  | +16:54 | 04:54 |      |
| 474  | 622  | PEDRO MANAÇAS     | ANE                                      | 48:58  | +16:55 | 04:54 |      |
| 475  | 720  | JOAQUIM MENDES    | CDCCM                                    | 48:58  | +16:55 | 04:54 |      |
| 476  | 2931 | PAULO OLIVEIRA    | Individual                               | 49:01  | +16:58 | 04:54 |      |
| 477  | 2868 | NUNO BOGALHEIRO   | Individual                               | 49:01  | +16:58 | 04:54 |      |
| 478  | 2127 | ALBERTO PASCOAL   | CA VALE FIGUEIRA                         | 49:02  | +16:59 | 04:54 |      |
| 479  | 640  | CARLOS GONÇALVES  | ANE                                      | 49:02  | +16:59 | 04:54 |      |
| 480  | 2162 | PEDRO TAVARES     | CA VALE FIGUEIRA                         | 49:02  | +16:59 | 04:54 |      |
| 481  | 3188 | PAULA LEMOS       | Linda-A-Pastora Sporting Clube           | 49:04  | +17:01 | 04:54 |      |
| 482  | 3106 | JOSÉ COSTA        | Kenianos de Almada                       | 49:05  | +17:02 | 04:55 |      |
| 483  | 3329 | ROBERTO FERREIRA  | Run Crew Trail Montijo                   | 49:06  | +17:03 | 04:55 |      |
| 484  | 1161 | PAULA GONÇALVES   | ANE                                      | 49:08  | +17:05 | 04:55 |      |
| 485  | 2016 | PEDRO BARATA      | Alces Team                               | 49:08  | +17:05 | 04:55 |      |
| 486  | 675  | JOÃO CARVALHO     | ASAS                                     | 49:09  | +17:06 | 04:55 |      |
| 487  | 2347 | JOÃO JESUS        | GRCD Leião                               | 49:09  | +17:06 | 04:55 |      |
| 488  | 1589 | MÁRIO RIBEIRO     | ANE                                      | 49:11  | +17:08 | 04:55 |      |
| 489  | 120  | MANUEL JACINTO    | CATA                                     | 49:12  | +17:09 | 04:55 |      |
| 490  | 365  | INÊS MARQUES      | CDRAM                                    | 49:12  | +17:09 | 04:55 |      |

**PROVA PRINCIPAL - STAGE 1**

**10 KM**

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

**OFFICIAL RESULT**

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

| RANK | BIB  | NAME                | TEAM   | RESULT | DIFF   | t/KM  | CARD |
|------|------|---------------------|--|--------|--------|-------|------|
| 491  | 635  | JOÃO DIAS           | ANE  | 49:12  | +17:09 | 04:55 |      |
| 492  | 2498 | CARLOS COSTA        | Individual   | 49:13  | +17:10 | 04:55 |      |
| 493  | 2305 | ISABEL SANTOS       | Federação da Família para a Paz Mundial e Unificação | 49:14  | +17:11 | 04:55 |      |
| 494  | 2125 | ADELINO MONTEIRO    | CA VALE FIGUEIRA                                     | 49:17  | +17:14 | 04:56 |      |
| 495  | 541  | SOFIA PINHEIRO      | ANE  | 49:17  | +17:14 | 04:56 |      |
| 496  | 3426 | NUNO MARTINS        | CPPEA  | 49:19  | +17:16 | 04:56 |      |
| 497  | 907  | NELSON MONTEIRO     | CPPEA  | 49:19  | +17:16 | 04:56 |      |
| 498  | 2740 | JOSÉ LOURENÇO       | Individual   | 49:20  | +17:17 | 04:56 |      |
| 499  | 2580 | FABIANO FERREIRA    | Individual   | 49:20  | +17:17 | 04:56 |      |
| 500  | 3138 | SANDRO BELA         | Kotas boa Forma                                      | 49:21  | +17:18 | 04:56 |      |
| 501  | 3197 | ROBERTO BETTENCOURT | Linda-A-Pastora Sporting Clube                       | 49:23  | +17:20 | 04:56 |      |
| 502  | 2790 | MANUEL AZINHEIRINHA | Individual   | 49:25  | +17:22 | 04:56 |      |
| 503  | 685  | MÁRIO CARVALHO      | ASAS   | 49:25  | +17:22 | 04:57 |      |
| 504  | 1342 | MARTA MELO          | CBS  | 49:26  | +17:23 | 04:57 |      |
| 505  | 2149 | JOSÉ NETO           | CA VALE FIGUEIRA                                     | 49:26  | +17:23 | 04:57 |      |
| 506  | 3386 | NUNO LUCAS          | Tálenos Team   | 49:27  | +17:24 | 04:57 |      |
| 507  | 494  | DIOGO COSTA         | CRCP   | 49:27  | +17:24 | 04:57 |      |
| 508  | 263  | JOSÉ GOMES          | CBS  | 49:28  | +17:25 | 04:57 |      |
| 509  | 2502 | CARLOS JÚNIOR       | Individual   | 49:28  | +17:25 | 04:57 |      |
| 510  | 297  | JOSÉ MARTINS        | ZFF  | 49:28  | +17:25 | 04:57 |      |
| 511  | 230  | TELMA TAVEIRA       | CBS  | 49:30  | +17:27 | 04:57 |      |
| 512  | 393  | MÁRIO CUNHA         | CDRAM  | 49:32  | +17:29 | 04:57 |      |
| 513  | 282  | PAULO BASÍLIO       | ZFF  | 49:36  | +17:33 | 04:58 |      |
| 514  | 1580 | NUNO LOPES          | ANE  | 49:36  | +17:33 | 04:58 |      |
| 515  | 280  | NUNO MALTÊZ         | ZFF  | 49:37  | +17:34 | 04:58 |      |
| 516  | 3159 | ANTÓNIO PEREIRA     | LIBERDADE FUTEBOL CLUBE                              | 49:39  | +17:36 | 04:58 |      |
| 517  | 2549 | DEIVID BORBA        | Individual   | 49:40  | +17:37 | 04:58 |      |
| 518  | 2991 | RICARDO VIEGAS      | Individual   | 49:43  | +17:40 | 04:58 |      |
| 519  | 2704 | JOÃO NOGUEIRA       | Individual   | 49:44  | +17:41 | 04:58 |      |
| 520  | 3179 | JOÃO NEVES          | Linda-A-Pastora Sporting Clube                       | 49:45  | +17:42 | 04:59 |      |
| 521  | 2257 | JOSÉ DIAS           | Correr Queluz  | 49:46  | +17:43 | 04:59 |      |
| 522  | 3380 | JOÃO SOUSA          | Tálenos Team   | 49:48  | +17:45 | 04:59 |      |
| 523  | 3124 | JOÃO CANHÃO         | Kotas boa Forma                                      | 49:50  | +17:47 | 04:59 |      |
| 524  | 3303 | FRANCISCO MACHADO   | RUN 4 FUN  | 49:55  | +17:52 | 04:59 |      |
| 525  | 3149 | HÉLDER FERNANDES    | LH Ginasio   | 49:55  | +17:52 | 05:00 |      |
| 526  | 2719 | JORGE PAULO         | Individual   | 49:58  | +17:55 | 05:00 |      |
| 527  | 2891 | NUNO SANTOS         | Individual   | 49:58  | +17:55 | 05:00 |      |
| 528  | 2834 | MÁRIO GENOVEVO      | Individual   | 49:58  | +17:55 | 05:00 |      |
| 529  | 1550 | FRANCISCO CELESTINO | CBS  | 50:00  | +17:57 | 05:00 |      |
| 530  | 2940 | PEDRO BARROSO       | Individual   | 50:00  | +17:57 | 05:00 |      |
| 531  | 434  | JORGE FIGUEIREDO    | CDRAM  | 50:01  | +17:58 | 05:00 |      |
| 532  | 2771 | LUIS TABORDA        | Individual   | 50:04  | +18:01 | 05:00 |      |
| 533  | 626  | MÁRIO FONSECA       | ANE  | 50:06  | +18:03 | 05:01 |      |
| 534  | 712  | NUNO GASPAR         | CDCCM  | 50:07  | +18:04 | 05:01 |      |
| 535  | 422  | NUNO GOMES          | CDRAM  | 50:09  | +18:06 | 05:01 |      |

PROVA PRINCIPAL - STAGE 1

10 KM

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

OFFICIAL RESULT

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

| RANK | BIB  | NAME                 | TEAM                                     | RESULT | DIFF   | t/KM  | CARD |
|------|------|----------------------|--|--------|--------|-------|------|
| 536  | 620  | PEDRO HIPÓLITO       | ANE                                      | 50:10  | +18:07 | 05:01 |      |
| 537  | 3141 | ARMANDO CORREIA      | LESMAS ALOPRADAS                         | 50:10  | +18:07 | 05:01 |      |
| 538  | 1314 | VÍCTOR FREITAS       | ANE                                      | 50:11  | +18:08 | 05:01 |      |
| 539  | 2363 | CARLOS RODRIGUES     | grupo desportivo chelas                  | 50:13  | +18:10 | 05:01 |      |
| 540  | 62   | ARLINDO ROLO         | CATA                                     | 50:14  | +18:11 | 05:01 |      |
| 541  | 557  | ANA ROSÁRIO          | ANE                                      | 50:16  | +18:13 | 05:02 |      |
| 542  | 2896 | OLIVEIRA             | Individual                               | 50:17  | +18:14 | 05:02 |      |
| 543  | 2884 | NUNO SIMÃO           | Individual                               | 50:19  | +18:16 | 05:02 |      |
| 544  | 330  | PATRICIA MARUJO      | CDRAM                                    | 50:20  | +18:17 | 05:02 |      |
| 545  | 2639 | HELDER ROMAO         | Individual                               | 50:21  | +18:18 | 05:02 |      |
| 546  | 1424 | PAULA MARTINS        | CDRAU                                    | 50:25  | +18:22 | 05:02 |      |
| 547  | 2723 | JORGE SANTOS         | Individual                               | 50:25  | +18:22 | 05:03 |      |
| 548  | 73   | LUÍS GUTIERRES       | CATA                                     | 50:27  | +18:24 | 05:03 |      |
| 549  | 1588 | FÁBIO OLIVEIRA       | ANE                                      | 50:27  | +18:24 | 05:03 |      |
| 550  | 351  | JOSÉ SEMEDO          | CDRAM                                    | 50:29  | +18:26 | 05:03 |      |
| 551  | 1435 | LUÍS CLARA           | ANA                                      | 50:30  | +18:27 | 05:03 |      |
| 552  | 1465 | JOSÉ MARTINS         | ANE                                      | 50:31  | +18:28 | 05:03 |      |
| 553  | 383  | ALZIRA SOBRAL        | CDRAM                                    | 50:31  | +18:28 | 05:03 |      |
| 554  | 361  | MARIA SANTOS         | CDRAM                                    | 50:32  | +18:29 | 05:03 |      |
| 555  | 58   | PAULO LOURENÇO       | CATA                                     | 50:34  | +18:31 | 05:03 |      |
| 556  | 2096 | PAULO PORTUGAL       | AUCHAN                                   | 50:34  | +18:31 | 05:03 |      |
| 557  | 507  | VASCO BELCHIOR       | CPSN                                     | 50:35  | +18:32 | 05:03 |      |
| 558  | 509  | ANDRÉ LOURO          | CPSN                                     | 50:36  | +18:33 | 05:04 |      |
| 559  | 506  | TIAGO DUARTE         | CPSN                                     | 50:37  | +18:34 | 05:04 |      |
| 560  | 1452 | JOÃO SERRA           | CBS                                      | 50:41  | +18:38 | 05:04 |      |
| 561  | 2160 | NUNO SALGADO         | CA VALE FIGUEIRA                         | 50:41  | +18:38 | 05:04 |      |
| 562  | 2260 | MARIA GONÇALVES      | Correr Queluz                            | 50:49  | +18:46 | 05:05 |      |
| 563  | 2262 | RAFAEL VARELA        | Correr Queluz                            | 50:49  | +18:46 | 05:05 |      |
| 564  | 2645 | HELIO MOTA           | Individual                               | 50:50  | +18:47 | 05:05 |      |
| 565  | 2755 | LÚCIA NOGUEIRA       | Individual                               | 50:52  | +18:49 | 05:05 |      |
| 566  | 3355 | NUNO DUARTE          | SERUL - Os Unidos de Leceia              | 50:52  | +18:49 | 05:05 |      |
| 567  | 2739 | JOSÉ MOTA            | Individual                               | 50:56  | +18:53 | 05:06 |      |
| 568  | 2113 | HÉLDER SILVA         | BRRnightRUNNERS                          | 50:59  | +18:56 | 05:06 |      |
| 569  | 2057 | LINA EUGÉNIO         | AO RITMO DAS 200PPM                      | 51:01  | +18:58 | 05:06 |      |
| 570  | 2984 | RICARDO OLIVEIRA     | Individual                               | 51:01  | +18:58 | 05:06 |      |
| 571  | 2180 | LUIS PALMA           | Casa do Benfica de Algueirão Mem-Martins | 51:06  | +19:03 | 05:07 |      |
| 572  | 469  | ANTÓNIO PEREIRA      | CDRAM                                    | 51:08  | +19:05 | 05:07 |      |
| 573  | 2367 | FERNANDO PAULO       | grupo desportivo chelas                  | 51:10  | +19:07 | 05:07 |      |
| 574  | 2652 | HENRIQUE DIAS        | Individual                               | 51:12  | +19:09 | 05:07 |      |
| 575  | 3298 | INÊS NETO            | Rafaela                                  | 51:13  | +19:10 | 05:07 |      |
| 576  | 1590 | ÂNGELA RICARDO       | ANE                                      | 51:13  | +19:10 | 05:07 |      |
| 577  | 2623 | FREDERICO SACRAMENTO | Individual                               | 51:13  | +19:10 | 05:07 |      |
| 578  | 2248 | MARIA DUARTE         | correr loures                            | 51:14  | +19:11 | 05:07 |      |
| 579  | 2660 | HUGO RAMIRES         | Individual                               | 51:14  | +19:11 | 05:07 |      |
| 580  | 277  | ANTÓNIO MARTINS      | ZFF                                      | 51:14  | +19:11 | 05:07 |      |
| 581  | 2061 | MIGUEL CRUZ          | AO RITMO DAS 200PPM                      | 51:15  | +19:12 | 05:07 |      |

**PROVA PRINCIPAL - STAGE 1****10 KM**

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

**OFFICIAL RESULT**

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

| RANK | BIB  | NAME              | TEAM                           | RESULT | DIFF   | t/KM  | CARD |
|------|------|-------------------|--------------------------------|--------|--------|-------|------|
| 582  | 2063 | PATRÍCIA CRUZ     | AO RITMO DAS 200PPM            | 51:16  | +19:13 | 05:08 |      |
| 583  | 2292 | MIGUEL ABRAÇOS    | EX FEDERADOS                   | 51:16  | +19:13 | 05:08 |      |
| 584  | 2284 | DAVID JERONIMO    | EX FEDERADOS                   | 51:16  | +19:13 | 05:08 |      |
| 585  | 3272 | GRAÇA ROLDÃO      | OS TUGAS                       | 51:18  | +19:15 | 05:08 |      |
| 586  | 2833 | MÁRIO ROMÃO       | Individual                     | 51:18  | +19:15 | 05:08 |      |
| 587  | 2925 | PAULO PEREIRA     | Individual                     | 51:19  | +19:16 | 05:08 |      |
| 588  | 705  | BRUNO TABAIO      | ASAS                           | 51:19  | +19:16 | 05:08 |      |
| 589  | 1099 | MIGUEL LOPES      | ASAS                           | 51:19  | +19:16 | 05:08 |      |
| 590  | 1563 | GLÓRIA VIEIRA     | ANE                            | 51:20  | +19:17 | 05:08 |      |
| 591  | 2618 | FRANCISCO FERRO   | Individual                     | 51:22  | +19:19 | 05:08 |      |
| 592  | 347  | ALCINDO RAMALHO   | CDRAM                          | 51:26  | +19:23 | 05:09 |      |
| 593  | 3049 | SHEILA GALIANO    | Individual                     | 51:27  | +19:24 | 05:09 |      |
| 594  | 590  | BRUNO DIAS        | ANE                            | 51:28  | +19:25 | 05:09 |      |
| 595  | 2290 | JORGE VENANCIO    | EX FEDERADOS                   | 51:28  | +19:25 | 05:09 |      |
| 596  | 2111 | DANIEL PINTO      | BRRnightRUNNERS                | 51:28  | +19:25 | 05:09 |      |
| 597  | 1162 | CARLOS GONÇALVES  | ANE                            | 51:35  | +19:32 | 05:10 |      |
| 598  | 3401 | FILIPE MATEUS     | Team Bock                      | 51:36  | +19:33 | 05:10 |      |
| 599  | 3383 | LUÍS SILVA        | Tálenos Team                   | 51:37  | +19:34 | 05:10 |      |
| 600  | 2460 | ANTÓNIO CARVALHO  | Individual                     | 51:38  | +19:35 | 05:10 |      |
| 601  | 2529 | CLÁUDIO OLIVEIRA  | Individual                     | 51:39  | +19:36 | 05:10 |      |
| 602  | 292  | ANTÓNIO JACINTO   | ZFF                            | 51:39  | +19:36 | 05:10 |      |
| 603  | 2916 | PAULO LOURINHO    | Individual                     | 51:40  | +19:37 | 05:10 |      |
| 604  | 3082 | THIAGO SÁ         | Individual                     | 51:45  | +19:42 | 05:11 |      |
| 605  | 288  | JOSÉ LOURENÇO     | ZFF                            | 51:48  | +19:45 | 05:11 |      |
| 606  | 3283 | GIZELA MOTA       | Pinhal Novo a Correr           | 51:48  | +19:45 | 05:11 |      |
| 607  | 3294 | ZÉLIA PEDRO       | Pinhal Novo a Correr           | 51:49  | +19:46 | 05:11 |      |
| 608  | 3256 | PAULO BARREIRA    | Natural Force                  | 51:50  | +19:48 | 05:11 |      |
| 609  | 2720 | JORGE PEREIRA     | Individual                     | 51:51  | +19:48 | 05:11 |      |
| 610  | 2504 | CARLOS SILVA      | Individual                     | 51:51  | +19:48 | 05:11 |      |
| 611  | 80   | DOMINGOS GODINHO  | CATA                           | 51:53  | +19:50 | 05:11 |      |
| 612  | 2655 | HUGO COSTA        | Individual                     | 51:54  | +19:51 | 05:11 |      |
| 613  | 2800 | MARCO BASTOS      | Individual                     | 51:57  | +19:54 | 05:12 |      |
| 614  | 479  | JOSÉ BELICHA      | CDRAM                          | 51:58  | +19:55 | 05:12 |      |
| 615  | 1530 | FILOMENA JESUS    | CDRAM                          | 51:59  | +19:56 | 05:12 |      |
| 616  | 3164 | ANA FRUTUOSO      | Linda-A-Pastora Sporting Clube | 51:59  | +19:56 | 05:12 |      |
| 617  | 3146 | CARLA LAMEIRAS    | LH Ginasio                     | 52:00  | +19:57 | 05:12 |      |
| 618  | 3198 | RUI LACERDA       | Linda-A-Pastora Sporting Clube | 52:00  | +19:57 | 05:12 |      |
| 619  | 723  | PAULO PAIS        | CDCCM                          | 52:00  | +19:57 | 05:12 |      |
| 620  | 2539 | DANIEL FERREIRA   | Individual                     | 52:01  | +19:58 | 05:12 |      |
| 621  | 2228 | HENRIQUE ALVAREDO | CLUBE DO SARGENTO DA ARMADA    | 52:01  | +19:58 | 05:12 |      |
| 622  | 2468 | BRUNO FARIA       | Individual                     | 52:03  | +20:00 | 05:12 |      |
| 623  | 3321 | LINA LOPES        | Run Crew Trail Montijo         | 52:06  | +20:03 | 05:13 |      |
| 624  | 3253 | ELISABETE ROCHA   | Natural Force                  | 52:08  | +20:05 | 05:13 |      |
| 625  | 2762 | LUIS ESPADA       | Individual                     | 52:08  | +20:05 | 05:13 |      |
| 626  | 3332 | SERGIO RODELO     | Run Crew Trail Montijo         | 52:09  | +20:06 | 05:13 |      |
| 627  | 394  | LUIS CONCEIÇÃO    | CDRAM                          | 52:11  | +20:08 | 05:13 |      |

PROVA PRINCIPAL - STAGE 1

10 KM

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

OFFICIAL RESULT

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

| RANK | BIB  | NAME                | TEAM                           | RESULT | DIFF   | t/KM  | CARD |
|------|------|---------------------|--------------------------------|--------|--------|-------|------|
| 628  | 2967 | RENATO ARAÚJO       | Individual                     | 52:13  | +20:10 | 05:13 |      |
| 629  | 2909 | PAULO CASCAIS       | Individual                     | 52:16  | +20:13 | 05:14 |      |
| 630  | 1575 | PAULO GANDUM        | ANE                            | 52:16  | +20:13 | 05:14 |      |
| 631  | 2489 | CARLA SANTOS        | Individual                     | 52:17  | +20:14 | 05:14 |      |
| 632  | 3402 | HUGO TORRES         | Team Bock                      | 52:17  | +20:14 | 05:14 |      |
| 633  | 3306 | NUNO ALVES          | RUN 4 FUN                      | 52:18  | +20:15 | 05:14 |      |
| 634  | 1594 | Sofia Teixeira      | ANE                            | 52:20  | +20:17 | 05:14 |      |
| 635  | 552  | Paulo Pestana       | ANE                            | 52:20  | +20:17 | 05:14 |      |
| 636  | 2039 | ANTÓNIO PINA        | AO RITMO DAS 200PPM            | 52:23  | +20:20 | 05:14 |      |
| 637  | 3120 | CRISTINA SANTA      | Kotas Boa Forma                | 52:23  | +20:20 | 05:14 |      |
| 638  | 2344 | ELISABETE MACEDO    | GRCD Leião                     | 52:24  | +20:21 | 05:14 |      |
| 639  | 2350 | JORGE SILVA         | GRCD Leião                     | 52:24  | +20:21 | 05:14 |      |
| 640  | 2605 | FILIPPE ESPINHA     | Individual                     | 52:25  | +20:22 | 05:14 |      |
| 641  | 1577 | ALBERTO SILVA       | ANE                            | 52:25  | +20:22 | 05:15 |      |
| 642  | 2457 | ANTÓNIO SILVA       | Individual                     | 52:26  | +20:23 | 05:15 |      |
| 643  | 2791 | MANUEL BRITO        | Individual                     | 52:27  | +20:24 | 05:15 |      |
| 644  | 2885 | NUNO PACHECO        | Individual                     | 52:31  | +20:28 | 05:15 |      |
| 645  | 2939 | PEDRO BARROS        | Individual                     | 52:33  | +20:30 | 05:15 |      |
| 646  | 3130 | MARLENE SILVA       | Kotas Boa Forma                | 52:34  | +20:31 | 05:15 |      |
| 647  | 2953 | PEDRO MORGADO       | Individual                     | 52:36  | +20:33 | 05:16 |      |
| 648  | 3047 | SÉRGIO JORGE        | Individual                     | 52:38  | +20:35 | 05:16 |      |
| 649  | 2509 | CATARINA SANTOS     | Individual                     | 52:41  | +20:38 | 05:16 |      |
| 650  | 980  | EMÍLIO GONÇALVES    | Individual                     | 52:42  | +20:39 | 05:16 |      |
| 651  | 2500 | CARLOS CUNHA        | Individual                     | 52:44  | +20:41 | 05:16 |      |
| 652  | 2556 | DULCE               | Individual                     | 52:45  | +20:42 | 05:17 |      |
| 653  | 2172 | VIRGILIO NASCIMENTO | CA VALE FIGUEIRA               | 52:46  | +20:43 | 05:17 |      |
| 654  | 2995 | RITA CORRENTE       | Individual                     | 52:47  | +20:44 | 05:17 |      |
| 655  | 2573 | EMANUEL SEITA       | Individual                     | 52:48  | +20:45 | 05:17 |      |
| 656  | 3467 | ALBERTO DE SOUSA    | Individual                     | 52:49  | +20:46 | 05:17 |      |
| 657  | 478  | ANTÓNIO RAMINHOS    | CDRAM                          | 52:50  | +20:47 | 05:17 |      |
| 658  | 3350 | RITA NOVO           | Serrado FC Atletismo           | 52:50  | +20:47 | 05:17 |      |
| 659  | 3264 | MÁRIO NUNES         | Os corre para comer            | 52:51  | +20:48 | 05:17 |      |
| 660  | 2870 | NUNO CORREIA        | Individual                     | 52:51  | +20:48 | 05:17 |      |
| 661  | 3346 | JOAQUIM NASCIMENTO  | Serrado FC Atletismo           | 52:51  | +20:48 | 05:17 |      |
| 662  | 3351 | SÉRGIO MESQUITA     | Serrado FC Atletismo           | 52:51  | +20:48 | 05:17 |      |
| 663  | 3353 | VITOR HUGO          | Serrado FC Atletismo           | 52:52  | +20:49 | 05:17 |      |
| 664  | 2708 | JOÃO SOTOMAYOR      | Individual                     | 52:52  | +20:49 | 05:17 |      |
| 665  | 958  | LUÍS ANTUNES        | ANE                            | 52:52  | +20:49 | 05:17 |      |
| 666  | 2286 | FERNANDO SILVA      | EX FEDERADOS                   | 52:54  | +20:51 | 05:17 |      |
| 667  | 2289 | JORGE RODRIGUES     | EX FEDERADOS                   | 52:55  | +20:52 | 05:18 |      |
| 668  | 3251 | VITOR LOURENÇO      | Montes Saloios Trail Team      | 52:58  | +20:55 | 05:18 |      |
| 669  | 2625 | GIL BRANDÃO         | Individual                     | 53:02  | +20:59 | 05:18 |      |
| 670  | 3194 | RICARDO FARIA       | Linda-A-Pastora Sporting Clube | 53:03  | +21:00 | 05:18 |      |
| 671  | 1559 | FILOMENA SANTOS     | ANE                            | 53:05  | +21:02 | 05:19 |      |
| 672  | 3007 | RUI FLORES          | Individual                     | 53:07  | +21:04 | 05:19 |      |
| 673  | 97   | ANTÓNIO BARBOSA     | CATA                           | 53:08  | +21:05 | 05:19 |      |

**PROVA PRINCIPAL - STAGE 1**

**10 KM**

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

**OFFICIAL RESULT**

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

| RANK | BIB  | NAME                | TEAM                                     | RESULT | DIFF   | t/KM  | CARD |
|------|------|---------------------|--|--------|--------|-------|------|
| 674  | 634  | PAULO BRISSOS       | ANE                                      | 53:09  | +21:06 | 05:19 |      |
| 675  | 3225 | CARLOS ANTUNES      | Montes Saloios Trail Team                | 53:10  | +21:07 | 05:19 |      |
| 676  | 291  | ORLANDO SILVA       | ZFF                                      | 53:12  | +21:09 | 05:19 |      |
| 677  | 3338 | MANUEL CORREIA      | RUN4EAT                                  | 53:13  | +21:10 | 05:19 |      |
| 678  | 1504 | ELSA MAÇÃO          | CPPEA                                    | 53:13  | +21:10 | 05:19 |      |
| 679  | 1475 | MANUEL SARAIVA      | ANE                                      | 53:13  | +21:10 | 05:19 |      |
| 680  | 3431 | Ilídia José         | Escola de Atletismo do Montijo-A.F.D.D   | 53:18  | +21:15 | 05:20 |      |
| 681  | 2153 | JOSÉ LINDO          | CA VALE FIGUEIRA                         | 53:24  | +21:21 | 05:20 |      |
| 682  | 558  | MANUELA GONÇALVES   | ANE                                      | 53:26  | +21:23 | 05:21 |      |
| 683  | 2951 | PEDRO BATISTA       | Individual                               | 53:26  | +21:23 | 05:21 |      |
| 684  | 2002 | CATARINA FIGUEIREDO | A Minha Corrida                          | 53:27  | +21:24 | 05:21 |      |
| 685  | 2097 | RUI SAFARA          | AUCHAN                                   | 53:27  | +21:25 | 05:21 |      |
| 686  | 2179 | JOSÉ DUARTE         | Casa do Benfica de Algueirão Mem-Martins | 53:28  | +21:25 | 05:21 |      |
| 687  | 2130 | ANTONIO PORTIJO     | CA VALE FIGUEIRA                         | 53:30  | +21:27 | 05:21 |      |
| 688  | 2112 | FRANCISCO COSTA     | BRRnightRUNNERS                          | 53:32  | +21:29 | 05:21 |      |
| 689  | 2804 | MARCO MATOS         | Individual                               | 53:33  | +21:30 | 05:21 |      |
| 690  | 3046 | SÉRGIO FERREIRA     | Individual                               | 53:33  | +21:30 | 05:21 |      |
| 691  | 2053 | JOEL ANTUNES        | AO RITMO DAS 200PPM                      | 53:33  | +21:30 | 05:21 |      |
| 692  | 2912 | PAULO JORGE         | Individual                               | 53:34  | +21:31 | 05:21 |      |
| 693  | 2062 | NUNO BUGIO          | AO RITMO DAS 200PPM                      | 53:34  | +21:31 | 05:21 |      |
| 694  | 3048 | SEVERINO CRUZ       | Individual                               | 53:37  | +21:34 | 05:22 |      |
| 695  | 3296 | ANDRE DIONISIO      | Power Runner de Almada                   | 53:38  | +21:35 | 05:22 |      |
| 696  | 3017 | RUI PRÓSPERO        | Individual                               | 53:38  | +21:35 | 05:22 |      |
| 697  | 3302 | ARMANDO VELHO       | RUN 4 FUN                                | 53:38  | +21:35 | 05:22 |      |
| 698  | 3015 | RUI MONTEIRO        | Individual                               | 53:38  | +21:35 | 05:22 |      |
| 699  | 147  | PAULA GUERREIRO     | CDRAU                                    | 53:40  | +21:37 | 05:22 |      |
| 700  | 3076 | TAM AFONSO          | Individual                               | 53:45  | +21:42 | 05:23 |      |
| 701  | 554  | LINDA SILVA         | ANE                                      | 53:48  | +21:45 | 05:23 |      |
| 702  | 2827 | MARIO ALVES         | Individual                               | 53:50  | +21:47 | 05:23 |      |
| 703  | 1513 | PEDRO LOPES         | CDRAU                                    | 53:50  | +21:47 | 05:23 |      |
| 704  | 2085 | DANIEL DIAS         | AUCHAN                                   | 53:53  | +21:50 | 05:23 |      |
| 705  | 2674 | JOANA SOEIRO        | Individual                               | 53:55  | +21:52 | 05:23 |      |
| 706  | 2635 | HARUN RASHID        | Individual                               | 53:55  | +21:52 | 05:24 |      |
| 707  | 2537 | DANIEL FERREIRA     | Individual                               | 53:56  | +21:53 | 05:24 |      |
| 708  | 2968 | RENATO CORREIA      | Individual                               | 53:57  | +21:54 | 05:24 |      |
| 709  | 2254 | DIOGO VARELA        | Correr Queluz                            | 53:58  | +21:55 | 05:24 |      |
| 710  | 2440 | ANDREIA SAMPAIO     | Individual                               | 53:59  | +21:56 | 05:24 |      |
| 711  | 2109 | ANDREIA CASTANHEIRA | BRRnightRUNNERS                          | 54:00  | +21:57 | 05:24 |      |
| 712  | 3339 | PAULO EUSÉBIO       | RUN4EAT                                  | 54:01  | +21:58 | 05:24 |      |
| 713  | 2602 | FERNANDO VAZ        | Individual                               | 54:03  | +22:00 | 05:24 |      |
| 714  | 331  | MARIZA RAMALHO      | CDRAM                                    | 54:05  | +22:02 | 05:25 |      |
| 715  | 2943 | PEDRO INÁCIO        | Individual                               | 54:06  | +22:03 | 05:25 |      |
| 716  | 2617 | FRANCISCO BERNARDO  | Individual                               | 54:06  | +22:03 | 05:25 |      |
| 717  | 2765 | LUIS GUERREIRO      | Individual                               | 54:07  | +22:04 | 05:25 |      |
| 718  | 194  | JACINTO BATISTA     | CBS                                      | 54:08  | +22:05 | 05:25 |      |
| 719  | 3109 | MARIA VIANA         | KER SPORT TRAIL RUNNING                  | 54:08  | +22:05 | 05:25 |      |



**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

| <b>RANK</b> | <b>BIB</b> | <b>NAME</b>        | <b>TEAM</b>  | <b>RESULT</b> | <b>DIFF</b> | <b>t/KM</b> | <b>CARD</b> |
|-------------|------------|--------------------|--|---------------|-------------|-------------|-------------|
| 720         | 2435       | ANDREIA CARVALHO   | Individual   | 54:08         | +22:05      | 05:25       |             |
| 721         | 3395       | CARLA MENDES       | Tartarugas Solidárias                                | 54:09         | +22:06      | 05:25       |             |
| 722         | 2745       | JOSÉ SOARES        | Individual   | 54:09         | +22:06      | 05:25       |             |
| 723         | 3448       | Nuno Lopes         | Individual   | 54:10         | +22:07      | 05:25       |             |
| 724         | 1032       | ANTÓNIO AMIEIRO    | CDRAM  | 54:11         | +22:08      | 05:25       |             |
| 725         | 3042       | SERGIO OLIVEIRA    | Individual   | 54:14         | +22:11      | 05:25       |             |
| 726         | 1562       | CRISTINA LINO      | ANE  | 54:14         | +22:11      | 05:25       |             |
| 727         | 2876       | NUNO GOMES         | Individual   | 54:16         | +22:13      | 05:26       |             |
| 728         | 2597       | FERNANDO PINTO     | Individual   | 54:16         | +22:13      | 05:26       |             |
| 729         | 1578       | ANA ALMEIDA        | ANE  | 54:17         | +22:14      | 05:26       |             |
| 730         | 1579       | FERNANDO SILVA     | ANE  | 54:17         | +22:14      | 05:26       |             |
| 731         | 548        | CARLA BERNARDINO   | ANE  | 54:17         | +22:14      | 05:26       |             |
| 732         | 2397       | ÁLVARO MARUJEIRO   | Individual   | 54:19         | +22:16      | 05:26       |             |
| 733         | 3451       | Nuno Oliveira      | Individual   | 54:19         | +22:16      | 05:26       |             |
| 734         | 2308       | ANTÓNIO BIZARRO    | Federação da Família para a Paz Mundial e Unificação | 54:20         | +22:17      | 05:26       |             |
| 735         | 2452       | ANTÓNIO CAVACO     | Individual   | 54:20         | +22:17      | 05:26       |             |
| 736         | 2695       | JOÃO SANTOS        | Individual   | 54:24         | +22:21      | 05:26       |             |
| 737         | 2517       | CESAR FERROLHO     | Individual   | 54:25         | +22:22      | 05:26       |             |
| 738         | 2004       | LISETE RAMALHO     | A Minha Corrida                                      | 54:26         | +22:23      | 05:27       |             |
| 739         | 1479       | ÁLVARO BRITO       | ANE  | 54:26         | +22:23      | 05:27       |             |
| 740         | 3347       | NUNO SOBRAL        | Serrado FC Atletismo                                 | 54:30         | +22:27      | 05:27       |             |
| 741         | 3036       | SANDRO BRAZ        | Individual   | 54:30         | +22:27      | 05:27       |             |
| 742         | 2451       | ANTÓNIO NOVAS      | Individual   | 54:32         | +22:29      | 05:27       |             |
| 743         | 48         | FERNANDA REBELO    | CATA   | 54:34         | +22:31      | 05:27       |             |
| 744         | 2672       | JOANA ANTUNES      | Individual   | 54:36         | +22:33      | 05:28       |             |
| 745         | 3043       | SERGIO VICENTE     | Individual   | 54:40         | +22:37      | 05:28       |             |
| 746         | 3389       | SANDRA CONSTANTINO | Tálenos Team   | 54:41         | +22:38      | 05:28       |             |
| 747         | 2862       | NELSON CARAVELA    | Individual   | 54:41         | +22:38      | 05:28       |             |
| 748         | 2167       | SONIA COSTA        | CA VALE FIGUEIRA                                     | 54:45         | +22:42      | 05:29       |             |
| 749         | 2543       | DARIO DIONÍSIO     | Individual   | 54:45         | +22:42      | 05:29       |             |
| 750         | 3393       | PATRICIA PEREIRA   | Tartarugas do Mato                                   | 54:47         | +22:44      | 05:29       |             |
| 751         | 579        | RICARDO SARMENTO   | ANE  | 54:49         | +22:46      | 05:29       |             |
| 752         | 2374       | JOSE FERNANDES     | grupo desportivo chelas                              | 54:51         | +22:48      | 05:29       |             |
| 753         | 2246       | JOÃO CANHOTO       | correr loures  | 54:51         | +22:48      | 05:29       |             |
| 754         | 2928       | PAULO SOUSA        | Individual   | 54:51         | +22:48      | 05:29       |             |
| 755         | 3348       | PEDRO LOPES        | Serrado FC Atletismo                                 | 54:54         | +22:51      | 05:29       |             |
| 756         | 2782       | LUÍS SANTOS        | Individual   | 54:54         | +22:51      | 05:29       |             |
| 757         | 3343       | ANTÓNIO JERÓNIMO   | Serrado FC Atletismo                                 | 54:54         | +22:52      | 05:29       |             |
| 758         | 2972       | RENATO PAULETA     | Individual   | 54:55         | +22:52      | 05:30       |             |
| 759         | 3420       | ANTÓNIO RIBEIRO    | We'll Never Walk Alone                               | 54:56         | +22:53      | 05:30       |             |
| 760         | 2611       | FILOMENA JACINTO   | Individual   | 54:58         | +22:55      | 05:30       |             |
| 761         | 112        | CARLOS LOPES       | CATA   | 54:59         | +22:56      | 05:30       |             |
| 762         | 2353       | PAULO MENDES       | GRCD Leião   | 55:00         | +22:57      | 05:30       |             |
| 763         | 2974       | RICARDO CAMPOS     | Individual   | 55:00         | +22:57      | 05:30       |             |
| 764         | 2616       | FRADIQUE SANTOS    | Individual   | 55:01         | +22:58      | 05:30       |             |

**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

**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

| RANK | BIB  | NAME                | TEAM   | RESULT | DIFF   | t/KM  | CARD |
|------|------|---------------------|--|--------|--------|-------|------|
| 765  | 2187 | ALZIRA CRUZ         | Casa do Concelho de Arcos de Valdevez                | 55:03  | +23:00 | 05:30 |      |
| 766  | 2983 | RICARDO MARTINS     | Individual   | 55:04  | +23:01 | 05:30 |      |
| 767  | 2496 | CARLOS CARVALHO     | Individual   | 55:04  | +23:01 | 05:30 |      |
| 768  | 2005 | SUSANA COSTA        | A Minha Corrida                                      | 55:08  | +23:05 | 05:31 |      |
| 769  | 59   | VÂNIA TEIXEIRA      | CATA   | 55:10  | +23:07 | 05:31 |      |
| 770  | 85   | ANTÓNIO SALSINHA    | CATA   | 55:11  | +23:08 | 05:31 |      |
| 771  | 3172 | CÉLIA SILVA         | Linda-A-Pastora Sporting Clube                       | 55:14  | +23:11 | 05:31 |      |
| 772  | 3449 | Jose Neto           | Individual   | 55:15  | +23:12 | 05:32 |      |
| 773  | 3450 | Manuel Cosme        | Individual   | 55:17  | +23:14 | 05:32 |      |
| 774  | 200  | ADELINO FORTUNATO   | CBS  | 55:17  | +23:14 | 05:32 |      |
| 775  | 2326 | EUCINÁRIO PINHEIRO  | FIDELIDADE GDC                                       | 55:18  | +23:15 | 05:32 |      |
| 776  | 2351 | MÁRCIA CORREIA      | GRCD Leão  | 55:20  | +23:17 | 05:32 |      |
| 777  | 3340 | RUI XAVIER          | RUN4EAT  | 55:21  | +23:18 | 05:32 |      |
| 778  | 90   | ÁLVARO SILVA        | CATA   | 55:21  | +23:18 | 05:32 |      |
| 779  | 2307 | JOAQUIM FONSECA     | Federação da Família para a Paz Mundial e Unificação | 55:21  | +23:18 | 05:32 |      |
| 780  | 1587 | SORAIA VAZ          | ANE  | 55:21  | +23:18 | 05:32 |      |
| 781  | 3039 | SELMA SILVA         | Individual   | 55:23  | +23:20 | 05:32 |      |
| 782  | 2259 | LUIS LOURENCO       | Correr Queluz  | 55:25  | +23:22 | 05:32 |      |
| 783  | 3003 | RUBEN COSTA         | Individual   | 55:26  | +23:23 | 05:33 |      |
| 784  | 2195 | CARLOS MOREIRA      | CCDTMetroLX  | 55:28  | +23:25 | 05:33 |      |
| 785  | 3399 | GUILHERME RODRIGUES | Team   | 55:31  | +23:28 | 05:33 |      |
| 786  | 1307 | JOSÉ FREITAS        | CRCP   | 55:31  | +23:28 | 05:33 |      |
| 787  | 2732 | JOSÉ FREITAS        | Individual   | 55:32  | +23:29 | 05:33 |      |
| 788  | 3424 | PAULO VAZ           | We'll Never Walk Alone                               | 55:34  | +23:31 | 05:33 |      |
| 789  | 3238 | MARIA BORGES        | Montes Saloios Trail Team                            | 55:35  | +23:32 | 05:34 |      |
| 790  | 377  | ROSA AFONSO         | CDRAM  | 55:35  | +23:32 | 05:34 |      |
| 791  | 96   | MANUEL BATISTA      | CATA   | 55:36  | +23:33 | 05:34 |      |
| 792  | 3094 | VALDEMIR SOUZA      | Individual   | 55:41  | +23:38 | 05:34 |      |
| 793  | 3221 | TÓ-ZÉ PEREIRA       | Moita a Correr                                       | 55:42  | +23:39 | 05:34 |      |
| 794  | 2914 | PAULO SANTOS        | Individual   | 55:43  | +23:40 | 05:34 |      |
| 795  | 572  | VANDA AUGUSTO       | ANE  | 55:45  | +23:42 | 05:35 |      |
| 796  | 2019 | RUI VIEIRA          | Alces Team   | 55:49  | +23:46 | 05:35 |      |
| 797  | 2098 | VASCO PINHEIRO      | AUCHAN   | 55:51  | +23:48 | 05:35 |      |
| 798  | 3133 | NUNO SILVA          | Kotas Boa Forma                                      | 55:53  | +23:50 | 05:35 |      |
| 799  | 3384 | MARIA EMÍDIO        | Tálenos Team   | 55:53  | +23:50 | 05:35 |      |
| 800  | 2641 | HELENA ALCOBIA      | Individual   | 55:55  | +23:52 | 05:35 |      |
| 801  | 3166 | ANA ALEIXO          | Linda-A-Pastora Sporting Clube                       | 55:58  | +23:55 | 05:36 |      |
| 802  | 3328 | PEDRO COSTA         | Run Crew Trail Montijo                               | 55:59  | +23:56 | 05:36 |      |
| 803  | 3388 | RUI LAGINHA         | Tálenos Team   | 55:59  | +23:56 | 05:36 |      |
| 804  | 3320 | LIGIA COSTA         | Run Crew Trail Montijo                               | 55:59  | +23:56 | 05:36 |      |
| 805  | 2501 | CARLOS HILARIO      | Linda-A-Pastora Sporting Clube                       | 56:00  | +23:57 | 05:36 |      |
| 806  | 3102 | VITOR SANTOS        | Individual   | 56:01  | +23:58 | 05:36 |      |
| 807  | 3201 | SÓNIA SEQUEIRA      | Linda-A-Pastora Sporting Clube                       | 56:01  | +23:58 | 05:36 |      |
| 808  | 3175 | ELISABETE SILVA     | Linda-A-Pastora Sporting Clube                       | 56:01  | +23:58 | 05:36 |      |
| 809  | 3227 | CATARINA MENEZES    | Montes Saloios Trail Team                            | 56:05  | +24:02 | 05:36 |      |

**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

**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

| RANK | BIB  | NAME               | TEAM                        | RESULT | DIFF   | t/KM  | CARD |
|------|------|--------------------|-----------------------------|--------|--------|-------|------|
| 810  | 2564 | ELISABETE DIAS     | Individual                  | 56:05  | +24:02 | 05:37 |      |
| 811  | 2017 | PEDRO ANDRÉ        | Alces Team                  | 56:06  | +24:03 | 05:37 |      |
| 812  | 2786 | LURDES GONÇALVES   | Individual                  | 56:09  | +24:06 | 05:37 |      |
| 813  | 3292 | RUI DUARTE         | Pinhal Novo a Correr        | 56:09  | +24:06 | 05:37 |      |
| 814  | 367  | JOAQUIM FERNANDES  | Alto do Moinho              | 56:10  | +24:07 | 05:37 |      |
| 815  | 2937 | PEDRO BARATA       | Individual                  | 56:11  | +24:08 | 05:37 |      |
| 816  | 2690 | JOÃO FONSECA       | Individual                  | 56:13  | +24:10 | 05:37 |      |
| 817  | 2715 | JORGE CRUZ         | Individual                  | 56:18  | +24:15 | 05:38 |      |
| 818  | 3375 | DIOGO RASTEIRO     | Tálcenos Team               | 56:19  | +24:16 | 05:38 |      |
| 819  | 1308 | RUI CORREIA        | CRCP                        | 56:22  | +24:19 | 05:38 |      |
| 820  | 2910 | PAULO COLAÇO       | Individual                  | 56:22  | +24:19 | 05:38 |      |
| 821  | 608  | MIGUEL CRUZ        | ANE                         | 56:23  | +24:20 | 05:38 |      |
| 822  | 2873 | NUNO FERNANDES     | Individual                  | 56:26  | +24:23 | 05:39 |      |
| 823  | 2031 | LUÍS BAPTISTA      | Amigos do Orvalho           | 56:29  | +24:26 | 05:39 |      |
| 824  | 2536 | DANIEL FREITAS     | Individual                  | 56:29  | +24:26 | 05:39 |      |
| 825  | 2684 | JOÃO ANTUNES       | Individual                  | 56:32  | +24:29 | 05:39 |      |
| 826  | 1566 | HÉLDER NOGUEIRA    | ANE                         | 56:33  | +24:30 | 05:39 |      |
| 827  | 2359 | ABILIO MARCOS      | grupo desportivo chelas     | 56:36  | +24:33 | 05:40 |      |
| 828  | 2157 | Luis Sousa         | CA VALE FIGUEIRA            | 56:37  | +24:34 | 05:40 |      |
| 829  | 1422 | Antonio Belli      | Individual                  | 56:38  | +24:35 | 05:40 |      |
| 830  | 2653 | HUGO ALMEIDA       | Individual                  | 56:39  | +24:36 | 05:40 |      |
| 831  | 2114 | IRINA PEDRO        | BRRnightRUNNERS             | 56:39  | +24:36 | 05:40 |      |
| 832  | 3214 | ISABEL SANTOS      | Lourdete Perfumarias        | 56:42  | +24:39 | 05:40 |      |
| 833  | 2764 | LUIS GOMES         | Individual                  | 56:42  | +24:39 | 05:40 |      |
| 834  | 3317 | ISABEL CARVALHO    | Run Crew Trail Montijo      | 56:44  | +24:41 | 05:40 |      |
| 835  | 2601 | FERNANDO SOUSA     | Individual                  | 56:47  | +24:44 | 05:41 |      |
| 836  | 2872 | NUNO COSTA         | Individual                  | 56:49  | +24:46 | 05:41 |      |
| 837  | 1574 | JOÃO RATO          | ANE                         | 56:49  | +24:46 | 05:41 |      |
| 838  | 2716 | JORGE FRADIQUE     | Individual                  | 56:50  | +24:47 | 05:41 |      |
| 839  | 195  | AGOSTINHO MARQUES  | CBS                         | 56:51  | +24:48 | 05:41 |      |
| 840  | 197  | JOÃO TOMÁS         | CBS                         | 56:52  | +24:49 | 05:41 |      |
| 841  | 3447 | LUIS MARTINS       | ANE                         | 56:53  | +24:50 | 05:41 |      |
| 842  | 204  | ROGERIO SANTIAGO   | CBS                         | 56:54  | +24:51 | 05:41 |      |
| 843  | 2237 | PEDRO SANTOS       | CLUBE DO SARGENTO DA ARMADA | 56:56  | +24:53 | 05:42 |      |
| 844  | 2238 | PEDRO CALISTO      | CLUBE DO SARGENTO DA ARMADA | 56:56  | +24:53 | 05:42 |      |
| 845  | 2231 | JOSE GOUVEIA       | CLUBE DO SARGENTO DA ARMADA | 56:57  | +24:54 | 05:42 |      |
| 846  | 559  | FÁBIA LOURENÇO     | ANE                         | 56:58  | +24:55 | 05:42 |      |
| 847  | 2867 | NUNO BATALHEIRO    | Individual                  | 56:59  | +24:56 | 05:42 |      |
| 848  | 2969 | RENATO MORENO      | Individual                  | 57:00  | +24:57 | 05:42 |      |
| 849  | 2285 | FERNANDO JERONIMO  | EX FEDERADOS                | 57:04  | +25:01 | 05:42 |      |
| 850  | 2996 | RITA FURTADO       | Individual                  | 57:06  | +25:03 | 05:43 |      |
| 851  | 2700 | JOÃO RIBEIRO       | Individual                  | 57:06  | +25:03 | 05:43 |      |
| 852  | 77   | ANTÓNIO BORLA      | CATA                        | 57:10  | +25:07 | 05:43 |      |
| 853  | 2667 | IVO LOURO          | Individual                  | 57:10  | +25:07 | 05:43 |      |
| 854  | 2591 | FERNANDO VERGAMOTA | Individual                  | 57:11  | +25:08 | 05:43 |      |
| 855  | 2567 | ELSA BRUXELAS      | Individual                  | 57:11  | +25:08 | 05:43 |      |

**PROVA PRINCIPAL - STAGE 1**
**10 KM**

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

**OFFICIAL RESULT**

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

| RANK | BIB   | NAME               | TEAM   | RESULT | DIFF   | t/KM  | CARD |
|------|-------|--------------------|--|--------|--------|-------|------|
| 856  | 3444  | Helena Sanches     | Individual   | 57:15  | +25:12 | 05:43 |      |
| 857  | 2697  | JOÃO MELO          | Individual   | 57:15  | +25:12 | 05:43 |      |
| 858  | 2594  | FERNANDO HOMEM     | Individual   | 57:16  | +25:13 | 05:44 |      |
| 859  | 2799  | MÁRCIA NETO        | Individual   | 57:16  | +25:13 | 05:44 |      |
| 860  | 2853  | MIGUEL NUNES       | Individual   | 57:17  | +25:14 | 05:44 |      |
| 861  | 373   | HELENA CARDOSO     | CDRAM  | 57:18  | +25:15 | 05:44 |      |
| 862  | 3000  | ROGÉRIO FERNANDES  | Individual   | 57:21  | +25:18 | 05:44 |      |
| 863  | 2294  | ORLANDO SANTOS     | EX FEDERADOS   | 57:21  | +25:18 | 05:44 |      |
| 864  | 2887  | NUNO MOLERO        | Individual   | 57:22  | +25:19 | 05:44 |      |
| 865  | 1490  | IVO LIMA           | ANE  | 57:22  | +25:19 | 05:44 |      |
| 866  | 2864  | NELSON RUA         | Individual   | 57:22  | +25:19 | 05:44 |      |
| 867  | 3274  | PAULA SANTOS       | OS TUGAS   | 57:23  | +25:20 | 05:44 |      |
| 868  | 2205  | RAFAEL SANTOS      | CCDTMetroLX  | 57:24  | +25:21 | 05:44 |      |
| 869  | 3247  | TERESA REIS        | Montes Saloios Trail Team                            | 57:28  | +25:25 | 05:45 |      |
| 870  | 1616  | PEDRO MOLEIRO      | ANE  | 57:29  | +25:26 | 05:45 |      |
| 871  | 186   | PEDRO CARVALHO     | CBS  | 57:29  | +25:26 | 05:45 |      |
| 872  | 1447  | VASYL KATERENCHUCK | CBS  | 57:30  | +25:27 | 05:45 |      |
| 873  | 2079  | PAULO SANTOS       | Associação de atletismo Lebres do sado               | 57:30  | +25:27 | 05:45 |      |
| 874  | 2802  | MARCO PASSINHAS    | Individual   | 57:31  | +25:28 | 05:45 |      |
| 875  | 279   | NUNO ACÚRSIO       | ZFF  | 57:31  | +25:28 | 05:45 |      |
| 876  | 2390  | ALEXANDRE LOURINHO | Individual   | 57:32  | +25:29 | 05:45 |      |
| 877  | 486   | AMÍLCAR PÓVOA      | CDRAM  | 57:35  | +25:32 | 05:46 |      |
| 878  | 714   | RUI CATARINO       | CDCCM  | 57:37  | +25:34 | 05:46 |      |
| 879  | 2169  | SUSANA EVANGELISTA | CA VALE FIGUEIRA                                     | 57:39  | +25:36 | 05:46 |      |
| 880  | 2744  | JOSÉ SANTOS        | Individual   | 57:41  | +25:38 | 05:46 |      |
| 881  | 2934  | PEDRO AMORIM       | Individual   | 57:42  | +25:39 | 05:46 |      |
| 882  | 2119  | PEDRO PEREIRA      | BRRnightRUNNERS                                      | 57:43  | +25:40 | 05:46 |      |
| 883  | 243   | ANDRÉ LOPES        | CBS  | 57:44  | +25:41 | 05:46 |      |
| 884  | 1496  | ARMANDO LACERDA    | GDC  | 57:45  | +25:42 | 05:46 |      |
| 885  | 99    | CÉLIA SILVEIRA     | CATA   | 57:47  | +25:44 | 05:47 |      |
| 886  | 93426 | GILBERTO GONÇALVES | Clube Atletismo Amigos de Belém                      | 57:49  | +25:46 | 05:47 |      |
| 887  | 2120  | SOFIA AMBRIOSO     | BRRnightRUNNERS                                      | 57:50  | +25:47 | 05:47 |      |
| 888  | 3110  | AMILCAR NUNES      | KonanRunners   | 57:51  | +25:48 | 05:47 |      |
| 889  | 3240  | MARISA RIANÇO      | Montes Saloios Trail Team                            | 57:53  | +25:50 | 05:47 |      |
| 890  | 1277  | LUIS MORAIS        | CDRAM  | 57:53  | +25:50 | 05:47 |      |
| 891  | 3246  | SAMUEL SILVA       | Montes Saloios Trail Team                            | 57:55  | +25:52 | 05:47 |      |
| 892  | 3051  | SOFIA ANTUNES      | Individual   | 58:00  | +25:57 | 05:48 |      |
| 893  | 2312  | MERCEDES FONSECA   | Federação da Família para a Paz Mundial e Unificação | 58:02  | +25:59 | 05:48 |      |
| 894  | 569   | JOANA PIÇARRA      | ANE  | 58:03  | +26:00 | 05:48 |      |
| 895  | 1560  | MARGARIDA MONTEIRO | ANE  | 58:03  | +26:00 | 05:48 |      |
| 896  | 668   | DOMINGOS GATO      | ANE  | 58:04  | +26:01 | 05:48 |      |
| 897  | 2648  | HENRIQUE ALMEIDA   | Individual   | 58:07  | +26:04 | 05:49 |      |
| 898  | 2571  | EMANUEL ARAÚJO     | Individual   | 58:07  | +26:04 | 05:49 |      |
| 899  | 2843  | MATEUS SEQUEIRA    | Individual   | 58:10  | +26:07 | 05:49 |      |
| 900  | 2048  | HENRIQUE NARCISO   | AO RITMO DAS 200PPM                                  | 58:13  | +26:10 | 05:49 |      |

**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

| RANK | BIB  | NAME                | TEAM                            | RESULT | DIFF   | t/KM  | CARD |
|------|------|---------------------|---------------------------------|--------|--------|-------|------|
| 901  | 2055 | JOSÉ ANDRADE        | AO RITMO DAS 200PPM             | 58:15  | +26:12 | 05:50 |      |
| 902  | 260  | CARLOS BORRALHEIRA  | CBS                             | 58:16  | +26:13 | 05:50 |      |
| 903  | 3372 | BETA LOURENÇO       | Tálenos Team                    | 58:17  | +26:14 | 05:50 |      |
| 904  | 3376 | FERNANDO NASCIMENTO | Tálenos Team                    | 58:18  | +26:15 | 05:50 |      |
| 905  | 2415 | ANA PATO            | Individual                      | 58:21  | +26:18 | 05:50 |      |
| 906  | 3433 | Paulo Oliveira      | Individual                      | 58:24  | +26:21 | 05:50 |      |
| 907  | 2393 | ALICE VILAÇA        | Individual                      | 58:24  | +26:21 | 05:50 |      |
| 908  | 3432 | Claudia Bico        | Individual                      | 58:24  | +26:21 | 05:50 |      |
| 909  | 3428 | JOSÉ CASTRO         | Clube Atletismo Amigos de Belém | 58:25  | +26:22 | 05:51 |      |
| 910  | 1140 | SERGIO MARTINS      | ANE                             | 58:25  | +26:22 | 05:51 |      |
| 911  | 1585 | ANTÓNIO GALEGO      | ANE                             | 58:33  | +26:30 | 05:51 |      |
| 912  | 3415 | RITA COSTA          | Tryo                            | 58:34  | +26:31 | 05:51 |      |
| 913  | 2814 | MARIA GUERREIRO     | Individual                      | 58:35  | +26:32 | 05:52 |      |
| 914  | 2386 | ALDINA SANTOS       | Individual                      | 58:36  | +26:33 | 05:52 |      |
| 915  | 2663 | IGOR SILVA          | Individual                      | 58:39  | +26:36 | 05:52 |      |
| 916  | 2242 | CARLOS VIEIRA       | correr loures                   | 58:41  | +26:38 | 05:52 |      |
| 917  | 2235 | PAULA LEÃO          | CLUBE DO SARGENTO DA ARMADA     | 58:44  | +26:41 | 05:52 |      |
| 918  | 3218 | HUGO LAPA           | Mati&Xavi                       | 58:45  | +26:42 | 05:52 |      |
| 919  | 3397 | PEDRO BANON         | Tartarugas Solidárias           | 58:47  | +26:44 | 05:53 |      |
| 920  | 3085 | TIAGO CLAMOTE       | Individual                      | 58:49  | +26:46 | 05:53 |      |
| 921  | 3125 | JOEL LEANDRO        | Kotas Boa Forma                 | 58:50  | +26:47 | 05:53 |      |
| 922  | 2115 | KATIA ALVES         | BRRnightRUNNERS                 | 58:51  | +26:48 | 05:53 |      |
| 923  | 2781 | LUÍS RIBEIRO        | Individual                      | 58:52  | +26:49 | 05:53 |      |
| 924  | 2030 | CÉLIA BAPTISTA      | Amigos do Orvalho               | 58:52  | +26:49 | 05:53 |      |
| 925  | 3165 | ANA NETO            | Linda-A-Pastora Sporting Clube  | 58:52  | +26:49 | 05:53 |      |
| 926  | 2650 | HENRIQUE VELOSO     | Individual                      | 58:54  | +26:51 | 05:53 |      |
| 927  | 1168 | CARLA OLEIRINHA     | ANE                             | 58:56  | +26:53 | 05:54 |      |
| 928  | 276  | LUÍS SANTOS         | ZFF                             | 58:56  | +26:53 | 05:54 |      |
| 929  | 385  | MARGARIDA AMIGO     | CDRAM                           | 58:56  | +26:53 | 05:54 |      |
| 930  | 2487 | CARLA PEREIRA       | Individual                      | 58:57  | +26:54 | 05:54 |      |
| 931  | 355  | PEDRO PEREIRA       | CDRAM                           | 58:57  | +26:54 | 05:54 |      |
| 932  | 386  | ISAURA PEREIRA      | CDRAM                           | 58:57  | +26:54 | 05:54 |      |
| 933  | 2223 | CÁTIA CAMARA        | CLUBE DO SARGENTO DA ARMADA     | 58:59  | +26:56 | 05:54 |      |
| 934  | 1576 | ANA RAMOS           | ANE                             | 59:00  | +26:57 | 05:54 |      |
| 935  | 2763 | LUIS COSTA          | Individual                      | 59:00  | +26:57 | 05:54 |      |
| 936  | 716  | INÁCIO MENDES       | CDCCM                           | 59:01  | +26:58 | 05:54 |      |
| 937  | 709  | ANTÓNIO ALVES       | CDCCM                           | 59:01  | +26:58 | 05:54 |      |
| 938  | 111  | ODETE FRANCISCO     | CATA                            | 59:03  | +27:00 | 05:54 |      |
| 939  | 2396 | ÁLVARO JORGE        | Individual                      | 59:04  | +27:01 | 05:54 |      |
| 940  | 1066 | PEDRO RODRIGUES     | CPC                             | 59:05  | +27:02 | 05:54 |      |
| 941  | 2574 | EMÍDIO CORREIA      | Individual                      | 59:05  | +27:02 | 05:54 |      |
| 942  | 2742 | JOSÉ PROENÇA        | Individual                      | 59:08  | +27:05 | 05:55 |      |
| 943  | 2253 | CLAUDIA FERNANDES   | Correr Queluz                   | 59:08  | +27:05 | 05:55 |      |
| 944  | 2534 | CRISTINA VICENTE    | Individual                      | 59:12  | +27:09 | 05:55 |      |
| 945  | 2780 | LUÍS MIRANDA        | Individual                      | 59:16  | +27:13 | 05:56 |      |
| 946  | 3288 | MARIA SARAMAGO      | Pinhal Novo a Correr            | 59:17  | +27:14 | 05:56 |      |

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 |
|------|------|---------------------|---------------------------------|----------|--------|-------|------|
| 947  | 1421 | JOÃO CAMISAS        | ANE                             | 59:17    | +27:14 | 05:56 |      |
| 948  | 2649 | HENRIQUE RUIVO      | Individual                      | 59:18    | +27:15 | 05:56 |      |
| 949  | 1073 | ALEXANDRA GONÇALVES | CDRAM                           | 59:20    | +27:17 | 05:56 |      |
| 950  | 3276 | RUI PINTO           | OS TUGAS                        | 59:21    | +27:18 | 05:56 |      |
| 951  | 3438 | MIGUEL MARQUES      | Individual                      | 59:22    | +27:19 | 05:56 |      |
| 952  | 2599 | FERNANDO SEBASTIÃO  | Individual                      | 59:22    | +27:19 | 05:56 |      |
| 953  | 3284 | HELENA PARREIRA     | Pinhal Novo a Correr            | 59:27    | +27:24 | 05:57 |      |
| 954  | 3233 | JORGE PEREIRA       | Montes Saloios Trail Team       | 59:30    | +27:27 | 05:57 |      |
| 955  | 2258 | LÍVIA LOURENÇO      | Correr Queluz                   | 59:34    | +27:31 | 05:57 |      |
| 956  | 2560 | EDUARDO LOPES       | Individual                      | 59:34    | +27:31 | 05:57 |      |
| 957  | 2692 | JOÃO BRANCO         | Individual                      | 59:37    | +27:34 | 05:58 |      |
| 958  | 550  | LISA SANTOS         | ANE                             | 59:38    | +27:35 | 05:58 |      |
| 959  | 3342 | ANDRÉ MACEDO        | Serrado FC Atletismo            | 59:39    | +27:36 | 05:58 |      |
| 960  | 3434 | Pedro Pinto Duarte  | Individual                      | 59:39    | +27:36 | 05:58 |      |
| 961  | 2542 | DANIELA PINTO       | Individual                      | 59:44    | +27:41 | 05:58 |      |
| 962  | 2255 | FILOMENA FIALHO     | Correr Queluz                   | 59:48    | +27:45 | 05:59 |      |
| 963  | 2327 | NAYARA PINHEIRO     | FIDELIDADE GDC                  | 59:49    | +27:46 | 05:59 |      |
| 964  | 1053 | SUSANA LAGOAS       | CDRAM                           | 59:49    | +27:46 | 05:59 |      |
| 965  | 1395 | CRISTINA ROBALO     | CDRAM                           | 59:50    | +27:47 | 05:59 |      |
| 966  | 2671 | JENNIE              | Individual                      | 59:50    | +27:47 | 05:59 |      |
| 967  | 2196 | EDITE SA            | CCDTMetroLX                     | 59:52    | +27:49 | 05:59 |      |
| 968  | 298  | ANTÓNIO MATEUS      | ZFF                             | 59:54    | +27:51 | 05:59 |      |
| 969  | 2818 | MARIA MAGRO         | Individual                      | 59:58    | +27:55 | 06:00 |      |
| 970  | 2747 | JOSÉ CORVO          | Individual                      | 01:00:02 | +27:59 | 06:00 |      |
| 971  | 2994 | RITA CORREIA        | Individual                      | 01:00:02 | +27:59 | 06:00 |      |
| 972  | 1499 | CÉLIA AFONSO        | CATA                            | 01:00:03 | +28:00 | 06:00 |      |
| 973  | 3442 | ANA MARQUES         | Individual                      | 01:00:04 | +28:01 | 06:00 |      |
| 974  | 3427 | JÚLIO CASTRO        | Clube Atletismo Amigos de Belém | 01:00:05 | +28:02 | 06:00 |      |
| 975  | 2483 | CARLA FANECO        | Individual                      | 01:00:06 | +28:03 | 06:01 |      |
| 976  | 2942 | PEDRO CASTRO        | Individual                      | 01:00:10 | +28:07 | 06:01 |      |
| 977  | 984  | HELENA COSTA        | CDRAM                           | 01:00:10 | +28:07 | 06:01 |      |
| 978  | 3387 | PEDRO RASTEIRO      | Tá lentos Team                  | 01:00:11 | +28:08 | 06:01 |      |
| 979  | 3373 | CARLA COSTA         | Tá lentos Team                  | 01:00:16 | +28:13 | 06:02 |      |
| 980  | 2607 | FILIPPE FRADE       | Individual                      | 01:00:18 | +28:15 | 06:02 |      |
| 981  | 57   | MANUEL DIAS         | CATA                            | 01:00:19 | +28:16 | 06:02 |      |
| 982  | 2288 | JOAO PORTUGAL       | EX FEDERADOS                    | 01:00:21 | +28:18 | 06:02 |      |
| 983  | 2102 | SIMÃO SANTANA       | BANDIDOS                        | 01:00:22 | +28:19 | 06:02 |      |
| 984  | 2813 | MARIA PEDRO         | Individual                      | 01:00:22 | +28:19 | 06:02 |      |
| 985  | 2101 | FRANCISCO PAULOS    | BANDIDOS                        | 01:00:23 | +28:20 | 06:02 |      |
| 986  | 3022 | RUTE SARAIVA        | Individual                      | 01:00:35 | +28:32 | 06:03 |      |
| 987  | 2232 | MAGNIFICA ALVAREDO  | CLUBE DO SARGENTO DA ARMADA     | 01:00:35 | +28:32 | 06:03 |      |
| 988  | 2646 | HÉLIO GODINHO       | Individual                      | 01:00:35 | +28:32 | 06:04 |      |
| 989  | 1306 | EDUARDO LOPES       | CRCP                            | 01:00:37 | +28:34 | 06:04 |      |
| 990  | 2249 | NELSON MOREIRA      | correr loures                   | 01:00:37 | +28:34 | 06:04 |      |
| 991  | 2696 | JOÃO PINA           | Individual                      | 01:00:42 | +28:39 | 06:04 |      |
| 992  | 3275 | RUI RODRIGUES       | OS TUGAS                        | 01:00:44 | +28:41 | 06:04 |      |

**PROVA PRINCIPAL - STAGE 1**

**10 KM**

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

**OFFICIAL RESULT**

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

| RANK | BIB  | NAME               | TEAM                                   | RESULT   | DIFF   | t/KM  | CARD |
|------|------|--------------------|--|----------|--------|-------|------|
| 993  | 1469 | DINIS SILVA        | ANE                                    | 01:00:47 | +28:44 | 06:05 |      |
| 994  | 2956 | PEDRO PAULO        | Individual                             | 01:00:48 | +28:45 | 06:05 |      |
| 995  | 514  | Ana Rolo           | Inglases FC                            | 01:00:50 | +28:47 | 06:05 |      |
| 996  | 2898 | PALMIRA RIBEIRO    | Individual                             | 01:00:50 | +28:47 | 06:05 |      |
| 997  | 2391 | ALEXANDRE SILVA    | Individual                             | 01:00:50 | +28:47 | 06:05 |      |
| 998  | 3037 | SARA CATITA        | Individual                             | 01:00:50 | +28:47 | 06:05 |      |
| 999  | 2859 | NEIDE GUERREIRO    | Individual                             | 01:00:53 | +28:50 | 06:05 |      |
| 1000 | 1304 | NUNO SANTOS        | ASAS                                   | 01:00:54 | +28:51 | 06:05 |      |
| 1001 | 2849 | MIGUEL CORREIA     | Individual                             | 01:00:54 | +28:51 | 06:05 |      |
| 1002 | 2851 | MIGUEL MENDES      | Individual                             | 01:00:56 | +28:53 | 06:06 |      |
| 1003 | 3134 | PAULA GEADA        | Kotas Boa Forma                        | 01:00:58 | +28:55 | 06:06 |      |
| 1004 | 3116 | CARLA GEADA        | Kotas Boa Forma                        | 01:00:59 | +28:56 | 06:06 |      |
| 1005 | 2840 | MARTA REIS         | Individual                             | 01:00:59 | +28:56 | 06:06 |      |
| 1006 | 2682 | JOAO SOEIRO        | Individual                             | 01:01:02 | +28:59 | 06:06 |      |
| 1007 | 2204 | ORLANDO SILVA      | CCDTMetroLX                            | 01:01:05 | +29:02 | 06:07 |      |
| 1008 | 488  | GABRIEL CRUZ       | CDRAM                                  | 01:01:06 | +29:03 | 06:07 |      |
| 1009 | 1425 | CÁTIA LOPES        | CDRAU                                  | 01:01:16 | +29:13 | 06:08 |      |
| 1010 | 2519 | CÉSAR GUERRA       | Individual                             | 01:01:18 | +29:15 | 06:08 |      |
| 1011 | 3219 | PEDRO RIBEIRO      | Mati&Xavi                              | 01:01:35 | +29:32 | 06:09 |      |
| 1012 | 457  | ANTÓNIO SOBRAL     | CDRAM                                  | 01:01:36 | +29:33 | 06:10 |      |
| 1013 | 3023 | RUTH SÉCA          | Individual                             | 01:01:37 | +29:34 | 06:10 |      |
| 1014 | 2243 | ELSA NUNES         | correr loures                          | 01:01:37 | +29:34 | 06:10 |      |
| 1015 | 2511 | CATARINA RODRIGUES | Individual                             | 01:01:38 | +29:35 | 06:10 |      |
| 1016 | 2163 | RAFAL LUKASIC      | CA VALE FIGUEIRA                       | 01:01:43 | +29:40 | 06:10 |      |
| 1017 | 1440 | SERAFIM MARQUES    | ASAS                                   | 01:01:45 | +29:42 | 06:10 |      |
| 1018 | 673  | HELENA CUNHA       | ASAS                                   | 01:01:48 | +29:45 | 06:11 |      |
| 1019 | 2038 | ANTÓNIO PEREIRA    | AO RITMO DAS 200PPM                    | 01:01:52 | +29:49 | 06:11 |      |
| 1020 | 1552 | LUCIANO PRITSCH    | ANE                                    | 01:01:53 | +29:50 | 06:11 |      |
| 1021 | 1551 | MARCELO PRITSCH    | ANE                                    | 01:01:55 | +29:52 | 06:11 |      |
| 1022 | 588  | VLADIMIRO BRAVO    | ANE                                    | 01:01:55 | +29:52 | 06:12 |      |
| 1023 | 1557 | TATIANE SANTOS     | ANE                                    | 01:01:55 | +29:52 | 06:12 |      |
| 1024 | 1595 | MÁRCIO ALVES       | ANE                                    | 01:01:55 | +29:52 | 06:12 |      |
| 1025 | 3357 | ANA SILVA          | SIMECQ                                 | 01:01:57 | +29:54 | 06:12 |      |
| 1026 | 3378 | JOÃO FARINHAS      | Tálenos Team                           | 01:01:58 | +29:55 | 06:12 |      |
| 1027 | 3390 | SUSANA FARINHAS    | Tálenos Team                           | 01:01:58 | +29:55 | 06:12 |      |
| 1028 | 2042 | CRISTINA FILIPE    | AO RITMO DAS 200PPM                    | 01:02:04 | +30:01 | 06:12 |      |
| 1029 | 2711 | JOAQUIM PALMA      | Individual                             | 01:02:04 | +30:01 | 06:12 |      |
| 1030 | 387  | ANGELINA CAETANO   | CDRAM                                  | 01:02:10 | +30:07 | 06:13 |      |
| 1031 | 2076 | CECILIA NICOLAU    | Associação de atletismo Lebres do sado | 01:02:13 | +30:10 | 06:13 |      |
| 1032 | 2944 | PEDRO SILVA        | Individual                             | 01:02:14 | +30:11 | 06:13 |      |
| 1033 | 2077 | CELIA AZENHA       | Associação de atletismo Lebres do sado | 01:02:14 | +30:11 | 06:13 |      |
| 1034 | 3014 | RUI MENESES        | Individual                             | 01:02:24 | +30:21 | 06:14 |      |
| 1035 | 2411 | ANA BOTINAS        | Individual                             | 01:02:27 | +30:24 | 06:15 |      |
| 1036 | 536  | Rita Fachadas      | ANE                                    | 01:02:31 | +30:28 | 06:15 |      |
| 1037 | 2515 | CECÍLIA DIAS       | Individual                             | 01:02:31 | +30:28 | 06:15 |      |
| 1038 | 3349 | RAQUEL VARELA      | Serrado FC Atletismo                   | 01:02:39 | +30:36 | 06:16 |      |

**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

**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

| RANK | BIB  | NAME                | TEAM                                     | RESULT   | DIFF   | t/KM  | CARD |
|------|------|---------------------|--|----------|--------|-------|------|
| 1039 | 627  | LEONEL JOSÉ         | ANE                                      | 01:02:41 | +30:38 | 06:16 |      |
| 1040 | 1118 | José Gonçalves      | ANE                                      | 01:02:42 | +30:39 | 06:16 |      |
| 1041 | 448  | JOÃO SANTOS         | CDRAM                                    | 01:02:42 | +30:39 | 06:16 |      |
| 1042 | 388  | JOAQUINA FLORES     | CDRAM                                    | 01:02:45 | +30:42 | 06:17 |      |
| 1043 | 2906 | PAULA CACHOLA       | Individual                               | 01:02:45 | +30:42 | 06:17 |      |
| 1044 | 2173 | ADALBERTO GRILO     | Casa do Benfica de Algueirão Mem-Martins | 01:02:46 | +30:43 | 06:17 |      |
| 1045 | 2184 | SÓNIA FERREIRA      | Casa do Benfica de Algueirão Mem-Martins | 01:02:46 | +30:43 | 06:17 |      |
| 1046 | 2419 | ANA RIBEIRO         | Individual                               | 01:02:47 | +30:44 | 06:17 |      |
| 1047 | 3067 | SÓNIA ENVA          | Individual                               | 01:02:48 | +30:45 | 06:17 |      |
| 1048 | 3004 | RUI AFONSO          | Individual                               | 01:02:59 | +30:56 | 06:18 |      |
| 1049 | 3195 | VITOR RODRIGUES     | Linda-A-Pastora Sporting Clube           | 01:03:02 | +30:59 | 06:18 |      |
| 1050 | 2357 | SANDRA SILVA        | GRCD Leão                                | 01:03:06 | +31:03 | 06:19 |      |
| 1051 | 2015 | PAULO SERRANO       | Alces Team                               | 01:03:06 | +31:03 | 06:19 |      |
| 1052 | 2528 | CLÁUDIA SARAGOÇA    | Individual                               | 01:03:08 | +31:05 | 06:19 |      |
| 1053 | 2816 | MARIA PINTO         | Individual                               | 01:03:14 | +31:11 | 06:19 |      |
| 1054 | 2049 | ILDA GONÇALVES      | AO RITMO DAS 200PPM                      | 01:03:19 | +31:16 | 06:20 |      |
| 1055 | 2040 | CARLA SOBREDA       | AO RITMO DAS 200PPM                      | 01:03:27 | +31:24 | 06:21 |      |
| 1056 | 2034 | ALFREDO NOTÁRIO     | AO RITMO DAS 200PPM                      | 01:03:27 | +31:24 | 06:21 |      |
| 1057 | 3259 | LUÍS ÁLVARO         | O Mundo da Corrida                       | 01:03:31 | +31:28 | 06:21 |      |
| 1058 | 2432 | ANDRÉ PINHO         | Individual                               | 01:03:32 | +31:29 | 06:21 |      |
| 1059 | 1293 | MARIA GLÓRIA SANTOS | ANE                                      | 01:03:34 | +31:31 | 06:21 |      |
| 1060 | 2337 | SÓNIA CORREIA       | GDCTINCM                                 | 01:03:37 | +31:34 | 06:22 |      |
| 1061 | 2336 | RICARDO SIMÕES      | GDCTINCM                                 | 01:03:37 | +31:34 | 06:22 |      |
| 1062 | 3196 | RITA MINA           | Linda-A-Pastora Sporting Clube           | 01:03:37 | +31:34 | 06:22 |      |
| 1063 | 2247 | LURDES BAETA        | correr loures                            | 01:03:41 | +31:38 | 06:22 |      |
| 1064 | 994  | LUÍS PETISCA        | Individual                               | 01:03:42 | +31:39 | 06:22 |      |
| 1065 | 542  | PAULA SIMÕES        | ANE                                      | 01:03:47 | +31:44 | 06:23 |      |
| 1066 | 3147 | CLÁUDIO RAMOS       | LH Ginasio                               | 01:03:53 | +31:50 | 06:23 |      |
| 1067 | 1317 | ANDREIA BOTELHO     | URJFF                                    | 01:03:59 | +31:56 | 06:24 |      |
| 1068 | 1268 | PAULA RODRIGUES     | URJFF                                    | 01:04:01 | +31:58 | 06:24 |      |
| 1069 | 458  | MARCOS FAUSTINO     | CDRAM                                    | 01:04:03 | +32:00 | 06:24 |      |
| 1070 | 142  | ARMANDA SEMEÃO      | CDRAU                                    | 01:04:07 | +32:04 | 06:25 |      |
| 1071 | 3374 | CÉLIA SOBRAL        | Tálenos Team                             | 01:04:08 | +32:05 | 06:25 |      |
| 1072 | 3382 | LUÍS RASTEIRO       | Tálenos Team                             | 01:04:09 | +32:06 | 06:25 |      |
| 1073 | 3281 | CARLA CARDEIRA      | Pinhal Novo a Correr                     | 01:04:16 | +32:13 | 06:26 |      |
| 1074 | 3425 | RITA BENTES         | We'll Never Walk Alone                   | 01:04:17 | +32:14 | 06:26 |      |
| 1075 | 2423 | ANA VIEIRA          | Individual                               | 01:04:19 | +32:16 | 06:26 |      |
| 1076 | 3413 | HUGO PAULO          | Tryo                                     | 01:04:20 | +32:17 | 06:26 |      |
| 1077 | 3414 | ILDA COSTA          | Tryo                                     | 01:04:21 | +32:18 | 06:26 |      |
| 1078 | 2869 | NUNO BEIJINHA       | Individual                               | 01:04:24 | +32:21 | 06:26 |      |
| 1079 | 43   | Leonor Pinto        | Inglases FC                              | 01:04:26 | +32:23 | 06:27 |      |
| 1080 | 2122 | ELISABETE ÁGUAS     | C.C.CD. "O ALVITEJO"                     | 01:04:27 | +32:24 | 06:27 |      |
| 1081 | 1387 | LEONOR PINTO        | CBS                                      | 01:04:27 | +32:24 | 06:27 |      |
| 1082 | 2124 | VÍTOR RODRIGUES     | C.C.CD. "O ALVITEJO"                     | 01:04:28 | +32:25 | 06:27 |      |
| 1083 | 2226 | FRANCISCO CURTINHA  | CLUBE DO SARGENTO DA ARMADA              | 01:04:30 | +32:27 | 06:27 |      |
| 1084 | 3290 | MÓNICA SILVA        | Pinhal Novo a Correr                     | 01:04:33 | +32:30 | 06:27 |      |



**PROVA PRINCIPAL - STAGE 1****10 KM**

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

**OFFICIAL RESULT**

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

| RANK | BIB  | NAME              | TEAM                                     | RESULT   | DIFF   | t/KM  | CARD |
|------|------|-------------------|--|----------|--------|-------|------|
| 1085 | 2147 | JORGE MARTINS     | CA VALE FIGUEIRA                         | 01:04:36 | +32:33 | 06:28 |      |
| 1086 | 2681 | JOAO SILVA        | Individual                               | 01:04:38 | +32:35 | 06:28 |      |
| 1087 | 3263 | CARLA NUNES       | Os corre para comer                      | 01:04:39 | +32:36 | 06:28 |      |
| 1088 | 2185 | VERA TOLÊDO       | Casa do Benfica de Algueirão Mem-Martins | 01:04:42 | +32:39 | 06:28 |      |
| 1089 | 2245 | HELENA PINTO      | correr loures                            | 01:04:42 | +32:39 | 06:28 |      |
| 1090 | 2181 | MARLA CARVALHO    | Casa do Benfica de Algueirão Mem-Martins | 01:04:42 | +32:39 | 06:28 |      |
| 1091 | 2759 | LUCINDA BARATA    | Individual                               | 01:04:45 | +32:42 | 06:28 |      |
| 1092 | 3273 | LURDES SILVA      | OS TUGAS                                 | 01:04:48 | +32:45 | 06:29 |      |
| 1093 | 3228 | CRISTINA FIGUEIRA | Montes Saloios Trail Team                | 01:04:51 | +32:48 | 06:29 |      |
| 1094 | 201  | ISAC DINIS        | CBS                                      | 01:04:52 | +32:49 | 06:29 |      |
| 1095 | 2272 | ÂNGELO FLOR       | EQUIPA FLOR                              | 01:04:52 | +32:49 | 06:29 |      |
| 1096 | 3293 | RUTE GINGADO      | Pinhal Novo a Correr                     | 01:04:53 | +32:50 | 06:29 |      |
| 1097 | 2274 | MANUEL FLOR       | EQUIPA FLOR                              | 01:04:54 | +32:51 | 06:29 |      |
| 1098 | 2273 | JOANA FLOR        | EQUIPA FLOR                              | 01:04:55 | +32:52 | 06:29 |      |
| 1099 | 2271 | ANA FLOR          | EQUIPA FLOR                              | 01:04:55 | +32:52 | 06:30 |      |
| 1100 | 2270 | ALEXANDRE FLOR    | EQUIPA FLOR                              | 01:04:55 | +32:52 | 06:30 |      |
| 1101 | 2665 | ISAURA PINTO      | Individual                               | 01:04:59 | +32:56 | 06:30 |      |
| 1102 | 1272 | SÍLVIA PINTO      | ANE                                      | 01:05:07 | +33:04 | 06:31 |      |
| 1103 | 1295 | ANABELA MOREIRA   | ANE                                      | 01:05:07 | +33:04 | 06:31 |      |
| 1104 | 1297 | ANA OLIVEIRA      | ANE                                      | 01:05:08 | +33:05 | 06:31 |      |
| 1105 | 2088 | HUGO OLIVEIRA     | AUCHAN                                   | 01:05:14 | +33:11 | 06:31 |      |
| 1106 | 1376 | CARLA FERREIRA    | CDRAM                                    | 01:05:18 | +33:15 | 06:32 |      |
| 1107 | 2293 | NUNO ROBALO       | EX FEDERADOS                             | 01:05:18 | +33:15 | 06:32 |      |
| 1108 | 3282 | DINA MARQUES      | Pinhal Novo a Correr                     | 01:05:20 | +33:17 | 06:32 |      |
| 1109 | 2287 | JOAO NITA         | EX FEDERADOS                             | 01:05:20 | +33:17 | 06:32 |      |
| 1110 | 2973 | RICARDO PEREIRA   | Individual                               | 01:05:20 | +33:17 | 06:32 |      |
| 1111 | 294  | LUÍS GRAVE        | ZFF                                      | 01:05:22 | +33:19 | 06:32 |      |
| 1112 | 2683 | JOÃO RAMALHO      | Individual                               | 01:05:25 | +33:22 | 06:32 |      |
| 1113 | 3177 | FERNANDO ANDRADE  | Linda-A-Pastora Sporting Clube           | 01:05:26 | +33:23 | 06:33 |      |
| 1114 | 3170 | CARLOS MARQUES    | Linda-A-Pastora Sporting Clube           | 01:05:26 | +33:23 | 06:33 |      |
| 1115 | 3181 | JOSÉ ALAGADOR     | Linda-A-Pastora Sporting Clube           | 01:05:26 | +33:23 | 06:33 |      |
| 1116 | 3178 | ISABEL LINO       | Linda-A-Pastora Sporting Clube           | 01:05:27 | +33:24 | 06:33 |      |
| 1117 | 3112 | ALEXANDRA SOUSA   | Kotas Boa Forma                          | 01:05:28 | +33:25 | 06:33 |      |
| 1118 | 3115 | AUGUSTA REAL      | Kotas Boa Forma                          | 01:05:28 | +33:25 | 06:33 |      |
| 1119 | 2108 | PAULO PIRES       | Bichos do Mato                           | 01:05:29 | +33:26 | 06:33 |      |
| 1120 | 2441 | ANGELA SANTOS     | Individual                               | 01:05:30 | +33:27 | 06:33 |      |
| 1121 | 2107 | FLÁVIA ALEGRIA    | Bichos do Mato                           | 01:05:32 | +33:29 | 06:33 |      |
| 1122 | 3122 | ELISA HONORIO     | Kotas Boa Forma                          | 01:05:39 | +33:36 | 06:34 |      |
| 1123 | 3371 | ANTÓNIO RASTEIRO  | Tá lentos Team                           | 01:05:44 | +33:41 | 06:34 |      |
| 1124 | 3113 | ANA MARTINS       | Kotas Boa Forma                          | 01:05:48 | +33:45 | 06:35 |      |
| 1125 | 1420 | ANA ANDRADE       | ANE                                      | 01:05:50 | +33:47 | 06:35 |      |
| 1126 | 1417 | ARMINDA BASÍLIO   | ANE                                      | 01:05:51 | +33:48 | 06:35 |      |
| 1127 | 1419 | SANDRA OLIVEIRA   | ANE                                      | 01:05:51 | +33:48 | 06:35 |      |
| 1128 | 2041 | CARLA SIMÕES      | AO RITMO DAS 200PPM                      | 01:05:54 | +33:51 | 06:35 |      |
| 1129 | 3062 | SONIA LIMA        | Individual                               | 01:05:58 | +33:55 | 06:36 |      |
| 1130 | 2168 | SÓNIA FERNANDES   | CA VALE FIGUEIRA                         | 01:06:02 | +33:59 | 06:36 |      |

**PROVA PRINCIPAL - STAGE 1****10 KM****OFFICIAL RESULT**

| RANK | BIB  | NAME             | TEAM   | RESULT   | DIFF   | t/KM  | CARD |
|------|------|------------------|--|----------|--------|-------|------|
| 1131 | 2668 | IVO MENDES       | Individual   | 01:06:05 | +34:02 | 06:36 |      |
| 1132 | 2507 | CARLOS CRUZ      | Individual   | 01:06:09 | +34:06 | 06:37 |      |
| 1133 | 2078 | MAYER RAPOSO     | Associação de atletismo Lebres do sado               | 01:06:10 | +34:07 | 06:37 |      |
| 1134 | 2449 | ANTÓNIO CAEIRO   | Individual   | 01:06:13 | +34:10 | 06:37 |      |
| 1135 | 2059 | LURDES PEREIRA   | AO RITMO DAS 200PPM                                  | 01:06:16 | +34:13 | 06:38 |      |
| 1136 | 2252 | CÉLIA CORTE      | Correr Queluz  | 01:06:17 | +34:14 | 06:38 |      |
| 1137 | 2156 | Norberto Coelho  | CA VALE FIGUEIRA                                     | 01:06:29 | +34:26 | 06:39 |      |
| 1138 | 678  | JOSÉ FERRABELO   | ASAS   | 01:06:45 | +34:42 | 06:40 |      |
| 1139 | 1292 | GRAÇA PEREIRA    | ANE  | 01:06:45 | +34:42 | 06:41 |      |
| 1140 | 3287 | LUIS MARQUES     | Pinhal Novo a Correr                                 | 01:07:05 | +35:02 | 06:42 |      |
| 1141 | 3359 | NUNO GALVÃO      | SIMECQ   | 01:07:06 | +35:03 | 06:43 |      |
| 1142 | 563  | JOAQUINA MARQUES | ANE  | 01:07:14 | +35:11 | 06:43 |      |
| 1143 | 564  | PAULA ANTUNES    | ANE  | 01:07:14 | +35:11 | 06:43 |      |
| 1144 | 2037 | ANDREIA PEREIRA  | AO RITMO DAS 200PPM                                  | 01:07:14 | +35:11 | 06:43 |      |
| 1145 | 2052 | JOÃO SIMÕES      | AO RITMO DAS 200PPM                                  | 01:07:15 | +35:12 | 06:43 |      |
| 1146 | 363  | SÓNIA REBOUCHO   | CDRAM  | 01:07:19 | +35:16 | 06:44 |      |
| 1147 | 2524 | CLÁUDIA BALTAZAR | Individual   | 01:07:20 | +35:17 | 06:44 |      |
| 1148 | 544  | SANDRA VARELA    | ANE  | 01:07:35 | +35:32 | 06:46 |      |
| 1149 | 2389 | ALEXANDRE AMARO  | Individual   | 01:07:36 | +35:33 | 06:46 |      |
| 1150 | 2737 | JOSÉ CAPUCHO     | Individual   | 01:07:38 | +35:35 | 06:46 |      |
| 1151 | 168  | JOSÉ SANTOS      | CBS  | 01:07:45 | +35:42 | 06:47 |      |
| 1152 | 2424 | ANABELA CARVALHO | Individual   | 01:07:53 | +35:50 | 06:47 |      |
| 1153 | 2422 | ANA NASCIMENTO   | Individual   | 01:07:57 | +35:54 | 06:48 |      |
| 1154 | 3053 | SOFIA CAPOTE     | Individual   | 01:08:04 | +36:01 | 06:48 |      |
| 1155 | 2523 | CLAUDIA TAM      | Individual   | 01:08:05 | +36:02 | 06:48 |      |
| 1156 | 3157 | SHAIK HANIF      | LH Ginasio   | 01:08:07 | +36:04 | 06:49 |      |
| 1157 | 2414 | ANA MONTEZ       | Individual   | 01:08:19 | +36:16 | 06:50 |      |
| 1158 | 2647 | HÉLIO SANTOS     | Individual   | 01:08:19 | +36:16 | 06:50 |      |
| 1159 | 2421 | ANA RIBEIRO      | Individual   | 01:08:20 | +36:17 | 06:50 |      |
| 1160 | 2572 | Tobias Rocha     | Individual   | 01:08:27 | +36:24 | 06:51 |      |
| 1161 | 576  | MARIANA BIZARRO  | ANE  | 01:08:30 | +36:27 | 06:51 |      |
| 1162 | 669  | FILIPE SILVA     | ANE  | 01:08:39 | +36:36 | 06:52 |      |
| 1163 | 642  | JORGE CEREJEIRA  | ANE  | 01:08:41 | +36:38 | 06:52 |      |
| 1164 | 3009 | RUI LOPES        | Individual   | 01:08:57 | +36:54 | 06:54 |      |
| 1165 | 3260 | JOAO SARAIVA     | opraticante.pt                                       | 01:09:03 | +37:00 | 06:54 |      |
| 1166 | 3261 | PAULA SARAIVA    | opraticante.pt                                       | 01:09:03 | +37:00 | 06:54 |      |
| 1167 | 3358 | CELESTE ALMEIDA  | SIMECQ   | 01:09:13 | +37:10 | 06:55 |      |
| 1168 | 3041 | SERGIO FAUSTINO  | Individual   | 01:09:26 | +37:23 | 06:57 |      |
| 1169 | 2311 | MARLENE OLIVEIRA | Federação da Família para a Paz Mundial e Unificação | 01:09:31 | +37:28 | 06:57 |      |
| 1170 | 982  | TERESA REIS      | CDRAM  | 01:09:31 | +37:28 | 06:57 |      |
| 1171 | 981  | CARLA NASCIMENTO | CDRAM  | 01:09:32 | +37:29 | 06:57 |      |
| 1172 | 3222 | ALEXANDRA DINIS  | Montes Saloios Trail Team                            | 01:09:38 | +37:35 | 06:58 |      |
| 1173 | 3254 | JORGE BARREIRA   | Natural Force  | 01:09:43 | +37:40 | 06:58 |      |
| 1174 | 2058 | LUÍS TOMÉ        | AO RITMO DAS 200PPM                                  | 01:09:48 | +37:45 | 06:59 |      |
| 1175 | 2385 | ALBERTO ALMAS    | Individual   | 01:09:49 | +37:46 | 06:59 |      |

**PROVA PRINCIPAL - STAGE 1**

**10 KM**

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

**OFFICIAL RESULT**

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

| RANK | BIB  | NAME                 | TEAM                        | RESULT   | DIFF   | t/KM  | CARD |
|------|------|----------------------|-----------------------------|----------|--------|-------|------|
| 1176 | 3101 | VITOR FREIRE         | Individual                  | 01:09:49 | +37:46 | 06:59 |      |
| 1177 | 2069 | SANDRA CAMPOS        | AO RITMO DAS 200PPM         | 01:09:49 | +37:46 | 06:59 |      |
| 1178 | 3404 | LUIS MACHADO         | Team Bock                   | 01:09:51 | +37:48 | 06:59 |      |
| 1179 | 2729 | JOSÉ ALÍPIO          | Individual                  | 01:10:02 | +37:59 | 07:00 |      |
| 1180 | 2227 | FRANCISCO SILVA      | CLUBE DO SARGENTO DA ARMADA | 01:10:03 | +38:00 | 07:00 |      |
| 1181 | 2750 | JUSTINO MOREIRA      | Individual                  | 01:10:03 | +38:00 | 07:00 |      |
| 1182 | 1363 | JOANA D'ARC CHOURIÇO | RUNNING CLUBE SANTA CASA    | 01:10:06 | +38:03 | 07:01 |      |
| 1183 | 3301 | ANA ALVES            | RUN 4 FUN                   | 01:10:07 | +38:04 | 07:01 |      |
| 1184 | 2604 | FILIPA SERRENHO      | Individual                  | 01:10:37 | +38:34 | 07:04 |      |
| 1185 | 2823 | MARIA TOMAZ          | Individual                  | 01:11:15 | +39:12 | 07:07 |      |
| 1186 | 1586 | MYA TACANHO          | ANE                         | 01:11:17 | +39:14 | 07:08 |      |
| 1187 | 3333 | SÓNIA SILVA          | Run Crew Trail Montijo      | 01:11:17 | +39:14 | 07:08 |      |
| 1188 | 2251 | CARLA SERRANO        | Correr Queluz               | 01:11:17 | +39:14 | 07:08 |      |
| 1189 | 2412 | ANA MOREIRA          | Individual                  | 01:11:22 | +39:19 | 07:08 |      |
| 1190 | 3136 | SANDRA MIGUEL        | Kotas Boa Forma             | 01:11:24 | +39:21 | 07:08 |      |
| 1191 | 3127 | LUCIA CORTINHAL      | Kotas Boa Forma             | 01:11:26 | +39:23 | 07:09 |      |
| 1192 | 2688 | JOÃO FERREIRA        | Individual                  | 01:11:38 | +39:35 | 07:10 |      |
| 1193 | 3077 | TÂNIA ESTEVES        | Individual                  | 01:11:43 | +39:40 | 07:10 |      |
| 1194 | 2964 | RAQUEL ESTEVES       | Individual                  | 01:11:47 | +39:44 | 07:11 |      |
| 1195 | 983  | DINIS SANTOS         | CDRAM                       | 01:11:51 | +39:48 | 07:11 |      |
| 1196 | 2713 | JOHNNY THOMASSEN     | Individual                  | 01:11:57 | +39:54 | 07:12 |      |
| 1197 | 2568 | ELSA COSTA           | Individual                  | 01:11:58 | +39:55 | 07:12 |      |
| 1198 | 2503 | CARLOS LOMBA         | Individual                  | 01:11:59 | +39:56 | 07:12 |      |
| 1199 | 3226 | CARLOS RODRIGUES     | Montes Saloios Trail Team   | 01:12:02 | +39:59 | 07:12 |      |
| 1200 | 3152 | MARIANA ALMEIDA      | LH Ginasio                  | 01:12:02 | +39:59 | 07:12 |      |
| 1201 | 3356 | ALDA SEBASTIÃO       | SIMECQ                      | 01:12:04 | +40:01 | 07:12 |      |
| 1202 | 3396 | FÁTIMA MENDES        | Tartarugas Solidárias       | 01:12:04 | +40:01 | 07:12 |      |
| 1203 | 1597 | ANA SEABRA           | ANE                         | 01:12:08 | +40:05 | 07:13 |      |
| 1204 | 2533 | CRISTINA JESUS       | Individual                  | 01:12:10 | +40:07 | 07:13 |      |
| 1205 | 1470 | MARLENE PEREIRA      | ANE                         | 01:12:20 | +40:17 | 07:14 |      |
| 1206 | 3069 | SÓNIA ROLIM          | Individual                  | 01:12:21 | +40:18 | 07:14 |      |
| 1207 | 2203 | ORLANDO SOUSA        | CCDTMetroLX                 | 01:12:24 | +40:21 | 07:14 |      |
| 1208 | 638  | RUI MELÃO            | ANE                         | 01:12:24 | +40:21 | 07:14 |      |
| 1209 | 1271 | MANUELA VIEIRA       | ANE                         | 01:13:04 | +41:01 | 07:18 |      |
| 1210 | 1290 | PORCIA VILELA        | ANE                         | 01:13:04 | +41:01 | 07:18 |      |
| 1211 | 574  | HELENA PRATA         | ANE                         | 01:13:25 | +41:22 | 07:21 |      |
| 1212 | 1458 | JOSÉ MUGEIRO         | ANE                         | 01:13:25 | +41:22 | 07:21 |      |
| 1213 | 2866 | NUNO ANTUNES         | Individual                  | 01:14:09 | +42:06 | 07:25 |      |
| 1214 | 2388 | ALEXANDRA RUIVO      | Individual                  | 01:14:41 | +42:38 | 07:28 |      |
| 1215 | 3248 | TERESA TEIXEIRA      | Montes Saloios Trail Team   | 01:14:41 | +42:38 | 07:28 |      |
| 1216 | 2516 | CÉLIA PASSINHAS      | Individual                  | 01:14:57 | +42:54 | 07:30 |      |
| 1217 | 2532 | CRISTINA BAPTISTA    | Individual                  | 01:15:52 | +43:49 | 07:35 |      |
| 1218 | 3295 | ILDEFONSO MIRANDA    | Pinhal Novo a Correr        | 01:15:53 | +43:50 | 07:35 |      |
| 1219 | 3278 | ALEXANDRA VIVAS      | Pinhal Novo a Correr        | 01:15:53 | +43:50 | 07:35 |      |
| 1220 | 2588 | FERNANDA VIEIRA      | Individual                  | 01:16:02 | +43:59 | 07:36 |      |
| 1221 | 2644 | HELENA SÁ            | Individual                  | 01:16:08 | +44:05 | 07:37 |      |

## 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

## 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

| RANK | BIB  | NAME                 | TEAM                      | RESULT   | DIFF      | t/KM  | CARD |
|------|------|----------------------|---------------------------|----------|-----------|-------|------|
| 1222 | 2754 | LINA BAIA            | Individual                | 01:16:28 | +44:25    | 07:39 |      |
| 1223 | 1294 | JÚLIA SANTOS         | ANE                       | 01:16:38 | +44:35    | 07:40 |      |
| 1224 | 374  | PAULA ANTUNES        | CDRAM                     | 01:16:42 | +44:39    | 07:40 |      |
| 1225 | 2398 | ANA ALVES            | Individual                | 01:16:44 | +44:41    | 07:40 |      |
| 1226 | 2903 | PATRÍCIA MUCHACHO    | Individual                | 01:17:55 | +45:52    | 07:48 |      |
| 1227 | 2404 | ANA CIURO            | Individual                | 01:17:57 | +45:54    | 07:48 |      |
| 1228 | 2035 | ANA NOTÁRIO          | AO RITMO DAS 200PPM       | 01:18:23 | +46:20    | 07:50 |      |
| 1229 | 3140 | TIAGO ROLO           | Kotas Boa Forma           | 01:18:24 | +46:21    | 07:50 |      |
| 1230 | 2992 | RITA CARVALHINHO     | Individual                | 01:19:51 | +47:48    | 07:59 |      |
| 1231 | 2510 | CATARINA PONTES      | Individual                | 01:19:51 | +47:48    | 07:59 |      |
| 1232 | 2586 | FÁTIMA COXILHA       | Individual                | 01:20:04 | +48:01    | 08:00 |      |
| 1233 | 2901 | PATRÍCIA NÓBREGA     | Individual                | 01:21:00 | +48:57    | 08:06 |      |
| 1234 | 3385 | MÁRIO EMÍDIO         | Tá lentos Team            | 01:21:00 | +48:57    | 08:06 |      |
| 1235 | 648  | LUÍS PARRO           | ANE                       | 01:22:46 | +50:43    | 08:17 |      |
| 1236 | 2612 | FILOMENA CALIXTO     | Individual                | 01:23:28 | +51:25    | 08:21 |      |
| 1237 | 2963 | RAQUEL FELIZ         | Individual                | 01:23:35 | +51:32    | 08:22 |      |
| 1238 | 2852 | MIGUEL LOPES         | Individual                | 01:23:36 | +51:33    | 08:22 |      |
| 1239 | 372  | ORLANDA MARTINS      | CDRAM                     | 01:23:37 | +51:34    | 08:22 |      |
| 1240 | 320  | PATRICIA MARTINS     | CDRAM                     | 01:23:38 | +51:35    | 08:22 |      |
| 1241 | 2514 | CÁTIA ROMÃO          | Individual                | 01:23:41 | +51:38    | 08:22 |      |
| 1242 | 2987 | RICARDO ROMÃO        | Individual                | 01:23:42 | +51:39    | 08:22 |      |
| 1243 | 2436 | ANDREIA CORVO        | Individual                | 01:23:59 | +51:56    | 08:24 |      |
| 1244 | 3061 | SONIA LAGE           | Individual                | 01:23:59 | +51:56    | 08:24 |      |
| 1245 | 378  | DORA PIRES           | CDRAM                     | 01:24:29 | +52:26    | 08:27 |      |
| 1246 | 515  | Maria Fonseca        | NSCPS                     | 01:24:39 | +52:36    | 08:28 |      |
| 1247 | 2562 | ELISABETE FERREIRA   | Individual                | 01:24:44 | +52:41    | 08:28 |      |
| 1248 | 573  | MARIA AMÉLIA COSTA   | ANE                       | 01:25:53 | +53:50    | 08:35 |      |
| 1249 | 2860 | NELSON CORREIA       | Individual                | 01:26:49 | +54:46    | 08:41 |      |
| 1250 | 1593 | FERNANDO SIMÕES      | ANE                       | 01:27:46 | +55:43    | 08:47 |      |
| 1251 | 1553 | MARTA COSTA          | ANE                       | 01:27:51 | +55:48    | 08:47 |      |
| 1252 | 3237 | LURDES PALMEIRO      | Montes Saloios Trail Team | 01:30:18 | +58:15    | 09:02 |      |
| 1253 | 577  | FILOMENA REBELO      | ANE                       | 01:31:15 | +59:12    | 09:08 |      |
| 1254 | 2198 | GUALDINO FREIRE      | CCDTMetroLX               | 01:31:16 | +59:13    | 09:08 |      |
| 1255 | 3079 | TERESA SANTOS        | Individual                | 01:31:16 | +59:13    | 09:08 |      |
| 1256 | 2522 | CLAUDIA RODRIGUES    | Individual                | 01:31:22 | +59:19    | 09:08 |      |
| 1257 | 3250 | VANESSA COSTA        | Montes Saloios Trail Team | 01:32:00 | +59:57    | 09:12 |      |
| 1258 | 3223 | ANA LOURENÇO         | Montes Saloios Trail Team | 01:32:01 | +59:58    | 09:12 |      |
| 1259 | 2400 | ANA DIAS             | Individual                | 01:32:09 | +01:00:06 | 09:13 |      |
| 1260 | 2060 | MARIA NOTÁRIO        | AO RITMO DAS 200PPM       | 01:32:10 | +01:00:07 | 09:13 |      |
| 1261 | 3030 | SANDRA FRANCO        | Individual                | 01:32:33 | +01:00:30 | 09:15 |      |
| 1262 | 2527 | CLÁUDIA GAVRISHANCAR | Individual                | 01:32:34 | +01:00:31 | 09:15 |      |
| 1263 | 511  | Cláudia Silva        | Individual                | 01:33:40 | +01:01:37 | 09:22 |      |
| 1264 | 2418 | ANA PEREIRA          | Individual                | 01:38:28 | +01:06:25 | 09:51 |      |
| 1265 | 2908 | PAULA NUNES          | Individual                | 01:38:28 | +01:06:25 | 09:51 |      |
| 1266 | 2092 | NÁDIA FIGUEIREDO     | AUCHAN                    | 01:38:53 | +01:06:50 | 09:53 |      |
| 1267 | 2445 | ANTÓNIA FIGUEIREDO   | Individual                | 01:39:03 | +01:07:00 | 09:54 |      |

**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

| <b>RANK</b> | <b>BIB</b> | <b>NAME</b>      | <b>TEAM</b> | <b>RESULT</b> | <b>DIFF</b> | <b>t/KM</b> | <b>CARD</b> |
|-------------|------------|------------------|-------------|---------------|-------------|-------------|-------------|
| 1268        | 103        | JOAQUIM PEREIRA  | CATA        | 01:42:40      | +01:10:37   | 10:16       |             |
| 1269        | 2788       | MAFALDA CARVALHO | Individual  | 01:42:41      | +01:10:38   | 10:16       |             |
| 1270        | 2815       | MARIA CRUZ       | Individual  | 01:42:42      | +01:10:39   | 10:16       |             |



**Prova Principal****10 KM****OFFICIAL RESULT**

|    |      |                  |  |                 |          |           |       |
|----|------|------------------|--|-----------------|----------|-----------|-------|
| 18 | 3431 | Ilídia José      | Escola de Atletismo do Montijo-A.F.D.D | Senior Feminino | 53:18    | +21:15    | 05:20 |
| 19 | 331  | MARIZA RAMALHO   | CDRAM                                  | Senior Feminino | 54:05    | +22:02    | 05:25 |
| 20 | 2672 | JOANA ANTUNES    | Individual                             | Senior Feminino | 54:36    | +22:33    | 05:28 |
| 21 | 2351 | MÁRCIA CORREIA   | GRCD Leão                              | Senior Feminino | 55:20    | +23:17    | 05:32 |
| 22 | 2996 | RITA FURTADO     | Individual                             | Senior Feminino | 57:06    | +25:02    | 05:43 |
| 23 | 2415 | ANA PATO         | Individual                             | Senior Feminino | 58:21    | +26:18    | 05:50 |
| 24 | 3415 | RITA COSTA       | Tryo                                   | Senior Feminino | 58:34    | +26:30    | 05:51 |
| 25 | 2223 | CÁTIA CAMARA     | CLUBE DO SARGENTO DA ARMADA            | Senior Feminino | 58:59    | +26:56    | 05:54 |
| 26 | 2534 | CRISTINA VICENTE | Individual                             | Senior Feminino | 59:12    | +27:09    | 05:55 |
| 27 | 2542 | DANIELA PINTO    | Individual                             | Senior Feminino | 59:44    | +27:40    | 05:58 |
| 28 | 2327 | NAYARA PINHEIRO  | FIDELIDADE GDC                         | Senior Feminino | 59:49    | +27:46    | 05:59 |
| 29 | 2671 | JENNIE           | Individual                             | Senior Feminino | 59:50    | +27:47    | 05:59 |
| 30 | 3037 | SARA CATITA      | Individual                             | Senior Feminino | 01:00:50 | +28:47    | 06:05 |
| 31 | 2840 | MARTA REIS       | Individual                             | Senior Feminino | 01:00:59 | +28:56    | 06:06 |
| 32 | 1425 | CÁTIA LOPES      | CDRAU                                  | Senior Feminino | 01:01:16 | +29:13    | 06:08 |
| 33 | 536  | Rita Fachadas    | ANE                                    | Senior Feminino | 01:02:31 | +30:27    | 06:15 |
| 34 | 3349 | RAQUEL VARELA    | Serrado FC Atletismo                   | Senior Feminino | 01:02:39 | +30:35    | 06:16 |
| 35 | 3425 | RITA BENTES      | We'll Never Walk Alone                 | Senior Feminino | 01:04:17 | +32:13    | 06:26 |
| 36 | 2273 | JOANA FLOR       | EQUIPA FLOR                            | Senior Feminino | 01:04:55 | +32:51    | 06:29 |
| 37 | 2271 | ANA FLOR         | EQUIPA FLOR                            | Senior Feminino | 01:04:55 | +32:52    | 06:30 |
| 38 | 2441 | ANGELA SANTOS    | Individual                             | Senior Feminino | 01:05:30 | +33:26    | 06:33 |
| 39 | 1420 | ANA ANDRADE      | ANE                                    | Senior Feminino | 01:05:50 | +33:47    | 06:35 |
| 40 | 3157 | SHAIK HANIF      | LH Ginasio                             | Senior Feminino | 01:08:07 | +36:03    | 06:49 |
| 41 | 2414 | ANA MONTEZ       | Individual                             | Senior Feminino | 01:08:19 | +36:15    | 06:50 |
| 42 | 3077 | TÂNIA ESTEVES    | Individual                             | Senior Feminino | 01:11:43 | +39:39    | 07:10 |
| 43 | 2964 | RAQUEL ESTEVES   | Individual                             | Senior Feminino | 01:11:47 | +39:44    | 07:11 |
| 44 | 3152 | MARIANA ALMEIDA  | LH Ginasio                             | Senior Feminino | 01:12:02 | +39:58    | 07:12 |
| 45 | 3250 | VANESSA COSTA    | Montes Saloios Trail Team              | Senior Feminino | 01:32:00 | +59:56    | 09:12 |
| 46 | 511  | Cláudia Silva    | Individual                             | Senior Feminino | 01:33:40 | +01:01:37 | 09:22 |
| 47 | 2092 | NÁDIA FIGUEIREDO | AUCHAN                                 | Senior Feminino | 01:38:53 | +01:06:50 | 09:53 |

**Senior Masculino**

|    |      |                  |                           |                  |       |        |       |
|----|------|------------------|---------------------------|------------------|-------|--------|-------|
| 1  | 4    | MARCO MIGUEL     | Clube de Praças da Armada | Senior Masculino | 32:03 |        | 03:12 |
| 2  | 2207 | JOAO BRAGADESTE  | Clube de Praças da Armada | Senior Masculino | 32:24 | +00:21 | 03:14 |
| 3  | 2428 | ANDRÉ COSTA      | Clube de Praças da Armada | Senior Masculino | 32:46 | +00:43 | 03:17 |
| 4  | 3443 | Rafael Domingos  | Estoril Praia Triatlo     | Senior Masculino | 33:01 | +00:57 | 03:18 |
| 5  | 881  | JOSE OLIVEIRA    | CPPEA                     | Senior Masculino | 33:28 | +01:25 | 03:21 |
| 6  | 84   | MIGUEL PIRES     | CATA                      | Senior Masculino | 34:22 | +02:19 | 03:26 |
| 7  | 1477 | ROBERTO SILVEIRA | ANE                       | Senior Masculino | 34:32 | +02:28 | 03:27 |
| 8  | 880  | TIAGO SILVA      | CPPEA                     | Senior Masculino | 35:10 | +03:07 | 03:31 |
| 9  | 340  | STEFAN ALMEIDA   | CDRAM                     | Senior Masculino | 35:16 | +03:13 | 03:32 |
| 10 | 140  | TIAGO MORAIS     | CDRAU                     | Senior Masculino | 35:55 | +03:52 | 03:36 |
| 11 | 885  | FILIPPE RAMOS    | CPPEA                     | Senior Masculino | 36:09 | +04:06 | 03:37 |
| 12 | 3312 | CLÁUDIO NÓBREGA  | Run Crew Trail Montijo    | Senior Masculino | 36:10 | +04:06 | 03:37 |

Official Timekeeper: Lap2Go

2 / 30

generate 02-Dec-2019 11:02

Prova Principal

10 KM



OFFICIAL RESULT

|    |      |                    |  |                  |       |        |       |
|----|------|--------------------|--|------------------|-------|--------|-------|
| 13 | 582  | ALEXANDRE TIAGO    | ANE  | Senior Masculino | 37:02 | +04:59 | 03:42 |
| 14 | 884  | JONATAS XAVIER     | CPPEA  | Senior Masculino | 37:18 | +05:15 | 03:44 |
| 15 | 1432 | JOÃO CORDEIRO      | ANA  | Senior Masculino | 37:20 | +05:16 | 03:44 |
| 16 | 2300 | FLÁVIO SANTOS      | Federação da Família para a Paz Mundial e Unificação | Senior Masculino | 37:47 | +05:43 | 03:47 |
| 17 | 2693 | JOÃO SILVA         | Individual   | Senior Masculino | 38:07 | +06:04 | 03:49 |
| 18 | 2332 | DAVID PEREIRA      | GD Independente                                      | Senior Masculino | 38:19 | +06:16 | 03:50 |
| 19 | 578  | JOÃO OLIVEIRA      | ANE  | Senior Masculino | 38:39 | +06:35 | 03:52 |
| 20 | 1343 | JOÃO CRUZ          | CBS  | Senior Masculino | 39:28 | +07:24 | 03:57 |
| 21 | 2581 | FÁBIO AZINHEIRINHA | Individual   | Senior Masculino | 39:35 | +07:32 | 03:58 |
| 22 | 336  | MÁRIO AFONSO       | CDRAM  | Senior Masculino | 39:52 | +07:49 | 03:59 |
| 23 | 1310 | JOÃO SOUSA         | CPSN   | Senior Masculino | 40:40 | +08:36 | 04:04 |
| 24 | 1362 | EMANUEL RODRIGUES  | ANE  | Senior Masculino | 40:50 | +08:47 | 04:05 |
| 25 | 3098 | VASCO PESSOA       | Individual   | Senior Masculino | 41:14 | +09:11 | 04:07 |
| 26 | 341  | TIAGO PINTO        | CDRAM  | Senior Masculino | 41:18 | +09:15 | 04:08 |
| 27 | 1427 | FILIPPE REBELO     | Individual   | Senior Masculino | 41:19 | +09:15 | 04:08 |
| 28 | 1430 | FILIPPE MARQUES    | ANA  | Senior Masculino | 41:19 | +09:15 | 04:08 |
| 29 | 890  | PEDRO PELADO       | CPPEA  | Senior Masculino | 41:19 | +09:16 | 04:08 |
| 30 | 324  | DANIEL PALMA       | CDRAM  | Senior Masculino | 42:00 | +09:57 | 04:12 |
| 31 | 580  | JOSÉ NUNES         | ANE  | Senior Masculino | 42:05 | +10:01 | 04:12 |
| 32 | 2346 | HUMBERTO SOEIMA    | GRCD Leão  | Senior Masculino | 42:38 | +10:35 | 04:16 |
| 33 | 1603 | ORLEAN SANTOS      | ANE  | Senior Masculino | 42:55 | +10:51 | 04:18 |
| 34 | 1444 | SIMÃO CORRENTE     | AAS  | Senior Masculino | 43:09 | +11:06 | 04:19 |
| 35 | 3111 | ROBERT TEIXEIRA    | KonanRunners   | Senior Masculino | 43:12 | +11:08 | 04:19 |
| 36 | 2633 | GONÇALO FERRAZ     | Individual   | Senior Masculino | 43:20 | +11:16 | 04:20 |
| 37 | 148  | JOÃO BARRONA       | CDRAU  | Senior Masculino | 43:21 | +11:17 | 04:20 |
| 38 | 2099 | BRUNO CARVALHO     | BANDIDOS   | Senior Masculino | 43:29 | +11:25 | 04:21 |
| 39 | 3002 | RUBEN VARELA       | Individual   | Senior Masculino | 43:30 | +11:26 | 04:21 |
| 40 | 3163 | SÉRGIO PALMA       | LIBERDADE FUTEBOL CLUBE                              | Senior Masculino | 43:39 | +11:36 | 04:22 |
| 41 | 2547 | DAVID MARTINS      | Individual   | Senior Masculino | 43:40 | +11:37 | 04:22 |
| 42 | 3436 | Pedro Guerra       | Tintas MONDAUTO                                      | Senior Masculino | 43:58 | +11:54 | 04:24 |
| 43 | 2431 | ANDRÉ VILHENA      | Individual   | Senior Masculino | 44:01 | +11:58 | 04:24 |
| 44 | 1385 | TELMO FREIRE       | CBS  | Senior Masculino | 44:08 | +12:04 | 04:25 |
| 45 | 2979 | RICARDO DOMINGUES  | Individual   | Senior Masculino | 44:32 | +12:29 | 04:27 |
| 46 | 158  | LEONTINO LAMPREIA  | CBS  | Senior Masculino | 44:41 | +12:37 | 04:28 |
| 47 | 343  | HUGO BENEVENTE     | CDRAM  | Senior Masculino | 45:03 | +12:59 | 04:30 |
| 48 | 2691 | JOÃO GARCIA        | FERNÃO FERRO SEIXAL                                  | Senior Masculino | 45:17 | +13:13 | 04:32 |
| 49 | 2888 | NUNO OLIVEIRA      | Individual   | Senior Masculino | 45:22 | +13:18 | 04:32 |
| 50 | 667  | RAÚL RIBEIRO       | ANE  | Senior Masculino | 46:08 | +14:04 | 04:37 |
| 51 | 1486 | CARLOS SOUSA       | URJFF  | Senior Masculino | 46:12 | +14:08 | 04:37 |
| 52 | 1514 | RICARDO COSTA      | CDRAU  | Senior Masculino | 46:14 | +14:10 | 04:37 |
| 53 | 1358 | PAULO GALO         | ANE  | Senior Masculino | 46:18 | +14:15 | 04:38 |
| 54 | 337  | BRUNO COSTA        | CDRAM  | Senior Masculino | 46:21 | +14:18 | 04:38 |
| 55 | 3430 | João Cruz          | Escola de Atletismo do Montijo-A.F.D.D               | Senior Masculino | 46:57 | +14:53 | 04:42 |
| 56 | 95   | Joao Gogue         | CATA   | Senior Masculino | 47:00 | +14:56 | 04:42 |
| 57 | 2613 | FLAVIO             | Individual   | Senior Masculino | 47:00 | +14:56 | 04:42 |

|                             |        |                            |
|-----------------------------|--------|----------------------------|
| Official Timekeeper: Lap2Go | 3 / 30 | generate 02-Dec-2019 11:02 |
|-----------------------------|--------|----------------------------|





**Prova Principal****10 KM**

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

**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

|     |      |                 |             |                  |          |        |       |
|-----|------|-----------------|-------------|------------------|----------|--------|-------|
| 103 | 2270 | ALEXANDRE FLOR  | EQUIPA FLOR | Senior Masculino | 01:04:55 | +32:52 | 06:30 |
| 104 | 2973 | RICARDO PEREIRA | Individual  | Senior Masculino | 01:05:20 | +33:17 | 06:32 |
| 105 | 2750 | JUSTINO MOREIRA | Individual  | Senior Masculino | 01:10:03 | +38:00 | 07:00 |

**Veterana F35**

|    |      |                     |   |              |       |        |       |
|----|------|---------------------|---|--------------|-------|--------|-------|
| 1  | 1364 | SANDRA CRUZ         | ANE   | Veterana F35 | 40:50 | +08:46 | 04:05 |
| 2  | 533  | Dina Oliveira       | ANE   | Veterana F35 | 44:03 | +12:00 | 04:24 |
| 3  | 1006 | CRISTINA MOURATO    | CBS   | Veterana F35 | 44:15 | +12:11 | 04:25 |
| 4  | 2074 | MARCIA SANTOS       | Associação Académica<br>Pinhalnovense                   | Veterana F35 | 45:02 | +12:59 | 04:30 |
| 5  | 1004 | PAULA JORGE         | CBS   | Veterana F35 | 45:18 | +13:15 | 04:32 |
| 6  | 2299 | CARLA SANTOS        | Federação da Família para a Paz<br>Mundial e Unificação | Veterana F35 | 46:03 | +13:59 | 04:36 |
| 7  | 2839 | MARTA ADÃO          | Individual  | Veterana F35 | 48:43 | +16:39 | 04:52 |
| 8  | 1161 | PAULA GONÇALVES     | ANE   | Veterana F35 | 49:08 | +17:04 | 04:55 |
| 9  | 541  | SOFIA PINHEIRO      | ANE   | Veterana F35 | 49:17 | +17:14 | 04:56 |
| 10 | 1342 | MARTA MELO          | CBS   | Veterana F35 | 49:26 | +17:23 | 04:57 |
| 11 | 361  | MARIA SANTOS        | CDRAM   | Veterana F35 | 50:32 | +18:28 | 05:03 |
| 12 | 1563 | GLÓRIA VIEIRA       | ANE   | Veterana F35 | 51:20 | +19:17 | 05:08 |
| 13 | 3146 | CARLA LAMEIRAS      | LH Ginasio  | Veterana F35 | 52:00 | +19:56 | 05:12 |
| 14 | 3321 | LINA LOPES          | Run Crew Trail Montijo                                  | Veterana F35 | 52:06 | +20:03 | 05:13 |
| 15 | 3253 | ELISABETE ROCHA     | Natural Force   | Veterana F35 | 52:08 | +20:04 | 05:13 |
| 16 | 2489 | CARLA SANTOS        | Individual  | Veterana F35 | 52:17 | +20:14 | 05:14 |
| 17 | 1594 | Sofia Teixeira      | ANE   | Veterana F35 | 52:20 | +20:16 | 05:14 |
| 18 | 3120 | CRISTINA SANTA      | Kotas Boa Forma   | Veterana F35 | 52:23 | +20:20 | 05:14 |
| 19 | 2344 | ELISABETE MACEDO    | GRCD Leão   | Veterana F35 | 52:24 | +20:21 | 05:14 |
| 20 | 3130 | MARLENE SILVA       | Kotas Boa Forma   | Veterana F35 | 52:34 | +20:30 | 05:15 |
| 21 | 3350 | RITA NOVO           | Serrado FC Atletismo                                    | Veterana F35 | 52:50 | +20:47 | 05:17 |
| 22 | 1504 | ELSA MAÇÃO          | CPPEA   | Veterana F35 | 53:13 | +21:09 | 05:19 |
| 23 | 2440 | ANDREIA SAMPAIO     | Individual  | Veterana F35 | 53:59 | +21:56 | 05:24 |
| 24 | 2109 | ANDREIA CASTANHEIRA | BRRnightRUNNERS   | Veterana F35 | 54:00 | +21:56 | 05:24 |
| 25 | 3109 | MARIA VIANA         | KER SPORT TRAIL RUNNING                                 | Veterana F35 | 54:08 | +22:05 | 05:25 |
| 26 | 2435 | ANDREIA CARVALHO    | Individual  | Veterana F35 | 54:08 | +22:05 | 05:25 |
| 27 | 3395 | CARLA MENDES        | Tartarugas Solidárias                                   | Veterana F35 | 54:09 | +22:05 | 05:25 |
| 28 | 1578 | ANA ALMEIDA         | ANE   | Veterana F35 | 54:17 | +22:14 | 05:26 |
| 29 | 548  | CARLA BERNARDINO    | ANE   | Veterana F35 | 54:17 | +22:14 | 05:26 |
| 30 | 2167 | SONIA COSTA         | CA VALE FIGUEIRA  | Veterana F35 | 54:45 | +22:41 | 05:29 |
| 31 | 3393 | PATRICIA PEREIRA    | Tartarugas do Mato                                      | Veterana F35 | 54:47 | +22:44 | 05:29 |
| 32 | 59   | VÂNIA TEIXEIRA      | CATA  | Veterana F35 | 55:10 | +23:06 | 05:31 |
| 33 | 3172 | CÉLIA SILVA         | Linda-A-Pastora Sporting Clube                          | Veterana F35 | 55:14 | +23:11 | 05:31 |
| 34 | 1587 | SORAIA VAZ          | ANE   | Veterana F35 | 55:21 | +23:18 | 05:32 |
| 35 | 2641 | HELENA ALCOBIA      | Individual  | Veterana F35 | 55:55 | +23:51 | 05:35 |
| 36 | 3166 | ANA ALEIXO          | Linda-A-Pastora Sporting Clube                          | Veterana F35 | 55:58 | +23:55 | 05:36 |
| 37 | 3201 | SÓNIA SEQUEIRA      | Linda-A-Pastora Sporting Clube                          | Veterana F35 | 56:01 | +23:57 | 05:36 |
| 38 | 3175 | ELISABETE SILVA     | Linda-A-Pastora Sporting Clube                          | Veterana F35 | 56:01 | +23:58 | 05:36 |
| 39 | 3227 | CATARINA MENEZES    | Montes Saloios Trail Team                               | Veterana F35 | 56:05 | +24:01 | 05:36 |

Official Timekeeper: Lap2Go

5 / 30

generate 02-Dec-2019 11:02

**Prova Principal**

**10 KM**



**OFFICIAL RESULT**

|    |      |                     |  |              |          |        |       |
|----|------|---------------------|--|--------------|----------|--------|-------|
| 40 | 2564 | ELISABETE DIAS      | Individual                               | Veterana F35 | 56:05    | +24:02 | 05:37 |
| 41 | 2114 | IRINA PEDRO         | BRRnightRUNNERS                          | Veterana F35 | 56:39    | +24:36 | 05:40 |
| 42 | 3317 | ISABEL CARVALHO     | Run Crew Trail Montijo                   | Veterana F35 | 56:44    | +24:40 | 05:40 |
| 43 | 2799 | MÁRCIA NETO         | Individual                               | Veterana F35 | 57:16    | +25:13 | 05:44 |
| 44 | 3247 | TERESA REIS         | Montes Saloios Trail Team                | Veterana F35 | 57:28    | +25:24 | 05:45 |
| 45 | 2169 | SUSANA EVANGELISTA  | CA VALE FIGUEIRA                         | Veterana F35 | 57:39    | +25:36 | 05:46 |
| 46 | 2120 | SOFIA AMBRIOSO      | BRRnightRUNNERS                          | Veterana F35 | 57:50    | +25:46 | 05:47 |
| 47 | 3240 | MARISA RIANÇO       | Montes Saloios Trail Team                | Veterana F35 | 57:53    | +25:50 | 05:47 |
| 48 | 3051 | SOFIA ANTUNES       | Individual                               | Veterana F35 | 58:00    | +25:56 | 05:48 |
| 49 | 3372 | BETA LOURENÇO       | Támentos Team                            | Veterana F35 | 58:17    | +26:14 | 05:50 |
| 50 | 2393 | ALICE VILAÇA        | Individual                               | Veterana F35 | 58:24    | +26:20 | 05:50 |
| 51 | 3432 | Claudia Bico        | Individual                               | Veterana F35 | 58:24    | +26:21 | 05:50 |
| 52 | 2814 | MARIA GUERREIRO     | Individual                               | Veterana F35 | 58:35    | +26:32 | 05:52 |
| 53 | 2115 | KATIA ALVES         | BRRnightRUNNERS                          | Veterana F35 | 58:51    | +26:47 | 05:53 |
| 54 | 2030 | CÉLIA BAPTISTA      | Amigos do Orvalho                        | Veterana F35 | 58:52    | +26:49 | 05:53 |
| 55 | 3165 | ANA NETO            | Linda-A-Pastora Sporting Clube           | Veterana F35 | 58:52    | +26:49 | 05:53 |
| 56 | 2253 | CLAUDIA FERNANDES   | Correr Queluz                            | Veterana F35 | 59:08    | +27:04 | 05:55 |
| 57 | 1073 | ALEXANDRA GONÇALVES | CDRAM                                    | Veterana F35 | 59:20    | +27:17 | 05:56 |
| 58 | 2258 | LÍVIA LOURENÇO      | Correr Queluz                            | Veterana F35 | 59:34    | +27:30 | 05:57 |
| 59 | 550  | LISA SANTOS         | ANE                                      | Veterana F35 | 59:38    | +27:35 | 05:58 |
| 60 | 1053 | SUSANA LAGOAS       | CDRAM                                    | Veterana F35 | 59:49    | +27:46 | 05:59 |
| 61 | 2994 | RITA CORREIA        | Individual                               | Veterana F35 | 01:00:02 | +27:59 | 06:00 |
| 62 | 3442 | ANA MARQUES         | Individual                               | Veterana F35 | 01:00:04 | +28:00 | 06:00 |
| 63 | 2813 | MARIA PEDRO         | Individual                               | Veterana F35 | 01:00:22 | +28:18 | 06:02 |
| 64 | 3022 | RUTE SARAIVA        | Individual                               | Veterana F35 | 01:00:35 | +28:31 | 06:03 |
| 65 | 3116 | CARLA GEADA         | Kotas Boa Forma                          | Veterana F35 | 01:00:59 | +28:56 | 06:06 |
| 66 | 3023 | RUTH SÉCA           | Individual                               | Veterana F35 | 01:01:37 | +29:33 | 06:10 |
| 67 | 2243 | ELSA NUNES          | correr loures                            | Veterana F35 | 01:01:37 | +29:33 | 06:10 |
| 68 | 2511 | CATARINA RODRIGUES  | Individual                               | Veterana F35 | 01:01:38 | +29:34 | 06:10 |
| 69 | 1557 | TATIANE SANTOS      | ANE                                      | Veterana F35 | 01:01:55 | +29:52 | 06:12 |
| 70 | 3357 | ANA SILVA           | SIMECQ                                   | Veterana F35 | 01:01:57 | +29:53 | 06:12 |
| 71 | 2411 | ANA BOTINAS         | Individual                               | Veterana F35 | 01:02:27 | +30:24 | 06:15 |
| 72 | 2515 | CECÍLIA DIAS        | Individual                               | Veterana F35 | 01:02:31 | +30:28 | 06:15 |
| 73 | 2184 | SÓNIA FERREIRA      | Casa do Benfica de Algueirão Mem-Martins | Veterana F35 | 01:02:46 | +30:43 | 06:17 |
| 74 | 3067 | SÓNIA ENVIA         | Individual                               | Veterana F35 | 01:02:48 | +30:44 | 06:17 |
| 75 | 2337 | SÓNIA CORREIA       | GDCTINCM                                 | Veterana F35 | 01:03:37 | +31:33 | 06:22 |
| 76 | 1317 | ANDREIA BOTELHO     | URJFF                                    | Veterana F35 | 01:03:59 | +31:56 | 06:24 |
| 77 | 1268 | PAULA RODRIGUES     | URJFF                                    | Veterana F35 | 01:04:01 | +31:57 | 06:24 |
| 78 | 142  | ARMANDA SEMEÃO      | CDRAU                                    | Veterana F35 | 01:04:07 | +32:03 | 06:25 |
| 79 | 2423 | ANA VIEIRA          | Individual                               | Veterana F35 | 01:04:19 | +32:15 | 06:26 |
| 80 | 3414 | ILDA COSTA          | Tryo                                     | Veterana F35 | 01:04:21 | +32:17 | 06:26 |
| 81 | 3290 | MÓNICA SILVA        | Pinhal Novo a Correr                     | Veterana F35 | 01:04:33 | +32:30 | 06:27 |
| 82 | 3263 | CARLA NUNES         | Os corre para comer                      | Veterana F35 | 01:04:39 | +32:35 | 06:28 |
| 83 | 2185 | VERA TOLÊDO         | Casa do Benfica de Algueirão Mem-Martins | Veterana F35 | 01:04:42 | +32:38 | 06:28 |



**Prova Principal**
**10 KM**

**OFFICIAL RESULT**
**Veterana F45**

|    |      |                     |  |              |       |        |       |
|----|------|---------------------|--|--------------|-------|--------|-------|
| 1  | 380  | AMÉLIA COSTA        | CDRAM  | Veterana F45 | 43:54 | +11:51 | 04:23 |
| 2  | 555  | PAULA GUEDES        | ANE  | Veterana F45 | 44:02 | +11:58 | 04:24 |
| 3  | 2484 | CARLA DIAS          | Individual   | Veterana F45 | 44:33 | +12:29 | 04:27 |
| 4  | 1305 | SÓNIA FREITAS       | ANE  | Veterana F45 | 45:24 | +13:21 | 04:32 |
| 5  | 1040 | PAULA TRINDADE      | ASAS   | Veterana F45 | 48:10 | +16:06 | 04:49 |
| 6  | 3189 | PAULA FERNANDES     | Linda-A-Pastora Sporting Clube                       | Veterana F45 | 48:20 | +16:17 | 04:50 |
| 7  | 2175 | ANABELA FERREIRA    | Casa do Benfica de Algueirão Mem-Martins             | Veterana F45 | 48:26 | +16:23 | 04:51 |
| 8  | 1221 | CLÍDIA COELHO       | ANE  | Veterana F45 | 48:32 | +16:28 | 04:51 |
| 9  | 2628 | GINA MARTINS        | Individual   | Veterana F45 | 48:55 | +16:52 | 04:54 |
| 10 | 2264 | VARELA SÃO          | Correr Queluz  | Veterana F45 | 48:56 | +16:52 | 04:54 |
| 11 | 3188 | PAULA LEMOS         | Linda-A-Pastora Sporting Clube                       | Veterana F45 | 49:04 | +17:01 | 04:54 |
| 12 | 365  | INÊS MARQUES        | CDRAM  | Veterana F45 | 49:12 | +17:08 | 04:55 |
| 13 | 2305 | ISABEL SANTOS       | Federação da Família para a Paz Mundial e Unificação | Veterana F45 | 49:14 | +17:10 | 04:55 |
| 14 | 230  | TELMA TAVEIRA       | CBS  | Veterana F45 | 49:30 | +17:27 | 04:57 |
| 15 | 557  | ANA ROSÁRIO         | ANE  | Veterana F45 | 50:16 | +18:12 | 05:02 |
| 16 | 1424 | PAULA MARTINS       | CDRAU  | Veterana F45 | 50:25 | +18:21 | 05:02 |
| 17 | 2248 | MARIA DUARTE        | correr loures  | Veterana F45 | 51:14 | +19:10 | 05:07 |
| 18 | 3049 | SHEILA GALIANO      | Individual   | Veterana F45 | 51:27 | +19:23 | 05:09 |
| 19 | 3283 | GIZELA MOTA         | Pinhal Novo a Correr                                 | Veterana F45 | 51:48 | +19:45 | 05:11 |
| 20 | 1530 | FILOMENA JESUS      | CDRAM  | Veterana F45 | 51:59 | +19:55 | 05:12 |
| 21 | 3164 | ANA FRUTUOSO        | Linda-A-Pastora Sporting Clube                       | Veterana F45 | 51:59 | +19:55 | 05:12 |
| 22 | 2556 | DULCE               | Individual   | Veterana F45 | 52:45 | +20:42 | 05:17 |
| 23 | 1559 | FILOMENA SANTOS     | ANE  | Veterana F45 | 53:05 | +21:02 | 05:19 |
| 24 | 558  | MANUELA GONÇALVES   | ANE  | Veterana F45 | 53:26 | +21:22 | 05:21 |
| 25 | 2002 | CATARINA FIGUEIREDO | A Minha Corrida                                      | Veterana F45 | 53:27 | +21:24 | 05:21 |
| 26 | 147  | PAULA GUERREIRO     | CDRAU  | Veterana F45 | 53:40 | +21:36 | 05:22 |
| 27 | 554  | LINDA SILVA         | ANE  | Veterana F45 | 53:48 | +21:45 | 05:23 |
| 28 | 2674 | JOANA SOEIRO        | Individual   | Veterana F45 | 53:55 | +21:51 | 05:23 |
| 29 | 1562 | CRISTINA LINO       | ANE  | Veterana F45 | 54:14 | +22:11 | 05:25 |
| 30 | 2004 | LISETE RAMALHO      | A Minha Corrida                                      | Veterana F45 | 54:26 | +22:22 | 05:27 |
| 31 | 48   | FERNANDA REBELO     | CATA   | Veterana F45 | 54:34 | +22:31 | 05:27 |
| 32 | 3389 | SANDRA CONSTANTINO  | Tálenos Team   | Veterana F45 | 54:41 | +22:38 | 05:28 |
| 33 | 2611 | FILOMENA JACINTO    | Individual   | Veterana F45 | 54:58 | +22:54 | 05:30 |
| 34 | 2005 | SUSANA COSTA        | A Minha Corrida                                      | Veterana F45 | 55:08 | +23:04 | 05:31 |
| 35 | 3039 | SELMA SILVA         | Individual   | Veterana F45 | 55:23 | +23:20 | 05:32 |
| 36 | 3238 | MARIA BORGES        | Montes Saloios Trail Team                            | Veterana F45 | 55:35 | +23:32 | 05:34 |
| 37 | 377  | ROSA AFONSO         | CDRAM  | Veterana F45 | 55:35 | +23:32 | 05:34 |
| 38 | 3384 | MARIA EMÍDIO        | Tálenos Team   | Veterana F45 | 55:53 | +23:49 | 05:35 |
| 39 | 3320 | LIGIA COSTA         | Run Crew Trail Montijo                               | Veterana F45 | 55:59 | +23:56 | 05:36 |
| 40 | 2786 | LURDES GONÇALVES    | Individual   | Veterana F45 | 56:09 | +24:05 | 05:37 |
| 41 | 3214 | ISABEL SANTOS       | Lourdete Perfumarias                                 | Veterana F45 | 56:42 | +24:39 | 05:40 |
| 42 | 559  | FÁBIA LOURENÇO      | ANE  | Veterana F45 | 56:58 | +24:55 | 05:42 |
| 43 | 3444 | Helena Sanches      | Individual   | Veterana F45 | 57:15 | +25:11 | 05:43 |



**Prova Principal**
**10 KM**

**OFFICIAL RESULT**

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

|     |      |                  |  |              |          |           |       |
|-----|------|------------------|--|--------------|----------|-----------|-------|
| 89  | 3122 | ELISA HONORIO    | Kotas Boa Forma                                      | Veterana F45 | 01:05:39 | +33:36    | 06:34 |
| 90  | 1417 | ARMINDA BASÍLIO  | ANE  | Veterana F45 | 01:05:51 | +33:47    | 06:35 |
| 91  | 2041 | CARLA SIMÕES     | AO RITMO DAS 200PPM                                  | Veterana F45 | 01:05:54 | +33:51    | 06:35 |
| 92  | 2059 | LURDES PEREIRA   | AO RITMO DAS 200PPM                                  | Veterana F45 | 01:06:16 | +34:12    | 06:38 |
| 93  | 1292 | GRAÇA PEREIRA    | ANE  | Veterana F45 | 01:06:45 | +34:42    | 06:41 |
| 94  | 563  | JOAQUINA MARQUES | ANE  | Veterana F45 | 01:07:14 | +35:10    | 06:43 |
| 95  | 564  | PAULA ANTUNES    | ANE  | Veterana F45 | 01:07:14 | +35:10    | 06:43 |
| 96  | 2524 | CLÁUDIA BALTAZAR | Individual   | Veterana F45 | 01:07:20 | +35:16    | 06:44 |
| 97  | 544  | SANDRA VARELA    | ANE  | Veterana F45 | 01:07:35 | +35:32    | 06:46 |
| 98  | 2422 | ANA NASCIMENTO   | Individual   | Veterana F45 | 01:07:57 | +35:53    | 06:48 |
| 99  | 2421 | ANA RIBEIRO      | Individual   | Veterana F45 | 01:08:20 | +36:17    | 06:50 |
| 100 | 3261 | PAULA SARAIVA    | opraticante.pt                                       | Veterana F45 | 01:09:03 | +36:59    | 06:54 |
| 101 | 3358 | CELESTE ALMEIDA  | SIMECQ   | Veterana F45 | 01:09:13 | +37:09    | 06:55 |
| 102 | 2311 | MARLENE OLIVEIRA | Federação da Família para a Paz Mundial e Unificação | Veterana F45 | 01:09:31 | +37:27    | 06:57 |
| 103 | 2069 | SANDRA CAMPOS    | AO RITMO DAS 200PPM                                  | Veterana F45 | 01:09:49 | +37:46    | 06:59 |
| 104 | 3136 | SANDRA MIGUEL    | Kotas Boa Forma                                      | Veterana F45 | 01:11:24 | +39:20    | 07:08 |
| 105 | 3127 | LUCIA CORTINHAL  | Kotas Boa Forma                                      | Veterana F45 | 01:11:26 | +39:22    | 07:09 |
| 106 | 2568 | ELSA COSTA       | Individual   | Veterana F45 | 01:11:58 | +39:55    | 07:12 |
| 107 | 1597 | ANA SEABRA       | ANE  | Veterana F45 | 01:12:08 | +40:04    | 07:13 |
| 108 | 2533 | CRISTINA JESUS   | Individual   | Veterana F45 | 01:12:10 | +40:07    | 07:13 |
| 109 | 3069 | SÓNIA ROLIM      | Individual   | Veterana F45 | 01:12:21 | +40:17    | 07:14 |
| 110 | 1271 | MANUELA VIEIRA   | ANE  | Veterana F45 | 01:13:04 | +41:00    | 07:18 |
| 111 | 574  | HELENA PRATA     | ANE  | Veterana F45 | 01:13:25 | +41:22    | 07:21 |
| 112 | 2388 | ALEXANDRA RUIVO  | Individual   | Veterana F45 | 01:14:41 | +42:37    | 07:28 |
| 113 | 3248 | TERESA TEIXEIRA  | Montes Saloios Trail Team                            | Veterana F45 | 01:14:41 | +42:37    | 07:28 |
| 114 | 2588 | FERNANDA VIEIRA  | Individual   | Veterana F45 | 01:16:02 | +43:58    | 07:36 |
| 115 | 374  | PAULA ANTUNES    | CDRAM  | Veterana F45 | 01:16:42 | +44:38    | 07:40 |
| 116 | 2398 | ANA ALVES        | Individual   | Veterana F45 | 01:16:44 | +44:41    | 07:40 |
| 117 | 2404 | ANA CIURO        | Individual   | Veterana F45 | 01:17:57 | +45:53    | 07:48 |
| 118 | 2035 | ANA NOTÁRIO      | AO RITMO DAS 200PPM                                  | Veterana F45 | 01:18:23 | +46:19    | 07:50 |
| 119 | 2992 | RITA CARVALHINHO | Individual   | Veterana F45 | 01:19:51 | +47:48    | 07:59 |
| 120 | 2586 | FÁTIMA COXILHA   | Individual   | Veterana F45 | 01:20:04 | +48:00    | 08:00 |
| 121 | 2901 | PATRÍCIA NÓBREGA | Individual   | Veterana F45 | 01:21:00 | +48:56    | 08:06 |
| 122 | 2963 | RAQUEL FELIZ     | Individual   | Veterana F45 | 01:23:35 | +51:32    | 08:22 |
| 123 | 372  | ORLANDA MARTINS  | CDRAM  | Veterana F45 | 01:23:37 | +51:33    | 08:22 |
| 124 | 378  | DORA PIRES       | CDRAM  | Veterana F45 | 01:24:29 | +52:26    | 08:27 |
| 125 | 515  | Maria Fonseca    | NSCPS  | Veterana F45 | 01:24:39 | +52:36    | 08:28 |
| 126 | 3237 | LURDES PALMEIRO  | Montes Saloios Trail Team                            | Veterana F45 | 01:30:18 | +58:14    | 09:02 |
| 127 | 577  | FILOMENA REBELO  | ANE  | Veterana F45 | 01:31:15 | +59:12    | 09:08 |
| 128 | 3223 | ANA LOURENÇO     | Montes Saloios Trail Team                            | Veterana F45 | 01:32:01 | +59:57    | 09:12 |
| 129 | 2400 | ANA DIAS         | Individual   | Veterana F45 | 01:32:09 | +01:00:05 | 09:13 |
| 130 | 2060 | MARIA NOTÁRIO    | AO RITMO DAS 200PPM                                  | Veterana F45 | 01:32:10 | +01:00:07 | 09:13 |
| 131 | 3030 | SANDRA FRANCO    | Individual   | Veterana F45 | 01:32:33 | +01:00:30 | 09:15 |
| 132 | 2418 | ANA PEREIRA      | Individual   | Veterana F45 | 01:38:28 | +01:06:25 | 09:51 |

|                             |         |                            |
|-----------------------------|---------|----------------------------|
| Official Timekeeper: Lap2Go | 10 / 30 | generate 02-Dec-2019 11:02 |
|-----------------------------|---------|----------------------------|

Prova Principal

10 KM



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|     |      |                    |            |              |          |           |       |
|-----|------|--------------------|------------|--------------|----------|-----------|-------|
| 133 | 2445 | ANTÓNIA FIGUEIREDO | Individual | Veterana F45 | 01:39:03 | +01:07:00 | 09:54 |
|-----|------|--------------------|------------|--------------|----------|-----------|-------|

Veterana F55

|    |      |                      |  |              |          |           |       |
|----|------|----------------------|--|--------------|----------|-----------|-------|
| 1  | 383  | ALZIRA SOBRAL        | CDRAM  | Veterana F55 | 50:31    | +18:27    | 05:03 |
| 2  | 2260 | MARIA GONÇALVES      | Correr Queluz  | Veterana F55 | 50:49    | +18:45    | 05:05 |
| 3  | 2755 | LÚCIA NOGUEIRA       | Individual   | Veterana F55 | 50:52    | +18:48    | 05:05 |
| 4  | 3272 | GRAÇA ROLDÃO         | OS TUGAS   | Veterana F55 | 51:18    | +19:14    | 05:08 |
| 5  | 2187 | ALZIRA CRUZ          | Casa do Concelho de Arcos de Valdevez                | Veterana F55 | 55:03    | +22:59    | 05:30 |
| 6  | 572  | VANDA AUGUSTO        | ANE  | Veterana F55 | 55:45    | +23:42    | 05:35 |
| 7  | 2567 | ELSA BRUXELAS        | Individual   | Veterana F55 | 57:11    | +25:08    | 05:43 |
| 8  | 2312 | MERCEDES FONSECA     | Federação da Família para a Paz Mundial e Unificação | Veterana F55 | 58:02    | +25:58    | 05:48 |
| 9  | 2386 | ALDINA SANTOS        | Individual   | Veterana F55 | 58:36    | +26:32    | 05:52 |
| 10 | 385  | MARGARIDA AMIGO      | CDRAM  | Veterana F55 | 58:56    | +26:53    | 05:54 |
| 11 | 386  | ISAURA PEREIRA       | CDRAM  | Veterana F55 | 58:57    | +26:54    | 05:54 |
| 12 | 984  | HELENA COSTA         | CDRAM  | Veterana F55 | 01:00:10 | +28:07    | 06:01 |
| 13 | 2232 | MAGNIFICA ALVAREDO   | CLUBE DO SARGENTO DA ARMADA                          | Veterana F55 | 01:00:35 | +28:31    | 06:03 |
| 14 | 2859 | NEIDE GUERREIRO      | Individual   | Veterana F55 | 01:00:53 | +28:49    | 06:05 |
| 15 | 673  | HELENA CUNHA         | ASAS   | Veterana F55 | 01:01:48 | +29:44    | 06:11 |
| 16 | 387  | ANGELINA CAETANO     | CDRAM  | Veterana F55 | 01:02:10 | +30:06    | 06:13 |
| 17 | 2077 | CELIA AZENHA         | Associação de atletismo Lebres do sado               | Veterana F55 | 01:02:14 | +30:11    | 06:13 |
| 18 | 388  | JOAQUINA FLORES      | CDRAM  | Veterana F55 | 01:02:45 | +30:42    | 06:17 |
| 19 | 2759 | LUCINDA BARATA       | Individual   | Veterana F55 | 01:04:45 | +32:41    | 06:28 |
| 20 | 2665 | ISAURA PINTO         | Individual   | Veterana F55 | 01:04:59 | +32:56    | 06:30 |
| 21 | 3178 | ISABEL LINO          | Linda-A-Pastora Sporting Clube                       | Veterana F55 | 01:05:27 | +33:23    | 06:33 |
| 22 | 3062 | SONIA LIMA           | Individual   | Veterana F55 | 01:05:58 | +33:55    | 06:36 |
| 23 | 1363 | JOANA D'ARC CHOURIÇO | RUNNING CLUBE SANTA CASA                             | Veterana F55 | 01:10:06 | +38:02    | 07:01 |
| 24 | 2823 | MARIA TOMAZ          | Individual   | Veterana F55 | 01:11:15 | +39:11    | 07:07 |
| 25 | 3356 | ALDA SEBASTIÃO       | SIMECQ   | Veterana F55 | 01:12:04 | +40:01    | 07:12 |
| 26 | 3396 | FÁTIMA MENDES        | Tartarugas Solidárias                                | Veterana F55 | 01:12:04 | +40:01    | 07:12 |
| 27 | 2532 | CRISTINA BAPTISTA    | Individual   | Veterana F55 | 01:15:52 | +43:49    | 07:35 |
| 28 | 2644 | HELENA SÁ            | Individual   | Veterana F55 | 01:16:08 | +44:04    | 07:37 |
| 29 | 1294 | JÚLIA SANTOS         | ANE  | Veterana F55 | 01:16:38 | +44:35    | 07:40 |
| 30 | 2612 | FILOMENA CALIXTO     | Individual   | Veterana F55 | 01:23:28 | +51:25    | 08:21 |
| 31 | 2562 | ELISABETE FERREIRA   | Individual   | Veterana F55 | 01:24:44 | +52:40    | 08:28 |
| 32 | 573  | MARIA AMÉLIA COSTA   | ANE  | Veterana F55 | 01:25:53 | +53:49    | 08:35 |
| 33 | 2815 | MARIA CRUZ           | Individual   | Veterana F55 | 01:42:42 | +01:10:39 | 10:16 |

Veterano M35

|   |      |                |                              |              |       |        |       |
|---|------|----------------|------------------------------|--------------|-------|--------|-------|
| 1 | 2028 | PEDRO NOGUEIRA | Amigos do Atletismo de Mafra | Veterano M35 | 34:21 | +02:18 | 03:26 |
|---|------|----------------|------------------------------|--------------|-------|--------|-------|







## Prova Principal

10 KM



## OFFICIAL RESULT

|     |      |                    |                             |              |          |        |       |
|-----|------|--------------------|-----------------------------|--------------|----------|--------|-------|
| 91  | 1513 | PEDRO LOPES        | CDRAU                       | Veterano M35 | 53:50    | +21:47 | 05:23 |
| 92  | 2085 | DANIEL DIAS        | AUCHAN                      | Veterano M35 | 53:53    | +21:49 | 05:23 |
| 93  | 2635 | HARUN RASHID       | Individual                  | Veterano M35 | 53:55    | +21:52 | 05:24 |
| 94  | 2537 | DANIEL FERREIRA    | Individual                  | Veterano M35 | 53:56    | +21:53 | 05:24 |
| 95  | 2602 | FERNANDO VAZ       | Individual                  | Veterano M35 | 54:03    | +21:59 | 05:24 |
| 96  | 2943 | PEDRO INÁCIO       | Individual                  | Veterano M35 | 54:06    | +22:02 | 05:25 |
| 97  | 2765 | LUIS GUERREIRO     | Individual                  | Veterano M35 | 54:07    | +22:03 | 05:25 |
| 98  | 3042 | SERGIO OLIVEIRA    | Individual                  | Veterano M35 | 54:14    | +22:10 | 05:25 |
| 99  | 3451 | Nuno Oliveira      | Individual                  | Veterano M35 | 54:19    | +22:16 | 05:26 |
| 100 | 2452 | ANTÓNIO CAVACO     | Individual                  | Veterano M35 | 54:20    | +22:17 | 05:26 |
| 101 | 3036 | SANDRO BRAZ        | Individual                  | Veterano M35 | 54:30    | +22:27 | 05:27 |
| 102 | 579  | RICARDO SARMENTO   | ANE                         | Veterano M35 | 54:49    | +22:46 | 05:29 |
| 103 | 2536 | DANIEL FREITAS     | Individual                  | Veterano M35 | 56:29    | +24:26 | 05:39 |
| 104 | 2237 | PEDRO SANTOS       | CLUBE DO SARGENTO DA ARMADA | Veterano M35 | 56:56    | +24:52 | 05:42 |
| 105 | 2969 | RENATO MORENO      | Individual                  | Veterano M35 | 57:00    | +24:57 | 05:42 |
| 106 | 2887 | NUNO MOLERO        | Individual                  | Veterano M35 | 57:22    | +25:18 | 05:44 |
| 107 | 2864 | NELSON RUA         | Individual                  | Veterano M35 | 57:22    | +25:19 | 05:44 |
| 108 | 714  | RUI CATARINO       | CDCCM                       | Veterano M35 | 57:37    | +25:34 | 05:46 |
| 109 | 3218 | HUGO LAPA          | Mati&Xavi                   | Veterano M35 | 58:45    | +26:41 | 05:52 |
| 110 | 355  | PEDRO PEREIRA      | CDRAM                       | Veterano M35 | 58:57    | +26:53 | 05:54 |
| 111 | 3434 | Pedro Pinto Duarte | Individual                  | Veterano M35 | 59:39    | +27:36 | 05:58 |
| 112 | 2942 | PEDRO CASTRO       | Individual                  | Veterano M35 | 01:00:10 | +28:06 | 06:01 |
| 113 | 2607 | FILIPPE FRADE      | Individual                  | Veterano M35 | 01:00:18 | +28:15 | 06:02 |
| 114 | 2956 | PEDRO PAULO        | Individual                  | Veterano M35 | 01:00:48 | +28:44 | 06:05 |
| 115 | 3219 | PEDRO RIBEIRO      | Mati&Xavi                   | Veterano M35 | 01:01:35 | +29:31 | 06:09 |
| 116 | 588  | VLADIMIRO BRAVO    | ANE                         | Veterano M35 | 01:01:55 | +29:52 | 06:12 |
| 117 | 2432 | ANDRÉ PINHO        | Individual                  | Veterano M35 | 01:03:32 | +31:28 | 06:21 |
| 118 | 2389 | ALEXANDRE AMARO    | Individual                  | Veterano M35 | 01:07:36 | +35:33 | 06:46 |
| 119 | 168  | JOSÉ SANTOS        | CBS                         | Veterano M35 | 01:07:45 | +35:42 | 06:47 |
| 120 | 2647 | HÉLIO SANTOS       | Individual                  | Veterano M35 | 01:08:19 | +36:15 | 06:50 |
| 121 | 3041 | SERGIO FAUSTINO    | Individual                  | Veterano M35 | 01:09:26 | +37:22 | 06:57 |

## Veterano M40

|    |      |                 |  |              |       |        |       |
|----|------|-----------------|--|--------------|-------|--------|-------|
| 1  | 2    | NELSON CRUZ     | CPPEA  | Veterano M40 | 32:18 | +00:14 | 03:14 |
| 2  | 3255 | NUNO ROCHA      | Natural Force  | Veterano M40 | 34:31 | +02:28 | 03:27 |
| 3  | 2319 | PEDRO GOMES     | Federação da Família para a Paz Mundial e Unificação | Veterano M40 | 35:23 | +03:19 | 03:32 |
| 4  | 1509 | BRUNO CARVALHO  | F.C. Rossão  | Veterano M40 | 35:49 | +03:45 | 03:35 |
| 5  | 2335 | PAULO ALVES     | GDCTINCM   | Veterano M40 | 36:21 | +04:17 | 03:38 |
| 6  | 389  | PAULO BENEVENTE | CDRAM  | Veterano M40 | 36:24 | +04:20 | 03:38 |
| 7  | 586  | HÉLDER CARMINÉ  | ANE  | Veterano M40 | 36:41 | +04:38 | 03:40 |
| 8  | 66   | NUNO RAPOSO     | CATA   | Veterano M40 | 36:59 | +04:56 | 03:42 |
| 9  | 594  | LUÍS ANTUNES    | ANE  | Veterano M40 | 37:27 | +05:23 | 03:45 |
| 10 | 2159 | NUNO VARELA     | CA VALE FIGUEIRA                                     | Veterano M40 | 38:16 | +06:12 | 03:50 |
| 11 | 600  | ANTÓNIO MOURO   | ANE  | Veterano M40 | 38:27 | +06:24 | 03:51 |

**Prova Principal**

**10 KM**



**OFFICIAL RESULT**

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

|    |      |                      |  |              |       |        |       |
|----|------|----------------------|--|--------------|-------|--------|-------|
| 12 | 3334 | VICTOR LOPES         | Run Crew Trail Montijo                   | Veterano M40 | 38:33 | +06:29 | 03:51 |
| 13 | 3435 | Paulo Rodrigues      | Tintas MONDAUTO                          | Veterano M40 | 39:40 | +07:36 | 03:58 |
| 14 | 2632 | GODINHO RAMOS        | Individual                               | Veterano M40 | 39:44 | +07:40 | 03:58 |
| 15 | 3027 | SAMUEL MARQUES       | Individual                               | Veterano M40 | 40:01 | +07:57 | 04:00 |
| 16 | 2334 | NUNO HENRIQUES       | GDCTINCM                                 | Veterano M40 | 40:27 | +08:23 | 04:03 |
| 17 | 397  | RICARDO CASTANHO     | CDRAM                                    | Veterano M40 | 40:31 | +08:27 | 04:03 |
| 18 | 2176 | HUGO PALMEIRO        | Casa do Benfica de Algueirão Mem-Martins | Veterano M40 | 40:36 | +08:32 | 04:04 |
| 19 | 2239 | NUNO ALVES           | Clube Olímpico de Oeiras                 | Veterano M40 | 41:00 | +08:56 | 04:06 |
| 20 | 3446 | TIAGO SILVA          | Individual                               | Veterano M40 | 41:05 | +09:02 | 04:07 |
| 21 | 2148 | José Pereira         | CA VALE FIGUEIRA                         | Veterano M40 | 41:08 | +09:04 | 04:07 |
| 22 | 1500 | NUNO TORRES          | CATA                                     | Veterano M40 | 41:09 | +09:05 | 04:07 |
| 23 | 717  | CARLOS PARREIRA      | CDCCM                                    | Veterano M40 | 41:24 | +09:21 | 04:08 |
| 24 | 3169 | BRUNO SANTOS         | Linda-A-Pastora Sporting Clube           | Veterano M40 | 41:26 | +09:22 | 04:09 |
| 25 | 2467 | BRUNO CARVALHO       | Individual                               | Veterano M40 | 41:27 | +09:23 | 04:09 |
| 26 | 3205 | DANIEL SAMPAIO       | LISRUNNING CPA                           | Veterano M40 | 41:46 | +09:42 | 04:11 |
| 27 | 1529 | HÉLIO AUGUSTO        | CDRAM                                    | Veterano M40 | 41:56 | +09:53 | 04:12 |
| 28 | 1000 | BRUNO ESTEVES        | CATA                                     | Veterano M40 | 42:03 | +10:00 | 04:12 |
| 29 | 1564 | IVO FERREIRA         | ANE                                      | Veterano M40 | 42:04 | +10:01 | 04:12 |
| 30 | 2050 | ISIDRO SIMÕES        | AO RITMO DAS 200PPM                      | Veterano M40 | 42:45 | +10:42 | 04:17 |
| 31 | 2202 | NUNO PITA            | CCDTMetroLX                              | Veterano M40 | 42:50 | +10:46 | 04:17 |
| 32 | 391  | ALEXANDRE CANTANHEDE | CDRAM                                    | Veterano M40 | 42:53 | +10:50 | 04:17 |
| 33 | 1245 | BRUNO GARCIA         | URJFF                                    | Veterano M40 | 43:00 | +10:56 | 04:18 |
| 34 | 398  | Nuno Alves           | ANE                                      | Veterano M40 | 43:01 | +10:58 | 04:18 |
| 35 | 2140 | Hugo Caselhas        | CA VALE FIGUEIRA                         | Veterano M40 | 43:13 | +11:09 | 04:19 |
| 36 | 2199 | JOAO OLIVEIRA        | CCDTMetroLX                              | Veterano M40 | 43:23 | +11:20 | 04:20 |
| 37 | 710  | JOSÉ TELES           | CDCCM                                    | Veterano M40 | 43:28 | +11:24 | 04:21 |
| 38 | 2080 | EDUARDO LUÍS         | Atómicos                                 | Veterano M40 | 43:37 | +11:34 | 04:22 |
| 39 | 1327 | NUNO DUARTE          | CDRAU                                    | Veterano M40 | 43:54 | +11:51 | 04:23 |
| 40 | 2936 | PEDRO ANTUNES        | Individual                               | Veterano M40 | 44:04 | +12:00 | 04:24 |
| 41 | 2003 | EMANUEL MARTINS      | A Minha Corrida                          | Veterano M40 | 44:09 | +12:06 | 04:25 |
| 42 | 2492 | CARLOS               | Individual                               | Veterano M40 | 44:10 | +12:06 | 04:25 |
| 43 | 2678 | JOAO ALMEIDA         | CBS                                      | Veterano M40 | 44:41 | +12:38 | 04:28 |
| 44 | 1204 | RUI BALTAZAR         | CATA                                     | Veterano M40 | 44:45 | +12:41 | 04:28 |
| 45 | 3423 | MIGUEL FIGUEIREDO    | We'll Never Walk Alone                   | Veterano M40 | 44:50 | +12:47 | 04:29 |
| 46 | 3204 | CARLOS LOURENÇO      | LISRUNNING CPA                           | Veterano M40 | 44:50 | +12:47 | 04:29 |
| 47 | 2505 | CARLOS OLIVEIRA      | Individual                               | Veterano M40 | 45:03 | +13:00 | 04:30 |
| 48 | 2476 | BRUNO ORNELAS        | Individual                               | Veterano M40 | 45:08 | +13:04 | 04:31 |
| 49 | 3200 | RUI DUARTE           | Linda-A-Pastora Sporting Clube           | Veterano M40 | 45:11 | +13:07 | 04:31 |
| 50 | 395  | ANTÓNIO GONÇALVES    | CDRAM                                    | Veterano M40 | 45:12 | +13:09 | 04:31 |
| 51 | 2659 | HUGO CONCEIÇÃO       | Individual                               | Veterano M40 | 45:17 | +13:14 | 04:32 |
| 52 | 3161 | CIPRIANO MARTINS     | LIBERDADE FUTEBOL CLUBE                  | Veterano M40 | 45:24 | +13:21 | 04:32 |
| 53 | 3236 | LUIS ALMEIDA         | Montes Saloios Trail Team                | Veterano M40 | 45:37 | +13:33 | 04:34 |
| 54 | 2225 | JULIO DAMAS          | CLUBE DO SARGENTO DA ARMADA              | Veterano M40 | 45:48 | +13:44 | 04:35 |
| 55 | 3156 | PEDRO OLIVEIRA       | LH Ginasio                               | Veterano M40 | 45:48 | +13:45 | 04:35 |
| 56 | 591  | RUI CARVALHO         | ANE                                      | Veterano M40 | 45:52 | +13:48 | 04:35 |

|                             |         |                            |
|-----------------------------|---------|----------------------------|
| Official Timekeeper: Lap2Go | 15 / 30 | generate 02-Dec-2019 11:02 |
|-----------------------------|---------|----------------------------|

## Prova Principal

10 KM

OFFICIAL RESULT



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

|     |      |                     |  |              |       |        |       |
|-----|------|---------------------|--|--------------|-------|--------|-------|
| 57  | 605  | NELSON LOPES        | ANE  | Veterano M40 | 45:54 | +13:50 | 04:35 |
| 58  | 2962 | RAMIRO MADUREIRA    | Individual   | Veterano M40 | 46:25 | +14:22 | 04:39 |
| 59  | 1449 | JOSÉ COSTA          | CBS  | Veterano M40 | 46:32 | +14:29 | 04:39 |
| 60  | 3314 | DANIEL CORREIA      | Run Crew Trail Montijo                               | Veterano M40 | 46:34 | +14:31 | 04:39 |
| 61  | 3010 | RUI NUNES           | Individual   | Veterano M40 | 46:39 | +14:36 | 04:40 |
| 62  | 86   | NUNO GOMES          | CATA   | Veterano M40 | 46:46 | +14:42 | 04:41 |
| 63  | 3045 | SÉRGIO BASTOS       | Individual   | Veterano M40 | 47:09 | +15:06 | 04:43 |
| 64  | 1596 | RICARDO LEITÃO      | ANE  | Veterano M40 | 47:14 | +15:11 | 04:43 |
| 65  | 2654 | HUGO DIAS           | Individual   | Veterano M40 | 47:15 | +15:12 | 04:44 |
| 66  | 2146 | JORGE PAREDES       | CA VALE FIGUEIRA                                     | Veterano M40 | 47:16 | +15:12 | 04:44 |
| 67  | 1318 | RUI MARQUES         | URJFF  | Veterano M40 | 47:22 | +15:18 | 04:44 |
| 68  | 2575 | ESMERALDINO SA      | Individual   | Veterano M40 | 47:23 | +15:20 | 04:44 |
| 69  | 2982 | RICARDO MARQUES     | Individual   | Veterano M40 | 47:38 | +15:35 | 04:46 |
| 70  | 93   | SÉRGIO PEDREIRO     | CATA   | Veterano M40 | 47:43 | +15:39 | 04:46 |
| 71  | 604  | PEDRO ALMEIDA       | ANE  | Veterano M40 | 47:57 | +15:53 | 04:48 |
| 72  | 2324 | TOMÁS SOUSA         | Federação da Família para a Paz Mundial e Unificação | Veterano M40 | 47:57 | +15:53 | 04:48 |
| 73  | 1492 | ANTÓNIO BARBOSA     | ANE  | Veterano M40 | 48:06 | +16:03 | 04:49 |
| 74  | 172  | LUCIANO CONTENTE    | CBS  | Veterano M40 | 48:13 | +16:10 | 04:49 |
| 75  | 2518 | CÉSAR MIRANDA       | Individual   | Veterano M40 | 48:17 | +16:13 | 04:50 |
| 76  | 3129 | LUÍS VARELA         | Kotas boa Forma                                      | Veterano M40 | 48:24 | +16:20 | 04:50 |
| 77  | 3277 | MIGUEL MARQUES      | PALMELENSE FC  | Veterano M40 | 48:26 | +16:22 | 04:51 |
| 78  | 518  | HUGO HILÁRIO        | NSCPS  | Veterano M40 | 48:33 | +16:29 | 04:51 |
| 79  | 2656 | HUGO CRESCIDO       | Individual   | Veterano M40 | 48:34 | +16:30 | 04:51 |
| 80  | 2990 | RICARDO VENÂNCIO    | Individual   | Veterano M40 | 48:34 | +16:31 | 04:51 |
| 81  | 2703 | JOÃO PINTO          | Individual   | Veterano M40 | 48:36 | +16:33 | 04:52 |
| 82  | 2493 | CARLOS ALBINO       | Individual   | Veterano M40 | 48:39 | +16:36 | 04:52 |
| 83  | 2464 | BRUNO AMARO         | Individual   | Veterano M40 | 48:42 | +16:39 | 04:52 |
| 84  | 601  | PEDRO ANTUNES       | ANE  | Veterano M40 | 48:47 | +16:43 | 04:53 |
| 85  | 1615 | BRUNO SILVA         | ANE  | Veterano M40 | 48:54 | +16:50 | 04:53 |
| 86  | 2931 | PAULO OLIVEIRA      | Individual   | Veterano M40 | 49:01 | +16:57 | 04:54 |
| 87  | 2016 | PEDRO BARATA        | Alces Team   | Veterano M40 | 49:08 | +17:05 | 04:55 |
| 88  | 1589 | MÁRIO RIBEIRO       | ANE  | Veterano M40 | 49:11 | +17:08 | 04:55 |
| 89  | 3426 | NUNO MARTINS        | CPPEA  | Veterano M40 | 49:19 | +17:16 | 04:56 |
| 90  | 907  | NELSON MONTEIRO     | CPPEA  | Veterano M40 | 49:19 | +17:16 | 04:56 |
| 91  | 2740 | JOSÉ LOURENÇO       | Individual   | Veterano M40 | 49:20 | +17:16 | 04:56 |
| 92  | 3197 | ROBERTO BETTENCOURT | Linda-A-Pastora Sporting Clube                       | Veterano M40 | 49:23 | +17:19 | 04:56 |
| 93  | 393  | MÁRIO CUNHA         | CDRAM  | Veterano M40 | 49:32 | +17:28 | 04:57 |
| 94  | 1580 | NUNO LOPES          | ANE  | Veterano M40 | 49:36 | +17:33 | 04:58 |
| 95  | 3159 | ANTÓNIO PEREIRA     | LIBERDADE FUTEBOL CLUBE                              | Veterano M40 | 49:39 | +17:36 | 04:58 |
| 96  | 2991 | RICARDO VIEGAS      | Individual   | Veterano M40 | 49:43 | +17:39 | 04:58 |
| 97  | 3303 | FRANCISCO MACHADO   | RUN 4 FUN  | Veterano M40 | 49:55 | +17:51 | 04:59 |
| 98  | 2639 | HELDER ROMAO        | Individual   | Veterano M40 | 50:21 | +18:18 | 05:02 |
| 99  | 2160 | NUNO SALGADO        | CA VALE FIGUEIRA                                     | Veterano M40 | 50:41 | +18:38 | 05:04 |
| 100 | 2984 | RICARDO OLIVEIRA    | Individual   | Veterano M40 | 51:01 | +18:58 | 05:06 |
| 101 | 2660 | HUGO RAMIRES        | Individual   | Veterano M40 | 51:14 | +19:10 | 05:07 |
| 102 | 2292 | MIGUEL ABRAÇOS      | EX FEDERADOS   | Veterano M40 | 51:16 | +19:12 | 05:08 |

**Prova Principal**
**10 KM**

 LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION  
**OFFICIAL RESULT**

|     |      |                    |                           |              |       |        |       |
|-----|------|--------------------|---------------------------|--------------|-------|--------|-------|
| 103 | 2925 | PAULO PEREIRA      | Individual                | Veterano M40 | 51:19 | +19:15 | 05:08 |
| 104 | 1099 | MIGUEL LOPES       | ASAS                      | Veterano M40 | 51:19 | +19:16 | 05:08 |
| 105 | 2618 | FRANCISCO FERRO    | Individual                | Veterano M40 | 51:22 | +19:18 | 05:08 |
| 106 | 2290 | JORGE VENANCIO     | EX FEDERADOS              | Veterano M40 | 51:28 | +19:24 | 05:09 |
| 107 | 2529 | CLÁUDIO OLIVEIRA   | Individual                | Veterano M40 | 51:39 | +19:35 | 05:10 |
| 108 | 2800 | MARCO BASTOS       | Individual                | Veterano M40 | 51:57 | +19:53 | 05:12 |
| 109 | 723  | PAULO PAIS         | CDCCM                     | Veterano M40 | 52:00 | +19:56 | 05:12 |
| 110 | 394  | LUIS CONCEIÇÃO     | CDRAM                     | Veterano M40 | 52:11 | +20:08 | 05:13 |
| 111 | 2909 | PAULO CASCAIS      | Individual                | Veterano M40 | 52:16 | +20:12 | 05:14 |
| 112 | 1575 | PAULO GANDUM       | ANE                       | Veterano M40 | 52:16 | +20:12 | 05:14 |
| 113 | 3402 | HUGO TORRES        | Team Bock                 | Veterano M40 | 52:17 | +20:14 | 05:14 |
| 114 | 1577 | ALBERTO SILVA      | ANE                       | Veterano M40 | 52:25 | +20:22 | 05:15 |
| 115 | 2573 | EMANUEL SEITA      | Individual                | Veterano M40 | 52:48 | +20:45 | 05:17 |
| 116 | 3351 | SÉRGIO MESQUITA    | Serrado FC Atletismo      | Veterano M40 | 52:51 | +20:48 | 05:17 |
| 117 | 3353 | VITOR HUGO         | Serrado FC Atletismo      | Veterano M40 | 52:52 | +20:48 | 05:17 |
| 118 | 3007 | RUI FLORES         | Individual                | Veterano M40 | 53:07 | +21:03 | 05:19 |
| 119 | 3338 | MANUEL CORREIA     | RUN4EAT                   | Veterano M40 | 53:13 | +21:09 | 05:19 |
| 120 | 2112 | FRANCISCO COSTA    | BRRnightRUNNERS           | Veterano M40 | 53:32 | +21:29 | 05:21 |
| 121 | 3017 | RUI PRÓSPERO       | Individual                | Veterano M40 | 53:38 | +21:34 | 05:22 |
| 122 | 2968 | RENATO CORREIA     | Individual                | Veterano M40 | 53:57 | +21:54 | 05:24 |
| 123 | 2617 | FRANCISCO BERNARDO | Individual                | Veterano M40 | 54:06 | +22:02 | 05:25 |
| 124 | 2876 | NUNO GOMES         | Individual                | Veterano M40 | 54:16 | +22:12 | 05:26 |
| 125 | 2597 | FERNANDO PINTO     | Individual                | Veterano M40 | 54:16 | +22:12 | 05:26 |
| 126 | 1579 | FERNANDO SILVA     | ANE                       | Veterano M40 | 54:17 | +22:14 | 05:26 |
| 127 | 2517 | CESAR FERROLHO     | Individual                | Veterano M40 | 54:25 | +22:21 | 05:26 |
| 128 | 1479 | ÁLVARO BRITO       | ANE                       | Veterano M40 | 54:26 | +22:23 | 05:27 |
| 129 | 3347 | NUNO SOBRAL        | Serrado FC Atletismo      | Veterano M40 | 54:30 | +22:26 | 05:27 |
| 130 | 2451 | ANTÓNIO NOVAS      | Individual                | Veterano M40 | 54:32 | +22:28 | 05:27 |
| 131 | 2862 | NELSON CARAVELA    | Individual                | Veterano M40 | 54:41 | +22:38 | 05:28 |
| 132 | 3343 | ANTÓNIO JERÓNIMO   | Serrado FC Atletismo      | Veterano M40 | 54:54 | +22:51 | 05:29 |
| 133 | 2974 | RICARDO CAMPOS     | Individual                | Veterano M40 | 55:00 | +22:57 | 05:30 |
| 134 | 2259 | LUIS LOURENCO      | Correr Queluz             | Veterano M40 | 55:25 | +23:21 | 05:32 |
| 135 | 3003 | RUBEN COSTA        | Individual                | Veterano M40 | 55:26 | +23:23 | 05:33 |
| 136 | 3094 | VALDEMIR SOUZA     | Individual                | Veterano M40 | 55:41 | +23:38 | 05:34 |
| 137 | 2914 | PAULO SANTOS       | Individual                | Veterano M40 | 55:43 | +23:40 | 05:34 |
| 138 | 3133 | NUNO SILVA         | Kotas Boa Forma           | Veterano M40 | 55:53 | +23:49 | 05:35 |
| 139 | 3292 | RUI DUARTE         | Pinhal Novo a Correr      | Veterano M40 | 56:09 | +24:05 | 05:37 |
| 140 | 2910 | PAULO COLAÇO       | Individual                | Veterano M40 | 56:22 | +24:19 | 05:38 |
| 141 | 2031 | LUÍS BAPTISTA      | Amigos do Orvalho         | Veterano M40 | 56:29 | +24:26 | 05:39 |
| 142 | 1490 | IVO LIMA           | ANE                       | Veterano M40 | 57:22 | +25:19 | 05:44 |
| 143 | 1616 | PEDRO MOLEIRO      | ANE                       | Veterano M40 | 57:29 | +25:25 | 05:45 |
| 144 | 2802 | MARCO PASSINHAS    | Individual                | Veterano M40 | 57:31 | +25:28 | 05:45 |
| 145 | 2934 | PEDRO AMORIM       | Individual                | Veterano M40 | 57:42 | +25:39 | 05:46 |
| 146 | 3246 | SAMUEL SILVA       | Montes Saloios Trail Team | Veterano M40 | 57:55 | +25:51 | 05:47 |
| 147 | 3397 | PEDRO BANON        | Tartarugas Solidárias     | Veterano M40 | 58:47 | +26:43 | 05:53 |
| 148 | 3125 | JOEL LEANDRO       | Kotas Boa Forma           | Veterano M40 | 58:50 | +26:47 | 05:53 |

## Prova Principal

10 KM



## OFFICIAL RESULT

|     |      |                    |                           |              |          |        |       |
|-----|------|--------------------|---------------------------|--------------|----------|--------|-------|
| 149 | 2650 | HENRIQUE VELOSO    | Individual                | Veterano M40 | 58:54    | +26:51 | 05:53 |
| 150 | 2574 | EMÍDIO CORREIA     | Individual                | Veterano M40 | 59:05    | +27:01 | 05:54 |
| 151 | 3438 | MIGUEL MARQUES     | Individual                | Veterano M40 | 59:22    | +27:18 | 05:56 |
| 152 | 2599 | FERNANDO SEBASTIÃO | Individual                | Veterano M40 | 59:22    | +27:19 | 05:56 |
| 153 | 3342 | ANDRÉ MACEDO       | Serrado FC Atletismo      | Veterano M40 | 59:39    | +27:35 | 05:58 |
| 154 | 3387 | PEDRO RASTEIRO     | Tálenos Team              | Veterano M40 | 01:00:11 | +28:07 | 06:01 |
| 155 | 2102 | SIMÃO SANTANA      | BANDIDOS                  | Veterano M40 | 01:00:22 | +28:18 | 06:02 |
| 156 | 2101 | FRANCISCO PAULOS   | BANDIDOS                  | Veterano M40 | 01:00:23 | +28:19 | 06:02 |
| 157 | 2391 | ALEXANDRE SILVA    | Individual                | Veterano M40 | 01:00:50 | +28:47 | 06:05 |
| 158 | 1304 | NUNO SANTOS        | ASAS                      | Veterano M40 | 01:00:54 | +28:50 | 06:05 |
| 159 | 2849 | MIGUEL CORREIA     | Individual                | Veterano M40 | 01:00:54 | +28:51 | 06:05 |
| 160 | 2163 | RAFAL LUKASIC      | CA VALE FIGUEIRA          | Veterano M40 | 01:01:43 | +29:40 | 06:10 |
| 161 | 1552 | LUCIANO PRITSCH    | ANE                       | Veterano M40 | 01:01:53 | +29:50 | 06:11 |
| 162 | 1551 | MARCELO PRITSCH    | ANE                       | Veterano M40 | 01:01:55 | +29:51 | 06:11 |
| 163 | 1595 | MÁRCIO ALVES       | ANE                       | Veterano M40 | 01:01:55 | +29:52 | 06:12 |
| 164 | 3014 | RUI MENESES        | Individual                | Veterano M40 | 01:02:24 | +30:21 | 06:14 |
| 165 | 3382 | LUÍS RASTEIRO      | Tálenos Team              | Veterano M40 | 01:04:09 | +32:05 | 06:25 |
| 166 | 3413 | HUGO PAULO         | Tryo                      | Veterano M40 | 01:04:20 | +32:17 | 06:26 |
| 167 | 2869 | NUNO BEIJINHA      | Individual                | Veterano M40 | 01:04:24 | +32:21 | 06:26 |
| 168 | 2147 | JORGE MARTINS      | CA VALE FIGUEIRA          | Veterano M40 | 01:04:36 | +32:33 | 06:28 |
| 169 | 2293 | NUNO ROBALO        | EX FEDERADOS              | Veterano M40 | 01:05:18 | +33:14 | 06:32 |
| 170 | 2108 | PAULO PIRES        | Bichos do Mato            | Veterano M40 | 01:05:29 | +33:26 | 06:33 |
| 171 | 2668 | IVO MENDES         | Individual                | Veterano M40 | 01:06:05 | +34:01 | 06:36 |
| 172 | 3009 | RUI LOPES          | Individual                | Veterano M40 | 01:08:57 | +36:53 | 06:54 |
| 173 | 3404 | LUIS MACHADO       | Team Bock                 | Veterano M40 | 01:09:51 | +37:47 | 06:59 |
| 174 | 3226 | CARLOS RODRIGUES   | Montes Saloios Trail Team | Veterano M40 | 01:12:02 | +39:58 | 07:12 |
| 175 | 3140 | TIAGO ROLO         | Kotas Boa Forma           | Veterano M40 | 01:18:24 | +46:20 | 07:50 |
| 176 | 2987 | RICARDO ROMÃO      | Individual                | Veterano M40 | 01:23:42 | +51:38 | 08:22 |
| 177 | 2860 | NELSON CORREIA     | Individual                | Veterano M40 | 01:26:49 | +54:45 | 08:41 |

## Veterano M45

|    |      |                 |  |              |       |        |       |
|----|------|-----------------|--|--------------|-------|--------|-------|
| 1  | 896  | MARCO GOMES     | CPPEA  | Veterano M45 | 33:20 | +01:17 | 03:20 |
| 2  | 598  | CARLOS ARIEIRO  | ANE  | Veterano M45 | 35:39 | +03:36 | 03:34 |
| 3  | 899  | JOÃO FAUSTINO   | CPPEA  | Veterano M45 | 36:14 | +04:10 | 03:37 |
| 4  | 2313 | MIGUEL PINTO    | Federação da Família para a Paz Mundial e Unificação | Veterano M45 | 36:15 | +04:12 | 03:38 |
| 5  | 613  | MÁRIO BOUCINHA  | ANE  | Veterano M45 | 36:27 | +04:23 | 03:39 |
| 6  | 2958 | PEDRO RIBEIRO   | Individual   | Veterano M45 | 36:57 | +04:54 | 03:42 |
| 7  | 3322 | LUÍS CRUZ       | Run Crew Trail Montijo                               | Veterano M45 | 37:23 | +05:20 | 03:44 |
| 8  | 665  | PAULO PINTO     | ANE  | Veterano M45 | 38:42 | +06:39 | 03:52 |
| 9  | 612  | JOSÉ FACHADAS   | ANE  | Veterano M45 | 38:51 | +06:47 | 03:53 |
| 10 | 3417 | NUNO ANTUNES    | URBAN RUN TEAM                                       | Veterano M45 | 38:54 | +06:50 | 03:53 |
| 11 | 2352 | MIGUEL DAVID    | GRCD Leião   | Veterano M45 | 39:16 | +07:13 | 03:56 |
| 12 | 2282 | VASCO LEVITA    | Estoril Praia Triatlo                                | Veterano M45 | 39:43 | +07:40 | 03:58 |
| 13 | 1510 | ANTONIO MACHADO | F.C. Rossão  | Veterano M45 | 39:47 | +07:43 | 03:59 |

**Prova Principal****10 KM****OFFICIAL RESULT**

|    |      |                        |  |              |       |        |       |
|----|------|------------------------|--|--------------|-------|--------|-------|
| 14 | 1038 | JOÃO LIMÃO             | ANE                                      | Veterano M45 | 39:57 | +07:54 | 04:00 |
| 15 | 615  | JOSÉ NEVES             | ANE                                      | Veterano M45 | 40:13 | +08:10 | 04:01 |
| 16 | 417  | LUIS PEREIRA           | CDRAM                                    | Veterano M45 | 40:22 | +08:18 | 04:02 |
| 17 | 2183 | ROMÁRIO ALMEIDA        | Casa do Benfica de Algueirão Mem-Martins | Veterano M45 | 40:26 | +08:23 | 04:03 |
| 18 | 3168 | ARTUR PEREIRA          | Linda-A-Pastora Sporting Clube           | Veterano M45 | 40:35 | +08:31 | 04:03 |
| 19 | 2158 | MARCO BAETA            | CA VALE FIGUEIRA                         | Veterano M45 | 40:46 | +08:43 | 04:05 |
| 20 | 126  | JOAQUIM DIAS           | CATA                                     | Veterano M45 | 40:57 | +08:53 | 04:06 |
| 21 | 3193 | JOÃO SALGUEIRO ANTUNES | URBAN RUN TEAM                           | Veterano M45 | 40:59 | +08:55 | 04:06 |
| 22 | 617  | CARLOS LIMA            | ANE                                      | Veterano M45 | 41:03 | +09:00 | 04:06 |
| 23 | 1532 | RUI ALMEIDA            | CDRAM                                    | Veterano M45 | 41:11 | +09:07 | 04:07 |
| 24 | 616  | RICARDO LOBO           | ANE                                      | Veterano M45 | 41:20 | +09:16 | 04:08 |
| 25 | 3419 | SADIQ KASSAMO          | URBAN RUN TEAM                           | Veterano M45 | 41:20 | +09:16 | 04:08 |
| 26 | 898  | NUNO CARMO             | CPPEA                                    | Veterano M45 | 41:25 | +09:21 | 04:08 |
| 27 | 2244 | FERNANDO GODINHO       | correr loures                            | Veterano M45 | 41:33 | +09:30 | 04:09 |
| 28 | 184  | RUI PANÇA              | CBS                                      | Veterano M45 | 41:36 | +09:32 | 04:10 |
| 29 | 1138 | HERNÂNI FERNANDES      | NSCPS                                    | Veterano M45 | 42:03 | +10:00 | 04:12 |
| 30 | 3400 | PEDRO LOURENÇO         | Team                                     | Veterano M45 | 42:16 | +10:13 | 04:14 |
| 31 | 3108 | FRANCISCO CERQUEIRA    | KER SPORT TRAIL RUNNING                  | Veterano M45 | 42:45 | +10:42 | 04:17 |
| 32 | 179  | JORGE PAULO            | CBS                                      | Veterano M45 | 42:48 | +10:45 | 04:17 |
| 33 | 2634 | GUILHERME HORA         | Individual                               | Veterano M45 | 42:49 | +10:46 | 04:17 |
| 34 | 2718 | JORGE VAZ              | Individual                               | Veterano M45 | 43:05 | +11:02 | 04:19 |
| 35 | 2144 | JOÃO FERREIRA          | CA VALE FIGUEIRA                         | Veterano M45 | 43:13 | +11:10 | 04:19 |
| 36 | 697  | HENRIQUE FERREIRA      | ASAS                                     | Veterano M45 | 43:35 | +11:32 | 04:22 |
| 37 | 2045 | FERNANDO FIGUEIREDO    | AO RITMO DAS 200PPM                      | Veterano M45 | 43:37 | +11:33 | 04:22 |
| 38 | 2135 | CARLOS GONÇALVES       | CA VALE FIGUEIRA                         | Veterano M45 | 43:41 | +11:37 | 04:22 |
| 39 | 2206 | RUI PASTOR             | CCDTMetroLX                              | Veterano M45 | 43:43 | +11:40 | 04:22 |
| 40 | 2707 | JOÃO SIMÕES            | Individual                               | Veterano M45 | 43:44 | +11:40 | 04:22 |
| 41 | 897  | ANTONIO PEDRO COSTA    | CPPEA                                    | Veterano M45 | 43:55 | +11:51 | 04:23 |
| 42 | 3452 | Julio Serras           | Individual                               | Veterano M45 | 43:56 | +11:52 | 04:24 |
| 43 | 3368 | PAULO SARTY            | Strong Team                              | Veterano M45 | 43:59 | +11:55 | 04:24 |
| 44 | 180  | RENATO CRISTINA        | CBS                                      | Veterano M45 | 44:23 | +12:20 | 04:26 |
| 45 | 2250 | PEDRO VIEIRA           | correr loures                            | Veterano M45 | 44:42 | +12:39 | 04:28 |
| 46 | 61   | HÉLDER RAMOS           | CATA                                     | Veterano M45 | 44:50 | +12:46 | 04:29 |
| 47 | 2121 | PEDRO GABRIEL          | C.A. Amigos Parque da Paz                | Veterano M45 | 44:57 | +12:54 | 04:30 |
| 48 | 1151 | RUI BOLOTA             | CDRAM                                    | Veterano M45 | 45:15 | +13:11 | 04:31 |
| 49 | 3006 | RUI FREITAS            | Individual                               | Veterano M45 | 45:19 | +13:16 | 04:32 |
| 50 | 413  | JOSÉ SERRANO           | CDRAM                                    | Veterano M45 | 45:26 | +13:22 | 04:33 |
| 51 | 521  | LUÍS BALINHO           | NSCPS                                    | Veterano M45 | 45:27 | +13:24 | 04:33 |
| 52 | 3354 | ANTÓNIO CAMPOS         | SERUL - Os Unidos de Leceia              | Veterano M45 | 46:00 | +13:57 | 04:36 |
| 53 | 278  | JORGE MONTEIRO         | ZFF                                      | Veterano M45 | 46:05 | +14:02 | 04:37 |
| 54 | 3202 | VÍTOR CANTO            | Linda-A-Pastora Sporting Clube           | Veterano M45 | 46:07 | +14:04 | 04:37 |
| 55 | 625  | PAULO MANAÇAS          | ANE                                      | Veterano M45 | 46:19 | +14:15 | 04:38 |
| 56 | 2850 | MIGUEL CUNHA           | Individual                               | Veterano M45 | 46:20 | +14:17 | 04:38 |
| 57 | 1453 | JOÃO VIDINHA           | CBS                                      | Veterano M45 | 46:33 | +14:29 | 04:39 |
| 58 | 83   | VÍTOR CARRONDO         | CATA                                     | Veterano M45 | 46:34 | +14:30 | 04:39 |
| 59 | 2689 | JOÃO HENRIQUES         | Individual                               | Veterano M45 | 46:42 | +14:39 | 04:40 |

|                             |         |                            |
|-----------------------------|---------|----------------------------|
| Official Timekeeper: Lap2Go | 19 / 30 | generate 02-Dec-2019 11:02 |
|-----------------------------|---------|----------------------------|





## Prova Principal

**10 KM**



**OFFICIAL RESULT**

|     |      |                    |  |              |       |        |       |
|-----|------|--------------------|--|--------------|-------|--------|-------|
| 106 | 1452 | JOÃO SERRA         | CBS                                      | Veterano M45 | 50:41 | +18:38 | 05:04 |
| 107 | 3355 | NUNO DUARTE        | SERUL - Os Unidos de Leceia              | Veterano M45 | 50:52 | +18:49 | 05:05 |
| 108 | 2739 | JOSÉ MOTA          | Individual                               | Veterano M45 | 50:56 | +18:52 | 05:06 |
| 109 | 2113 | HÉLDER SILVA       | BRRnightRUNNERS                          | Veterano M45 | 50:59 | +18:56 | 05:06 |
| 110 | 2180 | LUIS PALMA         | Casa do Benfica de Algueirão Mem-Martins | Veterano M45 | 51:06 | +19:03 | 05:07 |
| 111 | 277  | ANTÓNIO MARTINS    | ZFF                                      | Veterano M45 | 51:14 | +19:11 | 05:07 |
| 112 | 2061 | MIGUEL CRUZ        | AO RITMO DAS 200PPM                      | Veterano M45 | 51:15 | +19:11 | 05:07 |
| 113 | 2833 | MÁRIO ROMÃO        | Individual                               | Veterano M45 | 51:18 | +19:15 | 05:08 |
| 114 | 3383 | LUÍS SILVA         | Tá lentos Team                           | Veterano M45 | 51:37 | +19:34 | 05:10 |
| 115 | 3256 | PAULO BARREIRA     | Natural Force                            | Veterano M45 | 51:50 | +19:47 | 05:11 |
| 116 | 2655 | HUGO COSTA         | Individual                               | Veterano M45 | 51:54 | +19:51 | 05:11 |
| 117 | 3198 | RUI LACERDA        | Linda-A-Pastora Sporting Clube           | Veterano M45 | 52:00 | +19:56 | 05:12 |
| 118 | 2468 | BRUNO FARIA        | Individual                               | Veterano M45 | 52:03 | +20:00 | 05:12 |
| 119 | 3306 | NUNO ALVES         | RUN 4 FUN                                | Veterano M45 | 52:18 | +20:14 | 05:14 |
| 120 | 2350 | JORGE SILVA        | GRCD Leião                               | Veterano M45 | 52:24 | +20:21 | 05:14 |
| 121 | 2791 | MANUEL BRITO       | Individual                               | Veterano M45 | 52:27 | +20:24 | 05:15 |
| 122 | 2953 | PEDRO MORGADO      | Individual                               | Veterano M45 | 52:36 | +20:33 | 05:16 |
| 123 | 3264 | MÁRIO NUNES        | Os corre para comer                      | Veterano M45 | 52:51 | +20:47 | 05:17 |
| 124 | 2870 | NUNO CORREIA       | Individual                               | Veterano M45 | 52:51 | +20:47 | 05:17 |
| 125 | 3346 | JOAQUIM NASCIMENTO | Serrado FC Atletismo                     | Veterano M45 | 52:51 | +20:48 | 05:17 |
| 126 | 3194 | RICARDO FARIA      | Linda-A-Pastora Sporting Clube           | Veterano M45 | 53:03 | +20:59 | 05:18 |
| 127 | 2097 | RUI SAFARA         | AUCHAN                                   | Veterano M45 | 53:27 | +21:24 | 05:21 |
| 128 | 3046 | SÉRGIO FERREIRA    | Individual                               | Veterano M45 | 53:33 | +21:30 | 05:21 |
| 129 | 2912 | PAULO JORGE        | Individual                               | Veterano M45 | 53:34 | +21:30 | 05:21 |
| 130 | 2062 | NUNO BUGIO         | AO RITMO DAS 200PPM                      | Veterano M45 | 53:34 | +21:30 | 05:21 |
| 131 | 2745 | JOSÉ SOARES        | Individual                               | Veterano M45 | 54:09 | +22:05 | 05:25 |
| 132 | 3448 | Nuno Lopes         | Individual                               | Veterano M45 | 54:10 | +22:06 | 05:25 |
| 133 | 2397 | ÁLVARO MARUJEIRO   | Individual                               | Veterano M45 | 54:19 | +22:15 | 05:26 |
| 134 | 2928 | PAULO SOUSA        | Individual                               | Veterano M45 | 54:51 | +22:48 | 05:29 |
| 135 | 3348 | PEDRO LOPES        | Serrado FC Atletismo                     | Veterano M45 | 54:54 | +22:50 | 05:29 |
| 136 | 2353 | PAULO MENDES       | GRCD Leião                               | Veterano M45 | 55:00 | +22:56 | 05:30 |
| 137 | 2983 | RICARDO MARTINS    | Individual                               | Veterano M45 | 55:04 | +23:00 | 05:30 |
| 138 | 3340 | RUI XAVIER         | RUN4EAT                                  | Veterano M45 | 55:21 | +23:17 | 05:32 |
| 139 | 3424 | PAULO VAZ          | We'll Never Walk Alone                   | Veterano M45 | 55:34 | +23:30 | 05:33 |
| 140 | 3221 | TÓ-ZÉ PEREIRA      | Moita a Correr                           | Veterano M45 | 55:42 | +23:39 | 05:34 |
| 141 | 2017 | PEDRO ANDRÉ        | Alces Team                               | Veterano M45 | 56:06 | +24:02 | 05:37 |
| 142 | 2715 | JORGE CRUZ         | Individual                               | Veterano M45 | 56:18 | +24:15 | 05:38 |
| 143 | 1308 | RUI CORREIA        | CRCP                                     | Veterano M45 | 56:22 | +24:18 | 05:38 |
| 144 | 608  | MIGUEL CRUZ        | ANE                                      | Veterano M45 | 56:23 | +24:20 | 05:38 |
| 145 | 2873 | NUNO FERNANDES     | Individual                               | Veterano M45 | 56:26 | +24:23 | 05:39 |
| 146 | 1566 | HÉLDER NOGUEIRA    | ANE                                      | Veterano M45 | 56:33 | +24:30 | 05:39 |
| 147 | 2157 | Luis Sousa         | CA VALE FIGUEIRA                         | Veterano M45 | 56:37 | +24:34 | 05:40 |
| 148 | 2653 | HUGO ALMEIDA       | Individual                               | Veterano M45 | 56:39 | +24:36 | 05:40 |
| 149 | 2764 | LUIS GOMES         | Individual                               | Veterano M45 | 56:42 | +24:39 | 05:40 |
| 150 | 2872 | NUNO COSTA         | Individual                               | Veterano M45 | 56:49 | +24:45 | 05:41 |
| 151 | 2697 | JOÃO MELO          | Individual                               | Veterano M45 | 57:15 | +25:11 | 05:43 |

**Prova Principal**
**10 KM**

**OFFICIAL RESULT**

|     |      |                    |                             |              |          |        |       |
|-----|------|--------------------|-----------------------------|--------------|----------|--------|-------|
| 152 | 2594 | FERNANDO HOMEM     | Individual                  | Veterano M45 | 57:16    | +25:13 | 05:44 |
| 153 | 3000 | ROGÉRIO FERNANDES  | Individual                  | Veterano M45 | 57:21    | +25:17 | 05:44 |
| 154 | 2294 | ORLANDO SANTOS     | EX FEDERADOS                | Veterano M45 | 57:21    | +25:17 | 05:44 |
| 155 | 279  | NUNO ACÚRSIO       | ZFF                         | Veterano M45 | 57:31    | +25:28 | 05:45 |
| 156 | 2390 | ALEXANDRE LOURINHO | Individual                  | Veterano M45 | 57:32    | +25:29 | 05:45 |
| 157 | 2119 | PEDRO PEREIRA      | BRRnightRUNNERS             | Veterano M45 | 57:43    | +25:40 | 05:46 |
| 158 | 668  | DOMINGOS GATO      | ANE                         | Veterano M45 | 58:04    | +26:00 | 05:48 |
| 159 | 1140 | SERGIO MARTINS     | ANE                         | Veterano M45 | 58:25    | +26:22 | 05:51 |
| 160 | 1585 | ANTÓNIO GALEGO     | ANE                         | Veterano M45 | 58:33    | +26:30 | 05:51 |
| 161 | 3085 | TIAGO CLAMOTE      | Individual                  | Veterano M45 | 58:49    | +26:46 | 05:53 |
| 162 | 2781 | LUÍS RIBEIRO       | Individual                  | Veterano M45 | 58:52    | +26:48 | 05:53 |
| 163 | 276  | LUÍS SANTOS        | ZFF                         | Veterano M45 | 58:56    | +26:53 | 05:54 |
| 164 | 716  | INÁCIO MENDES      | CDCCM                       | Veterano M45 | 59:01    | +26:57 | 05:54 |
| 165 | 709  | ANTÓNIO ALVES      | CDCCM                       | Veterano M45 | 59:01    | +26:58 | 05:54 |
| 166 | 2780 | LUÍS MIRANDA       | Individual                  | Veterano M45 | 59:16    | +27:13 | 05:56 |
| 167 | 1421 | JOÃO CAMISAS       | ANE                         | Veterano M45 | 59:17    | +27:13 | 05:56 |
| 168 | 2682 | JOAO SOEIRO        | Individual                  | Veterano M45 | 01:01:02 | +28:59 | 06:06 |
| 169 | 2038 | ANTÓNIO PEREIRA    | AO RITMO DAS 200PPM         | Veterano M45 | 01:01:52 | +29:48 | 06:11 |
| 170 | 3378 | JOÃO FARINHAS      | Tálenos Team                | Veterano M45 | 01:01:58 | +29:55 | 06:12 |
| 171 | 3004 | RUI AFONSO         | Individual                  | Veterano M45 | 01:02:59 | +30:56 | 06:18 |
| 172 | 2088 | HUGO OLIVEIRA      | AUCHAN                      | Veterano M45 | 01:05:14 | +33:10 | 06:31 |
| 173 | 2287 | JOAO NITA          | EX FEDERADOS                | Veterano M45 | 01:05:20 | +33:17 | 06:32 |
| 174 | 2507 | CARLOS CRUZ        | Individual                  | Veterano M45 | 01:06:09 | +34:05 | 06:37 |
| 175 | 2449 | ANTÓNIO CAEIRO     | Individual                  | Veterano M45 | 01:06:13 | +34:09 | 06:37 |
| 176 | 3287 | LUIS MARQUES       | Pinhal Novo a Correr        | Veterano M45 | 01:07:05 | +35:01 | 06:42 |
| 177 | 3260 | JOAO SARAIVA       | opraticante.pt              | Veterano M45 | 01:09:03 | +36:59 | 06:54 |
| 178 | 2058 | LUÍS TOMÉ          | AO RITMO DAS 200PPM         | Veterano M45 | 01:09:48 | +37:45 | 06:59 |
| 179 | 2227 | FRANCISCO SILVA    | CLUBE DO SARGENTO DA ARMADA | Veterano M45 | 01:10:03 | +37:59 | 07:00 |
| 180 | 2866 | NUNO ANTUNES       | Individual                  | Veterano M45 | 01:14:09 | +42:05 | 07:25 |
| 181 | 3295 | ILDEFONSO MIRANDA  | Pinhal Novo a Correr        | Veterano M45 | 01:15:53 | +43:50 | 07:35 |
| 182 | 2852 | MIGUEL LOPES       | Individual                  | Veterano M45 | 01:23:36 | +51:32 | 08:22 |

**Veterano M50**

|    |      |                   |  |              |       |        |       |
|----|------|-------------------|--|--------------|-------|--------|-------|
| 1  | 1505 | EUSEBIO ROSA      | CPPEA  | Veterano M50 | 35:47 | +03:43 | 03:35 |
| 2  | 3445 | Carlos Alves      | Boavista do Pico - Açores                            | Veterano M50 | 36:23 | +04:20 | 03:38 |
| 3  | 629  | LUÍS GOUVEIA      | ANE  | Veterano M50 | 37:05 | +05:02 | 03:43 |
| 4  | 426  | EDUARDO FERNANDES | CDRAM  | Veterano M50 | 38:24 | +06:20 | 03:50 |
| 5  | 423  | RUI AFONSO        | CDRAM  | Veterano M50 | 38:45 | +06:41 | 03:52 |
| 6  | 150  | RAUL PENA         | CDRAU  | Veterano M50 | 38:48 | +06:44 | 03:53 |
| 7  | 2161 | PAULO LOPES       | CA VALE FIGUEIRA                                     | Veterano M50 | 39:02 | +06:59 | 03:54 |
| 8  | 1522 | EDUARDO LOURENÇO  | CDRAM  | Veterano M50 | 39:17 | +07:14 | 03:56 |
| 9  | 2304 | MÁRIO RODRIGUES   | Federação da Família para a Paz Mundial e Unificação | Veterano M50 | 40:50 | +08:47 | 04:05 |
| 10 | 2150 | JOSÉ MARQUES      | CA VALE FIGUEIRA                                     | Veterano M50 | 41:05 | +09:01 | 04:06 |
| 11 | 2026 | JOSÉ GONÇALVES    | Amigos do Atletismo de Mafra                         | Veterano M50 | 41:12 | +09:09 | 04:07 |

|                             |         |                            |
|-----------------------------|---------|----------------------------|
| Official Timekeeper: Lap2Go | 22 / 30 | generate 02-Dec-2019 11:02 |
|-----------------------------|---------|----------------------------|

**Prova Principal**
**10 KM**

**OFFICIAL RESULT**

|    |      |                    |  |              |       |        |       |
|----|------|--------------------|--|--------------|-------|--------|-------|
| 12 | 2318 | PAULO CARVALHO     | Federação da Família para a Paz Mundial e Unificação | Veterano M50 | 41:37 | +09:33 | 04:10 |
| 13 | 3230 | DAVID PALMEIRO     | Montes Saloios Trail Team                            | Veterano M50 | 41:53 | +09:50 | 04:11 |
| 14 | 1299 | ÁLVARO GUERRA      | ANE  | Veterano M50 | 42:14 | +10:10 | 04:13 |
| 15 | 630  | NUNO CORREIA       | ANE  | Veterano M50 | 42:20 | +10:16 | 04:14 |
| 16 | 900  | PEDRO LOPES        | CPPEA  | Veterano M50 | 42:31 | +10:28 | 04:15 |
| 17 | 430  | JORGE PAULO SANTOS | CDRAM  | Veterano M50 | 42:43 | +10:39 | 04:16 |
| 18 | 3326 | PAULO LOPES        | Run Crew Trail Montijo                               | Veterano M50 | 42:48 | +10:44 | 04:17 |
| 19 | 1454 | JORGE SERRA        | CBS  | Veterano M50 | 43:13 | +11:09 | 04:19 |
| 20 | 2269 | JORGE CANTEIRO     | El Comandante  | Veterano M50 | 43:14 | +11:11 | 04:19 |
| 21 | 3379 | JOÃO PÁSCOA        | Tálenos Team   | Veterano M50 | 43:23 | +11:19 | 04:20 |
| 22 | 3215 | PAULO SANTOS       | Lourdete Perfumarias                                 | Veterano M50 | 43:46 | +11:42 | 04:23 |
| 23 | 2241 | CARLOS SEQUEIRA    | correr loures  | Veterano M50 | 43:46 | +11:43 | 04:23 |
| 24 | 102  | MÁRIO LOURENÇO     | CATA   | Veterano M50 | 43:47 | +11:43 | 04:23 |
| 25 | 2593 | FERNANDO CORREIA   | Individual   | Veterano M50 | 43:50 | +11:46 | 04:23 |
| 26 | 47   | JOÃO REBELO        | CATA   | Veterano M50 | 43:50 | +11:46 | 04:23 |
| 27 | 70   | FELICIANO CARVALHO | CATA   | Veterano M50 | 43:52 | +11:49 | 04:23 |
| 28 | 421  | LUIS ROQUE         | CDRAM  | Veterano M50 | 43:59 | +11:55 | 04:24 |
| 29 | 2919 | PAULO COSTA        | Individual   | Veterano M50 | 44:09 | +12:05 | 04:25 |
| 30 | 2749 | JUSTINIANO SILVA   | Individual   | Veterano M50 | 44:35 | +12:31 | 04:27 |
| 31 | 1075 | CARLOS PINTO       | CDRAM  | Veterano M50 | 44:45 | +12:41 | 04:28 |
| 32 | 2606 | FILIPPE MARQUES    | Individual   | Veterano M50 | 44:47 | +12:44 | 04:29 |
| 33 | 1147 | MANUEL HORTA       | AAS  | Veterano M50 | 45:05 | +13:01 | 04:30 |
| 34 | 1507 | LUIS NATAL         | CPPEA  | Veterano M50 | 45:15 | +13:11 | 04:31 |
| 35 | 636  | JOÃO LOURENÇO      | ANE  | Veterano M50 | 45:25 | +13:21 | 04:32 |
| 36 | 3103 | VITOR TEIXEIRA     | Individual   | Veterano M50 | 45:32 | +13:29 | 04:33 |
| 37 | 1426 | JOAQUIM MARTINS    | CDRAU  | Veterano M50 | 45:34 | +13:31 | 04:33 |
| 38 | 2361 | AMERICO PIMENTA    | grupo desportivo chelas                              | Veterano M50 | 45:38 | +13:34 | 04:34 |
| 39 | 1511 | CARLOS MACHADO     | F.C. Rossão  | Veterano M50 | 45:43 | +13:40 | 04:34 |
| 40 | 517  | FRANCISCO ROSÁRIO  | NSCPS  | Veterano M50 | 45:49 | +13:46 | 04:35 |
| 41 | 427  | JOSÉ PRAZERES      | CDRAM  | Veterano M50 | 45:58 | +13:54 | 04:36 |
| 42 | 2766 | LUIS JOSE          | Individual   | Veterano M50 | 46:03 | +14:00 | 04:36 |
| 43 | 633  | PAULO FOLGADO      | ANE  | Veterano M50 | 46:05 | +14:02 | 04:37 |
| 44 | 3211 | PAULO SANTOS       | LISRUNNING CPA                                       | Veterano M50 | 46:06 | +14:02 | 04:37 |
| 45 | 2709 | JOÃO VIEGAS        | Individual   | Veterano M50 | 46:12 | +14:08 | 04:37 |
| 46 | 2100 | CÂNDIDO POÇAS      | BANDIDOS   | Veterano M50 | 46:36 | +14:32 | 04:40 |
| 47 | 2446 | ANTONIO SOARES     | Individual   | Veterano M50 | 46:40 | +14:37 | 04:40 |
| 48 | 3336 | FERNANDO ALMEIDA   | RUN4EAT  | Veterano M50 | 46:47 | +14:44 | 04:41 |
| 49 | 424  | MANUEL SEQUEIRA    | CDRAM  | Veterano M50 | 46:49 | +14:45 | 04:41 |
| 50 | 2831 | MÁRIO COXILHA      | Individual   | Veterano M50 | 46:50 | +14:46 | 04:41 |
| 51 | 2736 | JOSÉ FERREIRA      | Individual   | Veterano M50 | 47:06 | +15:03 | 04:43 |
| 52 | 3341 | JOSÉ PEREIRA       | Sempre Favoritos                                     | Veterano M50 | 47:36 | +15:32 | 04:46 |
| 53 | 3337 | JORGE DIAS         | RUN4EAT  | Veterano M50 | 47:37 | +15:34 | 04:46 |
| 54 | 3232 | JOÃO ALBERTO       | Montes Saloios Trail Team                            | Veterano M50 | 47:51 | +15:48 | 04:47 |
| 55 | 2315 | HELDER MARTINS     | Federação da Família para a Paz Mundial e Unificação | Veterano M50 | 48:08 | +16:04 | 04:49 |



**Prova Principal**
**10 KM**

**OFFICIAL RESULT**

|     |      |                     |  |              |          |        |       |
|-----|------|---------------------|--|--------------|----------|--------|-------|
| 102 | 2937 | PEDRO BARATA        | Individual                             | Veterano M50 | 56:11    | +24:08 | 05:37 |
| 103 | 3447 | LUIS MARTINS        | ANE                                    | Veterano M50 | 56:53    | +24:50 | 05:41 |
| 104 | 2231 | JOSE GOUVEIA        | CLUBE DO SARGENTO DA ARMADA            | Veterano M50 | 56:57    | +24:53 | 05:42 |
| 105 | 2205 | RAFAEL SANTOS       | CCDTMetroLX                            | Veterano M50 | 57:24    | +25:20 | 05:44 |
| 106 | 186  | PEDRO CARVALHO      | CBS                                    | Veterano M50 | 57:29    | +25:25 | 05:45 |
| 107 | 2079 | PAULO SANTOS        | Associação de atletismo Lebres do sado | Veterano M50 | 57:30    | +25:27 | 05:45 |
| 108 | 2744 | JOSÉ SANTOS         | Individual                             | Veterano M50 | 57:41    | +25:37 | 05:46 |
| 109 | 2048 | HENRIQUE NARCISO    | AO RITMO DAS 200PPM                    | Veterano M50 | 58:13    | +26:10 | 05:49 |
| 110 | 2055 | JOSÉ ANDRADE        | AO RITMO DAS 200PPM                    | Veterano M50 | 58:15    | +26:12 | 05:50 |
| 111 | 3376 | FERNANDO NASCIMENTO | Tálenos Team                           | Veterano M50 | 58:18    | +26:14 | 05:50 |
| 112 | 3433 | Paulo Oliveira      | Individual                             | Veterano M50 | 58:24    | +26:20 | 05:50 |
| 113 | 2242 | CARLOS VIEIRA       | correr loures                          | Veterano M50 | 58:41    | +26:38 | 05:52 |
| 114 | 3276 | RUI PINTO           | OS TUGAS                               | Veterano M50 | 59:21    | +27:17 | 05:56 |
| 115 | 2560 | EDUARDO LOPES       | Individual                             | Veterano M50 | 59:34    | +27:30 | 05:57 |
| 116 | 57   | MANUEL DIAS         | CATA                                   | Veterano M50 | 01:00:19 | +28:16 | 06:02 |
| 117 | 1306 | EDUARDO LOPES       | CRCP                                   | Veterano M50 | 01:00:37 | +28:33 | 06:04 |
| 118 | 2696 | JOÃO PINA           | Individual                             | Veterano M50 | 01:00:42 | +28:38 | 06:04 |
| 119 | 3275 | RUI RODRIGUES       | OS TUGAS                               | Veterano M50 | 01:00:44 | +28:40 | 06:04 |
| 120 | 2851 | MIGUEL MENDES       | Individual                             | Veterano M50 | 01:00:56 | +28:53 | 06:06 |
| 121 | 2519 | CÉSAR GUERRA        | Individual                             | Veterano M50 | 01:01:18 | +29:15 | 06:08 |
| 122 | 2944 | PEDRO SILVA         | Individual                             | Veterano M50 | 01:02:14 | +30:10 | 06:13 |
| 123 | 627  | LEONEL JOSÉ         | ANE                                    | Veterano M50 | 01:02:41 | +30:38 | 06:16 |
| 124 | 2015 | PAULO SERRANO       | Alces Team                             | Veterano M50 | 01:03:06 | +31:03 | 06:19 |
| 125 | 2034 | ALFREDO NOTÁRIO     | AO RITMO DAS 200PPM                    | Veterano M50 | 01:03:27 | +31:24 | 06:21 |
| 126 | 3259 | LUÍS ÁLVARO         | O Mundo da Corrida                     | Veterano M50 | 01:03:31 | +31:27 | 06:21 |
| 127 | 2336 | RICARDO SIMÕES      | GDCTINCM                               | Veterano M50 | 01:03:37 | +31:34 | 06:22 |
| 128 | 2124 | VÍTOR RODRIGUES     | C.C.CD. "O ALVITEJO"                   | Veterano M50 | 01:04:28 | +32:24 | 06:27 |
| 129 | 2683 | JOÃO RAMALHO        | Individual                             | Veterano M50 | 01:05:25 | +33:21 | 06:32 |
| 130 | 642  | JORGE CEREJEIRA     | ANE                                    | Veterano M50 | 01:08:41 | +36:38 | 06:52 |
| 131 | 2385 | ALBERTO ALMAS       | Individual                             | Veterano M50 | 01:09:49 | +37:45 | 06:59 |
| 132 | 3101 | VITOR FREIRE        | Individual                             | Veterano M50 | 01:09:49 | +37:46 | 06:59 |
| 133 | 2503 | CARLOS LOMBA        | Individual                             | Veterano M50 | 01:11:59 | +39:55 | 07:12 |
| 134 | 1458 | JOSÉ MUGEIRO        | ANE                                    | Veterano M50 | 01:13:25 | +41:22 | 07:21 |
| 135 | 1593 | FERNANDO SIMÕES     | ANE                                    | Veterano M50 | 01:27:46 | +55:42 | 08:47 |

**Veterano M55**

|   |      |                   |                                       |              |       |        |       |
|---|------|-------------------|---------------------------------------|--------------|-------|--------|-------|
| 1 | 54   | JOÃO CORREIA      | CATA                                  | Veterano M55 | 37:34 | +05:30 | 03:45 |
| 2 | 437  | SEBASTIÃO ANTÓNIO | CDRAM                                 | Veterano M55 | 37:51 | +05:48 | 03:47 |
| 3 | 2023 | EDUARDO EUSTÁQUIO | Amigos do Atletismo de Mafra          | Veterano M55 | 38:30 | +06:27 | 03:51 |
| 4 | 2188 | FERNANDO MELÃO    | Casa do Concelho de Arcos de Valdevez | Veterano M55 | 40:39 | +08:36 | 04:04 |
| 5 | 446  | ALBERTO RODRIGUES | CDRAM                                 | Veterano M55 | 41:30 | +09:27 | 04:09 |
| 6 | 2676 | JOAO BRAZ         | Individual                            | Veterano M55 | 42:27 | +10:24 | 04:15 |
| 7 | 2725 | JOSE BRITO        | Individual                            | Veterano M55 | 43:02 | +10:59 | 04:18 |

|                             |         |                            |
|-----------------------------|---------|----------------------------|
| Official Timekeeper: Lap2Go | 25 / 30 | generate 02-Dec-2019 11:02 |
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**Prova Principal**

**10 KM**



**OFFICIAL RESULT**

|    |      |                      |   |              |       |        |       |
|----|------|----------------------|---|--------------|-------|--------|-------|
| 8  | 435  | João Montes          | ANE   | Veterano M55 | 43:03 | +10:59 | 04:18 |
| 9  | 2171 | VASCO GONÇALVES      | CA VALE FIGUEIRA  | Veterano M55 | 43:36 | +11:33 | 04:22 |
| 10 | 2283 | ANTONIO RUA          | EX FEDERADOS  | Veterano M55 | 43:38 | +11:34 | 04:22 |
| 11 | 2022 | CARLOS MORAIS        | Amigos do Atletismo de Mafra                            | Veterano M55 | 43:51 | +11:47 | 04:23 |
| 12 | 98   | ANTÓNIO MARQUES      | CATA  | Veterano M55 | 44:30 | +12:26 | 04:27 |
| 13 | 433  | SÉRGIO SANTOS        | CDRAM   | Veterano M55 | 44:57 | +12:53 | 04:30 |
| 14 | 287  | CARLOS FONSECA       | ZFF   | Veterano M55 | 45:05 | +13:01 | 04:30 |
| 15 | 641  | JOSÉ NOBRE           | ANE   | Veterano M55 | 45:09 | +13:06 | 04:31 |
| 16 | 79   | ANTÓNIO ALMEIDA      | CATA  | Veterano M55 | 45:15 | +13:12 | 04:32 |
| 17 | 1498 | LUIÍS SOBRAL         | CATA  | Veterano M55 | 45:38 | +13:34 | 04:34 |
| 18 | 284  | JOSÉ CUNHA           | ZFF   | Veterano M55 | 45:53 | +13:50 | 04:35 |
| 19 | 650  | VÍTOR MARQUES        | ANE   | Veterano M55 | 47:17 | +15:13 | 04:44 |
| 20 | 651  | JOSÉ GONÇALVES       | ANE   | Veterano M55 | 47:32 | +15:29 | 04:45 |
| 21 | 1097 | JOÃO LOURENÇO        | CBS   | Veterano M55 | 47:33 | +15:30 | 04:45 |
| 22 | 3318 | FAUSTINO PEREIRINHA  | Run Crew Trail Montijo                                  | Veterano M55 | 47:41 | +15:38 | 04:46 |
| 23 | 722  | AMÍLCAR SANTOS       | CDCCM   | Veterano M55 | 47:57 | +15:54 | 04:48 |
| 24 | 1527 | AMÁVEL FIGUEIREDO    | Alto do Moinho  | Veterano M55 | 47:58 | +15:54 | 04:48 |
| 25 | 289  | CARLOS ROLO          | ZFF   | Veterano M55 | 48:14 | +16:10 | 04:49 |
| 26 | 2194 | ANTONIO PEREIRA      | CCDTMetroLX   | Veterano M55 | 48:24 | +16:21 | 04:50 |
| 27 | 2793 | MANUEL FIGUEIREDO    | Individual  | Veterano M55 | 48:26 | +16:22 | 04:51 |
| 28 | 2455 | ANTÓNIO ALMEIDA      | Individual  | Veterano M55 | 48:39 | +16:35 | 04:52 |
| 29 | 92   | JOÃO SANTOS          | CATA  | Veterano M55 | 48:55 | +16:52 | 04:54 |
| 30 | 640  | CARLOS GONÇALVES     | ANE   | Veterano M55 | 49:02 | +16:58 | 04:54 |
| 31 | 2125 | ADELINO MONTEIRO     | CA VALE FIGUEIRA  | Veterano M55 | 49:17 | +17:13 | 04:56 |
| 32 | 434  | JORGE FIGUEIREDO     | CDRAM   | Veterano M55 | 50:01 | +17:57 | 05:00 |
| 33 | 2623 | FREDERICO SACRAMENTO | Individual  | Veterano M55 | 51:13 | +19:10 | 05:07 |
| 34 | 292  | ANTÓNIO JACINTO      | ZFF   | Veterano M55 | 51:39 | +19:35 | 05:10 |
| 35 | 288  | JOSÉ LOURENÇO        | ZFF   | Veterano M55 | 51:48 | +19:44 | 05:11 |
| 36 | 80   | DOMINGOS GODINHO     | CATA  | Veterano M55 | 51:53 | +19:49 | 05:11 |
| 37 | 2708 | JOÃO SOTOMAYOR       | Individual  | Veterano M55 | 52:52 | +20:48 | 05:17 |
| 38 | 97   | ANTÓNIO BARBOSA      | CATA  | Veterano M55 | 53:08 | +21:05 | 05:19 |
| 39 | 634  | PAULO BRISSOS        | ANE   | Veterano M55 | 53:09 | +21:05 | 05:19 |
| 40 | 291  | ORLANDO SILVA        | ZFF   | Veterano M55 | 53:12 | +21:09 | 05:19 |
| 41 | 1475 | MANUEL SARAIVA       | ANE   | Veterano M55 | 53:13 | +21:10 | 05:19 |
| 42 | 2179 | JOSÉ DUARTE          | Casa do Benfica de Algueirão<br>Mem-Martins             | Veterano M55 | 53:28 | +21:25 | 05:21 |
| 43 | 3048 | SEVERINO CRUZ        | Individual  | Veterano M55 | 53:37 | +21:33 | 05:22 |
| 44 | 2308 | ANTÓNIO BIZARRO      | Federação da Família para a Paz<br>Mundial e Unificação | Veterano M55 | 54:20 | +22:16 | 05:26 |
| 45 | 2782 | LUIÍS SANTOS         | Individual  | Veterano M55 | 54:54 | +22:51 | 05:29 |
| 46 | 3420 | ANTÓNIO RIBEIRO      | We'll Never Walk Alone                                  | Veterano M55 | 54:56 | +22:52 | 05:30 |
| 47 | 2496 | CARLOS CARVALHO      | Individual  | Veterano M55 | 55:04 | +23:01 | 05:30 |
| 48 | 1307 | JOSÉ FREITAS         | CRCP  | Veterano M55 | 55:31 | +23:28 | 05:33 |
| 49 | 2732 | JOSÉ FREITAS         | Individual  | Veterano M55 | 55:32 | +23:28 | 05:33 |
| 50 | 2098 | VASCO PINHEIRO       | AUCHAN  | Veterano M55 | 55:51 | +23:48 | 05:35 |
| 51 | 2359 | ABILIO MARCOS        | grupo desportivo chelas                                 | Veterano M55 | 56:36 | +24:32 | 05:40 |
| 52 | 2601 | FERNANDO SOUSA       | Individual  | Veterano M55 | 56:47 | +24:44 | 05:41 |

## Prova Principal

10 KM



## OFFICIAL RESULT

|    |      |                    |  |              |          |        |       |
|----|------|--------------------|--|--------------|----------|--------|-------|
| 53 | 2867 | NUNO BATALHEIRO    | Individual                               | Veterano M55 | 56:59    | +24:55 | 05:42 |
| 54 | 3110 | AMILCAR NUNES      | KonanRunners                             | Veterano M55 | 57:51    | +25:47 | 05:47 |
| 55 | 1277 | LUIS MORAIS        | CDRAM                                    | Veterano M55 | 57:53    | +25:50 | 05:47 |
| 56 | 2843 | MATEUS SEQUEIRA    | Individual                               | Veterano M55 | 58:10    | +26:07 | 05:49 |
| 57 | 260  | CARLOS BORRALHEIRA | CBS                                      | Veterano M55 | 58:16    | +26:12 | 05:50 |
| 58 | 1066 | PEDRO RODRIGUES    | CPC                                      | Veterano M55 | 59:05    | +27:01 | 05:54 |
| 59 | 2742 | JOSÉ PROENÇA       | Individual                               | Veterano M55 | 59:08    | +27:04 | 05:55 |
| 60 | 2649 | HENRIQUE RUIVO     | Individual                               | Veterano M55 | 59:18    | +27:14 | 05:56 |
| 61 | 3233 | JORGE PEREIRA      | Montes Saloios Trail Team                | Veterano M55 | 59:30    | +27:26 | 05:57 |
| 62 | 2288 | JOAO PORTUGAL      | EX FEDERADOS                             | Veterano M55 | 01:00:21 | +28:17 | 06:02 |
| 63 | 1469 | DINIS SILVA        | ANE                                      | Veterano M55 | 01:00:47 | +28:44 | 06:05 |
| 64 | 1118 | José Gonçalves     | ANE                                      | Veterano M55 | 01:02:42 | +30:38 | 06:16 |
| 65 | 2173 | ADALBERTO GRILO    | Casa do Benfica de Algueirão Mem-Martins | Veterano M55 | 01:02:46 | +30:42 | 06:17 |
| 66 | 3195 | VITOR RODRIGUES    | Linda-A-Pastora Sporting Clube           | Veterano M55 | 01:03:02 | +30:59 | 06:18 |
| 67 | 3359 | NUNO GALVÃO        | SIMECQ                                   | Veterano M55 | 01:07:06 | +35:02 | 06:43 |
| 68 | 2737 | JOSÉ CAPUCHO       | Individual                               | Veterano M55 | 01:07:38 | +35:34 | 06:46 |
| 69 | 2572 | Tobias Rocha       | Individual                               | Veterano M55 | 01:08:27 | +36:24 | 06:51 |
| 70 | 669  | FILIPE SILVA       | ANE                                      | Veterano M55 | 01:08:39 | +36:35 | 06:52 |
| 71 | 2713 | JOHNNY THOMASSEN   | Individual                               | Veterano M55 | 01:11:57 | +39:53 | 07:12 |
| 72 | 2203 | ORLANDO SOUSA      | CCDTMetroLX                              | Veterano M55 | 01:12:24 | +40:20 | 07:14 |
| 73 | 638  | RUI MELÃO          | ANE                                      | Veterano M55 | 01:12:24 | +40:20 | 07:14 |
| 74 | 3385 | MÁRIO EMÍDIO       | Talentos Team                            | Veterano M55 | 01:21:00 | +48:57 | 08:06 |
| 75 | 648  | LUÍS PARRO         | ANE                                      | Veterano M55 | 01:22:46 | +50:43 | 08:17 |

## Veterano M60

|    |      |                     |                              |              |       |        |       |
|----|------|---------------------|------------------------------|--------------|-------|--------|-------|
| 1  | 656  | CARLOS CRISTÃO      | ANE                          | Veterano M60 | 39:47 | +07:43 | 03:59 |
| 2  | 2132 | ANTÓNIO HENRIQUES   | CA VALE FIGUEIRA             | Veterano M60 | 39:50 | +07:47 | 03:59 |
| 3  | 2369 | GABRIEL GONÇALVES   | grupo desportivo chelas      | Veterano M60 | 41:58 | +09:55 | 04:12 |
| 4  | 2133 | João Covas          | CA VALE FIGUEIRA             | Veterano M60 | 42:21 | +10:18 | 04:14 |
| 5  | 146  | AGOSTINHO GONÇALVES | CDRAU                        | Veterano M60 | 42:35 | +10:31 | 04:15 |
| 6  | 654  | PEDRO GOMES         | ANE                          | Veterano M60 | 43:11 | +11:07 | 04:19 |
| 7  | 193  | VERGILIO MADEIRA    | CBS                          | Veterano M60 | 43:17 | +11:13 | 04:20 |
| 8  | 659  | CARLOS COSTA        | ANE                          | Veterano M60 | 43:24 | +11:20 | 04:20 |
| 9  | 2201 | MANUEL COSTA        | CCDTMetroLX                  | Veterano M60 | 43:29 | +11:25 | 04:21 |
| 10 | 2027 | ORLANDO REBELO      | Amigos do Atletismo de Mafra | Veterano M60 | 43:52 | +11:48 | 04:23 |
| 11 | 2710 | JOAQUIM FRADE       | Individual                   | Veterano M60 | 44:30 | +12:26 | 04:27 |
| 12 | 463  | ANTÓNIO CERDEIRA    | CDRAM                        | Veterano M60 | 44:33 | +12:29 | 04:27 |
| 13 | 655  | SÉRGIO MACATRÃO     | ANE                          | Veterano M60 | 44:57 | +12:54 | 04:30 |
| 14 | 465  | MANUEL AMARO        | CDRAM                        | Veterano M60 | 45:17 | +13:13 | 04:32 |
| 15 | 647  | ALBERTO COVAS       | ANE                          | Veterano M60 | 45:38 | +13:34 | 04:34 |
| 16 | 456  | JOSÉ DIONISIO       | CDRAM                        | Veterano M60 | 45:44 | +13:40 | 04:34 |
| 17 | 657  | JOÃO ABRANTES       | ANE                          | Veterano M60 | 46:13 | +14:09 | 04:37 |
| 18 | 459  | JOÃO BATISTA        | CDRAM                        | Veterano M60 | 46:24 | +14:21 | 04:38 |
| 19 | 1608 | ISIDRO FERREIRA     | CDRAM                        | Veterano M60 | 46:53 | +14:50 | 04:41 |





## Prova Principal

**10 KM**

**OFFICIAL RESULT**



|    |      |                 |                  |              |          |        |       |
|----|------|-----------------|------------------|--------------|----------|--------|-------|
| 62 | 2156 | Norberto Coelho | CA VALE FIGUEIRA | Veterano M60 | 01:06:29 | +34:25 | 06:39 |
| 63 | 2729 | JOSÉ ALÍPIO     | Individual       | Veterano M60 | 01:10:02 | +37:58 | 07:00 |
| 64 | 2688 | JOÃO FERREIRA   | Individual       | Veterano M60 | 01:11:38 | +39:34 | 07:10 |

## Veterano M65

|    |       |                     |                                 |              |       |        |       |
|----|-------|---------------------|---------------------------------|--------------|-------|--------|-------|
| 1  | 475   | José Amigo          | ANE                             | Veterano M65 | 42:25 | +10:21 | 04:14 |
| 2  | 664   | FERNANDO CHAMUSCA   | ANE                             | Veterano M65 | 42:58 | +10:55 | 04:18 |
| 3  | 2589  | FERNANDO FERREIRA   | Individual                      | Veterano M65 | 43:54 | +11:50 | 04:23 |
| 4  | 473   | JOSÉ LANÇA          | CDRAM                           | Veterano M65 | 44:29 | +12:26 | 04:27 |
| 5  | 468   | ANTÓNIO CASTRO      | CDRAM                           | Veterano M65 | 44:52 | +12:48 | 04:29 |
| 6  | 2136  | CARLOS CAEIRO       | CA VALE FIGUEIRA                | Veterano M65 | 45:49 | +13:45 | 04:35 |
| 7  | 489   | ADOLFO LOUREIRO     | CRCP                            | Veterano M65 | 45:51 | +13:48 | 04:35 |
| 8  | 672   | JOSÉ MIRA           | ASAS                            | Veterano M65 | 46:50 | +14:46 | 04:41 |
| 9  | 2131  | ANTÓNIO CAMACHO     | CA VALE FIGUEIRA                | Veterano M65 | 47:43 | +15:39 | 04:46 |
| 10 | 296   | JAIME SILVA         | ZFF                             | Veterano M65 | 48:07 | +16:03 | 04:49 |
| 11 | 481   | MANUEL DOMINGOS     | CDRAM                           | Veterano M65 | 48:07 | +16:04 | 04:49 |
| 12 | 202   | RENÉ DUARTE         | CBS                             | Veterano M65 | 48:43 | +16:39 | 04:52 |
| 13 | 494   | DIOGO COSTA         | CRCP                            | Veterano M65 | 49:27 | +17:23 | 04:57 |
| 14 | 297   | JOSÉ MARTINS        | ZFF                             | Veterano M65 | 49:28 | +17:25 | 04:57 |
| 15 | 3141  | ARMANDO CORREIA     | LESMAS ALOPRADAS                | Veterano M65 | 50:10 | +18:07 | 05:01 |
| 16 | 469   | ANTÓNIO PEREIRA     | CDRAM                           | Veterano M65 | 51:08 | +19:05 | 05:07 |
| 17 | 2367  | FERNANDO PAULO      | grupo desportivo chelas         | Veterano M65 | 51:10 | +19:06 | 05:07 |
| 18 | 2652  | HENRIQUE DIAS       | Individual                      | Veterano M65 | 51:12 | +19:08 | 05:07 |
| 19 | 479   | JOSÉ BELICHA        | CDRAM                           | Veterano M65 | 51:58 | +19:54 | 05:12 |
| 20 | 2172  | VIRGILIO NASCIMENTO | CA VALE FIGUEIRA                | Veterano M65 | 52:46 | +20:43 | 05:17 |
| 21 | 478   | ANTÓNIO RAMINHOS    | CDRAM                           | Veterano M65 | 52:50 | +20:47 | 05:17 |
| 22 | 3225  | CARLOS ANTUNES      | Montes Saloios Trail Team       | Veterano M65 | 53:10 | +21:07 | 05:19 |
| 23 | 2153  | JOSÉ LINDO          | CA VALE FIGUEIRA                | Veterano M65 | 53:24 | +21:21 | 05:20 |
| 24 | 2130  | ANTONIO PORTIJO     | CA VALE FIGUEIRA                | Veterano M65 | 53:30 | +21:27 | 05:21 |
| 25 | 3076  | TAM AFONSO          | Individual                      | Veterano M65 | 53:45 | +21:42 | 05:23 |
| 26 | 2374  | JOSE FERNANDES      | grupo desportivo chelas         | Veterano M65 | 54:51 | +22:47 | 05:29 |
| 27 | 85    | ANTÓNIO SALSINHA    | CATA                            | Veterano M65 | 55:11 | +23:07 | 05:31 |
| 28 | 200   | ADELINO FORTUNATO   | CBS                             | Veterano M65 | 55:17 | +23:14 | 05:32 |
| 29 | 2195  | CARLOS MOREIRA      | CCDTMetroLX                     | Veterano M65 | 55:28 | +23:24 | 05:33 |
| 30 | 96    | MANUEL BATISTA      | CATA                            | Veterano M65 | 55:36 | +23:33 | 05:34 |
| 31 | 367   | JOAQUIM FERNANDES   | Alto do Moinho                  | Veterano M65 | 56:10 | +24:07 | 05:37 |
| 32 | 1422  | Antonio Belli       | Individual                      | Veterano M65 | 56:38 | +24:35 | 05:40 |
| 33 | 1574  | JOÃO RATO           | ANE                             | Veterano M65 | 56:49 | +24:45 | 05:41 |
| 34 | 204   | ROGERIO SANTIAGO    | CBS                             | Veterano M65 | 56:54 | +24:51 | 05:41 |
| 35 | 2285  | FERNANDO JERONIMO   | EX FEDERADOS                    | Veterano M65 | 57:04 | +25:00 | 05:42 |
| 36 | 77    | ANTÓNIO BORLA       | CATA                            | Veterano M65 | 57:10 | +25:06 | 05:43 |
| 37 | 486   | AMÍLCAR PÓVOA       | CDRAM                           | Veterano M65 | 57:35 | +25:32 | 05:46 |
| 38 | 1496  | ARMANDO LACERDA     | GDC                             | Veterano M65 | 57:45 | +25:41 | 05:46 |
| 39 | 93426 | GILBERTO GONÇALVES  | Clube Atletismo Amigos de Belém | Veterano M65 | 57:49 | +25:46 | 05:47 |
| 40 | 298   | ANTÓNIO MATEUS      | ZFF                             | Veterano M65 | 59:54 | +27:50 | 05:59 |



