

48KM - STAGE 1

48 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:00	16,9°C	86%
End	17:59	16.9°C	86%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	2	Francisco Morgado	OCS-Arrábida Trail Team	05:29:08		06:51	
2	31	Pedro Alberto	Individual	06:28:17	+59:09	08:05	
3	7	Adriano Silva	OCS-Arrábida Trail Team	06:31:48	+01:02:40	08:10	
4	20	FILIPE BARROS	Vila Verde a Correr	06:35:59	+01:06:51	08:15	
5	10	João Pedro Dias Figueiredo	ADN Mértola	06:48:29	+01:19:21	08:31	
6	22	Telmo Gomes Velez	Individual	06:55:06	+01:25:58	08:39	
7	3	Stefan Pequito	Individual	07:01:15	+01:32:07	08:47	
8	36	João Veiga	Individual	07:07:09	+01:38:01	08:54	
9	15	Estela Barata São Martinho	OCS-Arrábida Trail Team	07:09:56	+01:40:48	08:57	
10	11	João Espiguiinha	Individual	07:10:02	+01:40:54	08:58	
11	25	Nuno Henriques	GRUPO DESPORTIVO SANTANDER TOTTA	07:17:19	+01:48:11	09:07	
12	18	João Mota	STRENDURE Running Team	07:17:58	+01:48:50	09:07	
13	14	Bruno Maia	CPA Trail Team	07:19:17	+01:50:09	09:09	
14	28	Pedro Cruz	Individual	07:20:32	+01:51:24	09:11	
15	27	Rui Soares	OCS-Arrábida Trail Team	07:22:51	+01:53:43	09:14	
16	24	Vera Lúcia da Silva Neto Reis	OCS-Arrábida Trail Team	07:54:26	+02:25:18	09:53	
17	8	Luís Costa	ADN Mértola	07:54:52	+02:25:44	09:54	
18	38	Aurélio Quiaios	Salamandrecos	08:00:36	+02:31:28	10:01	
19	32	Nuno Dinis Carlota de Oliveira	Individual	08:00:36	+02:31:28	10:01	
20	76	António Pereira	STRENDURE Running Team	08:01:40	+02:32:32	10:02	
21	43	Marco Proença	Individual	08:06:34	+02:37:26	10:08	
22	41	Diogo Barros	Individual	08:11:49	+02:42:41	10:15	
23	23	Rui Dimas	Individual	08:27:19	+02:58:11	10:34	
24	30	Paulo Pires	SSCGD	08:27:19	+02:58:11	10:34	
25	37	Rita Mogo	GRUPO DESPORTIVO SANTANDER TOTTA	08:32:05	+03:02:57	10:40	
26	51	Jaime Maurício	Trail clube tap	08:32:23	+03:03:15	10:40	
27	40	Rui Miguel Castro Martins	SSCGD	08:32:48	+03:03:40	10:41	
28	16	Paulo Osório	OCS-Arrábida Trail Team	08:33:13	+03:04:05	10:42	
29	86	Ana Catarina Costa	ATR - Algarve Trail Running	08:34:10	+03:05:02	10:43	
30	17	Paulo Alves	GRUPO DESPORTIVO SANTANDER TOTTA	08:36:09	+03:07:01	10:45	
31	48	Sérgio Louro	C.D.C. Nave / Trail Runners	08:37:26	+03:08:18	10:47	
32	34	Vitor Lebre	Individual	08:42:34	+03:13:26	10:53	
33	73	Casimiro António Ferreira da Silva	STRENDURE Running Team	08:44:01	+03:14:53	10:55	
34	39	João Perneco	Individual	08:45:26	+03:16:18	10:57	
35	56	Jaime Lamego	Individual	08:47:00	+03:17:52	10:59	
36	70	Flavio Monteiro	Individual	08:47:45	+03:18:37	11:00	
37	53	Fábio Delgado	Correr em Évora	08:49:36	+03:20:28	11:02	
38	60	António Pimpão	Correr em Évora	08:49:36	+03:20:28	11:02	
39	84	Luís Paulo	Individual	08:51:26	+03:22:18	11:04	
40	69	André Rolão	Individual	08:52:24	+03:23:16	11:05	
41	59	José Rolão	Individual	08:52:24	+03:23:16	11:05	
42	46	Susana Portela	EDV-VIANATRAIL	08:56:38	+03:27:30	11:11	

Official Timekeeper: Lap2Go	1 / 2	generate 09-out-2021 18:01
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48 KM

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	52	Richard Warrell	Trilhos do Costume	09:02:27	+03:33:19	11:18	
44	49	Paulo Silva	LH Running Team	09:04:26	+03:35:18	11:21	
45	85	Rui Luciano	PwC Runners	09:08:55	+03:39:47	11:26	
46	78	ANA LUCIA DUARTE	OCS-Arrábida Trail Team	09:15:32	+03:46:24	11:34	
47	58	Carlos Ferreira	Individual	09:16:02	+03:46:54	11:35	
48	35	Marco Silva	Individual	09:25:52	+03:56:44	11:47	
49	82	Dinis Correia	Individual	09:34:03	+04:04:55	11:58	
50	63	José Rocha	Trilhos do Costume	09:37:19	+04:08:11	12:02	
51	55	Nádia Afonso	COA / Corvus Trail Team	09:41:31	+04:12:23	12:07	
52	44	Ricardo Salgueiro	COA / Corvus Trail Team	09:43:31	+04:14:23	12:09	
53	45	Marco Catarro	Individual	09:53:06	+04:23:58	12:21	
54	9	Pedro Freitas	Individual	09:59:28	+04:30:20	12:29	

48KM

48 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:00	16,9°C	86%
End	17:59	16.9°C	86%

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

1	15	Estela Barata São Martinho	OCS-Arrábida Trail Team	Senior Feminino	07:09:55	+01:40:48	08:50:43
2	37	Rita Mogo	GRUPO DESPORTIVO SANTANDER TOTTA	Senior Feminino	08:32:04	+03:02:57	10:40:01
3	86	Ana Catarina Costa	ATR - Algarve Trail Running	Senior Feminino	08:34:10	+03:05:02	10:43:12
4	55	Nádia Afonso	COA / Corvus Trail Team	Senior Feminino	09:41:31	+04:12:23	12:07:54

Senior Masculino

1	2	Francisco Morgado	OCS-Arrábida Trail Team	Senior Masculino	05:29:07	06:51
2	7	Adriano Silva	OCS-Arrábida Trail Team	Senior Masculino	06:31:47	+01:02:40 08:10
3	20	FILIPE BARROS	Vila Verde a Correr	Senior Masculino	06:35:58	+01:06:51 08:15
4	22	Telmo Gomes Velez	Individual	Senior Masculino	06:55:05	+01:25:58 08:39
5	3	Stefan Pequito	Individual	Senior Masculino	07:01:14	+01:32:06 08:47
6	23	Rui Dimas	Individual	Senior Masculino	08:27:18	+02:58:10 10:34
7	53	Fábio Delgado	Correr em Évora	Senior Masculino	08:49:36	+03:20:28 11:02
8	69	André Rolão	Individual	Senior Masculino	08:52:23	+03:23:15 11:05
9	49	Paulo Silva	LH Running Team	Senior Masculino	09:04:26	+03:35:18 11:21
10	85	Rui Luciano	PwC Runners	Senior Masculino	09:08:55	+03:39:47 11:26
11	82	Dinis Correia	Individual	Senior Masculino	09:34:02	+04:04:55 11:58
12	44	Ricardo Salgueiro	COA / Corvus Trail Team	Senior Masculino	09:43:30	+04:14:23 12:09
13	45	Marco Catarro	Individual	Senior Masculino	09:53:06	+04:23:58 12:21
14	9	Pedro Freitas	Individual	Senior Masculino	09:59:27	+04:30:20 12:29

Veterana F40

1	24	Vera Lúcia da Silva Neto Reis	OCS-Arrábida Trail Team	Veterana F40	07:54:26	+02:25:18	09:53
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Veterana F50

1	46	Susana Portela	EDV-VIANATRAIL	Veterana F50	08:56:37	+03:27:30	11:11
2	78	ANA LUCIA DUARTE	OCS-Arrábida Trail Team	Veterana F50	09:15:32	+03:46:24	11:34

Veterano M40

1	31	Pedro Alberto	Individual	Veterano M40	06:28:16	+59:09	08:05
2	10	João Pedro Dias Figueiredo	ADN Mértola	Veterano M40	06:48:29	+01:19:21	08:31
3	25	Nuno Henriques	GRUPO DESPORTIVO SANTANDER TOTTA	Veterano M40	07:17:19	+01:48:11	09:07

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48KM

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OFFICIAL RESULT

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4	27	Rui Soares	OCS-Arrábida Trail Team	Veterano M40	07:22:51	+01:53:43	09:14
5	32	Nuno Dinis Carlota de Oliveira	Individual	Veterano M40	08:00:36	+02:31:28	10:01
6	43	Marco Proença	Individual	Veterano M40	08:06:33	+02:37:26	10:08
7	41	Diogo Barros	Individual	Veterano M40	08:11:48	+02:42:41	10:15
8	40	Rui Miguel Castro Martins	SSCGD	Veterano M40	08:32:47	+03:03:40	10:41
9	17	Paulo Alves	GRUPO DESPORTIVO SANTANDER TOTTA	Veterano M40	08:36:08	+03:07:01	10:45
10	48	Sérgio Louro	C.D.C. Nave / Trail Runners	Veterano M40	08:37:26	+03:08:18	10:47
11	58	Carlos Ferreira	Individual	Veterano M40	09:16:02	+03:46:54	11:35

Veterano M45

1	36	João Veiga	Individual	Veterano M45	07:07:09	+01:38:01	08:54
2	11	João Espiguiinha	Individual	Veterano M45	07:10:01	+01:40:54	08:58
3	14	Bruno Maia	CPA Trail Team	Veterano M45	07:19:17	+01:50:09	09:09
4	28	Pedro Cruz	Individual	Veterano M45	07:20:31	+01:51:24	09:11
5	8	Luís Costa	ADN Mértola	Veterano M45	07:54:52	+02:25:44	09:54
6	38	Aurélio Quiaios	Salamandrecos	Veterano M45	08:00:36	+02:31:28	10:01
7	76	António Pereira	STRENDURE Running Team	Veterano M45	08:01:40	+02:32:32	10:02
8	51	Jaime Maurício	Trail clube tap	Veterano M45	08:32:23	+03:03:15	10:40
9	34	Vitor Lebre	Individual	Veterano M45	08:42:33	+03:13:26	10:53
10	73	Casimiro António Ferreira da Silva	STRENDURE Running Team	Veterano M45	08:44:00	+03:14:53	10:55
11	39	João Perneco	Individual	Veterano M45	08:45:25	+03:16:18	10:57
12	70	Flavio Monteiro	Individual	Veterano M45	08:47:44	+03:18:37	11:00
13	84	Luís Paulo	Individual	Veterano M45	08:51:25	+03:22:18	11:04
14	52	Richard Warrell	Trilhos do Costume	Veterano M45	09:02:26	+03:33:19	11:18
15	35	Marco Silva	Individual	Veterano M45	09:25:51	+03:56:44	11:47

Veterano M50

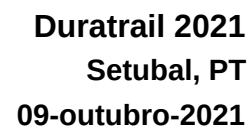
1	18	João Mota	STRENDURE Running Team	Veterano M50	07:17:57	+01:48:50	09:07
2	16	Paulo Osório	OCS-Arrábida Trail Team	Veterano M50	08:33:12	+03:04:05	10:42
3	60	António Pimpão	Correr em Évora	Veterano M50	08:49:36	+03:20:28	11:02
4	63	José Rocha	Trilhos do Costume	Veterano M50	09:37:19	+04:08:11	12:02

Veterano M55

1	30	Paulo Pires	SSCGD	Veterano M55	08:27:18	+02:58:10	10:34
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Veterano M60

1	56	Jaime Lamego	Individual	Veterano M60	08:47:00	+03:17:52	10:59
2	59	José Rolão	Individual	Veterano M60	08:52:23	+03:23:16	11:05



48 KM

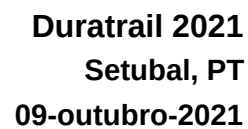
OFFICIAL RESULT

[illegible]

Official Timekeeper: Lap2Go	3 / 3	generate 09-out-2021 18:02
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[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	OCS-ARRÁBIDA TRAIL TEAM	1 + 3 + 14	18
2	STRENDURE RUNNING TEAM	11 + 18 + 29	58

[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 09-out-2021 17:24
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[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	VITÓRIA CLUBE DE LISBOA	1 + 11 + 24	36
2	CEM REIS	10 + 22 + 30	62
3	PINHAL NOVO A CORRER	32 + 34 + 36	102

32KM - STAGE 1

[illegible]

32 KM

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	18°C	78%
End	17:20	18°C	78%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	201	Pedro Calisto	Casa do Benfica de Reguengos de Monsaraz	03:22:09		06:19	
2	204	Antonio Padilha	Casa do Benfica de Reguengos de Monsaraz	03:28:44	+06:35	06:31	
3	211	Nelson Davide Pimenta da Graça	Monsanto Running Team GoldNutrition	03:40:58	+18:49	06:54	
4	214	Rodrigo Quintal	SC Povoense - Caracóis de Corrida	03:55:46	+33:37	07:22	
5	223	João Pires	OCS-Arrábida Trail Team	03:57:05	+34:56	07:25	
6	227	Luis Franco	Individual	04:02:21	+40:12	07:34	
7	342	Rodney De Witte	Individual	04:03:21	+41:12	07:36	
8	207	Joaquim Palma	Algaruners	04:05:06	+42:57	07:40	
9	327	Fábio Jesus	Boavista Trail	04:05:43	+43:34	07:41	
10	205	MANUEL TEIXEIRA DE SOUSA	Clube de Praças da Armada	04:06:34	+44:25	07:42	
11	217	Rodolfo Serra	Clube de Praças da Armada	04:06:34	+44:25	07:42	
12	206	GONÇALO CRUZ	Zona Alta Trail	04:07:46	+45:37	07:45	
13	220	VICTOR LOPES	Vilaventura Trail	04:09:47	+47:38	07:48	
14	222	JOSÉ DIAS	Zona Alta Trail	04:10:05	+47:56	07:49	
15	216	Helder Varanda	AGDAK	04:10:15	+48:06	07:49	
16	215	Oscar Tanganho	Casa do Benfica de Reguengos de Monsaraz	04:10:53	+48:44	07:50	
17	202	João Silva	Boavista Trail	04:14:18	+52:09	07:57	
18	219	Vasco Morais Pinheiro de Sousa	SC Povoense - Caracóis de Corrida	04:14:54	+52:45	07:58	
19	213	David Ventura Gonçalves	Individual	04:16:35	+54:26	08:01	
20	340	Sofia Roquete	OCS-Arrábida Trail Team	04:18:36	+56:27	08:05	
21	208	Rui Fonseca	GO! Runners	04:18:38	+56:29	08:05	
22	209	CLÁUDIO NÓBREGA	Vilaventura Trail	04:18:52	+56:43	08:05	
23	312	Nelson Valente	Individual	04:18:57	+56:48	08:06	
24	210	Rogério Costa	Individual	04:22:16	+01:00:07	08:12	
25	249	SÃO CASTANHEIRA	Zona Alta Trail	04:25:53	+01:03:44	08:19	
26	323	Hugo Freire	AGDAK	04:28:20	+01:06:11	08:23	
27	260	Carla Cristina Pimentel Castro Cunha Leite	Individual	04:34:46	+01:12:37	08:35	
28	257	Ana Luísa Grade	Algaruners	04:35:32	+01:13:23	08:37	
29	221	Carlos Cunha	DCI/Trilhos Luso Bussaco	04:37:26	+01:15:17	08:40	
30	242	Paulo Martins Ferreira	Clube EDP Lisboa	04:38:53	+01:16:44	08:43	
31	224	João Paulo Oliveira Marques	OCS-Arrábida Trail Team	04:40:38	+01:18:29	08:46	
32	239	Amélia da Conceição Pais Costa	OCS-Arrábida Trail Team	04:40:38	+01:18:29	08:46	
33	247	Pedro Vicente	Individual	04:42:50	+01:20:41	08:50	
34	313	Filipe Gonçalves	Individual	04:44:54	+01:22:45	08:54	
35	329	adelina marques	Casa do Benfica de Reguengos de Monsaraz	04:46:03	+01:23:54	08:56	
36	256	Alexandre António Ferro Cantanhede	Clube de Praças da Armada	04:47:51	+01:25:42	09:00	
37	341	Daniel Campaniço	Além Tejo Trail Runners	04:50:10	+01:28:01	09:04	
38	248	Pedro Felício	Individual	04:54:17	+01:32:08	09:12	
39	240	Francisco Guerreiro	Algaruners	04:54:19	+01:32:10	09:12	
40	234	LINA MARQUES	Zona Alta Trail	04:55:05	+01:32:56	09:13	

32KM - STAGE 1

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32 KM

OFFICIAL RESULT

[illegible]

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REVISED

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
41	233	Paulo Manuel Costa	Individual	04:55:22	+01:33:13	09:14	
42	315	Ana Filipa Batista	Trilhos do Costume	05:00:08	+01:37:59	09:23	
43	338	João Granja	MTBA	05:00:25	+01:38:16	09:23	
44	311	Alexandre Martins	Individual	05:01:37	+01:39:28	09:26	
45	225	Ricardo Lobo	A Natureza Ensina	05:01:42	+01:39:33	09:26	
46	228	Rui Ramos	Mundo da Corrida	05:02:00	+01:39:51	09:26	
47	245	Rogério Paulo Maié de Amorim Fernandes	Trilhos do Costume	05:02:01	+01:39:52	09:26	
48	277	António Trigueiro	Individual	05:02:35	+01:40:26	09:27	
49	241	PAULO GAIÃO	Zona Alta Trail	05:02:52	+01:40:43	09:28	
50	250	Bruno Oliveira	TIBA Running Team	05:05:41	+01:43:32	09:33	
51	254	Francisco Botelho	Santa Cruz / Botelhos.pt	05:08:36	+01:46:27	09:39	
52	324	Luz Paulo	Individual	05:08:48	+01:46:39	09:39	
53	246	Paula Branco	Zona Alta Trail	05:09:36	+01:47:27	09:41	
54	287	André Filipe Jangão Vilhena	Individual	05:10:04	+01:47:55	09:41	
55	264	Susana Morais	Stravistas Venda do Pinheiro	05:10:11	+01:48:02	09:42	
56	271	Manuel António Gomes Alves	Individual	05:10:49	+01:48:40	09:43	
57	252	Pedro Pinheiro	Individual	05:12:30	+01:50:21	09:46	
58	226	João Pinto	Algaruners	05:13:46	+01:51:37	09:48	
59	236	Pedro Relvas	GURUS-SUP	05:14:39	+01:52:30	09:50	
60	232	José Miguel Machado Marques dos santos Santos	SC Povoense - Caracóis de Corrida	05:19:48	+01:57:39	10:00	
61	235	Miguel Duarte Pedro	Salamandrecos	05:22:11	+02:00:02	10:04	
62	335	João Carlos Curvelo Coragem	Adega Talhas do Sicó	05:22:20	+02:00:11	10:04	
63	253	Mario lima	Duros trail	05:23:29	+02:01:20	10:07	
64	237	Rodrigo Nogueira	Individual	05:24:10	+02:02:01	10:08	
65	278	LINA LOPES	Vilaventura Trail	05:30:54	+02:08:45	10:20	
66	333	Ricardo Manuel da silva Pinho	Individual	05:31:04	+02:08:55	10:21	
67	238	CIDALIA MARIA SERRA MARQUES MARTINS	LH Running Team	05:31:10	+02:09:01	10:21	
68	275	Nuno Mourato	Individual	05:34:04	+02:11:55	10:26	
69	331	HeLena TauBGomes	Lusco-fusco runners	05:34:16	+02:12:07	10:27	
70	268	Nuno Neves	Individual	05:34:19	+02:12:10	10:27	
71	261	João Gil	A. D. Amarante Trail Running	05:34:27	+02:12:18	10:27	
72	282	Luis Santiago	Individual	05:34:45	+02:12:36	10:28	
73	279	Vitor garrido martins	Individual	05:36:15	+02:14:06	10:30	
74	276	Ana Pedreira	Individual	05:43:37	+02:21:28	10:44	
75	258	Álvaro Santos	Individual	05:44:29	+02:22:20	10:46	
76	283	Miguel Tavares	Trail clube tap	05:45:23	+02:23:14	10:48	
77	273	Nuno Pintão	Individual	05:46:09	+02:24:00	10:49	
78	265	Gisela Pinhal	Individual	05:47:02	+02:24:53	10:51	
79	337	Jacopo Di Michele	Individual	05:48:31	+02:26:22	10:53	
80	266	Rui Alegre	Individual	05:51:54	+02:29:45	11:00	
81	262	Diogo Gamito	Salamandrecos	05:52:38	+02:30:29	11:01	
82	302	Carlos Cordeiro	Individual	05:53:34	+02:31:25	11:03	
83	289	Miguel Ribeiro	Individual	05:55:41	+02:33:32	11:07	
84	326	Júlio Barão	Individual	05:57:36	+02:35:27	11:10	

32KM - STAGE 1

32 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
85	255	Nuno Miguel Contenda Ramos	ADN Mértola	05:58:10	+02:36:01	11:12	
86	299	Pedro Nunes	AGDAK	06:00:05	+02:37:56	11:15	
87	296	Ana Maria Pascoal	Évora Night Runners	06:00:15	+02:38:06	11:15	
88	316	Nídia Galego	Évora Night Runners	06:00:41	+02:38:32	11:16	
89	280	Jorge Vaz	Individual	06:05:28	+02:43:19	11:25	
90	267	Paulo Marçalo	Individual	06:15:34	+02:53:25	11:44	
91	325	Cláudia Santos	Day Off Running Team	06:18:32	+02:56:23	11:50	
92	310	José Alves	Individual	06:22:20	+03:00:11	11:57	
93	297	Isabel Bué	Trilhos do Costume	06:25:22	+03:03:13	12:03	
94	284	Cristina Laranjeiro	TERAPIA DO CORPO	06:27:00	+03:04:51	12:06	
95	314	João Simão	Trilhos do Costume	06:29:37	+03:07:28	12:11	
96	295	João Silva	Individual	06:34:50	+03:12:41	12:20	
97	291	Mário Filipe	Trilhos do Costume	06:37:04	+03:14:55	12:24	
98	330	Sofia Silva _Camy	Individual	06:37:40	+03:15:31	12:26	
99	303	Neuza Costa	Individual	06:37:40	+03:15:31	12:26	
100	251	Manuel Moreno	Individual	06:39:28	+03:17:19	12:29	
101	298	Paulo Manuel Silva	Individual	06:40:26	+03:18:17	12:31	
102	288	Dora Cristina de Jesus Reis	Tálenos Team	06:40:41	+03:18:32	12:31	
103	301	Maria Lucio	Individual	06:41:14	+03:19:05	12:32	
104	274	Anaïs Moniz	Individual	06:43:14	+03:21:05	12:36	
105	272	Luis Manuel Serafim Santana	Trilhos do Costume	06:44:10	+03:22:01	12:38	
106	294	ANA RAQUEL CARVALHO	Vilaventura Trail	06:44:45	+03:22:36	12:39	
107	318	Daniel Nascimento	TIBA Running Team	06:55:40	+03:33:31	12:59	
108	319	Ângela Carvalho	Individual	06:58:37	+03:36:28	13:05	
109	292	José Patola	Individual	07:00:30	+03:38:21	13:08	
110	305	Maria Relvas	GURUS-SUP	07:05:40	+03:43:31	13:18	
111	300	Susete Marques	Individual	07:12:28	+03:50:19	13:31	
112	307	Carlos Cardoso	Individual	07:12:28	+03:50:19	13:31	
113	290	Carmen Sofia Lourenço Marques Cristino	Trilhos do Costume	07:36:28	+04:14:19	14:16	
114	281	Álvaro Galhardo Ferreira	Trilhos do Costume	07:38:32	+04:16:23	14:20	
115	336	Maria Hernâni Justino	Évora Night Runners	07:51:57	+04:29:48	14:45	
116	321	Fernanda Maria	Individual	07:56:39	+04:34:30	14:54	
117	339	Maria José Felisardo	OCS-Arrábida Trail Team	07:56:49	+04:34:40	14:54	
118	332	Josevanio farias pereira	Individual	08:16:34	+04:54:25	15:31	

32KM

32 KM



OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:00	18°C	78%
End	17:20	18°C	78%

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

1	340	Sofia Roquete	OCS-Arrábida Trail Team	Senior Feminino	04:18:35	+56:27	08:05
2	325	Cláudia Santos	Day Off Running Team	Senior Feminino	06:18:31	+02:56:23	11:50
3	297	Isabel Bué	Trilhos do Costume	Senior Feminino	06:25:21	+03:03:13	12:03
4	274	Anaïs Moniz	Individual	Senior Feminino	06:43:14	+03:21:05	12:36
5	294	ANA RAQUEL CARVALHO	Vilaventura Trail	Senior Feminino	06:44:45	+03:22:36	12:39

Senior Masculino

1	201	Pedro Calisto	Casa do Benfica de Reguengos de Monsaraz	Senior Masculino	03:22:08		06:19
2	204	Antonio Padilha	Casa do Benfica de Reguengos de Monsaraz	Senior Masculino	03:28:43	+06:35	06:31
3	211	Nelson Davide Pimenta da Graça	Monsanto Running Team GoldNutrition	Senior Masculino	03:40:58	+18:49	06:54
4	227	Luis Franco	Individual	Senior Masculino	04:02:21	+40:12	07:34
5	207	Joaquim Palma	Algaruners	Senior Masculino	04:05:05	+42:57	07:40
6	327	Fábio Jesus	Boavista Trail	Senior Masculino	04:05:43	+43:34	07:41
7	217	Rodolfo Serra	Clube de Praças da Armada	Senior Masculino	04:06:34	+44:25	07:42
8	206	GONÇALO CRUZ	Zona Alta Trail	Senior Masculino	04:07:46	+45:37	07:45
9	202	João Silva	Boavista Trail	Senior Masculino	04:14:18	+52:09	07:57
10	213	David Ventura Gonçalves	Individual	Senior Masculino	04:16:35	+54:26	08:01
11	209	CLÁUDIO NÓBREGA	Vilaventura Trail	Senior Masculino	04:18:51	+56:43	08:05
12	312	Nelson Valente	Individual	Senior Masculino	04:18:56	+56:47	08:06
13	311	Alexandre Martins	Individual	Senior Masculino	05:01:37	+01:39:28	09:26
14	254	Francisco Botelho	Santa Cruz / Botelhos.pt	Senior Masculino	05:08:36	+01:46:27	09:39
15	287	André Filipe Jangão Vilhena	Individual	Senior Masculino	05:10:03	+01:47:55	09:41
16	335	João Carlos Curvelo Coragem	Adega Talhas do Sicó	Senior Masculino	05:22:19	+02:00:11	10:04
17	237	Rodrigo Nogueira	Individual	Senior Masculino	05:24:09	+02:02:01	10:08
18	333	Ricardo Manuel da Silva Pinho	Individual	Senior Masculino	05:31:04	+02:08:55	10:21
19	310	José Alves	Individual	Senior Masculino	06:22:20	+03:00:11	11:57
20	318	Daniel Nascimento	TIBA Running Team	Senior Masculino	06:55:40	+03:33:31	12:59
21	332	Josevanio farias pereira	Individual	Senior Masculino	08:16:34	+04:54:25	15:31

Veterana F40

1	257	Ana Luísa Grade	Algaruners	Veterana F40	04:35:32	+01:13:23	08:37
2	329	adelina marques	Casa do Benfica de Reguengos de Monsaraz	Veterana F40	04:46:02	+01:23:54	08:56
3	315	Ana Filipa Batista	Trilhos do Costume	Veterana F40	05:00:07	+01:37:59	09:23
4	278	LINA LOPES	Vilaventura Trail	Veterana F40	05:30:54	+02:08:45	10:20

Official Timekeeper: Lap2Go	1 / 4	generate 11-out-2021 15:36
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32KM

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OFFICIAL RESULT

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REVISED

5	276	Ana Pedreira	Individual	Veterana F40	05:43:36	+02:21:28	10:44
6	265	Gisela Pinhal	Individual	Veterana F40	05:47:01	+02:24:53	10:51
7	319	Ângela Carvalho	Individual	Veterana F40	06:58:37	+03:36:28	13:05

Veterana F45

1	260	Carla Cristina Pimentel Castro Cunha Leite	Individual	Veterana F45	04:34:45	+01:12:36	08:35
2	234	LINA MARQUES	Zona Alta Trail	Veterana F45	04:55:05	+01:32:56	09:13
3	246	Paula Branco	Zona Alta Trail	Veterana F45	05:09:36	+01:47:27	09:41
4	264	Susana Morais	Stravistas Venda do Pinheiro	Veterana F45	05:10:10	+01:48:02	09:42
5	331	HeLena TauBGomes	Lusco-fusco runners	Veterana F45	05:34:16	+02:12:07	10:27
6	296	Ana Maria Pascoal	Évora Night Runners	Veterana F45	06:00:14	+02:38:06	11:15
7	316	Nídia Galego	Évora Night Runners	Veterana F45	06:00:41	+02:38:32	11:16
8	284	Cristina Laranjeiro	TERAPIA DO CORPO	Veterana F45	06:26:59	+03:04:51	12:06
9	303	Neuza Costa	Individual	Veterana F45	06:37:40	+03:15:31	12:26
10	288	Dora Cristina de Jesus Reis	Tálenos Team	Veterana F45	06:40:40	+03:18:32	12:31
11	301	Maria Lucio	Individual	Veterana F45	06:41:13	+03:19:05	12:32
12	290	Carmen Sofia Lourenço Marques Cristino	Trilhos do Costume	Veterana F45	07:36:28	+04:14:19	14:16
13	336	Maria Hernâni Justino	Évora Night Runners	Veterana F45	07:51:57	+04:29:48	14:45

Veterana F50

1	324	Luz Paulo	Individual	Veterana F50	05:08:48	+01:46:39	09:39
2	238	CIDALIA MARIA SERRA MARQUES MARTINS	LH Running Team	Veterana F50	05:31:09	+02:09:01	10:21
3	330	Sofia Silva_Camy	Individual	Veterana F50	06:37:39	+03:15:31	12:26
4	305	Maria Relvas	GURUS-SUP	Veterana F50	07:05:39	+03:43:31	13:18
5	300	Susete Marques	Individual	Veterana F50	07:12:28	+03:50:19	13:31
6	321	Fernanda Maria	Individual	Veterana F50	07:56:39	+04:34:30	14:54
7	339	Maria José Felisardo	OCS-Arrábida Trail Team	Veterana F50	07:56:49	+04:34:40	14:54

Veterana F55

1	249	SÃO CASTANHEIRA	Zona Alta Trail	Veterana F55	04:25:53	+01:03:44	08:19
2	239	Amélia da Conceição Pais Costa	OCS-Arrábida Trail Team	Veterana F55	04:40:38	+01:18:29	08:46

Veterano M40

1	214	Rodrigo Quintal	SC Povoense - Caracóis de Corrida	Veterano M40	03:55:46	+33:37	07:22
2	342	Rodney De Witte	Individual	Veterano M40	04:03:21	+41:12	07:36
3	220	VICTOR LOPES	Vilaventura Trail	Veterano M40	04:09:46	+47:38	07:48
4	216	Helder Varanda	AGDAK	Veterano M40	04:10:15	+48:06	07:49

32KM

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OFFICIAL RESULT

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REVISED

5	215	Oscar Tanganho	Casa do Benfica de Reguengos de Monsaraz	Veterano M40	04:10:52	+48:44	07:50
6	208	Rui Fonseca	GO! Runners	Veterano M40	04:18:37	+56:29	08:05
7	210	Rogério Costa	Individual	Veterano M40	04:22:15	+01:00:07	08:12
8	242	Paulo Martins Ferreira	Clube EDP Lisboa	Veterano M40	04:38:52	+01:16:44	08:43
9	247	Pedro Vicente	Individual	Veterano M40	04:42:50	+01:20:41	08:50
10	313	Filipe Gonçalves	Individual	Veterano M40	04:44:54	+01:22:45	08:54
11	256	Alexandre António Ferro Cantanhede	Clube de Praças da Armada	Veterano M40	04:47:51	+01:25:42	09:00
12	341	Daniel Campaniço	Além Tejo Trail Runners	Veterano M40	04:50:09	+01:28:01	09:04
13	228	Rui Ramos	Mundo da Corrida	Veterano M40	05:02:00	+01:39:51	09:26
14	250	Bruno Oliveira	TIBA Running Team	Veterano M40	05:05:40	+01:43:32	09:33
15	253	Mario lima	Duros trail	Veterano M40	05:23:29	+02:01:20	10:07
16	337	Jacopo Di Michele	Individual	Veterano M40	05:48:31	+02:26:22	10:53
17	266	Rui Alegre	Individual	Veterano M40	05:51:54	+02:29:45	11:00
18	255	Nuno Miguel Contenda Ramos	ADN Mértola	Veterano M40	05:58:10	+02:36:01	11:12
19	292	José Patola	Individual	Veterano M40	07:00:30	+03:38:21	13:08

Veterano M45

1	223	João Pires	OCS-Arrábida Trail Team	Veterano M45	03:57:04	+34:56	07:25
2	323	Hugo Freire	AGDAK	Veterano M45	04:28:19	+01:06:11	08:23
3	240	Francisco Guerreiro	Algaruners	Veterano M45	04:54:18	+01:32:10	09:12
4	338	João Granja	MTBA	Veterano M45	05:00:25	+01:38:16	09:26
5	225	Ricardo Lobo	A Natureza Ensina	Veterano M45	05:01:42	+01:39:33	09:26
6	245	Rogério Paulo Maié de Amorim Fernandes	Trilhos do Costume	Veterano M45	05:02:00	+01:39:52	09:26
7	277	António Trigueiro	Individual	Veterano M45	05:02:34	+01:40:26	09:27
8	241	PAULO GAIÃO	Zona Alta Trail	Veterano M45	05:02:51	+01:40:43	09:28
9	252	Pedro Pinheiro	Individual	Veterano M45	05:12:29	+01:50:21	09:46
10	232	José Miguel Machado Marques dos santos Santos	SC Povoense - Caracóis de Corrida	Veterano M45	05:19:47	+01:57:39	10:00
11	275	Nuno Mourato	Individual	Veterano M45	05:34:04	+02:11:55	10:26
12	258	Álvaro Santos	Individual	Veterano M45	05:44:29	+02:22:20	10:46
13	283	Miguel Tavares	Trail clube tap	Veterano M45	05:45:22	+02:23:14	10:48
14	289	Miguel Ribeiro	Individual	Veterano M45	05:55:40	+02:33:32	11:07
15	326	Júlio Barão	Individual	Veterano M45	05:57:35	+02:35:27	11:10
16	299	Pedro Nunes	AGDAK	Veterano M45	06:00:05	+02:37:56	11:15
17	267	Paulo Marçalo	Individual	Veterano M45	06:15:34	+02:53:25	11:44
18	314	João Simão	Trilhos do Costume	Veterano M45	06:29:37	+03:07:28	12:11
19	307	Carlos Cardoso	Individual	Veterano M45	07:12:28	+03:50:19	13:31

Veterano M50

1	205	MANUEL TEIXEIRA DE SOUSA	Clube de Praças da Armada	Veterano M50	04:06:34	+44:25	07:42
2	248	Pedro Fêlcio	Individual	Veterano M50	04:54:16	+01:32:08	09:12
3	233	Paulo Manuel Costa	Individual	Veterano M50	04:55:21	+01:33:13	09:14

32KM

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32 KM

OFFICIAL RESULT

[illegible]

4	271	Manuel António Gomes Alves	Individual	Veterano M50	05:10:48	+01:48:40	09:43
5	236	Pedro Relvas	GURUS-SUP	Veterano M50	05:14:39	+01:52:30	09:50
6	235	Miguel Duarte Pedro	Salamandrecos	Veterano M50	05:22:11	+02:00:02	10:04
7	268	Nuno Neves	Individual	Veterano M50	05:34:18	+02:12:10	10:27
8	282	Luis Santiago	Individual	Veterano M50	05:34:44	+02:12:36	10:28
9	273	Nuno Pintão	Individual	Veterano M50	05:46:09	+02:24:00	10:49
10	262	Diogo Gamito	Salamandrecos	Veterano M50	05:52:38	+02:30:29	11:01
11	302	Carlos Cordeiro	Individual	Veterano M50	05:53:34	+02:31:25	11:03
12	280	Jorge Vaz	Individual	Veterano M50	06:05:28	+02:43:19	11:25
13	291	Mário Filipe	Trilhos do Costume	Veterano M50	06:37:03	+03:14:55	12:24
14	298	Paulo Manuel Silva	Individual	Veterano M50	06:40:26	+03:18:17	12:31
15	281	Álvaro Galhardo Ferreira	Trilhos do Costume	Veterano M50	07:38:32	+04:16:23	14:20

Veterano M55

1	222	JOSÉ DIAS	Zona Alta Trail	Veterano M55	04:10:04	+47:56	07:49
2	219	Vasco Morais Pinheiro de Sousa	SC Povoense - Caracóis de Corrida	Veterano M55	04:14:54	+52:45	07:58
3	221	Carlos Cunha	DCI/Trilhos Luso Bussaco	Veterano M55	04:37:25	+01:15:17	08:40
4	224	João Paulo Oliveira Marques	OCS-Arrábida Trail Team	Veterano M55	04:40:38	+01:18:29	08:46
5	226	João Pinto	Algaruners	Veterano M55	05:13:45	+01:51:37	09:48
6	272	Luis Manuel Serafim Santana	Trilhos do Costume	Veterano M55	06:44:09	+03:22:01	12:38

Veterano M60

1	261	João Gil	A. D. Amarante Trail Running	Veterano M60	05:34:27	+02:12:18	10:27
2	279	Vitor garrido martins	Individual	Veterano M60	05:36:15	+02:14:06	10:30
3	295	João Silva	Individual	Veterano M60	06:34:49	+03:12:41	12:20
4	251	Manuel Moreno	Individual	Veterano M60	06:39:28	+03:17:19	12:29

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RANK	TEAM	DESCRIPTION	POINTS
1	CASA DO BENFICA DE REGUENGOS DE MONSARAZ	1 + 2 + 16	19
2	CLUBE DE PRAÇAS DA ARMADA	10 + 11 + 30	51
3	ZONA ALTA TRAIL	12 + 14 + 41	67
4	SC POVOENSE - CARACÓIS DE CORRIDA	4 + 18 + 49	71
5	ALGARUNERS	8 + 33 + 47	88
6	AGDAK	15 + 24 + 70	109

[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	ZONA ALTA TRAIL	2 + 7 + 10	19
2	OCS-ARRÁBIDA TRAIL TEAM	1 + 5 + 33	39
3	TRILHOS DO COSTUME	8 + 20 + 30	58
4	ÉVORA NIGHT RUNNERS	17 + 18 + 31	66

18 KM

[illegible][illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	743	Nuno André Coelho Nogueira	CASA DO POVO DE MANGUALDE	01:47:29		05:58	
2	504	Samuel Castela	Super Vegan Fitness	01:47:43	+00:14	05:59	
3	506	Rui Santos	OCS-Arrábida Trail Team	01:54:50	+07:21	06:23	
4	505	Pedro Pascoal	Xostrasports Scott Portugal	01:54:55	+07:26	06:23	
5	585	Marco Gomes	Individual	01:56:26	+08:57	06:28	
6	502	Paulo Ferreira	Pinhal Novo a Correr	01:58:10	+10:41	06:34	
7	511	Luis Carraquico	STRENDURE Running Team	02:00:52	+13:23	06:43	
8	509	Fábio Gomes	Lebres de Domingo	02:01:23	+13:54	06:45	
9	510	João Alves	Clube NAUS OCR	02:05:44	+18:15	06:59	
10	519	Sérgio Neves	Individual	02:07:55	+20:26	07:06	
11	501	Davide Marques	Science In Sport / Nutrimania	02:08:26	+20:57	07:08	
12	514	Fernando Parente	Strong Team	02:10:26	+22:57	07:15	
13	507	Rui Afonso	Individual	02:11:37	+24:08	07:19	
14	733	João Pinto	WE TT	02:11:42	+24:13	07:19	
15	768	Rui Henriques	Serviços Sociais Montepio	02:12:16	+24:47	07:21	
16	742	Pedro Filipe da Silva Ribeiro	Individual	02:13:05	+25:36	07:24	
17	672	Alexandre Rodrigues	Individual	02:13:12	+25:43	07:24	
18	525	Marco Cunha	Trail clube tap	02:14:12	+26:43	07:27	
19	533	Fabrice Polteau	7 Colinas Runners	02:15:16	+27:47	07:31	
20	540	Tiago Dinis	Clube NAUS OCR	02:15:40	+28:11	07:32	
21	537	Tito José Marques Pereira	G D R São Francisco Da Serra	02:16:39	+29:10	07:36	
22	816	Paulo Monteiro	Individual	02:17:03	+29:34	07:37	
23	542	Joana Margarida Santos Cordeiro	VITÓRIA CLUBE DE LISBOA	02:17:36	+30:07	07:39	
24	513	Ricardo Pires	Serviços Sociais Montepio	02:17:38	+30:09	07:39	
25	731	Miguel Sobral	AGDAK	02:18:32	+31:03	07:42	
26	515	Miguel Silva	Limited Edition Team	02:18:38	+31:09	07:42	
27	560	Mário Oliveira	Os coxos e o Miguel	02:19:08	+31:39	07:44	
28	512	JOAQUIM VELHINHO DIAS	Individual	02:20:09	+32:40	07:47	
29	550	Carlos Silva Oliveira	Pinhal Novo a Correr	02:20:18	+32:49	07:48	
30	793	Nuno Alexandre Vaquinhas Rocha	HB SALATIA RUNNERS	02:21:10	+33:41	07:51	
31	535	Marcelo Gonçalves	Individual	02:22:14	+34:45	07:54	
32	836	Joao Martinho Alpendre	Swimrunners	02:22:25	+34:56	07:55	
33	522	António Silva	Pinhal Novo a Correr	02:22:55	+35:26	07:56	
34	523	Paulo Rato	Individual	02:23:18	+35:49	07:58	
35	652	Pedro Gonçalves	Day Off Running Team	02:25:11	+37:42	08:04	
36	539	Nuno Rodrigues	Serviços Sociais Montepio	02:25:39	+38:10	08:05	
37	554	Luís Cruz	Vilaventura Trail	02:26:09	+38:40	08:07	
38	598	Guilherme Hora	OCS-Arrábida Trail Team	02:26:27	+38:58	08:08	
39	822	Afonso Veríssimo	OCS-Arrábida Trail Team	02:27:52	+40:23	08:13	
40	844	Nelson Santos	7 Colinas Runners	02:28:27	+40:58	08:15	
41	526	Pedro Borregana	Individual	02:28:37	+41:08	08:15	
42	517	Silverio Correia	GRUPO DESPORTIVO SANTANDER TOTTA	02:28:42	+41:13	08:16	

18 KM

OFFICIAL RESULT

Official Timekeeper: Lap2Go	2 / 7	generate 09-out-2021 15:00
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18KM - STAGE 1

18 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	696	Maria João Reis Pires	Tálenos Team	02:44:28	+56:59	09:08	
90	646	David Miguel Maia Rodrigues	Individual	02:44:35	+57:06	09:09	
91	838	Daniel Madeira	Individual	02:44:54	+57:25	09:10	
92	544	Pedro Sobral	Individual	02:44:54	+57:25	09:10	
93	710	Pedro Rodrigues	Individual	02:44:54	+57:25	09:10	
94	527	Nelson Lourenço	Individual	02:46:02	+58:33	09:13	
95	792	Nelson Miguel dos Santos Hilário	HB SALATIA RUNNERS	02:46:22	+58:53	09:15	
96	556	Paulo Jorge Lopes Pinto	Pinhal Novo a Correr	02:46:45	+59:16	09:16	
97	613	Ana Margarida Costa	Clube NAUS OCR	02:46:48	+59:19	09:16	
98	764	José Frazão	Individual	02:47:18	+59:49	09:18	
99	638	Pedro Mata	St. Peter's International School	02:47:27	+59:58	09:18	
100	564	Francisco Macheta	Limited Edition Team	02:47:34	+01:00:05	09:19	
101	784	Rui Borges	Individual	02:47:35	+01:00:06	09:19	
102	648	Dário Nobre	Individual	02:48:02	+01:00:33	09:20	
103	831	Eurico Ferreira	Individual	02:48:22	+01:00:53	09:21	
104	691	Ângelo Mendes	Individual	02:48:46	+01:01:17	09:23	
105	842	Rodrigo Gonçalves Costa Santos	Siemens CCD	02:48:56	+01:01:27	09:23	
106	503	Jorge Grilo	Casa do Benfica de Reguengos de Monsaraz	02:49:09	+01:01:40	09:24	
107	563	Carmen Viegas	Lebres de Domingo	02:49:43	+01:02:14	09:26	
108	720	Carlos Brito	Individual	02:50:13	+01:02:44	09:27	
109	551	Sérgio Dorés	Os coxos e o Miguel	02:50:45	+01:03:16	09:29	
110	760	Sónia Almeida	Cem Reis	02:51:29	+01:04:00	09:32	
111	545	Natália Estevao	VITÓRIA CLUBE DE LISBOA	02:51:40	+01:04:11	09:32	
112	724	João Rocha	Individual	02:52:05	+01:04:36	09:34	
113	786	Francisco Teixeira	Individual	02:52:05	+01:04:36	09:34	
114	785	Rui Teixeira	Individual	02:52:06	+01:04:37	09:34	
115	728	João Bonito Ribeiro	Individual	02:52:53	+01:05:24	09:36	
116	589	Carlos Marques	Tálenos Team	02:52:55	+01:05:26	09:36	
117	553	Erica Cabral	Individual	02:53:27	+01:05:58	09:38	
118	637	Sergio Bruno Fernandes Alves	Individual	02:54:06	+01:06:37	09:40	
119	600	André Valério	Individual	02:54:13	+01:06:44	09:41	
120	575	Carlos Bilro	Gangue das 6h10 / PALMELENSE FC	02:54:16	+01:06:47	09:41	
121	574	Pedro Lopes	Vara Trail Running	02:54:49	+01:07:20	09:43	
122	571	Mónica Rocha	Arrábida Obstacle Runners	02:54:51	+01:07:22	09:43	
123	573	Hélder Bicho	Individual	02:54:58	+01:07:29	09:43	
124	737	LUIS BASILIO	VITÓRIA CLUBE DE LISBOA	02:55:03	+01:07:34	09:43	
125	745	Joao Rodrigues	Os Coxos	02:55:03	+01:07:34	09:43	
126	790	André Cordeiro	Individual	02:55:52	+01:08:23	09:46	
127	740	Filipa do Amparo	STRENDURE Running Team	02:56:19	+01:08:50	09:48	
128	521	Miguel Marques	Gangue das 6h10 / PALMELENSE FC	02:56:27	+01:08:58	09:48	
129	669	Mako Gómez	Individual	02:56:34	+01:09:05	09:49	
130	592	Bruno Perdigao	Os coxos e o Miguel	02:56:49	+01:09:20	09:49	
131	821	Rui Rato	Individual	02:56:50	+01:09:21	09:49	
132	757	António Jerónimo	Vara Trail Running	02:57:02	+01:09:33	09:50	
133	752	Hristiyan Stefanov	AGIS	02:57:55	+01:10:26	09:53	
134	781	Miguel Torres	Individual	02:58:19	+01:10:50	09:54	

18KM - STAGE 1

18 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
135	528	Filipe Pimenta	Individual	02:58:36	+01:11:07	09:55	
136	759	Pedro Almeida	Individual	02:58:37	+01:11:08	09:55	
137	814	Nuno Gerales Barba	Individual	02:58:52	+01:11:23	09:56	
138	558	Hugo Costa	Viriatos Trail Team	02:59:00	+01:11:31	09:57	
139	644	Carla Sofia	Lusco-fusco runners	02:59:16	+01:11:47	09:58	
140	771	Edgar Cristeta	CCD Siemens	02:59:21	+01:11:52	09:58	
141	565	Francisco Pinheiro	DT	02:59:47	+01:12:18	09:59	
142	572	Marta Bilro	Gangue das 6h10 / PALMELENSE FC	03:00:26	+01:12:57	10:01	
143	534	Liliana Carvalho	Individual	03:00:51	+01:13:22	10:03	
144	635	Vasco Pina Manique	Individual	03:01:04	+01:13:35	10:04	
145	773	Cristina Canário	AD Ialbox	03:01:25	+01:13:56	10:05	
146	662	Luís Almeida	Individual	03:02:06	+01:14:37	10:07	
147	776	Francisco Novera	Individual	03:02:18	+01:14:49	10:08	
148	747	João Fragoso	Individual	03:02:44	+01:15:15	10:09	
149	701	Humberto Lemos	Corrida e caminhada Quinta Conde	03:02:58	+01:15:29	10:10	
150	604	Marianela Figueiredo	Individual	03:03:09	+01:15:40	10:11	
151	700	António Gonçalves	Corrida e caminhada Quinta Conde	03:03:21	+01:15:52	10:11	
152	596	Luis Santos	Individual	03:03:46	+01:16:17	10:13	
153	706	Ana Beatriz Alves	Individual	03:04:24	+01:16:55	10:15	
154	708	Ivalecia Cruz	Individual	03:04:24	+01:16:55	10:15	
155	684	Sandra Rodrigues	Cem Reis	03:04:46	+01:17:17	10:16	
156	587	Nuno Lucas	Tálenos Team	03:04:54	+01:17:25	10:16	
157	723	Cláudio Policarpo	Individual	03:05:13	+01:17:44	10:17	
158	735	Carlos Silva	Individual	03:06:34	+01:19:05	10:22	
159	570	carlos filipe da silva ludovino	Individual	03:07:18	+01:19:49	10:24	
160	593	Antonio Caetano	Individual	03:07:43	+01:20:14	10:26	
161	651	Carlos Marinho	7 Colinas Runners	03:08:16	+01:20:47	10:28	
162	726	Sérgio Rezinho	Individual	03:09:06	+01:21:37	10:30	
163	685	Filipe Rodrigues	Cem Reis	03:09:10	+01:21:41	10:31	
164	588	Sérgio Manuel rosa Guerreiro	Individual	03:09:29	+01:22:00	10:32	
165	727	Nuno Trindade	Individual	03:09:51	+01:22:22	10:33	
166	711	Flamino Santos	Tálenos Team	03:10:06	+01:22:37	10:34	
167	649	Leonor Silva	Clube NAUS OCR	03:10:16	+01:22:47	10:34	
168	686	Marco Alexandre Santos Martins	Individual	03:10:33	+01:23:04	10:35	
169	741	Ricardo Barata	Individual	03:10:37	+01:23:08	10:35	
170	738	Ana Sofia Pereira da Rocha Trancoso	VITÓRIA CLUBE DE LISBOA	03:10:38	+01:23:09	10:35	
171	832	Manuel Pereira Araújo	Individual	03:11:58	+01:24:29	10:40	
172	586	Bruno Monteiro	Tálenos Team	03:12:50	+01:25:21	10:43	
173	722	Messias Azevedo	Individual	03:12:55	+01:25:26	10:43	
174	766	Márcio Rodrigues	Individual	03:13:32	+01:26:03	10:45	
175	753	NUNO JOSÉ FERREIRA MORGADO	Individual	03:13:32	+01:26:03	10:45	
176	754	Pedro Águas	Individual	03:13:44	+01:26:15	10:46	
177	660	Ricardo Dinis	Individual	03:14:17	+01:26:48	10:48	
178	555	Pedro Gabriel Lopes Oliveira	Grupo Desportivo da Parreira	03:15:20	+01:27:51	10:51	
179	833	Hugo Claado	Individual	03:15:49	+01:28:20	10:53	

18 KM

OFFICIAL RESULT

Official Timekeeper: Lap2Go	5 / 7	generate 09-out-2021 15:00
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18 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
225	605	Cristina Lavrador	Run&Smile	03:43:39	+01:56:10	12:25	
226	843	Afonso Fonseca	Individual	03:43:42	+01:56:13	12:26	
227	824	Diogo Pereira da Costa	Individual	03:43:58	+01:56:29	12:27	
228	621	Carla Cardeira	Pinhal Novo a Correr	03:44:06	+01:56:37	12:27	
229	636	Nuno Miguel Barros Madureira	Individual	03:44:08	+01:56:39	12:27	
230	697	Marco Barão	WE TT	03:44:39	+01:57:10	12:29	
231	626	Ana Figueira Henrique	Individual	03:45:20	+01:57:51	12:31	
232	584	Fernando Pereira	Individual	03:45:33	+01:58:04	12:32	
233	567	LILIANA AZENHA	ARSM - Associação Recreativa de S. Miguel	03:46:04	+01:58:35	12:34	
234	725	Sandra Marina	Individual	03:46:36	+01:59:07	12:35	
235	818	Luís Matos	Individual	03:47:06	+01:59:37	12:37	
236	705	Carla Alves	Arrábida Obstacle Runners	03:47:17	+01:59:48	12:38	
237	782	Filipe Salvadinho	Individual	03:48:10	+02:00:41	12:41	
238	654	Inês Oliveira	Individual	03:49:00	+02:01:31	12:43	
239	610	LINA COMPRIDO	Individual	03:49:02	+02:01:33	12:43	
240	641	Sonia Alves	Individual	03:49:20	+02:01:51	12:44	
241	763	Telmo Clemente	Individual	03:49:42	+02:02:13	12:46	
242	698	Gonçalo Silva	WE TT	03:50:51	+02:03:22	12:50	
243	699	Mario Salvado	WE TT	03:52:45	+02:05:16	12:56	
244	640	Vytautas Mickevicius	Individual	03:52:49	+02:05:20	12:56	
245	736	Rui Miguel Costa	Individual	03:53:29	+02:06:00	12:58	
246	813	Rute Sarmento	Individual	03:54:55	+02:07:26	13:03	
247	703	jean mauvoisin delavaud	Individual	03:55:22	+02:07:53	13:05	
248	608	LUIS MANUEL CONCEICAO MENDES	Clube Millennium BCP	03:57:05	+02:09:36	13:10	
249	712	Inês Dias	Individual	03:57:50	+02:10:21	13:13	
250	791	Sofia Ambrioso	Individual	03:57:57	+02:10:28	13:13	
251	538	Miguel Oliveira	Tálenos Team	03:58:08	+02:10:39	13:14	
252	772	João Santos	Individual	04:01:00	+02:13:31	13:23	
253	721	Ricardo Parreira	Individual	04:02:44	+02:15:15	13:29	
254	631	Romão Augusto Ramalho Moita	Limited Edition Team	04:03:26	+02:15:57	13:31	
255	812	Arsénio Feliciano Martins Gonçalves	Individual	04:09:48	+02:22:19	13:53	
256	612	Carlos Lavrador	Run&Smile	04:10:07	+02:22:38	13:54	
257	746	Sara Silva	Os Coxos	04:11:31	+02:24:02	13:58	
258	744	Sónia Gomes	Os Coxos	04:11:32	+02:24:03	13:58	
259	663	Sofia Ornelas Neves	sónãoqueromorrer	04:16:43	+02:29:14	14:16	
260	618	José Nunes	Individual	04:17:47	+02:30:18	14:19	
261	627	Bruno Firme	sónãoqueromorrer	04:18:43	+02:31:14	14:22	
262	656	Vanessa Ferreira	Individual	04:20:03	+02:32:34	14:27	
263	683	Tiago Filipe Pinto de Oliveira	Individual	04:22:32	+02:35:03	14:35	
264	682	Ana Fortunata Fernandes Pacheco Barrocas	Individual	04:22:32	+02:35:03	14:35	
265	715	José Fernandes	Pinhal Novo a Correr	04:24:35	+02:37:06	14:42	
266	676	Guilherme Carmona	Mohit's friends	04:26:24	+02:38:55	14:48	
267	808	Samanta da Rocha Soares	Individual	04:28:02	+02:40:33	14:53	
268	606	Ana Cartaxo	Tálenos Team	04:29:49	+02:42:20	14:59	
269	658	Fábio Alexandre Palmeiro Ferreira	Individual	04:30:35	+02:43:06	15:02	

18 KM

[illegible][illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
270	797	Catarina Morgado	Individual	04:35:12	+02:47:43	15:17	
271	777	Paula Leitão	Individual	04:35:25	+02:47:56	15:18	
272	778	Rodrigo Oliveira	Individual	04:35:25	+02:47:56	15:18	
273	667	Vasco Ferreira	GDCTIN Casa da Moeda	04:38:15	+02:50:46	15:27	
274	623	Pedro Manso	Tálenos Team	04:40:19	+02:52:50	15:34	
275	679	Rodrigo Domingues	PwC Runners	04:45:11	+02:57:42	15:51	
276	775	Susana Barão Alves	Cem Reis	04:49:39	+03:02:10	16:06	
277	801	Vladimiro Viana	Four Fast Foot	04:53:45	+03:06:16	16:19	
278	803	Elsa Loureiro	Four Fast Foot	04:53:46	+03:06:17	16:19	
279	802	Susana Caetano Viana	Four Fast Foot	04:53:46	+03:06:17	16:19	
280	668	Cristina Rainha	GDCTIN Casa da Moeda	04:58:33	+03:11:04	16:35	
281	716	Maria Armanda semeao	Individual	05:01:52	+03:14:23	16:46	
282	675	David Sobreiro	Mohit's friends	05:14:56	+03:27:27	17:30	
283	798	Rui Miguel Barradas Lopes	Individual	05:16:10	+03:28:41	17:34	
284	796	Carmem Dolores Costeira Viegas Vieira	Individual	05:16:10	+03:28:41	17:34	
285	795	Ana Sofia Costeira Viegas Lopes	Individual	05:16:11	+03:28:42	17:34	
286	622	Carla silva	Individual	05:23:04	+03:35:35	17:57	

18KM

18 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	19,1°C	78%
End	14:57	19.1°C	78%

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

1	542	Joana Margarida Santos Cordeiro	VITÓRIA CLUBE DE LISBOA	Senior Feminino	02:17:36	+30:06	07:39:42
2	520	Marina Alves	Turres Trail Team	Senior Feminino	02:28:42	+41:13	08:16:34
3	756	Tânia Calisto	Casa do Benfica de Reguengos de Monsaraz	Senior Feminino	02:37:47	+50:18	08:46:55
4	696	Maria João Reis Pires	Talentos Team	Senior Feminino	02:44:27	+56:58	09:08:45
5	613	Ana Margarida Costa	Clube NAUS OCR	Senior Feminino	02:46:48	+59:19	09:16:07
6	553	Erica Cabral	Individual	Senior Feminino	02:53:27	+01:05:58	09:38:45
7	740	Filipa do Amparo	STRENDURE Running Team	Senior Feminino	02:56:18	+01:08:49	09:48:57
8	572	Marta Bilro	Gangue das 6h10 / PALMELENSE FC	Senior Feminino	03:00:26	+01:12:57	10:01:43
9	534	Liliana Carvalho	Individual	Senior Feminino	03:00:50	+01:13:21	10:03:07
10	708	Ivalecia Cruz	Individual	Senior Feminino	03:04:24	+01:16:55	10:15:48
11	665	Cristina Ribeiro Rego	Individual	Senior Feminino	03:19:38	+01:32:09	11:05:57
12	654	Inês Oliveira	Individual	Senior Feminino	03:49:00	+02:01:31	12:43:58
13	712	Inês Dias	Individual	Senior Feminino	03:57:50	+02:10:21	13:13:31
14	663	Sofia Ornelas Neves	sónãoqueromorrer	Senior Feminino	04:16:43	+02:29:13	14:16:56
15	656	Vanessa Ferreira	Individual	Senior Feminino	04:20:02	+02:32:33	14:27:15
16	682	Ana Fortunata Fernandes Pacheco Barrocas	Individual	Senior Feminino	04:22:32	+02:35:02	14:35:44
17	808	Samanta da Rocha Soares	Individual	Senior Feminino	04:28:02	+02:40:32	14:53:14

Senior Masculino

1	743	Nuno André Coelho Nogueira	CASA DO POVO DE MANGUALDE	Senior Masculino	01:47:29	05:58:13
2	504	Samuel Castela	Super Vegan Fitness	Senior Masculino	01:47:42	+00:13
3	506	Rui Santos	OCS-Arrábida Trail Team	Senior Masculino	01:54:50	+07:20
4	511	Luis Carraquico	STRENDURE Running Team	Senior Masculino	02:00:52	+13:22
5	509	Fábio Gomes	Lebres de Domingo	Senior Masculino	02:01:23	+13:54
6	510	João Alves	Clube NAUS OCR	Senior Masculino	02:05:44	+18:14
7	501	Davide Marques	Science In Sport / Nutrimania	Senior Masculino	02:08:25	+20:56
8	733	João Pinto	WE TT	Senior Masculino	02:11:42	+24:12
9	742	Pedro Filipe da Silva Ribeiro	Individual	Senior Masculino	02:13:04	+25:35
10	525	Marco Cunha	Trail clube tap	Senior Masculino	02:14:11	+26:42
11	540	Tiago Dinis	Clube NAUS OCR	Senior Masculino	02:15:39	+28:10
12	537	Tito José Marques Pereira	G D R São Francisco Da Serra	Senior Masculino	02:16:39	+29:10
13	513	Ricardo Pires	Serviços Sociais Montepio	Senior Masculino	02:17:37	+30:08
14	515	Miguel Silva	Limited Edition Team	Senior Masculino	02:18:37	+31:08
15	793	Nuno Alexandre Vaquinhas Rocha	HB SALATIA RUNNERS	Senior Masculino	02:21:09	+33:40
16	535	Marcelo Gonçalves	Individual	Senior Masculino	02:22:13	+34:44

Official Timekeeper: Lap2Go	1 / 8	generate 09-out-2021 17:05
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18KM

18 KM

[illegible]

OFFICIAL RESULT

[illegible]

17	652	Pedro Gonçalves	Day Off Running Team	Senior Masculino	02:25:10	+37:41	08:04
18	516	Vitor Santos	Individual	Senior Masculino	02:30:44	+43:15	08:22
19	561	Gonçalo Lobo	Individual	Senior Masculino	02:31:20	+43:51	08:24
20	750	Leandro Luís	AGIS	Senior Masculino	02:32:43	+45:14	08:29
21	806	Miguel angelo silva Raposo	Individual	Senior Masculino	02:33:05	+45:36	08:30
22	718	João Carlos Nunes Feijão	Individual	Senior Masculino	02:33:38	+46:08	08:32
23	590	Fábio Miguel Dias	STRENDURE Running Team	Senior Masculino	02:35:05	+47:35	08:37
24	579	João Santos	Clube NAUS OCR	Senior Masculino	02:35:38	+48:09	08:39
25	687	Fábio Passinhas	Individual	Senior Masculino	02:37:45	+50:16	08:46
26	693	António Torres	Day Off Running Team	Senior Masculino	02:38:22	+50:53	08:48
27	666	Miguel Terra Carlos	Individual	Senior Masculino	02:40:03	+52:34	08:54
28	559	PEDRO SANGUINO	Individual	Senior Masculino	02:41:28	+53:59	08:58
29	620	Pedro Milho	Individual	Senior Masculino	02:41:55	+54:26	09:00
30	780	Pedro Catarino	Individual	Senior Masculino	02:42:18	+54:48	09:01
31	552	Tiago Pacheco	Day Off Running Team	Senior Masculino	02:42:22	+54:53	09:01
32	809	Ivo Lopes	Individual	Senior Masculino	02:44:02	+56:33	09:07
33	646	David Miguel Maia Rodrigues	Individual	Senior Masculino	02:44:35	+57:05	09:09
34	792	Nelson Miguel dos Santos Hilário	HB SALATIA RUNNERS	Senior Masculino	02:46:22	+58:53	09:15
35	784	Rui Borges	Individual	Senior Masculino	02:47:35	+01:00:05	09:19
36	648	Dário Nobre	Individual	Senior Masculino	02:48:02	+01:00:32	09:20
37	842	Rodrigo Gonçalves Costa Santos	Siemens CCD	Senior Masculino	02:48:55	+01:01:26	09:23
38	503	Jorge Grilo	Casa do Benfica de Reguengos de Monsaraz	Senior Masculino	02:49:08	+01:01:39	09:24
39	724	João Rocha	Individual	Senior Masculino	02:52:04	+01:04:35	09:34
40	600	André Valério	Individual	Senior Masculino	02:54:13	+01:06:44	09:41
41	669	Mako Gómez	Individual	Senior Masculino	02:56:34	+01:09:04	09:49
42	752	Hristiyan Stefanov	AGIS	Senior Masculino	02:57:55	+01:10:25	09:53
43	781	Miguel Torres	Individual	Senior Masculino	02:58:18	+01:10:49	09:54
44	528	Filipe Pimenta	Individual	Senior Masculino	02:58:36	+01:11:07	09:55
45	759	Pedro Almeida	Individual	Senior Masculino	02:58:36	+01:11:07	09:55
46	814	Nuno Geraldés Barba	Individual	Senior Masculino	02:58:51	+01:11:22	09:56
47	771	Edgar Cristeta	CCD Siemens	Senior Masculino	02:59:20	+01:11:51	09:58
48	565	Francisco Pinheiro	DT	Senior Masculino	02:59:47	+01:12:18	09:59
49	723	Cláudio Policarpo	Individual	Senior Masculino	03:05:12	+01:17:43	10:17
50	735	Carlos Silva	Individual	Senior Masculino	03:06:33	+01:19:04	10:22
51	727	Nuno Trindade	Individual	Senior Masculino	03:09:50	+01:22:21	10:33
52	686	Marco Alexandre Santos Martins	Individual	Senior Masculino	03:10:33	+01:23:04	10:35
53	555	Pedro Gabriel Lopes Oliveira	Grupo Desportivo da Parreira	Senior Masculino	03:15:20	+01:27:50	10:51
54	833	Hugo Claado	Individual	Senior Masculino	03:15:48	+01:28:19	10:53
55	779	João Gaio	Individual	Senior Masculino	03:27:15	+01:39:46	11:31
56	837	Tiago Marques	Individual	Senior Masculino	03:28:00	+01:40:31	11:33
57	825	Diogo Leitão de Nisa	Individual	Senior Masculino	03:30:40	+01:43:11	11:42
58	758	António Camacho	Individual	Senior Masculino	03:37:41	+01:50:12	12:06
59	824	Diogo Pereira da Costa	Individual	Senior Masculino	03:43:58	+01:56:28	12:27
60	763	Telmo Clemente	Individual	Senior Masculino	03:49:41	+02:02:12	12:46
61	627	Bruno Firme	sónãoqueromorrer	Senior Masculino	04:18:42	+02:31:13	14:22
62	683	Tiago Filipe Pinto de Oliveira	Individual	Senior Masculino	04:22:31	+02:35:02	14:35

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63	676	Guilherme Carmona	Mohit's friends	Senior Masculino	04:26:23	+02:38:54	14:48
64	658	Fábio Alexandre Palmeiro Ferreira	Individual	Senior Masculino	04:30:35	+02:43:06	15:02
65	675	David Sobreiro	Mohit's friends	Senior Masculino	05:14:55	+03:27:26	17:30

Sub 23 Feminino

1	706	Ana Beatriz Alves	Individual	Sub 23 Feminino	03:04:24	+01:16:55	10:15
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Sub 23 Masculino

1	836	Joao Martinho Alpendre	Swimrunners	Sub 23 Masculino	02:22:25	+34:56	07:55
2	822	Afonso Veríssimo	OCS-Arrábida Trail Team	Sub 23 Masculino	02:27:52	+40:23	08:13
3	688	João Almeida	Individual	Sub 23 Masculino	02:31:58	+44:28	08:27
4	786	Francisco Teixeira	Individual	Sub 23 Masculino	02:52:05	+01:04:36	09:34
5	829	Rodrigo Lanz Ramos Dias	Individual	Sub 23 Masculino	03:34:16	+01:46:47	11:54
6	843	Afonso Fonseca	Individual	Sub 23 Masculino	03:43:41	+01:56:12	12:26

Veterana F40

1	794	Cristina Rodrigues	Lebres de Domingo	Veterana F40	02:41:42	+54:13	08:59
2	563	Carmen Viegas	Lebres de Domingo	Veterana F40	02:49:43	+01:02:14	09:26
3	760	Sónia Almeida	Cem Reis	Veterana F40	02:51:28	+01:03:59	09:32
4	545	Natália Estevao	VITÓRIA CLUBE DE LISBOA	Veterana F40	02:51:40	+01:04:11	09:32
5	571	Mónica Rocha	Arrábida Obstacle Runners	Veterana F40	02:54:50	+01:07:21	09:43
6	644	Carla Sofia	Lusco-fusco runners	Veterana F40	02:59:15	+01:11:46	09:58
7	738	Ana Sofia Pereira da Rocha Trancoso	VITÓRIA CLUBE DE LISBOA	Veterana F40	03:10:38	+01:23:09	10:35
8	543	Filipa Castela	Super Vegan Fitness	Veterana F40	03:26:26	+01:38:57	11:28
9	595	VERÓNICA CATARRO	Cem Reis	Veterana F40	03:35:31	+01:48:01	11:58
10	601	Raquel Maria Lopes Oliveira	Grupo Desportivo da Parreira	Veterana F40	03:37:24	+01:49:55	12:05
11	619	Monica Machado Silva	Pinhal Novo a Correr	Veterana F40	03:42:36	+01:55:07	12:22
12	567	LILIANA AZENHA	ARSM - Associação Recreativa de S. Miguel	Veterana F40	03:46:03	+01:58:34	12:34
13	791	Sofia Ambrioso	Individual	Veterana F40	03:57:56	+02:10:27	13:13
14	797	Catarina Morgado	Individual	Veterana F40	04:35:11	+02:47:42	15:17
15	777	Paula Leitão	Individual	Veterana F40	04:35:24	+02:47:55	15:18

Veterana F45

1	739	SILVIA HUERTA BARRIOS	TEAM ISLA SPORT LLORON@S POWER	Veterana F45	02:43:42	+56:13	09:06
2	604	Marianela Figueiredo	Individual	Veterana F45	03:03:09	+01:15:39	10:11
3	649	Leonor Silva	Clube NAUS OCR	Veterana F45	03:10:16	+01:22:47	10:34
4	603	ISABEL CARVALHO	Gin. Qtª do Valbom - AAAIcochete	Veterana F45	03:16:34	+01:29:05	10:55
5	800	Magda Magalhães	Individual	Veterana F45	03:34:14	+01:46:45	11:54
6	702	Dina Brás Marques	Pinhal Novo a Correr	Veterana F45	03:40:10	+01:52:41	12:14

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7	626	Ana Figueira Henrique	Individual	Veterana F45	03:45:20	+01:57:51	12:31
8	725	Sandra Marina	Individual	Veterana F45	03:46:35	+01:59:06	12:35
9	705	Carla Alves	Arrábida Obstacle Runners	Veterana F45	03:47:17	+01:59:48	12:38
10	610	LINA COMPRIDO	Individual	Veterana F45	03:49:01	+02:01:32	12:43
11	641	Sonia Alves	Individual	Veterana F45	03:49:19	+02:01:50	12:44
12	813	Rute Sarmento	Individual	Veterana F45	03:54:54	+02:07:25	13:03
13	744	Sónia Gomes	Os Coxos	Veterana F45	04:11:31	+02:24:02	13:58
14	775	Susana Barão Alves	Cem Reis	Veterana F45	04:49:39	+03:02:09	16:06
15	803	Elsa Loureiro	Four Fast Foot	Veterana F45	04:53:46	+03:06:17	16:19
16	716	Maria Armanda semeao	Individual	Veterana F45	05:01:51	+03:14:22	16:46
17	795	Ana Sofia Costeira Viegas Lopes	Individual	Veterana F45	05:16:10	+03:28:41	17:34

Veterana F50

1	773	Cristina Canário	AD Ialbox	Veterana F50	03:01:25	+01:13:55	10:05
2	684	Sandra Rodrigues	Cem Reis	Veterana F50	03:04:45	+01:17:16	10:16
3	583	Isabel Barra	Gafanhori	Veterana F50	03:28:26	+01:40:57	11:35
4	611	Olívia Cristina Gaspar	Limited Edition Team	Veterana F50	03:42:22	+01:54:53	12:21
5	621	Carla Cardeira	Pinhal Novo a Correr	Veterana F50	03:44:06	+01:56:37	12:27
6	746	Sara Silva	Os Coxos	Veterana F50	04:11:31	+02:24:02	13:58
7	802	Susana Caetano Viana	Four Fast Foot	Veterana F50	04:53:46	+03:06:17	16:19
8	668	Cristina Rainha	GDCTIN Casa da Moeda	Veterana F50	04:58:33	+03:11:04	16:35
9	796	Carmem Dolores Costeira Viegas Vieira	Individual	Veterana F50	05:16:10	+03:28:41	17:34

Veterana F55

1	529	Eugénia Izafas	Federação da Família para a Paz e Unificação	Veterana F55	02:40:55	+53:26	08:56
2	605	Cristina Lavrador	Run&Smile	Veterana F55	03:43:38	+01:56:09	12:25

Veterana F60

1	606	Ana Cartaxo	Tálenos Team	Veterana F60	04:29:49	+02:42:19	14:59
2	622	Carla silva	Individual	Veterana F60	05:23:04	+03:35:35	17:57

Veterano M40

1	519	Sérgio Neves	Individual	Veterano M40	02:07:54	+20:25	07:06
2	514	Fernando Parente	Strong Team	Veterano M40	02:10:25	+22:56	07:13
3	768	Rui Henriques	Serviços Sociais Montepio	Veterano M40	02:12:16	+24:46	07:21
4	672	Alexandre Rodrigues	Individual	Veterano M40	02:13:12	+25:43	07:24
5	816	Paulo Monteiro	Individual	Veterano M40	02:17:03	+29:33	07:37
6	731	Miguel Sobral	AGDAK	Veterano M40	02:18:31	+31:02	07:42
7	550	Carlos Silva Oliveira	Pinhal Novo a Correr	Veterano M40	02:20:17	+32:48	07:48
8	844	Nelson Santos	7 Colinas Runners	Veterano M40	02:28:27	+40:58	08:15

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9	526	Pedro Borregana	Individual	Veterano M40	02:28:36	+41:07	08:15
10	827	Tomás Faria	DT	Veterano M40	02:30:34	+43:05	08:22
11	530	Hélder Delgado	VITÓRIA CLUBE DE LISBOA	Veterano M40	02:33:45	+46:16	08:33
12	729	ANTONIO BRITO	NOCTURNOS DE PAREDES	Veterano M40	02:33:53	+46:24	08:33
13	549	Ricardo Machado	Lebres de Domingo	Veterano M40	02:35:57	+48:27	08:40
14	783	Pedro Gonçalves	Individual	Veterano M40	02:38:11	+50:42	08:47
15	734	Ricardo Rodrigues	Tálenos Team	Veterano M40	02:39:21	+51:52	08:51
16	838	Daniel Madeira	Individual	Veterano M40	02:44:53	+57:24	09:10
17	544	Pedro Sobral	Individual	Veterano M40	02:44:54	+57:25	09:10
18	720	Carlos Brito	Individual	Veterano M40	02:50:13	+01:02:44	09:27
19	728	João Bonito Ribeiro	Individual	Veterano M40	02:52:53	+01:05:23	09:36
20	637	Sergio Bruno Fernandes Alves	Individual	Veterano M40	02:54:06	+01:06:37	09:40
21	573	Hélder Bicho	Individual	Veterano M40	02:54:57	+01:07:28	09:43
22	737	LUIS BASILIO	VITÓRIA CLUBE DE LISBOA	Veterano M40	02:55:02	+01:07:33	09:43
23	521	Miguel Marques	Gangue das 6h10 / PALMELENSE FC	Veterano M40	02:56:26	+01:08:57	09:48
24	757	António Jerónimo	Vara Trail Running	Veterano M40	02:57:02	+01:09:33	09:50
25	635	Vasco Pina Manique	Individual	Veterano M40	03:01:04	+01:13:35	10:04
26	776	Francisco Novera	Individual	Veterano M40	03:02:18	+01:14:49	10:08
27	701	Humberto Lemos	Corrida e caminhada Quinta Conde	Veterano M40	03:02:58	+01:15:29	10:10
28	651	Carlos Marinho	7 Colinas Runners	Veterano M40	03:08:16	+01:20:47	10:28
29	766	Márcio Rodrigues	Individual	Veterano M40	03:13:32	+01:26:03	10:45
30	753	NUNO JOSÉ FERREIRA MORGADO	Individual	Veterano M40	03:13:32	+01:26:03	10:45
31	754	Pedro Águas	Individual	Veterano M40	03:13:44	+01:26:14	10:46
32	645	Mário Filipe Gouveia Vieira	Individual	Veterano M40	03:17:16	+01:29:47	10:58
33	577	Ricardo Ladislau	Individual	Veterano M40	03:18:27	+01:30:58	11:02
34	531	Filipe Pedro	Individual	Veterano M40	03:21:01	+01:33:32	11:10
35	709	José Henrique	Arrábida Obstacle Runners	Veterano M40	03:22:34	+01:35:05	11:15
36	834	Fernando Vaqueiro	DT	Veterano M40	03:23:30	+01:36:01	11:18
37	830	Tiago Machado	DT	Veterano M40	03:23:32	+01:36:03	11:18
38	634	José Califórnia	Individual	Veterano M40	03:23:52	+01:36:23	11:20
39	580	Nelson Lopes	2800 Move	Veterano M40	03:23:55	+01:36:26	11:20
40	788	Jorge Côco	Individual	Veterano M40	03:27:15	+01:39:46	11:31
41	799	Miguel Barros	Individual	Veterano M40	03:30:15	+01:42:46	11:41
42	659	Pedro Gomes Silva	Individual	Veterano M40	03:38:36	+01:51:07	12:09
43	650	Pedro José	Individual	Veterano M40	03:40:17	+01:52:48	12:14
44	643	Pedro Henrique carvalho Barroso	Individual	Veterano M40	03:41:08	+01:53:39	12:17
45	636	Nuno Miguel Barros Madureira	Individual	Veterano M40	03:44:08	+01:56:38	12:27
46	697	Marco Barão	WE TT	Veterano M40	03:44:39	+01:57:10	12:29
47	782	Filipe Salvadinho	Individual	Veterano M40	03:48:10	+02:00:40	12:41
48	698	Gonçalo Silva	WE TT	Veterano M40	03:50:51	+02:03:22	12:50
49	699	Mario Salvado	WE TT	Veterano M40	03:52:45	+02:05:16	12:56
50	640	Vytautas Mickevicius	Individual	Veterano M40	03:52:49	+02:05:19	12:56
51	736	Rui Miguel Costa	Individual	Veterano M40	03:53:29	+02:05:59	12:58
52	772	João Santos	Individual	Veterano M40	04:00:59	+02:13:30	13:23
53	721	Ricardo Parreira	Individual	Veterano M40	04:02:43	+02:15:14	13:29
54	778	Rodrigo Oliveira	Individual	Veterano M40	04:35:24	+02:47:55	15:18

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55	798	Rui Miguel Barradas Lopes	Individual	Veterano M40	05:16:09	+03:28:40	17:34
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Veterano M45

1	505	Pedro Pascoal	Xostrasports Scott Portugal	Veterano M45	01:54:55	+07:25	06:23
2	585	Marco Gomes	Individual	Veterano M45	01:56:25	+08:56	06:28
3	502	Paulo Ferreira	Pinhal Novo a Correr	Veterano M45	01:58:10	+10:41	06:34
4	533	Fabrice Polteau	7 Colinas Runners	Veterano M45	02:15:15	+27:46	07:31
5	560	Mário Oliveira	Os coxos e o Miguel	Veterano M45	02:19:07	+31:38	07:44
6	512	JOAQUIM VELHINHO DIAS	Individual	Veterano M45	02:20:08	+32:39	07:47
7	522	António Silva	Pinhal Novo a Correr	Veterano M45	02:22:54	+35:25	07:56
8	523	Paulo Rato	Individual	Veterano M45	02:23:18	+35:49	07:58
9	539	Nuno Rodrigues	Serviços Sociais Montepio	Veterano M45	02:25:38	+38:09	08:05
10	554	Luís Cruz	Vilaventura Trail	Veterano M45	02:26:09	+38:40	08:07
11	598	Guilherme Hora	OCS-Arrábida Trail Team	Veterano M45	02:26:27	+38:58	08:08
12	562	Jorge Paulino	OCS-Arrábida Trail Team	Veterano M45	02:36:15	+48:46	08:41
13	835	Joao Alpendre	Swimrunners	Veterano M45	02:36:59	+49:30	08:43
14	536	Luis Rodrigo Gonçalves	G D R São Francisco Da Serra	Veterano M45	02:37:41	+50:12	08:46
15	767	Rui Godinho	Serviços Sociais Montepio	Veterano M45	02:38:56	+51:27	08:50
16	532	Jorge Miguel Melo Pereira Pacheco	Runnes do Demo	Veterano M45	02:39:59	+52:30	08:53
17	625	Luís Sousa	Individual	Veterano M45	02:42:11	+54:42	09:01
18	581	Sérgio Aníbal Rodrigues folques	Individual	Veterano M45	02:43:04	+55:35	09:04
19	689	Júlio Costa	Individual	Veterano M45	02:43:37	+56:08	09:05
20	527	Nelson Lourenço	Individual	Veterano M45	02:46:01	+58:32	09:13
21	556	Paulo Jorge Lopes Pinto	Pinhal Novo a Correr	Veterano M45	02:46:45	+59:15	09:16
22	564	Francisco Macheta	Limited Edition Team	Veterano M45	02:47:33	+01:00:04	09:19
23	831	Eurico Ferreira	Individual	Veterano M45	02:48:22	+01:00:53	09:21
24	691	Ângelo Mendes	Individual	Veterano M45	02:48:46	+01:01:17	09:23
25	551	Sérgio Soares	Os coxos e o Miguel	Veterano M45	02:50:44	+01:03:15	09:29
26	574	Pedro Lopes	Vara Trail Running	Veterano M45	02:54:49	+01:07:20	09:43
27	790	André Cordeiro	Individual	Veterano M45	02:55:52	+01:08:22	09:46
28	592	Bruno Perdigão	Os coxos e o Miguel	Veterano M45	02:56:48	+01:09:19	09:49
29	821	Rui Rato	Individual	Veterano M45	02:56:50	+01:09:21	09:49
30	558	Hugo Costa	Viriatos Trail Team	Veterano M45	02:58:59	+01:11:30	09:57
31	662	Luís Almeida	Individual	Veterano M45	03:02:05	+01:14:36	10:07
32	747	João Fragoso	Individual	Veterano M45	03:02:43	+01:15:14	10:09
33	700	António Gonçalves	Corrida e caminhada Quinta Conde	Veterano M45	03:03:21	+01:15:52	10:11
34	587	Nuno Lucas	Tálenos Team	Veterano M45	03:04:53	+01:17:24	10:16
35	570	carlos filipe da silva ludovino	Individual	Veterano M45	03:07:18	+01:19:48	10:24
36	726	Sérgio Reisinho	Individual	Veterano M45	03:09:05	+01:21:36	10:30
37	588	Sérgio Manuel rosa Guerreiro	Individual	Veterano M45	03:09:28	+01:21:59	10:32
38	741	Ricardo Barata	Individual	Veterano M45	03:10:37	+01:23:07	10:35
39	586	Bruno Monteiro	Tálenos Team	Veterano M45	03:12:50	+01:25:21	10:43
40	660	Ricardo Dinis	Individual	Veterano M45	03:14:16	+01:26:47	10:48
41	761	Vasco Almeida	Cem Reis	Veterano M45	03:15:53	+01:28:24	10:52

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42	749	Nuno Pinto	Individual	Veterano M45	03:15:55	+01:28:26	10:53
43	751	Antonio Manuel Antunes Soares Lopes	2800 Move	Veterano M45	03:15:55	+01:28:26	10:53
44	602	Fernando Faria	Tálenos Team	Veterano M45	03:16:35	+01:29:06	10:55
45	655	Paulo Batista	Individual	Veterano M45	03:16:39	+01:29:10	10:56
46	629	Luis Pereira	Os coxos e o Miguel	Veterano M45	03:18:23	+01:30:54	11:01
47	599	Paulo Caldeirinha	Vara Trail Running	Veterano M45	03:18:32	+01:31:03	11:02
48	594	Nuno Sobral	Vara Trail Running	Veterano M45	03:18:32	+01:31:03	11:02
49	704	Rui Rodrigues	Individual	Veterano M45	03:19:52	+01:32:23	11:06
50	671	Alexandre Manuel Silva Teixeira	Individual	Veterano M45	03:31:57	+01:44:28	11:47
51	607	João Soares	Individual	Veterano M45	03:31:59	+01:44:30	11:47
52	657	ALEXANDRE SANTANA	Individual	Veterano M45	03:34:40	+01:47:11	11:56
53	690	João Fernandes	Pinhal Novo a Correr	Veterano M45	03:37:37	+01:50:07	12:05
54	614	Paulo Martins Gonçalves	Clube NAUS OCR	Veterano M45	03:39:13	+01:51:44	12:11
55	642	Nuno caseiro	Lusco-fusco runners	Veterano M45	03:43:02	+01:55:33	12:23
56	584	Fernando Pereira	Individual	Veterano M45	03:45:32	+01:58:03	12:32
57	703	jean mauvoisin delavaud	Individual	Veterano M45	03:55:21	+02:07:52	13:05
58	618	José Nunes	Individual	Veterano M45	04:17:47	+02:30:18	14:19
59	715	José Fernandes	Pinhal Novo a Correr	Veterano M45	04:24:34	+02:37:05	14:42
60	667	Vasco Ferreira	GDCTIN Casa da Moeda	Veterano M45	04:38:14	+02:50:45	15:27
61	623	Pedro Manso	Tálenos Team	Veterano M45	04:40:18	+02:52:49	15:34
62	679	Rodrigo Domingues	PwC Runners	Veterano M45	04:45:11	+02:57:42	15:51

Veterano M50

1	507	Rui Afonso	Individual	Veterano M50	02:11:36	+24:07	07:19
2	517	Silverio Correia	GRUPO DESPORTIVO SANTANDER TOTTA	Veterano M50	02:28:41	+41:12	08:16
3	568	Miguel Rocha	Individual	Veterano M50	02:32:51	+45:21	08:30
4	717	Francisco Lopes	Individual	Veterano M50	02:38:33	+51:04	08:49
5	633	Rui Martins	Individual	Veterano M50	02:38:59	+51:30	08:50
6	819	Paulo Goulart	CFB - Triatlo	Veterano M50	02:39:02	+51:33	08:50
7	823	Paulo Manaças	Individual	Veterano M50	02:41:45	+54:15	08:59
8	632	João Páscoa	Tálenos Team	Veterano M50	02:41:48	+54:19	08:59
9	578	Rui Fernandes	OCR Portugal Lab	Veterano M50	02:42:01	+54:31	09:00
10	710	Pedro Rodrigues	Individual	Veterano M50	02:44:54	+57:25	09:10
11	764	José Frazão	Individual	Veterano M50	02:47:18	+59:49	09:18
12	638	Pedro Mata	St. Peter's International School	Veterano M50	02:47:27	+59:58	09:18
13	785	Rui Teixeira	Individual	Veterano M50	02:52:05	+01:04:36	09:34
14	745	Joao Rodrigues	Os Coxos	Veterano M50	02:55:02	+01:07:33	09:43
15	593	Antonio Caetano	Individual	Veterano M50	03:07:43	+01:20:13	10:26
16	685	Filipe Rodrigues	Cem Reis	Veterano M50	03:09:10	+01:21:41	10:31
17	722	Messias Azevedo	Individual	Veterano M50	03:12:54	+01:25:25	10:43
18	695	Álvaro Fonseca Lopes	Individual	Veterano M50	03:41:11	+01:53:42	12:17
19	818	Luís Matos	Individual	Veterano M50	03:47:06	+01:59:36	12:37
20	538	Miguel Oliveira	Tálenos Team	Veterano M50	03:58:07	+02:10:38	13:14
21	812	Arsénio Feliciano Martins Gonçalves	Individual	Veterano M50	04:09:47	+02:22:18	13:53

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OFFICIAL RESULT

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22	801	Vladimiro Viana	Four Fast Foot	Veterano M50	04:53:45	+03:06:16	16:19
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1	762	José Amândio	Individual	Veterano M55	02:30:51	+43:22	08:23
2	653	Mário Lourenço	Clube de Praças da Armada	Veterano M55	02:38:02	+50:33	08:47
3	707	Paulo Guerreiro	Arrábida Obstacle Runners	Veterano M55	02:39:48	+52:18	08:53
4	596	Luis Santos	Individual	Veterano M55	03:03:46	+01:16:17	10:13
5	711	Flamino Santos	Tálenos Team	Veterano M55	03:10:05	+01:22:36	10:34
6	770	Carlos Cagica	CCD Siemens	Veterano M55	03:30:35	+01:43:06	11:42
7	631	Romão Augusto Ramalho Moita	Limited Edition Team	Veterano M55	04:03:26	+02:15:57	13:31
8	612	Carlos Lavrador	Run&Smile	Veterano M55	04:10:07	+02:22:37	13:54

1	787	Francisco Calvo	Individual	Veterano M60	02:44:24	+56:55	09:08
2	589	Carlos Marques	Talentos Team	Veterano M60	02:52:55	+01:05:26	09:36
3	575	Carlos Bilro	Gangue das 6h10 / PALMELENSE FC	Veterano M60	02:54:15	+01:06:46	09:41
4	832	Manuel Pereira Araújo	Individual	Veterano M60	03:11:57	+01:24:28	10:40
5	608	LUIS MANUEL CONCEICAO MENDES	Clube Millennium BCP	Veterano M60	03:57:05	+02:09:36	13:10

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RANK	TEAM	DESCRIPTION	POINTS
1	PINHAL NOVO A CORRER	6 + 29 + 33	68
2	SERVIÇOS SOCIAIS MONTEPIO	15 + 24 + 36	75
3	OCS-ARRÁBIDA TRAIL TEAM	3 + 38 + 39	80
4	CLUBE NAUS OCR	9 + 20 + 56	85
5	DAY OFF RUNNING TEAM	35 + 65 + 81	181
6	STRENDURE RUNNING TEAM	7 + 55 + 120	182
7	VITÓRIA CLUBE DE LISBOA	23 + 53 + 117	193
8	7 COLINAS RUNNERS	19 + 40 + 149	208
9	TÁLENTOS TEAM	70 + 76 + 86	232
10	OS COXOS E O MIGUEL	27 + 105 + 123	255
11	LIMITED EDITION TEAM	26 + 97 + 221	344
12	DT	44 + 133 + 180	357
13	GANGUE DAS 6H10 / PALMELENSE FC	114 + 121 + 134	369
14	VARA TRAIL RUNNING	115 + 125 + 174	414
15	WE TT	14 + 205 + 211	430

[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	VITÓRIA CLUBE DE LISBOA	1 + 11 + 24	36
2	CEM REIS	10 + 22 + 30	62
3	PINHAL NOVO A CORRER	32 + 34 + 36	102