

20 KM

[illegible]

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	T/KM	CARD
1	1	Ricardo Fonseca	UNIÃO FCI DE TOMAR	01:04:36		03:14	
2	531	Joao Bragadeste	VITORIA FUTEBOL CLUBE	01:06:24	+01:48	03:19	
3	52	José Gaspar	Associação Desportiva de Palmeiros Sintra	01:06:30	+01:54	03:20	
4	163	Diogo RAMALHEIRA	DR_RUNS	01:06:42	+02:06	03:20	
5	274	Luis Margarido	Individual	01:09:06	+04:30	03:27	
6	556	Sérgio Silva	Clube Futebol do Belenenses	01:09:24	+04:48	03:28	
7	548	Luis Filipe de Brito	Run Tejo - Prevent Sprain	01:10:03	+05:27	03:30	
8	12	Simão Pita Groz Albuquerque	ACPortalegre/UTSM	01:11:06	+06:30	03:33	
9	532	Luis Baço	VITORIA FUTEBOL CLUBE	01:11:15	+06:39	03:34	
10	173	Emanuel Diogo	G.D.R. São Francisco da Serra	01:11:24	+06:48	03:34	
11	56	Artur Oliveira	Associação Desportiva de Palmeiros Sintra	01:11:53	+07:17	03:36	
12	495	Roberto Guerreiro	rb running	01:12:15	+07:39	03:37	
13	493	João Mateus	rb running	01:12:21	+07:45	03:37	
14	557	Américo Pereira	Associação Desportiva de Palmeiros Sintra	01:12:24	+07:48	03:37	
15	357	Pedro Ferreira	Individual	01:12:39	+08:03	03:38	
16	492	Hugo Silva	rb running	01:12:48	+08:12	03:38	
17	545	Paulo Alves	GDTINCasa Da Moeda	01:13:07	+08:31	03:39	
18	143	Luís Rufino	Clube Desportivo em Movimento	01:13:29	+08:53	03:40	
19	484	José Santos	Os galgos	01:13:41	+09:05	03:41	
20	183	João Silva	GM 1º Dezembro Queijas	01:14:06	+09:30	03:42	
21	364	Telmo Viegas	Individual	01:14:06	+09:30	03:42	
22	409	Sérgio Paiva	Individual	01:14:53	+10:17	03:45	
23	152	Carlos Lopes	CUA Benaventense - 3B Triatlo	01:15:11	+10:35	03:46	
24	307	Nuno Gonçalo Santos	Individual	01:15:50	+11:14	03:48	
25	311	Pedro Cardoso	Individual	01:15:56	+11:20	03:48	
26	202	Diogo Peseiro	Individual	01:16:22	+11:46	03:49	
27	199	Carlos Miguel Fernandes Pedro	Individual	01:16:48	+12:12	03:50	
28	541	Maria Pia Nehme	Individual	01:16:55	+12:19	03:51	
29	304	Marius Leordean	Individual	01:17:03	+12:27	03:51	
30	55	Álvaro Oliveira	Associação Desportiva de Palmeiros Sintra	01:17:06	+12:30	03:51	
31	285	Telmo Nogueira	Individual	01:17:14	+12:38	03:52	
32	54	Vasco Palma	Associação Desportiva de Palmeiros Sintra	01:17:24	+12:48	03:52	
33	466	Filipe Mota	MARBARIS TEAM	01:17:35	+12:59	03:53	
34	57	Francisco Gonçalves	Associação Desportiva de Palmeiros Sintra	01:17:54	+13:18	03:54	
35	97	Rui Teixeira	CAD A CORRER	01:17:58	+13:22	03:54	
36	296	Gonçalo Martins	Individual	01:18:07	+13:31	03:54	
37	305	Miguel Rodrigues	Individual	01:18:14	+13:38	03:55	
38	336	Henrique Janota	Individual	01:18:32	+13:56	03:56	
39	551	Paulo Benevente	Associação Jorge Pina	01:18:34	+13:58	03:56	
40	148	Céu Nunes	CORRER LISBOA	01:18:36	+14:00	03:56	
41	478	JOÃO SANTOS	Os galgos	01:18:40	+14:04	03:56	
42	242	Sheila Azevedo	Individual	01:18:42	+14:06	03:56	

20 KM

OFFICIAL RESULT

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Official Timekeeper: Lap2Go	2 / 11	generate 30-Oct-2022 12:43
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20 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	121	José Luís Santos	CCDTMetroLX	01:24:48	+20:12	04:14	
89	294	Francisco José dos Santos Teixeira	Individual	01:24:53	+20:17	04:15	
90	515	Dinis Prudencio	Trail Runners portimao	01:25:10	+20:34	04:15	
91	25	Ivandro Moreira	Agualva Runners	01:25:19	+20:43	04:16	
92	29	Joao Bogalheiro	Agualva Runners	01:25:28	+20:52	04:16	
93	263	David Manuel Sampaio Moreira Alfaiate	Individual	01:25:31	+20:55	04:17	
94	553	Rui Rodrigues	Associação Jorge Pina	01:25:34	+20:58	04:17	
95	338	Hugo Miguel Costa Serra dos Santos Silva	Individual	01:25:50	+21:14	04:17	
96	387	José Aleixo	Individual	01:25:54	+21:18	04:18	
97	345	Luís Mendes	Individual	01:25:55	+21:19	04:18	
98	369	Carlos M silva	Individual	01:26:00	+21:24	04:18	
99	49	João Mota	Associação 20kms Almeirim Trail-Running	01:26:05	+21:29	04:18	
100	167	Gonçalo Rodrigues Dias	Escola Atletismo Cartaxo	01:26:15	+21:39	04:19	
101	100	José Durão	CASA DO BENFICA EM ABRANTES	01:26:32	+21:56	04:20	
102	13	Nuno Jorge	ACPortalegre/UTSM	01:26:39	+22:03	04:20	
103	300	Luís Silva	Individual	01:26:55	+22:19	04:21	
104	283	Rolando Reis	Individual	01:26:56	+22:20	04:21	
105	37	Acácio Gomes	ARCD MENDIGA	01:27:00	+22:24	04:21	
106	376	Fernando Castela	Individual	01:27:01	+22:25	04:21	
107	312	Pedro Dias	Individual	01:27:01	+22:25	04:21	
108	352	Paulo Andrade	Individual	01:27:05	+22:29	04:21	
109	77	Jorge Aires	CA Barreira	01:27:08	+22:32	04:21	
110	141	Fernando Janeiro	Clube de Atletismo de Viana do Alentejo / FRIBAIÃO	01:27:14	+22:38	04:22	
111	70	José Varela	Bombeiros Voluntários De Montemor-O-Novo	01:27:20	+22:44	04:22	
112	469	Duarte Vital Brito	NAZABOBODA	01:27:26	+22:50	04:22	
113	455	Paula Alexandra Monteiro Martins	Ingleses FC	01:27:28	+22:52	04:22	
114	323	Agostinho Matos	Individual	01:27:28	+22:52	04:22	
115	279	Pedro Miguel Nunes	Individual	01:27:30	+22:54	04:22	
116	485	Luís Nogueira	Os galgos	01:27:30	+22:54	04:23	
117	412	Vítor José Martins Pires Francisco	Individual	01:27:36	+23:00	04:23	
118	498	Filipe Oliveira	Runners da Frente Ribeirinha da Póvoa de Santa Iria	01:27:38	+23:02	04:23	
119	460	João luis neves Simões	MADRUGAS DE ALMEIRIM RUNNING TEAM	01:27:41	+23:05	04:23	
120	465	MIGUEL PEREIRA	MADRUGAS DE ALMEIRIM RUNNING TEAM	01:27:47	+23:11	04:23	
121	169	Fernando Manuel Bruno Pelarigo	Escola Atletismo Cartaxo	01:28:03	+23:27	04:24	
122	429	Paulo Jorge Lopes da Silva	Individual	01:28:04	+23:28	04:24	
123	165	Paulo Palma	Dream Runners Évora	01:28:21	+23:45	04:25	
124	228	Brigitte Cardoso	Individual	01:28:26	+23:50	04:25	
125	71	Nuno Marques	Bombeiros Voluntários De Montemor-O-Novo	01:28:40	+24:04	04:26	
126	362	Sérgio Pereira	Individual	01:28:53	+24:17	04:27	
127	215	Nuno paixao	Individual	01:29:12	+24:36	04:28	
128	264	Diogo Leite	Individual	01:29:18	+24:43	04:28	
129	341	João Pedro Oliveira	Individual	01:29:21	+24:45	04:28	
130	270	João Fulgêncio	Individual	01:29:25	+24:49	04:28	
131	271	João Saldanha Lopes	Individual	01:29:26	+24:50	04:28	
132	181	Carla Ribeiro	GFD Running	01:29:26	+24:50	04:28	

20 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
133	513	Alexandre Paulo de Jesus Neves e Ferreira santos	SS CGD	01:29:29	+24:53	04:28	
134	48	Luís Froes	Associação 20kms Almeirim Trail-Running	01:29:36	+25:00	04:29	
135	272	Licínio Matos	Individual	01:29:37	+25:01	04:29	
136	130	Vitor Lopes	Chester´s Team	01:29:38	+25:02	04:29	
137	249	Dulcinea silva	Individual	01:29:38	+25:02	04:29	
138	84	CARLOS GONÇALVES	CA VALE FIGUEIRA	01:29:48	+25:12	04:29	
139	378	FERNANDO MARTINS	Individual	01:29:48	+25:12	04:29	
140	216	Rafael Caeiro	Individual	01:29:49	+25:13	04:29	
141	463	Vasco Miguel Fortunato Carvalho	MADRUGAS DE ALMEIRIM RUNNING TEAM	01:29:55	+25:19	04:30	
142	184	Mário Rui Seabra	GRJA	01:30:07	+25:31	04:30	
143	290	Cristinel Sbarna	Individual	01:30:08	+25:32	04:30	
144	391	Luis António Branco Santos	Individual	01:30:10	+25:34	04:30	
145	4	Paulo Eduardo Zambujinho Ferreira Mendes	20km	01:30:11	+25:35	04:31	
146	177	JOAQUIM LEAL	GDRC Ponterrolense	01:30:13	+25:37	04:31	
147	396	Miguel Ribeiro	Individual	01:30:14	+25:38	04:31	
148	281	Ricardo Baleia	Individual	01:30:19	+25:43	04:31	
149	107	Américo Rodrigues	Casa do Benfica em Algueirão Mem Martins	01:30:45	+26:09	04:32	
150	116	Bruno Barbosa	CCDTMetroLX	01:31:03	+26:27	04:33	
151	268	Filipe Jorge de Oliveira Gomes	Individual	01:31:06	+26:30	04:33	
152	324	André Coelho	Individual	01:31:17	+26:41	04:34	
153	3	Jorge Frazão	+corrida Rio Maior	01:31:22	+26:46	04:34	
154	156	Tiago Colaço	Desafios Positivos D+	01:31:41	+27:05	04:35	
155	433	Petru Nemes	Individual	01:31:45	+27:09	04:35	
156	269	Joao Francisco da Luz Velez	Individual	01:31:48	+27:12	04:35	
157	213	Josefan Esmilter Domingos da Silva	Individual	01:31:54	+27:18	04:36	
158	385	Jorge polidoro	Individual	01:31:55	+27:19	04:36	
159	267	Diogo Santos	Individual	01:32:01	+27:25	04:36	
160	277	Pedro García	Individual	01:32:07	+27:31	04:36	
161	230	Joana Hipólito	Individual	01:32:17	+27:41	04:37	
162	516	Hugo Miguel Gamas de Matos	Tramagal Sport União	01:32:21	+27:45	04:37	
163	192	NUNO BARRETO	Habemus Runners	01:32:29	+27:53	04:37	
164	500	Arnaldo Rolo	Runners da Frente Ribeirinha da Póvoa de Santa Iria	01:32:36	+28:00	04:38	
165	125	Manuel Barros Costa	CCDTMetroLX	01:33:06	+28:30	04:39	
166	483	Pedro Gonçalves	Os galgos	01:33:13	+28:37	04:40	
167	337	Horácio Ribeiro	Individual	01:33:14	+28:38	04:40	
168	318	Rodrigo Paúl	Individual	01:33:22	+28:46	04:40	
169	185	Maria Rebola	Grupo Desportivo Diana	01:33:23	+28:47	04:40	
170	361	Rui Sousa	Individual	01:33:24	+28:48	04:40	
171	198	Bruno Silva	Individual	01:33:24	+28:48	04:40	
172	73	Bruno Cunha	C. D. "os águias" de Alpiarça	01:33:33	+28:57	04:41	
173	329	Carlos Miguel Gomes dos Santos	Individual	01:33:34	+28:58	04:41	
174	375	Fernando Andrade	Individual	01:33:36	+29:00	04:41	
175	477	Pedro carvalho	One Buy Shop Runners	01:33:44	+29:08	04:41	
176	298	Luís Carvalho	Individual	01:33:48	+29:12	04:41	
177	443	Jorge Fonseca	Individual	01:33:48	+29:12	04:41	

20 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
178	411	Vitor Galego	Individual	01:33:52	+29:16	04:42	
179	253	Sónia Neves	Individual	01:33:59	+29:23	04:42	
180	523	Bernardo Romão	URD Arranhó	01:34:01	+29:25	04:42	
181	514	Filipe Graça	Team El Comandante	01:34:01	+29:25	04:42	
182	280	Pedro serra	Individual	01:34:02	+29:26	04:42	
183	206	Fabio Silva	Individual	01:34:04	+29:28	04:42	
184	332	Dinis Pedralva Joaquim	Individual	01:34:17	+29:41	04:43	
185	436	rui vasques fonseca	Individual	01:34:20	+29:44	04:43	
186	69	Luís Brito	Bombeiros Voluntários De Montemor-O-Novo	01:34:24	+29:48	04:43	
187	322	Sérgio Pinto	Individual	01:34:28	+29:52	04:43	
188	398	Nuno Cabeça	Individual	01:34:31	+29:55	04:44	
189	221	Sebastião Rasputino	Individual	01:34:32	+29:56	04:44	
190	50	Fábio Alexandre	Associação Desportiva de Palmeiros Sintra	01:34:35	+29:59	04:44	
191	306	Nuno Figueiredo	Individual	01:34:40	+30:04	04:44	
192	96	Carlos França	CAD A CORRER	01:34:43	+30:07	04:44	
193	431	Pedro Carvalho	Individual	01:34:46	+30:10	04:44	
194	331	Daniel Vieira	Individual	01:34:47	+30:11	04:44	
195	388	José Gonçalves	Individual	01:34:49	+30:13	04:44	
196	383	Jorge Ferreira	Individual	01:34:58	+30:22	04:45	
197	328	Carlos Jesus	Individual	01:35:01	+30:25	04:45	
198	315	Ricardo Guedes	Individual	01:35:01	+30:25	04:45	
199	392	Luis Cascão	Individual	01:35:02	+30:26	04:45	
200	554	Carlos Escorcio	Associação Jorge Pina	01:35:10	+30:34	04:46	
201	552	Abulai Dabo	Associação Jorge Pina	01:35:11	+30:35	04:46	
202	61	Luís Neiva	Associação Desportiva de Palmeiros Sintra	01:35:13	+30:37	04:46	
203	458	PAULO SANTOS	Lourdete Perfumarias	01:35:24	+30:48	04:46	
204	380	João Carvalho Esteves	Individual	01:35:29	+30:53	04:46	
205	160	Rui Moreira	Diabetes Team Portugal	01:35:35	+30:59	04:47	
206	30	Henrique ramos	Agualva Runners	01:35:36	+31:00	04:47	
207	499	João Gregório	Runners da Frente Ribeirinha da Póvoa de Santa Iria	01:35:45	+31:09	04:47	
208	88	RUI MENDES	CA VALE FIGUEIRA	01:35:49	+31:13	04:47	
209	343	Jorge Bruno Coelho Mota	Individual	01:35:55	+31:19	04:48	
210	68	Joaquim Freitas	Bombeiros Voluntários De Montemor-O-Novo	01:36:10	+31:34	04:49	
211	166	António Neto	EPMED Apoio Domiciliário	01:36:13	+31:37	04:49	
212	504	Paulo Fernandes	SCALABIS NIGHT RUNNERS	01:36:16	+31:40	04:49	
213	40	Rodrigo Gonçalves da Silva	Associação " A Natureza ensina"	01:36:31	+31:55	04:50	
214	524	Tiago Oliveira	URD Arranhó	01:36:34	+31:58	04:50	
215	326	Antonio Simoes	Individual	01:36:37	+32:01	04:50	
216	102	Cristina Carvalho	Casa do Benfica em Algueirão Mem Martins	01:36:40	+32:04	04:50	
217	439	Germano Silva	Individual	01:36:40	+32:04	04:50	
218	105	Carlos Costa	Casa do Benfica em Algueirão Mem Martins	01:36:40	+32:04	04:50	
219	301	Márcio Marreiros	Individual	01:36:41	+32:05	04:50	
220	422	Jose Fonseca	Individual	01:36:48	+32:12	04:50	
221	150	Madalena Fontinhas	CUA Benaventense - 3B Triatlo	01:36:49	+32:13	04:50	
222	303	Mário Sá	Individual	01:36:50	+32:14	04:50	
223	518	Fernando Manuel Lopes	Treino Personalizado com Mário Sá	01:36:50	+32:14	04:51	

20 KM

OFFICIAL RESULT

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Official Timekeeper: Lap2Go	6 / 11	generate 30-Oct-2022 12:43
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20 KM

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
267	212	José Barreira	Individual	01:41:33	+36:57	05:05	
268	502	Bruno dos Santos	SCALABIS NIGHT RUNNERS	01:41:42	+37:06	05:05	
269	193	Afonso Carvalho	Individual	01:41:42	+37:06	05:05	
270	446	vit0r garrido martins	Individual	01:41:50	+37:14	05:05	
271	353	Paulo Prino	Individual	01:41:52	+37:16	05:06	
272	381	Joaquim Manuel santana Batista	Individual	01:41:58	+37:22	05:06	
273	451	João Moura	Individual	01:42:05	+37:29	05:06	
274	106	Vitor Santos	Casa do Benfica em Algueirão Mem Martins	01:42:10	+37:34	05:06	
275	399	Paulo Lourinho	Individual	01:42:19	+37:43	05:07	
276	258	Alexandre Caetano	Individual	01:42:24	+37:48	05:07	
277	358	pedro miguel monteiro	Individual	01:42:28	+37:52	05:07	
278	119	Nuno Pita	CCDTMetroLX	01:42:41	+38:05	05:08	
279	348	Nuno Lopes	Individual	01:42:50	+38:14	05:09	
280	83	PEDRO ROSENDO	CA VALE FIGUEIRA	01:42:59	+38:23	05:09	
281	540	Fabício Vieira Dias	Individual	01:43:01	+38:25	05:09	
282	31	José Augusto Quinta Bárbara	ÁGUIAS DA ESTRADA	01:43:06	+38:30	05:09	
283	489	Rui Manuel Dias	Pi-Linha Runners	01:43:16	+38:40	05:10	
284	65	Susana Espada	Bombeiros Voluntários De Montemor-O-Novo	01:43:18	+38:42	05:10	
285	397	Miguel Vasconcelos	Individual	01:43:24	+38:48	05:10	
286	38	Basilio Simoes	ARCD Venda d Luisa	01:43:28	+38:52	05:10	
287	342	João Raquel	Individual	01:43:32	+38:56	05:11	
288	520	Francisco Gaspar	UNIÃO FCI DE TOMAR	01:43:32	+38:56	05:11	
289	118	Hugo Pinto	CCDTMetroLX	01:43:40	+39:04	05:11	
290	229	Ilsa costa	Individual	01:43:45	+39:09	05:11	
291	430	Paulo Miguel Tainha	Individual	01:43:49	+39:13	05:11	
292	200	David López Jerez	Individual	01:43:52	+39:16	05:12	
293	170	Luís Monteiro	Escola Atletismo Cartaxo	01:43:54	+39:18	05:12	
294	79	Jorge Agostinho	CA Barreira	01:44:01	+39:25	05:12	
295	76	Daniel Lourenço	CA Barreira	01:44:02	+39:26	05:12	
296	78	Germano Capela	CA Barreira	01:44:02	+39:26	05:12	
297	26	Raquel Alves	Agualva Runners	01:44:03	+39:27	05:12	
298	120	João Pastor	CCDTMetroLX	01:44:11	+39:35	05:13	
299	309	Oleksiy Onishchenko	Individual	01:44:15	+39:39	05:13	
300	10	Diogo Folião	AA Lebres do Sado	01:44:17	+39:41	05:13	
301	432	Pedro Leal	Individual	01:44:23	+39:47	05:13	
302	203	Edgar Serrandário	Individual	01:44:26	+39:50	05:13	
303	295	Gonçalo Águas	Individual	01:44:26	+39:50	05:13	
304	15	Luís Miguel Casimiro Rodrigues	ACPortalegre/UTSM	01:44:26	+39:50	05:13	
305	72	Abilio Catarro	Bombeiros Voluntários De Montemor-O-Novo	01:44:30	+39:54	05:14	
306	66	Graça Malarranha	Bombeiros Voluntários De Montemor-O-Novo	01:44:51	+40:15	05:15	
307	480	Aldina Marques	Os galgos	01:44:56	+40:20	05:15	
308	371	Carlos Peso	Individual	01:45:08	+40:32	05:15	
309	528	Joaquim Nascimento	Vara Trail Running	01:45:14	+40:38	05:16	
310	308	Nuno Leonor	Individual	01:45:23	+40:47	05:16	
311	24	Fábio Júlio	Agualva Runners	01:45:43	+41:07	05:17	
312	379	Humberto Galvão	Individual	01:45:53	+41:17	05:18	

20 KM

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
313	508	António Batalha	SCALABIS NIGHT RUNNERS	01:45:58	+41:22	05:18	
314	227	Ana Simões	Individual	01:46:06	+41:30	05:18	
315	456	Maria Alexandra Nunes Proença	Leão	01:46:07	+41:31	05:18	
316	168	Fernando Catarino	Escola Atletismo Cartaxo	01:46:21	+41:45	05:19	
317	415	Carlos Soares	Individual	01:46:28	+41:52	05:19	
318	93	JOSÉ NETO	CA VALE FIGUEIRA	01:46:29	+41:53	05:19	
319	9	Filipe Tomás	A. C. S. Mamede	01:46:49	+42:13	05:20	
320	286	Alexandre Codinha	Individual	01:46:50	+42:14	05:21	
321	325	António Oliveira	Individual	01:47:02	+42:26	05:21	
322	89	ALBERTO PASCOAL	CA VALE FIGUEIRA	01:47:03	+42:27	05:21	
323	424	José Pedro Carvalho Glória	Individual	01:47:09	+42:33	05:21	
324	491	Bárbara Mateus	rb running	01:47:18	+42:42	05:22	
325	36	Arlindo Frias de Deus	Amigos da Corrida	01:47:19	+42:43	05:22	
326	27	Mariana Rosa Caleiro Grade	Agualva Runners	01:47:20	+42:44	05:22	
327	28	José Gomes	Agualva Runners	01:47:21	+42:45	05:22	
328	423	José Joaquim Fernandes	Individual	01:47:26	+42:50	05:22	
329	153	João Martins	Desafios Positivos D+	01:47:37	+43:01	05:23	
330	126	Orlando Virgilio Silva	CCDTMetroLX	01:47:38	+43:02	05:23	
331	123	Rafael Valente dos Santos	CCDTMetroLX	01:47:39	+43:03	05:23	
332	426	Manuel Francisco Barradas Russo	Individual	01:47:44	+43:08	05:23	
333	53	Nuno Paiva	Associação Desportiva de Palmeiros Sintra	01:47:48	+43:12	05:23	
334	235	Ana Pedreira	Individual	01:48:03	+43:27	05:24	
335	176	Nuno Malaquias	GDBPI	01:48:06	+43:30	05:24	
336	373	Daniel Fernandes	Individual	01:48:08	+43:32	05:24	
337	115	Francisco Pereira	CCD TRANQUILIDADE	01:48:18	+43:42	05:25	
338	201	Diogo Agostinho	Individual	01:48:29	+43:53	05:25	
339	419	Jorge Neto	Individual	01:48:33	+43:57	05:26	
340	251	Mónica Lousã Machado	Individual	01:48:37	+44:01	05:26	
341	438	carlos daniel fernandes catela teixeira	Individual	01:48:38	+44:02	05:26	
342	157	Miguel Loureiro	Desafios Positivos D+	01:48:45	+44:09	05:26	
343	209	João Cunha	Individual	01:49:01	+44:25	05:27	
344	291	David Marques	Individual	01:49:03	+44:27	05:27	
345	260	André Filipe da Costa Ramos	Individual	01:49:05	+44:29	05:27	
346	243	Sofia Bastos	Individual	01:49:13	+44:37	05:28	
347	302	Marco Belo	Individual	01:49:15	+44:39	05:28	
348	265	Diogo Maia Soares	Individual	01:49:15	+44:39	05:28	
349	340	João Costa	Individual	01:49:19	+44:43	05:28	
350	159	Alexandre Silva	Diabetes Team Portugal	01:49:30	+44:54	05:29	
351	161	Nuno Gonçalo Horta Silva	Diabetes Team Portugal	01:49:30	+44:54	05:29	
352	547	Inês Casanova	Individual	01:49:35	+44:59	05:29	
353	154	Blisa Simao	Desafios Positivos D+	01:49:43	+45:07	05:29	
354	131	Fernando Veríssimo	Chester´s Team	01:49:44	+45:08	05:29	
355	129	Jorge Duarte	Chester´s Team	01:49:44	+45:08	05:29	
356	471	Peter Knight	NDCO	01:49:49	+45:13	05:29	
357	117	Leonor Ferreira	CCDTMetroLX	01:49:53	+45:17	05:30	

20 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
358	416	Fernando Costa Campos Alves	Individual	01:49:53	+45:17	05:30	
359	449	Joao Carvalho Jacinto	Individual	01:49:54	+45:18	05:30	
360	2101	Raquel Carvalho	CA VALE FIGUEIRA	01:49:57	+45:21	05:30	
361	104	Rogério Luis	Casa do Benfica em Algueirão Mem Martins	01:50:04	+45:28	05:30	
362	210	João Rosa	Individual	01:50:06	+45:30	05:30	
363	501	Susana Gonçalves Gaspar Ferreira	SCALABIS NIGHT RUNNERS	01:50:17	+45:41	05:31	
364	393	Luís Nunes	Individual	01:51:12	+46:36	05:34	
365	220	Rui Lopes	Individual	01:51:46	+47:10	05:35	
366	390	Luis Afonso	Individual	01:51:52	+47:16	05:36	
367	261	Carlos Cardoso	Individual	01:51:54	+47:18	05:36	
368	481	Sónia Pinto	Os galgos	01:51:55	+47:19	05:36	
369	155	Luis Jacob	Desafios Positivos D+	01:52:10	+47:34	05:36	
370	5	Rui Jorge santos	30 SEGUNDOS AO KM	01:52:10	+47:34	05:37	
371	488	Jorge Paulino	Peniche a Correr	01:52:16	+47:40	05:37	
372	487	Margarida Martins	Peniche a Correr	01:52:16	+47:40	05:37	
373	35	António Gonçalves	Alvercaurbanrunners	01:52:18	+47:42	05:37	
374	464	HUMBERTO NEVES	MADRUGAS DE ALMEIRIM RUNNING TEAM	01:52:27	+47:51	05:37	
375	41	António Pedro Cavaleiro	Associação 20 kms Almeirim	01:52:32	+47:56	05:38	
376	275	Marco Santos	Individual	01:52:35	+47:59	05:38	
377	355	Pedro Carvalho	Individual	01:52:37	+48:01	05:38	
378	360	Rui Manuel Ferreira dos Reis Santos	Individual	01:52:53	+48:17	05:39	
379	503	Nélio Carvalho	SCALABIS NIGHT RUNNERS	01:52:55	+48:19	05:39	
380	507	Nuno Simões	SCALABIS NIGHT RUNNERS	01:52:55	+48:19	05:39	
381	526	Susana Maria Brandão Gomes	Valejas AC	01:53:06	+48:30	05:39	
382	252	Patrícia Xavier Fonseca da Silva	Individual	01:53:10	+48:34	05:40	
383	386	Jorge Venancio Venancio	Individual	01:53:25	+48:49	05:40	
384	75	Amilcar Santana	C.C.D. "O ALVITEJO "	01:53:26	+48:50	05:40	
385	239	LINA MATEUS	Individual	01:53:36	+49:00	05:41	
386	505	Rodrigo Silva	SCALABIS NIGHT RUNNERS	01:54:00	+49:24	05:42	
387	114	Júlio Meireles	CCD PM CASCAIS	01:54:05	+49:29	05:42	
388	233	Adriana Machado	Individual	01:54:16	+49:40	05:43	
389	101	Sónia Ferreira	Casa do Benfica em Algueirão Mem Martins	01:54:21	+49:45	05:43	
390	244	Sónia Loureiro	Individual	01:54:42	+50:06	05:44	
391	389	José Pedro	Individual	01:54:46	+50:10	05:44	
392	262	Claudio Goncalves	Individual	01:54:46	+50:10	05:44	
393	124	Francisco Plinio	CCDTMetroLX	01:55:17	+50:41	05:46	
394	525	Sónia Lopes	URD Arranhó	01:55:17	+50:41	05:46	
395	549	Luis Fernandes	Individual	01:55:20	+50:44	05:46	
396	410	Sérgio Paz	Individual	01:55:21	+50:45	05:46	
397	133	EDUARDO NEVES	Clube Atletismo Amigos de Belém	01:55:52	+51:16	05:48	
398	247	Cláudia Maria Santana Pastor Pires Pepe	Individual	01:55:58	+51:22	05:48	
399	522	André Narciso	URD Arranhó	01:55:59	+51:23	05:48	
400	370	Carlos Magalhães	Individual	01:56:27	+51:51	05:49	
401	238	Helena Sousa	Individual	01:56:40	+52:04	05:50	
402	80	SÓNIA FERNANDES	CA VALE FIGUEIRA	01:56:51	+52:15	05:51	

20 KM

OFFICIAL RESULT

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Official Timekeeper: Lap2Go	10 / 11	generate 30-Oct-2022 12:43
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20 KM

OFFICIAL RESULT

[illegible]

Official Timekeeper: Lap2Go	11 / 11	generate 30-Oct-2022 12:43
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20Km

20 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:00	16.6°C	99%
End	12:36	16.6°C	99%

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

1	547	Inês Casanova	Individual	Senior Feminino	01:49:35		05:29:22
2	6	Isadora Costa	4 ao Km	Senior Feminino	02:04:57	+15:22	06:15:19
3	473	Helena Correia	Onde está a pedra?	Senior Feminino	02:15:44	+26:09	06:47:33

Senior Masculino

1	1	Ricardo Fonseca	UNIÃO FCI DE TOMAR	Senior Masculino	01:04:36	03:14
2	12	Simão Pita Groz Albuquerque	ACPortalegre/UTSM	Senior Masculino	01:11:06	+06:30 03:33
3	173	Emanuel Diogo	G.D.R. São Francisco da Serra	Senior Masculino	01:11:24	+06:48 03:34
4	202	Diogo Peseiro	Individual	Senior Masculino	01:16:22	+11:46 03:49
5	199	Carlos Miguel Fernandes Pedro	Individual	Senior Masculino	01:16:48	+12:11 03:50
6	551	Paulo Benevente	Associação Jorge Pina	Senior Masculino	01:18:34	+13:58 03:56
7	478	JOÃO SANTOS	Os galgos	Senior Masculino	01:18:40	+14:04 03:56
8	64	Samuel Limpinho	Atlético Clube Vermoil	Senior Masculino	01:19:29	+14:53 03:58
9	224	Tiago Andrónico	Individual	Senior Masculino	01:19:52	+15:15 04:00
10	222	Simão Pedro Oliveira Sansana Silva	Individual	Senior Masculino	01:21:24	+16:47 04:04
11	180	Diogo Mourão	GFD Running	Senior Masculino	01:21:51	+17:14 04:06
12	39	Núrio Ramos	Asas nos Pés	Senior Masculino	01:22:07	+17:31 04:06
13	74	Fábio Martins	C.C.D. "O ALVITEJO "	Senior Masculino	01:23:45	+19:08 04:11
14	226	Vitor Hugo Duarte Gomes	Individual	Senior Masculino	01:24:25	+19:49 04:13
15	25	Ivandro Moreira	Agualva Runners	Senior Masculino	01:25:19	+20:43 04:16
16	553	Rui Rodrigues	Associação Jorge Pina	Senior Masculino	01:25:34	+20:57 04:17
17	469	Duarte Vital Brito	NAZABOBODA	Senior Masculino	01:27:26	+22:49 04:22
18	215	Nuno paixao	Individual	Senior Masculino	01:29:12	+24:35 04:28
19	216	Rafael Caeiro	Individual	Senior Masculino	01:29:49	+25:12 04:29
20	116	Bruno Barbosa	CCDTMetroLX	Senior Masculino	01:31:03	+26:26 04:33
21	213	Josefan Esmilter Domingos da Silva	Individual	Senior Masculino	01:31:54	+27:18 04:36
22	198	Bruno Silva	Individual	Senior Masculino	01:33:24	+28:48 04:40
23	523	Bernardo Romão	URD Arranhó	Senior Masculino	01:34:01	+29:25 04:42
24	514	Filipe Graça	Team El Comandante	Senior Masculino	01:34:01	+29:25 04:42
25	206	Fabio Silva	Individual	Senior Masculino	01:34:04	+29:28 04:42
26	221	Sebastião Rasputino	Individual	Senior Masculino	01:34:32	+29:56 04:44
27	50	Fábio Alexandre	Associação Desportiva de Palmeiros Sintra	Senior Masculino	01:34:35	+29:59 04:44
28	552	Abulai Dabo	Associação Jorge Pina	Senior Masculino	01:35:11	+30:34 04:46
29	524	Tiago Oliveira	URD Arranhó	Senior Masculino	01:36:34	+31:58 04:50
30	205	Fábio Gomes	Individual	Senior Masculino	01:38:01	+33:24 04:54
31	539	Francisco Muleta	Federação da Família para a Paz Mundial e Unificação	Senior Masculino	01:38:52	+34:15 04:57
32	550	Filipe Sousa	Associação Jorge Pina	Senior Masculino	01:39:05	+34:29 04:57

Official Timekeeper: Lap2Go	1 / 12	generate 30-Oct-2022 12:43
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20Km

20 KM

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OFFICIAL RESULT

[illegible]

33	496	Rafael Goems	Run Tejo - Prevent Sprain	Senior Masculino	01:39:09	+34:32	04:57
34	225	Tiago Fernandes	Individual	Senior Masculino	01:40:51	+36:15	05:03
35	158	Tiago Nuno Fernandes de Oliveira e Sousa	Diabetes Team Portugal	Senior Masculino	01:41:29	+36:53	05:04
36	212	José Barreira	Individual	Senior Masculino	01:41:33	+36:57	05:05
37	193	Afonso Carvalho	Individual	Senior Masculino	01:41:42	+37:05	05:05
38	540	Fabício Vieira Dias	Individual	Senior Masculino	01:43:01	+38:25	05:09
39	200	David López Jerez	Individual	Senior Masculino	01:43:52	+39:16	05:12
40	10	Diogo Folião	AA Lebres do Sado	Senior Masculino	01:44:17	+39:40	05:13
41	203	Edgar Serrandário	Individual	Senior Masculino	01:44:26	+39:49	05:13
42	24	Fábio Júlio	Agualva Runners	Senior Masculino	01:45:43	+41:07	05:17
43	153	João Martins	Desafios Positivos D+	Senior Masculino	01:47:37	+43:01	05:23
44	201	Diogo Agostinho	Individual	Senior Masculino	01:48:29	+43:52	05:25
45	209	João Cunha	Individual	Senior Masculino	01:49:01	+44:25	05:27
46	210	João Rosa	Individual	Senior Masculino	01:50:06	+45:30	05:30
47	220	Rui Lopes	Individual	Senior Masculino	01:51:46	+47:10	05:35
48	41	António Pedro Cavaleiro	Associação 20 kms Almeirim	Senior Masculino	01:52:32	+47:56	05:38
49	549	Luis Fernandes	Individual	Senior Masculino	01:55:20	+50:44	05:46
50	522	André Narciso	URD Arranhó	Senior Masculino	01:55:59	+51:23	05:48
51	207	Felipe Botelho	Individual	Senior Masculino	01:57:00	+52:24	05:51
52	194	Afonso Teixeira Duarte	Individual	Senior Masculino	02:04:15	+59:39	06:13
53	196	André Ventura Coelho	Individual	Senior Masculino	02:11:29	+01:06:52	06:34
54	223	Telmo Miguel Brás Vieira	Individual	Senior Masculino	02:11:31	+01:06:54	06:35

Veterana F35

1	145	Raquel Cristina Frade Cabaço	Clube Raquel Cabaço	Veterana F35	01:19:04		03:57
2	470	Ana Lourenço	NDCO	Veterana F35	01:24:07	+05:02	04:12
3	228	Brigitte Cardoso	Individual	Veterana F35	01:28:26	+09:21	04:25
4	230	Joana Hipólito	Individual	Veterana F35	01:32:17	+13:12	04:37
5	65	Susana Espada	Bombeiros Voluntários De Montemor-O-Novo	Veterana F35	01:43:18	+24:13	05:10
6	229	Ilsa costa	Individual	Veterana F35	01:43:45	+24:40	05:11
7	227	Ana Simões	Individual	Veterana F35	01:46:06	+27:02	05:18
8	491	Bárbara Mateus	rb running	Veterana F35	01:47:18	+28:13	05:22

Veterana F40

1	541	Maria Pia Nehme	Individual	Veterana F40	01:16:55		03:51
2	242	Sheila Azevedo	Individual	Veterana F40	01:18:42	+01:46	03:56
3	455	Paula Alexandra Monteiro Martins	Ingleses FC	Veterana F40	01:27:28	+10:32	04:22
4	181	Carla Ribeiro	GFD Running	Veterana F40	01:29:26	+12:31	04:28
5	150	Madalena Fontinhas	CUA Benaventense - 3B Triatlo	Veterana F40	01:36:49	+19:53	04:50
6	33	Alexandra Sofia Gonçalves Repolho	Alvercaurbanrunners	Veterana F40	01:37:05	+20:10	04:51
7	237	Cristina Gabriel	Individual	Veterana F40	01:38:27	+21:32	04:55
8	542	Carla Nunes	"PELARIGO	Veterana F40	01:38:45	+21:49	04:56

Official Timekeeper: Lap2Go	2 / 12	generate 30-Oct-2022 12:43
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20Km

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20 KM

OFFICIAL RESULT

[illegible]

9	98	Sandra Ferreira	Casa Benfica Castelo Branco	Veterana F40	01:40:24	+23:29	05:01
10	51	Catarina Palma	Associação Desportiva de Palmeiros Sintra	Veterana F40	01:41:30	+24:34	05:04
11	235	Ana Pedreira	Individual	Veterana F40	01:48:03	+31:08	05:24
12	243	Sofia Bastos	Individual	Veterana F40	01:49:13	+32:18	05:28
13	154	Blisa Simao	Desafios Positivos D+	Veterana F40	01:49:43	+32:48	05:29
14	239	LINA MATEUS	Individual	Veterana F40	01:53:36	+36:41	05:41
15	233	Adriana Machado	Individual	Veterana F40	01:54:16	+37:20	05:43
16	101	Sónia Ferreira	Casa do Benfica em Algueirão Mem Martins	Veterana F40	01:54:21	+37:26	05:43
17	244	Sónia Loureiro	Individual	Veterana F40	01:54:42	+37:46	05:44
18	238	Helena Sousa	Individual	Veterana F40	01:56:40	+39:44	05:50
19	80	SÓNIA FERNANDES	CA VALE FIGUEIRA	Veterana F40	01:56:51	+39:56	05:51
20	509	Inês Vidal	Slowrunners	Veterana F40	02:06:29	+49:34	06:19
21	241	Monica Apolinario	Individual	Veterana F40	02:07:00	+50:05	06:21
22	236	Cátia Pombo Mendes	Individual	Veterana F40	02:07:29	+50:33	06:22
23	555	Vanessa Alves	Os galgos	Veterana F40	02:12:02	+55:07	06:36
24	240	Marisa Lopes Freitas	Individual	Veterana F40	02:18:31	+01:01:35	06:56

Veterana F45

1	148	Céu Nunes	CORRER LISBOA	Veterana F45	01:18:36	03:56
2	249	Dulcinea Silva	Individual	Veterana F45	01:29:38	+11:02 04:29
3	185	Maria Rebola	Grupo Desportivo Diana	Veterana F45	01:33:23	+14:47 04:40
4	253	Sónia Neves	Individual	Veterana F45	01:33:59	+15:22 04:42
5	102	Cristina Carvalho	Casa do Benfica em Algueirão Mem Martins	Veterana F45	01:36:40	+18:04 04:50
6	190	Sandra Monteiro	Habemus Runners	Veterana F45	01:37:43	+19:06 04:53
7	254	Teresa Simoes	Individual	Veterana F45	01:41:06	+22:30 05:03
8	26	Raquel Alves	Agualva Runners	Veterana F45	01:44:03	+25:27 05:12
9	66	Graça Malarranha	Bombeiros Voluntários De Montemor-O-Novo	Veterana F45	01:44:51	+26:15 05:15
10	480	Aldina Marques	Os galgos	Veterana F45	01:44:56	+26:20 05:15
11	456	Maria Alexandra Nunes Proença	Leião	Veterana F45	01:46:07	+27:31 05:18
12	251	Mónica Lousã Machado	Individual	Veterana F45	01:48:37	+30:01 05:26
13	117	Leonor Ferreira	CCDTMetroLX	Veterana F45	01:49:53	+31:17 05:30
14	2101	Raquel Carvalho	CA VALE FIGUEIRA	Veterana F45	01:49:57	+31:21 05:30
15	501	Susana Gonçalves Gaspar Ferreira	SCALABIS NIGHT RUNNERS	Veterana F45	01:50:17	+31:40 05:31
16	481	Sónia Pinto	Os galgos	Veterana F45	01:51:55	+33:18 05:36
17	526	Susana Maria Brandão Gomes	Valejas AC	Veterana F45	01:53:06	+34:29 05:39
18	252	Patrícia Xavier Fonseca da Silva	Individual	Veterana F45	01:53:10	+34:34 05:40
19	525	Sónia Lopes	URD Arranhó	Veterana F45	01:55:17	+36:41 05:46
20	247	Cláudia Maria Santana Pastor Pires Pepe	Individual	Veterana F45	01:55:58	+37:21 05:48
21	11	Lídia Vieira	AA Lebres do Sado	Veterana F45	02:05:41	+47:04 06:17
22	250	Helena Maria Matos Jorge	Individual	Veterana F45	02:10:45	+52:08 06:32
23	164	Rita Palma	Dream Runners Évora	Veterana F45	02:12:05	+53:29 06:36

Official Timekeeper: Lap2Go	3 / 12	generate 30-Oct-2022 12:43
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20Km

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OFFICIAL RESULT

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24	246	Angela Cristina Cruz Martins	Individual	Veterana F45	02:18:31	+59:55	06:56
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Veterana F55

1	27	Mariana Rosa Caleiro Grade	Agualva Runners	Veterana F55	01:47:20	05:22
2	487	Margarida Martins	Peniche a Correr	Veterana F55	01:52:16	+04:55 05:37
3	256	Jeane Figueiredo de Abreu	Individual	Veterana F55	01:57:06	+09:45 05:51
4	257	Júlia Calisto	Individual	Veterana F55	02:02:46	+15:25 06:08
5	255	Beatriz Maria da Silva e Sousa Carreiras	Individual	Veterana F55	02:12:54	+25:34 06:39
6	103	Patricia Pedro	Casa do Benfica em Algueirão Mem Martins	Veterana F55	02:17:33	+30:12 06:53

Veterano M35

1	531	Joao Bragadeste	VITORIA FUTEBOL CLUBE	Veterano M35	01:06:24	03:19
2	163	Diogo RAMALHEIRA	DR_RUNS	Veterano M35	01:06:42	+00:17 03:20
3	274	Luís Margarido	Individual	Veterano M35	01:09:06	+02:41 03:27
4	556	Sérgio Silva	Clube Futebol do Belenenses	Veterano M35	01:09:24	+03:00 03:28
5	493	João Mateus	rb running	Veterano M35	01:12:21	+05:56 03:37
6	492	Hugo Silva	rb running	Veterano M35	01:12:48	+06:23 03:38
7	285	Telmo Nogueira	Individual	Veterano M35	01:17:14	+10:49 03:52
8	82	NELSON RAFAEL	CA VALE FIGUEIRA	Veterano M35	01:19:07	+12:43 03:57
9	146	João Manuel dos Santos André	Clube Raquel Cabaço	Veterano M35	01:19:14	+12:49 03:58
10	43	Filipe Torres	Associação 20kms Almeirim Trail-Running	Veterano M35	01:20:07	+13:43 04:00
11	67	Marco Ribeiro	Bombeiros Voluntários De Montemor-O-Novo	Veterano M35	01:20:43	+14:18 04:02
12	128	Ricardo Maia	Centro Cívico Cultural e Desportivo de Alferrarede Velha	Veterano M35	01:21:20	+14:55 04:04
13	45	Rodrigo Galão	Associação 20kms Almeirim Trail-Running	Veterano M35	01:22:55	+16:30 04:09
14	459	Nuno Silva	MADRUGAS DE ALMEIRIM RUNNING TEAM	Veterano M35	01:23:10	+16:45 04:09
15	127	Luís Pauleta	Centro Cívico Cultural e Desportivo de Alferrarede Velha	Veterano M35	01:24:08	+17:43 04:12
16	263	David Manuel Sampaio Moreira Alfaiate	Individual	Veterano M35	01:25:31	+19:06 04:17
17	167	Gonçalo Rodrigues Dias	Escola Atletismo Cartaxo	Veterano M35	01:26:15	+19:51 04:19
18	283	Rolando Reis	Individual	Veterano M35	01:26:56	+20:31 04:21
19	279	Pedro Miguel Nunes	Individual	Veterano M35	01:27:30	+21:05 04:22
20	264	Diogo Leite	Individual	Veterano M35	01:29:18	+22:54 04:28
21	270	João Fulgêncio	Individual	Veterano M35	01:29:25	+23:00 04:28
22	271	João Saldanha Lopes	Individual	Veterano M35	01:29:26	+23:01 04:28
23	272	Licínio Matos	Individual	Veterano M35	01:29:37	+23:12 04:29
24	281	Ricardo Baleia	Individual	Veterano M35	01:30:19	+23:54 04:31
25	268	Filipe Jorge de Oliveira Gomes	Individual	Veterano M35	01:31:06	+24:41 04:33
26	269	Joao Francisco da Luz Velez	Individual	Veterano M35	01:31:48	+25:23 04:38

Official Timekeeper: Lap2Go	4 / 12	generate 30-Oct-2022 12:43
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20Km

20 KM

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OFFICIAL RESULT

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27	267	Diogo Santos	Individual	Veterano M35	01:32:01	+25:36	04:36
28	277	Pedro García	Individual	Veterano M35	01:32:07	+25:42	04:36
29	516	Hugo Miguel Gamas de Matos	Tramagal Sport União	Veterano M35	01:32:21	+25:56	04:37
30	73	Bruno Cunha	C. D. "os águias" de Alpiarça	Veterano M35	01:33:33	+27:08	04:41
31	477	Pedro carvalho	One Buy Shop Runners	Veterano M35	01:33:44	+27:19	04:41
32	280	Pedro serra	Individual	Veterano M35	01:34:02	+27:37	04:42
33	554	Carlos Escorcio	Associação Jorge Pina	Veterano M35	01:35:10	+28:45	04:46
34	273	Luís Henriques	Individual	Veterano M35	01:37:25	+31:00	04:52
35	259	Álvaro Filipe Algarvio	Individual	Veterano M35	01:41:22	+34:57	05:04
36	502	Bruno dos Santos	SCALABIS NIGHT RUNNERS	Veterano M35	01:41:42	+35:17	05:05
37	258	Alexandre Caetano	Individual	Veterano M35	01:42:24	+36:00	05:07
38	83	PEDRO ROSENDO	CA VALE FIGUEIRA	Veterano M35	01:42:59	+36:34	05:09
39	520	Francisco Gaspar	UNIÃO FCI DE TOMAR	Veterano M35	01:43:32	+37:07	05:11
40	260	André Filipe da Costa Ramos	Individual	Veterano M35	01:49:05	+42:41	05:27
41	265	Diogo Maia Soares	Individual	Veterano M35	01:49:15	+42:50	05:28
42	261	Carlos Cardoso	Individual	Veterano M35	01:51:54	+45:29	05:36
43	275	Marco Santos	Individual	Veterano M35	01:52:35	+46:10	05:38
44	262	Claudio Goncalves	Individual	Veterano M35	01:54:46	+48:21	05:44
45	284	Samuel José Cruz Martins	Individual	Veterano M35	02:03:58	+57:34	06:12
46	476	João Diogo	Onde está a pedra?	Veterano M35	02:11:09	+01:04:44	06:33
47	475	Frederico Carlos Almeida	Onde está a pedra?	Veterano M35	02:11:10	+01:04:45	06:33

Veterano M40

1	495	Roberto Guerreiro	rb running	Veterano M40	01:12:15		03:37
2	545	Paulo Alves	GDTINCasa Da Moeda	Veterano M40	01:13:07	+00:51	03:39
3	143	Luís Rufino	Clube Desportivo em Movimento	Veterano M40	01:13:29	+01:13	03:40
4	183	João Silva	GM 1º Dezembro Queijas	Veterano M40	01:14:06	+01:50	03:41
5	307	Nuno Gonçalves Santos	Individual	Veterano M40	01:15:50	+03:34	03:48
6	311	Pedro Cardoso	Individual	Veterano M40	01:15:56	+03:40	03:48
7	304	Marius Leordean	Individual	Veterano M40	01:17:03	+04:48	03:51
8	296	Gonçalo Martins	Individual	Veterano M40	01:18:07	+05:51	03:54
9	305	Miguel Rodrigues	Individual	Veterano M40	01:18:14	+05:59	03:55
10	494	Pedro Martins	rb running	Veterano M40	01:20:41	+08:25	04:02
11	313	Pedro Martins	Individual	Veterano M40	01:20:59	+08:43	04:03
12	457	Hugo Domingos	Linda-A-Pastora Sporting Clube	Veterano M40	01:21:11	+08:56	04:04
13	188	Ilidio Janeiro	Gurus-Sup	Veterano M40	01:22:00	+09:44	04:06
14	46	Alexandre Diniz	Associação 20kms Almeirim Trail-Running	Veterano M40	01:23:14	+10:59	04:10
15	482	Pedro Cardoso	Os galgos	Veterano M40	01:23:50	+11:35	04:12
16	519	Pedro Filipe Poeira	União Desportiva de Odemira	Veterano M40	01:24:14	+11:58	04:13
17	517	António Manuel Bernardino Ribeiro	Tramagal Sport União	Veterano M40	01:24:31	+12:15	04:14
18	294	Francisco José dos Santos Teixeira	Individual	Veterano M40	01:24:53	+12:37	04:15
19	13	Nuno Jorge	ACPortalegre/UTSM	Veterano M40	01:26:39	+14:23	04:20
20	300	Luis Silva	Individual	Veterano M40	01:26:55	+14:39	04:21
21	312	Pedro Dias	Individual	Veterano M40	01:27:01	+14:45	04:21

Official Timekeeper: Lap2Go	5 / 12	generate 30-Oct-2022 12:43
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20Km

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OFFICIAL RESULT

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22	460	João luis neves Simões	MADRUGAS DE ALMEIRIM RUNNING TEAM	Veterano M40	01:27:41	+15:26	04:23
23	48	Luís Froes	Associação 20kms Almeirim Trail- Running	Veterano M40	01:29:36	+17:20	04:29
24	290	Cristinel Sbarna	Individual	Veterano M40	01:30:08	+17:52	04:30
25	3	Jorge Frazão	+corrida Rio Maior	Veterano M40	01:31:22	+19:06	04:34
26	156	Tiago Colaço	Desafios Positivos D+	Veterano M40	01:31:41	+19:25	04:35
27	318	Rodrigo Paúl	Individual	Veterano M40	01:33:22	+21:06	04:40
28	298	Luís Carvalho	Individual	Veterano M40	01:33:48	+21:32	04:44
29	69	Luís Brito	Bombeiros Voluntários De Montemor-O-Novo	Veterano M40	01:34:24	+22:08	04:43
30	322	Sérgio Pinto	Individual	Veterano M40	01:34:28	+22:12	04:43
31	306	Nuno Figueiredo	Individual	Veterano M40	01:34:40	+22:24	04:44
32	96	Carlos França	CAD A CORRER	Veterano M40	01:34:43	+22:27	04:44
33	315	Ricardo Guedes	Individual	Veterano M40	01:35:01	+22:45	04:45
34	160	Rui Moreira	Diabetes Team Portugal	Veterano M40	01:35:35	+23:19	04:47
35	68	Joaquim Freitas	Bombeiros Voluntários De Montemor-O-Novo	Veterano M40	01:36:10	+23:54	04:49
36	504	Paulo Fernandes	SCALABIS NIGHT RUNNERS	Veterano M40	01:36:16	+24:01	04:49
37	301	Márcio Marreiros	Individual	Veterano M40	01:36:41	+24:25	04:50
38	303	Mário Sá	Individual	Veterano M40	01:36:50	+24:34	04:50
39	34	Álvaro Lente	Alvercaurbanrunners	Veterano M40	01:37:05	+24:50	04:51
40	546	Hugo Barreto	Individual	Veterano M40	01:37:35	+25:19	04:53
41	297	Justino Santos	Individual	Veterano M40	01:37:40	+25:24	04:53
42	497	Paulo Lourenço	Runners da Frente Ribeirinha da Póvoa de Santa Iria	Veterano M40	01:38:02	+25:46	04:54
43	151	Carlos Xavier	CUA Benaventense - 3B Triatlo	Veterano M40	01:38:30	+26:15	04:56
44	320	Rui Lopes Pedro	Individual	Veterano M40	01:39:02	+26:46	04:57
45	191	Tito Alexandre Nascimento	Habemus Runners	Veterano M40	01:40:24	+28:08	05:01
46	287	Bruno Vasconcelos Maia	Individual	Veterano M40	01:41:14	+28:58	05:04
47	309	Oleksiy Onishchenko	Individual	Veterano M40	01:44:15	+31:59	05:13
48	295	Gonçalo Águas	Individual	Veterano M40	01:44:26	+32:10	05:13
49	308	Nuno Leonor	Individual	Veterano M40	01:45:23	+33:07	05:16
50	286	Alexandre Codinha	Individual	Veterano M40	01:46:50	+34:35	05:21
51	28	José Gomes	Agualva Runners	Veterano M40	01:47:21	+35:05	05:22
52	291	David Marques	Individual	Veterano M40	01:49:03	+36:47	05:27
53	302	Marco Belo	Individual	Veterano M40	01:49:15	+36:59	05:28
54	159	Alexandre Silva	Diabetes Team Portugal	Veterano M40	01:49:30	+37:15	05:29
55	5	Rui Jorge santos	30 SEGUNDOS AO KM	Veterano M40	01:52:10	+39:54	05:37
56	503	Nélio Carvalho	SCALABIS NIGHT RUNNERS	Veterano M40	01:52:55	+40:39	05:39
57	505	Rodrigo Silva	SCALABIS NIGHT RUNNERS	Veterano M40	01:54:00	+41:44	05:42
58	133	EDUARDO NEVES	Clube Atletismo Amigos de Belém	Veterano M40	01:55:52	+43:36	05:48
59	317	Ricardo Seródio	Individual	Veterano M40	01:58:49	+46:33	05:56
60	134	RICARDO CANO	Clube Atletismo Amigos de Belém	Veterano M40	02:00:08	+47:52	06:00
61	288	Carlos Andrade	Individual	Veterano M40	02:00:08	+47:52	06:00
62	314	Ricardo Alfeirão	Individual	Veterano M40	02:03:53	+51:38	06:12
63	42	João Cavaleiro	Associação 20 Kms Almeirim	Veterano M40	02:07:01	+54:45	06:21
64	321	Sérgio Manuel Lourenço Marques	Individual	Veterano M40	02:10:33	+58:18	06:32

Official Timekeeper: Lap2Go	6 / 12	generate 30-Oct-2022 12:43
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20Km

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OFFICIAL RESULT

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65	319	RUBEN SILVA	Individual	Veterano M40	02:17:44	+01:05:29	06:53
66	316	Ricardo Mendes	Individual	Veterano M40	02:24:12	+01:11:56	07:13

Veterano M45

1	52	José Gaspar	Associação Desportiva de Palmeiros Sintra	Veterano M45	01:06:30	03:20
2	548	Luis Filipe de Brito	Run Tejo - Prevent Sprain	Veterano M45	01:10:03	+03:32 03:30
3	532	Luis Baço	VITORIA FUTEBOL CLUBE	Veterano M45	01:11:15	+04:44 03:34
4	357	Pedro Ferreira	Individual	Veterano M45	01:12:39	+06:09 03:38
5	364	Telmo Viegas	Individual	Veterano M45	01:14:06	+07:35 03:42
6	54	Vasco Palma	Associação Desportiva de Palmeiros Sintra	Veterano M45	01:17:24	+10:53 03:52
7	97	Rui Teixeira	CAD A CORRER	Veterano M45	01:17:58	+11:27 03:54
8	336	Henrique Janota	Individual	Veterano M45	01:18:32	+12:01 03:56
9	335	Gonçalo Zarco	Individual	Veterano M45	01:19:59	+13:29 04:00
10	512	DELFIN FERREIRA	SR. CAMARNAL	Veterano M45	01:20:13	+13:43 04:01
11	544	João Fulgêncio	Individual	Veterano M45	01:22:09	+15:39 04:06
12	8	Francisco Brígido	A C Batalha	Veterano M45	01:22:15	+15:45 04:07
13	138	RUI COSTA	Clube Atletismo de Ovar	Veterano M45	01:22:37	+16:06 04:08
14	137	DINIS BATISTA	Clube Atletismo de Ovar	Veterano M45	01:23:30	+16:59 04:10
15	506	Luis Manuel Gomes Ferreira	SCALABIS NIGHT RUNNERS	Veterano M45	01:23:46	+17:16 04:11
16	86	JOSÉ LUÍS PEREIRA	CA VALE FIGUEIRA	Veterano M45	01:24:08	+17:37 04:12
17	338	Hugo Miguel Costa Serra dos Santos Silva	Individual	Veterano M45	01:25:50	+19:19 04:17
18	345	Luís Mendes	Individual	Veterano M45	01:25:55	+19:24 04:18
19	49	João Mota	Associação 20kms Almeirim Trail- Running	Veterano M45	01:26:05	+19:34 04:18
20	37	Acácio Gomes	ARCD MENDIGA	Veterano M45	01:27:00	+20:29 04:21
21	352	Paulo Andrade	Individual	Veterano M45	01:27:05	+20:34 04:21
22	77	Jorge Aires	CA Barreira	Veterano M45	01:27:08	+20:37 04:21
23	141	Fernando Janeiro	Clube de Atletismo de Viana do Alentejo / FRIBAIÃO	Veterano M45	01:27:14	+20:43 04:22
24	70	José Varela	Bombeiros Voluntários De Montemor-O-Novo	Veterano M45	01:27:20	+20:49 04:22
25	323	Agostinho Matos	Individual	Veterano M45	01:27:28	+20:57 04:22
26	498	Filipe Oliveira	Runners da Frente Ribeirinha da Póvoa de Santa Iria	Veterano M45	01:27:38	+21:07 04:23
27	71	Nuno Marques	Bombeiros Voluntários De Montemor-O-Novo	Veterano M45	01:28:40	+22:10 04:26
28	362	Sérgio Pereira	Individual	Veterano M45	01:28:53	+22:22 04:27
29	341	João Pedro Oliveira	Individual	Veterano M45	01:29:21	+22:50 04:28
30	84	CARLOS GONÇALVES	CA VALE FIGUEIRA	Veterano M45	01:29:48	+23:17 04:29
31	463	Vasco Miguel Fortunato Carvalho	MADRUGAS DE ALMEIRIM RUNNING TEAM	Veterano M45	01:29:55	+23:24 04:30
32	177	JOAQUIM LEAL	GDRC Ponterrolense	Veterano M45	01:30:13	+23:43 04:31
33	324	André Coelho	Individual	Veterano M45	01:31:17	+24:46 04:34
34	192	NUNO BARRETO	Habemus Runners	Veterano M45	01:32:29	+25:59 04:37
35	483	Pedro Gonçalves	Os galgos	Veterano M45	01:33:13	+26:42 04:40

Official Timekeeper: Lap2Go	7 / 12	generate 30-Oct-2022 12:43
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OFFICIAL RESULT

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36	337	Horácio Ribeiro	Individual	Veterano M45	01:33:14	+26:43	04:40
37	361	Rui Sousa	Individual	Veterano M45	01:33:24	+26:53	04:40
38	329	Carlos Miguel Gomes dos Santos	Individual	Veterano M45	01:33:34	+27:04	04:41
39	332	Dinis Pedralva Joaquim	Individual	Veterano M45	01:34:17	+27:46	04:43
40	331	Daniel Vieira	Individual	Veterano M45	01:34:47	+28:16	04:44
41	328	Carlos Jesus	Individual	Veterano M45	01:35:01	+28:30	04:45
42	499	João Gregório	Runners da Frente Ribeirinha da Póvoa de Santa Iria	Veterano M45	01:35:45	+29:14	04:4
43	343	Jorge Bruno Coelho Mota	Individual	Veterano M45	01:35:55	+29:24	04:48
44	326	Antonio Simoes	Individual	Veterano M45	01:36:37	+30:07	04:50
45	333	Fernando Palma	Individual	Veterano M45	01:36:58	+30:27	04:51
46	529	Nuno Sobral	Vara Trail Running	Veterano M45	01:38:55	+32:25	04:57
47	351	Nuno Miguel Gomes dos Santos	Individual	Veterano M45	01:39:13	+32:42	04:58
48	350	Nuno Manuel Pires Nunes	Individual	Veterano M45	01:40:33	+34:02	05:02
49	327	Bruno Carlos Ferreira Neves	Individual	Veterano M45	01:41:20	+34:50	05:04
50	353	Paulo Prino	Individual	Veterano M45	01:41:52	+35:21	05:06
51	358	pedro miguel monteiro	Individual	Veterano M45	01:42:28	+35:57	05:07
52	119	Nuno Pita	CCDTMetroLX	Veterano M45	01:42:41	+36:11	05:08
53	348	Nuno Lopes	Individual	Veterano M45	01:42:50	+36:20	05:09
54	489	Rui Manuel Dias	Pi-Linha Runners	Veterano M45	01:43:16	+36:45	05:10
55	342	João Raquel	Individual	Veterano M45	01:43:32	+37:01	05:11
56	118	Hugo Pinto	CCDTMetroLX	Veterano M45	01:43:40	+37:10	05:11
57	76	Daniel Lourenço	CA Barreira	Veterano M45	01:44:02	+37:31	05:12
58	15	Luís Miguel Casimiro Rodrigues	ACPortalegre/UTSM	Veterano M45	01:44:26	+37:56	05:13
59	528	Joaquim Nascimento	Vara Trail Running	Veterano M45	01:45:14	+38:43	05:16
60	325	António Oliveira	Individual	Veterano M45	01:47:02	+40:32	05:21
61	53	Nuno Paiva	Associação Desportiva de Palmeiros Sintra	Veterano M45	01:47:48	+41:17	05:23
62	176	Nuno Malaquias	GDBPI	Veterano M45	01:48:06	+41:35	05:24
63	157	Miguel Loureiro	Desafios Positivos D+	Veterano M45	01:48:45	+42:14	05:26
64	340	João Costa	Individual	Veterano M45	01:49:19	+42:49	05:28
65	161	Nuno Gonçalo Horta Silva	Diabetes Team Portugal	Veterano M45	01:49:30	+43:00	05:29
66	129	Jorge Duarte	Chester´s Team	Veterano M45	01:49:44	+43:13	05:29
67	104	Rogério Luis	Casa do Benfica em Algueirão Mem Martins	Veterano M45	01:50:04	+43:34	05:30
68	355	Pedro Carvalho	Individual	Veterano M45	01:52:37	+46:07	05:38
69	360	Rui Manuel Ferreira dos Reis Santos	Individual	Veterano M45	01:52:53	+46:23	05:39
70	507	Nuno Simões	SCALABIS NIGHT RUNNERS	Veterano M45	01:52:55	+46:24	05:39
71	87	NUNO MARTINS	CA VALE FIGUEIRA	Veterano M45	01:58:07	+51:36	05:54
72	344	Luís Isabelinha	Individual	Veterano M45	02:06:16	+59:45	06:19

Veterano M50

1	56	Artur Oliveira	Associação Desportiva de Palmeiros Sintra	Veterano M50	01:11:53	03:36
2	484	José Santos	Os galgos	Veterano M50	01:13:41	+01:48 03:41
3	409	Sérgio Paiva	Individual	Veterano M50	01:14:53	+03:00 03:45

Official Timekeeper: Lap2Go	8 / 12	generate 30-Oct-2022 12:43
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OFFICIAL RESULT

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4	152	Carlos Lopes	CUA Benaventense - 3B Triatlo	Veterano M50	01:15:11	+03:17	03:46
5	55	Álvaro Oliveira	Associação Desportiva de Palmeiros Sintra	Veterano M50	01:17:06	+05:13	03:51
6	466	Filipe Mota	MARBARIS TEAM	Veterano M50	01:17:35	+05:42	03:53
7	57	Francisco Gonçalves	Associação Desportiva de Palmeiros Sintra	Veterano M50	01:17:54	+06:01	03:54
8	99	Jorge Correia	CASA DO BENFICA EM ABRANTES	Veterano M50	01:19:38	+07:45	03:59
9	367	Carlos Albano	Individual	Veterano M50	01:20:00	+08:07	04:00
10	395	Manuel Matos	Individual	Veterano M50	01:20:09	+08:15	04:00
11	394	Luiz Mota	CASA DO BENFICA EM ABRANTES	Veterano M50	01:21:35	+09:41	04:05
12	58	José Silva	Associação Desportiva de Palmeiros Sintra	Veterano M50	01:23:01	+11:07	04:09
13	400	PAULO ROQUE	Individual	Veterano M50	01:24:18	+12:25	04:13
14	533	Jorge Gonçalves	VITORIA FUTEBOL CLUBE	Veterano M50	01:24:33	+12:40	04:14
15	121	José Luís Santos	CCDTMetroLX	Veterano M50	01:24:48	+12:55	04:14
16	515	Dinis Prudencio	Trail Runners portimao	Veterano M50	01:25:10	+13:17	04:15
17	29	Joao Bogalheiro	Aqualva Runners	Veterano M50	01:25:28	+13:35	04:16
18	387	José Aleixo	Individual	Veterano M50	01:25:54	+14:01	04:18
19	369	Carlos M silva	Individual	Veterano M50	01:26:00	+14:07	04:18
20	376	Fernando Castela	Individual	Veterano M50	01:27:01	+15:08	04:21
21	485	Luís Nogueira	Os galgos	Veterano M50	01:27:30	+15:37	04:23
22	412	Vítor José Martins Pires Francisco	Individual	Veterano M50	01:27:36	+15:43	04:23
23	465	MIGUEL PEREIRA	MADRUGAS DE ALMEIRIM RUNNING TEAM	Veterano M50	01:27:47	+15:54	04:23
24	169	Fernando Manuel Bruno Pelarigo	Escola Atletismo Cartaxo	Veterano M50	01:28:03	+16:10	04:24
25	378	FERNANDO MARTINS	Individual	Veterano M50	01:29:48	+17:55	04:29
26	184	Mário Rui Seabra	GRJA	Veterano M50	01:30:07	+18:14	04:30
27	391	Luis António Branco Santos	Individual	Veterano M50	01:30:10	+18:16	04:30
28	396	Miguel Ribeiro	Individual	Veterano M50	01:30:14	+18:21	04:31
29	385	Jorge polidoro	Individual	Veterano M50	01:31:55	+20:02	04:36
30	375	Fernando Andrade	Individual	Veterano M50	01:33:36	+21:43	04:41
31	411	Vítor Galego	Individual	Veterano M50	01:33:52	+21:58	04:42
32	398	Nuno Cabeça	Individual	Veterano M50	01:34:31	+22:37	04:44
33	388	José Gonçalves	Individual	Veterano M50	01:34:49	+22:56	04:44
34	383	Jorge Ferreira	Individual	Veterano M50	01:34:58	+23:05	04:45
35	392	Luis Cascão	Individual	Veterano M50	01:35:02	+23:09	04:45
36	380	João Carvalho Esteves	Individual	Veterano M50	01:35:29	+23:35	04:46
37	88	RUI MENDES	CA VALE FIGUEIRA	Veterano M50	01:35:49	+23:55	04:47
38	105	Carlos Costa	Casa do Benfica em Algueirão Mem Martins	Veterano M50	01:36:40	+24:47	04:50
39	518	Fernando Manuel Lopes	Treino Personalizado com Mário Sá	Veterano M50	01:36:50	+24:57	04:51
40	372	Carlos Santos	Individual	Veterano M50	01:38:27	+26:34	04:55
41	365	António Iria	Individual	Veterano M50	01:39:20	+27:27	04:58
42	16	Paulo Rodrigues	ACPortalegre/UTSM	Veterano M50	01:39:24	+27:31	04:58
43	490	Artur Denominato	Pi-Linha Runners	Veterano M50	01:39:29	+27:36	04:58
44	17	Sérgio Rui da Silveira Lanca Carinhas	ACPortalegre/UTSM	Veterano M50	01:41:31	+29:37	05:00

Official Timekeeper: Lap2Go	9 / 12	generate 30-Oct-2022 12:43
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20Km

20 KM

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45	381	Joaquim Manuel santana Batista	Individual	Veterano M50	01:41:58	+30:05	05:06
46	106	Vitor Santos	Casa do Benfica em Algueirão Mem Martins	Veterano M50	01:42:10	+30:17	05:06
47	399	Paulo Lourinho	Individual	Veterano M50	01:42:19	+30:25	05:07
48	397	Miguel Vasconcelos	Individual	Veterano M50	01:43:24	+31:31	05:10
49	120	João Pastor	CCDTMetroLX	Veterano M50	01:44:11	+32:18	05:13
50	371	Carlos Peso	Individual	Veterano M50	01:45:08	+33:15	05:15
51	379	Humberto Galvão	Individual	Veterano M50	01:45:53	+34:00	05:18
52	168	Fernando Catarino	Escola Atletismo Cartaxo	Veterano M50	01:46:21	+34:28	05:19
53	373	Daniel Fernandes	Individual	Veterano M50	01:48:08	+36:14	05:24
54	393	Luís Nunes	Individual	Veterano M50	01:51:12	+39:19	05:34
55	390	Luis Afonso	Individual	Veterano M50	01:51:52	+39:58	05:36
56	155	Luis Jacob	Desafios Positivos D+	Veterano M50	01:52:10	+40:16	05:36
57	464	HUMBERTO NEVES	MADRUGAS DE ALMEIRIM RUNNING TEAM	Veterano M50	01:52:27	+40:33	05:37
58	386	Jorge Venancio Venancio	Individual	Veterano M50	01:53:25	+41:32	05:40
59	389	José Pedro	Individual	Veterano M50	01:54:46	+42:53	05:44
60	410	Sérgio Paz	Individual	Veterano M50	01:55:21	+43:27	05:46
61	370	Carlos Magalhães	Individual	Veterano M50	01:56:27	+44:34	05:49
62	374	Duarte Porém	Individual	Veterano M50	01:57:46	+45:53	05:53
63	403	Rafael Azriel	Individual	Veterano M50	02:00:42	+48:49	06:02
64	406	Ricardo Matos	Individual	Veterano M50	02:01:23	+49:30	06:04
65	122	Rui Pastor	CCDTMetroLX	Veterano M50	02:02:36	+50:43	06:08
66	7	Vitor Gonçalves	4 ao Km	Veterano M50	02:04:57	+53:04	06:15

Veterano M55

1	557	Américo Pereira	Associação Desportiva de Palmeiros Sintra	Veterano M55	01:12:24	03:37
2	425	Luis Pereira	Individual	Veterano M55	01:20:08	+07:44 04:00
3	23	João Correia	ADR Amigos do Atletismo de Avis	Veterano M55	01:21:42	+09:18 04:05
4	90	ALEXANDRE EVARISTO	CA VALE FIGUEIRA	Veterano M55	01:22:45	+10:21 04:08
5	60	José Lopes	Associação Desportiva de Palmeiros Sintra	Veterano M55	01:22:57	+10:33 04:09
6	534	Luis Trigo	VITORIA FUTEBOL CLUBE	Veterano M55	01:24:33	+12:09 04:14
7	100	José Durão	CASA DO BENFICA EM ABRANTES	Veterano M55	01:26:32	+14:08 04:20
8	429	Paulo Jorge Lopes da Silva	Individual	Veterano M55	01:28:04	+15:40 04:24
9	165	Paulo Palma	Dream Runners Évora	Veterano M55	01:28:21	+15:57 04:25
10	513	Alexandre Paulo de Jesus Neves e Ferreira santos	SS CGD	Veterano M55	01:29:29	+17:05 04:28
11	130	Vitor Lopes	Chester's Team	Veterano M55	01:29:38	+17:14 04:29
12	4	Paulo Eduardo Zambujinho Ferreira Mendes	20km	Veterano M55	01:30:11	+17:47 04:31
13	433	Petru Nemes	Individual	Veterano M55	01:31:45	+19:21 04:35
14	500	Arnaldo Rolo	Runners da Frente Ribeirinha da Póvoa de Santa Iria	Veterano M55	01:32:36	+20:12 04:38
15	436	rui vasques fonseca	Individual	Veterano M55	01:34:20	+21:55 04:43

Official Timekeeper: Lap2Go	10 / 12	generate 30-Oct-2022 12:43
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20Km

20 KM

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16	431	Pedro Carvalho	Individual	Veterano M55	01:34:46	+22:22	04:44
17	61	Luís Neiva	Associação Desportiva de Palmeiros Sintra	Veterano M55	01:35:13	+22:49	04:46
18	458	PAULO SANTOS	Lourdete Perfumarias	Veterano M55	01:35:24	+23:00	04:46
19	40	Rodrigo Gonçalves da Silva	Associação " A Natureza ensina"	Veterano M55	01:36:31	+24:07	04:50
20	422	Jose Fonseca	Individual	Veterano M55	01:36:48	+24:24	04:50
21	414	Ántónio Grilo	Individual	Veterano M55	01:39:11	+26:47	04:58
22	59	José Duarte	Associação Desportiva de Palmeiros Sintra	Veterano M55	01:39:16	+26:51	04:58
23	19	João Paulo Coelho Silva Albuquerque	ACPortalegre/UTSM	Veterano M55	01:40:53	+28:29	05:03
24	428	Mário Correia	Individual	Veterano M55	01:40:54	+28:30	05:03
25	31	José Augusto Quinta Bárbara	ÁGUIAS DA ESTRADA	Veterano M55	01:43:06	+30:42	05:09
26	38	Basílio Simoes	ARCD Venda d Luisa	Veterano M55	01:43:28	+31:04	05:10
27	430	Paulo Miguel Tainha	Individual	Veterano M55	01:43:49	+31:25	05:11
28	170	Luís Monteiro	Escola Atletismo Cartaxo	Veterano M55	01:43:54	+31:29	05:12
29	78	Germano Capela	CA Barreira	Veterano M55	01:44:02	+31:38	05:12
30	432	Pedro Leal	Individual	Veterano M55	01:44:23	+31:59	05:13
31	415	Carlos Soares	Individual	Veterano M55	01:46:28	+34:04	05:19
32	89	ALBERTO PASCOAL	CA VALE FIGUEIRA	Veterano M55	01:47:03	+34:38	05:21
33	424	José Pedro Carvalho Glória	Individual	Veterano M55	01:47:09	+34:45	05:21
34	423	José Joaquim Fernandes	Individual	Veterano M55	01:47:26	+35:02	05:22
35	123	Rafael Valente dos Santos	CCDTMetroLX	Veterano M55	01:47:39	+35:15	05:23
36	426	Manuel Francisco Barradas Russo	Individual	Veterano M55	01:47:44	+35:20	05:23
37	115	Francisco Pereira	CCD TRANQUILIDADE	Veterano M55	01:48:18	+35:53	05:25
38	419	Jorge Neto	Individual	Veterano M55	01:48:33	+36:08	05:26
39	416	Fernando Costa Campos Alves	Individual	Veterano M55	01:49:53	+37:29	05:30
40	488	Jorge Paulino	Peniche a Correr	Veterano M55	01:52:16	+39:52	05:37
41	91	José Marques	CA VALE FIGUEIRA	Veterano M55	01:56:51	+44:27	05:51
42	486	Fernando Oliveira	OS LENTOS	Veterano M55	01:58:04	+45:40	05:54

Veterano M60

1	107	Américo Rodrigues	Casa do Benfica em Algueirão Mem Martins	Veterano M60	01:30:45	04:32
2	443	Jorge Fonseca	Individual	Veterano M60	01:33:48	+03:02 04:41
3	30	Henrique ramos	Agualva Runners	Veterano M60	01:35:36	+04:51 04:47
4	439	Germano Silva	Individual	Veterano M60	01:36:40	+05:54 04:50
5	32	Alberto Almeida Santos	ÂGUIAS DA ESTRADA	Veterano M60	01:37:20	+06:34 04:52
6	20	Emílio Paulino	ACPortalegre/UTSM	Veterano M60	01:37:28	+06:42 04:52
7	437	CARLOS CRUZ	Individual	Veterano M60	01:40:43	+09:57 05:02
8	446	vit0r garrido martins	Individual	Veterano M60	01:41:50	+11:04 05:05
9	79	Jorge Agostinho	CA Barreira	Veterano M60	01:44:01	+13:16 05:12
10	438	carlos daniel fernandes catela teixeira	Individual	Veterano M60	01:48:38	+17:52 05:26
11	131	Fernando Veríssimo	Chester´s Team	Veterano M60	01:49:44	+18:58 05:29
12	471	Peter Knight	NDCO	Veterano M60	01:49:49	+19:03 05:29
13	35	António Gonçalves	Alvercaurbanrunners	Veterano M60	01:52:18	+21:32 05:37
14	444	José Cavaco	Individual	Veterano M60	01:57:53	+27:07 05:54

20Km

20 KM

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OFFICIAL RESULT

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15	440	João Calisto	Individual	Veterano M60	02:02:11	+31:25	06:07
16	441	João Coutinho	Individual	Veterano M60	02:04:06	+33:20	06:12
17	442	joaquim santos	Individual	Veterano M60	02:05:25	+34:39	06:16
18	108	Joaquim Mónica	Casa do Benfica em Algueirão Mem Martins	Veterano M60	02:17:33	+46:47	06:53
19	445	MARIO PIRES	Individual	Veterano M60	02:18:05	+47:19	06:54
20	447	Vítor Manuel Medeiros Fernandes	Individual	Veterano M60	02:35:27	+01:04:41	07:46

Veterano M65

1	125	Manuel Barros Costa	CCDTMetroLX	Veterano M65	01:33:06	04:39
2	166	António Neto	EPMED Apoio Domiciliário	Veterano M65	01:36:13	+03:06 04:49
3	521	Manuel Martins	UNIÃO FCI DE TOMAR	Veterano M65	01:37:47	+04:40 04:53
4	109	José Inocencio	Casa do Benfica em Algueirão Mem Martins	Veterano M65	01:37:53	+04:47 04:54
5	94	VÍTOR AMADO	CA VALE FIGUEIRA	Veterano M65	01:41:06	+07:59 05:03
6	451	João Moura	Individual	Veterano M65	01:42:05	+08:58 05:06
7	72	Abilio Catarro	Bombeiros Voluntários De Montemor-O-Novo	Veterano M65	01:44:30	+11:23 05:14
8	508	António Batalha	SCALABIS NIGHT RUNNERS	Veterano M65	01:45:58	+12:51 05:18
9	93	JOSÉ NETO	CA VALE FIGUEIRA	Veterano M65	01:46:29	+13:22 05:19
10	9	Filipe Tomás	A. C. S. Mamede	Veterano M65	01:46:49	+13:42 05:20
11	36	Arlindo Frias de Deus	Amigos da Corrida	Veterano M65	01:47:19	+14:12 05:22
12	126	Orlando Virgilio Silva	CCDTMetroLX	Veterano M65	01:47:38	+14:32 05:23
13	449	Joao Carvalho Jacinto	Individual	Veterano M65	01:49:54	+16:47 05:30
14	75	Amilcar Santana	C.C.D. "O ALVITEJO "	Veterano M65	01:53:26	+20:19 05:40
15	114	Júlio Meireles	CCD PM CASCAIS	Veterano M65	01:54:05	+20:58 05:42
16	124	Francisco Plinio	CCDTMetroLX	Veterano M65	01:55:17	+22:10 05:46
17	136	GILBERTO GONÇALVES	Clube Atletismo Amigos de Belém	Veterano M65	02:04:20	+31:13 06:13
18	62	Jaime Silva	Associação Desportiva de Palmeiros Sintra	Veterano M65	02:06:37	+33:30 06:20
19	92	JOSÉ LINDO	CA VALE FIGUEIRA	Veterano M65	02:21:10	+48:03 07:03
20	453	Malcolm Paul Barber	Individual	Veterano M65	02:25:23	+52:16 07:16

20 KM

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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1	547	Inês Casanova	Individual	Senior Feminino	01:49:35	05:29
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1	202	Diogo Peseiro	Individual	Senior Masculino	01:16:22	03:49
2	199	Carlos Miguel Fernandes Pedro	Individual	Senior Masculino	01:16:48	+00:25 03:50
3	224	Tiago Andrónico	Individual	Senior Masculino	01:19:52	+03:29 04:00
4	222	Simão Pedro Oliveira Sansana Silva	Individual	Senior Masculino	01:21:24	+05:01 04:04
5	226	Vitor Hugo Duarte Gomes	Individual	Senior Masculino	01:24:25	+08:03 04:13
6	212	José Barreira	Individual	Senior Masculino	01:41:33	+25:11 05:05
7	220	Rui Lopes	Individual	Senior Masculino	01:51:46	+35:23 05:35
8	41	António Pedro Cavaleiro	Associação 20 kms Almeirim	Senior Masculino	01:52:32	+36:10 05:38
9	549	Luis Fernandes	Individual	Senior Masculino	01:55:20	+38:57 05:46

1	230	Joana Hipólito	Individual	Veterana F35	01:32:17	04:37
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1	239	LINA MATEUS	Individual	Veterana F40	01:53:36	05:41:23
2	241	Monica Apolinario	Individual	Veterana F40	02:07:00	+13:23 06:21:53
3	236	Cátia Pombo Mendes	Individual	Veterana F40	02:07:29	+13:52 06:22:28
4	240	Marisa Lopes Freitas	Individual	Veterana F40	02:18:31	+24:54 06:56:59

1	250	Helena Maria Matos Jorge	Individual	Veterana F45	02:10:45	06:32
2	246	Angela Cristina Cruz Martins	Individual	Veterana F45	02:18:31	+07:46 06:56

1	43	Filipe Torres	Associação 20kms Almeirim Trail-Running	Veterano M35	01:20:07	04:00
2	45	Rodrigo Galão	Associação 20kms Almeirim Trail-Running	Veterano M35	01:22:55	+02:47 04:09
3	270	João Fulgêncio	Individual	Veterano M35	01:29:25	+09:17 04:28
4	271	João Saldanha Lopes	Individual	Veterano M35	01:29:26	+09:18 04:28

20Km - CONCELHO

20 KM

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OFFICIAL RESULT

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5	267	Diogo Santos	Individual	Veterano M35	01:32:01	+11:53	04:36
6	277	Pedro García	Individual	Veterano M35	01:32:07	+11:59	04:36
7	261	Carlos Cardoso	Individual	Veterano M35	01:51:54	+31:46	05:36

Veterano M40

1	296	Gonalo Martins	Individual	Veterano M40	01:18:07	03:54
2	46	Alexandre Diniz	Associao 20kms Almeirim Trail-Running	Veterano M40	01:23:14	+05:07 04:10
3	460	Joo luis neves Simoes	MADRUGAS DE ALMEIRIM RUNNING TEAM	Veterano M40	01:27:41	+09:34 04:23
4	48	Lus Froes	Associao 20kms Almeirim Trail-Running	Veterano M40	01:29:36	+11:28 04:29
5	320	Rui Lopes Pedro	Individual	Veterano M40	01:39:02	+20:54 04:57
6	295	Gonalo guas	Individual	Veterano M40	01:44:26	+26:18 05:13
7	308	Nuno Leonor	Individual	Veterano M40	01:45:23	+27:15 05:16
8	42	Joo Cavaleiro	Associao 20 Kms Almeirim	Veterano M40	02:07:01	+48:53 06:21

Veterano M45

1	463	Vasco Miguel Fortunato Carvalho	MADRUGAS DE ALMEIRIM RUNNING TEAM	Veterano M45	01:29:55	04:30
2	328	Carlos Jesus	Individual	Veterano M45	01:35:01	+05:05 04:45
3	350	Nuno Manuel Pires Nunes	Individual	Veterano M45	01:40:33	+10:37 05:02
4	348	Nuno Lopes	Individual	Veterano M45	01:42:50	+12:55 05:09
5	129	Jorge Duarte	Chester's Team	Veterano M45	01:49:44	+19:48 05:29

Veterano M50

1	400	PAULO ROQUE	Individual	Veterano M50	01:24:18		04:13
2	465	MIGUEL PEREIRA	MADRUGAS DE ALMEIRIM RUNNING TEAM	Veterano M50	01:27:47	+03:29	04:23
3	383	Jorge Ferreira	Individual	Veterano M50	01:34:58	+10:40	04:45
4	380	João Carvalho Esteves	Individual	Veterano M50	01:35:29	+11:10	04:46
5	464	HUMBERTO NEVES	MADRUGAS DE ALMEIRIM RUNNING TEAM	Veterano M50	01:52:27	+28:08	05:37

Veterano M55

1	130	Vitor Lopes	Chester's Team	Veterano M55	01:29:38	04:29
2	4	Paulo Eduardo Zambujinho Ferreira Mendes	20km	Veterano M55	01:30:11	+00:32 04:31
3	426	Manuel Francisco Barradas Russo	Individual	Veterano M55	01:47:44	+18:05 05:23



20 KM

OFFICIAL RESULT

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Official Timekeeper: Lap2Go	1 / 1	generate 30-Oct-2022 12:43
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10 KM

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	T/KM	CARD
1	530	Hugo Rodrigues	VITORIA FUTEBOL CLUBE	33:02		03:18	
2	2369	Gilson Tavares	Associação Desportiva de Palmeiros Sintra	34:12	+01:10	03:25	
3	2005	Mário Almeida	A.R Luz e Vida Gondomarense	34:30	+01:28	03:27	
4	2106	Pedro Coutinho	CASA DO BENFICA EM ABRANTES	34:37	+01:35	03:28	
5	2342	PEDRO RIBEIRO	SR. CAMARNAL	34:44	+01:42	03:28	
6	2124	Nuno Oliveira	CUA Benaventense - 3B Triatlo	35:30	+02:28	03:33	
7	2049	JOÃO CARVALHO	ARCD MENDIGA	36:40	+03:38	03:40	
8	2243	Edgar Frazão	Individual	36:48	+03:46	03:41	
9	2290	Nuno Miguel Manteigas Romão	Individual	37:02	+04:00	03:42	
10	2163	Nuno Silva	HeCaTEAM	37:09	+04:07	03:43	
11	2160	Paulo Almeida	GFD Running	38:02	+05:00	03:48	
12	2281	Luis Fernandes	Individual	38:16	+05:14	03:50	
13	2043	Daniel Carpinteiro	ARCD MENDIGA	38:23	+05:21	03:50	
14	2245	Filipe Paixão	Individual	38:24	+05:22	03:50	
15	2139	PEDRO PORFÍRIO	GDRC Ponterrolense	38:48	+05:46	03:53	
16	2072	Hugo Borges	Associação Desportiva de Palmeiros Sintra	39:08	+06:06	03:55	
17	2366	Vera Nunes	GFD Running	39:31	+06:29	03:57	
18	2094	David Nogueira	CA VALE FIGUEIRA	39:46	+06:44	03:59	
19	2000	Inês Henriques	Clube Natação de Rio Maior	39:58	+06:56	04:00	
20	2128	Paulo Chainho	G.D.R. São Francisco da Serra	40:28	+07:26	04:03	
21	2138	PATRICK LIMA	GDRC Ponterrolense	40:35	+07:33	04:03	
22	2337	João Paulino	RX Runners	40:50	+07:48	04:05	
23	2336	João Luz	RX Runners	40:50	+07:48	04:05	
24	2086	João Rafael	C. D. "os águias" de Alpiarça	40:55	+07:53	04:06	
25	2333	Artur Carvalho	Os galgos	40:58	+07:56	04:06	
26	2111	Pedro Silva	Casas Adriano Astromil Clube	41:23	+08:21	04:08	
27	2349	Bruno Catarino	Tramagal Sport União	41:38	+08:36	04:10	
28	2130	Nélio Barata	GDC FOROS DO ARRÃO	42:33	+09:31	04:15	
29	2024	Rui Loureiro	A20kms-Desportos de Montanha	42:43	+09:41	04:16	
30	2231	Bruno Martinho	Individual	42:47	+09:45	04:17	
31	2351	José Manuel Moreira de Andrade	Tramagal Sport União	42:55	+09:53	04:18	
32	2280	Leonardo Miguel Pereira Aniceto	Individual	43:02	+10:00	04:18	
33	2246	Flavio Boto	Individual	43:09	+10:07	04:19	
34	2334	Eurico Nicho	Os galgos	43:14	+10:12	04:19	
35	2159	Nelson Esteves	GFD Running	43:30	+10:28	04:21	
36	2367	Ernesto Ferreira	GFD Running	43:30	+10:28	04:21	
37	2365	Artur Pinto	GFD Running	43:31	+10:29	04:21	
38	2156	António Silva	GFD Running	43:31	+10:29	04:21	
39	2109	Manuel Oliveira	Casas Adriano Astromil Clube	43:42	+10:40	04:22	
40	2150	Manuel Bacatelo	GFAS	44:26	+11:24	04:27	
41	179	ABIGAIL B SMITH	GFAS	44:26	+11:24	04:27	
42	2048	HUGO FERREIRA	ARCD MENDIGA	44:31	+11:29	04:27	

10 KM

OFFICIAL RESULT

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Official Timekeeper: Lap2Go	2 / 7	generate 30-Oct-2022 12:35
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10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	2089	CONCEIÇÃO PEREIRA	CA VALE FIGUEIRA	50:02	+17:00	05:00	
90	2265	João Manuel Rosário Marques	Individual	50:03	+17:01	05:00	
91	2035	Manuel Pardal	AA Lebres do Sado	50:04	+17:02	05:00	
92	2034	José Sá	AA Lebres do Sado	50:05	+17:03	05:00	
93	2137	GABRIEL FIGUEIREDO	GDRC Ponterrolense	50:10	+17:08	05:01	
94	2164	Adelaide Pereira	Individual	50:39	+17:37	05:04	
95	2226	Antonio Madeira	Individual	50:49	+17:47	05:05	
96	2303	Pedro Pinto	Individual	50:50	+17:48	05:05	
97	2189	Dora Santos	Individual	51:00	+17:58	05:06	
98	2023	Rafael Ferreira	A20kms-Desportos de Montanha	51:34	+18:32	05:09	
99	2286	Luis Vale	Individual	51:36	+18:34	05:10	
100	2152	MANUEL RIBEIRO DE ALMEIDA	GFAS	51:40	+18:38	05:10	
101	292	DIOGO LOPES	Individual	51:41	+18:39	05:10	
102	2136	ANTONIO INACIO	GDRC Ponterrolense	51:45	+18:43	05:11	
103	2287	Manuel Pires	Individual	52:06	+19:04	05:13	
104	2117	Jaime Beato	Centro Escolar Republicano Tenente Valdez	52:08	+19:06	05:13	
105	2116	Carla Costa	Centro Escolar Republicano Tenente Valdez	52:08	+19:06	05:13	
106	2313	Rui Miguel Guia Gameiro	Individual	52:11	+19:09	05:13	
107	2269	Joaquim Horta Pinto	Individual	52:14	+19:12	05:13	
108	2022	Pedro Matos	A20kms-Desportos de Montanha	52:14	+19:12	05:13	
109	2302	Pedro Narciso	Individual	52:19	+19:17	05:14	
110	2228	Benjamim Ribeiro Gomes Pereira	Individual	52:27	+19:25	05:15	
111	2020	José Júlio	A20kms-Desportos de Montanha	52:28	+19:26	05:15	
112	2154	TIAGO CESTEIRO	GFAS	52:30	+19:28	05:15	
113	2184	Cátia Raquel Travessa Monteiro	Individual	52:37	+19:35	05:16	
114	2185	Cláudia Sofia	Individual	52:43	+19:41	05:16	
115	2140	Antonio Queiroz e Melo	GFAS	52:49	+19:47	05:17	
116	2001	Sónia Henriques	Individual	53:15	+20:13	05:19	
117	2104	Teresa Mendes	CASA DO BENFICA EM ABRANTES	53:16	+20:14	05:20	
118	417	joao braz	Individual	53:27	+20:25	05:21	
119	2100	NUNO SALGADO	CA VALE FIGUEIRA	53:31	+20:29	05:21	
120	2271	Jorge Bruno Barbosa	Individual	53:38	+20:36	05:22	
121	2084	Manuel António	Bombeiros Voluntários De Montemor-O-Novo	53:41	+20:39	05:22	
122	2241	Diogo Jesus	Individual	54:05	+21:03	05:24	
123	2282	Luís Manuel da Graça Lopes	Individual	54:07	+21:05	05:25	
124	208	João Gomes	Individual	54:09	+21:07	05:25	
125	2080	Carlos Correia	Bombeiros Voluntários De Montemor-O-Novo	54:09	+21:07	05:25	
126	2363	Alexandre Fonseca	"PELARIGO	54:16	+21:14	05:26	
127	2225	António Canas	Individual	54:21	+21:19	05:26	
128	2040	Ana Raquel	ARCD MENDIGA	54:22	+21:20	05:26	
129	2312	Rui Miguel Esgaio	Individual	54:23	+21:21	05:26	
130	2077	Elisabete Picanço	Bombeiros Voluntários De Montemor-O-Novo	54:24	+21:22	05:26	
131	2069	Marla Carvalho	Associação Desportiva de Palmeiros Sintra	54:33	+21:31	05:27	
132	2090	Conceição Rodrigues	CA VALE FIGUEIRA	54:34	+21:32	05:27	
133	2353	Ilídio Campos	União Desportiva de Odemira	54:35	+21:33	05:28	
134	2258	Ivo David	Individual	54:38	+21:36	05:28	

10KM - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
135	2158	Luís Reis	GFD Running	54:43	+21:41	05:28	
136	2197	Magda Vieira Ribeiro	Individual	54:45	+21:43	05:28	
137	2170	Ana Isabel Rodrigues Gonçalves Mendes	Individual	54:56	+21:54	05:30	
138	2195	Joana Fonseca	Individual	55:06	+22:04	05:31	
139	2007	Ana Magalhães	A20kms-Desportos de Montanha	55:09	+22:07	05:31	
140	2121	João Pedro Mavioso dos Santos Sebastião Alexandrino	Clube Raquel Cabaço	55:10	+22:08	05:31	
141	2233	Carlos Antunes	Individual	55:16	+22:14	05:32	
142	2041	MARIANA VIEGAS	ARCD MENDIGA	55:21	+22:19	05:32	
143	2129	Deolinda Ferreira	G.D.Ronda	55:30	+22:28	05:33	
144	2092	ANTÓNIO CAMACHO	CA VALE FIGUEIRA	55:34	+22:32	05:33	
145	2088	Clara Mina	CA VALE FIGUEIRA	55:35	+22:33	05:33	
146	2368	Vânia Conde	A20kms-Desportos de Montanha	55:46	+22:44	05:35	
147	2017	Gonçalo Fortunato	A20kms-Desportos de Montanha	55:47	+22:45	05:35	
148	2248	frederico alexandre bento de oliveira	Individual	56:01	+22:59	05:36	
149	2299	Pedro Almeida	Individual	56:10	+23:08	05:37	
150	2198	MARGARIDA CRUZ	Individual	56:22	+23:20	05:38	
151	2227	antónio vaz de oliveira	Individual	56:35	+23:33	05:39	
152	2264	João Manuel Pavão Ferreira	Individual	56:42	+23:40	05:40	
153	2283	Luis Miguel Carapinha	Individual	56:48	+23:46	05:41	
154	2120	Bruno Rodrigues	Clube Raquel Cabaço	56:52	+23:50	05:41	
155	2371	Luis Castilho	Individual	57:20	+24:18	05:44	
156	2223	Álvaro Pinto	Individual	57:35	+24:33	05:46	
157	2270	Joaquim Manuel Sampaio Tome	Individual	57:43	+24:41	05:46	
158	2291	Nuno Pardal	Individual	57:43	+24:41	05:46	
159	2309	Rui Apolinário	Individual	57:44	+24:42	05:46	
160	2190	Eunice Cardoso	Individual	57:44	+24:42	05:46	
161	2306	Ricardo Lourenço	Individual	57:44	+24:42	05:46	
162	2289	Nuno Maia	C.D Os Águias de Alpiarça	57:44	+24:42	05:46	
163	2276	Jose Maria Esteves Pardal	Individual	57:44	+24:42	05:46	
164	2262	Joao Bernardo Pedrosa Rogrigues	Individual	57:45	+24:43	05:46	
165	2304	Pedro Singéis	Individual	57:56	+24:54	05:48	
166	2033	José Manuel Marques	AA Lebres do Sado	57:58	+24:56	05:48	
167	418	Joaquim António Mendes Viana	Individual	58:04	+25:02	05:48	
168	2044	Diogo Narciso	ARCD MENDIGA	58:09	+25:07	05:49	
169	2010	Mariana Rodrigues	A20kms-Desportos de Montanha	58:09	+25:07	05:49	
170	2212	Raquel barbas	Individual	58:14	+25:12	05:49	
171	2134	SORAIA CARIA	GDRC Ponterrolense	58:29	+25:27	05:51	
172	2242	Diogo Nuno Ribeiro de Mendonça Vieira	Individual	58:31	+25:29	05:51	
173	2133	RITA DUARTE	GDRC Ponterrolense	58:41	+25:39	05:52	
174	2205	Mariana Mourão	Individual	58:54	+25:52	05:53	
175	2068	Joana Rodrigues	Associação Desportiva de Palmeiros Sintra	58:57	+25:56	05:54	
176	2348	Tiago Miguel Moniz Francisco	Telma Carreira Curado & Associados	58:59	+25:57	05:54	
177	2239	Diniz Manuel Lopes dos Santos	Individual	59:14	+26:12	05:55	
178	2325	ISABEL SANTOS	Lourdete Perfumarias	59:25	+26:23	05:57	

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Official Timekeeper: Lap2Go	5 / 7	generate 30-Oct-2022 12:35
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10 KM

OFFICIAL RESULT

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Official Timekeeper: Lap2Go	6 / 7	generate 30-Oct-2022 12:35
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10 KM

OFFICIAL RESULT

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Official Timekeeper: Lap2Go	7 / 7	generate 30-Oct-2022 12:35
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10 KM

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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1	2366	Vera Nunes	GFD Running	Senior Feminino	39:31		03:57
2	2000	Inês Henriques	Clube Natação de Rio Maior	Senior Feminino	39:58	+00:26	04:00
3	179	ABIGAIL B SMITH	GFAS	Senior Feminino	44:26	+04:54	04:27
4	2162	Helena Moreira	HeCaTEAM	Senior Feminino	45:09	+05:37	04:31
5	2155	Liliana Louro	GFD Running	Senior Feminino	47:01	+07:30	04:42
6	2066	Elsa Oliveira	Associação Desportiva de Palmeiros Sintra	Senior Feminino	49:35	+10:04	04:58
7	2089	CONCEIÇÃO PEREIRA	CA VALE FIGUEIRA	Senior Feminino	50:02	+10:31	05:00
8	2164	Adelaide Pereira	Individual	Senior Feminino	50:39	+11:08	05:04
9	2189	Dora Santos	Individual	Senior Feminino	51:00	+11:28	05:06
10	2116	Carla Costa	Centro Escolar Republicano Tenente Valdez	Senior Feminino	52:08	+12:36	05:13
11	2184	Cátia Raquel Travessa Monteiro	Individual	Senior Feminino	52:37	+13:06	05:16
12	2185	Cláudia Sofia	Individual	Senior Feminino	52:43	+13:12	05:16
13	2001	Sónia Henriques	Individual	Senior Feminino	53:15	+13:43	05:19
14	2104	Teresa Mendes	CASA DO BENFICA EM ABRANTES	Senior Feminino	53:16	+13:44	05:20
15	2040	Ana Raquel	ARCD MENDIGA	Senior Feminino	54:22	+14:50	05:26
16	2077	Elisabete Picanço	Bombeiros Voluntários De Montemor-O-Novo	Senior Feminino	54:24	+14:52	05:26
17	2069	Marla Carvalho	Associação Desportiva de Palmeiros Sintra	Senior Feminino	54:33	+15:01	05:27
18	2090	Conceição Rodrigues	CA VALE FIGUEIRA	Senior Feminino	54:34	+15:02	05:27
19	2197	Magda Vieira Ribeiro	Individual	Senior Feminino	54:45	+15:13	05:28
20	2170	Ana Isabel Rodrigues Gonçalves Mendes	Individual	Senior Feminino	54:56	+15:24	05:30
21	2195	Joana Fonseca	Individual	Senior Feminino	55:06	+15:35	05:31
22	2007	Ana Magalhães	A20kms-Desportos de Montanha	Senior Feminino	55:09	+15:37	05:31
23	2041	MARIANA VIEGAS	ARCD MENDIGA	Senior Feminino	55:21	+15:49	05:32
24	2129	Deolinda Ferreira	G.D.Ronda	Senior Feminino	55:30	+15:58	05:33
25	2088	Clara Mina	CA VALE FIGUEIRA	Senior Feminino	55:35	+16:03	05:33
26	2368	Vânia Conde	A20kms-Desportos de Montanha	Senior Feminino	55:46	+16:15	05:35
27	2198	MARGARIDA CRUZ	Individual	Senior Feminino	56:22	+16:50	05:38
28	2190	Eunice Cardoso	Individual	Senior Feminino	57:44	+18:12	05:46
29	2010	Mariana Rodrigues	A20kms-Desportos de Montanha	Senior Feminino	58:09	+18:38	05:49
30	2212	Raquel barbas	Individual	Senior Feminino	58:14	+18:43	05:49
31	2134	SORAIA CARIA	GDRC Ponterrolense	Senior Feminino	58:29	+18:58	05:51
32	2133	RITA DUARTE	GDRC Ponterrolense	Senior Feminino	58:41	+19:09	05:52
33	2205	Mariana Mourão	Individual	Senior Feminino	58:54	+19:23	05:53
34	2068	Joana Rodrigues	Associação Desportiva de Palmeiros Sintra	Senior Feminino	58:57	+19:26	05:54
35	2325	ISABEL SANTOS	Lourdete Perfumarias	Senior Feminino	59:25	+19:54	05:57

Official Timekeeper: Lap2Go	1 / 8	generate 30-Oct-2022 12:35
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10 KM

OFFICIAL RESULT

36	2182	Catarina Isabel Fragoso Cabral Dias	Individual	Senior Feminino	59:41	+20:09	05:58
37	2339	Alexandra Carvalho	SCALABIS NIGHT RUNNERS	Senior Feminino	01:00:03	+20:32	06:00
38	2126	Nádia sousa	Desafios Positivos D+	Senior Feminino	01:00:10	+20:39	06:01
39	2053	Carla Coelho	AS PERIFÉRICAS	Senior Feminino	01:00:22	+20:50	06:02
40	2125	Inês Estrada	Desafios Positivos D+	Senior Feminino	01:00:22	+20:51	06:02
41	2188	Daphne van Winkel	Individual	Senior Feminino	01:00:27	+20:55	06:03
42	2166	Adriana Palmeiro	Individual	Senior Feminino	01:00:41	+21:10	06:04
43	2344	Inês da Conceição Luís	Telma Carreira Curado & Associados	Senior Feminino	01:00:42	+21:10	06:04
44	2103	Ana Reis	CASA DO BENFICA EM ABRANTES	Senior Feminino	01:01:08	+21:36	06:07
45	2171	Ana Luísa Bento	Individual	Senior Feminino	01:01:16	+21:45	06:08
46	2008	Joana Mendonça	A20kms-Desportos de Montanha	Senior Feminino	01:01:54	+22:23	06:11
47	2202	Maria João Ferreira	Individual	Senior Feminino	01:01:54	+22:23	06:11
48	2132	MARIBEL SILVA	GDRC Ponterrolense	Senior Feminino	01:01:55	+22:24	06:12
49	2175	Andreia Paixão	Individual	Senior Feminino	01:01:58	+22:27	06:12
50	2078	Hortense Faria	Bombeiros Voluntários De Montemor-O-Novo	Senior Feminino	01:02:03	+22:32	06:12
51	2168	Ana Cunha	Individual	Senior Feminino	01:02:12	+22:41	06:13
52	2200	Maria Azoia	Individual	Senior Feminino	01:02:13	+22:41	06:13
53	2172	Ana Marta Machado	Individual	Senior Feminino	01:02:23	+22:51	06:14
54	2332	Catarina Nicho	Os galgos	Senior Feminino	01:02:31	+23:00	06:15
55	2165	Adriana Hipólito	Individual	Senior Feminino	01:03:10	+23:38	06:19
56	2036	Ana Maria Quinta Quinta Bárbara	ÁGUIAS DA ESTRADA	Senior Feminino	01:03:15	+23:44	06:20
57	2037	Cristina Bárbara	ÁGUIAS DA ESTRADA	Senior Feminino	01:03:16	+23:44	06:20
58	2364	Ana Guilherme	Individual	Senior Feminino	01:03:19	+23:47	06:20
59	2343	Elisabete Marques da Silva	Telma Carreira Curado & Associados	Senior Feminino	01:03:32	+24:01	06:21
60	2187	Cristina Almeida	Individual	Senior Feminino	01:03:48	+24:16	06:23
61	2196	LEOPOLDINA REIS	Individual	Senior Feminino	01:04:25	+24:53	06:26
62	2167	Ana Cristina Benzinho da Silva Vieira Baptista	Individual	Senior Feminino	01:05:47	+26:15	06:35
63	2174	Ana Teixeira	Individual	Senior Feminino	01:05:47	+26:15	06:35
64	2203	Maria Leonor Mota Pires Alves Ferreira	Individual	Senior Feminino	01:06:07	+26:36	06:37
65	2211	Paula Cristina Duarte Pontinha	Individual	Senior Feminino	01:06:34	+27:02	06:39
66	2340	Cecília Lourenço	SCALABIS NIGHT RUNNERS	Senior Feminino	01:07:12	+27:40	06:43
67	2079	Vitória Courelas	Bombeiros Voluntários De Montemor-O-Novo	Senior Feminino	01:07:58	+28:26	06:48
68	2028	Antonieta Pardal	AA Lebres do Sado	Senior Feminino	01:07:59	+28:28	06:48
69	2217	Sara Durães	Individual	Senior Feminino	01:08:38	+29:06	06:52
70	2354	Marlise Coelho	URD Arranhó	Senior Feminino	01:08:43	+29:11	06:52
71	2220	Susana Fidalgo	Individual	Senior Feminino	01:10:50	+31:18	07:05
72	2361	MARIA GUIA	Valejas AC	Senior Feminino	01:11:40	+32:09	07:10
73	2209	Patrícia Maria da Silva Carreiras	Individual	Senior Feminino	01:12:19	+32:47	07:14
74	2176	Anna Costa	Individual	Senior Feminino	01:13:04	+33:33	07:18
75	2123	Cláudia Lourenço	CUA Benaventense - 3B Triatlo	Senior Feminino	01:13:45	+34:13	07:22
76	2191	Inês Filipa	Individual	Senior Feminino	01:14:27	+34:55	07:27
77	2178	Beatriz Santos Neves	Individual	Senior Feminino	01:16:23	+36:51	07:38

10 KM

OFFICIAL RESULT

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Senior Masculino

1	530	Hugo Rodrigues	VITORIA FUTEBOL CLUBE	Senior Masculino	33:02		03:18
2	2369	Gilson Tavares	Associação Desportiva de Palmeiros Sintra	Senior Masculino	34:12	+01:09	03:25
3	2005	Mário Almeida	A.R Luz e Vida Gondomarense	Senior Masculino	34:30	+01:27	03:27
4	2106	Pedro Coutinho	CASA DO BENFICA EM ABRANTES	Senior Masculino	34:37	+01:35	03:28
5	2342	PEDRO RIBEIRO	SR. CAMARNAL	Senior Masculino	34:44	+01:41	03:28
6	2124	Nuno Oliveira	CUA Benaventense - 3B Triatlo	Senior Masculino	35:30	+02:28	03:33
7	2049	JOÃO CARVALHO	ARCD MENDIGA	Senior Masculino	36:40	+03:37	03:40
8	2243	Edgar Frazão	Individual	Senior Masculino	36:48	+03:45	03:41
9	2290	Nuno Miguel Manteigas Romão	Individual	Senior Masculino	37:02	+04:00	03:42
10	2163	Nuno Silva	HeCaTEAM	Senior Masculino	37:09	+04:07	03:43
11	2160	Paulo Almeida	GFD Running	Senior Masculino	38:02	+04:59	03:48
12	2281	Luis Fernandes	Individual	Senior Masculino	38:16	+05:14	03:50
13	2043	Daniel Carpinteiro	ARCD MENDIGA	Senior Masculino	38:23	+05:20	03:50
14	2245	Filipe Paixão	Individual	Senior Masculino	38:24	+05:21	03:50
15	2139	PEDRO PORFÍRIO	GDRC Ponterrolense	Senior Masculino	38:48	+05:46	03:53
16	2072	Hugo Borges	Associação Desportiva de Palmeiros Sintra	Senior Masculino	39:08	+06:05	03:55
17	2094	David Nogueira	CA VALE FIGUEIRA	Senior Masculino	39:46	+06:44	03:59
18	2128	Paulo Chainho	G.D.R. São Francisco da Serra	Senior Masculino	40:28	+07:25	04:03
19	2138	PATRICK LIMA	GDRC Ponterrolense	Senior Masculino	40:35	+07:32	04:03
20	2337	João Paulino	RX Runners	Senior Masculino	40:50	+07:47	04:05
21	2336	João Luz	RX Runners	Senior Masculino	40:50	+07:48	04:05
22	2086	João Rafael	C. D. "os águias" de Alpiarça	Senior Masculino	40:55	+07:53	04:06
23	2333	Artur Carvalho	Os galgos	Senior Masculino	40:58	+07:56	04:06

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OFFICIAL RESULT

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24	2111	Pedro Silva	Casas Adriano Astromil Clube	Senior Masculino	41:23	+08:21	04:08
25	2349	Bruno Catarino	Tramagal Sport União	Senior Masculino	41:38	+08:35	04:10
26	2130	Nélio Barata	GDC FOROS DO ARRÃO	Senior Masculino	42:33	+09:31	04:15
27	2024	Rui Loureiro	A20kms-Desportos de Montanha	Senior Masculino	42:43	+09:40	04:16
28	2231	Bruno Martinho	Individual	Senior Masculino	42:47	+09:44	04:17
29	2351	José Manuel Moreira de Andrade	Tramagal Sport União	Senior Masculino	42:55	+09:53	04:18
30	2280	Leonardo Miguel Pereira Aniceto	Individual	Senior Masculino	43:02	+10:00	04:18
31	2246	Flavio Boto	Individual	Senior Masculino	43:09	+10:06	04:19
32	2334	Eurico Nicho	Os galgos	Senior Masculino	43:14	+10:11	04:19
33	2159	Nelson Esteves	GFD Running	Senior Masculino	43:30	+10:27	04:21
34	2367	Ernesto Ferreira	GFD Running	Senior Masculino	43:30	+10:27	04:21
35	2365	Artur Pinto	GFD Running	Senior Masculino	43:31	+10:28	04:21
36	2156	António Silva	GFD Running	Senior Masculino	43:31	+10:28	04:21
37	2109	Manuel Oliveira	Casas Adriano Astromil Clube	Senior Masculino	43:42	+10:39	04:22
38	2150	Manuel Bacatelo	GFAS	Senior Masculino	44:26	+11:23	04:27
39	2048	HUGO FERREIRA	ARCD MENDIGA	Senior Masculino	44:31	+11:28	04:27
40	2119	Mario Santana	Clube EDP - Lisboa	Senior Masculino	45:07	+12:04	04:31
41	2279	Josué Francisco	Individual	Senior Masculino	45:11	+12:08	04:31
42	2247	Flávio Carvalho	Individual	Senior Masculino	45:13	+12:10	04:31
43	2050	LEANDRO RIBEIRO	ARCD MENDIGA	Senior Masculino	45:41	+12:38	04:34
44	2135	ABÍLIO SILVA	GDRC Ponterrolense	Senior Masculino	45:52	+12:49	04:35
45	2016	Frederico Russo	A20kms-Desportos de Montanha	Senior Masculino	46:09	+13:06	04:37
46	2352	Bruno Campos	União Desportiva de Odemira	Senior Masculino	46:15	+13:13	04:38
47	2230	Bruno Lopes	Individual	Senior Masculino	46:18	+13:16	04:38
48	2051	LUIS CUSTÓDIO	ARCD MENDIGA	Senior Masculino	46:18	+13:16	04:38
49	2329	José Brito	NAZABOBODA	Senior Masculino	46:25	+13:22	04:38
50	2015	Francisco Bento	A20kms-Desportos de Montanha	Senior Masculino	46:29	+13:27	04:39
51	2293	Orlando Manuel Brito Alcobia	Individual	Senior Masculino	46:37	+13:34	04:40
52	2127	Vitor Domingos	Força Especial de Proteção Civil	Senior Masculino	46:37	+13:34	04:40
53	2131	Carlos Manuel Palhinhas	GDC Porto de Sines e Algarve	Senior Masculino	46:44	+13:42	04:40
54	2300	Pedro Amorim	Individual	Senior Masculino	46:57	+13:54	04:42
55	282	Ricardo Pereira	Individual	Senior Masculino	47:00	+13:57	04:42
56	2157	Filipe Bugalho	GFD Running	Senior Masculino	47:01	+13:58	04:42
57	2112	Renato Almeida	Casas Adriano Astromil Clube	Senior Masculino	47:05	+14:02	04:43
58	2046	Fabio Costa	ARCD MENDIGA	Senior Masculino	47:15	+14:12	04:44
59	2073	Jorge Alves	Associação Desportiva de Palmeiros Sintra	Senior Masculino	47:16	+14:13	04:44
60	2151	MANUEL LOPO DE CARVALHO	GFAS	Senior Masculino	47:17	+14:15	04:44
61	2110	Manuel Silva	Casas Adriano Astromil Clube	Senior Masculino	47:22	+14:19	04:44
62	2042	André Cordeiro	ARCD MENDIGA	Senior Masculino	47:25	+14:23	04:45
63	2346	Pedro Oliveira Cabecinhas	Telma Carreira Curado & Associados	Senior Masculino	47:28	+14:26	04:45
64	2345	Francisco Santos	Telma Carreira Curado & Associados	Senior Masculino	47:29	+14:26	04:45
65	2260	JOÃO ANTÓNIO RODRIGUES	Individual	Senior Masculino	47:36	+14:33	04:46
66	2095	DIOGO PINHEIRO	CA VALE FIGUEIRA	Senior Masculino	47:45	+14:42	04:46
67	2310	Rui Daniel de Jesus Marques	Individual	Senior Masculino	47:47	+14:44	04:47

Official Timekeeper: Lap2Go	4 / 8	generate 30-Oct-2022 12:35
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OFFICIAL RESULT

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68	462	Rui Neta	MADRUGAS DE ALMEIRIM RUNNING TEAM	Senior Masculino	47:50	+14:47	04:47
69	2108	Jorge Santos	Casa do Benfica em Algueirão Mem Martins	Senior Masculino	47:57	+14:54	04:48
70	2113	Ricardo Silva	Casas Adriano Astromil Clube	Senior Masculino	47:57	+14:54	04:48
71	2146	HUGO A P SANTANA	GFAS	Senior Masculino	47:58	+14:55	04:48
72	2338	Paulo Dâmaso	Santa Cruz / Botelhos.pt	Senior Masculino	48:08	+15:06	04:49
73	2295	Paulo cassaca	Individual	Senior Masculino	48:09	+15:06	04:49
74	2143	FRANCISCO GRACIOSA	GFAS	Senior Masculino	48:15	+15:13	04:50
75	2047	FILIPE ALVES	ARCD MENDIGA	Senior Masculino	48:27	+15:24	04:51
76	2002	Luis Duarte	Individual	Senior Masculino	48:34	+15:32	04:51
77	2026	Vasco Galão	A20kms-Desportos de Montanha	Senior Masculino	48:38	+15:35	04:52
78	2021	Pedro Borrego	A20kms-Desportos de Montanha	Senior Masculino	48:38	+15:36	04:52
79	2122	Carlos Rosado	clube rugby juromenha	Senior Masculino	48:39	+15:36	04:52
80	2148	José J B Fialho	GFAS	Senior Masculino	48:46	+15:44	04:53
81	2249	Frederico Portásio Miranda	Individual	Senior Masculino	49:06	+16:04	04:55
82	2350	Gonçalo Bernardo	Tramagal Sport União	Senior Masculino	49:46	+16:43	04:59
83	2265	João Manuel Rosário Marques	Individual	Senior Masculino	50:03	+17:01	05:00
84	2035	Manuel Pardal	AA Lebres do Sado	Senior Masculino	50:04	+17:02	05:00
85	2034	José Sá	AA Lebres do Sado	Senior Masculino	50:05	+17:02	05:00
86	2137	GABRIEL FIGUEIREDO	GDRC Ponterrolense	Senior Masculino	50:10	+17:07	05:01
87	2226	Antonio Madeira	Individual	Senior Masculino	50:49	+17:46	05:05
88	2303	Pedro Pinto	Individual	Senior Masculino	50:50	+17:48	05:05
89	2023	Rafael Ferreira	A20kms-Desportos de Montanha	Senior Masculino	51:34	+18:32	05:09
90	2286	Luis Vale	Individual	Senior Masculino	51:36	+18:33	05:10
91	2152	MANUEL RIBEIRO DE ALMEIDA	GFAS	Senior Masculino	51:40	+18:37	05:10
92	292	DIOGO LOPES	Individual	Senior Masculino	51:41	+18:38	05:10
93	2136	ANTONIO INACIO	GDRC Ponterrolense	Senior Masculino	51:45	+18:43	05:11
94	2287	Manuel Pires	Individual	Senior Masculino	52:06	+19:04	05:13
95	2117	Jaime Beato	Centro Escolar Republicano Tenente Valdez	Senior Masculino	52:08	+19:05	05:13
96	2313	Rui Miguel Guia Gameiro	Individual	Senior Masculino	52:11	+19:08	05:13
97	2269	Joaquim Horta Pinto	Individual	Senior Masculino	52:14	+19:11	05:13
98	2022	Pedro Matos	A20kms-Desportos de Montanha	Senior Masculino	52:14	+19:12	05:13
99	2302	Pedro Narciso	Individual	Senior Masculino	52:19	+19:17	05:14
100	2228	Benjamim Ribeiro Gomes Pereira	Individual	Senior Masculino	52:27	+19:24	05:15
101	2020	José Júlio	A20kms-Desportos de Montanha	Senior Masculino	52:28	+19:26	05:15
102	2154	TIAGO CESTEIRO	GFAS	Senior Masculino	52:30	+19:27	05:15
103	2140	Antonio Queiroz e Melo	GFAS	Senior Masculino	52:49	+19:46	05:17
104	417	joao braz	Individual	Senior Masculino	53:27	+20:25	05:21
105	2100	NUNO SALGADO	CA VALE FIGUEIRA	Senior Masculino	53:31	+20:29	05:21
106	2271	Jorge Bruno Barbosa	Individual	Senior Masculino	53:38	+20:36	05:22
107	2084	Manuel António	Bombeiros Voluntários De Montemor-O-Novo	Senior Masculino	53:41	+20:39	05:22
108	2241	Diogo Jesus	Individual	Senior Masculino	54:05	+21:02	05:24
109	2282	Luís Manuel da Graça Lopes	Individual	Senior Masculino	54:07	+21:04	05:25
110	208	João Gomes	Individual	Senior Masculino	54:09	+21:06	05:25

Official Timekeeper: Lap2Go	5 / 8	generate 30-Oct-2022 12:35
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OFFICIAL RESULT

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111	2080	Carlos Correia	Bombeiros Voluntários De Montemor-O-Novo	Senior Masculino	54:09	+21:07	05:25
112	2363	Alexandre Fonseca	"PELARIGO	Senior Masculino	54:16	+21:14	05:26
113	2225	António Canas	Individual	Senior Masculino	54:21	+21:19	05:26
114	2312	Rui Miguel Esgaio	Individual	Senior Masculino	54:23	+21:21	05:26
115	2353	Ilídio Campos	União Desportiva de Odemira	Senior Masculino	54:35	+21:33	05:28
116	2258	Ivo David	Individual	Senior Masculino	54:38	+21:36	05:28
117	2158	Luís Reis	GFD Running	Senior Masculino	54:43	+21:41	05:28
118	2121	João Pedro Mavioso dos Santos Sebastião Alexandrino	Clube Raquel Cabaço	Senior Masculino	55:10	+22:07	05:31
119	2233	Carlos Antunes	Individual	Senior Masculino	55:16	+22:13	05:32
120	2092	ANTÓNIO CAMACHO	CA VALE FIGUEIRA	Senior Masculino	55:34	+22:32	05:33
121	2017	Gonçalo Fortunato	A20kms-Desportos de Montanha	Senior Masculino	55:47	+22:44	05:35
122	2248	frederico alexandre bento de oliveira	Individual	Senior Masculino	56:01	+22:58	05:36
123	2299	Pedro Almeida	Individual	Senior Masculino	56:10	+23:07	05:37
124	2227	antónio vaz de oliveira	Individual	Senior Masculino	56:35	+23:32	05:39
125	2264	João Manuel Pavão Ferreira	Individual	Senior Masculino	56:42	+23:39	05:40
126	2283	Luis Miguel Carapinha	Individual	Senior Masculino	56:48	+23:45	05:41
127	2120	Bruno Rodrigues	Clube Raquel Cabaço	Senior Masculino	56:52	+23:50	05:41
128	2371	Luis Castilho	Individual	Senior Masculino	57:20	+24:17	05:44
129	2223	Álvaro Pinto	Individual	Senior Masculino	57:35	+24:33	05:46
130	2270	Joaquim Manuel Sampaio Tome	Individual	Senior Masculino	57:43	+24:41	05:46
131	2291	Nuno Pardal	Individual	Senior Masculino	57:43	+24:41	05:46
132	2309	Rui Apolinário	Individual	Senior Masculino	57:44	+24:41	05:46
133	2306	Ricardo Lourenço	Individual	Senior Masculino	57:44	+24:41	05:46
134	2289	Nuno Maia	C.D Os Águias de Alpiarça	Senior Masculino	57:44	+24:41	05:46
135	2276	Jose Maria Esteves Pardal	Individual	Senior Masculino	57:44	+24:42	05:46
136	2262	Joao Bernardo Pedrosa Rogrigues	Individual	Senior Masculino	57:45	+24:42	05:46
137	2304	Pedro Singéis	Individual	Senior Masculino	57:56	+24:53	05:48
138	2033	José Manuel Marques	AA Lebres do Sado	Senior Masculino	57:58	+24:55	05:48
139	418	Joaquim António Mendes Viana	Individual	Senior Masculino	58:04	+25:01	05:48
140	2044	Diogo Narciso	ARCD MENDIGA	Senior Masculino	58:09	+25:06	05:49
141	2242	Diogo Nuno Ribeiro de Mendonça Vieira	Individual	Senior Masculino	58:31	+25:28	05:51
142	2348	Tiago Miguel Moniz Francisco	Telma Carreira Curado & Associados	Senior Masculino	58:59	+25:56	05:54
143	2239	Diniz Manuel Lopes dos Santos	Individual	Senior Masculino	59:14	+26:11	05:55
144	2308	Ricardo Videira Fonseca	Individual	Senior Masculino	59:37	+26:35	05:58
145	2305	Raimundo Cabral	Individual	Senior Masculino	59:41	+26:39	05:58
146	2253	Gustavo Coimbra dos Reis	Individual	Senior Masculino	01:00:03	+27:01	06:00
147	2261	João Bento	Individual	Senior Masculino	01:00:14	+27:11	06:01
148	2087	José Maia	C.C.D. "O ALVITEJO "	Senior Masculino	01:00:36	+27:33	06:04
149	2052	Duarte Nascimento	Às 19h15 na rotunda	Senior Masculino	01:00:48	+27:46	06:05
150	2316	Virgílio Nascimento	Individual	Senior Masculino	01:01:02	+28:00	06:06
151	2268	Joaquim Fonseca	Individual	Senior Masculino	01:01:39	+28:36	06:10
152	2107	Albino Neiva	Casa do Benfica em Algueirão Mem Martins	Senior Masculino	01:02:12	+29:10	06:13
153	293	Eduardo Gomes	Individual	Senior Masculino	01:02:14	+29:11	06:13

Official Timekeeper: Lap2Go	6 / 8	generate 30-Oct-2022 12:35
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10 KM

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154	2252	Guilherme Teixeira	Individual	Senior Masculino	01:02:15	+29:12	06:13
155	2147	JOÃO MANOEL	GFAS	Senior Masculino	01:03:11	+30:08	06:19
156	2071	David Karin	Associação Desportiva de Palmeiros Sintra	Senior Masculino	01:03:48	+30:45	06:23
157	2314	Tiago Marques	Individual	Senior Masculino	01:03:52	+30:50	06:23
158	2259	jaime mestre	Individual	Senior Masculino	01:03:53	+30:50	06:23
159	2284	LUIS MIGUEL LARE BIZARRO	Individual	Senior Masculino	01:04:33	+31:30	06:27
160	2250	Gheorghe Mamaliga	Individual	Senior Masculino	01:06:07	+33:04	06:37
161	2018	Hugo Cerdeira	A20kms-Desportos de Montanha	Senior Masculino	01:06:15	+33:13	06:38
162	2074	Marco Gouveia	Associação Desportiva de Palmeiros Sintra	Senior Masculino	01:06:22	+33:20	06:38
163	2251	Gonçalo Almeida	Individual	Senior Masculino	01:07:37	+34:35	06:46
164	2244	Filipe Duarte da Conceição Gago Gonçalves	Individual	Senior Masculino	01:07:53	+34:51	06:47
165	2292	Nuno Silva	Individual	Senior Masculino	01:07:59	+34:56	06:48
166	2032	Francisco Prates	AA Lebres do Sado	Senior Masculino	01:08:00	+34:57	06:48
167	2256	HELIO GODINHO	Individual	Senior Masculino	01:08:50	+35:48	06:53
168	2237	carlos seco	Individual	Senior Masculino	01:10:13	+37:11	07:01
169	2359	Pedro Miguel Paulino Mateus	URD Arranhó	Senior Masculino	01:10:15	+37:13	07:02
170	2115	Orlando Simão Sousa	CCDTMetroLX	Senior Masculino	01:10:22	+37:20	07:02
171	2114	João Cunha Barbosa	CCDTMetroLX	Senior Masculino	01:10:24	+37:22	07:02
172	2360	Ricardo Ferreira	URD Arranhó	Senior Masculino	01:10:52	+37:50	07:05
173	2274	José Baptista	Individual	Senior Masculino	01:11:12	+38:09	07:07
174	527	JOSÉ. GUIA	Valejas AC	Senior Masculino	01:11:40	+38:38	07:10
175	2278	José Paulo Chagas	Individual	Senior Masculino	01:11:46	+38:43	07:11
176	2266	João Mariano Calado Carreiras	Individual	Senior Masculino	01:12:20	+39:18	07:14
177	2257	Hugo Xavier dos Santos Dias	Individual	Senior Masculino	01:12:29	+39:26	07:15
178	2288	Mario Nova29	Individual	Senior Masculino	01:14:01	+40:58	07:24
179	2311	Rui Duarte	Individual	Senior Masculino	01:14:27	+41:24	07:27
180	2254	Helder Figueiredo	Individual	Senior Masculino	01:14:28	+41:25	07:27
181	2105	Carlos Alfaiate	CASA DO BENFICA EM ABRANTES	Senior Masculino	01:17:21	+44:18	07:44
182	2222	Agostinio Santos	Individual	Senior Masculino	01:20:08	+47:05	08:01
183	2149	MANEL CABRAL	GFAS	Senior Masculino	01:23:43	+50:41	08:22
184	2273	José António da Silva Fernandes Flor	Individual	Senior Masculino	01:25:38	+52:36	08:34
185	2098	JOSÉ MARQUES	CA VALE FIGUEIRA	Senior Masculino	01:28:00	+54:57	08:48
186	2063	Ricardo Matias	AS PERIFÉRICAS	Senior Masculino	01:28:01	+54:59	08:48
187	2057	Francisco Baptista	AS PERIFÉRICAS	Senior Masculino	01:28:02	+54:59	08:48
188	2058	Joaquim Pinheiro	AS PERIFÉRICAS	Senior Masculino	01:28:02	+55:00	08:48
189	2061	Mário Correia	AS PERIFÉRICAS	Senior Masculino	01:28:02	+55:00	08:48
190	2062	Mário Libério	AS PERIFÉRICAS	Senior Masculino	01:28:03	+55:00	08:48
191	2060	Luis Colaço	AS PERIFÉRICAS	Senior Masculino	01:28:04	+55:02	08:48
192	2056	Fernando Silva	AS PERIFÉRICAS	Senior Masculino	01:28:05	+55:02	08:49
193	2064	Sérgio Florêncio	AS PERIFÉRICAS	Senior Masculino	01:28:06	+55:04	08:49
194	2096	GONÇALO LOPES	CA VALE FIGUEIRA	Senior Masculino	01:34:22	+01:01:20	09:26
195	2059	José Roque	AS PERIFÉRICAS	Senior Masculino	01:37:22	+01:04:19	09:44
196	2315	Vasco Marchante	Individual	Senior Masculino	01:37:32	+01:04:30	09:45
197	2277	Jose Mario Gouveia	Individual	Senior Masculino	01:37:34	+01:04:31	09:45

Official Timekeeper: Lap2Go	7 / 8	generate 30-Oct-2022 12:35
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10 KM

OFFICIAL RESULT

198	2025	Rui Sacramento	A20kms-Desportos de Montanha	Senior Masculino	01:38:29	+01:05:27	09:51
199	2019	Jorge Cunha	A20kms-Desportos de Montanha	Senior Masculino	01:38:31	+01:05:28	09:51
200	2118	LUIZ ROSA	Clube Atletismo Amigos de Belém	Senior Masculino	02:04:22	+01:31:19	12:26