

8 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:30	13,2°C	83%
End	12:23	13,2°C	83%

Official Timekeeper: Lap2Go	1 / 4	generate 25-abr-2022 13:23
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8 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
43	530	Pedro Gaudêncio	united warriors ocr	25-29 Masculino	01:21:19	+35:52	10:10
44	315	Alexandre Florindo	ocr portugal lab	16-17 Masculino	01:22:09	+36:43	10:16
45	608	João Leandro	crossmates	30-34 Masculino	01:22:25	+36:59	10:18
46	118	Pedro Marques	exército de portugal	30-34 Masculino	01:22:46	+37:19	10:21
47	588	João Janeiro	clube naus ocr	30-34 Masculino	01:24:02	+38:35	10:30
48	334	Gonçalo Antunes	joma ocr	20-24 Masculino	01:24:10	+38:44	10:31
49	208	Pedro Silva	ocr norte	35-39 Masculino	01:26:28	+41:02	10:49
50	477	Gonçalo Ovelheiro	exército de portugal	35-39 Masculino	01:27:19	+41:52	10:55
51	450	Rafael Cardoso	brave lake - accm	25-29 Masculino	01:28:04	+42:38	11:01
52	255	Filipa Barreiros	cbs - do ocr team	30-34 Feminino	01:32:03	+46:37	11:30
53	288	Hélder Silva	pegasus ocr proteam	35-39 Masculino	01:34:29	+49:03	11:49
54	344	Hélder matos	individual	25-29 Masculino	01:35:26	+50:00	11:56
55	342	Ricardo Rebelo	joma ocr	40-44 Masculino	01:37:06	+51:39	12:08
56	59	Ana Botas	brave lake - accm	40-44 Feminino	01:38:59	+53:32	12:22
57	172	Paulo Monteiro	fisbem ocr team	45-49 Masculino	01:41:26	+56:00	12:41
58	343	Henrique Antunes	joma ocr	18-19 Masculino	01:42:58	+57:32	12:52
59	248	João Miguel Henriques Vicente Sá Pombo	cbs - do ocr team	30-34 Masculino	01:45:58	+01:00:32	13:15
60	620	Miguel Vitorino Santos	individual	25-29 Masculino	01:46:17	+01:00:50	13:17
61	280	Rui Martins	stone race	45-49 Masculino	01:56:04	+01:10:38	14:31
62	273	Frederico Russo	stone race	40-44 Masculino	01:56:04	+01:10:38	14:31
63	333	David Silva	joma ocr	25-29 Masculino	02:02:01	+01:16:35	15:15
64	246	Henrique Rijo	ocr portugal lab	55-59 Masculino	02:07:35	+01:22:09	15:57
65	56	Diana Ferreira	individual	40-44 Feminino	02:12:19	+01:26:52	16:32

BIB	NOTE	NAME	TEAM	CAT
8	DQ	João Branco	EXÉRCITO DE PORTUGAL	30-34 Masculino
22	DQ	Emanuel Ferreira	Individual	35-39 Masculino
24	DQ	Luís Gonçalves	Urban Obstacles	35-39 Masculino
28	DQ	Alexandre Silva	Individual	35-39 Masculino
29	DQ	Carlos Araújo	OCR NORTE	45-49 Masculino
51	DQ	Carlos Marques	OCR NORTE	60-64 Masculino
53	DQ	Hugo Jorge	LYNXRACE CLUB	25-29 Masculino
58	DQ	Gisela Pinhal	Ocr Portugal lab	40-44 Feminino
65	DQ	Cidália Borges	Ocr Portugal lab	50-54 Feminino
71	DQ	Luis Marques	Unique Adventure	45-49 Masculino
74	DQ	Eugénia Martins	Ocr Portugal lab	50-54 Feminino
110	DQ	Carlos Alberto Grilo Magro Miranda	Flavius Challenge OCR Team	45-49 Masculino
113	DQ	Carlos Costa	OCR NORTE	25-29 Masculino
130	DQ	Miguel Fernandes	LYNXRACE CLUB	45-49 Masculino
166	DQ	Joana Lopes	Urban Obstacles	30-34 Feminino
186	DQ	Sílvia Silva	Unique Adventure	40-44 Feminino
206	DQ	Marta Ferreira	LYNXRACE CLUB	30-34 Feminino
210	DQ	Mario Lemos	Individual	30-34 Masculino
226	DQ	Hélder Marques	Individual	40-44 Masculino

8 KM

OFFICIAL RESULT

[illegible]

Official Timekeeper: Lap2Go	3 / 4	generate 25-abr-2022 13:23
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LIGA OCR - STAGE 1

8 KM

[illegible]

OFFICIAL RESULT

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BIB	NOTE	NAME	TEAM	CAT
622	DQ	Marta Ambrósio	United Warriors OCR	40-44 Feminino

Liga OCR

8 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	13,2°C	83%
End	12:23	13,2°C	83%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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16-17 Masculino

1	315	Alexandre Florindo	OCR PORTUGAL LAB	16-17 Masculino	01:22:09	+36:43	10:16
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18-19 Masculino

1	343	Henrique Antunes	JOMA OCR	18-19 Masculino	01:42:58	+57:32	12:52
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20-24 Masculino

1	221	João Almeida	OCR PORTUGAL LAB	20-24 Masculino	01:19:18	+33:52	09:55
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2	334	Gonçalo Antunes	JOMA OCR	20-24 Masculino	01:24:10	+38:44	10:31
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25-29 Masculino

1	142	Filipe Couto	LYNXRACE CLUB	25-29 Masculino	01:07:06	+21:40	08:23
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2	329	Pedro Lopes	Individual	25-29 Masculino	01:17:11	+31:44	09:39
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3	530	Pedro Gaudêncio	United Warriors OCR	25-29 Masculino	01:21:19	+35:52	10:10
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4	450	Rafael Cardoso	Brave Lake - ACCM	25-29 Masculino	01:28:04	+42:38	11:01
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5	344	Hélder matos	Individual	25-29 Masculino	01:35:26	+50:00	11:56
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6	620	Miguel Vitorino Santos	Individual	25-29 Masculino	01:46:17	+01:00:50	13:17
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7	333	David Silva	JOMA OCR	25-29 Masculino	02:02:01	+01:16:35	15:15
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30-34 Feminino

1	255	Filipa Barreiros	CBS - DO OCR TEAM	30-34 Feminino	01:32:03	+46:37	11:30
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30-34 Masculino

1	128	Gonçalo Prudêncio	LYNXRACE CLUB	30-34 Masculino	45:26	05:41
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2	476	José Silva	EXÉRCITO DE PORTUGAL	30-34 Masculino	49:31	+04:05	06:11
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3	77	Luis Santos	FISBEM OCR TEAM	30-34 Masculino	53:29	+08:03	06:41
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4	245	César Silva	Limited Edition Team	30-34 Masculino	01:00:04	+14:37	07:31
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5	35	Pedro Gonçalves	Pegasus OCR ProTeam	30-34 Masculino	01:00:44	+15:18	07:36
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6	249	Diogo Carmo	Brave Lake - ACCM	30-34 Masculino	01:04:22	+18:55	08:03
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7	236	David Pantana	Unique Adventure	30-34 Masculino	01:08:36	+23:10	08:35
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8	41	Cristóvão Pedrosa	Urban Obstacles	30-34 Masculino	01:08:53	+23:27	08:37
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9	34	Ruben Carvalho	Ocr Portugal lab	30-34 Masculino	01:11:13	+25:47	08:54
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10	32	Pedro Aleixo	Unique Adventure	30-34 Masculino	01:13:15	+27:49	09:09
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Official Timekeeper: Lap2Go	1 / 3	generate 25-abr-2022 13:03
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Liga OCR

8 KM

[illegible]

OFFICIAL RESULT

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11	340	Diogo azevedo	FISBEM OCR TEAM	30-34 Masculino	01:13:53	+28:27	09:14
12	215	Hugo André Alves Martins	Clube Naus OCR	30-34 Masculino	01:18:25	+32:59	09:48
13	608	João Leandro	Crossmates	30-34 Masculino	01:22:25	+36:59	10:18
14	118	Pedro Marques	EXÉRCITO DE PORTUGAL	30-34 Masculino	01:22:46	+37:19	10:21
15	588	João Janeiro	Clube Naus OCR	30-34 Masculino	01:24:02	+38:35	10:30
16	248	João Miguel Henriques Vicente Sá Pombo	CBS - DO OCR TEAM	30-34 Masculino	01:45:58	+01:00:32	13:15

35-39 Masculino

1	136	Ricardo Candeias	Unique Adventure	35-39 Masculino	52:26	+07:00	06:33
2	478	Luís Santos	EXÉRCITO DE PORTUGAL	35-39 Masculino	54:21	+08:55	06:48
3	117	Bruno Sampaio	OCR NORTE	35-39 Masculino	58:38	+13:11	07:20
4	116	José Carvalho	Unique Adventure	35-39 Masculino	01:01:32	+16:06	07:42
5	389	Carlos Pinto	OCR FIREMAN TEAM	35-39 Masculino	01:04:53	+19:27	08:07
6	88	Sérgio Correia	Brave Lake - ACCM	35-39 Masculino	01:05:05	+19:39	08:08
7	138	Bruno Carriço	Unique Adventure	35-39 Masculino	01:09:21	+23:55	08:40
8	171	Pedro Sousa	EXÉRCITO DE PORTUGAL	35-39 Masculino	01:13:35	+28:08	09:12
9	253	Tiago Dinis	Clube Naus OCR	35-39 Masculino	01:14:30	+29:04	09:19
10	287	Ricardo Ferreira	OCR TEAM ALGARVE	35-39 Masculino	01:15:50	+30:24	09:29
11	230	Luis Serrano	Unique Adventure	35-39 Masculino	01:16:56	+31:30	09:37
12	163	Henrique Loureiro	Pegasus OCR ProTeam	35-39 Masculino	01:19:53	+34:26	09:59
13	208	Pedro Silva	OCR NORTE	35-39 Masculino	01:26:28	+41:02	10:49
14	477	Gonçalo Ovelheiro	EXÉRCITO DE PORTUGAL	35-39 Masculino	01:27:19	+41:52	10:55
15	288	Hélder Silva	Pegasus OCR ProTeam	35-39 Masculino	01:34:29	+49:03	11:49

40-44 Feminino

1	59	Ana Botas	Brave Lake - ACCM	40-44 Feminino	01:38:59	+53:32	12:22
2	56	Diana Ferreira	Individual	40-44 Feminino	02:12:19	+01:26:52	16:32

40-44 Masculino

1	162	Nélson Loureiro	Pegasus OCR ProTeam	40-44 Masculino	48:27	+03:00	06:03
2	169	Luciano Pereira	Pegasus OCR ProTeam	40-44 Masculino	51:39	+06:13	06:27
3	609	Luís Martins	Crossmates	40-44 Masculino	56:54	+11:28	07:07
4	90	Nuno Boia	Ocr Portugal lab	40-44 Masculino	01:00:42	+15:16	07:35
5	119	Marco Lopes	Brave Lake - ACCM	40-44 Masculino	01:05:36	+20:09	08:12
6	332	Vasco Moreira	Individual	40-44 Masculino	01:07:19	+21:52	08:25
7	303	Marco Moura	Underdogs	40-44 Masculino	01:08:51	+23:24	08:36
8	160	Neuton Marques	Brave Lake - ACCM	40-44 Masculino	01:10:04	+24:38	08:46
9	327	Mauro Fonseca	Unique Adventure	40-44 Masculino	01:12:01	+26:35	09:00
10	379	Flávio Coelho	Ocr Portugal lab	40-44 Masculino	01:19:45	+34:19	09:58
11	342	Ricardo Rebelo	JOMA OCR	40-44 Masculino	01:37:06	+51:39	12:08

Liga OCR

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OFFICIAL RESULT

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12	273	Frederico Russo	Stone Race	40-44 Masculino	01:56:04	+01:10:38	14:31
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45-49 Masculino

1	256	João Paulo Moreira Marques	Brave Lake - ACCM	45-49 Masculino	01:06:12	+20:46	08:17
2	85	Toni Bento	Brave Lake - ACCM	45-49 Masculino	01:06:25	+20:59	08:18
3	82	Rui Cunha	Ocr Portugal lab	45-49 Masculino	01:08:07	+22:40	08:31
4	241	Vasyl Paliy	United Warriors OCR	45-49 Masculino	01:11:37	+26:11	08:57
5	86	Sérgio Ramos	LYNXRACE CLUB	45-49 Masculino	01:11:58	+26:32	09:00
6	172	Paulo Monteiro	FISBEM OCR TEAM	45-49 Masculino	01:41:26	+56:00	12:41
7	280	Rui Martins	Stone Race	45-49 Masculino	01:56:04	+01:10:38	14:31

55-59 Masculino

1	246	Henrique Rijo	Ocr Portugal lab	55-59 Masculino	02:07:35	+01:22:09	15:57
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8 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:56	14,8°C	77%
End	12:36	14,8°C	77%

Official Timekeeper: Lap2Go	1 / 1	generate 25-abr-2022 13:04
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8 KM

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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1	1032	Anabela Rodrigues	Individual	Senior Feminino	01:41:17	+39:13	12:40
2	1042	Carla Sequeira	Stone Race	Senior Feminino	02:00:25	+58:21	15:03
3	1044	Inês Gonçalves	Underdogs	Senior Feminino	02:25:46	+01:23:42	18:13
4	1012	Adriana Martins	Clube Naus OCR	Senior Feminino	02:33:54	+01:31:50	19:14
5	1013	Ana Margarida Costa	Clube Naus OCR	Senior Feminino	02:33:54	+01:31:50	19:14
6	1026	Florbela De Sà	Individual	Senior Feminino	02:39:34	+01:37:30	19:57
7	1022	Sandra Cunha	Individual	Senior Feminino	02:39:34	+01:37:30	19:57

1	1030	Marco Lopes	Individual	Senior Masculino	01:02:03	07:45
2	1015	Ricardo Vitorino	Fátima Trail Team	Senior Masculino	01:13:15	+11:11 09:09
3	1028	Pedro Cerqueira	Individual	Senior Masculino	01:14:59	+12:55 09:22
4	1038	Bruno Miguel Dias	Ocr Portugal lab	Senior Masculino	01:16:42	+14:38 09:35
5	1021	Aldmir Amado	Individual	Senior Masculino	01:18:17	+16:13 09:47
6	1031	Vicente Paixão	Individual	Senior Masculino	01:22:33	+20:29 10:19
7	1011	Sérgio Manuel Mota dos Santos	BRAVE LAKE - ACCM	Senior Masculino	01:22:33	+20:29 10:19
8	1039	Carlos Gomes Araujo	Pegasus OCR ProTeam	Senior Masculino	01:28:36	+26:32 11:05
9	1029	Bruno Vilela	Individual	Senior Masculino	01:30:27	+28:24 11:18
10	1027	Marcelo Oliveira	Individual	Senior Masculino	01:36:46	+34:42 12:06
11	1034	Cristóvão Gonçalves	Individual	Senior Masculino	01:36:46	+34:42 12:06
12	1040	Armindo Santos	Pegasus OCR ProTeam	Senior Masculino	01:38:43	+36:39 12:20
13	1043	Francisco Bento	Stone Race	Senior Masculino	01:40:04	+38:00 12:31
14	1010	Pedro Miguel dos Santos Batista	Barraca Team	Senior Masculino	01:41:13	+39:09 12:39
15	1023	Ismael Filipe Gomes Gonçalves Ferreira	Individual	Senior Masculino	01:41:54	+39:50 12:44
16	1025	Mikael da Costa Vieira	Individual	Senior Masculino	01:42:32	+40:28 12:49
17	1003	Gonçalo Marques	Arena Prime Warriors	Senior Masculino	01:42:42	+40:38 12:50
18	1004	Tiago Costa	Arena Prime Warriors	Senior Masculino	01:42:48	+40:44 12:51
19	1035	João Paulo da Silva Santos	Instinto Health Club	Senior Masculino	01:43:07	+41:03 12:53
20	1020	Tomás Gomes	Individual	Senior Masculino	01:44:32	+42:28 13:04
21	1041	Gonçalo Fortunato	Stone Race	Senior Masculino	01:45:06	+43:03 13:08
22	1008	Luís Fernandes	Arrábida Obstacle Runners	Senior Masculino	01:45:28	+43:24 13:11
23	1037	Miguel Graça	O Gordo vai à Baliza	Senior Masculino	01:48:38	+46:34 13:35
24	1047	Alexandre Martins	Individual	Senior Masculino	01:49:51	+47:47 13:44
25	1018	Ricardo Matos	Homens Erectus	Senior Masculino	01:49:51	+47:47 13:44
26	1017	João Mesquita	Homens Erectus	Senior Masculino	01:49:52	+47:48 13:44
27	1016	Diogo Silva	Homens Erectus	Senior Masculino	01:49:53	+47:49 13:44
28	1019	Miguel Figueirinha	Individual	Senior Masculino	02:02:46	+01:00:42 15:21

8 KM

OFFICIAL RESULT

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Official Timekeeper: Lap2Go	1 / 7	generate 27-abr-2022 17:37
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8 KM

OFFICIAL RESULT

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Official Timekeeper: Lap2Go	2 / 7	generate 27-abr-2022 17:37
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8 KM

OFFICIAL RESULT

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REVISED

Official Timekeeper: Lap2Go	3 / 7	generate 27-abr-2022 17:37
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8 KM

OFFICIAL RESULT

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REVISED

Official Timekeeper: Lap2Go	4 / 7	generate 27-abr-2022 17:37
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8 KM

OFFICIAL RESULT

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REVISED

Official Timekeeper: Lap2Go	5 / 7	generate 27-abr-2022 17:37
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8 KM

OFFICIAL RESULT

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REVISED

Official Timekeeper: Lap2Go	6 / 7	generate 27-abr-2022 17:37
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8 KM

OFFICIAL RESULT

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8 KM

OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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1	1548	Vera Silva	AROO	Senior Feminino	01:45:32	+31:13	13:12
2	1659	Ana Carolina Castro	Individual	Senior Feminino	01:47:45	+33:26	13:28
3	1750	Vanessa Rodrigues	Ocr Portugal lab	Senior Feminino	01:54:55	+40:37	14:22
4	1575	Ana Rita Pereira	Crossfit Lusíadas	Senior Feminino	01:59:15	+44:56	14:54
5	1520	Catarina Baptista	Arena Prime Warriors	Senior Feminino	01:59:41	+45:22	14:58
6	1532	Tania Fernandes	Arena Prime Warriors	Senior Feminino	01:59:41	+45:22	14:58
7	1515	Aline Coelho	Arena Prime Warriors	Senior Feminino	01:59:44	+45:25	14:58
8	1529	Patricia Figueiredo	Arena Prime Warriors	Senior Feminino	01:59:45	+45:27	14:58
9	1774	TERESA RAQUEL PEREIRA	Reumáticos & Etc	Senior Feminino	02:01:54	+47:35	15:14
10	1658	Adriana Sofia Silva Cabecinhas	Individual	Senior Feminino	02:02:55	+48:36	15:22
11	1764	Sara Pereira	Pegasus OCR ProTeam	Senior Feminino	02:04:56	+50:37	15:37
12	1693	Cláudia Duarte	Limited Edition Team	Senior Feminino	02:07:40	+53:21	15:58
13	1525	Lidia Chouco	Arena Prime Warriors	Senior Feminino	02:13:27	+59:08	16:41
14	1521	Cristina Reis	Arena Prime Warriors	Senior Feminino	02:13:27	+59:09	16:41
15	1531	Silvia Marques	Arena Prime Warriors	Senior Feminino	02:13:30	+59:11	16:41
16	1522	Filipa Ribeiro	Arena Prime Warriors	Senior Feminino	02:13:42	+59:24	16:43
17	1516	Ana Baptista	Arena Prime Warriors	Senior Feminino	02:13:45	+59:26	16:43
18	1519	Carla Alves	Arena Prime Warriors	Senior Feminino	02:13:53	+59:34	16:44
19	1526	Lisandra Matias	Arena Prime Warriors	Senior Feminino	02:14:54	+01:00:36	16:52
20	1527	Maura Azenha	Arena Prime Warriors	Senior Feminino	02:14:55	+01:00:37	16:52
21	1523	Isabel Baptista	Arena Prime Warriors	Senior Feminino	02:16:41	+01:02:22	17:05
22	1599	Cristiana Machado	Crosstrainingsma	Senior Feminino	02:19:53	+01:05:34	17:29
23	1598	Catarina Travassos	Crosstrainingsma	Senior Feminino	02:19:53	+01:05:34	17:29
24	1601	Sara Branco	Crosstrainingsma	Senior Feminino	02:19:53	+01:05:34	17:29
25	1600	Matilde Cardetas	Crosstrainingsma	Senior Feminino	02:19:53	+01:05:35	17:29
26	1662	Susana Carneiro	Individual	Senior Feminino	02:22:07	+01:07:49	17:46
27	1609	Maria João Enes	Escapes Rotos	Senior Feminino	02:23:14	+01:08:56	17:54
28	1503	Marisa Marques	AGD Sports Academy Team	Senior Feminino	02:23:23	+01:09:04	17:55
29	1800	Arminda Couro	Teamliberty Ocr	Senior Feminino	02:30:59	+01:16:41	18:52
30	1802	Marta Esteves	Teamliberty Ocr	Senior Feminino	02:30:59	+01:16:41	18:52
31	1799	Alexandra Rocha	Teamliberty Ocr	Senior Feminino	02:31:00	+01:16:41	18:53
32	1801	Marina Moreira	Teamliberty Ocr	Senior Feminino	02:31:00	+01:16:42	18:53
33	1625	Marisa Aires	FIRST ROUND	Senior Feminino	02:33:05	+01:18:46	19:08
34	1620	Catarina Pereira	FIRST ROUND	Senior Feminino	02:33:05	+01:18:46	19:08
35	1506	Sofia Amaral	AGD Sports Academy Team	Senior Feminino	02:36:16	+01:21:57	19:32
36	1770	ANA RITA RAMOS CORREIA	Reumáticos & Etc	Senior Feminino	02:38:20	+01:24:01	19:48
37	1772	LILIANA MARIA MARQUES CAMÕES	Reumáticos & Etc	Senior Feminino	02:38:20	+01:24:01	19:48
38	1771	ANDREIA FLAVIA MARQUES SIMOES	Reumáticos & Etc	Senior Feminino	02:38:20	+01:24:02	19:48
39	1567	Dulce Almeida	CrossFit Aveiro	Senior Feminino	02:38:21	+01:24:02	19:48

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8 KM

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40	1776	YURI CARINA OLIVEIRA DIAS	Reumáticos & Etc	Senior Feminino	02:38:22	+01:24:03	19:48
41	1566	Carla Dias	CrossFit Aveiro	Senior Feminino	02:38:22	+01:24:03	19:48
42	1568	Elsa Vieira	CrossFit Aveiro	Senior Feminino	02:38:23	+01:24:04	19:48
43	1647	Raquel Patricia Moreira Soares	Game of Thrusters	Senior Feminino	02:38:44	+01:24:25	19:51
44	1645	Ana Fernandes	Game of Thrusters	Senior Feminino	02:38:44	+01:24:25	19:51
45	1504	Patrícia Lemos	AGD Sports Academy Team	Senior Feminino	02:38:59	+01:24:41	19:52
46	1675	Carolina Serrão	Insane Évora Team	Senior Feminino	02:38:59	+01:24:41	19:52
47	1676	Rita Fialho	Insane Évora Team	Senior Feminino	02:38:59	+01:24:41	19:52
48	1502	Inês Picado	AGD Sports Academy Team	Senior Feminino	02:39:03	+01:24:45	19:53
49	1702	Gorete Cavaleiro	N111 OCR	Senior Feminino	02:39:30	+01:25:12	19:56
50	1707	Margarida Azenha	N111 OCR	Senior Feminino	02:39:31	+01:25:12	19:56
51	1700	Cristiana Tinoco	N111 OCR	Senior Feminino	02:39:32	+01:25:13	19:57
52	1505	Rita Mendes	AGD Sports Academy Team	Senior Feminino	02:45:35	+01:31:16	20:42
53	1661	Olga Loureiro	Individual	Senior Feminino	02:45:47	+01:31:28	20:43
54	1660	Daniela Mendes	Individual	Senior Feminino	02:45:49	+01:31:30	20:44
55	1576	Carina dos Santos Vicente	Crossfit Lusíadas	Senior Feminino	02:47:38	+01:33:19	20:57
56	1577	Neuza Picamilho	Crossfit Lusíadas	Senior Feminino	02:47:38	+01:33:19	20:57
57	1616	Carla Rosas	FIRST ROUND	Senior Feminino	02:48:52	+01:34:34	21:07
58	1652	Raquel Santos	HallsPretus	Senior Feminino	02:50:31	+01:36:13	21:19
59	1651	Lidia Laranjeiro	HallsPretus	Senior Feminino	02:50:32	+01:36:13	21:19
60	1650	Angela Pinto	HallsPretus	Senior Feminino	02:50:32	+01:36:14	21:19
61	1775	VANESSA ALEXANDRA BENTO DA SILVA	Reumáticos & Etc	Senior Feminino	02:50:44	+01:36:26	21:21
62	1797	Mariana Rodrigues	Stone Race	Senior Feminino	02:55:35	+01:41:16	21:57
63	1631	Vanessa Liberato	FIRST ROUND	Senior Feminino	03:00:29	+01:46:11	22:34
64	1618	Carolina Tavares	FIRST ROUND	Senior Feminino	03:00:31	+01:46:12	22:34
65	1517	Ana Costa	Arena Prime Warriors	Senior Feminino	03:02:06	+01:47:47	22:46
66	1533	Teresa Albuquerque	Arena Prime Warriors	Senior Feminino	03:02:06	+01:47:47	22:46
67	1530	Sandra Nunes	Arena Prime Warriors	Senior Feminino	03:02:06	+01:47:48	22:46
68	1528	Michele Nascimento	Arena Prime Warriors	Senior Feminino	03:02:06	+01:47:48	22:46
69	1524	Jacqueline Pereira	Arena Prime Warriors	Senior Feminino	03:02:07	+01:47:48	22:46
70	1809	Susana Castro	Wonder	Senior Feminino	03:02:51	+01:48:32	22:51
71	1518	Ana Gois	Arena Prime Warriors	Senior Feminino	03:03:47	+01:49:29	22:58
72	1697	Carla Gil	N111 OCR	Senior Feminino	03:06:12	+01:51:53	23:17
73	1709	Mariana Cardoso	N111 OCR	Senior Feminino	03:06:12	+01:51:53	23:17
74	1680	Verônica Ribas	Javalis das caldas	Senior Feminino	03:08:46	+01:54:28	23:36
75	1679	Anita Gomes	Javalis das caldas	Senior Feminino	03:08:47	+01:54:28	23:36
76	1581	Carla Ferreira	Crossfriends	Senior Feminino	03:08:57	+01:54:38	23:37
77	1585	Kátia Ventura	Crossfriends	Senior Feminino	03:09:01	+01:54:43	23:38
78	1582	Carolina Carvalho	Crossfriends	Senior Feminino	03:09:02	+01:54:43	23:38
79	1587	Stephanie Pacheco	Crossfriends	Senior Feminino	03:09:02	+01:54:44	23:38
80	1752	Inês Daniela Gomes Madeira	Os Foscós	Senior Feminino	03:11:38	+01:57:19	23:57
81	1760	Tânia Santos	Paulo Correia Clinic/4Arrobas e 1Quintal	Senior Feminino	03:15:10	+02:00:51	24:24
82	1708	Maria João Ferreira	N111 OCR	Senior Feminino	03:15:20	+02:01:02	24:25
83	1622	Liliana Maia	FIRST ROUND	Senior Feminino	03:26:18	+02:11:59	25:47
84	1624	Maricélia Pereira	FIRST ROUND	Senior Feminino	03:26:20	+02:12:01	25:48

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85	1755	Celina Gomes	Os resistentes	Senior Feminino	03:30:30	+02:16:12	26:19
86	1756	Dulce Oliveira	Os resistentes	Senior Feminino	03:30:30	+02:16:12	26:19
87	1754	Ana Costa	Os resistentes	Senior Feminino	03:30:33	+02:16:14	26:19
88	1629	Tatiana Antunes	FIRST ROUND	Senior Feminino	03:31:16	+02:16:58	26:25
89	1613	Ana Sousa	FIRST ROUND	Senior Feminino	03:31:16	+02:16:58	26:25
90	1617	Carolina Correia	FIRST ROUND	Senior Feminino	03:31:17	+02:16:58	26:25
91	1627	Patricia Mata	FIRST ROUND	Senior Feminino	03:31:17	+02:16:58	26:25
92	1614	Carla Cunha	FIRST ROUND	Senior Feminino	03:31:17	+02:16:59	26:25
93	1626	Marisa Martins	FIRST ROUND	Senior Feminino	03:31:17	+02:16:59	26:25
94	1615	Carla Ferreira	FIRST ROUND	Senior Feminino	03:31:17	+02:16:59	26:25
95	1612	Ana Miguel Marques	FIRST ROUND	Senior Feminino	03:31:17	+02:16:59	26:25
96	1628	Rita Gaspar	FIRST ROUND	Senior Feminino	03:31:18	+02:16:59	26:25
97	1619	Catarina Mónica	FIRST ROUND	Senior Feminino	03:31:19	+02:17:00	26:25
98	1623	Mariana Ramos	FIRST ROUND	Senior Feminino	03:31:19	+02:17:00	26:25
99	1630	Trishala Alva	FIRST ROUND	Senior Feminino	03:31:19	+02:17:01	26:25
100	1621	Elisabete Conde	FIRST ROUND	Senior Feminino	03:31:20	+02:17:01	26:25
101	1789	Sofia Monteiro	Salta Cabras	Senior Feminino	03:32:42	+02:18:23	26:35
102	1788	Francisca Raimundo	Salta Cabras	Senior Feminino	03:32:42	+02:18:24	26:35
103	1787	Diana Melo	Salta Cabras	Senior Feminino	03:32:43	+02:18:25	26:35
104	1710	Mariana Laranjeira	N111 OCR	Senior Feminino	03:34:36	+02:20:17	26:50
105	1716	Suse Ferreira	N111 OCR	Senior Feminino	03:36:14	+02:21:56	27:02
106	1715	Susana Duque	N111 OCR	Senior Feminino	03:36:15	+02:21:56	27:02
107	1714	Sara França	N111 OCR	Senior Feminino	03:36:16	+02:21:58	27:02
108	1705	Joana Castanho	N111 OCR	Senior Feminino	03:36:17	+02:21:58	27:02
109	1704	Inês Labela Forte	N111 OCR	Senior Feminino	03:36:18	+02:22:00	27:02
110	1701	Filipa Oliveira	N111 OCR	Senior Feminino	03:36:27	+02:22:08	27:03
111	1713	Sandra Oliveira	N111 OCR	Senior Feminino	03:36:27	+02:22:09	27:03
112	1711	Patrícia Fernandes	N111 OCR	Senior Feminino	03:36:28	+02:22:10	27:04
113	1706	Joana Rodrigues	N111 OCR	Senior Feminino	03:36:30	+02:22:12	27:04
114	1695	Adriana Gonçalves	N111 OCR	Senior Feminino	03:36:35	+02:22:17	27:04
115	1703	Inês Gamas	N111 OCR	Senior Feminino	03:36:44	+02:22:26	27:06
116	1712	Rita Jorge	N111 OCR	Senior Feminino	03:36:45	+02:22:26	27:06
117	1718	Vanessa Azenha	N111 OCR	Senior Feminino	03:36:51	+02:22:32	27:06
118	1699	Cátia Fernandes	N111 OCR	Senior Feminino	03:36:58	+02:22:40	27:07
119	1550	Andreia Carina Rosa Santos	Bluemotion Hard Team	Senior Feminino	04:06:43	+02:52:25	30:50

Senior Masculino

1	1512	Hugo Ventura	AGD Sports Academy Team	Senior Masculino	01:14:18		09:17
2	1507	André Ferreira	AGD Sports Academy Team	Senior Masculino	01:14:18	+00:00	09:17
3	1665	Diogo Ricardo	Individual	Senior Masculino	01:20:02	+05:43	10:00
4	1549	Tiago Santos	Barrosa Power	Senior Masculino	01:25:59	+11:40	10:45
5	1779	LUIS FILIPE LOURENÇO DE ALMEIDA	Reumáticos & Etc	Senior Masculino	01:33:58	+19:40	11:45
6	1782	RICARDO MIGUEL OLIVEIRA NEVES	Reumáticos & Etc	Senior Masculino	01:33:59	+19:41	11:45
7	1671	Nelson Grulha	Individual	Senior Masculino	01:35:54	+21:35	11:59

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8	1784	ROBERTO MONTEIRO	Reumáticos & Etc	Senior Masculino	01:37:22	+23:03	12:10
9	1786	Rui Filipe Almeida Castanheira	Reumáticos & Etc	Senior Masculino	01:37:47	+23:28	12:13
10	1024	José Miguel Paiva Jacinto	Individual	Senior Masculino	01:40:30	+26:11	12:34
11	1664	Diogo Oliveira	Individual	Senior Masculino	01:40:30	+26:12	12:34
12	1578	David Silva	Crossfit Lusíadas	Senior Masculino	01:40:52	+26:34	12:37
13	1669	Joao Freitas	Individual	Senior Masculino	01:47:45	+33:26	13:28
14	1563	João Gabriel Oliveira Ferreira	Canudos	Senior Masculino	01:49:27	+35:08	13:41
15	1565	Rui Canudo	Canudos	Senior Masculino	01:49:28	+35:10	13:41
16	1564	João Ricardo Canudo	Canudos	Senior Masculino	01:49:29	+35:10	13:41
17	1731	Hugo Santos	N111 OCR	Senior Masculino	01:57:16	+42:58	14:40
18	1739	Nelson Costa	N111 OCR	Senior Masculino	01:57:19	+43:00	14:40
19	1722	Duarte Azul	N111 OCR	Senior Masculino	01:57:21	+43:03	14:40
20	1721	Diogo Pinheiro	N111 OCR	Senior Masculino	01:57:22	+43:04	14:40
21	1729	Hugo Gonçalves	N111 OCR	Senior Masculino	01:57:23	+43:04	14:40
22	1724	Fábio Almeida	N111 OCR	Senior Masculino	01:57:23	+43:05	14:40
23	1736	Joel Carvalho	N111 OCR	Senior Masculino	01:57:24	+43:05	14:41
24	1579	Micael Rodrigues	Crossfit Lusíadas	Senior Masculino	01:59:14	+44:56	14:54
25	1781	RICARDO MIGUEL FERREIRA MAIA	Reumáticos & Etc	Senior Masculino	02:01:53	+47:34	15:14
26	1777	DANIEL FILIPE GONÇALVES DOS SANTOS	Reumáticos & Etc	Senior Masculino	02:01:56	+47:38	15:15
27	1785	Rodrigo Miguel Martins Ferreira	Reumáticos & Etc	Senior Masculino	02:01:57	+47:39	15:15
28	1783	RICARDO XAVIER RIBEIRO NEVES	Reumáticos & Etc	Senior Masculino	02:02:22	+48:03	15:18
29	1694	Délio Antonio Lourenço Charrua	Limited Edition Team	Senior Masculino	02:07:39	+53:21	15:57
30	1540	João Filipe Mano	Arena Prime Warriors	Senior Masculino	02:08:41	+54:22	16:05
31	1546	Rui Rosa	Arena Prime Warriors	Senior Masculino	02:10:37	+56:19	16:20
32	1738	Mário Coelho	N111 OCR	Senior Masculino	02:11:31	+57:12	16:26
33	1666	Gonçalo Alexandre Oliveira Carreira	Individual	Senior Masculino	02:14:26	+01:00:08	16:48
34	1668	João Carreira	Individual	Senior Masculino	02:14:30	+01:00:12	16:49
35	1541	João Jordão	Arena Prime Warriors	Senior Masculino	02:15:58	+01:01:39	17:00
36	1543	João Silva	Arena Prime Warriors	Senior Masculino	02:16:14	+01:01:56	17:02
37	1602	Gonçalo Matias	Crosstrainingsma	Senior Masculino	02:19:54	+01:05:36	17:29
38	1603	Tiago Laranjeira	Crosstrainingsma	Senior Masculino	02:19:56	+01:05:38	17:30
39	1673	Ricardo Peixinho	Individual	Senior Masculino	02:22:07	+01:07:48	17:46
40	1610	Ivo Silva	Escapes Rotos	Senior Masculino	02:23:14	+01:08:56	17:54
41	1768	Ricardo Soares	Quarto elemento	Senior Masculino	02:26:35	+01:12:16	18:19
42	1765	Diogo Machado	Quarto elemento	Senior Masculino	02:26:37	+01:12:19	18:20
43	1769	Rui Soares	Quarto elemento	Senior Masculino	02:26:39	+01:12:20	18:20
44	1766	Filipe Müller Rocha	Quarto elemento	Senior Masculino	02:26:39	+01:12:20	18:20
45	1767	Nuno Câncio	Quarto elemento	Senior Masculino	02:26:40	+01:12:22	18:20
46	1720	David Rama	N111 OCR	Senior Masculino	02:27:50	+01:13:31	18:29
47	1811	DUARTE VELOSO DOS SANTOS	Individual	Senior Masculino	02:30:57	+01:16:38	18:52
48	1806	Pedro Carvalho	Teamliberty Ocr	Senior Masculino	02:31:00	+01:16:41	18:53
49	1805	Paulo Pinto	Teamliberty Ocr	Senior Masculino	02:31:02	+01:16:44	18:53
50	1804	Jose Santos	Teamliberty Ocr	Senior Masculino	02:31:03	+01:16:44	18:53
51	1803	Joaquim Silva	Teamliberty Ocr	Senior Masculino	02:31:03	+01:16:45	18:53
52	1633	Bruno Pericão	FIRST ROUND	Senior Masculino	02:33:04	+01:18:45	19:08
53	1638	João Alves	FIRST ROUND	Senior Masculino	02:33:05	+01:18:46	19:08

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54	1749	Telmo Pedreiro	N111 OCR	Senior Masculino	02:33:30	+01:19:11	19:11
55	1511	Hugo Lopes	AGD Sports Academy Team	Senior Masculino	02:35:53	+01:21:35	19:29
56	1514	Ricardo Marques	AGD Sports Academy Team	Senior Masculino	02:35:54	+01:21:35	19:29
57	1747	Ricardo Silva	N111 OCR	Senior Masculino	02:35:55	+01:21:36	19:29
58	1510	Francisco Natal	AGD Sports Academy Team	Senior Masculino	02:36:16	+01:21:58	19:32
59	1574	Sergio Fernandes	CrossFit Aveiro	Senior Masculino	02:38:18	+01:23:59	19:47
60	1569	Diogo Garcia Almeida	CrossFit Aveiro	Senior Masculino	02:38:20	+01:24:02	19:48
61	1573	Philippe Domingues	CrossFit Aveiro	Senior Masculino	02:38:20	+01:24:02	19:48
62	1570	Filipe Miguel Pinto Morais	CrossFit Aveiro	Senior Masculino	02:38:21	+01:24:02	19:48
63	1014	Patrick Rodrigues	CrossFit Aveiro	Senior Masculino	02:38:22	+01:24:03	19:48
64	1572	Miguel Almeida	CrossFit Aveiro	Senior Masculino	02:38:22	+01:24:04	19:48
65	1571	Francisco António Coelho e Silva	CrossFit Aveiro	Senior Masculino	02:38:23	+01:24:04	19:48
66	1648	Celso Alexandre Soares da Silva	Game of Thrusters	Senior Masculino	02:38:43	+01:24:24	19:50
67	1649	Miguel Pais	Game of Thrusters	Senior Masculino	02:38:46	+01:24:27	19:51
68	1678	Miguel Poeira	Insane Évora Team	Senior Masculino	02:39:00	+01:24:41	19:53
69	1508	Fábio Silva	AGD Sports Academy Team	Senior Masculino	02:39:03	+01:24:44	19:53
70	1509	Francisco Lemos	AGD Sports Academy Team	Senior Masculino	02:39:25	+01:25:06	19:56
71	1730	Hugo Oliveira	N111 OCR	Senior Masculino	02:39:32	+01:25:14	19:57
72	1670	José Figueiredo	Individual	Senior Masculino	02:45:47	+01:31:29	20:43
73	1640	José Diogo	FIRST ROUND	Senior Masculino	02:48:53	+01:34:34	21:07
74	1657	Jorge Araújo	HallsPretus	Senior Masculino	02:50:20	+01:36:01	21:18
75	1656	João Subtil	HallsPretus	Senior Masculino	02:50:20	+01:36:02	21:18
76	1653	André Queda	HallsPretus	Senior Masculino	02:50:21	+01:36:02	21:18
77	1778	FRANCISCO JOSÉ SILVA GOMES	Reumáticos & Etc	Senior Masculino	02:50:44	+01:36:26	21:21
78	1780	Marco Rafael Oliveira da Silva	Reumáticos & Etc	Senior Masculino	02:50:45	+01:36:26	21:21
79	1654	Daniel Amaral	HallsPretus	Senior Masculino	02:50:50	+01:36:32	21:21
80	1798	Francisco Rodrigues	Stone Race	Senior Masculino	02:55:35	+01:41:16	21:57
81	1808	Aquil harjivan	Urban Obstacles	Senior Masculino	02:56:38	+01:42:20	22:05
82	1807	Andre Ferreira	Urban Obstacles	Senior Masculino	02:56:38	+01:42:20	22:05
83	1045	Miguel Garcia	Urban Obstacles	Senior Masculino	02:56:38	+01:42:20	22:05
84	1535	Carlos Cação	Arena Prime Warriors	Senior Masculino	02:58:27	+01:44:08	22:18
85	1812	Renato Freitas	Arena Prime Warriors	Senior Masculino	02:58:28	+01:44:09	22:19
86	1547	Tiago Henriques	Arena Prime Warriors	Senior Masculino	03:01:55	+01:47:36	22:44
87	1544	Luis Sá Bastardo	Arena Prime Warriors	Senior Masculino	03:02:06	+01:47:48	22:46
88	1537	Henrique Reboredo	Arena Prime Warriors	Senior Masculino	03:02:35	+01:48:16	22:49
89	1542	João Pereira	Arena Prime Warriors	Senior Masculino	03:02:47	+01:48:29	22:51
90	1539	João Dias	Arena Prime Warriors	Senior Masculino	03:02:48	+01:48:29	22:51
91	1810	Joao Maio	Wonder	Senior Masculino	03:02:51	+01:48:32	22:51
92	1545	Luis Santos	Arena Prime Warriors	Senior Masculino	03:03:47	+01:49:29	22:58
93	1538	João David Gois	Arena Prime Warriors	Senior Masculino	03:03:48	+01:49:29	22:59
94	1536	Carlos Rodrigues	Arena Prime Warriors	Senior Masculino	03:03:48	+01:49:29	22:59
95	1728	Guilherme Neto	N111 OCR	Senior Masculino	03:06:10	+01:51:52	23:16
96	1725	Fernando Gomes	N111 OCR	Senior Masculino	03:06:12	+01:51:54	23:17
97	1593	Márcio Batista	Crossfriends	Senior Masculino	03:08:42	+01:54:24	23:35
98	1682	Bruno Relvas	Javalis das caldas	Senior Masculino	03:08:44	+01:54:25	23:36
99	1685	Miguel silva	Javalis das caldas	Senior Masculino	03:08:45	+01:54:26	23:36

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100	1681	Afonso Castro	Javalis das caldas	Senior Masculino	03:08:45	+01:54:26	23:36
101	1686	Nuno ramalho	Javalis das caldas	Senior Masculino	03:08:45	+01:54:26	23:36
102	1590	Jaime Soares	Crossfriends	Senior Masculino	03:08:45	+01:54:26	23:36
103	1688	Peter poseiro	Javalis das caldas	Senior Masculino	03:08:45	+01:54:26	23:36
104	1687	Pedro Castro	Javalis das caldas	Senior Masculino	03:08:45	+01:54:27	23:36
105	1690	Rui macedo	Javalis das caldas	Senior Masculino	03:08:45	+01:54:27	23:36
106	1589	Carlos Feteira	Crossfriends	Senior Masculino	03:08:46	+01:54:27	23:36
107	1683	Daniel Fonseca	Javalis das caldas	Senior Masculino	03:08:46	+01:54:27	23:36
108	1689	Ruben gomes	Javalis das caldas	Senior Masculino	03:08:46	+01:54:27	23:36
109	1684	Leandro Magalhães	Javalis das caldas	Senior Masculino	03:08:46	+01:54:28	23:36
110	1691	Tiago Vicente	Javalis das caldas	Senior Masculino	03:08:47	+01:54:29	23:36
111	1692	Tome pereira	Javalis das caldas	Senior Masculino	03:08:48	+01:54:29	23:36
112	1594	Michael Gouveia	Crossfriends	Senior Masculino	03:08:52	+01:54:34	23:37
113	1595	Stefane Silva	Crossfriends	Senior Masculino	03:09:03	+01:54:44	23:38
114	1753	Sérgio Paulo Rodrigues Dias	Os Foscós	Senior Masculino	03:11:38	+01:57:20	23:57
115	1761	Francisco Santos	Paulo Correia Clinic/4Arrobas e 1Quintal	Senior Masculino	03:15:09	+02:00:51	24:24
116	1762	Paulo Correia	Paulo Correia Clinic/4Arrobas e 1Quintal	Senior Masculino	03:15:10	+02:00:52	24:24
117	1637	Ivan Tomás	FIRST ROUND	Senior Masculino	03:26:20	+02:12:01	25:48
118	1759	Vitor Jeronimo	Os resistentes	Senior Masculino	03:30:29	+02:16:10	26:19
119	1757	Manel Duarte	Os resistentes	Senior Masculino	03:30:34	+02:16:16	26:19
120	1758	Marco Gaspar	Os resistentes	Senior Masculino	03:30:54	+02:16:35	26:22
121	1639	João Gomes	FIRST ROUND	Senior Masculino	03:31:09	+02:16:50	26:24
122	1642	Miguel Marques	FIRST ROUND	Senior Masculino	03:31:15	+02:16:56	26:24
123	1632	Bernardo Fernandes	FIRST ROUND	Senior Masculino	03:31:16	+02:16:57	26:25
124	1643	Tiago Rendeiro	FIRST ROUND	Senior Masculino	03:31:16	+02:16:58	26:25
125	1636	Hugo Reboredo	FIRST ROUND	Senior Masculino	03:31:17	+02:16:58	26:25
126	1641	Luís Santos	FIRST ROUND	Senior Masculino	03:31:17	+02:16:58	26:25
127	1634	Catarina Marques	FIRST ROUND	Senior Masculino	03:31:19	+02:17:01	26:25
128	1790	Carlos Filipe Veiga Pereira	Salta Cabras	Senior Masculino	03:32:42	+02:18:23	26:35
129	1794	Luís Gaspar	Salta Cabras	Senior Masculino	03:32:43	+02:18:24	26:35
130	1791	Daniel Quintas	Salta Cabras	Senior Masculino	03:32:44	+02:18:25	26:36
131	1793	Fábio Santos	Salta Cabras	Senior Masculino	03:32:44	+02:18:25	26:36
132	1796	Paulo Sousa	Salta Cabras	Senior Masculino	03:32:44	+02:18:26	26:36
133	1792	Diogo Silva	Salta Cabras	Senior Masculino	03:32:45	+02:18:26	26:36
134	1795	Paulo Silva	Salta Cabras	Senior Masculino	03:32:47	+02:18:28	26:36
135	1746	Rafael Simões	N111 OCR	Senior Masculino	03:34:38	+02:20:19	26:50
136	1737	Jorge Artur	N111 OCR	Senior Masculino	03:34:39	+02:20:20	26:50
137	1733	João Artur	N111 OCR	Senior Masculino	03:36:14	+02:21:56	27:02
138	1726	Francisco Simoes	N111 OCR	Senior Masculino	03:36:16	+02:21:57	27:02
139	1723	Emanuel Marques	N111 OCR	Senior Masculino	03:36:19	+02:22:00	27:02
140	1742	Nuno Miguel de Jesus Moreira	N111 OCR	Senior Masculino	03:36:26	+02:22:07	27:03
141	1743	Paulo Oliveira	N111 OCR	Senior Masculino	03:36:33	+02:22:14	27:04
142	1740	Nuno Carrasqueira	N111 OCR	Senior Masculino	03:36:52	+02:22:33	27:07
143	1562	Romeu Filipe Rodrigues Marques	Bluemotion Hard Team	Senior Masculino	04:06:43	+02:52:24	30:50
144	1561	Ricardo Dias	Bluemotion Hard Team	Senior Masculino	04:08:19	+02:54:01	31:02

Official Timekeeper: Lap2Go	6 / 7	generate 27-abr-2022 17:38
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5 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	10:45	15°C	76%
End	13:41	15°C	76%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	2012	Teresa Páscoa	individual	Senior Feminino	01:11:23		14:17
2	2004	Beatriz Isabel Parreira Jeremias	brave lake - accm	Senior Feminino	01:22:57	+11:34	16:36
3	2032	Anamar Gomes Pinto Lopes	individual	Senior Feminino	01:22:57	+11:34	16:36
4	2016	Ricardo Madeira	individual	Senior Masculino	01:52:54	+41:31	22:35
5	2015	João Almeida	individual	Senior Masculino	01:53:01	+41:38	22:36
6	2014	Ivo valente	individual	Senior Masculino	01:53:10	+41:47	22:38
7	2010	Ana Almeida	individual	Senior Feminino	01:53:21	+41:58	22:40
8	2008	Cédric Ferreira	ccd	Senior Masculino	02:08:38	+57:15	25:44
9	2009	Diogo Ferreira	ccd	Senior Masculino	02:08:39	+57:16	25:44
10	2007	Cristiana Carvalho	ccd	Senior Feminino	02:08:39	+57:16	25:44
11	2030	Hugo Cerdeira	stone race	Senior Masculino	02:40:33	+01:29:10	32:07
12	2031	Martinho Cerdeira	stone race	Senior Masculino	02:40:34	+01:29:11	32:07
13	2029	Bruna Martins	stone race	Senior Feminino	02:40:34	+01:29:11	32:07
14	2028	Luís Tomásio	preguiças cansadas	Senior Masculino	02:54:55	+01:43:32	34:59
15	2027	JOsé Carlos Margarido	preguiças cansadas	Senior Masculino	02:54:56	+01:43:33	34:59
16	2022	Vera Figueiredo	preguiças cansadas	Senior Feminino	02:54:56	+01:43:33	34:59
17	2020	Renata Loureiro	preguiças cansadas	Senior Feminino	02:54:56	+01:43:33	34:59
18	2023	André Botas	preguiças cansadas	Senior Masculino	02:54:56	+01:43:33	34:59
19	2026	Joel Pereira	preguiças cansadas	Senior Masculino	02:54:57	+01:43:34	35:00
20	2024	Daniel Gandarez	preguiças cansadas	Senior Masculino	02:54:58	+01:43:35	35:00
21	2018	Clarisse Martinho	preguiças cansadas	Senior Feminino	02:54:58	+01:43:35	35:00
22	2025	João Petronilho	preguiças cansadas	Senior Masculino	02:54:59	+01:43:36	35:00
23	2021	Sandra Grego	preguiças cansadas	Senior Feminino	02:54:59	+01:43:36	35:00
24	2019	Jael Martins Simões	preguiças cansadas	Senior Feminino	02:55:00	+01:43:37	35:00

Não Elite 5K

5 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:45	15°C	76%
End	13:41	15°C	76%

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

1	2012	Teresa Páscoa	Individual	Senior Feminino	01:11:23		14:17
2	2004	Beatriz Isabel Parreira Jeremias	Brave Lake - ACCM	Senior Feminino	01:22:57	+11:34	16:36
3	2032	Anamar Gomes Pinto Lopes	Individual	Senior Feminino	01:22:57	+11:34	16:36
4	2010	Ana Almeida	Individual	Senior Feminino	01:53:21	+41:58	22:40
5	2007	Cristiana Carvalho	CCD	Senior Feminino	02:08:39	+57:16	25:44
6	2029	Bruna Martins	Stone Race	Senior Feminino	02:40:34	+01:29:11	32:07
7	2022	Vera Figueiredo	Preguiças Cansadas	Senior Feminino	02:54:56	+01:43:33	34:59
8	2020	Renata Loureiro	Preguiças Cansadas	Senior Feminino	02:54:56	+01:43:33	34:59
9	2018	Clarisse Martinho	Preguiças Cansadas	Senior Feminino	02:54:58	+01:43:35	35:00
10	2021	Sandra Grego	Preguiças Cansadas	Senior Feminino	02:54:59	+01:43:36	35:00
11	2019	Jael Martins Simões	Preguiças Cansadas	Senior Feminino	02:55:00	+01:43:37	35:00

Senior Masculino

1	2016	Ricardo Madeira	Individual	Senior Masculino	01:52:54	+41:31	22:35
2	2015	João Almeida	Individual	Senior Masculino	01:53:01	+41:38	22:36
3	2014	Ivo valente	Individual	Senior Masculino	01:53:10	+41:47	22:38
4	2008	Cédric Ferreira	CCD	Senior Masculino	02:08:38	+57:15	25:44
5	2009	Diogo Ferreira	CCD	Senior Masculino	02:08:39	+57:16	25:44
6	2030	Hugo Cerdeira	Stone Race	Senior Masculino	02:40:33	+01:29:10	32:07
7	2031	Martinho Cerdeira	Stone Race	Senior Masculino	02:40:34	+01:29:11	32:07
8	2028	Luís Tomásio	Preguiças Cansadas	Senior Masculino	02:54:55	+01:43:32	34:59
9	2027	JOSé Carlos Margarido	Preguiças Cansadas	Senior Masculino	02:54:56	+01:43:33	34:59
10	2023	André Botas	Preguiças Cansadas	Senior Masculino	02:54:56	+01:43:33	34:59
11	2026	Joel Pereira	Preguiças Cansadas	Senior Masculino	02:54:57	+01:43:34	35:00
12	2024	Daniel Gandarez	Preguiças Cansadas	Senior Masculino	02:54:58	+01:43:35	35:00
13	2025	João Petronilho	Preguiças Cansadas	Senior Masculino	02:54:59	+01:43:36	35:00