

MEIA MARATONA - STAGE 1

21.097 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	17:00	--	--
End	19:37	--	--

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	94	BRUNO LOURENÇO	Individual	01:17:55		03:42	
2	277	PEDRO RIBEIRO	SR. CAMARNAL	01:20:17	+02:22	03:48	
3	193	Luis Pererira	Individual	01:20:50	+02:55	03:50	
4	253	José E. Santos	Os galgos	01:21:28	+03:33	03:52	
5	153	João Pires	Individual	01:22:18	+04:23	03:54	
6	19	Artur Oliveira	Associação Desportiva de Palmeiros Sintra	01:23:49	+05:54	03:58	
7	137	Pedro Cardoso	Individual	01:24:22	+06:27	04:00	
8	231	Rui Silva	Linda-A-Pastora Sporting Clube	01:24:40	+06:45	04:01	
9	224	José Carlos Camacho	Linda-A-Pastora Sporting Clube	01:24:58	+07:03	04:02	
10	232	Artur Pereira	Linda-A-Pastora Sporting Clube	01:24:59	+07:04	04:02	
11	107	Nuno Filipe Duarte Oliveira	Individual	01:25:02	+07:07	04:02	
12	239	João Caldeira	Linda-A-Pastora Sporting Clube	01:25:45	+07:50	04:04	
13	37	Henrique janota	Caracois de pedra	01:26:53	+08:58	04:07	
14	14	Pedro Miguel Boleixa	ASSOCIAÇÃO CULTURAL SAMBRASENSE	01:27:19	+09:24	04:08	
15	155	Jorge Pardal	Individual	01:27:31	+09:36	04:09	
16	131	João Silva	Individual	01:28:22	+10:27	04:11	
17	101	Ivo Relveiro	Zeus Rider Club	01:28:41	+10:46	04:12	
18	247	Virgilio Gomes	NAZABOBODA	01:28:51	+10:56	04:13	
19	28	João Paixão	Atletas do Bullying	01:30:44	+12:49	04:18	
20	79	Abel Glória	G.D.R. da Reboleira	01:30:53	+12:58	04:18	
21	202	Paulo Jorge Felix Delgado	Individual	01:30:58	+13:03	04:19	
22	20	Francisco Gonçalves	Associação Desportiva de Palmeiros Sintra	01:31:07	+13:12	04:19	
23	78	José Marcelino	G.D.R. da Reboleira	01:31:29	+13:34	04:20	
24	133	Jorge Fonseca	Individual	01:31:37	+13:42	04:21	
25	233	Jorge Pinho	Linda-A-Pastora Sporting Clube	01:31:43	+13:48	04:21	
26	103	João Ibanhez	Individual	01:32:26	+14:31	04:23	
27	125	António Patrício	Individual	01:32:55	+15:00	04:24	
28	140	rogerio machado	Individual	01:33:24	+15:29	04:26	
29	245	Bruno Daniel Nunes de Sousa	MTBA	01:33:25	+15:30	04:26	
30	273	Patricia Rivotti	Sport União Colarense	01:33:50	+15:55	04:27	
31	267	Bruno Filipe Paiva Ferreira	Serrinha Ferreira	01:33:55	+16:00	04:27	
32	223	Fábio Miguel Lapa Portela	Linda-A-Pastora Sporting Clube	01:34:25	+16:30	04:29	
33	167	Rui Fonseca	Individual	01:34:28	+16:33	04:29	
34	54	Luís Batista	Casa do Concelho de Arcos de Valdevez	01:35:20	+17:25	04:31	
35	229	André Corvo	Linda-A-Pastora Sporting Clube	01:35:40	+17:45	04:32	
36	246	Marco Fernandes	MTBA	01:36:10	+18:15	04:34	
37	169	ANTÓNIO ALMEIDA	GFD Running	01:36:54	+18:59	04:36	
38	136	Paulo Gomes	Individual	01:37:19	+19:24	04:37	
39	161	Nuno CORDEIRO	Individual	01:37:22	+19:27	04:37	
40	88	Rute Martins	Individual	01:37:28	+19:33	04:37	
41	45	Hugo Palmeiro	Casa do Benfica em Algueirão Mem Martins	01:37:40	+19:45	04:38	
42	25	Alexandre Figueiredo	Atletas do Bullying	01:37:55	+20:00	04:38	

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[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	98	Diogo José Moreira de Sousa	Individual	01:38:23	+20:28	04:40	
44	254	Luis Miguel de Almeida Nogueira	Os galgos	01:38:43	+20:48	04:41	
45	240	José Simões	Linda-A-Pastora Sporting Clube	01:38:50	+20:55	04:41	
46	230	Miguel Sequeira	Linda-A-Pastora Sporting Clube	01:39:17	+21:22	04:42	
47	158	Miguel Ginja Ferreira	Individual	01:39:38	+21:43	04:43	
48	102	João Caçador	Individual	01:39:48	+21:53	04:44	
49	64	Virgilio Madeira	CCD TRANQUILIDADE	01:39:59	+22:04	04:44	
50	205	PAULO PÓVOA	Stravistias Venda do Pinheiro	01:40:32	+22:37	04:46	
51	275	Fábio Pereira	Sporting Clube de Casainhos	01:40:37	+22:42	04:46	
52	276	Carlos Baptista	Sporting Clube de Casainhos	01:40:42	+22:47	04:46	
53	201	Miguel Baptista	Individual	01:40:44	+22:49	04:46	
54	111	Rolando Reis	Individual	01:40:49	+22:54	04:47	
55	221	Paula Martins	Ingleses FC	01:40:55	+23:00	04:47	
56	46	Romario Almeida	Casa do Benfica em Algueirão Mem Martins	01:41:44	+23:49	04:49	
57	115	Guilherme Bezelga	Individual	01:41:46	+23:51	04:49	
58	108	Ricardo Balria	Individual	01:41:54	+23:59	04:50	
59	278	DELFIN FERREIRA	SR. CAMARNAL	01:42:15	+24:20	04:51	
60	85	Maria Gribanova	Individual	01:42:27	+24:32	04:51	
61	76	Pedro Pereira	Federação da Família para a Paz Mundial e Unificação	01:42:35	+24:40	04:52	
62	75	Mafalda Martinho	Federação da Família para a Paz Mundial e Unificação	01:42:35	+24:40	04:52	
63	114	Tiago Brito	Individual	01:42:39	+24:44	04:52	
64	119	DULCÍNEA SILVA	Individual	01:42:53	+24:58	04:53	
65	35	Tiago Almeida	Caracois de pedra	01:42:58	+25:03	04:53	
66	26	Jorge Monteiro	Atletas do Bullying	01:43:03	+25:08	04:53	
67	210	Germano Silva	Linda-A-Pastora Sporting Clube	01:43:09	+25:14	04:53	
68	191	Fernando Morais Santos	Barrancos FC	01:43:33	+25:38	04:54	
69	249	Julio Fernandes	OCS Arrabida Trail Team	01:43:38	+25:43	04:55	
70	56	Jorge Simão	CCD PM CASCAIS	01:43:47	+25:52	04:55	
71	241	João Grilo	Masnada Runners	01:43:57	+26:02	04:56	
72	250	André Coelho	Os galgos	01:44:02	+26:07	04:56	
73	185	Pedro João Reis	Individual	01:44:09	+26:14	04:56	
74	190	Claudio Rincon Roberti	Individual	01:44:12	+26:17	04:56	
75	34	Patricia Caldas	Caracois de pedra	01:44:16	+26:21	04:57	
76	17	David Karin	Associação Desportiva de Palmeiros Sintra	01:44:17	+26:22	04:57	
77	12	Diogo Duarte	ADR "O Relâmpago"	01:44:19	+26:24	04:57	
78	174	João Pedro Gameiro	Individual	01:44:46	+26:51	04:58	
79	30	Eduardo Manuel Coelho Luís	Atómicos	01:46:02	+28:07	05:02	
80	81	Nuno Sabino	Grupo Desportivo e Recreativo de Manique de Cima	01:46:35	+28:40	05:03	
81	179	Miguel Ribeiro	Individual	01:46:53	+28:58	05:04	
82	166	Renato Jorge de Andrade Martins	Individual	01:46:57	+29:02	05:04	
83	271	Paulo Galhardo	Sintra Runners	01:47:29	+29:34	05:06	
84	27	António Martins	Atletas do Bullying	01:47:50	+29:55	05:07	
85	138	RICARDO SILVA	Individual	01:48:06	+30:11	05:07	
86	126	António Pedro	Individual	01:48:14	+30:19	05:08	
87	252	Pedro Gonçalves	Os galgos	01:48:20	+30:25	05:08	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	74	Rita Justino	Estoril Praia Triatlo	01:48:25	+30:30	05:08	
89	139	Rodrigo de Oliveira	Individual	01:48:33	+30:38	05:09	
90	63	Jorge Serra	CCD TRANQUILIDADE	01:48:34	+30:39	05:09	
91	118	Sónia Neves	Individual	01:48:38	+30:43	05:09	
92	68	Nuno Queija	CF " OS BELENENSES "	01:48:38	+30:43	05:09	
93	188	Rui Silva	Individual	01:48:55	+31:00	05:10	
94	208	Pedro Vicente	Individual	01:49:10	+31:15	05:10	
95	154	Jorge Bruno Coelho Mota	Individual	01:49:34	+31:39	05:12	
96	89	Alexandre Lucas	Caracóis de Pedra	01:49:37	+31:42	05:12	
97	42	Cristina Carvalho	Casa do Benfica em Algueirão Mem Martins	01:49:57	+32:02	05:13	
98	18	Luís Ferreira	Associação Desportiva de Palmeiros Sintra	01:49:59	+32:04	05:13	
99	62	Nelson Mota	CCD TRANQUILIDADE	01:49:59	+32:04	05:13	
100	207	Pedro Trabucho	Individual	01:50:18	+32:23	05:14	
101	194	João passeiro	Individual	01:50:34	+32:39	05:14	
102	242	Hildebrand Castro	Monsanto Running Team	01:50:50	+32:55	05:15	
103	49	Vitor Santos	Casa do Benfica em Algueirão Mem Martins	01:50:57	+33:02	05:16	
104	80	Eduardo Pimenta	GRUPO BTT MANTEIGAS	01:51:05	+33:10	05:16	
105	33	Carlos França	CAD a Correr	01:51:20	+33:25	05:17	
106	147	Antonio Teixeira	Individual	01:51:27	+33:32	05:17	
107	145	Tiago Van Zeller	Individual	01:51:33	+33:38	05:17	
108	44	Rui Ferreira	Casa do Benfica em Algueirão Mem Martins	01:51:40	+33:45	05:18	
109	97	Diogo Figueira	Individual	01:51:42	+33:47	05:18	
110	212	José Vieira	Individual	01:52:01	+34:06	05:19	
111	52	João Soares	Casa do Benfica em Algueirão Mem Martins	01:52:29	+34:34	05:20	
112	184	Paulo Lourinho	Individual	01:52:31	+34:36	05:20	
113	151	Filipe José dos Prazeres Silva	Individual	01:52:48	+34:53	05:21	
114	258	Rui Faria	RUN 4 FUN	01:52:49	+34:54	05:21	
115	91	André Alexandre Marques Martins	Individual	01:52:52	+34:57	05:21	
116	57	RICARDO ALVES	CCD TRANQUILIDADE	01:53:07	+35:12	05:22	
117	39	Bruno Matias	Casa do Benfica em Algueirão Mem Martins	01:53:19	+35:24	05:22	
118	259	João Campos	RUN 4 FUN	01:53:54	+35:59	05:24	
119	237	Orlando Correia	Linda-A-Pastora Sporting Clube	01:54:01	+36:06	05:24	
120	141	Roman Romanyuk	Individual	01:54:16	+36:21	05:25	
121	135	Nuno Madureira	Individual	01:54:35	+36:40	05:26	
122	262	Nuno Marques	Runlovers	01:54:46	+36:51	05:26	
123	106	Jorge Nabais	Individual	01:55:02	+37:07	05:27	
124	268	Nuno Almeida	Sintra Runners	01:55:14	+37:19	05:28	
125	129	Francisco José Dos Santos Teixeira	Individual	01:55:22	+37:27	05:28	
126	105	João Veiga	Individual	01:55:49	+37:54	05:29	
127	173	João Caetano	Individual	01:56:07	+38:12	05:30	
128	152	Hélio Garcia	Individual	01:56:10	+38:15	05:30	
129	199	Luis Bastos	Individual	01:56:41	+38:46	05:32	
130	146	António Procópio	Individual	01:56:55	+39:00	05:33	
131	144	Sílvio Romão	Individual	01:56:58	+39:03	05:33	
132	124	Angelo Luis	Individual	01:57:08	+39:13	05:33	
133	227	Patrícia Matos	Linda-A-Pastora Sporting Clube	01:57:39	+39:44	05:35	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
134	235	Pedro Vitorino	Linda-A-Pastora Sporting Clube	01:57:40	+39:45	05:35	
135	143	Sérgio Simões	Individual	01:57:58	+40:03	05:35	
136	8	José Manuel Rato	60% VIP	01:57:59	+40:04	05:36	
137	182	Nuno Miguel Leal	Individual	01:58:09	+40:14	05:36	
138	266	José Carlos Pereira	Sempre Favoritos	01:58:18	+40:23	05:36	
139	203	Paulo Louro	Individual	01:58:30	+40:35	05:37	
140	121	Patricia Santos	Individual	01:58:33	+40:38	05:37	
141	206	Pedro Leal	Individual	01:58:39	+40:44	05:37	
142	282	Mário Louro	Tartarugas Noturnas	01:58:56	+41:01	05:38	
143	168	Rui Rato	Individual	01:59:18	+41:23	05:39	
144	73	Daniel oliveira	ESTORIL PRAIA	01:59:29	+41:34	05:40	
145	65	Luis jose nunes andrade	CDCR DOS CTT	01:59:34	+41:39	05:40	
146	213	Nivardo Nepomuceno Sobrinho	Individual	01:59:37	+41:42	05:40	
147	16	Catarina Palma	Associação Desportiva de Palmeiros Sintra	01:59:38	+41:43	05:40	
148	218	Joaquim Gabriel Palma Portela	Individual	01:59:38	+41:43	05:40	
149	96	David Monteiro	Individual	01:59:45	+41:50	05:41	
150	157	Luís Avó	Individual	02:00:05	+42:10	05:42	
151	72	Carlos Nabiça	Duo Run Sintra	02:00:21	+42:26	05:42	
152	256	Marina Marques	RUN 4 FUN	02:01:01	+43:06	05:44	
153	286	José Pedro Almeida	wikaboo	02:01:05	+43:10	05:44	
154	265	António Batalha	SCALABIS NIGHT RUNNERS	02:01:10	+43:15	05:45	
155	29	Carlos Fonseca	Atletas do Bullying	02:02:44	+44:49	05:49	
156	21	José Duarte	Associação Desportiva de Palmeiros Sintra	02:02:51	+44:56	05:49	
157	134	Nuno Alexandres de Sá e Figueiredo	Individual	02:03:02	+45:07	05:50	
158	128	Dário Canas	Individual	02:03:12	+45:17	05:50	
159	172	joao barbado	Individual	02:03:31	+45:36	05:51	
160	171	Cristiano Ventura	Individual	02:03:31	+45:36	05:51	
161	71	Carlos Monteiro	Duo Run Sintra	02:04:03	+46:08	05:53	
162	270	Rui Marques	Sintra Runners	02:04:03	+46:08	05:53	
163	234	José Borges	Linda-A-Pastora Sporting Clube	02:04:30	+46:35	05:54	
164	99	Fábio Miguel	Individual	02:04:48	+46:53	05:55	
165	163	Nuno Santiago	Individual	02:05:08	+47:13	05:56	
166	195	João Pedro M Pinto	Individual	02:05:15	+47:20	05:56	
167	113	Tiago André Santos	Individual	02:05:27	+47:32	05:57	
168	217	Douglas Fry	Individual	02:05:39	+47:44	05:57	
169	82	Cátia Luis	Individual	02:05:43	+47:48	05:58	
170	261	Teodoro Trindade	RUN 4 FUN	02:06:32	+48:37	06:00	
171	236	Ricardo Faria	Linda-A-Pastora Sporting Clube	02:06:32	+48:37	06:00	
172	200	Luis Miguel Duque Santos	Individual	02:07:06	+49:11	06:01	
173	100	Francisco Teixeira	Individual	02:07:09	+49:14	06:02	
174	120	Natasha Planas Dias	Individual	02:08:03	+50:08	06:04	
175	83	Emi Silva	Individual	02:08:26	+50:31	06:05	
176	9	Andreia Pereira	7 Colinas Runners by Evadict	02:08:52	+50:57	06:06	
177	285	António Almeida	VIA3Runners	02:09:55	+52:00	06:09	
178	51	Alexandre Reis	Casa do Benfica em Algueirão Mem Martins	02:10:27	+52:32	06:11	

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21.097 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
179	5	Isadora Costa	4 ao Km	02:10:41	+52:46	06:12	
180	90	Alexandre Sandinha	Individual	02:10:48	+52:53	06:12	
181	104	João Teles	Individual	02:11:12	+53:17	06:13	
182	198	Jose Magalhaes	Individual	02:11:14	+53:19	06:13	
183	248	Carlos Jesus	NÚCLEO AMIGOS ATLETISMO LAGOS	02:11:22	+53:27	06:14	
184	225	Ana Sofia Aleixo	Linda-A-Pastora Sporting Clube	02:11:28	+53:33	06:14	
185	162	Nuno Luís Lourenço de Sousa	Individual	02:11:32	+53:37	06:14	
186	22	Jaime Silva	Associação Desportiva de Palmeiros Sintra	02:11:37	+53:42	06:14	
187	130	Hugo Miguel Nunes Mateus	Individual	02:11:50	+53:55	06:15	
188	122	Susana gomes	Individual	02:11:55	+54:00	06:15	
189	50	Carlos Silva	Casa do Benfica em Algueirão Mem Martins	02:11:56	+54:01	06:15	
190	93	André Valério	Individual	02:12:13	+54:18	06:16	
191	165	Paulo Sousa	Individual	02:14:22	+56:27	06:22	
192	269	Paulo Duarte	Sintra Runners	02:14:33	+56:38	06:23	
193	43	Adalberto Grilo	Casa do Benfica em Algueirão Mem Martins	02:14:48	+56:53	06:23	
194	222	Sara Ramos Machado Candeias Marques Portela	Linda-A-Pastora Sporting Clube	02:15:11	+57:16	06:24	
195	257	Sandra Simões	RUN 4 FUN	02:15:19	+57:24	06:25	
196	117	Susana Pacheco	Individual	02:15:31	+57:36	06:25	
197	238	Vítor Canto	Linda-A-Pastora Sporting Clube	02:16:22	+58:27	06:28	
198	66	JOÃO AFONSO	CDCR DOS CTT	02:16:25	+58:30	06:28	
199	160	Nuno Borges Pereira	Individual	02:16:51	+58:56	06:29	
200	280	Eduardo Bernardo	SUDU	02:19:07	+01:01:12	06:36	
201	260	João Ralha	RUN 4 FUN	02:19:33	+01:01:38	06:37	
202	211	Henrique Ruivo	Individual	02:19:48	+01:01:53	06:38	
203	281	Bruno Miguel Rolo Regalo	Tartarugas Noturnas	02:20:40	+01:02:45	06:40	
204	243	Paulo Picão	Monsanto Running Team	02:21:20	+01:03:25	06:42	
205	164	Paulo Calvino	Individual	02:21:20	+01:03:25	06:42	
206	41	Sónia Ferreira	Casa do Benfica em Algueirão Mem Martins	02:21:57	+01:04:02	06:44	
207	47	Carlos Costa	Casa do Benfica em Algueirão Mem Martins	02:21:58	+01:04:03	06:44	
208	228	Sónia Sequeira	Linda-A-Pastora Sporting Clube	02:22:37	+01:04:42	06:46	
209	58	Dina Ribeiro Nunes	CCD TRANQUILIDADE	02:23:52	+01:05:57	06:49	
210	7	Catarina Cibrão	60% VIP	02:24:48	+01:06:53	06:52	
211	10	Célia Maria Azenha	AA Lebres do Sado	02:26:17	+01:08:22	06:56	
212	92	André Barradas	Individual	02:26:48	+01:08:53	06:57	
213	197	José Fernando Ferreira Fiães	Individual	02:27:06	+01:09:11	06:58	
214	226	Marina Pantalhão	Linda-A-Pastora Sporting Clube	02:27:30	+01:09:35	06:59	
215	11	Simão G. F.	ADR "O Relâmpago"	02:31:49	+01:13:54	07:12	
216	32	JOSÉ LINDO	CA VALE FIGUEIRA	02:36:58	+01:19:03	07:26	
217	192	Jaime Trabucho	Individual	02:37:00	+01:19:05	07:27	

Obs

BIB	NOTE	NAME	TEAM
36	DQ	David Matias Lopes	Caracois de pedra
38	DQ	Adriana Raquel Carmo Silva	Casa do Benfica em Algueirão Mem Martins
61	DQ	Nuno Beijoca	CCD TRANQUILIDADE

21.097 KM

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Official Timekeeper: Lap2Go	6 / 6	generate 10-Sep-2022 19:38
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Meia Maratona

21.097 KM

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	17:00	-99°C	-99%
End	19:37	-99°C	-99%

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

1	88	Rute Martins	Individual	Senior Feminino	01:37:28	+19:33	04:37:28
2	85	Maria Gribanova	Individual	Senior Feminino	01:42:26	+24:31	04:51:54
3	75	Mafalda Martinho	Federação da Família para a Paz Mundial e Unificação	Senior Feminino	01:42:35	+24:40	04:52:05
4	34	Patricia Caldas	Caracois de pedra	Senior Feminino	01:44:16	+26:21	04:57:27
5	82	Cátia Luis	Individual	Senior Feminino	02:05:43	+47:48	05:58:11
6	83	Emi Silva	Individual	Senior Feminino	02:08:25	+50:30	06:05:56
7	9	Andreia Pereira	7 Colinas Runners by Evadict	Senior Feminino	02:08:51	+50:56	06:06:27
8	5	Isadora Costa	4 ao Km	Senior Feminino	02:10:40	+52:45	06:12:26
9	222	Sara Ramos Machado Candeias Marques Portela	Linda-A-Pastora Sporting Clube	Senior Feminino	02:15:11	+57:16	06:24:53

Senior Masculino

1	94	BRUNO LOURENÇO	Individual	Senior Masculino	01:17:54	03:42
2	277	PEDRO RIBEIRO	SR. CAMARNAL	Senior Masculino	01:20:16	+02:21 03:48
3	193	Luis Pererira	Individual	Senior Masculino	01:20:49	+02:54 03:50
4	224	José Carlos Camacho	Linda-A-Pastora Sporting Clube	Senior Masculino	01:24:58	+07:03 04:02
5	107	Nuno Filipe Duarte Oliveira	Individual	Senior Masculino	01:25:02	+07:07 04:02
6	101	Ivo Relveiro	Zeus Rider Club	Senior Masculino	01:28:40	+10:45 04:12
7	103	João Ibanhez	Individual	Senior Masculino	01:32:25	+14:30 04:23
8	267	Bruno Filipe Paiva Ferreira	Serrinha Ferreira	Senior Masculino	01:33:54	+15:59 04:27
9	223	Fábio Miguel Lapa Portela	Linda-A-Pastora Sporting Clube	Senior Masculino	01:34:24	+16:29 04:29
10	98	Diogo José Moreira de Sousa	Individual	Senior Masculino	01:38:22	+20:27 04:40
11	102	João Caçador	Individual	Senior Masculino	01:39:48	+21:53 04:44
12	275	Fábio Pereira	Sporting Clube de Casainhos	Senior Masculino	01:40:37	+22:42 04:46
13	111	Rolando Reis	Individual	Senior Masculino	01:40:49	+22:54 04:47
14	108	Ricardo Balria	Individual	Senior Masculino	01:41:54	+23:59 04:50
15	76	Pedro Pereira	Federação da Família para a Paz Mundial e Unificação	Senior Masculino	01:42:34	+24:39 04:52
16	114	Tiago Brito	Individual	Senior Masculino	01:42:39	+24:44 04:52
17	241	João Grilo	Masnada Runners	Senior Masculino	01:43:57	+26:02 04:56
18	89	Alexandre Lucas	Caracóis de Pedra	Senior Masculino	01:49:37	+31:42 05:12
19	97	Diogo Figueira	Individual	Senior Masculino	01:51:42	+33:47 05:18
20	91	André Alexandre Marques Martins	Individual	Senior Masculino	01:52:51	+34:57 05:21
21	57	RICARDO ALVES	CCD TRANQUILIDADE	Senior Masculino	01:53:07	+35:12 05:22
22	39	Bruno Matias	Casa do Benfica em Algueirão Mem Martins	Senior Masculino	01:53:18	+35:23 05:22
23	106	Jorge Nabais	Individual	Senior Masculino	01:55:02	+37:07 05:27
24	105	João Veiga	Individual	Senior Masculino	01:55:49	+37:54 05:29

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25	73	Daniel oliveira	ESTORIL PRAIA	Senior Masculino	01:59:29	+41:34	05:40
26	96	David Monteiro	Individual	Senior Masculino	01:59:44	+41:49	05:41
27	99	Fábio Miguel	Individual	Senior Masculino	02:04:47	+46:52	05:55
28	113	Tiago André Santos	Individual	Senior Masculino	02:05:26	+47:31	05:57
29	100	Francisco Teixeira	Individual	Senior Masculino	02:07:09	+49:14	06:02
30	90	Alexandre Sandinha	Individual	Senior Masculino	02:10:48	+52:53	06:12
31	104	João Teles	Individual	Senior Masculino	02:11:12	+53:17	06:13
32	93	André Valério	Individual	Senior Masculino	02:12:12	+54:18	06:16
33	92	André Barradas	Individual	Senior Masculino	02:26:47	+01:08:52	06:57

Sub 23 Masculino

1	115	Guilherme Bezelga	Individual	Sub 23 Masculino	01:41:46	+23:51	04:49
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Veterana F40

1	221	Paula Martins	Ingleses FC	Veterana F40	01:40:54	+22:59	04:47
2	74	Rita Justino	Estoril Praia Triatlo	Veterana F40	01:48:25	+30:30	05:08
3	16	Catarina Palma	Associação Desportiva de Palmeiros Sintra	Veterana F40	01:59:38	+41:43	05:40
4	225	Ana Sofia Aleixo	Linda-A-Pastora Sporting Clube	Veterana F40	02:11:27	+53:33	06:14
5	117	Susana Pacheco	Individual	Veterana F40	02:15:31	+57:36	06:25
6	41	Sónia Ferreira	Casa do Benfica em Algueirão Mem Martins	Veterana F40	02:21:56	+01:04:01	06:44

Veterana F45

1	273	Patrícia Rivotti	Sport União Colareense	Veterana F45	01:33:49	+15:54	04:27
2	118	Sónia Neves	Individual	Veterana F45	01:48:37	+30:43	05:09
3	227	Patrícia Matos	Linda-A-Pastora Sporting Clube	Veterana F45	01:57:39	+39:44	05:35
4	228	Sónia Sequeira	Linda-A-Pastora Sporting Clube	Veterana F45	02:22:37	+01:04:42	06:46
5	58	Dina Ribeiro Nunes	CCD TRANQUILIDADE	Veterana F45	02:23:52	+01:05:57	06:49
6	7	Catarina Cibrão	60% VIP	Veterana F45	02:24:47	+01:06:53	06:52
7	226	Marina Pantalhão	Linda-A-Pastora Sporting Clube	Veterana F45	02:27:30	+01:09:35	06:59

Veterana F50

1	119	DULCÍNEA SILVA	Individual	Veterana F50	01:42:53	+24:58	04:53
2	42	Cristina Carvalho	Casa do Benfica em Algueirão Mem Martins	Veterana F50	01:49:57	+32:02	05:13
3	121	Patricia Santos	Individual	Veterana F50	01:58:33	+40:38	05:37
4	256	Marina Marques	RUN 4 FUN	Veterana F50	02:01:01	+43:06	05:44
5	120	Natasha Planas Dias	Individual	Veterana F50	02:08:02	+50:07	06:04
6	122	Susana gomes	Individual	Veterana F50	02:11:55	+54:00	06:15

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7	257	Sandra Simões	RUN 4 FUN	Veterana F50	02:15:18	+57:23	06:25
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Veterana F55

1	10	Célia Maria Azenha	AA Lebres do Sado	Veterana F55	02:26:16	+01:08:21	06:56
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Veterano M40

1	137	Pedro Cardoso	Individual	Veterano M40	01:24:22	+06:27	04:00
2	231	Rui Silva	Linda-A-Pastora Sporting Clube	Veterano M40	01:24:39	+06:44	04:01
3	131	João Silva	Individual	Veterano M40	01:28:21	+10:27	04:11
4	133	Jorge Fonseca	Individual	Veterano M40	01:31:37	+13:42	04:21
5	125	António Patrício	Individual	Veterano M40	01:32:54	+14:59	04:24
6	140	rogerio machado	Individual	Veterano M40	01:33:24	+15:29	04:26
7	245	Bruno Daniel Nunes de Sousa	MTBA	Veterano M40	01:33:25	+15:30	04:26
8	229	André Corvo	Linda-A-Pastora Sporting Clube	Veterano M40	01:35:39	+17:44	04:32
9	246	Marco Fernandes	MTBA	Veterano M40	01:36:10	+18:15	04:34
10	136	Paulo Gomes	Individual	Veterano M40	01:37:18	+19:23	04:37
11	230	Miguel Sequeira	Linda-A-Pastora Sporting Clube	Veterano M40	01:39:17	+21:22	04:42
12	35	Tiago Almeida	Caracois de pedra	Veterano M40	01:42:57	+25:03	04:53
13	17	David Karin	Associação Desportiva de Palmeiros Sintra	Veterano M40	01:44:17	+26:22	04:57
14	30	Eduardo Manuel Coelho Luís	Atómicos	Veterano M40	01:46:01	+28:06	05:02
15	138	RICARDO SILVA	Individual	Veterano M40	01:48:05	+30:10	05:07
16	126	António Pedro	Individual	Veterano M40	01:48:14	+30:19	05:08
17	139	Rodrigo de Oliveira	Individual	Veterano M40	01:48:32	+30:37	05:09
18	33	Carlos França	CAD a Correr	Veterano M40	01:51:20	+33:25	05:17
19	145	Tiago Van Zeller	Individual	Veterano M40	01:51:33	+33:38	05:17
20	44	Rui Ferreira	Casa do Benfica em Algueirão Mem Martins	Veterano M40	01:51:39	+33:45	05:18
21	141	Roman Romanyuk	Individual	Veterano M40	01:54:15	+36:20	05:25
22	135	Nuno Madureira	Individual	Veterano M40	01:54:34	+36:40	05:26
23	129	Francisco José Dos Santos Teixeira	Individual	Veterano M40	01:55:21	+37:26	05:28
24	144	Silvio Romão	Individual	Veterano M40	01:56:57	+39:02	05:33
25	124	Angelo Luis	Individual	Veterano M40	01:57:08	+39:13	05:33
26	143	Sérgio Simões	Individual	Veterano M40	01:57:57	+40:02	05:35
27	134	Nuno Alexandres de Sá e Figueiredo	Individual	Veterano M40	02:03:02	+45:07	05:50
28	128	Dário Canas	Individual	Veterano M40	02:03:12	+45:17	05:50
29	130	Hugo Miguel Nunes Mateus	Individual	Veterano M40	02:11:49	+53:54	06:15
30	11	Simão G. F.	ADR "O Relâmpago"	Veterano M40	02:31:49	+01:13:54	07:12

Veterano M45

1	153	João Pires	Individual	Veterano M45	01:22:17	+04:23	03:54
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2	232	Artur Pereira	Linda-A-Pastora Sporting Clube	Veterano M45	01:24:58	+07:03	04:02
3	37	Henrique janota	Caracois de pedra	Veterano M45	01:26:53	+08:58	04:07
4	155	Jorge Pardal	Individual	Veterano M45	01:27:30	+09:35	04:09
5	233	Jorge Pinho	Linda-A-Pastora Sporting Clube	Veterano M45	01:31:42	+13:48	04:21
6	167	Rui Fonseca	Individual	Veterano M45	01:34:28	+16:33	04:29
7	54	Luís Batista	Casa do Concelho de Arcos de Valdevez	Veterano M45	01:35:20	+17:25	04:31
8	161	Nuno CORDEIRO	Individual	Veterano M45	01:37:22	+19:27	04:37
9	45	Hugo Palmeiro	Casa do Benfica em Algueirão Mem Martins	Veterano M45	01:37:40	+19:45	04:38
10	25	Alexandre Figueiredo	Atletas do Bullying	Veterano M45	01:37:54	+19:59	04:38
11	158	Miguel Ginja Ferreira	Individual	Veterano M45	01:39:38	+21:43	04:43
12	46	Romario Almeida	Casa do Benfica em Algueirão Mem Martins	Veterano M45	01:41:43	+23:49	04:49
13	278	DELFIN FERREIRA	SR. CAMARNAL	Veterano M45	01:42:14	+24:19	04:51
14	26	Jorge Monteiro	Atletas do Bullying	Veterano M45	01:43:03	+25:08	04:53
15	249	Julio Fernandes	OCS Arrabida Trail Team	Veterano M45	01:43:38	+25:43	04:55
16	250	André Coelho	Os galgos	Veterano M45	01:44:02	+26:07	04:56
17	12	Diogo Duarte	ADR "O Relâmpago"	Veterano M45	01:44:19	+26:24	04:57
18	81	Nuno Sabino	Grupo Desportivo e Recreativo de Manique de Cima	Veterano M45	01:46:34	+28:39	05:03
19	166	Renato Jorge de Andrade Martins	Individual	Veterano M45	01:46:56	+29:02	05:04
20	252	Pedro Gonçalves	Os galgos	Veterano M45	01:48:19	+30:24	05:08
21	68	Nuno Queija	CF " OS BELENENSES "	Veterano M45	01:48:38	+30:43	05:09
22	154	Jorge Bruno Coelho Mota	Individual	Veterano M45	01:49:33	+31:38	05:12
23	18	Luís Ferreira	Associação Desportiva de Palmeiros Sintra	Veterano M45	01:49:59	+32:04	05:13
24	242	Hildebrand Castro	Monsanto Running Team	Veterano M45	01:50:49	+32:54	05:15
25	80	Eduardo Pimenta	GRUPO BTT MANTEIGAS	Veterano M45	01:51:04	+33:09	05:16
26	147	Antonio Teixeira	Individual	Veterano M45	01:51:26	+33:31	05:17
27	151	Filipe José dos Prazeres Silva	Individual	Veterano M45	01:52:47	+34:52	05:21
28	258	Rui Faria	RUN 4 FUN	Veterano M45	01:52:49	+34:54	05:21
29	268	Nuno Almeida	Sintra Runners	Veterano M45	01:55:14	+37:19	05:28
30	152	Hélio Garcia	Individual	Veterano M45	01:56:09	+38:14	05:30
31	146	António Procópio	Individual	Veterano M45	01:56:55	+39:00	05:33
32	235	Pedro Vitorino	Linda-A-Pastora Sporting Clube	Veterano M45	01:57:39	+39:44	05:35
33	168	Rui Rato	Individual	Veterano M45	01:59:17	+41:23	05:39
34	65	Luis jose nunes andrade	CDCR DOS CTT	Veterano M45	01:59:34	+41:39	05:40
35	157	Luís Avó	Individual	Veterano M45	02:00:04	+42:09	05:42
36	234	José Borges	Linda-A-Pastora Sporting Clube	Veterano M45	02:04:30	+46:35	05:54
37	163	Nuno Santiago	Individual	Veterano M45	02:05:07	+47:12	05:56
38	236	Ricardo Faria	Linda-A-Pastora Sporting Clube	Veterano M45	02:06:31	+48:37	06:00
39	162	Nuno Luís Lourenço de Sousa	Individual	Veterano M45	02:11:31	+53:36	06:14
40	165	Paulo Sousa	Individual	Veterano M45	02:14:22	+56:27	06:22
41	269	Paulo Duarte	Sintra Runners	Veterano M45	02:14:33	+56:38	06:23
42	160	Nuno Borges Pereira	Individual	Veterano M45	02:16:50	+58:55	06:29
43	281	Bruno Miguel Rolo Regalo	Tartarugas Noturnas	Veterano M45	02:20:39	+01:02:44	06:40
44	243	Paulo Picão	Monsanto Running Team	Veterano M45	02:21:19	+01:03:24	06:42

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45	164	Paulo Calvino	Individual	Veterano M45	02:21:19	+01:03:25	06:42
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Veterano M50

1	253	José E. Santos	Os galgos	Veterano M50	01:21:28	+03:33	03:52
2	19	Artur Oliveira	Associação Desportiva de Palmeiros Sintra	Veterano M50	01:23:49	+05:54	03:58
3	14	Pedro Miguel Boleixa	ASSOCIAÇÃO CULTURAL SAMBRASENSE	Veterano M50	01:27:19	+09:24	04:08
4	247	Virgílio Gomes	NAZABOBODA	Veterano M50	01:28:51	+10:56	04:13
5	28	João Paixão	Atletas do Bullying	Veterano M50	01:30:44	+12:49	04:18
6	20	Francisco Gonçalves	Associação Desportiva de Palmeiros Sintra	Veterano M50	01:31:06	+13:11	04:19
7	169	ANTÓNIO ALMEIDA	GFD Running	Veterano M50	01:36:54	+18:59	04:36
8	254	Luis Miguel de Almeida Nogueira	Os galgos	Veterano M50	01:38:43	+20:48	04:41
9	185	Pedro João Reis	Individual	Veterano M50	01:44:08	+26:13	04:56
10	174	João Pedro Gameiro	Individual	Veterano M50	01:44:46	+26:51	04:58
11	179	Miguel Ribeiro	Individual	Veterano M50	01:46:52	+28:57	05:04
12	27	António Martins	Atletas do Bullying	Veterano M50	01:47:49	+29:54	05:07
13	188	Rui Silva	Individual	Veterano M50	01:48:54	+30:59	05:10
14	62	Nelson Mota	CCD TRANQUILIDADE	Veterano M50	01:49:59	+32:04	05:13
15	49	Vitor Santos	Casa do Benfica em Algueirão Mem Martins	Veterano M50	01:50:56	+33:01	05:16
16	184	Paulo Lourinho	Individual	Veterano M50	01:52:30	+34:35	05:20
17	259	João Campos	RUN 4 FUN	Veterano M50	01:53:53	+35:58	05:24
18	237	Orlando Correia	Linda-A-Pastora Sporting Clube	Veterano M50	01:54:01	+36:06	05:24
19	173	João Caetano	Individual	Veterano M50	01:56:07	+38:12	05:30
20	182	Nuno Miguel Leal	Individual	Veterano M50	01:58:08	+40:13	05:36
21	266	José Carlos Pereira	Sempre Favoritos	Veterano M50	01:58:18	+40:23	05:36
22	282	Mário Louro	Tartarugas Noturnas	Veterano M50	01:58:55	+41:00	05:38
23	286	José Pedro Almeida	wikaboo	Veterano M50	02:01:04	+43:09	05:44
24	172	joao barbado	Individual	Veterano M50	02:03:31	+45:36	05:51
25	171	Cristiano Ventura	Individual	Veterano M50	02:03:31	+45:36	05:51
26	71	Carlos Monteiro	Duo Run Sintra	Veterano M50	02:04:03	+46:08	05:53
27	270	Rui Marques	Sintra Runners	Veterano M50	02:04:03	+46:08	05:53
28	238	Vítor Canto	Linda-A-Pastora Sporting Clube	Veterano M50	02:16:22	+58:27	06:28
29	66	JOÃO AFONSO	CDCR DOS CTT	Veterano M50	02:16:24	+58:29	06:28
30	280	Eduardo Bernardo	SUDU	Veterano M50	02:19:06	+01:01:12	06:36
31	47	Carlos Costa	Casa do Benfica em Algueirão Mem Martins	Veterano M50	02:21:57	+01:04:02	06:44

Veterano M55

1	202	Paulo Jorge Felix Delgado	Individual	Veterano M55	01:30:57	+13:02	04:19
2	78	José Marcelino	G.D.R. da Reboleira	Veterano M55	01:31:28	+13:34	04:20
3	205	PAULO PÓVOA	Stravistias Venda do Pinheiro	Veterano M55	01:40:32	+22:37	04:46

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4	201	Miguel Baptista	Individual	Veterano M55	01:40:43	+22:49	04:46
5	191	Fernando Morais Santos	Barrancos FC	Veterano M55	01:43:32	+25:37	04:54
6	190	Claudio Rincon Roberti	Individual	Veterano M55	01:44:12	+26:17	04:56
7	271	Paulo Galhardo	Sintra Runners	Veterano M55	01:47:28	+29:33	05:06
8	63	Jorge Serra	CCD TRANQUILIDADE	Veterano M55	01:48:33	+30:38	05:09
9	208	Pedro Vicente	Individual	Veterano M55	01:49:09	+31:14	05:10
10	207	Pedro Trabucho	Individual	Veterano M55	01:50:17	+32:22	05:14
11	194	João passeiro	Individual	Veterano M55	01:50:33	+32:38	05:14
12	262	Nuno Marques	Runlovers	Veterano M55	01:54:46	+36:51	05:26
13	199	Luis Bastos	Individual	Veterano M55	01:56:41	+38:46	05:32
14	203	Paulo Louro	Individual	Veterano M55	01:58:29	+40:34	05:37
15	206	Pedro Leal	Individual	Veterano M55	01:58:38	+40:43	05:37
16	72	Carlos Nabiça	Duo Run Sintra	Veterano M55	02:00:21	+42:26	05:42
17	29	Carlos Fonseca	Atletas do Bullying	Veterano M55	02:02:43	+44:48	05:49
18	21	José Duarte	Associação Desportiva de Palmeiros Sintra	Veterano M55	02:02:50	+44:55	05:49
19	195	João Pedro M Pinto	Individual	Veterano M55	02:05:14	+47:20	05:56
20	200	Luis Miguel Duque Santos	Individual	Veterano M55	02:07:05	+49:10	06:01
21	198	Jose Magalhaes	Individual	Veterano M55	02:11:13	+53:18	06:13
22	248	Carlos Jesus	NÚCLEO AMIGOS ATLETISMO LAGOS	Veterano M55	02:11:21	+53:27	06:14
23	50	Carlos Silva	Casa do Benfica em Algueirão Mem Martins	Veterano M55	02:11:56	+54:01	06:15
24	197	José Fernando Ferreira Fiães	Individual	Veterano M55	02:27:06	+01:09:11	06:58
25	192	Jaime Trabucho	Individual	Veterano M55	02:37:00	+01:19:05	07:27

Veterano M60

1	239	João Caldeira	Linda-A-Pastora Sporting Clube	Veterano M60	01:25:45	+07:50	04:04
2	79	Abel Glória	G.D.R. da Reboleira	Veterano M60	01:30:52	+12:57	04:18
3	240	José Simões	Linda-A-Pastora Sporting Clube	Veterano M60	01:38:50	+20:55	04:41
4	64	Virgílio Madeira	CCD TRANQUILIDADE	Veterano M60	01:39:59	+22:04	04:44
5	276	Carlos Baptista	Sporting Clube de Casainhos	Veterano M60	01:40:42	+22:47	04:46
6	210	Germano Silva	Linda-A-Pastora Sporting Clube	Veterano M60	01:43:09	+25:14	04:53
7	56	Jorge Simão	CCD PM CASCAIS	Veterano M60	01:43:46	+25:51	04:55
8	212	José Vieira	Individual	Veterano M60	01:52:00	+34:05	05:19
9	213	Nivardo Nepomuceno Sobrinho	Individual	Veterano M60	01:59:36	+41:41	05:40
10	261	Teodoro Trindade	RUN 4 FUN	Veterano M60	02:06:31	+48:36	06:00
11	285	António Almeida	VIA3Runners	Veterano M60	02:09:55	+52:00	06:09
12	51	Alexandre Reis	Casa do Benfica em Algueirão Mem Martins	Veterano M60	02:10:26	+52:31	06:11
13	43	Adalberto Grilo	Casa do Benfica em Algueirão Mem Martins	Veterano M60	02:14:47	+56:52	06:23
14	260	João Ralha	RUN 4 FUN	Veterano M60	02:19:32	+01:01:37	06:37
15	211	Henrique Ruivo	Individual	Veterano M60	02:19:48	+01:01:53	06:38

21.097 KM

OFFICIAL RESULT

[illegible]

1	52	João Soares	Casa do Benfica em Algueirão Mem Martins	Veterano M65	01:52:28	+34:33	05:20
2	8	José Manuel Rato	60% VIP	Veterano M65	01:57:59	+40:04	05:36
3	218	Joaquim Gabriel Palma Portela	Individual	Veterano M65	01:59:38	+41:43	05:40
4	265	António Batalha	SCALABIS NIGHT RUNNERS	Veterano M65	02:01:10	+43:15	05:45
5	217	Douglas Fry	Individual	Veterano M65	02:05:38	+47:43	05:57
6	22	Jaime Silva	Associação Desportiva de Palmeiros Sintra	Veterano M65	02:11:37	+53:42	06:14
7	32	JOSÉ LINDO	CA VALE FIGUEIRA	Veterano M65	02:36:57	+01:19:02	07:26

MEIA RAMPA - STAGE 1

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	17:00	--	--
End	18:44	--	--

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	564	Tomás Morais	JOMA	48:54		03:46	
2	532	João Plácido	Individual	52:21	+03:27	04:02	
3	510	Álvaro Oliveira	Associação Desportiva de Palmeiros Sintra	52:41	+03:47	04:03	
4	501	João Ferreira	ACR Senhora do Desterro	53:06	+04:12	04:05	
5	545	Nuno Ramos	Individual	55:02	+06:08	04:14	
6	505	Hugo Borges	Associação Desportiva de Palmeiros Sintra	55:06	+06:12	04:14	
7	519	Duarte Costa	Federação da Família para a Paz Mundial e Unificação	56:21	+07:27	04:20	
8	530	Carlos Alexandre Pinho	Individual	56:47	+07:53	04:22	
9	520	Marco Lourenço	Free Runners/IDentPrint	01:01:11	+12:17	04:42	
10	583	Nuno Martins	Individual	01:03:23	+14:29	04:53	
11	512	Luis Neiva	Associação Desportiva de Palmeiros Sintra	01:04:03	+15:09	04:56	
12	578	Hugo Guerreiro	varitintas	01:05:18	+16:24	05:01	
13	547	Fernando Da Silva	Individual	01:06:08	+17:14	05:05	
14	533	Paulo Namorado	Individual	01:06:12	+17:18	05:06	
15	544	João Pereira	Individual	01:08:22	+19:28	05:16	
16	513	José Neto	CA VALE FIGUEIRA	01:09:04	+20:10	05:19	
17	579	helder manuel boto tavares	varitintas	01:09:40	+20:46	05:22	
18	511	Joaquim Cunha	Associação Desportiva de Palmeiros Sintra	01:10:43	+21:49	05:26	
19	538	Alexandra Silva	Individual	01:10:54	+22:00	05:27	
20	516	Ricardo Fernando Ramos	CDCR DOS CTT	01:10:57	+22:03	05:27	
21	509	Nuno Paiva	Associação Desportiva de Palmeiros Sintra	01:11:44	+22:50	05:31	
22	584	RICARDO ALVES	CCD TRANQUILIDADE	01:13:28	+24:34	05:39	
23	521	Catia Ramos	GRD RIBEIRA DA LAGE	01:14:22	+25:28	05:43	
24	567	Débora Almeida	RUN 4 FUN	01:14:48	+25:54	05:45	
25	572	João Leitão	Runlovers	01:15:04	+26:10	05:46	
26	543	João Fachada	Individual	01:15:45	+26:51	05:50	
27	502	Rui Aldeano	ADR "O Relâmpago"	01:15:57	+27:03	05:51	
28	552	Ricardo Leitão	Individual	01:16:20	+27:26	05:52	
29	550	João Rosinha	Individual	01:16:21	+27:27	05:52	
30	536	Cláudia Madeira	Individual	01:16:48	+27:54	05:54	
31	571	Nuno Anastácio	Runlovers	01:17:05	+28:11	05:56	
32	524	Ventura Saraiva	GRD RIBEIRA DA LAGE	01:17:06	+28:12	05:56	
33	522	Cecília Craveiro	GRD RIBEIRA DA LAGE	01:17:07	+28:13	05:56	
34	568	Pedro Fonseca	RUN 4 FUN	01:18:01	+29:07	06:00	
35	561	Carlos Antunes	Individual	01:18:55	+30:01	06:04	
36	539	Íris Maurício	Individual	01:19:59	+31:05	06:09	
37	549	Jaime Maurício	Individual	01:19:59	+31:05	06:09	
38	569	Luisa Ralha	RUN 4 FUN	01:20:01	+31:07	06:09	
39	562	José Fachada	Individual	01:20:06	+31:12	06:10	
40	557	Francisco Amaro	Individual	01:21:11	+32:17	06:15	
41	573	Franco Wudich	Runlovers	01:21:48	+32:54	06:18	

MEIA RAMPA - STAGE 1

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	558	manuel fonseca	Individual	01:22:06	+33:12	06:19	
43	577	António Paulo Pereira	Tartarugas Noturnas	01:23:04	+34:10	06:23	
44	570	Teresa Silva	RUN 4 FUN	01:24:29	+35:35	06:30	
45	542	Fernanda Ribeiro	Individual	01:24:51	+35:57	06:32	
46	555	Rui Trindade	Individual	01:24:57	+36:03	06:32	
47	566	Manuel Graça	Os galgos	01:25:02	+36:08	06:32	
48	582	Basilio Villas	Os galgos	01:25:36	+36:42	06:35	
49	507	Elsa Oliveira	Associação Desportiva de Palmeiros Sintra	01:26:01	+37:07	06:37	
50	528	Sara Casaleiro	Individual	01:29:22	+40:28	06:52	
51	559	Paulo Jorge de Almeida Gonçalves	Individual	01:31:21	+42:27	07:02	
52	563	Kurt Kaschke	Individual	01:32:37	+43:43	07:07	
53	515	Sandra Gonçalves	CDCR DOS CTT	01:33:09	+44:15	07:10	
54	517	Esmeraldo Gonçalves	CDCR DOS CTT	01:33:10	+44:16	07:10	
55	541	Ana Pereira	Individual	01:33:20	+44:26	07:11	
56	518	Rui Almeida	Corrida Noturna Parque das Nações	01:33:52	+44:58	07:13	
57	589	Armando Cid	Individual	01:33:54	+45:00	07:13	
58	504	Luís Lisboa Santos	AMIGOS VALE DO SILÊNCIO	01:34:11	+45:17	07:15	
59	503	Ivo Santos	AMIGOS VALE DO SILÊNCIO	01:34:11	+45:17	07:15	
60	554	Luís Proença	Individual	01:34:50	+45:56	07:18	
61	590	Ana Mendes	CCD TRANQUILIDADE	01:36:04	+47:10	07:23	
62	576	Susana Sousa	SUDU	01:36:16	+47:22	07:24	
63	560	Amadeu Brandão	Individual	01:36:16	+47:22	07:24	
64	525	Catarina Fernandes	Individual	01:37:00	+48:06	07:28	
65	531	João Cunha	Individual	01:39:08	+50:14	07:38	
66	537	Sonia Candido	Individual	01:40:49	+51:55	07:45	
67	535	Celina Jorge	Individual	01:43:55	+55:01	08:00	

Obs

BIB	NOTE	NAME	TEAM
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Meia Rampa

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	17:00	-99°C	-99%
End	18:44	-99°C	-99%

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

1	567	Débora Almeida	RUN 4 FUN	Senior Feminino	01:14:48	+25:54	05:45:00
2	528	Sara Casaleiro	Individual	Senior Feminino	01:29:22	+40:28	06:52:00
3	525	Catarina Fernandes	Individual	Senior Feminino	01:37:00	+48:06	07:28:00

Senior Masculino

1	564	Tomás Morais	JOMA	Senior Masculino	48:54	03:46
2	532	João Plácido	Individual	Senior Masculino	52:21	+03:27 04:02
3	505	Hugo Borges	Associação Desportiva de Palmeiros Sintra	Senior Masculino	55:06	+06:12 04:14
4	519	Duarte Costa	Federação da Família para a Paz Mundial e Unificação	Senior Masculino	56:21	+07:27 04:20
5	530	Carlos Alexandre Pinho	Individual	Senior Masculino	56:46	+07:52 04:22
6	533	Paulo Namorado	Individual	Senior Masculino	01:06:12	+17:18 05:06
7	584	RICARDO ALVES	CCD TRANQUILIDADE	Senior Masculino	01:13:27	+24:33 05:39
8	502	Rui Aldeano	ADR "O Relâmpago"	Senior Masculino	01:15:56	+27:02 05:51
9	568	Pedro Fonseca	RUN 4 FUN	Senior Masculino	01:18:00	+29:06 06:00
10	503	Ivo Santos	AMIGOS VALE DO SILÊNCIO	Senior Masculino	01:34:10	+45:16 07:15
11	531	João Cunha	Individual	Senior Masculino	01:39:08	+50:14 07:38

Veterana F40

1	521	Catia Ramos	GRD RIBEIRA DA LAGE	Veterana F40	01:14:22	+25:28	05:43:00
2	536	Cláudia Madeira	Individual	Veterana F40	01:16:47	+27:53	05:54:00
3	537	Sonia Candido	Individual	Veterana F40	01:40:48	+51:54	07:45:00
4	535	Celina Jorge	Individual	Veterana F40	01:43:54	+55:00	08:00:00

Veterana F45

1	538	Alexandra Silva	Individual	Veterana F45	01:10:54	+22:00	05:27
2	539	Íris Maurício	Individual	Veterana F45	01:19:58	+31:04	06:09
3	515	Sandra Gonçalves	CDCR DOS CTT	Veterana F45	01:33:09	+44:15	07:10
4	576	Susana Sousa	SUDU	Veterana F45	01:36:16	+47:22	07:24

Veterana F50

1	522	Cecilia Craveiro	GRD RIBEIRA DA LAGE	Veterana F50	01:17:06	+28:12	05:56
2	542	Fernanda Ribeiro	Individual	Veterana F50	01:24:51	+35:57	06:32

Meia Rampa

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

3	541	Ana Pereira	Individual	Veterana F50	01:33:19	+44:25	07:11
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Veterana F55

1	507	Elsa Oliveira	Associação Desportiva de Palmeiros Sintra	Veterana F55	01:26:01	+37:07	06:37
2	590	Ana Mendes	CCD TRANQUILIDADE	Veterana F55	01:36:04	+47:10	07:23

Veterana F60

1	569	Luisa Ralha	RUN 4 FUN	Veterana F60	01:20:00	+31:06	06:09
2	570	Teresa Silva	RUN 4 FUN	Veterana F60	01:24:28	+35:34	06:30

Veterano M40

1	545	Nuno Ramos	Individual	Veterano M40	55:01	+06:07	04:14:56
2	520	Marco Lourenço	Free Runners/IDentPrint	Veterano M40	01:01:10	+12:16	04:42:56
3	578	Hugo Guerreiro	varitintas	Veterano M40	01:05:17	+16:23	05:01:56
4	544	João Pereira	Individual	Veterano M40	01:08:21	+19:27	05:16:56
5	543	João Fachada	Individual	Veterano M40	01:15:45	+26:51	05:50:56
6	571	Nuno Anastácio	Runlovers	Veterano M40	01:17:04	+28:10	05:56:56

Veterano M45

1	501	João Ferreira	ACR Senhora do Desterro	Veterano M45	53:06	+04:12	04:05
2	583	Nuno Martins	Individual	Veterano M45	01:03:22	+14:28	04:53
3	547	Fernando Da Silva	Individual	Veterano M45	01:06:08	+17:14	05:05
4	579	helder manuel boto tavares	varitintas	Veterano M45	01:09:40	+20:46	05:22
5	516	Ricardo Fernando Ramos	CDCR DOS CTT	Veterano M45	01:10:57	+22:03	05:27
6	509	Nuno Paiva	Associação Desportiva de Palmeiros Sintra	Veterano M45	01:11:44	+22:50	05:31
7	552	Ricardo Leitão	Individual	Veterano M45	01:16:20	+27:26	05:52
8	550	João Rosinha	Individual	Veterano M45	01:16:21	+27:27	05:52
9	549	Jaime Maurício	Individual	Veterano M45	01:19:59	+31:05	06:09

Veterano M50

1	510	Álvaro Oliveira	Associação Desportiva de Palmeiros Sintra	Veterano M50	52:40	+03:46	04:03
2	511	Joaquim Cunha	Associação Desportiva de Palmeiros Sintra	Veterano M50	01:10:43	+21:49	05:26
3	572	João Leitão	Runlovers	Veterano M50	01:15:04	+26:10	05:46
4	577	António Paulo Pereira	Tartarugas Noturnas	Veterano M50	01:23:04	+34:10	06:23
5	555	Rui Trindade	Individual	Veterano M50	01:24:56	+36:02	06:32

Meia Rampa

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

6	517	Esmeraldo Gonçalves	CDCR DOS CTT	Veterano M50	01:33:10	+44:16	07:10
7	518	Rui Almeida	Corrida Noturna Parque das Nações	Veterano M50	01:33:52	+44:58	07:13
8	554	Luís Proença	Individual	Veterano M50	01:34:50	+45:56	07:18

Veterano M55

1	512	Luis Neiva	Associação Desportiva de Palmeiros Sintra	Veterano M55	01:04:02	+15:08	04:56
2	557	Francisco Amaro	Individual	Veterano M55	01:21:11	+32:17	06:15
3	573	Franco Wudich	Runlovers	Veterano M55	01:21:47	+32:53	06:18
4	558	manuel fonseca	Individual	Veterano M55	01:22:05	+33:11	06:19

Veterano M60

1	559	Paulo Jorge de Almeida Gonçalves	Individual	Veterano M60	01:31:20	+42:26	07:02
2	589	Armando Cid	Individual	Veterano M60	01:33:53	+44:59	07:13
3	504	Luís Lisboa Santos	AMIGOS VALE DO SILÊNCIO	Veterano M60	01:34:10	+45:16	07:15

Veterano M65

1	513	José Neto	CA VALE FIGUEIRA	Veterano M65	01:09:04	+20:10	05:19
2	524	Ventura Saraiva	GRD RIBEIRA DA LAGE	Veterano M65	01:17:06	+28:12	05:56
3	561	Carlos Antunes	Individual	Veterano M65	01:18:55	+30:01	06:04
4	562	José Fachada	Individual	Veterano M65	01:20:06	+31:12	06:10
5	566	Manuel Graça	Os galgos	Veterano M65	01:25:02	+36:08	06:32
6	582	Basilio Villas	Os galgos	Veterano M65	01:25:36	+36:42	06:35
7	563	Kurt Kaschke	Individual	Veterano M65	01:32:37	+43:43	07:07
8	560	Amadeu Brandão	Individual	Veterano M65	01:36:16	+47:22	07:24

[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 10-Sep-2022 19:06
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