

OVERALL - ELITE

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	Stages	RESULT	DIFF	T/KM
1	128	Gonalo Prudncio	lynxrace club	30-34 Masculino	1	43:51		04:23
2	476	Jos Filipe Moreira da Silva	exrcito de portugal	30-34 Masculino	1	47:37	+03:45	04:46
3	162	Nelson Loureiro	pegasus ocr proteam	40-44 Masculino	1	48:52	+05:01	04:53
4	478	Lus Santos	exrcito de portugal	35-39 Masculino	1	51:08	+07:17	05:07
5	1026	Adrin Lpez Baltar	individual	25-29 Masculino	1	51:33	+07:42	05:09
6	245	Csar Silva	limited edition team	30-34 Masculino	1	54:08	+10:17	05:25
7	389	Carlos Manuel Abreu Pinto	ocr fireman team	35-39 Masculino	1	54:14	+10:23	05:25
8	77	Luis Santos	fisbem ocr team	30-34 Masculino	1	54:51	+11:00	05:29
9	117	Bruno Sampaio	ocr norte	35-39 Masculino	1	56:53	+13:02	05:41
10	163	Henrique Loureiro	pegasus ocr proteam	35-39 Masculino	1	58:28	+14:37	05:51
11	264	Gabriel Zarrete Vilela	flavius challenge ocr team	25-29 Masculino	1	58:49	+14:57	05:53
12	256	Joo Paulo Moreira Marques	brave lake ocr team - accm	45-49 Masculino	1	58:49	+14:58	05:53
13	118	PEDRO GONALVES MARQUES	exrcito de portugal	30-34 Masculino	1	59:06	+15:15	05:55
14	82	Rui Cunha	ocr portugal lab club	45-49 Masculino	1	59:06	+15:15	05:55
15	32	Pedro Aleixo	unique adventure	30-34 Masculino	1	59:10	+15:19	05:55
16	68	Andr Santos	pegasus ocr proteam	35-39 Masculino	1	59:38	+15:46	05:58
17	267	Rafael Gomes	brave lake ocr team - accm	45-49 Masculino	1	01:00:11	+16:20	06:01
18	119	Marco Lopes	brave lake ocr team - accm	40-44 Masculino	1	01:00:18	+16:27	06:02
19	36	Ricardo Bio	pegasus ocr proteam	35-39 Masculino	1	01:02:19	+18:27	06:14
20	142	Filipe Couto	lynxrace club	25-29 Masculino	1	01:02:20	+18:29	06:14
21	110	Carlos Alberto Grilo Magro Miranda	flavius challenge ocr team	45-49 Masculino	1	01:03:13	+19:21	06:19
22	130	Miguel Fernandes	lynxrace club	45-49 Masculino	1	01:03:46	+19:55	06:23
23	318	Bruno Miguel Sousa	ocr portugal lab club	18-19 Masculino	1	01:04:27	+20:36	06:27
24	88	Sergio Correia	brave lake ocr team - accm	35-39 Masculino	1	01:04:38	+20:47	06:28
25	25	Bruno Sousa	ocr portugal lab club	45-49 Masculino	1	01:04:54	+21:03	06:29
26	41	Cristvo Pedrosa	urban obstcles	30-34 Masculino	1	01:05:00	+21:09	06:30
27	113	Carlos Costa	ocr norte	25-29 Masculino	1	01:05:11	+21:19	06:31
28	340	Diogo Azevedo	fisbem ocr team	30-34 Masculino	1	01:06:30	+22:39	06:39
29	249	Diogo Filipe Oliveira do Carmo	brave lake ocr team - accm	30-34 Masculino	1	01:07:11	+23:19	06:43
30	303	Marco Moura	ocr portugal lab club	40-44 Masculino	1	01:08:02	+24:11	06:48
31	1034	Vitor Rodrigues	individual	35-39 Masculino	1	01:08:44	+24:53	06:52
32	1038	Nelson Meira	pegasus ocr proteam	30-34 Masculino	1	01:09:17	+25:25	06:56
33	8	Joo Branco	exrcito de portugal	30-34 Masculino	1	01:09:45	+25:53	06:59
34	208	Pedro Silva	ocr norte	35-39 Masculino	1	01:11:07	+27:16	07:07
35	342	Ricardo Rebelo	j.o.m.a ocr	40-44 Masculino	1	01:11:52	+28:00	07:11
36	238	Tommy Batista	limited edition team	30-34 Masculino	1	01:12:56	+29:04	07:18
37	1002	Jeremy Torres	1spartan	25-29 Masculino	1	01:13:38	+29:46	07:22
38	1016	Marcelo Oliveira	breakgym	35-39 Masculino	1	01:14:07	+30:15	07:25
39	248	Joo Pombo	cbs - do fitness studio	30-34 Masculino	1	01:14:18	+30:27	07:26
40	1032	Jorge Filipe Teixeira da Silva	individual	35-39 Masculino	1	01:14:46	+30:55	07:29
41	334	Gonalo Machado Antunes	j.o.m.a ocr	20-24 Masculino	1	01:16:03	+32:12	07:36
42	1037	Armindo Santos	pegasus ocr proteam	50-54 Masculino	1	01:18:04	+34:12	07:48
43	1040	Z JOO	rosa chiclete	35-39 Masculino	1	01:18:14	+34:22	07:49
44	329	Pedro Lopes	b.t.m.	25-29 Masculino	1	01:19:00	+35:09	07:54
45	1014	Francisco Manuel Soares Costa	breakgym	20-24 Masculino	1	01:19:58	+36:07	08:00

OVERALL - ELITE

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	Stages	RESULT	DIFF	t/KM
46	1018	Sérgio pereira	breakgym	35-39 Masculino	1	01:20:15	+36:24	08:02
47	171	Pedro Sousa	exército de portugal	35-39 Masculino	1	01:20:22	+36:31	08:02
48	1017	Pedro Nogueira	breakgym	40-44 Masculino	1	01:26:41	+42:49	08:40
49	343	Henrique Antunes	j.o.m.a ocr	18-19 Masculino	1	01:28:42	+44:50	08:52
50	255	Filipa Barreiros	cbs - do fitness studio	30-34 Feminino	1	01:29:18	+45:27	08:56
51	1021	João Firmino Correia Morgado	flavius challenge ocr team	20-24 Masculino	1	01:31:34	+47:43	09:09
52	1011	Alberto Moça	breakgym	45-49 Masculino	1	01:32:52	+49:01	09:17
53	29	Carlos Araújo	ocr norte	45-49 Masculino	1	01:36:20	+52:29	09:38
54	1019	Silvério pereira	breakgym	50-54 Masculino	1	01:36:33	+52:42	09:39
55	1003	João Antunes	1spartan	30-34 Masculino	1	01:37:05	+53:14	09:43
56	1012	Cristóvão Gonçalves	breakgym	50-54 Masculino	1	01:39:12	+55:20	09:55
57	1027	Aitor Couñago Figueroa	individual	30-34 Masculino	1	01:39:55	+56:03	10:00
58	1013	Fernando Miguel Azevedo Portela	breakgym	35-39 Masculino	1	02:13:02	+01:29:11	13:18
59	1015	Gonçalo Bentes	breakgym	25-29 Masculino	1	02:28:08	+01:44:17	14:49
60	1030	Dário Cruz	individual	45-49 Masculino	1	02:34:17	+01:50:25	15:26
61	1028	António Moura	individual	50-54 Masculino	1	02:34:24	+01:50:33	15:26

Obs

BIB	NOTE	NAME	TEAM	CAT
3	DQ	Nuno Martins	Individual	40-44 Masculino
22	DQ	Emanuel Ferreira	Individual	35-39 Masculino
37	DQ	João Coentrão	Pegasus OCR ProTeam	30-34 Masculino
44	DQ	Teresa Silva	Wild Challenge	55-59 Feminino
56	DQ	Diana Ferreira	B.T.M.	40-44 Feminino
73	DQ	Rui Silva	Wild Challenge	45-49 Masculino
80	DQ	Raquel Ferreira	Pegasus OCR ProTeam	25-29 Feminino
93	DQ	Diana Cardoso	Wild Challenge	35-39 Feminino
166	DQ	Joana Lopes	Urban Obstacles	30-34 Feminino
169	DQ	Luciano Pereira	Pegasus OCR ProTeam	40-44 Masculino
172	DQ	Paulo Monteiro	Fisbem ocr team	45-49 Masculino
173	DQ	Pedro Miguel Costa	Individual	35-39 Masculino
235	DQ	Nuno Correia	United warriors ocr	45-49 Masculino
244	DQ	João Almeida	United warriors ocr	40-44 Masculino
259	DQ	Ricardino Santos	OCR NORTE	35-39 Masculino
287	DQ	Ricardo Ferreira	OCR TEAM ALGARVE	35-39 Masculino
288	DQ	Helder Silva	Pegasus OCR ProTeam	35-39 Masculino
296	DQ	Fátima Del Valle	Exército de Portugal	30-34 Feminino
330	DQ	Carla Rocha	OCR Portugal LAB Club	45-49 Feminino
333	DQ	David Silva	J.O.M.A OCR	25-29 Masculino
335	DQ	Verónica Ramos	J.O.M.A OCR	25-29 Feminino
339	DQ	Ana Coelho	CBS-DO OCR TEAM	30-34 Feminino
345	DQ	Jorge Batista	OCR Portugal LAB Club	50-54 Masculino
358	DQ	Rafaela Alexandra	J.O.M.A OCR	18-19 Feminino
366	DQ	Susete Diliانا Ferreira de Oliveira	Individual	35-39 Feminino
369	DQ	Diogo Teixeira Alves	Flavius Challenge OCR Team	25-29 Masculino
370	DQ	Lucie Teixeira	Exército de Portugal	20-24 Feminino

OVERALL - ELITE

10 KM

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BIB	NOTE	NAME	TEAM	CAT
375	DQ	Andre botelho	United warriors ocr	35-39 Masculino
435	DQ	Marta Sanchez	OCR Portugal LAB Club	35-39 Feminino
502	DQ	Carolina Lopes	Brave Lake OCR Team - ACCM	25-29 Feminino
503	DQ	Tito Batista	Brave Lake OCR Team - ACCM	30-34 Masculino
531	DQ	Maikel Brito Varela	CBS - DO Fitness Studio	30-34 Masculino
590	DQ	Ricardo Filipe Moreira Campos	Clube Naus OCR	25-29 Masculino
607	DQ	Pierre Collar Pouey Marba	Flavius Challenge OCR Team	20-24 Masculino
1004	DQ	Anabela gonçalves	BreakGym	50-54 Feminino
1005	DQ	Anabela Rodrigues	BreakGym	50-54 Feminino
1006	DQ	Maria José Sacramento	BreakGym	40-44 Feminino
1007	DQ	Marlene Carneiro	BreakGym	35-39 Feminino
1009	DQ	Sandra Martins	BreakGym	50-54 Feminino
1010	DQ	Sandra Monteiro	BreakGym	30-34 Feminino
1022	DQ	Claudia Pereira	Individual	45-49 Feminino
1023	DQ	Florbela Sá	Individual	35-39 Feminino
1024	DQ	Paula carvalho	Individual	50-54 Feminino
1025	DQ	Sandra Cunha	Individual	30-34 Feminino
1035	DQ	Helena Almeida	Pegasus OCR ProTeam	25-29 Feminino
1036	DQ	Patricia Oliveira	Pegasus OCR ProTeam	40-44 Feminino
364	DNF	João Pedro Ferreira Correia	Individual	40-44 Masculino

Elite

10 KM

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OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	14:00	7,9°C	52%
End	17:18	7.9°C	52%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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18-19 Masculino

1	318	Bruno Miguel Sousa	OCR Portugal LAB Club	18-19 Masculino	01:04:27	+20:36	06:27:30
2	343	Henrique Antunes	J.O.M.A OCR	18-19 Masculino	01:28:42	+44:50	08:52:12

20-24 Masculino

1	334	Gonçalo Machado Antunes	J.O.M.A OCR	20-24 Masculino	01:16:03	+32:12	07:36:00
2	1014	Francisco Manuel Soares Costa	BreakGym	20-24 Masculino	01:19:58	+36:07	08:00:00
3	1021	João Firmino Correia Morgado	Flavius Challenge OCR Team	20-24 Masculino	01:31:34	+47:43	09:09:00

25-29 Masculino

1	1026	Adrián López Baltar	Individual	25-29 Masculino	51:33	+07:42	05:09
2	264	Gabriel Zarrete Vilela	Flavius Challenge OCR Team	25-29 Masculino	58:49	+14:57	05:53
3	142	Filipe Couto	LYNXRACE CLUB	25-29 Masculino	01:02:20	+18:29	06:14:29
4	113	Carlos Costa	OCR NORTE	25-29 Masculino	01:05:11	+21:19	06:31:19
5	1002	Jeremy Torres	1SPARTAN	25-29 Masculino	01:13:38	+29:46	07:22:46
6	329	Pedro Lopes	B.T.M.	25-29 Masculino	01:19:00	+35:09	07:54:09
7	1015	Gonçalo Bentes	BreakGym	25-29 Masculino	02:28:08	+01:44:17	14:49:17

30-34 Feminino

1	255	Filipa Barreiros	CBS - DO Fitness Studio	30-34 Feminino	01:29:18	+45:27	08:56
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30-34 Masculino

1	128	Gonalo Prudencio	LYNXRACE CLUB	30-34 Masculino	43:51	04:23
2	476	Jos Filipe Moreira da Silva	Exrcito de Portugal	30-34 Masculino	47:37	+03:45 04:46
3	245	Csar Silva	Limited Edition Team	30-34 Masculino	54:08	+10:17 05:25
4	77	Luis Santos	Fisbem ocr team	30-34 Masculino	54:51	+11:00 05:29
5	118	PEDRO GONALVES MARQUES	Exrcito de Portugal	30-34 Masculino	59:06	+15:15 05:55
6	32	Pedro Aleixo	Unique Adventure	30-34 Masculino	59:10	+15:19 05:55
7	41	Cristvo Pedrosa	Urban Obstacles	30-34 Masculino	01:05:00	+21:09 06:30
8	340	Diogo Azevedo	Fisbem ocr team	30-34 Masculino	01:06:30	+22:39 06:39
9	249	Diogo Filipe Oliveira do Carmo	Brave Lake OCR Team - ACCM	30-34 Masculino	01:07:11	+23:19 06:43
10	1038	Nelson Meira	Pegasus OCR ProTeam	30-34 Masculino	01:09:17	+25:25 06:56
11	8	Joo Branco	Exrcito de Portugal	30-34 Masculino	01:09:45	+25:53 06:59
12	238	Tommy Batista	Limited Edition Team	30-34 Masculino	01:12:56	+29:04 07:18
13	248	Joo Pombo	CBS - DO Fitness Studio	30-34 Masculino	01:14:18	+30:27 07:26

Official Timekeeper: Lap2Go	1 / 3	generate 05-mar-2022 18:22
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Elite

10 KM

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OFFICIAL RESULT

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14	1003	João Antunes	1SPARTAN	30-34 Masculino	01:37:05	+53:14	09:43
15	1027	Aitor Couñago Figueroa	Individual	30-34 Masculino	01:39:55	+56:03	10:00

35-39 Masculino

1	478	Luís Santos	Exército de Portugal	35-39 Masculino	51:08	+07:17	05:07
2	389	Carlos Manuel Abreu Pinto	OCR FIREMAN TEAM	35-39 Masculino	54:14	+10:23	05:25
3	117	Bruno Sampaio	OCR NORTE	35-39 Masculino	56:53	+13:02	05:41
4	163	Henrique Loureiro	Pegasus OCR ProTeam	35-39 Masculino	58:28	+14:37	05:51
5	68	André Santos	Pegasus OCR ProTeam	35-39 Masculino	59:38	+15:46	05:58
6	36	Ricardo Bio	Pegasus OCR ProTeam	35-39 Masculino	01:02:19	+18:27	06:14
7	88	Sergio Correia	Brave Lake OCR Team - ACCM	35-39 Masculino	01:04:38	+20:47	06:28
8	1034	Vitor Rodrigues	Individual	35-39 Masculino	01:08:44	+24:53	06:52
9	208	Pedro Silva	OCR NORTE	35-39 Masculino	01:11:07	+27:16	07:07
10	1016	Marcelo Oliveira	BreakGym	35-39 Masculino	01:14:07	+30:15	07:25
11	1032	Jorge Filipe Teixeira da Silva	Individual	35-39 Masculino	01:14:46	+30:55	07:29
12	1040	ZÉ JOÃO	ROSA CHICLETE	35-39 Masculino	01:18:14	+34:22	07:49
13	1018	Sérgio pereira	BreakGym	35-39 Masculino	01:20:15	+36:24	08:02
14	171	Pedro Sousa	Exército de Portugal	35-39 Masculino	01:20:22	+36:31	08:02
15	1013	Fernando Miguel Azevedo Portela	BreakGym	35-39 Masculino	02:13:02	+01:29:11	13:18

40-44 Masculino

1	162	Nelson Loureiro	Pegasus OCR ProTeam	40-44 Masculino	48:52	+05:01	04:53
2	119	Marco Lopes	Brave Lake OCR Team - ACCM	40-44 Masculino	01:00:18	+16:27	06:02
3	303	Marco Moura	OCR Portugal LAB Club	40-44 Masculino	01:08:02	+24:11	06:48
4	342	Ricardo Rebelo	J.O.M.A OCR	40-44 Masculino	01:11:52	+28:00	07:11
5	1017	Pedro Nogueira	BreakGym	40-44 Masculino	01:26:41	+42:49	08:40

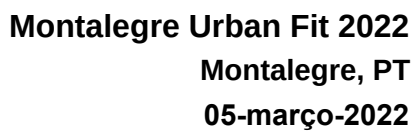
45-49 Masculino

1	256	João Paulo Moreira Marques	Brave Lake OCR Team - ACCM	45-49 Masculino	58:49	+14:58	05:53
2	82	Rui Cunha	OCR Portugal LAB Club	45-49 Masculino	59:06	+15:15	05:55
3	267	Rafael Gomes	Brave Lake OCR Team - ACCM	45-49 Masculino	01:00:11	+16:20	06:01
4	110	Carlos Alberto Grilo Magro Miranda	Flavius Challenge OCR Team	45-49 Masculino	01:03:13	+19:21	06:19
5	130	Miguel Fernandes	LYNXRACE CLUB	45-49 Masculino	01:03:46	+19:55	06:23
6	25	Bruno Sousa	OCR Portugal LAB Club	45-49 Masculino	01:04:54	+21:03	06:29
7	1011	Alberto Moça	BreakGym	45-49 Masculino	01:32:52	+49:01	09:17
8	29	Carlos Araújo	OCR NORTE	45-49 Masculino	01:36:20	+52:29	09:38
9	1030	Dário Cruz	Individual	45-49 Masculino	02:34:17	+01:50:25	15:26

50-54 Masculino

1	1037	Armindo Santos	Pegasus OCR ProTeam	50-54 Masculino	01:18:04	+34:12	07:48
2	1019	Silvério pereira	BreakGym	50-54 Masculino	01:36:33	+52:42	09:39

Official Timekeeper: Lap2Go	2 / 3	generate 05-mar-2022 18:22
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10 KM

OFFICIAL RESULT

3	1012	Cristóvão Gonçalves	BreakGym	50-54 Masculino	01:39:12	+55:20	09:55
4	1028	António Moura	Individual	50-54 Masculino	02:34:24	+01:50:33	15:26

GUERREIRO - STAGE 1

10 KM

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REVISED

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	15:00	9,7°C	51%
End	18:11	9.7°C	51%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1203	Francisco Fernandes	B.T.M.	54:59		05:30	
2	1377	JOÃO NOGUEIRA	Over the Limit	57:01	+02:02	05:42	
3	1226	Nivaldo Costa	Bombeiros de bragança	59:17	+04:18	05:56	
4	1289	Filipe Costa	Ginásio Montalegre	01:01:10	+06:11	06:07	
5	1313	Luís Moreira	Individual	01:03:05	+08:06	06:18	
6	1317	Pedro Machado	Individual	01:03:14	+08:15	06:19	
7	1311	Jose Manuel Carvalho	Individual	01:04:25	+09:26	06:27	
8	1215	Diogo Alexandre Lourenço Afonso	BODYSTATION TEAM	01:05:04	+10:05	06:30	
9	1186	Carlos Alberto dos Reis Machado	ASAFIT	01:06:30	+11:31	06:39	
10	1224	João Vítor Alves	Bombeiros de bragança	01:06:50	+11:51	06:41	
11	1506	Andre Carneiro	VieiraFit	01:10:02	+15:03	07:00	
12	1198	Rui Nogueira	ASAFIT	01:10:21	+15:22	07:02	
13	1191	Maurício Fernando Medon Almeida	ASAFIT	01:10:31	+15:32	07:03	
14	1410	JOSÉ COSTA	POWER FITNESS STUDIO - CHAVES	01:10:58	+15:59	07:06	
15	1307	Federico Anguita Mascherpa	Individual	01:11:11	+16:12	07:07	
16	1302	Antonio Andión Rivadulla	Individual	01:11:12	+16:13	07:07	
17	1202	Sara Araújo	B.T.M.	01:11:31	+16:32	07:09	
18	1434	FÁBIO VIEIRA	ROSA CHICLETE	01:11:32	+16:34	07:09	
19	1282	Nelson Delgado	GINÁSIO CLUBE DE BRAGANÇA	01:11:34	+16:35	07:09	
20	1435	JOÃO MARTINS	ROSA CHICLETE	01:11:47	+16:48	07:11	
21	1217	Vladyslav Ivashchenko	BODYSTATION TEAM	01:12:12	+17:13	07:13	
22	1204	João Duarte	B.T.M.	01:13:03	+18:04	07:18	
23	1281	Joao Regino	GINÁSIO CLUBE DE BRAGANÇA	01:13:44	+18:45	07:22	
24	1443	HELDER COSTA	SPARTAN OCR BGC	01:14:09	+19:10	07:25	
25	1325	Viktor Strelbitskiy	Individual	01:14:23	+19:24	07:26	
26	1510	Luis Fernandes	VieiraFit	01:14:27	+19:28	07:27	
27	1438	BRUNO FELISBERTO	SPARTAN OCR BGC	01:14:49	+19:50	07:29	
28	1306	Eduardo Silva	Individual	01:15:41	+20:42	07:34	
29	1187	Fernando miguel Ribeiro da Silva	ASAFIT	01:18:51	+23:52	07:53	
30	1169	Carlos Fernandes Lopes	Área 51 FFVDA	01:19:04	+24:05	07:54	
31	1255	André Monteiro	Crossfit 4475 Racing Team	01:19:50	+24:51	07:59	
32	1262	Ricardo Gil Nobre	Crossfit 4475 Racing Team	01:19:57	+24:58	08:00	
33	1185	Bruno Daniel Vieira Silva	ASAFIT	01:20:10	+25:11	08:01	
34	1195	Pedro Miguel Pinto Alves	ASAFIT	01:21:02	+26:03	08:06	
35	1283	Sergio Araújo	GINÁSIO CLUBE DE BRAGANÇA	01:22:48	+27:49	08:17	
36	1145	Diogo Rafael Morgado da Santa	Academia JdC	01:23:28	+28:29	08:21	
37	1154	Pedro Alexandre Alves Maia	Academia JdC	01:23:28	+28:29	08:21	
38	1228	Vasco Jorge Rodrigues Costa	Bombeiros de bragança	01:23:40	+28:41	08:22	
39	1323	Tiago Santos	Individual	01:24:43	+29:44	08:28	
40	1414	PEDRO MARTINS	POWER FITNESS STUDIO - CHAVES	01:27:09	+32:10	08:43	
41	1487	Victor Marçal	Urban Academy	01:27:29	+32:30	08:45	
42	1184	Bento Daniel Araujo Pimenta	ASAFIT	01:28:19	+33:20	08:50	

GUERREIRO - STAGE 1

10 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	1183	Armando Diogo Salgado Dias	ASAFIT	01:28:25	+33:26	08:51	
44	1194	Pedro André Silva Teixeira	ASAFIT	01:28:28	+33:29	08:51	
45	1461	Bruna Silva	Urban Academy	01:29:17	+34:18	08:56	
46	1261	Nelson Sousa Pinto	Crossfit 4475 Racing Team	01:30:06	+35:07	09:01	
47	1126	Fernanda Silva Pires	Academia JdC	01:30:34	+35:35	09:03	
48	1294	Nuno Lameirão	Ginásio Montalegre	01:30:37	+35:38	09:04	
49	1197	Ricardo Rui Lopes Mendes Ferreira da Silva	ASAFIT	01:31:02	+36:03	09:06	
50	1142	Carlos Alberto Afonso Fernandes	Academia JdC	01:31:13	+36:14	09:07	
51	1193	Nuno Fernando Alves Freitas	ASAFIT	01:31:16	+36:17	09:08	
52	1199	Vítor Hugo Dias Ferreira	ASAFIT	01:31:17	+36:18	09:08	
53	1182	António Filipe Pereira Rocha	ASAFIT	01:31:17	+36:18	09:08	
54	1234	Filipe Fernandes	CARIASTU	01:31:19	+36:20	09:08	
55	1288	Daniel Alves	Ginásio Montalegre	01:31:38	+36:39	09:10	
56	1310	Ivo Brás	Individual	01:32:53	+37:54	09:17	
57	1376	ILIDIO DIAS	Over the Limit	01:33:49	+38:50	09:23	
58	1378	Jorge Leal	Over the Limit	01:33:49	+38:50	09:23	
59	1318	Pedro Magalhães	Individual	01:33:59	+39:00	09:24	
60	1486	Rui Filipe Rodrigues Alves	Urban Academy	01:34:17	+39:18	09:26	
61	1206	Luis filipe reis	Barrosa power	01:34:17	+39:18	09:26	
62	1188	Filipe Manuel Ribeiro Ferreira	ASAFIT	01:34:20	+39:21	09:26	
63	1189	João Carlos Pereira Meireles	ASAFIT	01:35:03	+40:05	09:30	
64	1287	Alfonso Gonzalez	Ginásio Montalegre	01:35:25	+40:26	09:32	
65	1285	Katarina Branco	Ginásio Montalegre	01:36:39	+41:40	09:40	
66	1284	Francisca Salgado	Ginásio Montalegre	01:36:40	+41:41	09:40	
67	1293	Juan Sanchez	Ginásio Montalegre	01:36:41	+41:42	09:40	
68	1291	João Monteiro	Ginásio Montalegre	01:36:42	+41:43	09:40	
69	1290	Gonçalo Fernandes	Ginásio Montalegre	01:36:50	+41:51	09:41	
70	1292	Joao Teixeira	Ginásio Montalegre	01:36:58	+41:59	09:42	
71	1347	Alexandre Ribeiro	Muro Crossfit	01:37:05	+42:06	09:42	
72	1264	Rui Jorge Bastos Amaral dos Reis	Crossfit 4475 Racing Team	01:38:12	+43:13	09:49	
73	1426	José Cruz	Real Confraria dos Mufunfos	01:38:21	+43:22	09:50	
74	1425	João Araújo	Real Confraria dos Mufunfos	01:38:22	+43:23	09:50	
75	1319	Raúl Rodríguez	Individual	01:39:18	+44:19	09:56	
76	1427	Marco Manuel Rocha Mendes	Real Confraria dos Mufunfos	01:39:31	+44:32	09:57	
77	1428	Nelson João Ribeiro Barbosa	Real Confraria dos Mufunfos	01:39:34	+44:35	09:57	
78	1121	Ana Sofia Alves Felício	Academia JdC	01:40:30	+45:31	10:03	
79	1192	Nídio José Abreu Marçal	ASAFIT	01:40:38	+45:39	10:04	
80	1153	Nelson Augusto Fernandes Lopes	Academia JdC	01:41:12	+46:13	10:07	
81	1322	Samuel Salcedo Casas	Individual	01:41:25	+46:26	10:08	
82	1431	DIANA SOUSA	ROSA CHICLETE	01:41:31	+46:32	10:09	
83	1223	Elson Luís Soares Lopes	Bombeiros de bragança	01:41:46	+46:47	10:11	
84	1429	ANDREIA PRAZERES	ROSA CHICLETE	01:41:47	+46:48	10:11	
85	1214	Sílvia Teixeira Galvão	BODYSTATION TEAM	01:42:38	+47:39	10:16	
86	1258	Diogo Leal	Crossfit 4475 Racing Team	01:42:48	+47:49	10:17	
87	1365	Vitor Manuel Freitas Ferreira	Os Ferreiras	01:42:52	+47:53	10:17	

GUERREIRO - STAGE 1

10 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	1364	David Alexandre Freitas Ferreira	Os Ferreiras	01:42:56	+47:57	10:18	
89	1263	Rui Ferreira	Crossfit 4475 Racing Team	01:43:07	+48:08	10:19	
90	1476	Diogo Pinheiro	Urban Academy	01:43:15	+48:16	10:20	
91	1213	Sílvia Liliana Mateus Rodrigues	BODYSTATION TEAM	01:43:42	+48:43	10:22	
92	1483	Pedro Costa	Urban Academy	01:43:44	+48:45	10:22	
93	1433	VERA COSTA	ROSA CHICLETE	01:44:40	+49:41	10:28	
94	1432	MARTINHA GOMES	ROSA CHICLETE	01:44:43	+49:44	10:28	
95	1259	Guilherme Batista Silva	Crossfit 4475 Racing Team	01:44:46	+49:47	10:29	
96	1152	Luís Manuel da Rocha Batista	Academia JdC	01:45:04	+50:05	10:30	
97	1430	CAROLINA ROSAS	ROSA CHICLETE	01:45:34	+50:35	10:33	
98	1436	JORGE CARDOSO	ROSA CHICLETE	01:45:39	+50:40	10:34	
99	1256	Bruno Crisóstomo	Crossfit 4475 Racing Team	01:45:43	+50:44	10:34	
100	1201	Lurdes Magalhães	B.T.M.	01:47:52	+52:53	10:47	
101	1147	Evandro Pires Alves	Academia JdC	01:48:11	+53:12	10:49	
102	1417	Diogo João Ribeiro da Cunha	Primos Padeiros	01:48:58	+53:59	10:54	
103	1418	Luis Carlos Fernandes da Cunha	Primos Padeiros	01:49:00	+54:01	10:54	
104	1419	Nuno Miguel Mendes Lopes da Cunha	Primos Padeiros	01:49:10	+54:11	10:55	
105	1480	Marco Adriano Sousa Silva	Urban Academy	01:49:36	+54:37	10:58	
106	1295	Roberto Rodriguez	Ginásio Montalegre	01:49:46	+54:47	10:59	
107	1303	César Lima	Individual	01:50:16	+55:17	11:02	
108	1309	Francisco Guimarães	Individual	01:50:26	+55:27	11:03	
109	1479	Jorge Manuel Barros Pimenta	Urban Academy	01:53:21	+58:22	11:20	
110	1491	Manuel Sá	VianaOCRTeam	01:53:53	+58:54	11:23	
111	1490	Hugo Luz	VianaOCRTeam	01:53:54	+58:55	11:23	
112	1492	Nuno Borlido	VianaOCRTeam	01:53:56	+58:57	11:24	
113	1493	Vitor Guterres	VianaOCRTeam	01:53:56	+58:57	11:24	
114	1489	Abel Silva	VianaOCRTeam	01:53:57	+58:58	11:24	
115	1488	Marta Almeida	VianaOCRTeam	01:53:58	+58:59	11:24	
116	1478	João Luis Oliveira Afonso	Urban Academy	01:54:36	+59:37	11:28	
117	1148	Guilherme Cordeiro Esteves	Academia JdC	01:55:13	+01:00:14	11:31	
118	1124	Daniela Marisa Afonso Fernandes	Academia JdC	01:55:35	+01:00:36	11:33	
119	1118	Adriana Sofia Pereira Pires	Academia JdC	01:55:35	+01:00:36	11:33	
120	1120	Ana Filipa Morais Louçano	Academia JdC	01:55:35	+01:00:36	11:34	
121	1308	Fernando Sousa e Silva	Individual	01:56:17	+01:01:18	11:38	
122	1441	Fábio Moutinho	SPARTAN OCR BGC	01:56:41	+01:01:42	11:40	
123	1445	Leandro Ramires	SPARTAN OCR BGC	01:57:49	+01:02:50	11:47	
124	1437	BRUNO FARIA	SPARTAN OCR BGC	01:57:49	+01:02:50	11:47	
125	1237	Rui Fernandes	CARIASTU	01:58:45	+01:03:46	11:53	
126	1380	Francisco Assis Leal Oliveira Tavares	Panorama	01:59:49	+01:04:50	11:59	
127	1382	Ricardo Emanuel da Costa Martins	Panorama	01:59:52	+01:04:53	11:59	
128	1379	André Filipe Bastos Ferreira	Panorama	01:59:52	+01:04:53	11:59	
129	1381	João Carlos Oliveira Pinho	Panorama	01:59:54	+01:04:55	11:59	
130	1301	Andre Rodrigues	Individual	02:01:42	+01:06:43	12:10	
131	1296	Victor Garcia	Ginásio Montalegre	02:03:19	+01:08:20	12:20	
132	1190	João Daniel Oliveira Batista	ASAFIT	02:03:51	+01:08:52	12:23	

GUERREIRO - STAGE 1

10 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
133	1458	Miguel Jorge da Cruz Alves	Team Box 762	02:04:42	+01:09:43	12:28	
134	1457	Soraia Elisabete Vilela Machado	Team Box 762	02:04:42	+01:09:43	12:28	
135	1455	Marta Filipa Pereira Freitas	Team Box 762	02:04:43	+01:09:44	12:28	
136	1456	Sofia de Almeida Gonçalves	Team Box 762	02:04:43	+01:09:44	12:28	
137	1459	Pedro Miguel Costa Silva	Team Box 762	02:04:43	+01:09:44	12:28	
138	1123	Cristina Alexandra Costa Carvalho	Academia JdC	02:04:44	+01:09:45	12:28	
139	1122	Andreia Filipa Fidalgo Fernandes	Academia JdC	02:04:46	+01:09:47	12:29	
140	1137	Marisa Suzete Sarmento Fontes	Academia JdC	02:04:46	+01:09:47	12:29	
141	1131	Jéssica Patrícia Gomes Dos Santos	Academia JdC	02:04:49	+01:09:50	12:29	
142	1119	Ana Cláudia Castro Novais	Academia JdC	02:04:49	+01:09:50	12:29	
143	1128	Filipa Marlene Carvalho Freitas	Academia JdC	02:04:49	+01:09:50	12:29	
144	1220	Paula Cristina Marinho Calçada Alves	Bombeiros de bragança	02:04:56	+01:09:57	12:30	
145	1227	Rui Manuel Carvalho Felix	Bombeiros de bragança	02:05:41	+01:10:42	12:34	
146	1269	André Filipe	CrossFit Famalicão	02:10:18	+01:15:20	13:02	
147	1266	Beatriz Linhares de Passos	CrossFit Famalicão	02:10:21	+01:15:22	13:02	
148	1270	João Duarte	CrossFit Famalicão	02:10:22	+01:15:23	13:02	
149	1127	Fernanda Sofia Carvalho Delgado	Academia JdC	02:11:28	+01:16:29	13:09	
150	1140	Silvana Teixeira Costa	Academia JdC	02:11:41	+01:16:42	13:10	
151	1132	Luísa Catarina da Costa Vieira	Academia JdC	02:12:38	+01:17:39	13:16	
152	1129	Flávia Marlene Da Silva Pinto	Academia JdC	02:12:39	+01:17:40	13:16	
153	1155	Reis Lima Quarteu	Academia JdC	02:12:49	+01:17:50	13:17	
154	1502	Sofia Goncalves	VieiraFit	02:13:18	+01:18:19	13:20	
155	1498	Cristina Goncalves	VieiraFit	02:13:19	+01:18:20	13:20	
156	1497	Catia Fernandes	VieiraFit	02:14:04	+01:19:05	13:24	
157	1495	Ana Pires	VieiraFit	02:15:38	+01:20:39	13:34	
158	1221	Sónia Cristina Sousa Ferreira	Bombeiros de bragança	02:15:40	+01:20:41	13:34	
159	1219	Maria José Brás João	Bombeiros de bragança	02:15:43	+01:20:44	13:34	
160	1505	Alfredo Pereira	VieiraFit	02:15:45	+01:20:46	13:35	
161	1512	Paulo Carvalho	VieiraFit	02:15:46	+01:20:47	13:35	
162	1509	João Prezeres	VieiraFit	02:15:47	+01:20:48	13:35	
163	1484	Pedro Edgar Costa Ferreira	Urban Academy	02:16:00	+01:21:01	13:36	
164	1472	André Afonso Coelho	Urban Academy	02:16:04	+01:21:05	13:36	
165	1475	Daniel Silva Teixeira	Urban Academy	02:16:10	+01:21:11	13:37	
166	1499	Joana Rodrigues	VieiraFit	02:17:05	+01:22:06	13:43	
167	1515	Tiago Fernandes	VieiraFit	02:17:06	+01:22:07	13:43	
168	1485	Ricardo António Gonçalves Pereira	Urban Academy	02:17:29	+01:22:30	13:45	
169	1494	Ana Luisa Canela	VieiraFit	02:17:58	+01:22:59	13:48	
170	1500	Raquel Ribeiro	VieiraFit	02:17:59	+01:23:00	13:48	
171	1504	Teresa Dias	VieiraFit	02:19:08	+01:24:09	13:55	
172	1361	Ángel García Prado	Nubeiros OCR	02:19:15	+01:24:16	13:56	
173	1359	Ester Oubiña	Nubeiros OCR	02:19:16	+01:24:17	13:56	
174	1358	Bea García Salgueiro	Nubeiros OCR	02:19:16	+01:24:17	13:56	
175	1360	Iria Martinez Piñeiro	Nubeiros OCR	02:19:16	+01:24:17	13:56	
176	1363	Guillermo Cora Romero	Nubeiros OCR	02:19:16	+01:24:17	13:56	
177	1362	Carlos Abal Roma	Nubeiros OCR	02:19:17	+01:24:18	13:56	

GUERREIRO - STAGE 1

10 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
178	1138	Patrícia Sofia Vaz Lopes	Academia JdC	02:20:02	+01:25:03	14:00	
179	1136	Mariana Seixas Gomes	Academia JdC	02:20:04	+01:25:05	14:00	
180	1469	Rita Andrade Barbosa da Silva	Urban Academy	02:20:04	+01:25:05	14:00	
181	1135	Maria Helena Marques Cordeiro	Academia JdC	02:20:06	+01:25:07	14:01	
182	1141	Susana Patrícia Vieira Carvalho Botelho dos Santos	Academia JdC	02:20:10	+01:25:11	14:01	
183	1134	Maria do Mar Caldeiro Nunes	Academia JdC	02:20:17	+01:25:18	14:02	
184	1130	Ivone Silva Pires	Academia JdC	02:20:27	+01:25:28	14:03	
185	1146	Eduardo Jesus Fernandes Esteves	Academia JdC	02:20:35	+01:25:36	14:04	
186	1151	José Carlos Matos Fernandes	Academia JdC	02:20:40	+01:25:41	14:04	
187	1150	Jorge Medeiros da Costa	Academia JdC	02:20:41	+01:25:42	14:04	
188	1351	Joaquim César Cardoso Faria	Muro Crossfit	02:20:56	+01:25:57	14:06	
189	1501	Sandra Pereira	VieiraFit	02:21:10	+01:26:11	14:07	
190	1496	Ana Rocha	VieiraFit	02:21:22	+01:26:23	14:08	
191	1139	Sandra Figueiredo	Academia JdC	02:21:28	+01:26:29	14:09	
192	1244	Silvi Luís do Canto	CROSSBOX CHAVES	02:22:54	+01:27:55	14:17	
193	1243	Liliana Sousa	CROSSBOX CHAVES	02:22:54	+01:27:55	14:17	
194	1241	Fátima Ferreira	CROSSBOX CHAVES	02:22:55	+01:27:56	14:17	
195	1245	Susana Maldonado Morais	CROSSBOX CHAVES	02:22:55	+01:27:56	14:17	
196	1242	Helena Teixeira	CROSSBOX CHAVES	02:22:55	+01:27:56	14:17	
197	1239	Dalila da Costa fernandes Vieira	CROSSBOX CHAVES	02:22:55	+01:27:56	14:17	
198	1248	Samuel Martins Vilabril	CROSSBOX CHAVES	02:22:55	+01:27:56	14:17	
199	1246	Gabriel Gomes	CROSSBOX CHAVES	02:22:55	+01:27:56	14:18	
200	1238	Beatriz Lousa Alves Riquito Marques	CROSSBOX CHAVES	02:22:56	+01:27:57	14:18	
201	1247	Rui Rua	CROSSBOX CHAVES	02:22:56	+01:27:57	14:18	
202	1405	Sara Lage	POWER FITNESS STUDIO - CHAVES	02:23:55	+01:28:56	14:23	
203	1397	GISELA LOURENÇO	POWER FITNESS STUDIO - CHAVES	02:24:54	+01:29:55	14:29	
204	1416	RAFAEL CUNHA GUERRA	POWER FITNESS STUDIO - CHAVES	02:24:55	+01:29:56	14:29	
205	1413	Luis Santos	POWER FITNESS STUDIO - CHAVES	02:25:23	+01:30:24	14:32	
206	1462	Carolina Fernandes	Urban Academy	02:25:24	+01:30:25	14:32	
207	1233	Diogo Arnaldo	CARIASTU	02:25:26	+01:30:27	14:33	
208	1232	Carlos Cunha	CARIASTU	02:25:27	+01:30:28	14:33	
209	1398	Isabel Cristina Martins Moreira	POWER FITNESS STUDIO - CHAVES	02:25:28	+01:30:29	14:33	
210	1403	Nilza Figueiredo	POWER FITNESS STUDIO - CHAVES	02:25:28	+01:30:29	14:33	
211	1236	Pedro Pereira	CARIASTU	02:25:29	+01:30:30	14:33	
212	1463	Daniela Carvalho	Urban Academy	02:25:30	+01:30:31	14:33	
213	1407	Telma Silva	POWER FITNESS STUDIO - CHAVES	02:25:30	+01:30:31	14:33	
214	1470	Sara Catarina Afonso Costa	Urban Academy	02:25:31	+01:30:32	14:33	
215	1422	João Ferreira	Ratos Esquilos	02:25:58	+01:30:59	14:36	
216	1424	Rafael Andrade Silva	Ratos Esquilos	02:25:59	+01:31:00	14:36	
217	1423	Pedro Fernando Torrinha	Ratos Esquilos	02:26:01	+01:31:02	14:36	
218	1511	Patric Pinheiro	VieiraFit	02:26:17	+01:31:18	14:38	
219	1385	Diana Meira	PEDRO PEREIRA TEAM	02:27:36	+01:32:37	14:46	
220	1390	Carlos Cardoso	PEDRO PEREIRA TEAM	02:27:39	+01:32:40	14:46	
221	1391	Miguel Fernandes	PEDRO PEREIRA TEAM	02:28:04	+01:33:05	14:48	
222	1468	Monica Raquel Ribeiro Fernandes	Urban Academy	02:28:18	+01:33:19	14:50	

GUERREIRO - STAGE 1

10 KM

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REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
223	1477	Ivo José Sousa Silva	Urban Academy	02:29:00	+01:34:01	14:54	
224	1464	Flavia Ferreira	Urban Academy	02:29:25	+01:34:26	14:57	
225	1231	Vanessa Sousa Pereira	CARIASTU	02:29:33	+01:34:34	14:57	
226	1314	Manuel Ferreira	Individual	02:29:46	+01:34:47	14:59	
227	1298	Leonor Serafina da Mota Rodrigues	Individual	02:29:52	+01:34:53	14:59	
228	1383	Alda Pinto	PEDRO PEREIRA TEAM	02:30:00	+01:35:01	15:00	
229	1160	Érica Patrícia Fraga Machado	Área 51 FFVDA	02:30:06	+01:35:07	15:01	
230	1158	Carina Micaela Magalhães Neiva	Área 51 FFVDA	02:31:59	+01:37:00	15:12	
231	1415	Pedro Pinto de Almeida	POWER FITNESS STUDIO - CHAVES	02:32:10	+01:37:11	15:13	
232	1408	Diocleciano Pimentel	POWER FITNESS STUDIO - CHAVES	02:32:14	+01:37:15	15:13	
233	1326	Ana Silva	J.O.M.A OCR	02:32:29	+01:37:30	15:15	
234	1161	Filipa Lopes Alves	Área 51 FFVDA	02:32:36	+01:37:37	15:16	
235	1523	Miguel Nuno Pinheiro Quaresma	Wild Vets	02:32:45	+01:37:46	15:17	
236	1235	Manuel António Alves Silva	CARIASTU	02:34:10	+01:39:11	15:25	
237	1466	Marília Soares	Urban Academy	02:35:58	+01:40:59	15:36	
238	1516	Andreia Manuela Vieira Garcês	Wild Vets	02:36:24	+01:41:25	15:38	
239	1518	Elisabete Tomé Gomes	Wild Vets	02:36:29	+01:41:30	15:39	
240	1409	Gabriel Pereira	POWER FITNESS STUDIO - CHAVES	02:36:31	+01:41:32	15:39	
241	1519	Márcia Filipa Gonçalves Rodrigues	Wild Vets	02:36:50	+01:41:51	15:41	
242	1521	Filipe Ricardo Arantes Afonso	Wild Vets	02:36:50	+01:41:51	15:41	
243	1332	Cristina Faustino	Mountain Climbers	02:36:53	+01:41:54	15:41	
244	1321	Rui Manuel Bouças de Araújo	Individual	02:37:14	+01:42:15	15:43	
245	1297	Joana Gomes	Individual	02:37:15	+01:42:16	15:43	
246	1299	Marta Sofia da Mota Rodrigues	Individual	02:37:20	+01:42:21	15:44	
247	1474	Cesar Manuel fernandes Antunes	Urban Academy	02:37:54	+01:42:55	15:47	
248	1524	Rafael Melfe	Wild Vets	02:38:01	+01:43:02	15:48	
249	1520	Afonso Coelho	Wild Vets	02:38:03	+01:43:04	15:48	
250	1522	Jorge Miguel Gama Quaresma	Wild Vets	02:38:03	+01:43:04	15:48	
251	1473	Andre Miguel Amorim Silva	Urban Academy	02:38:11	+01:43:12	15:49	
252	1338	Rodolfo Manuel Ferreira de Abreu	Mountain Climbers	02:38:38	+01:43:39	15:52	
253	1331	Andreia Oliveira	Mountain Climbers	02:38:39	+01:43:40	15:52	
254	1162	Liliana Sofia Silva Oliveira	Área 51 FFVDA	02:38:51	+01:43:52	15:53	
255	1402	Marisa Santos	POWER FITNESS STUDIO - CHAVES	02:39:10	+01:44:11	15:55	
256	1401	MARIANA VENCESLAU	POWER FITNESS STUDIO - CHAVES	02:39:11	+01:44:12	15:55	
257	1156	Ana Paula Silva Machado	Área 51 FFVDA	02:39:50	+01:44:51	15:59	
258	1165	André Miguel Silva Bessa	Área 51 FFVDA	02:40:03	+01:45:04	16:00	
259	1163	Marina Sofia Moreira Baptista	Área 51 FFVDA	02:40:26	+01:45:27	16:03	
260	1412	Luís Alves	POWER FITNESS STUDIO - CHAVES	02:40:29	+01:45:30	16:03	
261	1230	Catarina Andreia Rodrigues Tavares	CARIASTU	02:40:39	+01:45:40	16:04	
262	1396	Estefania Somoza	POWER FITNESS STUDIO - CHAVES	02:40:42	+01:45:43	16:04	
263	1411	Juan Alonso	POWER FITNESS STUDIO - CHAVES	02:40:44	+01:45:45	16:04	
264	1399	Lorena Firvida	POWER FITNESS STUDIO - CHAVES	02:41:08	+01:46:09	16:07	
265	1370	Pedro Silva	Os Raçudos	02:41:48	+01:46:49	16:11	
266	1367	Lillian Gonçalves	Os Raçudos	02:41:49	+01:46:50	16:11	
267	1368	Nelson Silva	Os Raçudos	02:41:51	+01:46:52	16:11	
268	1366	Isabel Abreu	Os Raçudos	02:41:51	+01:46:52	16:11	

GUERREIRO - STAGE 1

10 KM

R

REVISED

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
269	1369	Paulo Abreu	Os Raçudos	02:41:52	+01:46:53	16:11	
270	1334	Patrícia Faustino	Mountain Climbers	02:42:09	+01:47:10	16:13	
271	1337	Nuno Vilaça	Mountain Climbers	02:42:17	+01:47:18	16:14	
272	1336	Fernando Jorge Lopes Luís	Mountain Climbers	02:42:17	+01:47:18	16:14	
273	1333	Joana Torres	Mountain Climbers	02:42:18	+01:47:19	16:14	
274	1395	Daniela Cunha	POWER FITNESS STUDIO - CHAVES	02:42:49	+01:47:50	16:17	
275	1272	Claudia Guimarães	Faltamuito?	02:42:57	+01:47:58	16:18	
276	1394	Catarina Gonçalves	POWER FITNESS STUDIO - CHAVES	02:43:00	+01:48:01	16:18	
277	1406	Soraia Gonçalves	POWER FITNESS STUDIO - CHAVES	02:43:00	+01:48:01	16:18	
278	1404	RUTE BASÍLIO	POWER FITNESS STUDIO - CHAVES	02:43:01	+01:48:02	16:18	
279	1371	Joao Manuel Sucena Freitas	Os Vikings	02:43:22	+01:48:23	16:20	
280	1372	João Silva	Os Vikings	02:43:25	+01:48:26	16:20	
281	1374	Marco Araújo	Os Vikings	02:43:27	+01:48:28	16:21	
282	1340	Vitor Lopes	Mountain Climbers	02:44:24	+01:49:25	16:26	
283	1373	Luis Araújo	Os Vikings	02:44:36	+01:49:37	16:28	
284	1102	Bruna Faria	#pónalama	02:45:07	+01:50:08	16:31	
285	1116	Orlando Rodrigues	#pónalama	02:45:07	+01:50:08	16:31	
286	1251	Filipa Isabel Santos	Crossfit 4475 Racing Team	02:45:16	+01:50:17	16:32	
287	1254	Paula Oliveira	Crossfit 4475 Racing Team	02:45:18	+01:50:19	16:32	
288	1250	Catarina Almeida	Crossfit 4475 Racing Team	02:45:19	+01:50:20	16:32	
289	1277	Ricardo Coelho	Faltamuito?	02:45:27	+01:50:28	16:33	
290	1320	Ruben Moreira	Individual	02:45:31	+01:50:32	16:33	
291	1315	Marco André Pereira Moreira	Individual	02:45:35	+01:50:36	16:33	
292	1271	Carla Marques	Faltamuito?	02:45:41	+01:50:42	16:34	
293	1339	Rui Vilaça	Mountain Climbers	02:46:17	+01:51:18	16:38	
294	1454	Nelson Ribeiro Leite	Suicide Squad	02:46:26	+01:51:27	16:39	
295	1276	Pedro Fernandes	Faltamuito?	02:46:52	+01:51:53	16:41	
296	1275	José Borges	Faltamuito?	02:46:54	+01:51:55	16:41	
297	1278	Rui Araújo	Faltamuito?	02:47:00	+01:52:01	16:42	
298	1273	Joana Correia	Faltamuito?	02:47:06	+01:52:07	16:43	
299	1335	Ângelo Cunha	Mountain Climbers	02:47:14	+01:52:15	16:43	
300	1316	Nuno Silva	Individual	02:47:37	+01:52:38	16:46	
301	1253	Marlena Sousa	Crossfit 4475 Racing Team	02:48:40	+01:53:41	16:52	
302	1329	Helder Candido	Maximianos	02:48:44	+01:53:45	16:52	
303	1249	Ana Isabel Silva	Crossfit 4475 Racing Team	02:48:44	+01:53:45	16:52	
304	1330	Leandro Candido	Maximianos	02:48:44	+01:53:45	16:52	
305	1328	Saney Goes Monte	Maximianos	02:48:48	+01:53:49	16:53	
306	1327	Elisabete Candido	Maximianos	02:48:48	+01:53:50	16:53	
307	1207	Cátia Pereira	BDiciadas	02:48:52	+01:53:53	16:53	
308	1209	Joana Barbosa	BDiciadas	02:48:52	+01:53:53	16:53	
309	1210	Rogéria Ferreira	BDiciadas	02:48:53	+01:53:54	16:53	
310	1208	Cláudia Ferreira	BDiciadas	02:48:58	+01:53:59	16:54	
311	1211	Susana Correia	BDiciadas	02:48:59	+01:54:00	16:54	
312	1106	Mariana Rodrigues	#pónalama	02:49:37	+01:54:38	16:58	
313	1393	Rafael Oliveira	PEDRO PEREIRA TEAM	02:49:54	+01:54:55	16:59	
314	1348	Carlos Daniel Pinheiro Areias	Muro Crossfit	02:50:26	+01:55:27	17:03	

GUERREIRO - STAGE 1

10 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
315	1108	António Cunha	#pónalama	02:50:32	+01:55:33	17:03	
316	1112	Manuel Machado	#pónalama	02:50:34	+01:55:35	17:03	
317	1384	Cidália Campos	PEDRO PEREIRA TEAM	02:50:42	+01:55:43	17:04	
318	1166	Arlindo José Gonçalves Mendes	Área 51 FFVDA	02:50:44	+01:55:45	17:04	
319	1168	Carlos Alberto Almeida Abreu	Área 51 FFVDA	02:50:46	+01:55:47	17:05	
320	1172	Pedro Filipe Pereira Gomes	Área 51 FFVDA	02:50:51	+01:55:52	17:05	
321	1114	Miguel Rodrigues	#pónalama	02:51:12	+01:56:13	17:07	
322	1449	Susana Guimarães	Suicide Squad	02:51:26	+01:56:27	17:09	
323	1452	Filipe Daniel da Fonseca	Suicide Squad	02:51:27	+01:56:28	17:09	
324	1450	António Torres	Suicide Squad	02:51:33	+01:56:34	17:09	
325	1159	Débora Carina Ferreira Bessa	Área 51 FFVDA	02:51:39	+01:56:40	17:10	
326	1157	Ana Sofia da Costa Sampaio	Área 51 FFVDA	02:51:40	+01:56:41	17:10	
327	1173	Ricardo Alberto Pereira Machado	Área 51 FFVDA	02:51:40	+01:56:41	17:10	
328	1453	Luís Miguel Rufo	Suicide Squad	02:51:59	+01:57:00	17:12	
329	1448	Margarida Veiga	Suicide Squad	02:52:00	+01:57:01	17:12	
330	1451	César Andrade	Suicide Squad	02:52:00	+01:57:01	17:12	
331	1164	Vera Solange de Lima Cunha	Área 51 FFVDA	02:52:44	+01:57:45	17:16	
332	1170	Francisco João Ferreira da Silva	Área 51 FFVDA	02:53:15	+01:58:16	17:20	
333	1110	Hugo Rodrigues	#pónalama	02:53:28	+01:58:29	17:21	
334	1115	Nicolas Almeida	#pónalama	02:53:29	+01:58:30	17:21	
335	1105	Luciana Rodrigues	#pónalama	02:53:58	+01:58:59	17:24	
336	1388	Raquel Sá	PEDRO PEREIRA TEAM	02:54:13	+01:59:14	17:25	
337	1392	Pedro Pereira	PEDRO PEREIRA TEAM	02:54:22	+01:59:23	17:26	
338	1171	Luís Miguel Moreira Fernandes	Área 51 FFVDA	02:54:28	+01:59:29	17:27	
339	1386	Isabela Azevedo	PEDRO PEREIRA TEAM	02:54:34	+01:59:35	17:27	
340	1387	Patrícia Abreu	PEDRO PEREIRA TEAM	02:54:34	+01:59:35	17:27	
341	1355	Rui Ribeiro	Muro Crossfit	02:54:37	+01:59:38	17:28	
342	1353	Pedro Pereira	Muro Crossfit	02:54:49	+01:59:50	17:29	
343	1104	Estela Macedo	#pónalama	02:55:01	+02:00:02	17:30	
344	1107	Sara Martins	#pónalama	02:55:03	+02:00:04	17:30	
345	1354	Rui Cunha	Muro Crossfit	02:55:20	+02:00:21	17:32	
346	1111	José Duarte Machado	#pónalama	02:55:27	+02:00:28	17:33	
347	1346	Mariana Ferreira	Muro Crossfit	02:56:56	+02:01:57	17:42	
348	1350	João Rafael Carvalho Monteiro Pereira	Muro Crossfit	02:56:57	+02:01:58	17:42	
349	1344	Elisabete Teuxeira	Muro Crossfit	02:57:00	+02:02:01	17:42	
350	1342	Anísia Nadine Silva Teixeira	Muro Crossfit	02:57:15	+02:02:16	17:43	
351	1113	Marco Paulo Gonçalves Carvalho	#pónalama	02:58:32	+02:03:33	17:51	
352	1109	Artur Rafael Ferreira	#pónalama	03:01:04	+02:06:05	18:06	
353	1176	João Rafael Mendes Cunha	Arrastões	03:01:10	+02:06:11	18:07	
354	1174	Maria de Fátima da Cunha Sampaio	Arrastões	03:01:10	+02:06:11	18:07	
355	1177	Vasco Emanuel Leite Teixeira	Arrastões	03:01:10	+02:06:11	18:07	
356	1175	Sandra Cristina Reis Ferreira	Arrastões	03:01:10	+02:06:11	18:07	
357	1178	Vitor Gabriel Leite Teixeira	Arrastões	03:01:10	+02:06:11	18:07	

Guerreiro

10 KM



OFFICIAL RESULT

	Time	Temperature	Humidity
Start	15:00	9,7°C	51%
End	18:11	9,7°C	51%

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

1	1202	Sara Araújo	B.T.M.	Senior Feminino	01:11:31	+16:31	07:09
2	1461	Bruna Silva	Urban Academy	Senior Feminino	01:29:17	+34:18	08:56
3	1126	Fernanda Silva Pires	Academia JdC	Senior Feminino	01:30:33	+35:34	09:03
4	1285	Katarina Branco	Ginásio Montalegre	Senior Feminino	01:36:39	+41:39	09:40
5	1284	Francisca Salgado	Ginásio Montalegre	Senior Feminino	01:36:39	+41:40	09:40
6	1121	Ana Sofia Alves Felício	Academia JdC	Senior Feminino	01:40:30	+45:31	10:03
7	1431	DIANA SOUSA	ROSA CHICLETE	Senior Feminino	01:41:31	+46:32	10:09
8	1429	ANDREIA PRAZERES	ROSA CHICLETE	Senior Feminino	01:41:47	+46:47	10:11
9	1214	Sílvia Teixeira Galvão	BODYSTATION TEAM	Senior Feminino	01:42:37	+47:38	10:16
10	1213	Sílvia Liliana Mateus Rodrigues	BODYSTATION TEAM	Senior Feminino	01:43:42	+48:42	10:22
11	1433	VERA COSTA	ROSA CHICLETE	Senior Feminino	01:44:39	+49:40	10:28
12	1432	MARTINHA GOMES	ROSA CHICLETE	Senior Feminino	01:44:42	+49:43	10:28
13	1430	CAROLINA ROSAS	ROSA CHICLETE	Senior Feminino	01:45:34	+50:35	10:33
14	1201	Lurdes Magalhães	B.T.M.	Senior Feminino	01:47:52	+52:53	10:47
15	1488	Marta Almeida	VianaOCRTeam	Senior Feminino	01:53:58	+58:58	11:24
16	1124	Daniela Marisa Afonso Fernandes	Academia JdC	Senior Feminino	01:55:34	+01:00:35	11:33
17	1118	Adriana Sofia Pereira Pires	Academia JdC	Senior Feminino	01:55:34	+01:00:35	11:33
18	1120	Ana Filipa Morais Louçano	Academia JdC	Senior Feminino	01:55:35	+01:00:35	11:34
19	1457	Soraia Elisabete Vilela Machado	Team Box 762	Senior Feminino	02:04:42	+01:09:43	12:28
20	1455	Marta Filipa Pereira Freitas	Team Box 762	Senior Feminino	02:04:42	+01:09:43	12:28
21	1456	Sofia de Almeida Gonçalves	Team Box 762	Senior Feminino	02:04:42	+01:09:43	12:28
22	1123	Cristina Alexandra Costa Carvalho	Academia JdC	Senior Feminino	02:04:43	+01:09:44	12:28
23	1122	Andreia Filipa Fidalgo Fernandes	Academia JdC	Senior Feminino	02:04:45	+01:09:46	12:29
24	1137	Marisa Suzete Sarmento Fontes	Academia JdC	Senior Feminino	02:04:45	+01:09:46	12:29
25	1131	Jéssica Patrícia Gomes Dos Santos	Academia JdC	Senior Feminino	02:04:48	+01:09:49	12:29
26	1119	Ana Cláudia Castro Novais	Academia JdC	Senior Feminino	02:04:48	+01:09:49	12:29
27	1128	Filipa Marlene Carvalho Freitas	Academia JdC	Senior Feminino	02:04:48	+01:09:49	12:29
28	1220	Paula Cristina Marinho Calçada Alves	Bombeiros de bragança	Senior Feminino	02:04:55	+01:09:56	12:30
29	1266	Beatriz Linhares de Passos	CrossFit Famalicão	Senior Feminino	02:10:21	+01:15:21	13:02
30	1127	Fernanda Sofia Carvalho Delgado	Academia JdC	Senior Feminino	02:11:28	+01:16:29	13:09
31	1140	Silvana Teixeira Costa	Academia JdC	Senior Feminino	02:11:40	+01:16:41	13:10
32	1132	Luísa Catarina da Costa Vieira	Academia JdC	Senior Feminino	02:12:38	+01:17:38	13:16
33	1129	Flávia Marlene Da Silva Pinto	Academia JdC	Senior Feminino	02:12:38	+01:17:39	13:16
34	1502	Sofia Goncalves	VieiraFit	Senior Feminino	02:13:17	+01:18:18	13:20
35	1498	Cristina Goncalves	VieiraFit	Senior Feminino	02:13:19	+01:18:20	13:20
36	1497	Catia Fernandes	VieiraFit	Senior Feminino	02:14:03	+01:19:04	13:24
37	1495	Ana Pires	VieiraFit	Senior Feminino	02:15:37	+01:20:38	13:34
38	1221	Sónia Cristina Sousa Ferreira	Bombeiros de bragança	Senior Feminino	02:15:40	+01:20:40	13:34
39	1219	Maria José Brás João	Bombeiros de bragança	Senior Feminino	02:15:43	+01:20:43	13:34

Guerreiro

10 KM



OFFICIAL RESULT

40	1499	Joana Rodrigues	VieiraFit	Senior Feminino	02:17:05	+01:22:05	13:43
41	1494	Ana Luisa Canela	VieiraFit	Senior Feminino	02:17:58	+01:22:59	13:48
42	1500	Raquel Ribeiro	VieiraFit	Senior Feminino	02:17:59	+01:22:59	13:48
43	1504	Teresa Dias	VieiraFit	Senior Feminino	02:19:07	+01:24:08	13:55
44	1359	Ester Oubiña	Nubeiros OCR	Senior Feminino	02:19:16	+01:24:16	13:56
45	1358	Bea García Salgueiro	Nubeiros OCR	Senior Feminino	02:19:16	+01:24:16	13:56
46	1360	Iria Martinez Piñeiro	Nubeiros OCR	Senior Feminino	02:19:16	+01:24:17	13:56
47	1138	Patrícia Sofia Vaz Lopes	Academia JdC	Senior Feminino	02:20:01	+01:25:02	14:00
48	1136	Mariana Seixas Gomes	Academia JdC	Senior Feminino	02:20:04	+01:25:04	14:00
49	1469	Rita Andrade Barbosa da Silva	Urban Academy	Senior Feminino	02:20:04	+01:25:04	14:00
50	1135	Maria Helena Marques Cordeiro	Academia JdC	Senior Feminino	02:20:05	+01:25:06	14:01
51	1141	Susana Patrícia Vieira Carvalho Botelho dos Santos	Academia JdC	Senior Feminino	02:20:09	+01:25:10	14:01
52	1134	Maria do Mar Caldeiro Nunes	Academia JdC	Senior Feminino	02:20:17	+01:25:17	14:02
53	1130	Ivone Silva Pires	Academia JdC	Senior Feminino	02:20:26	+01:25:27	14:03
54	1501	Sandra Pereira	VieiraFit	Senior Feminino	02:21:09	+01:26:10	14:07
55	1496	Ana Rocha	VieiraFit	Senior Feminino	02:21:21	+01:26:22	14:08
56	1139	Sandra Figueiredo	Academia JdC	Senior Feminino	02:21:28	+01:26:29	14:09
57	1244	Silvi Luís do Canto	CROSSBOX CHAVES	Senior Feminino	02:22:53	+01:27:54	14:17
58	1243	Liliana Sousa	CROSSBOX CHAVES	Senior Feminino	02:22:54	+01:27:54	14:17
59	1241	Fátima Ferreira	CROSSBOX CHAVES	Senior Feminino	02:22:54	+01:27:55	14:17
60	1245	Susana Maldonado Morais	CROSSBOX CHAVES	Senior Feminino	02:22:54	+01:27:55	14:17
61	1242	Helena Teixeira	CROSSBOX CHAVES	Senior Feminino	02:22:54	+01:27:55	14:17
62	1239	Dalila da Costa fernandes Vieira	CROSSBOX CHAVES	Senior Feminino	02:22:54	+01:27:55	14:17
63	1238	Beatriz Lousa Alves Riquito Marques	CROSSBOX CHAVES	Senior Feminino	02:22:56	+01:27:56	14:18
64	1405	Sara Lage	POWER FITNESS STUDIO - CHAVES	Senior Feminino	02:23:54	+01:28:55	14:23
65	1397	GISELA LOURENÇO	POWER FITNESS STUDIO - CHAVES	Senior Feminino	02:24:54	+01:29:55	14:29
66	1462	Carolina Fernandes	Urban Academy	Senior Feminino	02:25:23	+01:30:24	14:32
67	1398	Isabel Cristina Martins Moreira	POWER FITNESS STUDIO - CHAVES	Senior Feminino	02:25:27	+01:30:28	14:33
68	1403	Nilza Figueiredo	POWER FITNESS STUDIO - CHAVES	Senior Feminino	02:25:28	+01:30:28	14:33
69	1463	Daniela Carvalho	Urban Academy	Senior Feminino	02:25:29	+01:30:30	14:33
70	1407	Telma Silva	POWER FITNESS STUDIO - CHAVES	Senior Feminino	02:25:30	+01:30:31	14:33
71	1470	Sara Catarina Afonso Costa	Urban Academy	Senior Feminino	02:25:31	+01:30:31	14:33
72	1385	Diana Meira	PEDRO PEREIRA TEAM	Senior Feminino	02:27:35	+01:32:36	14:46
73	1468	Monica Raquel Ribeiro Fernandes	Urban Academy	Senior Feminino	02:28:18	+01:33:19	14:50
74	1464	Flavia Ferreira	Urban Academy	Senior Feminino	02:29:25	+01:34:26	14:57
75	1231	Vanessa Sousa Pereira	CARIASTU	Senior Feminino	02:29:33	+01:34:33	14:57
76	1298	Leonor Serafina da Mota Rodrigues	Individual	Senior Feminino	02:29:51	+01:34:52	14:59
77	1383	Alda Pinto	PEDRO PEREIRA TEAM	Senior Feminino	02:29:59	+01:35:00	15:00
78	1160	Érica Patrícia Fraga Machado	Área 51 FFVDA	Senior Feminino	02:30:06	+01:35:06	15:01
79	1158	Carina Micaela Magalhães Neiva	Área 51 FFVDA	Senior Feminino	02:31:59	+01:36:59	15:12
80	1326	Ana Silva	J.O.M.A OCR	Senior Feminino	02:32:29	+01:37:30	15:15
81	1161	Filipa Lopes Alves	Área 51 FFVDA	Senior Feminino	02:32:36	+01:37:37	15:16

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10 KM



OFFICIAL RESULT

82	1466	Marília Soares	Urban Academy	Senior Feminino	02:35:58	+01:40:59	15:36
83	1516	Andreia Manuela Vieira Garcês	Wild Vets	Senior Feminino	02:36:24	+01:41:25	15:38
84	1518	Elisabete Tomé Gomes	Wild Vets	Senior Feminino	02:36:29	+01:41:29	15:39
85	1519	Márcia Filipa Gonçalves Rodrigues	Wild Vets	Senior Feminino	02:36:49	+01:41:50	15:41
86	1332	Cristina Faustino	Mountain Climbers	Senior Feminino	02:36:53	+01:41:53	15:41
87	1297	Joana Gomes	Individual	Senior Feminino	02:37:14	+01:42:15	15:43
88	1299	Marta Sofia da Mota Rodrigues	Individual	Senior Feminino	02:37:20	+01:42:21	15:44
89	1331	Andreia Oliveira	Mountain Climbers	Senior Feminino	02:38:39	+01:43:39	15:52
90	1162	Liliana Sofia Silva Oliveira	Área 51 FFVDA	Senior Feminino	02:38:50	+01:43:51	15:53
91	1402	Marisa Santos	POWER FITNESS STUDIO - CHAVES	Senior Feminino	02:39:10	+01:44:11	15:55
92	1401	MARIANA VENCESLAU	POWER FITNESS STUDIO - CHAVES	Senior Feminino	02:39:10	+01:44:11	15:55
93	1156	Ana Paula Silva Machado	Área 51 FFVDA	Senior Feminino	02:39:50	+01:44:51	15:59
94	1163	Marina Sofia Moreira Baptista	Área 51 FFVDA	Senior Feminino	02:40:26	+01:45:26	16:03
95	1230	Catarina Andreia Rodrigues Tavares	CARIASTU	Senior Feminino	02:40:38	+01:45:39	16:04
96	1396	Estefania Somoza	POWER FITNESS STUDIO - CHAVES	Senior Feminino	02:40:42	+01:45:42	16:04
97	1399	Lorena Firvida	POWER FITNESS STUDIO - CHAVES	Senior Feminino	02:41:08	+01:46:08	16:07
98	1367	Lillian Gonçalves	Os Raçudos	Senior Feminino	02:41:48	+01:46:49	16:11
99	1366	Isabel Abreu	Os Raçudos	Senior Feminino	02:41:50	+01:46:51	16:11
100	1334	Patrícia Faustino	Mountain Climbers	Senior Feminino	02:42:08	+01:47:09	16:13
101	1333	Joana Torres	Mountain Climbers	Senior Feminino	02:42:17	+01:47:18	16:14
102	1395	Daniela Cunha	POWER FITNESS STUDIO - CHAVES	Senior Feminino	02:42:49	+01:47:50	16:17
103	1272	Claudia Guimarães	Faltamuito?	Senior Feminino	02:42:56	+01:47:57	16:18
104	1394	Catarina Gonçalves	POWER FITNESS STUDIO - CHAVES	Senior Feminino	02:42:59	+01:48:00	16:18
105	1406	Soraia Gonçalves	POWER FITNESS STUDIO - CHAVES	Senior Feminino	02:43:00	+01:48:00	16:18
106	1404	RUTE BASÍLIO	POWER FITNESS STUDIO - CHAVES	Senior Feminino	02:43:01	+01:48:01	16:18
107	1102	Bruna Faria	#pónalama	Senior Feminino	02:45:06	+01:50:07	16:31
108	1251	Filipa Isabel Santos	Crossfit 4475 Racing Team	Senior Feminino	02:45:16	+01:50:16	16:32
109	1254	Paula Oliveira	Crossfit 4475 Racing Team	Senior Feminino	02:45:17	+01:50:18	16:32
110	1250	Catarina Almeida	Crossfit 4475 Racing Team	Senior Feminino	02:45:19	+01:50:19	16:32
111	1271	Carla Marques	Faltamuito?	Senior Feminino	02:45:40	+01:50:41	16:34
112	1273	Joana Correia	Faltamuito?	Senior Feminino	02:47:05	+01:52:06	16:43
113	1253	Marlena Sousa	Crossfit 4475 Racing Team	Senior Feminino	02:48:40	+01:53:41	16:52
114	1249	Ana Isabel Silva	Crossfit 4475 Racing Team	Senior Feminino	02:48:44	+01:53:44	16:52
115	1328	Saney Goes Monte	Maximianos	Senior Feminino	02:48:48	+01:53:49	16:53
116	1327	Elisabete Candido	Maximianos	Senior Feminino	02:48:48	+01:53:49	16:53
117	1207	Cátia Pereira	BDiciadas	Senior Feminino	02:48:51	+01:53:52	16:53
118	1209	Joana Barbosa	BDiciadas	Senior Feminino	02:48:52	+01:53:52	16:53
119	1210	Rogéria Ferreira	BDiciadas	Senior Feminino	02:48:53	+01:53:54	16:53
120	1208	Cláudia Ferreira	BDiciadas	Senior Feminino	02:48:58	+01:53:58	16:54
121	1211	Susana Correia	BDiciadas	Senior Feminino	02:48:58	+01:53:59	16:54
122	1106	Mariana Rodrigues	#pónalama	Senior Feminino	02:49:36	+01:54:37	16:58

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123	1384	Cidália Campos	PEDRO PEREIRA TEAM	Senior Feminino	02:50:42	+01:55:43	17:04
124	1449	Susana Guimarães	Suicide Squad	Senior Feminino	02:51:26	+01:56:26	17:09
125	1159	Débora Carina Ferreira Bessa	Área 51 FFVDA	Senior Feminino	02:51:38	+01:56:39	17:10
126	1157	Ana Sofia da Costa Sampaio	Área 51 FFVDA	Senior Feminino	02:51:40	+01:56:40	17:10
127	1448	Margarida Veiga	Suicide Squad	Senior Feminino	02:51:59	+01:57:00	17:12
128	1164	Vera Solange de Lima Cunha	Área 51 FFVDA	Senior Feminino	02:52:43	+01:57:44	17:16
129	1105	Luciana Rodrigues	#pónalama	Senior Feminino	02:53:57	+01:58:58	17:24
130	1388	Raquel Sá	PEDRO PEREIRA TEAM	Senior Feminino	02:54:12	+01:59:13	17:25
131	1386	Isabela Azevedo	PEDRO PEREIRA TEAM	Senior Feminino	02:54:34	+01:59:34	17:27
132	1387	Patrícia Abreu	PEDRO PEREIRA TEAM	Senior Feminino	02:54:34	+01:59:34	17:27
133	1104	Estela Macedo	#pónalama	Senior Feminino	02:55:00	+02:00:01	17:30
134	1107	Sara Martins	#pónalama	Senior Feminino	02:55:02	+02:00:03	17:30
135	1346	Mariana Ferreira	Muro Crossfit	Senior Feminino	02:56:55	+02:01:56	17:42
136	1344	Elisabete Teuxeira	Muro Crossfit	Senior Feminino	02:56:59	+02:02:00	17:42
137	1342	Anísia Nadine Silva Teixeira	Muro Crossfit	Senior Feminino	02:57:14	+02:02:15	17:43
138	1174	Maria de Fátima da Cunha Sampaio	Arrastões	Senior Feminino	03:01:10	+02:06:10	18:07
139	1175	Sandra Cristina Reis Ferreira	Arrastões	Senior Feminino	03:01:10	+02:06:11	18:07

Senior Masculino

1	1203	Francisco Fernandes	B.T.M.	Senior Masculino	54:59		05:30
2	1377	JOÃO NOGUEIRA	Over the Limit	Senior Masculino	57:01	+02:01	05:42
3	1226	Nivaldo Costa	Bombeiros de bragança	Senior Masculino	59:16	+04:17	05:56
4	1289	Filipe Costa	Ginásio Montalegre	Senior Masculino	01:01:09	+06:10	06:07
5	1313	Luís Moreira	Individual	Senior Masculino	01:03:04	+08:05	06:18
6	1317	Pedro Machado	Individual	Senior Masculino	01:03:13	+08:14	06:19
7	1311	Jose Manuel Carvalho	Individual	Senior Masculino	01:04:25	+09:26	06:27
8	1215	Diogo Alexandre Lourenço Afonso	BODYSTATION TEAM	Senior Masculino	01:05:03	+10:04	06:30
9	1186	Carlos Alberto dos Reis Machado	ASAFIT	Senior Masculino	01:06:30	+11:31	06:39
10	1224	João Vítor Alves	Bombeiros de bragança	Senior Masculino	01:06:49	+11:50	06:41
11	1506	Andre Carneiro	VieiraFit	Senior Masculino	01:10:02	+15:03	07:00
12	1198	Rui Nogueira	ASAFIT	Senior Masculino	01:10:20	+15:21	07:02
13	1191	Maurício Fernando Medon Almeida	ASAFIT	Senior Masculino	01:10:30	+15:31	07:03
14	1410	JOSÉ COSTA	POWER FITNESS STUDIO - CHAVES	Senior Masculino	01:10:57	+15:58	07:06
15	1307	Federico Anguita Mascherpa	Individual	Senior Masculino	01:11:11	+16:12	07:07
16	1302	Antonio Andión Rivadulla	Individual	Senior Masculino	01:11:11	+16:12	07:07
17	1434	FÁBIO VIEIRA	ROSA CHICLETE	Senior Masculino	01:11:32	+16:33	07:09
18	1282	Nelson Delgado	GINÁSIO CLUBE DE BRAGANÇA	Senior Masculino	01:11:33	+16:34	07:09
19	1435	JOÃO MARTINS	ROSA CHICLETE	Senior Masculino	01:11:46	+16:47	07:11
20	1217	Vladyslav Ivashchenko	BODYSTATION TEAM	Senior Masculino	01:12:12	+17:13	07:13
21	1204	João Duarte	B.T.M.	Senior Masculino	01:13:03	+18:04	07:18
22	1281	Joao Regino	GINÁSIO CLUBE DE BRAGANÇA	Senior Masculino	01:13:43	+18:44	07:22
23	1443	HELDER COSTA	SPARTAN OCR BGC	Senior Masculino	01:14:09	+19:09	07:25
24	1325	Viktor Strelbitskiy	Individual	Senior Masculino	01:14:22	+19:23	07:26
25	1510	Luis Fernandes	VieiraFit	Senior Masculino	01:14:26	+19:27	07:27

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26	1438	BRUNO FELISBERTO	SPARTAN OCR BGC	Senior Masculino	01:14:49	+19:50	07:29
27	1306	Eduardo Silva	Individual	Senior Masculino	01:15:40	+20:41	07:34
28	1187	Fernando miguel Ribeiro da Silva	ASAFIT	Senior Masculino	01:18:51	+23:51	07:53
29	1169	Carlos Fernandes Lopes	Área 51 FFVDA	Senior Masculino	01:19:03	+24:04	07:54
30	1255	André Monteiro	Crossfit 4475 Racing Team	Senior Masculino	01:19:49	+24:50	07:59
31	1262	Ricardo Gil Nobre	Crossfit 4475 Racing Team	Senior Masculino	01:19:57	+24:58	08:00
32	1185	Bruno Daniel Vieira Silva	ASAFIT	Senior Masculino	01:20:10	+25:11	08:01
33	1195	Pedro Miguel Pinto Alves	ASAFIT	Senior Masculino	01:21:02	+26:02	08:06
34	1283	Sergio Araújo	GINÁSIO CLUBE DE BRAGANÇA	Senior Masculino	01:22:47	+27:48	08:17
35	1145	Diogo Rafael Morgado da Santa	Academia JdC	Senior Masculino	01:23:27	+28:28	08:21
36	1154	Pedro Alexandre Alves Maia	Academia JdC	Senior Masculino	01:23:28	+28:28	08:21
37	1228	Vasco Jorge Rodrigues Costa	Bombeiros de bragança	Senior Masculino	01:23:40	+28:41	08:22
38	1323	Tiago Santos	Individual	Senior Masculino	01:24:42	+29:43	08:28
39	1414	PEDRO MARTINS	POWER FITNESS STUDIO - CHAVES	Senior Masculino	01:27:08	+32:09	08:43
40	1487	Victor Marçal	Urban Academy	Senior Masculino	01:27:29	+32:29	08:45
41	1184	Bento Daniel Araujo Pimenta	ASAFIT	Senior Masculino	01:28:19	+33:19	08:50
42	1183	Armando Diogo Salgado Dias	ASAFIT	Senior Masculino	01:28:25	+33:25	08:51
43	1194	Pedro André Silva Teixeira	ASAFIT	Senior Masculino	01:28:27	+33:28	08:51
44	1261	Nelson Sousa Pinto	Crossfit 4475 Racing Team	Senior Masculino	01:30:06	+35:07	09:01
45	1294	Nuno Lameirão	Ginásio Montalegre	Senior Masculino	01:30:36	+35:37	09:04
46	1197	Ricardo Rui Lopes Mendes Ferreira da Silva	ASAFIT	Senior Masculino	01:31:02	+36:02	09:06
47	1142	Carlos Alberto Afonso Fernandes	Academia JdC	Senior Masculino	01:31:12	+36:13	09:07
48	1193	Nuno Fernando Alves Freitas	ASAFIT	Senior Masculino	01:31:16	+36:16	09:08
49	1199	Vítor Hugo Dias Ferreira	ASAFIT	Senior Masculino	01:31:16	+36:17	09:08
50	1182	António Filipe Pereira Rocha	ASAFIT	Senior Masculino	01:31:16	+36:17	09:08
51	1234	Filipe Fernandes	CARIASTU	Senior Masculino	01:31:19	+36:20	09:08
52	1288	Daniel Alves	Ginásio Montalegre	Senior Masculino	01:31:37	+36:38	09:10
53	1310	Ivo Brás	Individual	Senior Masculino	01:32:52	+37:53	09:17
54	1376	ILIDIO DIAS	Over the Limit	Senior Masculino	01:33:48	+38:49	09:23
55	1378	Jorge Leal	Over the Limit	Senior Masculino	01:33:49	+38:49	09:23
56	1318	Pedro Magalhães	Individual	Senior Masculino	01:33:59	+38:59	09:24
57	1486	Rui Filipe Rodrigues Alves	Urban Academy	Senior Masculino	01:34:17	+39:18	09:26
58	1206	Luis filipe reis	Barrosa power	Senior Masculino	01:34:17	+39:18	09:26
59	1188	Filipe Manuel Ribeiro Ferreira	ASAFIT	Senior Masculino	01:34:20	+39:21	09:26
60	1189	João Carlos Pereira Meireles	ASAFIT	Senior Masculino	01:35:03	+40:04	09:30
61	1287	Alfonso Gonzalez	Ginásio Montalegre	Senior Masculino	01:35:24	+40:25	09:32
62	1293	Juan Sanchez	Ginásio Montalegre	Senior Masculino	01:36:40	+41:41	09:40
63	1291	João Monteiro	Ginásio Montalegre	Senior Masculino	01:36:41	+41:42	09:40
64	1290	Gonçalo FERNANDES	Ginásio Montalegre	Senior Masculino	01:36:49	+41:50	09:41
65	1292	Joao Teixeira	Ginásio Montalegre	Senior Masculino	01:36:57	+41:58	09:42
66	1347	Alexandre Ribeiro	Muro Crossfit	Senior Masculino	01:37:04	+42:05	09:42
67	1264	Rui Jorge Bastos Amaral dos Reis	Crossfit 4475 Racing Team	Senior Masculino	01:38:11	+43:12	09:49
68	1426	José Cruz	Real Confraria dos Mufunfos	Senior Masculino	01:38:20	+43:21	09:50
69	1425	João Araújo	Real Confraria dos Mufunfos	Senior Masculino	01:38:21	+43:22	09:50
70	1319	Raúl Rodríguez	Individual	Senior Masculino	01:39:18	+44:18	09:56

Official Timekeeper: Lap2Go	5 / 9	generate 08-mar-2022 19:37
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71	1427	Marco Manuel Rocha Mendes	Real Confraria dos Mufunfos	Senior Masculino	01:39:31	+44:31	09:57
72	1428	Nelson João Ribeiro Barbosa	Real Confraria dos Mufunfos	Senior Masculino	01:39:34	+44:34	09:57
73	1192	Nídio José Abreu Marçal	ASAFIT	Senior Masculino	01:40:37	+45:38	10:04
74	1153	Nelson Augusto Fernandes Lopes	Academia JdC	Senior Masculino	01:41:11	+46:12	10:07
75	1322	Samuel Salcedo Casas	Individual	Senior Masculino	01:41:24	+46:25	10:08
76	1223	Elson Luís Soares Lopes	Bombeiros de bragança	Senior Masculino	01:41:45	+46:46	10:11
77	1258	Diogo Leal	Crossfit 4475 Racing Team	Senior Masculino	01:42:47	+47:48	10:17
78	1365	Vitor Manuel Freitas Ferreira	Os Ferreiras	Senior Masculino	01:42:52	+47:52	10:17
79	1364	David Alexandre Freitas Ferreira	Os Ferreiras	Senior Masculino	01:42:56	+47:56	10:18
80	1263	Rui Ferreira	Crossfit 4475 Racing Team	Senior Masculino	01:43:07	+48:07	10:19
81	1476	Diogo Pinheiro	Urban Academy	Senior Masculino	01:43:15	+48:16	10:20
82	1483	Pedro Costa	Urban Academy	Senior Masculino	01:43:44	+48:45	10:22
83	1259	Guilherme Batista Silva	Crossfit 4475 Racing Team	Senior Masculino	01:44:45	+49:46	10:29
84	1152	Luís Manuel da Rocha Batista	Academia JdC	Senior Masculino	01:45:04	+50:04	10:30
85	1436	JORGE CARDOSO	ROSA CHICLETE	Senior Masculino	01:45:39	+50:40	10:34
86	1256	Bruno Crisóstomo	Crossfit 4475 Racing Team	Senior Masculino	01:45:42	+50:43	10:34
87	1147	Evandro Pires Alves	Academia JdC	Senior Masculino	01:48:10	+53:11	10:49
88	1417	Diogo João Ribeiro da Cunha	Primos Padeiros	Senior Masculino	01:48:57	+53:58	10:54
89	1418	Luís Carlos Fernandes da Cunha	Primos Padeiros	Senior Masculino	01:49:00	+54:01	10:54
90	1419	Nuno Miguel Mendes Lopes da Cunha	Primos Padeiros	Senior Masculino	01:49:09	+54:10	10:55
91	1480	Marco Adriano Sousa Silva	Urban Academy	Senior Masculino	01:49:35	+54:36	10:58
92	1295	Roberto Rodriguez	Ginásio Montalegre	Senior Masculino	01:49:46	+54:47	10:59
93	1303	César Lima	Individual	Senior Masculino	01:50:16	+55:17	11:02
94	1309	Francisco Guimarães	Individual	Senior Masculino	01:50:26	+55:27	11:03
95	1479	Jorge Manuel Barros Pimenta	Urban Academy	Senior Masculino	01:53:21	+58:22	11:20
96	1491	Manuel Sá	VianaOCRTeam	Senior Masculino	01:53:53	+58:53	11:23
97	1490	Hugo Luz	VianaOCRTeam	Senior Masculino	01:53:54	+58:54	11:23
98	1492	Nuno Borlido	VianaOCRTeam	Senior Masculino	01:53:55	+58:56	11:24
99	1493	Vitor Guterres	VianaOCRTeam	Senior Masculino	01:53:55	+58:56	11:24
100	1489	Abel Silva	VianaOCRTeam	Senior Masculino	01:53:57	+58:58	11:24
101	1478	João Luis Oliveira Afonso	Urban Academy	Senior Masculino	01:54:35	+59:36	11:28
102	1148	Guilherme Cordeiro Esteves	Academia JdC	Senior Masculino	01:55:12	+01:00:13	11:31
103	1308	Fernando Sousa e Silva	Individual	Senior Masculino	01:56:16	+01:01:17	11:38
104	1441	Fábio Moutinho	SPARTAN OCR BGC	Senior Masculino	01:56:41	+01:01:42	11:40
105	1445	Leandro Ramires	SPARTAN OCR BGC	Senior Masculino	01:57:48	+01:02:49	11:47
106	1437	BRUNO FARIA	SPARTAN OCR BGC	Senior Masculino	01:57:48	+01:02:49	11:47
107	1237	Rui Fernandes	CARIASTU	Senior Masculino	01:58:45	+01:03:46	11:53
108	1380	Francisco Assis Leal Oliveira Tavares	Panorama	Senior Masculino	01:59:48	+01:04:49	11:59
109	1382	Ricardo Emanuel da Costa Martins	Panorama	Senior Masculino	01:59:51	+01:04:52	11:59
110	1379	André Filipe Bastos Ferreira	Panorama	Senior Masculino	01:59:52	+01:04:53	11:59
111	1381	João Carlos Oliveira Pinho	Panorama	Senior Masculino	01:59:53	+01:04:54	11:59
112	1301	Andre Rodrigues	Individual	Senior Masculino	02:01:41	+01:06:42	12:10
113	1296	Victor Garcia	Ginásio Montalegre	Senior Masculino	02:03:18	+01:08:19	12:20
114	1190	João Daniel Oliveira Batista	ASAFIT	Senior Masculino	02:03:51	+01:08:51	12:23
115	1458	Miguel Jorge da Cruz Alves	Team Box 762	Senior Masculino	02:04:42	+01:09:42	12:28
116	1459	Pedro Miguel Costa Silva	Team Box 762	Senior Masculino	02:04:42	+01:09:43	12:28

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117	1227	Rui Manuel Carvalho Felix	Bombeiros de bragança	Senior Masculino	02:05:41	+01:10:42	12:34
118	1269	André Filipe	CrossFit Famalicão	Senior Masculino	02:10:18	+01:15:19	13:02
119	1270	João Duarte	CrossFit Famalicão	Senior Masculino	02:10:21	+01:15:22	13:02
120	1155	Reis Lima Quarteu	Academia JdC	Senior Masculino	02:12:49	+01:17:50	13:17
121	1505	Alfredo Pereira	VieiraFit	Senior Masculino	02:15:45	+01:20:46	13:35
122	1512	Paulo Carvalho	VieiraFit	Senior Masculino	02:15:46	+01:20:47	13:35
123	1509	João Prezeres	VieiraFit	Senior Masculino	02:15:47	+01:20:47	13:35
124	1484	Pedro Edgar Costa Ferreira	Urban Academy	Senior Masculino	02:15:59	+01:21:00	13:36
125	1472	André Afonso Coelho	Urban Academy	Senior Masculino	02:16:03	+01:21:04	13:36
126	1475	Daniel Silva Teixeira	Urban Academy	Senior Masculino	02:16:10	+01:21:10	13:37
127	1515	Tiago Fernandes	VieiraFit	Senior Masculino	02:17:05	+01:22:06	13:43
128	1485	Ricardo António Gonçalves Pereira	Urban Academy	Senior Masculino	02:17:28	+01:22:29	13:45
129	1361	Ángel García Prado	Nubeiros OCR	Senior Masculino	02:19:15	+01:24:15	13:56
130	1363	Guillermo Cora Romero	Nubeiros OCR	Senior Masculino	02:19:16	+01:24:17	13:56
131	1362	Carlos Abal Roma	Nubeiros OCR	Senior Masculino	02:19:16	+01:24:17	13:56
132	1146	Eduardo Jesus Fernandes Esteves	Academia JdC	Senior Masculino	02:20:35	+01:25:35	14:04
133	1151	José Carlos Matos Fernandes	Academia JdC	Senior Masculino	02:20:40	+01:25:41	14:04
134	1150	Jorge Medeiros da Costa	Academia JdC	Senior Masculino	02:20:40	+01:25:41	14:04
135	1351	Joaquim César Cardoso Faria	Muro Crossfit	Senior Masculino	02:20:56	+01:25:56	14:06
136	1248	Samuel Martins Vilabril	CROSSBOX CHAVES	Senior Masculino	02:22:54	+01:27:55	14:17
137	1246	Gabriel Gomes	CROSSBOX CHAVES	Senior Masculino	02:22:55	+01:27:55	14:18
138	1247	Rui Rua	CROSSBOX CHAVES	Senior Masculino	02:22:56	+01:27:56	14:18
139	1416	RAFAEL CUNHA GUERRA	POWER FITNESS STUDIO - CHAVES	Senior Masculino	02:24:54	+01:29:55	14:29
140	1413	Luis Santos	POWER FITNESS STUDIO - CHAVES	Senior Masculino	02:25:22	+01:30:23	14:32
141	1233	Diogo Arnaldo	CARIASTU	Senior Masculino	02:25:25	+01:30:26	14:33
142	1232	Carlos Cunha	CARIASTU	Senior Masculino	02:25:26	+01:30:27	14:33
143	1236	Pedro Pereira	CARIASTU	Senior Masculino	02:25:29	+01:30:30	14:33
144	1422	João Ferreira	Ratos Esquilos	Senior Masculino	02:25:57	+01:30:58	14:36
145	1424	Rafael Andrade Silva	Ratos Esquilos	Senior Masculino	02:25:58	+01:30:59	14:36
146	1423	Pedro Fernando Torrinha	Ratos Esquilos	Senior Masculino	02:26:00	+01:31:01	14:36
147	1511	Patric Pinheiro	VieiraFit	Senior Masculino	02:26:17	+01:31:18	14:38
148	1390	Carlos Cardoso	PEDRO PEREIRA TEAM	Senior Masculino	02:27:38	+01:32:39	14:46
149	1391	Miguel Fernandes	PEDRO PEREIRA TEAM	Senior Masculino	02:28:03	+01:33:04	14:48
150	1477	Ivo José Sousa Silva	Urban Academy	Senior Masculino	02:29:00	+01:34:00	14:54
151	1314	Manuel Ferreira	Individual	Senior Masculino	02:29:45	+01:34:46	14:59
152	1415	Pedro Pinto de Almeida	POWER FITNESS STUDIO - CHAVES	Senior Masculino	02:32:10	+01:37:10	15:13
153	1408	Diocleciano Pimentel	POWER FITNESS STUDIO - CHAVES	Senior Masculino	02:32:14	+01:37:14	15:13
154	1523	Miguel Nuno Pinheiro Quaresma	Wild Vets	Senior Masculino	02:32:45	+01:37:45	15:17
155	1235	Manuel António Alves Silva	CARIASTU	Senior Masculino	02:34:09	+01:39:10	15:25
156	1409	Gabriel Pereira	POWER FITNESS STUDIO - CHAVES	Senior Masculino	02:36:30	+01:41:31	15:39
157	1521	Filipe Ricardo Arantes Afonso	Wild Vets	Senior Masculino	02:36:50	+01:41:50	15:41
158	1321	Rui Manuel Bouças de Araújo	Individual	Senior Masculino	02:37:13	+01:42:14	15:43
159	1474	Cesar Manuel fernandes Antunes	Urban Academy	Senior Masculino	02:37:54	+01:42:54	15:47

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160	1524	Rafael Melfe	Wild Vets	Senior Masculino	02:38:00	+01:43:01	15:48
161	1520	Afonso Coelho	Wild Vets	Senior Masculino	02:38:02	+01:43:03	15:48
162	1522	Jorge Miguel Gama Quaresma	Wild Vets	Senior Masculino	02:38:02	+01:43:03	15:48
163	1473	Andre Miguel Amorim Silva	Urban Academy	Senior Masculino	02:38:11	+01:43:11	15:49
164	1338	Rodolfo Manuel Ferreira de Abreu	Mountain Climbers	Senior Masculino	02:38:38	+01:43:38	15:52
165	1165	André Miguel Silva Bessa	Área 51 FFVDA	Senior Masculino	02:40:02	+01:45:03	16:00
166	1412	Luís Alves	POWER FITNESS STUDIO - CHAVES	Senior Masculino	02:40:28	+01:45:29	16:03
167	1411	Juan Alonso	POWER FITNESS STUDIO - CHAVES	Senior Masculino	02:40:44	+01:45:44	16:04
168	1370	Pedro Silva	Os Raçudos	Senior Masculino	02:41:48	+01:46:49	16:11
169	1368	Nelson Silva	Os Raçudos	Senior Masculino	02:41:50	+01:46:51	16:11
170	1369	Paulo Abreu	Os Raçudos	Senior Masculino	02:41:52	+01:46:52	16:11
171	1337	Nuno Vilaça	Mountain Climbers	Senior Masculino	02:42:17	+01:47:17	16:14
172	1336	Fernando Jorge Lopes Luís	Mountain Climbers	Senior Masculino	02:42:17	+01:47:18	16:14
173	1371	Joao Manuel Sucena Freitas	Os Vikings	Senior Masculino	02:43:22	+01:48:23	16:20
174	1372	João Silva	Os Vikings	Senior Masculino	02:43:24	+01:48:25	16:20
175	1374	Marco Araújo	Os Vikings	Senior Masculino	02:43:27	+01:48:28	16:21
176	1340	Vitor Lopes	Mountain Climbers	Senior Masculino	02:44:23	+01:49:24	16:26
177	1373	Luis Araújo	Os Vikings	Senior Masculino	02:44:35	+01:49:36	16:28
178	1116	Orlando Rodrigues	#pónalama	Senior Masculino	02:45:06	+01:50:07	16:31
179	1277	Ricardo Coelho	Faltamuito?	Senior Masculino	02:45:26	+01:50:27	16:33
180	1320	Ruben Moreira	Individual	Senior Masculino	02:45:30	+01:50:31	16:33
181	1315	Marco André Pereira Moreira	Individual	Senior Masculino	02:45:34	+01:50:35	16:33
182	1339	Rui Vilaça	Mountain Climbers	Senior Masculino	02:46:17	+01:51:17	16:38
183	1454	Nelson Ribeiro Leite	Suicide Squad	Senior Masculino	02:46:26	+01:51:26	16:39
184	1276	Pedro Fernandes	Faltamuito?	Senior Masculino	02:46:52	+01:51:52	16:41
185	1275	José Borges	Faltamuito?	Senior Masculino	02:46:53	+01:51:54	16:41
186	1278	Rui Araújo	Faltamuito?	Senior Masculino	02:46:59	+01:52:00	16:42
187	1335	Ângelo Cunha	Mountain Climbers	Senior Masculino	02:47:13	+01:52:14	16:43
188	1316	Nuno Silva	Individual	Senior Masculino	02:47:37	+01:52:37	16:46
189	1329	Helder Candido	Maximianos	Senior Masculino	02:48:44	+01:53:44	16:52
190	1330	Leandro Candido	Maximianos	Senior Masculino	02:48:44	+01:53:45	16:52
191	1393	Rafael Oliveira	PEDRO PEREIRA TEAM	Senior Masculino	02:49:54	+01:54:55	16:59
192	1348	Carlos Daniel Pinheiro Areias	Muro Crossfit	Senior Masculino	02:50:26	+01:55:26	17:03
193	1108	António Cunha	#pónalama	Senior Masculino	02:50:32	+01:55:32	17:03
194	1112	Manuel Machado	#pónalama	Senior Masculino	02:50:33	+01:55:34	17:03
195	1166	Arlindo José Gonçalves Mendes	Área 51 FFVDA	Senior Masculino	02:50:44	+01:55:44	17:04
196	1168	Carlos Alberto Almeida Abreu	Área 51 FFVDA	Senior Masculino	02:50:46	+01:55:46	17:05
197	1172	Pedro Filipe Pereira Gomes	Área 51 FFVDA	Senior Masculino	02:50:50	+01:55:51	17:05
198	1114	Miguel Rodrigues	#pónalama	Senior Masculino	02:51:12	+01:56:13	17:07
199	1452	Filipe Daniel da Fonseca	Suicide Squad	Senior Masculino	02:51:26	+01:56:27	17:09
200	1450	António Torres	Suicide Squad	Senior Masculino	02:51:32	+01:56:33	17:09
201	1173	Ricardo Alberto Pereira Machado	Área 51 FFVDA	Senior Masculino	02:51:40	+01:56:41	17:10
202	1453	Luís Miguel Rufo	Suicide Squad	Senior Masculino	02:51:58	+01:56:59	17:12
203	1451	César Andrade	Suicide Squad	Senior Masculino	02:52:00	+01:57:00	17:12
204	1170	Francisco João Ferreira da Silva	Área 51 FFVDA	Senior Masculino	02:53:15	+01:58:16	17:20

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205	1110	Hugo Rodrigues	#pónalama	Senior Masculino	02:53:27	+01:58:28	17:21
206	1115	Nicolas Almeida	#pónalama	Senior Masculino	02:53:29	+01:58:29	17:21
207	1392	Pedro Pereira	PEDRO PEREIRA TEAM	Senior Masculino	02:54:22	+01:59:23	17:26
208	1171	Luís Miguel Moreira Fernandes	Área 51 FFVDA	Senior Masculino	02:54:28	+01:59:29	17:27
209	1355	Rui Ribeiro	Muro Crossfit	Senior Masculino	02:54:37	+01:59:38	17:28
210	1353	Pedro Pereira	Muro Crossfit	Senior Masculino	02:54:48	+01:59:49	17:29
211	1354	Rui Cunha	Muro Crossfit	Senior Masculino	02:55:19	+02:00:20	17:32
212	1111	José Duarte Machado	#pónalama	Senior Masculino	02:55:26	+02:00:27	17:33
213	1350	João Rafael Carvalho Monteiro Pereira	Muro Crossfit	Senior Masculino	02:56:57	+02:01:57	17:42
214	1113	Marco Paulo Gonçalves Carvalho	#pónalama	Senior Masculino	02:58:31	+02:03:32	17:51
215	1109	Artur Rafael Ferreira	#pónalama	Senior Masculino	03:01:03	+02:06:04	18:06
216	1176	João Rafael Mendes Cunha	Arrastões	Senior Masculino	03:01:10	+02:06:10	18:07
217	1177	Vasco Emanuel Leite Teixeira	Arrastões	Senior Masculino	03:01:10	+02:06:11	18:07
218	1178	Vitor Gabriel Leite Teixeira	Arrastões	Senior Masculino	03:01:10	+02:06:11	18:07

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Official Timekeeper: Lap2Go	1 / 1	generate 08-mar-2022 19:36
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