lap2go TIMING SOLUTION

20Km de Almeirim
Almeirim, PT
29-October-2023

20K - STAGE 1

20 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	10:00	18.5ºC	97%
End	12:48	17.4ºC	99%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	65	José Gaspar	Associaçao Desportiva de Palmeiros Sintra	01:08:29		03:25	
2	573	Pedro carvalho	SPORT LISBOA E BENFICA	01:09:22	+00:53	03:28	
3	567	Luís Brito	Run Tejo - Prevent Sprain	01:10:21	+01:52	03:31	
4	166	Luís Cancela	Clube Desportivo em Movimento	01:10:30	+02:01	03:32	
5	165	Luís Rufino	Clube Desportivo em Movimento	01:10:33	+02:04	03:32	
6	7	Marco Marques	A. C. R. Sra. do Desterro - Napo	01:10:40	+02:11	03:32	
7	357	Ricardo Jordão	Individual	01:11:01	+02:32	03:33	
8	73	Ricardo Reis	Associação Desportiva NucleOeiras - ADNO	01:11:03	+02:34	03:33	
9	430	Fernando Pereira	GFD Running	01:11:07	+02:38	03:33	
10	201	Emanuel Diogo	GDC Portos de Sines e do Algarve	01:12:30	+04:01	03:37	
11	143	Sérgio Santos	CCD Sintrense	01:12:37	+04:08	03:38	
12	142	Luís Santos	CCD Sintrense	01:12:41	+04:12	03:38	
13	144	Júlio Finote	CCD Sintrense	01:12:45	+04:16	03:38	
14	62	Daniel Araújo	Associaçao Desportiva de Palmeiros Sintra	01:13:04	+04:35	03:39	
15	516	João Ginja	Linda-A-Pastora Sporting Clube	01:13:26	+04:57	03:40	
16	47	David Alfaiate	Associação 20Kms de Almeirim	01:13:30	+05:01	03:40	
17	405	Pedro Ferreira	Individual	01:13:37	+05:08	03:41	
18	535	José Jarmela	NAZABOBODA	01:14:11	+05:42	03:43	
19	391	Luís Baço	Individual	01:14:22	+05:53	03:43	
20	214	Nuno Santos	GRF-Benedita Atletismo	01:14:24	+05:55	03:43	
21	598	Ivo Relveiro	Zuna/Ndurance	01:14:25	+05:56	03:43	
22	70	Gilson Tavares	Associaçao Desportiva de Palmeiros Sintra	01:14:29	+06:00	03:43	
23	66	Alvaro Oliveira	Associaçao Desportiva de Palmeiros Sintra	01:14:34	+06:05	03:44	
24	60	Gelson Gonçalves	Associaçao Desportiva de Palmeiros Sintra	01:14:45	+06:16	03:44	
25	466	Sérgio Paiva	Individual	01:14:55	+06:26	03:45	
26	433	Henrique Janota	Individual	01:15:35	+07:06	03:47	
27	566	Joel Pena	Run Tejo - Prevent Sprain	01:15:42	+07:13	03:47	
28	79	Ilidio Janeiro	Barrocal Team	01:15:49	+07:20	03:47	
29	68	Francisco Gonçalves	Associaçao Desportiva de Palmeiros Sintra	01:16:05	+07:36	03:48	
30	323	Telmo Nogueira	Individual	01:16:07	+07:38	03:48	
31	547	Nuno Ruela	Os galgos	01:16:12	+07:43	03:49	
32	176	Ruben Duarte	CUA Benaventense - 3B Triatlo	01:16:35	+08:06	03:50	
33	512	Hugo Palmeiro	Linda-A-Pastora Sporting Clube	01:16:44	+08:15	03:50	
34	164	Ricardo Silva	Clube Desportivo em Movimento	01:16:47	+08:18	03:50	
35	50	Tiago Andrónico	Associação 20Kms de Almeirim	01:16:56	+08:27	03:51	
36	208	Vera Nunes	GFD Running	01:17:35	+09:06	03:53	
37	41	M. Matos	APPACDM SANTARÉM	01:18:07	+09:38	03:54	
38	417	Samuel Eugénio	Individual	01:18:07	+09:38	03:54	
39	39	João Miranda	Amigos do Atletismo de Mafra	01:18:16	+09:47	03:55	
40	379	Duarte Cortes	Individual	01:18:19	+09:50	03:55	
41	99	Jorge Aires	CA Barreira	01:18:22	+09:53	03:55	
42	416	Rui Miguel Avelino Teixeira	Individual	01:18:27	+09:58	03:55	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	402	Paulo Costa	Individual	01:18:36	+10:07	03:56	
44	53	Filipe Torres	Associação 20Kms de Almeirim	01:18:55	+10:26	03:57	
45	238	Carlos Pedro	Individual	01:19:14	+10:45	03:58	
46	349	João Paulo da Silva Borges	Individual	01:19:20	+10:51	03:58	
47	102	NELSON RAFAEL	CA VALE FIGUEIRA	01:19:25	+10:56	03:58	
48	122	Jorge Correia	Casa Benfica Abrantes	01:19:41	+11:12	03:59	
49	67	Artur Oliveira	Associaçao Desportiva de Palmeiros Sintra	01:19:48	+11:19	03:59	
50	509	Tiago Castela	Ingleses FC	01:19:48	+11:19	03:59	
51	538	Carlos Papacinza	Núcleo Desportivo e Cultural de Odemira	01:20:11	+11:42	04:01	
52	579	Helder Soares	Stevenage Striders	01:20:40	+12:11	04:02	
53	324	Tiago André Mendes Correia	Individual	01:20:48	+12:19	04:02	
54	56	João Mota	Associação 20Kms de Almeirim	01:20:54	+12:25	04:03	
55	613	Paulo Ferreira	Individual	01:21:15	+12:46	04:04	
56	234	Miriam dos Santos Martins	Individual	01:21:19	+12:50	04:04	
57	452	Luiz Mota	Individual	01:21:25	+12:56	04:04	
58	212	Nuno Nobre	GRCD Leião	01:21:32	+13:03	04:05	
59	17	Nuno Jorge	ACPortalegre/UTSM	01:21:41	+13:12	04:05	
60	63	Hugo Borges	Associaçao Desportiva de Palmeiros Sintra	01:21:47	+13:18	04:05	
61	511	João Saldanha	Linda-A-Pastora Sporting Clube	01:22:19	+13:50	04:07	
62	519	ANTÓNIO MIGUEL MINDRICO PEREIRA	MADRUGAS DE ALMEIRIM RUNNING TEAM	01:22:28	+13:59	04:07	
63	544	Carlos Henriques	O Mundo da Corrida	01:22:44	+14:15	04:08	
64	305	Diogo Santos	Individual	01:22:56	+14:27	04:09	
65	393	Marco Belo	Individual	01:23:08	+14:39	04:09	
66	258	Luís Castro	Individual	01:23:08	+14:39	04:09	
67	150	José Luís Santos	CCDTMetroLX	01:23:09	+14:40	04:09	
68	328	Agostinho Matos	Individual	01:23:15	+14:46	04:10	
69	425	Carlos Manuel Alves Caetano	Individual	01:23:19	+14:50	04:10	
70	195	Mafalda Martinho	Federação da Família para a Paz Mundial e Unificação	01:23:50	+15:21	04:11	
71	196	Pedro Pereira	Federação da Família para a Paz Mundial e Unificação	01:23:50	+15:21	04:12	
72	112	Tiago Martins	Câmara Lisboa Clube	01:23:52	+15:23	04:12	
73	197	António Martinho	FIDELIDADE GDC	01:23:56	+15:27	04:12	
74	168	Joaquim Almeida	Clube4Estilos	01:23:57	+15:28	04:12	
75	327	Vitor Gomes	Individual	01:23:59	+15:30	04:12	
76	546	pedro cardoso	Os galgos	01:24:08	+15:39	04:12	
77	429	Fernando Castela	Individual	01:24:12	+15:43	04:13	
78	572	Filipe Patrício	Somos Disto	01:24:13	+15:44	04:13	
79	532	Samuel Galveia	N. C. S. Navigator	01:24:15	+15:46	04:13	
80	322	Sérgio Rodrigues	Individual	01:24:26	+15:57	04:13	
81	325	Tiago Miguel Vicente Ferreira	Individual	01:24:32	+16:03	04:14	
82	105	JOSÉ LUÍS PEREIRA	CA VALE FIGUEIRA	01:24:37	+16:08	04:14	
83	427	César Gomes	Individual	01:24:38	+16:09	04:14	
84	51	Alexandre Diniz	Associação 20Kms de Almeirim	01:24:40	+16:11	04:14	
85	536	Fernando Alves	NRD ÍDOLOS DA PRAÇA	01:24:43	+16:14	04:14	
86	321	Rolando Reis	Individual	01:24:44	+16:15	04:14	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
87	253	João Gomes	Individual	01:24:52	+16:23	04:15	
88	269	Tiago Simões	Individual	01:24:52	+16:23	04:15	
89	190	Gonçalo Rodrigues Dias	ESCOLA DE ATLETISMO DO CARTAXO	01:25:12	+16:43	04:16	
90	571	Sérgio Reis	SharishGin/GD Piranhas do Alqueva	01:25:21	+16:52	04:16	
91	375	Carlos Caeiro	Individual	01:25:23	+16:54	04:16	
92	252	João Daniel Góis Pinto	Individual	01:25:24	+16:55	04:16	
93	237	Bernardo Sequeira	Individual	01:25:25	+16:56	04:16	
94	539	Licinio Matos	Núcleo Desportivo e Cultural de Odemira	01:25:35	+17:06	04:17	
95	81	Nuno Silva	Beja Atletico Clube	01:25:40	+17:11	04:17	
96	591	António Manuel Bernardino Ribeiro	Tramagal Sport União	01:25:57	+17:28	04:18	
97	367	Vitor Marques	Individual	01:26:04	+17:35	04:18	
98	333	Carlos Jesus	Individual	01:26:20	+17:51	04:19	
99	180	Daniel Falcão	CUA Benaventense - 3B Triatlo	01:26:27	+17:58	04:19	
100	340	Filipe Evangelista	Individual	01:26:35	+18:06	04:20	
101	49	Rodrigo Galão	Associação 20Kms de Almeirim	01:26:38	+18:09	04:20	
102	449	Luís Santos	Individual	01:26:38	+18:09	04:20	
103	191	Fernando Pelarigo	ESCOLA DE ATLETISMO DO CARTAXO	01:26:50	+18:21	04:21	
104	312	Luís Fernandes	Individual	01:27:23	+18:54	04:22	
105	40	Rui Cleto	Amigos do Atletismo de Mafra	01:27:29	+19:00	04:22	
106	225	Mário Rui Seabra	Grupo Recreativo Janz e Associados	01:27:32	+19:03	04:23	
107	247	Duarte José da Silva e Sá Reis	Individual	01:27:33	+19:04	04:23	
108	173	DULCINEA SILVA	Coxos	01:27:38	+19:09	04:23	
109	589	Diogo Vieira	Toro Iberico Runners	01:27:45	+19:16	04:23	
110	401	Paulo Andrade	Individual	01:27:51	+19:22	04:24	
111	148	João Pedro Oliveira	CCDTMetroLX	01:27:51	+19:22	04:24	
112	241	David José Calado Pereira	Individual	01:28:17	+19:48	04:25	
113	100	Germano Capela	CA Barreira	01:28:19	+19:50	04:25	
114	373	Bruno Carlos Ferreira Neves	Individual	01:28:26	+19:57	04:25	
115	595	Nuno Santos	VFC	01:28:28	+19:59	04:25	
116	89	Nuno Marques	Bombeiros Voluntários De Montemor-O-Novo	01:28:31	+20:02	04:26	
117	188	Paulo Palma	Dream Runners Évora	01:28:38	+20:09	04:26	
118	250	Gheorghe Mamaliga	Individual	01:28:39	+20:10	04:26	
119	93	Bruno Silva	C.D. "Os Águias" de Alpiarça	01:28:41	+20:12	04:26	
120	468	Vítor Martins	Individual	01:28:43	+20:14	04:26	
121	533	joao Bogalheiro	NAZABOBODA	01:28:58	+20:29	04:27	
122	104	CARLOS GONÇALVES	CA VALE FIGUEIRA	01:29:05	+20:36	04:27	
123	587	João Ferreira	Thomar Athletics	01:29:06	+20:37	04:27	
124	21	Rui Monteiro	ACPortalegre/UTSM	01:29:12	+20:43	04:28	
125	552	Tiago Cardoso	Pac Man	01:29:12	+20:43	04:28	
126	610	Francisca raposo	Individual	01:29:12	+20:43	04:28	
127	88	José Varela	Bombeiros Voluntários De Montemor-O-Novo	01:29:17	+20:48	04:28	
128	368	André Coelho	Individual	01:29:24	+20:55	04:28	
129	27	Ivandro Carlos Moreira	Agualva Runners	01:29:30	+21:01	04:28	
130	31	Henrique Ramos	Agualva Runners	01:29:31	+21:02	04:29	
131	472	Arnaldo Rolo	Individual	01:29:35	+21:06	04:29	
132	364	Sílvio Romão	Individual	01:29:35	+21:06	04:29	

20K - STAGE 1

20 KM

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
133	597	Hernani Francisco	VITORIA FUTEBOL CLUBE	01:29:37	+21:08	04:29	
134	145	Mário Rodrigues	CCD Sintrense	01:29:45	+21:16	04:29	
135	314	Marcelo Chagas	Individual	01:29:48	+21:19	04:29	
136	359	Rogério Machado	Individual	01:29:59	+21:30	04:30	
137	42	ACÁCIO GOMES	ARCD MENDIGA	01:30:02	+21:33	04:30	
138	439	João Salgueiro Antunes	Individual	01:30:02	+21:33	04:30	
139	608	Artur Pinto	GFD Running	01:30:02	+21:33	04:30	
140	461	Ricardo Brites	Individual	01:30:05	+21:36	04:30	
141	133	Marco Charrua	Casa do Benfica em Algueirão Mem-Martins	01:30:05	+21:36	04:30	
142	263	Pedro Miguel Carvalho Inês	Individual	01:30:14	+21:45	04:31	
143	574	Fábio Pereira	Sporting Clube de Casainhos	01:30:14	+21:45	04:31	
144	55	Carlos Jesus	Associação 20Kms de Almeirim	01:30:19	+21:50	04:31	
145	518	Vasco Miguel Fortunato Carvalho	MADRUGAS DE ALMEIRIM RUNNING TEAM	01:30:25	+21:56	04:31	
146	90	Pedro Pereira	Bombeiros Voluntários De Montemor-O-Novo	01:30:31	+22:02	04:32	
147	69	Joaquim Cunha	Associaçao Desportiva de Palmeiros Sintra	01:30:43	+22:14	04:32	
148	319	Pedro Miguel Nunes	Individual	01:30:45	+22:16	04:32	
149	476	Francisco Costa	Individual	01:30:49	+22:20	04:32	
150	207	Nuno Carreira	GFD Running	01:30:51	+22:22	04:33	
151	200	Nélio Barata	GDC FOROS DO ARRÃO	01:30:54	+22:25	04:33	
152	492	CARLOS CRUZ	Individual	01:31:08	+22:39	04:33	
153	97	Fernando Vital	C.D. "Os Águias" de Alpiarça	01:31:17	+22:48	04:34	
154	108	AIRES PRATAS	CA VALE FIGUEIRA	01:31:25	+22:56	04:34	
155	23	EMÍLIO PAULINO	ACPortalegre/UTSM	01:31:26	+22:57	04:34	
156	318	Pedro Miguel da Silva Ferreira	Individual	01:31:27	+22:58	04:34	
157	29	Sérgio Carvalho	Agualva Runners	01:31:30	+23:01	04:34	
158	64	Joaquim Silva	Associaçao Desportiva de Palmeiros Sintra	01:31:41	+23:12	04:35	
159	514	Diamantino Gamito	Linda-A-Pastora Sporting Clube	01:31:48	+23:19	04:35	
160	575	António Godinho	Sporting Clube de Casainhos	01:31:53	+23:24	04:36	
161	517	João Luís Neves Simões	MADRUGAS DE ALMEIRIM RUNNING TEAM	01:31:56	+23:27	04:36	
162	210	Pedro Vieira	GFD Running	01:32:06	+23:37	04:36	
163	1	Inês Pereira Henriques	Clube Natação de Rio Maior	01:32:07	+23:38	04:36	
164	186	Rui Moreira	Diabetes Team Portugal	01:32:07	+23:38	04:36	
165	2	Luís Miguel Abrantes Duarte	Clube Natação de Rio Maior	01:32:08	+23:39	04:36	
166	26	Raquel Alves	Agualva Runners	01:32:12	+23:43	04:37	
167	32	filipe branco	alcobela	01:32:13	+23:44	04:37	
168	239	Carlos Simões	Individual	01:32:15	+23:46	04:37	
169	28	José Gomes	Agualva Runners	01:32:25	+23:56	04:37	
170	5	Joao Pires	A TEAM AGEAS	01:32:26	+23:57	04:37	
171	376	Carlos Santos	Individual	01:32:28	+23:59	04:37	
172	163	José Manuel Marques Luis	Clube Desportivo de Mafra	01:32:31	+24:02	04:38	
173	378	Daniel Vieira	Individual	01:32:36	+24:07	04:38	
174	534	Francisco Silveira	NAZABOBODA	01:32:46	+24:17	04:38	
175	58	PAULO SANTOS	ASSOCIAÇÃO CULTURAL SAMBRASENSE	01:32:49	+24:20	04:38	
176	158	Vitor Lopes	Chester´s Team	01:32:58	+24:29	04:39	
177	484	Paulo Manuel costa	Individual	01:33:05	+24:36	04:39	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
178	57	Paulo Eduardo Zambujinho Ferreira Mendes	Associação 20Kms de Almeirim	01:33:08	+24:39	04:39	
179	171	Amandio Faustino Caetano	Conquista Ginásio Cadaval	01:33:13	+24:44	04:40	
180	426	Carlos Silva	Individual	01:33:14	+24:45	04:40	
181	98	Daniel Lourenço	CA Barreira	01:33:17	+24:48	04:40	
182	220	Maria Rebola	Grupo Desportivo Diana	01:33:22	+24:53	04:40	
183	454	Miguel Ribeiro	Individual	01:33:23	+24:54	04:40	
184	267	Tiago Marques Bruno	Individual	01:33:24	+24:55	04:40	
185	94	Bruno Fidalgo	C.D. "Os Águias" de Alpiarça	01:33:24	+24:55	04:40	
186	256	João Rui Moço Freire	Individual	01:33:25	+24:56	04:40	
187	455	Nuno Cabeça	Individual	01:33:27	+24:58	04:40	
188	485	Pedro Carvalho	Individual	01:33:28	+24:59	04:40	
189	352	Paulo Lourenço	Individual	01:33:30	+25:01	04:41	
190	44	Rodrigo Gonçalves da Silva	Associação "A Natureza ensina"	01:33:32	+25:03	04:41	
191	424	Carlos Alberto Alves Lima	Individual	01:33:35	+25:06	04:41	
192	562	Rute Matos	RUN 4 FUN	01:33:39	+25:10	04:41	
193	30	Paulo Silva	Agualva Runners	01:33:40	+25:11	04:41	
194	283	Maria Monteiro	Individual	01:33:46	+25:17	04:41	
195	403	Paulo Monteiro	Individual	01:33:47	+25:18	04:41	
196	475	Francisco Jorge	Individual	01:33:51	+25:22	04:42	
197	419	Valdemar Ferreira	Individual	01:34:02	+25:33	04:42	
198	605	Fabianne Pinheiro	Coach Sérgio Silva	01:34:08	+25:39	04:42	
199	19	Antonio Casa Nova	ACPortalegre/UTSM	01:34:11	+25:42	04:43	
200	463	Rogério Arraiolos	Individual	01:34:32	+26:03	04:44	
201	174	VITOR RIBEIRO	Coxos	01:34:45	+26:16	04:44	
202	198	Jose Fonseca	FONSECA	01:34:50	+26:21	04:44	
203	382	Filipe Pires	Individual	01:35:00	+26:31	04:45	
204	170	Adriano Araújo	CONQUISTA GINÁSIO - CADAVAL	01:35:09	+26:40	04:45	
205	404	Pedro Carvalho	Individual	01:35:23	+26:54	04:46	
206	95	João Nunes	C.D. "Os Águias" de Alpiarça	01:35:24	+26:55	04:46	
207	279	Dora Santos	Individual	01:35:27	+26:58	04:46	
208	129	Rui Ferreira	Casa do Benfica em Algueirão Mem-Martins	01:35:27	+26:58	04:46	
209	124	Cristina Carvalho	Casa do Benfica em Algueirão Mem-Martins	01:35:28	+26:59	04:46	
210	274	Lucia Trigueiros	Individual	01:35:38	+27:09	04:47	
211	259	Marco Pires	Individual	01:35:49	+27:20	04:47	
212	480	Jorge Polidoro	Individual	01:35:51	+27:22	04:48	
213	580	Sérgio Manuel Bento Lopes	Superfresco Trail Team	01:36:26	+27:57	04:49	
214	153	Manuel Barros Costa	CCDTMetroLX	01:36:38	+28:09	04:50	
215	510	Bruno Ferreira	Lebres Vermelhas SB	01:36:42	+28:13	04:50	
216	506	joaquim santos	Individual	01:36:50	+28:21	04:51	
217	554	João Carvalho Esteves	Panela Mágica	01:36:56	+28:27	04:51	
218	553	Marco Jacinto	Panela Mágica	01:36:56	+28:27	04:51	
219	537	Rui Narciso	NRD ÍDOLOS DA PRAÇA	01:36:57	+28:28	04:51	
220	119	Licínio Fidalgo	Câmara Lisboa Clube	01:36:58	+28:29	04:51	
221	38	Ana Santos	Amigos do Atletismo de Mafra	01:36:59	+28:30	04:51	
222	111	Diogo Fidalgo	Câmara Lisboa Clube	01:36:59	+28:30	04:51	

20K - STAGE 1

20 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
223	37	Luís Cipriano	AMCR Fonte Grada	01:37:04	+28:35	04:51	
224	568	João Francisco Velez	RX Runners	01:37:19	+28:50	04:52	
225	71	Jose Duarte	Associaçao Desportiva de Palmeiros Sintra	01:37:24	+28:55	04:52	
226	586	Luisa Ribeiro	Thomar Athletics	01:37:40	+29:11	04:53	
227	601	Pedro Carrasqueira	Casa do Benfica em Algueirão Mem-Martins	01:37:40	+29:11	04:53	
228	86	Luís Brito	Bombeiros Voluntários De Montemor-O-Novo	01:37:49	+29:20	04:53	
229	139	José Inocêncio	Casa do Benfica em Algueirão Mem-Martins	01:37:57	+29:28	04:54	
230	121	Mário Caridade	Canal_Nandices_YouTube	01:37:59	+29:30	04:54	
231	332	Bruno Raposeira	Individual	01:38:01	+29:32	04:54	
232	301	Bruno Cunha	Individual	01:38:01	+29:32	04:54	
233	224	Jose Carlos Borges Pereira	GRUPO DESPORTIVO SANTANDER TOTTA	01:38:06	+29:37	04:54	
234	421	Ângelo Mendes	Individual	01:38:07	+29:38	04:54	
235	199	Rui Lopes	Fox IT	01:38:08	+29:39	04:54	
236	326	Tiago Simões	Individual	01:38:10	+29:41	04:54	
237	399	Nuno Pires	Individual	01:38:10	+29:41	04:54	
238	4	José Manuel Rato	60% VIP	01:38:26	+29:57	04:55	
239	408	Pedro Mendonça	Individual	01:38:30	+30:01	04:56	
240	87	Joaquim Freitas	Bombeiros Voluntários De Montemor-O-Novo	01:38:45	+30:16	04:56	
241	502	António Neto	Individual	01:38:49	+30:20	04:56	
242	75	Luís Almeida	Associação Vale Grande	01:39:01	+30:32	04:57	
243	383	Francisco Denis Oliveira Freire	Individual	01:39:06	+30:37	04:57	
244	564	Fernando Rosete	RUN 4 FUN	01:39:13	+30:44	04:58	
245	227	Alexandra Simão	Individual	01:39:13	+30:44	04:58	
246	76	Orlando Ferreira	Atletas do Parque	01:39:14	+30:45	04:58	
247	406	Pedro Januário	Individual	01:39:16	+30:47	04:58	
248	257	Lucas Cipriano Mira	Individual	01:39:20	+30:51	04:58	
249	423	ANTONIO MARTINS	Individual	01:39:32	+31:03	04:59	
250	487	rui fonseca	Individual	01:39:36	+31:07	04:59	
251	85	Maria Rodrigues	Bombeiros Voluntários De Montemor-O-Novo	01:39:38	+31:09	04:59	
252	407	Pedro Lourenço	Individual	01:39:46	+31:17	04:59	
253	82	Susana Espada	Bombeiros Voluntários De Montemor-O-Novo	01:39:52	+31:23	05:00	
254	217	Joel Sequiera	Grupo Desportivo Águias da Moita	01:40:01	+31:32	05:00	
255	179	Décio Andrade	CUA Benaventense - 3B Triatlo	01:40:08	+31:39	05:00	
256	118	Carlos Folgado	Câmara Lisboa Clube	01:40:12	+31:43	05:01	
257	411	Pedro Rodrigues da Sliva Correia	Individual	01:40:15	+31:46	05:01	
258	59	JOÃO VITOR CORREIA	Associação de atletismo Lebres do sado	01:40:27	+31:58	05:01	
259	346	Hugo Soares	Individual	01:40:27	+31:58	05:01	
260	103	NUNO SALGADO	CA VALE FIGUEIRA	01:40:30	+32:01	05:01	
261	482	José Pedro Carvalho Glória	Individual	01:40:30	+32:01	05:01	
262	386	Hugo Bernardes	Individual	01:40:30	+32:01	05:01	
263	291	Dora Bicho	Individual	01:40:36	+32:07	05:02	
264	242	David Martins	Individual	01:40:46	+32:17	05:02	
265	177	João Rosa	CUA Benaventense - 3B Triatlo	01:41:09	+32:40	05:03	
266	396	Nuno Alexandre Madeira Silva	Individual	01:41:18	+32:49	05:04	
267	395	Miguel Loureiro	Individual	01:41:21	+32:52	05:04	
268	243	David Miguel Matias Fernandes	Individual	01:41:24	+32:55	05:04	

20K - STAGE 1

20 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
269	590	Francisco Bragança	Toro Iberico Runners	01:41:25	+32:56	05:04	
270	130	Luís Oliveira	Casa do Benfica em Algueirão Mem-Martins	01:41:28	+32:59	05:04	
271	400	Nuno Santos	Individual	01:41:31	+33:02	05:05	
272	155	António Manuel Lopes de Oliveira	CF Os Belenenses	01:41:40	+33:11	05:05	
273	486	Quiterio Correia Paulo	Individual	01:41:59	+33:30	05:06	
274	280	Emi Silva	Individual	01:42:01	+33:32	05:06	
275	20	Luís Maurício	ACPortalegre/UTSM	01:42:07	+33:38	05:06	
276	309	Joao Aranha	Individual	01:42:09	+33:40	05:06	
277	361	Rui Lopes Pedro	Individual	01:42:10	+33:41	05:06	
278	341	FRANCISCO GASPAR	Individual	01:42:10	+33:41	05:07	
279	389	Jorge Mota	Individual	01:42:10	+33:41	05:07	
280	542	Mónica Machado	Nunes&Machado	01:42:14	+33:45	05:07	
281	358	Rodolfo Silva	Individual	01:42:18	+33:49	05:07	
282	36	Carlos Manuel Fialho Machado	Alverca Urban Runners	01:42:22	+33:53	05:07	
283	614	JOSE ALMAS	Individual	01:42:22	+33:53	05:07	
284	211	Paulo Tainha	GFD Running	01:42:27	+33:58	05:07	
285	621	Duarte Lopes	Individual	01:42:27	+33:58	05:07	
286	192	Paulo Jorge Gomes Garcia	Família Garcia	01:42:43	+34:14	05:08	
287	471	Armando Cruz	Individual	01:42:46	+34:17	05:08	
288	72	Jaime Silva	Associaçao Desportiva de Palmeiros Sintra	01:42:52	+34:23	05:09	
289	209	Sara Malato Campos	GFD Running	01:42:52	+34:23	05:09	
290	442	Jorge Ramos	Individual	01:42:52	+34:23	05:09	
291	206	Manuel Martin	GFD Running	01:42:53	+34:24	05:09	
292	596	Vitor Sá	Villa Cesari/Flama	01:43:03	+34:34	05:09	
293	181	Luís Andrade	CUA Benaventense - 3B Triatlo	01:43:07	+34:38	05:09	
294	275	Maria Sanches	Individual	01:43:13	+34:44	05:10	
295	581	Vânia Ferreira	Talentos Objetivos	01:43:19	+34:50	05:10	
296	583	Hugo Silva	Talentos Objetivos	01:43:19	+34:50	05:10	
297	307	Emidio Jorge Lourenço Teixeira	Thomar Athlectics	01:43:34	+35:05	05:11	
298	436	Joao Capao	Individual	01:43:40	+35:11	05:11	
299	261	Pedro Capão	Individual	01:43:40	+35:11	05:11	
300	459	PEDRO GAMEIRO	Individual	01:43:47	+35:18	05:11	
301	528	Manuel Almeida	Marmotejo	01:43:52	+35:23	05:12	
302	136	Américo Rodrigues	Casa do Benfica em Algueirão Mem-Martins	01:43:56	+35:27	05:12	
303	500	Vitor Martins	Individual	01:44:03	+35:34	05:12	
304	504	Eugénio Baeta Ribeiro Pisco	Individual	01:44:11	+35:42	05:13	
305	410	Pedro Ricardo dos Santos Monteiro	Individual	01:44:19	+35:50	05:13	
306	477	João António Rodrigues	Individual	01:44:20	+35:51	05:13	
307	556	Rui Neves	Peniche a Correr	01:44:25	+35:56	05:13	
308	545	Aldina Marques	Os galgos	01:44:29	+36:00	05:13	
309	161	EDUARDO NEVES	Clube Atletismo Amigos de Belém	01:44:58	+36:29	05:15	
310	45	António Cavaleiro	Associação 20Kms de Almeirim	01:45:03	+36:34	05:15	
311	543	Luís Nunes	Nunes&Machado	01:45:03	+36:34	05:15	
312	347	João Beltrão	Individual	01:45:09	+36:40	05:15	
313	441	jorge correia	Individual	01:45:10	+36:41	05:15	
314	384	Gonçalo Zagalo	Individual	01:45:11	+36:42	05:16	

20K - STAGE 1

20 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
315	619	António Cumbre	Individual	01:45:17	+36:48	05:16	
316	11	Miguel Navega	ACPortalegre/UTSM	01:45:24	+36:55	05:16	
317	488	Rui Manuel Farinha Freire Rodrigues	Individual	01:45:35	+37:06	05:17	
318	505	João Carvalho Jacinto	Individual	01:45:40	+37:11	05:17	
319	582	Sandra Reis	Talentos Objetivos	01:45:41	+37:12	05:17	
320	315	Nelson Leandro	Individual	01:45:51	+37:22	05:18	
321	473	Carlos Peso	Individual	01:46:06	+37:37	05:18	
322	185	José Paulo	Desafios Positivos D+	01:46:12	+37:43	05:19	
323	559	Germano Silva	REAL ACADEMIA	01:46:23	+37:54	05:19	
324	445	José Pedro	Individual	01:46:25	+37:56	05:19	
325	369	André Silva	Individual	01:46:31	+38:02	05:20	
326	593	Susana Gomes	Valejas AC	01:46:32	+38:03	05:20	
327	132	Carlos Costa	Casa do Benfica em Algueirão Mem-Martins	01:46:32	+38:03	05:20	
328	277	Adriana Machado	Individual	01:46:32	+38:03	05:20	
329	134	Vitor Santos	Casa do Benfica em Algueirão Mem-Martins	01:46:33	+38:04	05:20	
330	204	Joana Malato Campos	GFD Running	01:46:35	+38:06	05:20	
331	16	Luís Miguel Casimiro Rodrigues	ACPortalegre/UTSM	01:46:38	+38:09	05:20	
332	110	VÍTOR AMADO	CA VALE FIGUEIRA	01:46:41	+38:12	05:20	
333	228	Clarisse Matos Lopes	Individual	01:46:48	+38:19	05:20	
334	354	Pedro Barroso	Individual	01:46:55	+38:26	05:21	
335	14	Odete Barbas	ACPortalegre/UTSM	01:47:19	+38:50	05:22	
336	501	António Matias	Individual	01:47:24	+38:55	05:22	
337	371	António Grunho	Individual	01:47:39	+39:10	05:23	
338	620	João Rafael	Individual	01:48:00	+39:31	05:24	
339	74	Sergio Sota	Associação Trilhos de Viana	01:48:01	+39:32	05:24	
340	22	Sérgio Carinhas	ACPortalegre/UTSM	01:48:06	+39:37	05:24	
341	418	Tiago Rodrigues	Individual	01:48:30	+40:01	05:25	
342	385	helder quintino	Individual	01:48:34	+40:05	05:26	
343	299	André Mira	Individual	01:48:53	+40:24	05:27	
344	355	Pedro Carrinho	Individual	01:48:53	+40:24	05:27	
345	194	José Campos	Família Malato Campos	01:48:54	+40:25	05:27	
346	127	Helena Silva	Casa do Benfica em Algueirão Mem-Martins	01:48:56	+40:27	05:27	
347	222	Joao Nuno Mendes Frazao Ferreira	GRUPO DESPORTIVO SANTANDER TOTTA	01:49:03	+40:34	05:27	
348	507	Jose Mendes	Individual	01:49:05	+40:36	05:27	
349	61	Elsa Oliveira	Associaçao Desportiva de Palmeiros Sintra	01:49:08	+40:39	05:27	
350	618	Jorge Venancio	Individual	01:49:08	+40:39	05:27	
351	339	Felix Zimmermann	Individual	01:49:12	+40:43	05:28	
352	397	Nuno Lopes	Individual	01:49:13	+40:44	05:28	
353	527	Jóse Teodósio	Marmotejo	01:49:13	+40:44	05:28	
354	431	Francisco nhassengo	Individual	01:49:15	+40:46	05:28	
355	84	Graça Lopes	Bombeiros Voluntários De Montemor-O-Novo	01:49:16	+40:47	05:28	
356	125	Patricia Xavier	Casa do Benfica em Algueirão Mem-Martins	01:49:19	+40:50	05:28	
357	182	Blisa Simão	Desafios Positivos D+	01:49:20	+40:51	05:28	
358	435	João Campos	Individual	01:49:44	+41:15	05:29	
359	494	Carlos Teixeira	Individual	01:49:44	+41:15	05:29	

20K - STAGE 1

20 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
360	131	Rogério Luís	Casa do Benfica em Algueirão Mem-Martins	01:49:44	+41:15	05:29	
361	351	Márcio Marreiros	Individual	01:49:45	+41:16	05:29	
362	584	Paulo Abadia	Team Abadia	01:50:25	+41:56	05:31	
363	551	Sara Costa	Pac Man	01:50:26	+41:57	05:31	
364	467	Sérgio Paz	Individual	01:50:28	+41:59	05:31	
365	420	Vitor José Mendes Guerra	Individual	01:50:28	+41:59	05:31	
366	43	Nuno Leonor	As 19h15 na rotunda	01:50:29	+42:00	05:31	
367	92	José Marques	Bombeiros Voluntários De Montemor-O-Novo	01:50:34	+42:05	05:32	
368	353	Pedro Al meida Alves	Individual	01:50:34	+42:05	05:32	
369	557	Jorge Paulino	Peniche a Correr	01:50:48	+42:19	05:32	
370	555	Margarida Martins	Peniche a Correr	01:50:48	+42:19	05:32	
371	390	José Liberato	Individual	01:51:03	+42:34	05:33	
372	293	Sofia Marques	Individual	01:51:08	+42:39	05:33	
373	114	Carlos Sousa	Câmara Lisboa Clube	01:51:08	+42:39	05:33	
374	428	Daniel Fernandes	Individual	01:51:15	+42:46	05:34	
375	265	Rúben Rosário	Individual	01:51:20	+42:51	05:34	
376	387	Hugo Miguel az Monteiro Céu Pereira	Individual	01:51:34	+43:05	05:35	
377	348	João Martins	Individual	01:51:34	+43:05	05:35	
378	189	Fernando Catarino	Escola de Atletismo Correr + do Cartaxo	01:51:40	+43:11	05:35	
379	437	João Guerra	Individual	01:51:42	+43:13	05:35	
380	308	Hugo Bruno	Individual	01:51:45	+43:16	05:35	
381	558	Álvaro Pinto	REAL ACADEMIA	01:51:47	+43:18	05:35	
382	172	João Costa	Costa	01:52:07	+43:38	05:36	
383	602	Fabrício Vieira Dias	Individual	01:52:13	+43:44	05:37	
384	394	Miguel Farropo	Individual	01:52:30	+44:01	05:38	
385	356	Ricardo Flores	Individual	01:52:30	+44:01	05:38	
386	606	Luis Jacob	Desafios Positivos D+	01:52:57	+44:28	05:39	
387	157	Fernando Verissimo	Chester´s Team	01:53:10	+44:41	05:40	
388	33	Tânia Sofia Oliveira Prates	ALMÁCLA, LDA	01:53:10	+44:41	05:40	
389	287	Ana Maria Folgado	Individual	01:53:11	+44:42	05:40	
390	526	Rui Magalhães	Marmotejo	01:53:13	+44:44	05:40	
391	498	JULIO MOREIRA	Individual	01:53:14	+44:45	05:40	
392	443	José Branco	Individual	01:53:45	+45:16	05:41	
393	409	Pedro Miguel Monteiro	Individual	01:54:02	+45:33	05:42	
394	298	André Dias	Individual	01:54:26	+45:57	05:43	
395	156	Jorge Duarte	Chester´s Team	01:54:37	+46:08	05:44	
396	447	Luis Fouto	Individual	01:54:43	+46:14	05:44	
397	491	antonio serra	Individual	01:54:43	+46:14	05:44	
398	329	André Geraldes Gomes	Individual	01:54:55	+46:26	05:45	
399	515	Fernando Coelho	Linda-A-Pastora Sporting Clube	01:55:00	+46:31	05:45	
400	513	Carlos Barrento	Linda-A-Pastora Sporting Clube	01:55:00	+46:31	05:45	
401	284	Susana Pacheco	Individual	01:55:11	+46:42	05:46	
402	362	Sérgio Manuel Lourenço Marques	Individual	01:55:14	+46:45	05:46	
403	434	hernani madeira	Individual	01:55:22	+46:53	05:46	
404	6	Vitor José Ramos	A TEAM AGEAS	01:55:24	+46:55	05:46	

20K - STAGE 1

20 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
405	320	Philipe Rodrigues	Individual	01:55:30	+47:01	05:47	
406	245	Diogo Jerónimo	Individual	01:55:35	+47:06	05:47	
407	232	Maria Pinto	Individual	01:55:41	+47:12	05:47	
408	306	Edgar Serrandario	Individual	01:55:45	+47:16	05:47	
409	599	Fábio Abreu	AS PERIFÉRICAS	01:56:09	+47:40	05:48	
410	570	Sónia Quintas	SharishGin/GD Piranhas do Alqueva	01:56:44	+48:15	05:50	
411	585	Salvador Castro	Individual	01:57:41	+49:12	05:53	
412	413	Ricardo Serôdio	Individual	01:58:06	+49:37	05:54	
413	278	Andreia Roque	Individual	01:58:14	+49:45	05:55	
414	560	Bruno Martins	Ribeira Running	01:58:14	+49:45	05:55	
415	508	Roque Antunes	Individual	01:58:14	+49:45	05:55	
416	462	Ricardo Matos	Individual	01:58:52	+50:23	05:57	
417	422	antonio martins	Individual	01:58:57	+50:28	05:57	
418	248	Duarte Lopes Rodrigues	Individual	01:59:05	+50:36	05:57	
419	215	Vera Lucia Rodrigues Sobral	Grupo Desportivo Águias da Moita	01:59:28	+50:59	05:58	
420	251	João Campos	Individual	01:59:38	+51:09	05:59	
421	603	João Madeira	A20kms - DM	01:59:54	+51:25	06:00	
422	464	Rui Manuel Ferreira dos Reis Santos	Individual	01:59:59	+51:30	06:00	
423	290	Claudia Maria Santana Pastor Pires Pepe	Individual	01:59:59	+51:30	06:00	
424	120	João Figueiredo	Câmara Lisboa Clube	02:00:01	+51:32	06:00	
425	565	João Ralha	RUN 4 FUN	02:00:10	+51:41	06:01	
426	8	Ana Rodrigues	A20kms - DM	02:00:13	+51:44	06:01	
427	365	Tiago Nuno Ferreira Novo Simões de Matos	Individual	02:00:14	+51:45	06:01	
428	285	Vera Silva	Individual	02:00:51	+52:22	06:03	
429	490	Rui Silva	Individual	02:00:51	+52:22	06:03	
430	78	Hugo Ramalho	Barrocal Team	02:00:55	+52:26	06:03	
431	219	LUIS MARIANO JESUS SOBRAL	Grupo Desportivo Águias da Moita	02:01:27	+52:58	06:04	
432	126	Vera Tolêdo	Casa do Benfica em Algueirão Mem-Martins	02:01:31	+53:02	06:05	
433	273	Inês Ferreira Alvadia	Individual	02:01:42	+53:13	06:05	
434	474	Fernando Costa Campos Alves	Individual	02:02:10	+53:41	06:06	
435	48	João Silva	Associação 20Kms de Almeirim	02:02:17	+53:48	06:07	
436	453	MANUEL CONCEIÇÃO	Individual	02:02:32	+54:03	06:08	
437	615	PAULO JOSE COSTA	Individual	02:02:38	+54:09	06:08	
438	438	João Marques	Individual	02:02:40	+54:11	06:08	
439	255	Joao Pedro Oliveira Santos	Individual	02:02:59	+54:30	06:09	
440	331	Bruno Pereira	Individual	02:03:35	+55:06	06:11	
441	193	Inês Campos	Família Malato Campos	02:03:53	+55:24	06:12	
442	113	Anabela Meia Via	Câmara Lisboa Clube	02:03:58	+55:29	06:12	
443	296	Gina Oliveira	Individual	02:04:12	+55:43	06:13	
444	604	Lénia Silva	C.D. "Os Águias" de Alpiarça	02:04:47	+56:18	06:14	
445	336	David Prata	Individual	02:04:53	+56:24	06:15	
446	230	Margarida Roque	Individual	02:05:22	+56:53	06:16	
447	317	Paulo Ramos	Individual	02:05:22	+56:53	06:16	
448	286	Ana Bento	Individual	02:05:22	+56:53	06:16	

20K - STAGE 1

20 KM

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
449	46	Mónica Apolinário	Associação 20Kms de Almeirim	02:05:23	+56:54	06:16	
450	54	João Cavaleiro	Associação 20Kms de Almeirim	02:05:23	+56:54	06:16	
451	503	Antonio vaz de oliveira	Individual	02:05:55	+57:26	06:18	
452	178	Nídia Agostinho	CUA Benaventense - 3B Triatlo	02:05:56	+57:27	06:18	
453	493	Carlos Garcia	Individual	02:05:56	+57:27	06:18	
454	360	RUBEN SILVA	Individual	02:07:13	+58:44	06:22	
455	578	Jose Guia	SS CGD	02:09:38	+01:01:09	06:29	
456	9	Cecilia Nicolau	AA Lebres do Sado	02:09:39	+01:01:10	06:29	
457	10	Célia Maria Azenha	AA Lebres do Sado	02:09:39	+01:01:10	06:29	
458	561	João Oliveira	Ribeira Running	02:09:43	+01:01:14	06:29	
459	272	Vasco Guedes Pombo	Individual	02:10:01	+01:01:32	06:30	
460	260	Miguel Santos	Individual	02:10:01	+01:01:32	06:30	
461	141	PEDRO SOARES	CASA DO MONTE -CAMINHA	02:10:19	+01:01:50	06:31	
462	244	Diogo Narciso	Individual	02:10:39	+01:02:10	06:32	
463	448	Luís Isabelinha	Individual	02:10:43	+01:02:14	06:32	
464	281	LAURA ROSÁRIO	Individual	02:11:33	+01:03:04	06:35	
465	216	Claudia Isabel Silva Miranda	Grupo Desportivo Águias da Moita	02:12:29	+01:04:00	06:37	
466	548	Olga Figueiredo	Os Pilritos	02:13:52	+01:05:23	06:42	
467	550	André Morgado	Os Pilritos	02:13:52	+01:05:23	06:42	
468	159	António Grazina	Chester´s Team	02:14:17	+01:05:48	06:43	
469	137	Joaquim Cruz	Casa do Benfica em Algueirão Mem-Martins	02:15:03	+01:06:34	06:45	
470	128	Patricia Pedro	Casa do Benfica em Algueirão Mem-Martins	02:15:03	+01:06:34	06:45	
471	264	Rafael Matos Lopes	Individual	02:16:00	+01:07:31	06:48	
472	187	Rita Palma	Dream Runners Évora	02:16:04	+01:07:35	06:48	
473	549	Luz Rodrigues	Os Pilritos	02:17:09	+01:08:40	06:51	
474	140	FERNANDA AFONSO	CASA DO MONTE -CAMINHA	02:17:31	+01:09:02	06:53	
475	497	José Serrão	Individual	02:32:44	+01:24:15	07:38	
476	35	Nuno Moreira	Alverca Urban Runners	02:36:50	+01:28:21	07:50	
477	34	Anabela Pinto	Alverca Urban Runners	02:36:51	+01:28:22	07:51	
478	489	Rui Melão	Individual	02:47:24	+01:38:55	08:22	

20Km de Almeirim
Almeirim, PT
29-October-2023

20K **20 KM**

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	10:00	18.5ºC	97%
End	12:48	17.4ºC	99%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	234	Miriam dos Santos Martins	Individual	Senior Feminino	01:21:19		04:04
2	195	Mafalda Martinho	Federação da Família para a Paz Mundial e Unificação	Senior Feminino	01:23:50	+02:30	04:11
3	610	Francisca raposo	Individual	Senior Feminino	01:29:12	+07:53	04:28
4	586	Luisa Ribeiro	Thomar Athletics	Senior Feminino	01:37:40	+16:21	04:53
5	227	Alexandra Simão	Individual	Senior Feminino	01:39:13	+17:54	04:58
6	204	Joana Malato Campos	GFD Running	Senior Feminino	01:46:35	+25:16	05:20
7	228	Clarisse Matos Lopes	Individual	Senior Feminino	01:46:48	+25:29	05:20
8	551	Sara Costa	Pac Man	Senior Feminino	01:50:26	+29:07	05:31
9	232	Maria Pinto	Individual	Senior Feminino	01:55:41	+34:22	05:47
10	193	Inês Campos	Família Malato Campos	Senior Feminino	02:03:53	+42:34	06:12
11	230	Margarida Roque	Individual	Senior Feminino	02:05:22	+44:02	06:16

Senior Masculino

1	573	Pedro carvalho	SPORT LISBOA E BENFICA	Senior Masculino	01:09:22		03:28
2	201	Emanuel Diogo	GDC Portos de Sines e do Algarve	Senior Masculino	01:12:30	+03:07	03:37
3	598	Ivo Relveiro	Zuna/Ndurance	Senior Masculino	01:14:25	+05:03	03:43
4	70	Gilson Tavares	Associaçao Desportiva de Palmeiros Sintra	Senior Masculino	01:14:29	+05:07	03:43
5	60	Gelson Gonçalves	Associaçao Desportiva de Palmeiros Sintra	Senior Masculino	01:14:45	+05:22	03:44
6	176	Ruben Duarte	CUA Benaventense - 3B Triatlo	Senior Masculino	01:16:35	+07:12	03:50
7	164	Ricardo Silva	Clube Desportivo em Movimento	Senior Masculino	01:16:47	+07:25	03:50
8	238	Carlos Pedro	Individual	Senior Masculino	01:19:14	+09:52	03:58
9	538	Carlos Papacinza	Núcleo Desportivo e Cultural de Odemira	Senior Masculino	01:20:11	+10:49	04:01
10	258	Luís Castro	Individual	Senior Masculino	01:23:08	+13:45	04:09
11	112	Tiago Martins	Câmara Lisboa Clube	Senior Masculino	01:23:52	+14:29	04:12
12	253	João Gomes	Individual	Senior Masculino	01:24:52	+15:29	04:15
13	269	Tiago Simões	Individual	Senior Masculino	01:24:52	+15:29	04:15
14	252	João Daniel Góis Pinto	Individual	Senior Masculino	01:25:24	+16:01	04:16
15	237	Bernardo Sequeira	Individual	Senior Masculino	01:25:25	+16:02	04:16
16	247	Duarte José da Silva e Sá Reis	Individual	Senior Masculino	01:27:33	+18:10	04:23
17	241	David José Calado Pereira	Individual	Senior Masculino	01:28:17	+18:55	04:25
18	250	Gheorghe Mamaliga	Individual	Senior Masculino	01:28:39	+19:17	04:26
19	93	Bruno Silva	C.D. "Os Águias" de Alpiarça	Senior Masculino	01:28:41	+19:19	04:26
20	552	Tiago Cardoso	Pac Man	Senior Masculino	01:29:12	+19:49	04:28
21	263	Pedro Miguel Carvalho Inês	Individual	Senior Masculino	01:30:14	+20:51	04:31
22	574	Fábio Pereira	Sporting Clube de Casainhos	Senior Masculino	01:30:14	+20:51	04:31

23	207	Nuno Carreira	GFD Running	Senior Masculino	01:30:51	+21:29	04:33
24	239	Carlos Simões	Individual	Senior Masculino	01:32:15	+22:53	04:37
25	267	Tiago Marques Bruno	Individual	Senior Masculino	01:33:24	+24:01	04:40
26	256	João Rui Moço Freire	Individual	Senior Masculino	01:33:25	+24:02	04:40
27	259	Marco Pires	Individual	Senior Masculino	01:35:49	+26:27	04:47
28	111	Diogo Fidalgo	Câmara Lisboa Clube	Senior Masculino	01:36:59	+27:36	04:51
29	199	Rui Lopes	Fox IT	Senior Masculino	01:38:08	+28:46	04:54
30	257	Lucas Cipriano Mira	Individual	Senior Masculino	01:39:20	+29:57	04:58
31	242	David Martins	Individual	Senior Masculino	01:40:46	+31:24	05:02
32	243	David Miguel Matias Fernandes	Individual	Senior Masculino	01:41:24	+32:01	05:04
33	621	Duarte Lopes	Individual	Senior Masculino	01:42:27	+33:05	05:07
34	206	Manuel Martin	GFD Running	Senior Masculino	01:42:53	+33:31	05:09
35	261	Pedro Capão	Individual	Senior Masculino	01:43:40	+34:17	05:11
36	45	António Cavaleiro	Associação 20Kms de Almeirim	Senior Masculino	01:45:03	+35:40	05:15
37	11	Miguel Navega	ACPortalegre/UTSM	Senior Masculino	01:45:24	+36:01	05:16
38	620	João Rafael	Individual	Senior Masculino	01:48:00	+38:38	05:24
39	265	Rúben Rosário	Individual	Senior Masculino	01:51:20	+41:58	05:34
40	602	Fabrício Vieira Dias	Individual	Senior Masculino	01:52:13	+42:50	05:37
41	245	Diogo Jerónimo	Individual	Senior Masculino	01:55:35	+46:13	05:47
42	599	Fábio Abreu	AS PERIFÉRICAS	Senior Masculino	01:56:09	+46:46	05:48
43	248	Duarte Lopes Rodrigues	Individual	Senior Masculino	01:59:05	+49:42	05:57
44	251	João Campos	Individual	Senior Masculino	01:59:38	+50:16	05:59
45	255	Joao Pedro Oliveira Santos	Individual	Senior Masculino	02:02:59	+53:36	06:09
46	272	Vasco Guedes Pombo	Individual	Senior Masculino	02:10:01	+01:00:39	06:30
47	260	Miguel Santos	Individual	Senior Masculino	02:10:01	+01:00:39	06:30
48	244	Diogo Narciso	Individual	Senior Masculino	02:10:39	+01:01:16	06:32
49	264	Rafael Matos Lopes	Individual	Senior Masculino	02:16:00	+01:06:37	06:48

Veterana F35

1	274	Lucia Trigueiros	Individual	Veterana F35	01:35:38		04:47
2	82	Susana Espada	Bombeiros Voluntários De Montemor-O-Novo	Veterana F35	01:39:52	+04:14	05:00
3	275	Maria Sanches	Individual	Veterana F35	01:43:13	+07:35	05:10
4	581	Vânia Ferreira	Talentos Objetivos	Veterana F35	01:43:19	+07:41	05:10
5	33	Tânia Sofia Oliveira Prates	ALMÁCLA, LDA	Veterana F35	01:53:10	+17:32	05:40
6	215	Vera Lucia Rodrigues Sobral	Grupo Desportivo Águias da Moita	Veterana F35	01:59:28	+23:50	05:58
7	273	Inês Ferreira Alvadia	Individual	Veterana F35	02:01:42	+26:04	06:05

Veterana F40

1	208	Vera Nunes	GFD Running	Veterana F40	01:17:35		03:53
2	1	Inês Pereira Henriques	Clube Natação de Rio Maior	Veterana F40	01:32:07	+14:31	04:36
3	283	Maria Monteiro	Individual	Veterana F40	01:33:46	+16:10	04:41
4	605	Fabianne Pinheiro	Coach Sérgio Silva	Veterana F40	01:34:08	+16:32	04:42
5	279	Dora Santos	Individual	Veterana F40	01:35:27	+17:51	04:46

6	280	Emi Silva	Individual	Veterana F40	01:42:01	+24:25	05:06
7	277	Adriana Machado	Individual	Veterana F40	01:46:32	+28:57	05:20
8	182	Blisa Simão	Desafios Positivos D+	Veterana F40	01:49:20	+31:44	05:28
9	284	Susana Pacheco	Individual	Veterana F40	01:55:11	+37:35	05:46
10	278	Andreia Roque	Individual	Veterana F40	01:58:14	+40:38	05:55
11	8	Ana Rodrigues	A20kms - DM	Veterana F40	02:00:13	+42:37	06:01
12	285	Vera Silva	Individual	Veterana F40	02:00:51	+43:15	06:03
13	46	Mónica Apolinário	Associação 20Kms de Almeirim	Veterana F40	02:05:23	+47:47	06:16
14	178	Nídia Agostinho	CUA Benaventense - 3B Triatlo	Veterana F40	02:05:56	+48:20	06:18
15	281	LAURA ROSÁRIO	Individual	Veterana F40	02:11:33	+53:57	06:35
16	216	Claudia Isabel Silva Miranda	Grupo Desportivo Águias da Moita	Veterana F40	02:12:29	+54:53	06:37
17	34	Anabela Pinto	Alverca Urban Runners	Veterana F40	02:36:51	+01:19:16	07:51

Veterana F45

1	173	DULCINEA SILVA	Coxos	Veterana F45	01:27:38		04:23
2	220	Maria Rebola	Grupo Desportivo Diana	Veterana F45	01:33:22	+05:44	04:40
3	562	Rute Matos	RUN 4 FUN	Veterana F45	01:33:39	+06:01	04:41
4	124	Cristina Carvalho	Casa do Benfica em Algueirão Mem-Martins	Veterana F45	01:35:28	+07:50	04:46
5	38	Ana Santos	Amigos do Atletismo de Mafra	Veterana F45	01:36:59	+09:20	04:51
6	85	Maria Rodrigues	Bombeiros Voluntários De Montemor-O-Novo	Veterana F45	01:39:38	+12:00	04:59
7	291	Dora Bicho	Individual	Veterana F45	01:40:36	+12:58	05:02
8	542	Mónica Machado	Nunes&Machado	Veterana F45	01:42:14	+14:36	05:07
9	209	Sara Malato Campos	GFD Running	Veterana F45	01:42:52	+15:14	05:09
10	545	Aldina Marques	Os galgos	Veterana F45	01:44:29	+16:51	05:13
11	582	Sandra Reis	Talentos Objetivos	Veterana F45	01:45:41	+18:03	05:17
12	593	Susana Gomes	Valejas AC	Veterana F45	01:46:32	+18:54	05:20
13	14	Odete Barbas	ACPortalegre/UTSM	Veterana F45	01:47:19	+19:41	05:22
14	84	Graça Lopes	Bombeiros Voluntários De Montemor-O-Novo	Veterana F45	01:49:16	+21:38	05:28
15	125	Patricia Xavier	Casa do Benfica em Algueirão Mem-Martins	Veterana F45	01:49:19	+21:41	05:28
16	293	Sofia Marques	Individual	Veterana F45	01:51:08	+23:30	05:33
17	287	Ana Maria Folgado	Individual	Veterana F45	01:53:11	+25:33	05:40
18	570	Sónia Quintas	SharishGin/GD Piranhas do Alqueva	Veterana F45	01:56:44	+29:06	05:50
19	290	Claudia Maria Santana Pastor Pires Pepe	Individual	Veterana F45	01:59:59	+32:21	06:00
20	126	Vera Tolêdo	Casa do Benfica em Algueirão Mem-Martins	Veterana F45	02:01:31	+33:53	06:05
21	113	Anabela Meia Via	Câmara Lisboa Clube	Veterana F45	02:03:58	+36:20	06:12
22	604	Lénia Silva	C.D. "Os Águias" de Alpiarça	Veterana F45	02:04:47	+37:09	06:14
23	286	Ana Bento	Individual	Veterana F45	02:05:22	+37:44	06:16
24	548	Olga Figueiredo	Os Pilritos	Veterana F45	02:13:52	+46:14	06:42
25	187	Rita Palma	Dream Runners Évora	Veterana F45	02:16:04	+48:26	06:48

Veterana F55

1	26	Raquel Alves	Agualva Runners	Veterana F55	01:32:12		04:37
2	127	Helena Silva	Casa do Benfica em Algueirão Mem-Martins	Veterana F55	01:48:56	+16:44	05:27
3	61	Elsa Oliveira	Associaçao Desportiva de Palmeiros Sintra	Veterana F55	01:49:08	+16:55	05:27
4	555	Margarida Martins	Peniche a Correr	Veterana F55	01:50:48	+18:36	05:32
5	296	Gina Oliveira	Individual	Veterana F55	02:04:12	+31:59	06:13
6	9	Cecilia Nicolau	AA Lebres do Sado	Veterana F55	02:09:39	+37:26	06:29
7	10	Célia Maria Azenha	AA Lebres do Sado	Veterana F55	02:09:39	+37:26	06:29
8	128	Patricia Pedro	Casa do Benfica em Algueirão Mem-Martins	Veterana F55	02:15:03	+42:51	06:45
9	549	Luz Rodrigues	Os Pilritos	Veterana F55	02:17:09	+44:57	06:51
10	140	FERNANDA AFONSO	CASA DO MONTE -CAMINHA	Veterana F55	02:17:31	+45:18	06:53

Veterano M35

1	47	David Alfaiate	Associação 20Kms de Almeirim	Veterano M35	01:13:30		03:40
2	323	Telmo Nogueira	Individual	Veterano M35	01:16:07	+02:37	03:48
3	50	Tiago Andrónico	Associação 20Kms de Almeirim	Veterano M35	01:16:56	+03:25	03:51
4	509	Tiago Castela	Ingleses FC	Veterano M35	01:19:48	+06:18	03:59
5	324	Tiago André Mendes Correia	Individual	Veterano M35	01:20:48	+07:18	04:02
6	544	Carlos Henriques	O Mundo da Corrida	Veterano M35	01:22:44	+09:14	04:08
7	305	Diogo Santos	Individual	Veterano M35	01:22:56	+09:26	04:09
8	196	Pedro Pereira	Federação da Família para a Paz Mundial e Unificação	Veterano M35	01:23:50	+10:20	04:12
9	327	Vitor Gomes	Individual	Veterano M35	01:23:59	+10:29	04:12
10	572	Filipe Patrício	Somos Disto	Veterano M35	01:24:13	+10:43	04:13
11	322	Sérgio Rodrigues	Individual	Veterano M35	01:24:26	+10:56	04:13
12	325	Tiago Miguel Vicente Ferreira	Individual	Veterano M35	01:24:32	+11:02	04:14
13	321	Rolando Reis	Individual	Veterano M35	01:24:44	+11:13	04:14
14	49	Rodrigo Galão	Associação 20Kms de Almeirim	Veterano M35	01:26:38	+13:08	04:20
15	312	Luís Fernandes	Individual	Veterano M35	01:27:23	+13:53	04:22
16	589	Diogo Vieira	Toro Iberico Runners	Veterano M35	01:27:45	+14:15	04:23
17	587	João Ferreira	Thomar Athletics	Veterano M35	01:29:06	+15:36	04:27
18	27	Ivandro Carlos Moreira	Agualva Runners	Veterano M35	01:29:30	+15:59	04:28
19	314	Marcelo Chagas	Individual	Veterano M35	01:29:48	+16:17	04:29
20	319	Pedro Miguel Nunes	Individual	Veterano M35	01:30:45	+17:15	04:32
21	200	Nélio Barata	GDC FOROS DO ARRÃO	Veterano M35	01:30:54	+17:24	04:33
22	318	Pedro Miguel da Silva Ferreira	Individual	Veterano M35	01:31:27	+17:57	04:34
23	5	Joao Pires	A TEAM AGEAS	Veterano M35	01:32:26	+18:55	04:37
24	94	Bruno Fidalgo	C.D. "Os Águias" de Alpiarça	Veterano M35	01:33:24	+19:54	04:40
25	95	João Nunes	C.D. "Os Águias" de Alpiarça	Veterano M35	01:35:24	+21:54	04:46
26	568	João Francisco Velez	RX Runners	Veterano M35	01:37:19	+23:48	04:52
27	301	Bruno Cunha	Individual	Veterano M35	01:38:01	+24:30	04:54
28	326	Tiago Simões	Individual	Veterano M35	01:38:10	+24:39	04:54

29	217	Joel Sequiera	Grupo Desportivo Águias da Moita	Veterano M35	01:40:01	+26:30	05:00
30	179	Décio Andrade	CUA Benaventense - 3B Triatlo	Veterano M35	01:40:08	+26:37	05:00
31	177	João Rosa	CUA Benaventense - 3B Triatlo	Veterano M35	01:41:09	+27:39	05:03
32	590	Francisco Bragança	Toro Iberico Runners	Veterano M35	01:41:25	+27:55	05:04
33	309	Joao Aranha	Individual	Veterano M35	01:42:09	+28:39	05:06
34	307	Emidio Jorge Lourenço Teixeira	Thomar Athlectics	Veterano M35	01:43:34	+30:04	05:11
35	315	Nelson Leandro	Individual	Veterano M35	01:45:51	+32:20	05:18
36	299	André Mira	Individual	Veterano M35	01:48:53	+35:23	05:27
37	308	Hugo Bruno	Individual	Veterano M35	01:51:45	+38:15	05:35
38	298	André Dias	Individual	Veterano M35	01:54:26	+40:56	05:43
39	320	Philipe Rodrigues	Individual	Veterano M35	01:55:30	+42:00	05:47
40	306	Edgar Serrandario	Individual	Veterano M35	01:55:45	+42:14	05:47
41	585	Salvador Castro	Individual	Veterano M35	01:57:41	+44:11	05:53
42	603	João Madeira	A20kms - DM	Veterano M35	01:59:54	+46:24	06:00
43	48	João Silva	Associação 20Kms de Almeirim	Veterano M35	02:02:17	+48:46	06:07
44	317	Paulo Ramos	Individual	Veterano M35	02:05:22	+51:51	06:16

Veterano M40

1	165	Luís Rufino	Clube Desportivo em Movimento	Veterano M40	01:10:33		03:32
2	7	Marco Marques	A. C. R. Sra. do Desterro - Napo	Veterano M40	01:10:40	+00:07	03:32
3	357	Ricardo Jordão	Individual	Veterano M40	01:11:01	+00:28	03:33
4	143	Sérgio Santos	CCD Sintrense	Veterano M40	01:12:37	+02:04	03:38
5	142	Luís Santos	CCD Sintrense	Veterano M40	01:12:41	+02:08	03:38
6	62	Daniel Araújo	Associaçao Desportiva de Palmeiros Sintra	Veterano M40	01:13:04	+02:31	03:39
7	566	Joel Pena	Run Tejo - Prevent Sprain	Veterano M40	01:15:42	+05:09	03:47
8	79	Ilidio Janeiro	Barrocal Team	Veterano M40	01:15:49	+05:16	03:47
9	53	Filipe Torres	Associação 20Kms de Almeirim	Veterano M40	01:18:55	+08:22	03:57
10	349	João Paulo da Silva Borges	Individual	Veterano M40	01:19:20	+08:47	03:58
11	102	NELSON RAFAEL	CA VALE FIGUEIRA	Veterano M40	01:19:25	+08:51	03:58
12	63	Hugo Borges	Associaçao Desportiva de Palmeiros Sintra	Veterano M40	01:21:47	+11:13	04:05
13	328	Agostinho Matos	Individual	Veterano M40	01:23:15	+12:41	04:10
14	532	Samuel Galveia	N. C. S. Navigator	Veterano M40	01:24:15	+13:42	04:13
15	51	Alexandre Diniz	Associação 20Kms de Almeirim	Veterano M40	01:24:40	+14:07	04:14
16	190	Gonçalo Rodrigues Dias	ESCOLA DE ATLETISMO DO CARTAXO	Veterano M40	01:25:12	+14:39	04:16
17	539	Licinio Matos	Núcleo Desportivo e Cultural de Odemira	Veterano M40	01:25:35	+15:02	04:17
18	591	António Manuel Bernardino Ribeiro	Tramagal Sport União	Veterano M40	01:25:57	+15:23	04:18
19	367	Vitor Marques	Individual	Veterano M40	01:26:04	+15:30	04:18
20	333	Carlos Jesus	Individual	Veterano M40	01:26:20	+15:47	04:19
21	180	Daniel Falcão	CUA Benaventense - 3B Triatlo	Veterano M40	01:26:27	+15:54	04:19
22	340	Filipe Evangelista	Individual	Veterano M40	01:26:35	+16:01	04:20
23	364	Sílvio Romão	Individual	Veterano M40	01:29:35	+19:02	04:29
24	359	Rogério Machado	Individual	Veterano M40	01:29:59	+19:26	04:30

25	517	João Luís Neves Simões	MADRUGAS DE ALMEIRIM RUNNING TEAM	Veterano M40	01:31:56	+21:23	04:36
26	186	Rui Moreira	Diabetes Team Portugal	Veterano M40	01:32:07	+21:34	04:36
27	352	Paulo Lourenço	Individual	Veterano M40	01:33:30	+22:57	04:41
28	580	Sérgio Manuel Bento Lopes	Superfresco Trail Team	Veterano M40	01:36:26	+25:53	04:49
29	601	Pedro Carrasqueira	Casa do Benfica em Algueirão Mem-Martins	Veterano M40	01:37:40	+27:07	04:53
30	86	Luís Brito	Bombeiros Voluntários De Montemor-O-Novo	Veterano M40	01:37:49	+27:16	04:53
31	121	Mário Caridade	Canal_Nandices_YouTube	Veterano M40	01:37:59	+27:25	04:54
32	332	Bruno Raposeira	Individual	Veterano M40	01:38:01	+27:27	04:54
33	346	Hugo Soares	Individual	Veterano M40	01:40:27	+29:54	05:01
34	103	NUNO SALGADO	CA VALE FIGUEIRA	Veterano M40	01:40:30	+29:56	05:01
35	361	Rui Lopes Pedro	Individual	Veterano M40	01:42:10	+31:37	05:06
36	341	FRANCISCO GASPAR	Individual	Veterano M40	01:42:10	+31:37	05:07
37	358	Rodolfo Silva	Individual	Veterano M40	01:42:18	+31:45	05:07
38	181	Luís Andrade	CUA Benaventense - 3B Triatlo	Veterano M40	01:43:07	+32:34	05:09
39	583	Hugo Silva	Talentos Objetivos	Veterano M40	01:43:19	+32:46	05:10
40	556	Rui Neves	Peniche a Correr	Veterano M40	01:44:25	+33:52	05:13
41	161	EDUARDO NEVES	Clube Atletismo Amigos de Belém	Veterano M40	01:44:58	+34:24	05:15
42	347	João Beltrão	Individual	Veterano M40	01:45:09	+34:36	05:15
43	354	Pedro Barroso	Individual	Veterano M40	01:46:55	+36:21	05:21
44	355	Pedro Carrinho	Individual	Veterano M40	01:48:53	+38:20	05:27
45	222	Joao Nuno Mendes Frazao Ferreira	GRUPO DESPORTIVO SANTANDER TOTTA	Veterano M40	01:49:03	+38:29	05:27
46	339	Felix Zimmermann	Individual	Veterano M40	01:49:12	+38:39	05:28
47	351	Márcio Marreiros	Individual	Veterano M40	01:49:45	+39:12	05:29
48	43	Nuno Leonor	As 19h15 na rotunda	Veterano M40	01:50:29	+39:56	05:31
49	353	Pedro Al meida Alves	Individual	Veterano M40	01:50:34	+40:01	05:32
50	348	João Martins	Individual	Veterano M40	01:51:34	+41:01	05:35
51	356	Ricardo Flores	Individual	Veterano M40	01:52:30	+41:57	05:38
52	329	André Geraldes Gomes	Individual	Veterano M40	01:54:55	+44:22	05:45
53	362	Sérgio Manuel Lourenço Marques	Individual	Veterano M40	01:55:14	+44:41	05:46
54	560	Bruno Martins	Ribeira Running	Veterano M40	01:58:14	+47:40	05:55
55	365	Tiago Nuno Ferreira Novo Simões de Matos	Individual	Veterano M40	02:00:14	+49:41	06:01
56	78	Hugo Ramalho	Barrocal Team	Veterano M40	02:00:55	+50:22	06:03
57	331	Bruno Pereira	Individual	Veterano M40	02:03:35	+53:02	06:11
58	336	David Prata	Individual	Veterano M40	02:04:53	+54:20	06:15
59	54	João Cavaleiro	Associação 20Kms de Almeirim	Veterano M40	02:05:23	+54:49	06:16
60	360	RUBEN SILVA	Individual	Veterano M40	02:07:13	+56:40	06:22
61	35	Nuno Moreira	Alverca Urban Runners	Veterano M40	02:36:50	+01:26:17	07:50

Veterano M45

1	65	José Gaspar	Associaçao Desportiva de Palmeiros Sintra	Veterano M45	01:08:29		03:25
2	567	Luís Brito	Run Tejo - Prevent Sprain	Veterano M45	01:10:21	+01:51	03:31

20K

20 KM

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

OFFICIAL RESULT

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3	73	Ricardo Reis	Associação Desportiva NucleOeiras - ADNO	Veterano M45	01:11:03	+02:34	03:33
4	405	Pedro Ferreira	Individual	Veterano M45	01:13:37	+05:08	03:41
5	391	Luís Baço	Individual	Veterano M45	01:14:22	+05:52	03:43
6	214	Nuno Santos	GRF-Benedita Atletismo	Veterano M45	01:14:24	+05:55	03:43
7	512	Hugo Palmeiro	Linda-A-Pastora Sporting Clube	Veterano M45	01:16:44	+08:15	03:50
8	417	Samuel Eugénio	Individual	Veterano M45	01:18:07	+09:38	03:54
9	379	Duarte Cortes	Individual	Veterano M45	01:18:19	+09:50	03:55
10	99	Jorge Aires	CA Barreira	Veterano M45	01:18:22	+09:52	03:55
11	416	Rui Miguel Avelino Teixeira	Individual	Veterano M45	01:18:27	+09:58	03:55
12	402	Paulo Costa	Individual	Veterano M45	01:18:36	+10:07	03:56
13	56	João Mota	Associação 20Kms de Almeirim	Veterano M45	01:20:54	+12:25	04:03
14	613	Paulo Ferreira	Individual	Veterano M45	01:21:15	+12:46	04:04
15	17	Nuno Jorge	ACPortalegre/UTSM	Veterano M45	01:21:41	+13:11	04:05
16	393	Marco Belo	Individual	Veterano M45	01:23:08	+14:38	04:09
17	197	António Martinho	FIDELIDADE GDC	Veterano M45	01:23:56	+15:27	04:12
18	168	Joaquim Almeida	Clube4Estilos	Veterano M45	01:23:57	+15:28	04:12
19	546	pedro cardoso	Os galgos	Veterano M45	01:24:08	+15:39	04:12
20	105	JOSÉ LUÍS PEREIRA	CA VALE FIGUEIRA	Veterano M45	01:24:37	+16:08	04:14
21	536	Fernando Alves	NRD ÍDOLOS DA PRAÇA	Veterano M45	01:24:43	+16:14	04:14
22	375	Carlos Caeiro	Individual	Veterano M45	01:25:23	+16:54	04:16
23	401	Paulo Andrade	Individual	Veterano M45	01:27:51	+19:21	04:24
24	148	João Pedro Oliveira	CCDTMetroLX	Veterano M45	01:27:51	+19:21	04:24
25	373	Bruno Carlos Ferreira Neves	Individual	Veterano M45	01:28:26	+19:57	04:25
26	89	Nuno Marques	Bombeiros Voluntários De Montemor-O-Novo	Veterano M45	01:28:31	+20:02	04:26
27	104	CARLOS GONÇALVES	CA VALE FIGUEIRA	Veterano M45	01:29:05	+20:36	04:27
28	88	José Varela	Bombeiros Voluntários De Montemor-O-Novo	Veterano M45	01:29:17	+20:48	04:28
29	368	André Coelho	Individual	Veterano M45	01:29:24	+20:55	04:28
30	608	Artur Pinto	GFD Running	Veterano M45	01:30:02	+21:33	04:30
31	55	Carlos Jesus	Associação 20Kms de Almeirim	Veterano M45	01:30:19	+21:49	04:31
32	518	Vasco Miguel Fortunato Carvalho	MADRUGAS DE ALMEIRIM RUNNING TEAM	Veterano M45	01:30:25	+21:55	04:31
33	90	Pedro Pereira	Bombeiros Voluntários De Montemor-O-Novo	Veterano M45	01:30:31	+22:02	04:32
34	64	Joaquim Silva	Associaçao Desportiva de Palmeiros Sintra	Veterano M45	01:31:41	+23:12	04:35
35	575	António Godinho	Sporting Clube de Casainhos	Veterano M45	01:31:53	+23:24	04:36
36	28	José Gomes	Agualva Runners	Veterano M45	01:32:25	+23:56	04:37
37	376	Carlos Santos	Individual	Veterano M45	01:32:28	+23:59	04:37
38	378	Daniel Vieira	Individual	Veterano M45	01:32:36	+24:06	04:38
39	98	Daniel Lourenço	CA Barreira	Veterano M45	01:33:17	+24:48	04:40
40	403	Paulo Monteiro	Individual	Veterano M45	01:33:47	+25:17	04:41
41	419	Valdemar Ferreira	Individual	Veterano M45	01:34:02	+25:32	04:42
42	382	Filipe Pires	Individual	Veterano M45	01:35:00	+26:31	04:45
43	170	Adriano Araújo	CONQUISTA GINÁSIO - CADAVAL	Veterano M45	01:35:09	+26:40	04:45
44	404	Pedro Carvalho	Individual	Veterano M45	01:35:23	+26:54	04:46

45	129	Rui Ferreira	Casa do Benfica em Algueirão Mem-Martins	Veterano M45	01:35:27	+26:58	04:46
46	510	Bruno Ferreira	Lebres Vermelhas SB	Veterano M45	01:36:42	+28:13	04:50
47	553	Marco Jacinto	Panela Mágica	Veterano M45	01:36:56	+28:27	04:51
48	537	Rui Narciso	NRD ÍDOLOS DA PRAÇA	Veterano M45	01:36:57	+28:28	04:51
49	399	Nuno Pires	Individual	Veterano M45	01:38:10	+29:41	04:54
50	408	Pedro Mendonça	Individual	Veterano M45	01:38:30	+30:01	04:56
51	87	Joaquim Freitas	Bombeiros Voluntários De Montemor-O-Novo	Veterano M45	01:38:45	+30:15	04:56
52	75	Luís Almeida	Associação Vale Grande	Veterano M45	01:39:01	+30:32	04:57
53	383	Francisco Denis Oliveira Freire	Individual	Veterano M45	01:39:06	+30:37	04:57
54	406	Pedro Januário	Individual	Veterano M45	01:39:16	+30:47	04:58
55	407	Pedro Lourenço	Individual	Veterano M45	01:39:46	+31:17	04:59
56	411	Pedro Rodrigues da Sliva Correia	Individual	Veterano M45	01:40:15	+31:46	05:01
57	59	JOÃO VITOR CORREIA	Associação de atletismo Lebres do sado	Veterano M45	01:40:27	+31:57	05:01
58	386	Hugo Bernardes	Individual	Veterano M45	01:40:30	+32:01	05:01
59	396	Nuno Alexandre Madeira Silva	Individual	Veterano M45	01:41:18	+32:48	05:04
60	395	Miguel Loureiro	Individual	Veterano M45	01:41:21	+32:52	05:04
61	400	Nuno Santos	Individual	Veterano M45	01:41:31	+33:01	05:05
62	155	António Manuel Lopes de Oliveira	CF Os Belenenses	Veterano M45	01:41:40	+33:10	05:05
63	389	Jorge Mota	Individual	Veterano M45	01:42:10	+33:41	05:07
64	36	Carlos Manuel Fialho Machado	Alverca Urban Runners	Veterano M45	01:42:22	+33:52	05:07
65	192	Paulo Jorge Gomes Garcia	Família Garcia	Veterano M45	01:42:43	+34:14	05:08
66	410	Pedro Ricardo dos Santos Monteiro	Individual	Veterano M45	01:44:19	+35:50	05:13
67	384	Gonçalo Zagalo	Individual	Veterano M45	01:45:11	+36:42	05:16
68	619	António Cumbre	Individual	Veterano M45	01:45:17	+36:48	05:16
69	369	André Silva	Individual	Veterano M45	01:46:31	+38:01	05:20
70	16	Luís Miguel Casimiro Rodrigues	ACPortalegre/UTSM	Veterano M45	01:46:38	+38:09	05:20
71	371	António Grunho	Individual	Veterano M45	01:47:39	+39:09	05:23
72	418	Tiago Rodrigues	Individual	Veterano M45	01:48:30	+40:00	05:25
73	385	helder quintino	Individual	Veterano M45	01:48:34	+40:05	05:26
74	397	Nuno Lopes	Individual	Veterano M45	01:49:13	+40:44	05:28
75	420	Vitor José Mendes Guerra	Individual	Veterano M45	01:50:28	+41:59	05:31
76	390	José Liberato	Individual	Veterano M45	01:51:03	+42:34	05:33
77	114	Carlos Sousa	Câmara Lisboa Clube	Veterano M45	01:51:08	+42:39	05:33
78	387	Hugo Miguel az Monteiro Céu Pereira	Individual	Veterano M45	01:51:34	+43:05	05:35
79	394	Miguel Farropo	Individual	Veterano M45	01:52:30	+44:01	05:38
80	526	Rui Magalhães	Marmotejo	Veterano M45	01:53:13	+44:43	05:40
81	409	Pedro Miguel Monteiro	Individual	Veterano M45	01:54:02	+45:32	05:42
82	156	Jorge Duarte	Chester´s Team	Veterano M45	01:54:37	+46:07	05:44
83	413	Ricardo Serôdio	Individual	Veterano M45	01:58:06	+49:36	05:54

Veterano M50

1	166	Luís Cancela	Clube Desportivo em Movimento	Veterano M50	01:10:30		03:32
2	430	Fernando Pereira	GFD Running	Veterano M50	01:11:07	+00:36	03:33

20K

20 KM

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

OFFICIAL RESULT

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3	144	Júlio Finote	CCD Sintrense	Veterano M50	01:12:45	+02:15	03:38
4	66	Alvaro Oliveira	Associaçao Desportiva de Palmeiros Sintra	Veterano M50	01:14:34	+04:03	03:44
5	466	Sérgio Paiva	Individual	Veterano M50	01:14:55	+04:24	03:45
6	433	Henrique Janota	Individual	Veterano M50	01:15:35	+05:04	03:47
7	68	Francisco Gonçalves	Associaçao Desportiva de Palmeiros Sintra	Veterano M50	01:16:05	+05:35	03:48
8	547	Nuno Ruela	Os galgos	Veterano M50	01:16:12	+05:42	03:49
9	41	M. Matos	APPACDM SANTARÉM	Veterano M50	01:18:07	+07:36	03:54
10	39	João Miranda	Amigos do Atletismo de Mafra	Veterano M50	01:18:16	+07:46	03:55
11	122	Jorge Correia	Casa Benfica Abrantes	Veterano M50	01:19:41	+09:11	03:59
12	67	Artur Oliveira	Associaçao Desportiva de Palmeiros Sintra	Veterano M50	01:19:48	+09:17	03:59
13	452	Luiz Mota	Individual	Veterano M50	01:21:25	+10:54	04:04
14	212	Nuno Nobre	GRCD Leião	Veterano M50	01:21:32	+11:01	04:05
15	511	João Saldanha	Linda-A-Pastora Sporting Clube	Veterano M50	01:22:19	+11:48	04:07
16	150	José Luís Santos	CCDTMetroLX	Veterano M50	01:23:09	+12:39	04:09
17	425	Carlos Manuel Alves Caetano	Individual	Veterano M50	01:23:19	+12:49	04:10
18	429	Fernando Castela	Individual	Veterano M50	01:24:12	+13:42	04:13
19	427	César Gomes	Individual	Veterano M50	01:24:38	+14:07	04:14
20	571	Sérgio Reis	SharishGin/GD Piranhas do Alqueva	Veterano M50	01:25:21	+14:50	04:16
21	81	Nuno Silva	Beja Atletico Clube	Veterano M50	01:25:40	+15:10	04:17
22	449	Luís Santos	Individual	Veterano M50	01:26:38	+16:08	04:20
23	191	Fernando Pelarigo	ESCOLA DE ATLETISMO DO CARTAXO	Veterano M50	01:26:50	+16:20	04:21
24	40	Rui Cleto	Amigos do Atletismo de Mafra	Veterano M50	01:27:29	+16:58	04:22
25	225	Mário Rui Seabra	Grupo Recreativo Janz e Associados	Veterano M50	01:27:32	+17:02	04:23
26	595	Nuno Santos	VFC	Veterano M50	01:28:28	+17:58	04:25
27	468	Vítor Martins	Individual	Veterano M50	01:28:43	+18:13	04:26
28	533	joao Bogalheiro	NAZABOBODA	Veterano M50	01:28:58	+18:28	04:27
29	597	Hernani Francisco	VITORIA FUTEBOL CLUBE	Veterano M50	01:29:37	+19:07	04:29
30	42	ACÁCIO GOMES	ARCD MENDIGA	Veterano M50	01:30:02	+19:31	04:30
31	439	João Salgueiro Antunes	Individual	Veterano M50	01:30:02	+19:31	04:30
32	461	Ricardo Brites	Individual	Veterano M50	01:30:05	+19:34	04:30
33	69	Joaquim Cunha	Associaçao Desportiva de Palmeiros Sintra	Veterano M50	01:30:43	+20:13	04:32
34	29	Sérgio Carvalho	Agualva Runners	Veterano M50	01:31:30	+20:59	04:34
35	210	Pedro Vieira	GFD Running	Veterano M50	01:32:06	+21:35	04:36
36	2	Luís Miguel Abrantes Duarte	Clube Natação de Rio Maior	Veterano M50	01:32:08	+21:37	04:36
37	32	filipe branco	alcobela	Veterano M50	01:32:13	+21:43	04:37
38	163	José Manuel Marques Luis	Clube Desportivo de Mafra	Veterano M50	01:32:31	+22:00	04:38
39	426	Carlos Silva	Individual	Veterano M50	01:33:14	+22:44	04:40
40	454	Miguel Ribeiro	Individual	Veterano M50	01:33:23	+22:53	04:40
41	455	Nuno Cabeça	Individual	Veterano M50	01:33:27	+22:57	04:40
42	424	Carlos Alberto Alves Lima	Individual	Veterano M50	01:33:35	+23:04	04:41
43	463	Rogério Arraiolos	Individual	Veterano M50	01:34:32	+24:01	04:44
44	554	João Carvalho Esteves	Panela Mágica	Veterano M50	01:36:56	+26:25	04:51

45	37	Luís Cipriano	AMCR Fonte Grada	Veterano M50	01:37:04	+26:34	04:51
46	224	Jose Carlos Borges Pereira	GRUPO DESPORTIVO SANTANDER TOTTA	Veterano M50	01:38:06	+27:35	04:54
47	421	Ângelo Mendes	Individual	Veterano M50	01:38:07	+27:37	04:54
48	564	Fernando Rosete	RUN 4 FUN	Veterano M50	01:39:13	+28:42	04:58
49	423	ANTONIO MARTINS	Individual	Veterano M50	01:39:32	+29:01	04:59
50	130	Luís Oliveira	Casa do Benfica em Algueirão Mem-Martins	Veterano M50	01:41:28	+30:57	05:04
51	614	JOSE ALMAS	Individual	Veterano M50	01:42:22	+31:52	05:07
52	442	Jorge Ramos	Individual	Veterano M50	01:42:52	+32:22	05:09
53	596	Vitor Sá	Villa Cesari/Flama	Veterano M50	01:43:03	+32:33	05:09
54	436	Joao Capao	Individual	Veterano M50	01:43:40	+33:09	05:11
55	459	PEDRO GAMEIRO	Individual	Veterano M50	01:43:47	+33:16	05:11
56	543	Luís Nunes	Nunes&Machado	Veterano M50	01:45:03	+34:32	05:15
57	441	jorge correia	Individual	Veterano M50	01:45:10	+34:39	05:15
58	445	José Pedro	Individual	Veterano M50	01:46:25	+35:55	05:19
59	618	Jorge Venancio	Individual	Veterano M50	01:49:08	+38:38	05:27
60	431	Francisco nhassengo	Individual	Veterano M50	01:49:15	+38:45	05:28
61	435	João Campos	Individual	Veterano M50	01:49:44	+39:13	05:29
62	131	Rogério Luís	Casa do Benfica em Algueirão Mem-Martins	Veterano M50	01:49:44	+39:14	05:29
63	584	Paulo Abadia	Team Abadia	Veterano M50	01:50:25	+39:55	05:31
64	467	Sérgio Paz	Individual	Veterano M50	01:50:28	+39:57	05:31
65	428	Daniel Fernandes	Individual	Veterano M50	01:51:15	+40:45	05:34
66	437	João Guerra	Individual	Veterano M50	01:51:42	+41:12	05:35
67	172	João Costa	Costa	Veterano M50	01:52:07	+41:36	05:36
68	606	Luis Jacob	Desafios Positivos D+	Veterano M50	01:52:57	+42:26	05:39
69	443	José Branco	Individual	Veterano M50	01:53:45	+43:15	05:41
70	447	Luis Fouto	Individual	Veterano M50	01:54:43	+44:12	05:44
71	434	hernani madeira	Individual	Veterano M50	01:55:22	+44:51	05:46
72	6	Vitor José Ramos	A TEAM AGEAS	Veterano M50	01:55:24	+44:53	05:46
73	462	Ricardo Matos	Individual	Veterano M50	01:58:52	+48:22	05:57
74	422	antonio martins	Individual	Veterano M50	01:58:57	+48:26	05:57
75	464	Rui Manuel Ferreira dos Reis Santos	Individual	Veterano M50	01:59:59	+49:28	06:00
76	453	MANUEL CONCEIÇÃO	Individual	Veterano M50	02:02:32	+52:01	06:08
77	615	PAULO JOSE COSTA	Individual	Veterano M50	02:02:38	+52:08	06:08
78	438	João Marques	Individual	Veterano M50	02:02:40	+52:10	06:08
79	561	João Oliveira	Ribeira Running	Veterano M50	02:09:43	+59:12	06:29
80	141	PEDRO SOARES	CASA DO MONTE -CAMINHA	Veterano M50	02:10:19	+59:49	06:31
81	448	Luís Isabelinha	Individual	Veterano M50	02:10:43	+01:00:12	06:32

Veterano M55

1	516	João Ginja	Linda-A-Pastora Sporting Clube	Veterano M55	01:13:26		03:40
2	535	José Jarmela	NAZABOBODA	Veterano M55	01:14:11	+00:45	03:43
3	579	Helder Soares	Stevenage Striders	Veterano M55	01:20:40	+07:13	04:02

4	519	ANTÓNIO MIGUEL MINDRICO PEREIRA	MADRUGAS DE ALMEIRIM RUNNING TEAM	Veterano M55	01:22:28	+09:02	04:07
5	100	Germano Capela	CA Barreira	Veterano M55	01:28:19	+14:53	04:25
6	188	Paulo Palma	Dream Runners Évora	Veterano M55	01:28:38	+15:12	04:26
7	21	Rui Monteiro	ACPortalegre/UTSM	Veterano M55	01:29:12	+15:45	04:28
8	472	Arnaldo Rolo	Individual	Veterano M55	01:29:35	+16:09	04:29
9	145	Mário Rodrigues	CCD Sintrense	Veterano M55	01:29:45	+16:19	04:29
10	133	Marco Charrua	Casa do Benfica em Algueirão Mem-Martins	Veterano M55	01:30:05	+16:38	04:30
11	476	Francisco Costa	Individual	Veterano M55	01:30:49	+17:23	04:32
12	97	Fernando Vital	C.D. "Os Águias" de Alpiarça	Veterano M55	01:31:17	+17:50	04:34
13	514	Diamantino Gamito	Linda-A-Pastora Sporting Clube	Veterano M55	01:31:48	+18:22	04:35
14	534	Francisco Silveira	NAZABOBODA	Veterano M55	01:32:46	+19:19	04:38
15	58	PAULO SANTOS	ASSOCIAÇÃO CULTURAL SAMBRASENSE	Veterano M55	01:32:49	+19:22	04:38
16	484	Paulo Manuel costa	Individual	Veterano M55	01:33:05	+19:39	04:39
17	57	Paulo Eduardo Zambujinho Ferreira Mendes	Associação 20Kms de Almeirim	Veterano M55	01:33:08	+19:42	04:39
18	485	Pedro Carvalho	Individual	Veterano M55	01:33:28	+20:01	04:40
19	44	Rodrigo Gonçalves da Silva	Associação "A Natureza ensina"	Veterano M55	01:33:32	+20:05	04:41
20	30	Paulo Silva	Agualva Runners	Veterano M55	01:33:40	+20:14	04:41
21	475	Francisco Jorge	Individual	Veterano M55	01:33:51	+20:24	04:42
22	19	Antonio Casa Nova	ACPortalegre/UTSM	Veterano M55	01:34:11	+20:45	04:43
23	198	Jose Fonseca	FONSECA	Veterano M55	01:34:50	+21:23	04:44
24	480	Jorge Polidoro	Individual	Veterano M55	01:35:51	+22:24	04:48
25	76	Orlando Ferreira	Atletas do Parque	Veterano M55	01:39:14	+25:47	04:58
26	487	rui fonseca	Individual	Veterano M55	01:39:36	+26:09	04:59
27	482	José Pedro Carvalho Glória	Individual	Veterano M55	01:40:30	+27:03	05:01
28	486	Quiterio Correia Paulo	Individual	Veterano M55	01:41:59	+28:32	05:06
29	20	Luís Maurício	ACPortalegre/UTSM	Veterano M55	01:42:07	+28:40	05:06
30	211	Paulo Tainha	GFD Running	Veterano M55	01:42:27	+29:00	05:07
31	471	Armando Cruz	Individual	Veterano M55	01:42:46	+29:19	05:08
32	477	João António Rodrigues	Individual	Veterano M55	01:44:20	+30:53	05:13
33	488	Rui Manuel Farinha Freire Rodrigues	Individual	Veterano M55	01:45:35	+32:08	05:17
34	473	Carlos Peso	Individual	Veterano M55	01:46:06	+32:40	05:18
35	132	Carlos Costa	Casa do Benfica em Algueirão Mem-Martins	Veterano M55	01:46:32	+33:06	05:20
36	134	Vitor Santos	Casa do Benfica em Algueirão Mem-Martins	Veterano M55	01:46:33	+33:06	05:20
37	74	Sergio Sota	Associação Trilhos de Viana	Veterano M55	01:48:01	+34:35	05:24
38	22	Sérgio Carinhas	ACPortalegre/UTSM	Veterano M55	01:48:06	+34:39	05:24
39	527	Jóse Teodósio	Marmotejo	Veterano M55	01:49:13	+35:46	05:28
40	189	Fernando Catarino	Escola de Atletismo Correr + do Cartaxo	Veterano M55	01:51:40	+38:14	05:35
41	515	Fernando Coelho	Linda-A-Pastora Sporting Clube	Veterano M55	01:55:00	+41:33	05:45
42	513	Carlos Barrento	Linda-A-Pastora Sporting Clube	Veterano M55	01:55:00	+41:33	05:45
43	490	Rui Silva	Individual	Veterano M55	02:00:51	+47:24	06:03
44	474	Fernando Costa Campos Alves	Individual	Veterano M55	02:02:10	+48:43	06:06

45	489	Rui Melão	Individual	Veterano M55	02:47:24	+01:33:58	08:22

Veterano M60

1	31	Henrique Ramos	Agualva Runners	Veterano M60	01:29:31		04:29
2	492	CARLOS CRUZ	Individual	Veterano M60	01:31:08	+01:37	04:33
3	23	EMÍLIO PAULINO	ACPortalegre/UTSM	Veterano M60	01:31:26	+01:55	04:34
4	158	Vitor Lopes	Chester´s Team	Veterano M60	01:32:58	+03:27	04:39
5	171	Amandio Faustino Caetano	Conquista Ginásio Cadaval	Veterano M60	01:33:13	+03:41	04:40
6	174	VITOR RIBEIRO	Coxos	Veterano M60	01:34:45	+05:14	04:44
7	119	Licínio Fidalgo	Câmara Lisboa Clube	Veterano M60	01:36:58	+07:27	04:51
8	71	Jose Duarte	Associaçao Desportiva de Palmeiros Sintra	Veterano M60	01:37:24	+07:53	04:52
9	118	Carlos Folgado	Câmara Lisboa Clube	Veterano M60	01:40:12	+10:41	05:01
10	136	Américo Rodrigues	Casa do Benfica em Algueirão Mem-Martins	Veterano M60	01:43:56	+14:24	05:12
11	500	Vitor Martins	Individual	Veterano M60	01:44:03	+14:31	05:12
12	185	José Paulo	Desafios Positivos D+	Veterano M60	01:46:12	+16:41	05:19
13	194	José Campos	Família Malato Campos	Veterano M60	01:48:54	+19:23	05:27
14	494	Carlos Teixeira	Individual	Veterano M60	01:49:44	+20:13	05:29
15	92	José Marques	Bombeiros Voluntários De Montemor-O-Novo	Veterano M60	01:50:34	+21:02	05:32
16	557	Jorge Paulino	Peniche a Correr	Veterano M60	01:50:48	+21:17	05:32
17	157	Fernando Verissimo	Chester´s Team	Veterano M60	01:53:10	+23:39	05:40
18	498	JULIO MOREIRA	Individual	Veterano M60	01:53:14	+23:43	05:40
19	491	antonio serra	Individual	Veterano M60	01:54:43	+25:12	05:44
20	565	João Ralha	RUN 4 FUN	Veterano M60	02:00:10	+30:39	06:01
21	219	LUIS MARIANO JESUS SOBRAL	Grupo Desportivo Águias da Moita	Veterano M60	02:01:27	+31:56	06:04
22	493	Carlos Garcia	Individual	Veterano M60	02:05:56	+36:24	06:18
23	137	Joaquim Cruz	Casa do Benfica em Algueirão Mem-Martins	Veterano M60	02:15:03	+45:32	06:45
24	497	José Serrão	Individual	Veterano M60	02:32:44	+01:03:13	07:38

Veterano M65

1	108	AIRES PRATAS	CA VALE FIGUEIRA	Veterano M65	01:31:25		04:34
2	153	Manuel Barros Costa	CCDTMetroLX	Veterano M65	01:36:38	+05:13	04:50
3	506	joaquim santos	Individual	Veterano M65	01:36:50	+05:25	04:51
4	139	José Inocêncio	Casa do Benfica em Algueirão Mem-Martins	Veterano M65	01:37:57	+06:31	04:54
5	4	José Manuel Rato	60% VIP	Veterano M65	01:38:26	+07:01	04:55
6	502	António Neto	Individual	Veterano M65	01:38:49	+07:24	04:56
7	72	Jaime Silva	Associaçao Desportiva de Palmeiros Sintra	Veterano M65	01:42:52	+11:27	05:09
8	528	Manuel Almeida	Marmotejo	Veterano M65	01:43:52	+12:26	05:12
9	504	Eugénio Baeta Ribeiro Pisco	Individual	Veterano M65	01:44:11	+12:46	05:13

20K

20 KM

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

OFFICIAL RESULT

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

10	505	João Carvalho Jacinto	Individual	Veterano M65	01:45:40	+14:15	05:17
11	559	Germano Silva	REAL ACADEMIA	Veterano M65	01:46:23	+14:58	05:19
12	110	VÍTOR AMADO	CA VALE FIGUEIRA	Veterano M65	01:46:41	+15:16	05:20
13	501	António Matias	Individual	Veterano M65	01:47:24	+15:58	05:22
14	507	Jose Mendes	Individual	Veterano M65	01:49:05	+17:39	05:27
15	558	Álvaro Pinto	REAL ACADEMIA	Veterano M65	01:51:47	+20:22	05:35
16	508	Roque Antunes	Individual	Veterano M65	01:58:14	+26:49	05:55
17	120	João Figueiredo	Câmara Lisboa Clube	Veterano M65	02:00:01	+28:36	06:00
18	503	Antonio vaz de oliveira	Individual	Veterano M65	02:05:55	+34:30	06:18
19	578	Jose Guia	SS CGD	Veterano M65	02:09:38	+38:13	06:29
20	550	André Morgado	Os Pilritos	Veterano M65	02:13:52	+42:27	06:42
21	159	António Grazina	Chester´s Team	Veterano M65	02:14:17	+42:52	06:43

lap2go TIMING SOLUTION

20Km de Almeirim
Almeirim, PT
29-October-2023

10K - STAGE 1

10 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	10:00	18.5ºC	97%
End	11:30	17.4ºC	99%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	2340	Ricardo Ceia	Sporting Clube de Casainhos	34:46		03:29	
2	2133	Ruben Parreira	GFD Running	35:22	+00:36	03:32	
3	2246	Jesus Oliveira	Individual	35:31	+00:45	03:33	
4	2310	Tiago Leal	Individual	35:49	+01:03	03:35	
5	2330	Kcénia Bougrova	Run Tejo - Prevent Sprain	35:57	+01:11	03:36	
6	203	FRANCISCO PEDRO	GDRC Ponterrolense	36:00	+01:14	03:36	
7	2292	Ricardo Alexandre dos Santos	Individual	36:10	+01:24	03:37	
8	2108	Nuno Oliveira	CUA Benaventense - 3B Triatlo	36:15	+01:29	03:37	
9	2334	Nuno Fernandes	Run Tejo - Prevent Sprain	36:23	+01:37	03:38	
10	2138	Domingos Martins	GRECAS - Vagos	36:49	+02:03	03:41	
11	2302	Rui Ricardo Piteira Rebocho	Individual	36:50	+02:04	03:41	
12	2348	António Sousa	GFD Running	36:56	+02:10	03:42	
13	2114	Hugo Filipe dos Santos Gonçalves	G.R.D. "Os Fixes"	37:03	+02:17	03:42	
14	609	Nuno Romão	GFD Running	37:14	+02:28	03:43	
15	2113	Jorge santos	Escola de atletismo de Coimbra JP	37:18	+02:32	03:44	
16	2129	PEDRO PORFÍRIO	GDRC Ponterrolense	37:25	+02:39	03:45	
17	2045	Jorge Pardal	Associaçao Desportiva de Palmeiros Sintra	37:42	+02:56	03:46	
18	2042	David Karin	Associaçao Desportiva de Palmeiros Sintra	37:51	+03:05	03:47	
19	2283	Nuno Naia	Individual	38:00	+03:14	03:48	
20	2041	Bruno Sousa	Associaçao Desportiva de Palmeiros Sintra	38:01	+03:15	03:48	
21	2228	Dmytro Semenyuk	Individual	38:18	+03:32	03:50	
22	2137	Inês Pinto	GRECAS - Vagos	38:19	+03:33	03:50	
23	541	Peter Knight	Núcleo Desportivo e Cultural de Odemira	38:20	+03:34	03:50	
24	2127	PATRICK LIMA	GDRC Ponterrolense	38:41	+03:55	03:52	
25	2143	Nuno Silva	HeCaTEAM	38:42	+03:56	03:52	
26	2122	JOAQUIM LEAL	GDRC Ponterrolense	39:36	+04:50	03:58	
27	2332	Carlos Canha	Run Tejo - Prevent Sprain	39:39	+04:53	03:58	
28	2350	ERNESTO FERREIRA	GFD Running	39:40	+04:54	03:58	
29	2119	FERNANDO SILVA	GDRC Ponterrolense	39:54	+05:08	03:59	
30	2000	Rosa Mota	CAP Centro de Atletismo do Porto	39:54	+05:08	03:59	
31	2329	Sérgio Pacheco	Peniche a Correr	40:13	+05:27	04:01	
32	2079	RAFAEL SALGADO	CA VALE FIGUEIRA	41:03	+06:17	04:06	
33	2227	Diogo Gonçalves	Individual	41:58	+07:12	04:12	
34	2126	LYAZIDE IMGHARENE	GDRC Ponterrolense	42:16	+07:30	04:14	
35	366	Tiago Quitério	Individual	42:19	+07:33	04:14	
36	2120	JAKE CUSH	GDRC Ponterrolense	42:25	+07:39	04:14	
37	2125	LUIS FRANCO	GDRC Ponterrolense	42:26	+07:40	04:15	
38	2335	Rafael Gomes	Run Tejo - Prevent Sprain	42:31	+07:45	04:15	
39	2131	António Silva	GFD Running	42:32	+07:46	04:15	
40	2040	Alexandre Costa	Associaçao Desportiva de Palmeiros Sintra	42:50	+08:04	04:17	
41	2312	Vasco Galvão	Individual	42:55	+08:09	04:17	
42	2226	Dinis Pedralva	Individual	42:56	+08:10	04:18	

10K - STAGE 1

10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	2101	Marco Franco	Clube de Atletismo de Ferreira do Zêzere	43:04	+08:18	04:18	
44	2117	ANTÓNIO AGUIAR	GDRC Ponterrolense	43:20	+08:34	04:20	
45	2349	DANIEL FERREIRA	GFD Running	43:27	+08:41	04:21	
46	2020	Joaquim Barbas	ACPortalegre/UTSM	43:31	+08:45	04:21	
47	2224	David SImoes	Individual	43:40	+08:54	04:22	
48	2234	Flávio Carvalho	Individual	43:44	+08:58	04:22	
49	2076	DANIEL MARTINS	CA VALE FIGUEIRA	43:49	+09:03	04:23	
50	2264	Jose Proença	Individual	44:03	+09:17	04:24	
51	2142	Helena Moreira	HeCaTEAM	44:17	+09:31	04:26	
52	381	Filipe Oliveira	Individual	44:29	+09:43	04:27	
53	2311	Tomé Ferreira	Individual	44:30	+09:44	04:27	
54	2265	Juvenal Silva	Individual	44:38	+09:52	04:28	
55	2324	Artur Jorge Gonçalves Carvalho	Os galgos	44:46	+10:00	04:29	
56	2043	Jaime Pinto	Associaçao Desportiva de Palmeiros Sintra	44:46	+10:00	04:29	
57	2295	Ricardo Jorge	Individual	45:01	+10:15	04:30	
58	2128	PEDRO ANTUNES	GDRC Ponterrolense	45:06	+10:20	04:31	
59	2309	Tiago Castanheira	Individual	45:08	+10:22	04:31	
60	2288	Pedro Marques	Individual	45:10	+10:24	04:31	
61	2263	José Passos	Individual	45:11	+10:25	04:31	
62	2244	ILISITO FERREIRA	Individual	45:34	+10:48	04:33	
63	2063	António Pais	C.C.D. "O ALVITEJO "	45:42	+10:56	04:34	
64	2316	Ana Almeida	Linda-A-Pastora Sporting Clube	45:52	+11:06	04:35	
65	2037	Catarina Palma	Associaçao Desportiva de Palmeiros Sintra	45:53	+11:07	04:35	
66	2132	Hélio Sales	GFD Running	46:14	+11:28	04:37	
67	2331	Telma Silva	Run Tejo - Prevent Sprain	46:16	+11:30	04:38	
68	2124	JOSÉ LEMOS	GDRC Ponterrolense	46:28	+11:42	04:39	
69	2044	Jorge Alves	Associaçao Desportiva de Palmeiros Sintra	46:31	+11:45	04:39	
70	2009	Frederico Russo	A20kms - DM	46:49	+12:03	04:41	
71	2280	Miguel Vasconcelos	Individual	46:59	+12:13	04:42	
72	2008	Francisco Bento	A20kms - DM	47:04	+12:18	04:42	
73	2055	Alexandra Conceiçao	Beja Atletico Clube	47:04	+12:18	04:42	
74	2219	carlos Rosado	Individual	47:06	+12:20	04:43	
75	2036	Ana Mendes	Associaçao Desportiva de Palmeiros Sintra	47:34	+12:48	04:45	
76	2245	jaime mestre	Individual	47:34	+12:48	04:45	
77	2077	DIOGO PINHEIRO	CA VALE FIGUEIRA	47:49	+13:03	04:47	
78	2089	Jorge Santos	Casa do Benfica em Algueirão Mem-Martins	47:51	+13:05	04:47	
79	2061	José Caravela	Bombeiros Voluntários De Montemor-O-Novo	48:05	+13:19	04:48	
80	440	Jorge Aldeias	Individual	48:21	+13:35	04:50	
81	2097	Álvaro Góis	CLAC Entroncamento	48:24	+13:38	04:50	
82	2112	Ivo David	Dura F1 Cycling Team	48:29	+13:43	04:51	
83	2251	João Manuel Teixeira Governo Gregório	Individual	48:40	+13:54	04:52	
84	2015	Pedro Borrego	A20kms - DM	48:52	+14:06	04:53	
85	2342	Nuno Miguel Correia	Trail do Texugo	48:57	+14:11	04:54	
86	2017	Pedro Martim Ferro Figueiredo	A20kms - DM	49:01	+14:15	04:54	
87	2169	Hélia Santos	Individual	49:05	+14:19	04:55	

10K - STAGE 1

10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	2054	Joao Fernandes	BEJA	49:10	+14:24	04:55	
89	2048	Ana Letra	Linda-A-Pastora Sporting Clube	49:11	+14:25	04:55	
90	2025	Tiago Reis	ALEBS - SA	49:12	+14:26	04:55	
91	2167	Francisca Mendes Cerqueira da Silva Rosas	Individual	49:21	+14:35	04:56	
92	2021	Rui Miguel Friezas Aldeano	ADR O Relâmpagp	49:24	+14:38	04:56	
93	2317	Joana Ribeiro	Made in Dagorda	49:25	+14:39	04:56	
94	2323	Gustavo Almeida	Ora Nutri	49:25	+14:39	04:57	
95	2206	SUSETE VIEIRA	Individual	49:30	+14:44	04:57	
96	2285	PAULO PRINO	Individual	49:31	+14:45	04:57	
97	2052	Gonçalo Rodrigues	Associação Vale Grande	49:33	+14:47	04:57	
98	337	Diogo Lopes	Individual	49:59	+15:13	05:00	
99	2216	Bruno Manuel Marques Andrade Nunes	Individual	50:01	+15:15	05:00	
100	2115	Joao marques	GDC FOROS DO ARRÃO	50:17	+15:31	05:02	
101	2013	Mário José Carvalho Casemiro Figueiredo	A20kms - DM	50:22	+15:36	05:02	
102	2214	António Jose Canas Lopes	Individual	50:25	+15:39	05:02	
103	2104	Bruno Rodrigues	Clube Raquel Cabaço	50:31	+15:45	05:03	
104	2023	luis ferreira	alcobela	50:31	+15:45	05:03	
105	2196	Patrícia Roque	Individual	50:34	+15:48	05:03	
106	2118	ANTÓNIO INÁCIO	GDRC Ponterrolense	50:34	+15:48	05:03	
107	2259	Joaquim Manuel santana batista	Individual	50:37	+15:51	05:04	
108	2270	Luís Filipe Duarte	Individual	50:39	+15:53	05:04	
109	2255	João Veiga	Individual	51:02	+16:16	05:06	
110	2081	PEDRO PINTO	CAJ Raposa	51:12	+16:26	05:07	
111	2223	DAVID SANTOS	Individual	51:21	+16:35	05:08	
112	2305	Rui Vasconcelos	Individual	51:31	+16:45	05:09	
113	2320	José Ferreira	Núcleo Desportivo e Cultural de Odemira	51:34	+16:48	05:09	
114	2235	Flávio Rodrigues	Individual	51:36	+16:50	05:10	
115	2261	Jorge Bruno Barbosa	Individual	51:46	+17:00	05:11	
116	2024	Hugo Silva	ALEBS - SA	51:58	+17:12	05:12	
117	2016	Pedro Figueiredo	A20kms - DM	51:58	+17:12	05:12	
118	2012	Joao Carlos Martins Ferreirinho	A20kms - DM	51:59	+17:13	05:12	
119	2033	Diogo Caniço	Associação 20Kms de Almeirim	52:02	+17:16	05:12	
120	2215	Bruno Lopes	Individual	52:22	+17:36	05:14	
121	2074	RAQUEL SILVA	CA VALE FIGUEIRA	52:22	+17:36	05:14	
122	15	Rute Ferreira	ACPortalegre/UTSM	52:34	+17:48	05:15	
123	2003	Antonio Cebola	A TEAM AGEAS	52:37	+17:51	05:16	
124	2062	Manuel António	Bombeiros Voluntários De Montemor-O-Novo	52:44	+17:58	05:16	
125	2247	João Afonso	Individual	52:48	+18:02	05:17	
126	2022	jose ferreira	alcobela	52:59	+18:13	05:18	
127	138	João Soares	Casa do Benfica em Algueirão Mem-Martins	53:04	+18:18	05:18	
128	2072	CLARA MINA	CA VALE FIGUEIRA	53:05	+18:19	05:18	
129	2134	Rita Oliveira	GRCD Leião	53:10	+18:24	05:19	
130	483	Manuel Francisco Barradas Russo	Individual	53:13	+18:27	05:19	
131	2248	João Correia	Individual	53:31	+18:45	05:21	

10K - STAGE 1

10 KM

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
132	2031	Paulo Cesário	AS PERIFÉRICAS	53:37	+18:51	05:22	
133	25	Mariana Grade	Agualva Runners	53:42	+18:56	05:22	
134	2256	Joaquim António Mendes Viana	Individual	54:12	+19:26	05:25	
135	617	Catarina Pereira	NDC Odemira	54:21	+19:35	05:26	
136	2056	Ana Torradinhas	Bombeiros Voluntários De Montemor-O-Novo	54:22	+19:36	05:26	
137	2308	Telmo Silva Marques	Individual	54:35	+19:49	05:27	
138	2152	Beatriz Staiger Bento	Individual	54:36	+19:50	05:28	
139	2066	Eunice Cardoso	C.D. "Os Águias" de Alpiarça	54:36	+19:50	05:28	
140	2168	Helena Maria Matos Jorge	Individual	54:38	+19:52	05:28	
141	2070	Rodrigo Prudêncio	C.D. "Os Águias" de Alpiarça	54:47	+20:01	05:29	
142	2071	Jorge Agostinho	CA Barreira	54:47	+20:01	05:29	
143	2162	Daniela Bicho	Individual	54:49	+20:03	05:29	
144	2170	Inês Pereira	Individual	54:52	+20:06	05:29	
145	2253	João Ribeiro	Individual	55:01	+20:15	05:30	
146	2249	João Filipe Santos Quina Bento	Individual	55:01	+20:15	05:30	
147	2075	ANTÓNIO CAMACHO	CA VALE FIGUEIRA	55:07	+20:21	05:31	
148	2073	CONCEIÇÃO RODRIGUES	CA VALE FIGUEIRA	55:07	+20:21	05:31	
149	2337	José Luís Martins	Slowrunners	55:08	+20:22	05:31	
150	2188	Mariana Mourão	Individual	55:25	+20:39	05:33	
151	2175	Joana Vilas Boas	Individual	55:27	+20:41	05:33	
152	2290	Pedro Pereira	Individual	55:28	+20:42	05:33	
153	2136	Olga Lopes	GRCD Leião	55:31	+20:45	05:33	
154	2183	MARGARIDA CRUZ	Individual	55:39	+20:53	05:34	
155	2038	Cristina Cunha	Associaçao Desportiva de Palmeiros Sintra	55:40	+20:54	05:34	
156	2135	João Vale	GRCD Leião	55:49	+21:03	05:35	
157	2039	Marla Carvalho	Associaçao Desportiva de Palmeiros Sintra	56:06	+21:20	05:37	
158	2049	Rui Palma	Associaçao Desportiva de Palmeiros Sintra	56:06	+21:20	05:37	
159	2195	Patrícia Januário	Individual	56:16	+21:30	05:38	
160	2229	Duarte Bento	Individual	56:18	+21:32	05:38	
161	2343	joaquim crispim	UDCA	56:22	+21:36	05:38	
162	2166	Elisabete Dias	Individual	56:33	+21:47	05:39	
163	2266	Leonardo Galardo	Individual	56:34	+21:48	05:39	
164	2319	HUMBERTO CARLOS DA COSTA DAS NEVES	MADRUGAS DE ALMEIRIM RUNNING TEAM	56:39	+21:53	05:40	
165	2094	Joao Paulo Luis	Chester´s Team	56:39	+21:53	05:40	
166	2273	Luís Nuno Nuno Ferreira André	Individual	56:40	+21:54	05:40	
167	2202	Silvia Baião	Individual	56:46	+22:00	05:41	
168	2344	MANUEL CRISPIM	UDCA	56:46	+22:00	05:41	
169	2158	Cátia Monteiro	Individual	56:47	+22:01	05:41	
170	2010	Gonçalo Fortunato	A20kms - DM	56:50	+22:04	05:41	
171	2019	Vasco Galão	A20kms - DM	56:50	+22:04	05:41	
172	2006	Vânia conde	A20kms - DM	56:51	+22:05	05:41	
173	2173	Joana Pinto	Individual	56:53	+22:07	05:41	
174	2313	Virgílio Pinto	Individual	56:53	+22:07	05:41	
175	2300	Rui Filipe Catalão	Individual	57:03	+22:17	05:42	
176	2141	Hugo Pereira	HCP TEAM	57:07	+22:21	05:43	

10K - STAGE 1

10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
177	2147	Ana Gorgueira	Individual	57:15	+22:29	05:43	
178	2035	ISABEL SANTOS	ASSOCIAÇÃO CULTURAL SAMBRASENSE	57:31	+22:45	05:45	
179	2287	Pedro Lopes	Individual	57:38	+22:52	05:46	
180	2067	Marina Marques	C.D. "Os Águias" de Alpiarça	57:59	+23:13	05:48	
181	2174	Joana Sousa	Individual	58:00	+23:14	05:48	
182	2192	Marta Pernas	Individual	58:00	+23:14	05:48	
183	2294	Ricardo Frade	Individual	58:01	+23:15	05:48	
184	2306	Samuel José Cruz Martins	Individual	58:05	+23:19	05:48	
185	2146	Alexandra Costa Martins Vedor	Individual	58:05	+23:19	05:48	
186	2276	Márcio Pereira	Individual	58:12	+23:26	05:49	
187	2182	Margarida André	Individual	58:25	+23:39	05:50	
188	2315	Diogo Vieira	Lagos a Correr	58:37	+23:51	05:52	
189	2296	Ricardo Ribeiro Alves	Individual	58:39	+23:53	05:52	
190	2232	Fernando Barros	Individual	58:42	+23:56	05:52	
191	2148	Ana Jorge	Individual	58:48	+24:02	05:53	
192	2237	FREDERICO OLIVEIRA	Individual	58:55	+24:09	05:53	
193	2269	Luís Castilho	Individual	58:57	+24:11	05:54	
194	2090	Sónia Costa	CCDTMetroLX	58:59	+24:13	05:54	
195	2007	Bruno Caipira	A20kms - DM	59:04	+24:18	05:54	
196	2230	Emanuel Pires	Individual	59:10	+24:24	05:55	
197	2186	Maria João Ferreira	Individual	59:10	+24:24	05:55	
198	2140	Olga Viana	HCP TEAM	59:12	+24:26	05:55	
199	276	Sara Catita	Individual	59:16	+24:30	05:56	
200	2271	LUÍS GOMES	Individual	59:17	+24:31	05:56	
201	2279	MIGUEL MATOS	Individual	59:18	+24:32	05:56	
202	2301	Rui Manuel Almeida da Silva Tomaz	Individual	59:18	+24:32	05:56	
203	2236	Francisco Costa	Individual	59:22	+24:36	05:56	
204	2274	Malcolm Paul Barber	Individual	59:27	+24:41	05:57	
205	2092	Rui Manuel Pastor	CCDTMetroLX	01:00:05	+25:19	06:01	
206	2095	Rui Oscar	Chester´s Team	01:00:07	+25:21	06:01	
207	2352	Luís Lopes	Panela Mágica	01:00:07	+25:21	06:01	
208	2209	Américo da Silva Duarte	Individual	01:00:08	+25:22	06:01	
209	2181	Magda Alves	Individual	01:00:08	+25:22	06:01	
210	2177	Leonor Ferreira	Individual	01:00:08	+25:22	06:01	
211	2123	JOSÉ CARIA	GDRC Ponterrolense	01:00:13	+25:27	06:01	
212	2087	Sónia Ferreira	Casa do Benfica em Algueirão Mem-Martins	01:00:16	+25:30	06:02	
213	2149	Ana Lopes	Individual	01:00:24	+25:38	06:02	
214	2286	Paulo Santos	Individual	01:00:25	+25:39	06:03	
215	162	GILBERTO GONÇALVES	Clube Atletismo Amigos de Belém	01:00:26	+25:40	06:03	
216	350	José silva	Individual	01:00:28	+25:42	06:03	
217	2161	Cláudia Sofia	Individual	01:00:29	+25:43	06:03	
218	2051	Telma Jesus	Associação Vale Grande	01:00:49	+26:03	06:05	
219	2069	Miguel Moreira	C.D. "Os Águias" de Alpiarça	01:00:52	+26:06	06:05	
220	2163	Daphne van Winkel	Individual	01:00:55	+26:09	06:05	
221	2326	Raimundo Cabral	Os Magnificos	01:00:57	+26:11	06:06	
222	2325	Catarina Dias	Os Magnificos	01:00:57	+26:11	06:06	

10K - STAGE 1

10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
223	2064	José Maia	C.C.D. "O ALVITEJO "	01:01:04	+26:18	06:06	
224	2341	Maria José Barreto	Trail do Texugo	01:01:26	+26:40	06:09	
225	2275	Manuel Marchante	Individual	01:01:31	+26:45	06:09	
226	2151	Ana Rita Silva	Individual	01:01:31	+26:45	06:09	
227	2144	Adriana Palmeiro	Individual	01:01:35	+26:49	06:10	
228	2057	Hortense Faria	Bombeiros Voluntários De Montemor-O-Novo	01:01:55	+27:09	06:11	
229	2190	Mariana Silva	Individual	01:02:08	+27:22	06:13	
230	101	SÓNIA FERNANDES	CA VALE FIGUEIRA	01:02:10	+27:24	06:13	
231	2336	Sónia Borrego	Slowrunners	01:02:25	+27:39	06:15	
232	2258	joaquim Manue Sampaio Tome	Individual	01:02:26	+27:40	06:15	
233	2267	Luís Anacketo	Individual	01:02:47	+28:01	06:17	
234	2218	Carlos Rodrigues	Individual	01:02:47	+28:01	06:17	
235	2004	Ricardo Silva	A20kms - DM	01:02:50	+28:04	06:17	
236	2080	Virgilio Nascimento	CA VALE FIGUEIRA	01:02:52	+28:06	06:17	
237	2145	Alexandra Barros	Individual	01:02:53	+28:07	06:17	
238	2272	Luis Miguel Bizarro	Individual	01:03:12	+28:26	06:19	
239	523	Duarte Almeida	Marmotejo	01:03:19	+28:33	06:20	
240	2339	Paulo Silva	Somos Disto	01:03:30	+28:44	06:21	
241	2284	Paulo Goulão	Individual	01:03:34	+28:48	06:21	
242	2347	Filipa Vicente	ALEBS - SA	01:04:32	+29:46	06:27	
243	2298	Rui Alves	Individual	01:04:39	+29:53	06:28	
244	2165	Elisa Alves	Individual	01:04:39	+29:53	06:28	
245	2211	António Caneira	Individual	01:05:01	+30:15	06:30	
246	2171	Irene Santos	Individual	01:05:08	+30:23	06:31	
247	2103	jorge paulino	Clube Desportivo de Mafra	01:05:25	+30:39	06:33	
248	2102	diamantino albuquerque	Clube Desportivo de Mafra	01:05:26	+30:40	06:33	
249	2299	Rui Ferreira	Individual	01:05:33	+30:47	06:33	
250	2053	Vânia Ramalho	Barrocal Team	01:05:36	+30:50	06:34	
251	2262	Jose Maria Esteves Pardal	Individual	01:05:48	+31:02	06:35	
252	2346	António Balbi	A20kms - DM	01:05:49	+31:03	06:35	
253	2191	Marisa Freitas	Individual	01:05:51	+31:05	06:35	
254	2204	Susana Fidalgo	Individual	01:05:51	+31:05	06:35	
255	2001	Ana Carvalho	Borrego Leonor	01:06:21	+31:35	06:38	
256	2002	Hugo Mendes	Borrego Leonor	01:06:21	+31:35	06:38	
257	2058	Vitória Courelas	Bombeiros Voluntários De Montemor-O-Novo	01:06:37	+31:51	06:40	
258	2107	Rozitta Silva	CUA Benaventense - 3B Triatlo	01:07:02	+32:16	06:42	
259	2139	Paulo Jose Silva Coelho	GRUPO DESPORTIVO SANTANDER TOTTA	01:07:07	+32:21	06:43	
260	2106	Ana Cláudia Ferreira	CUA Benaventense - 3B Triatlo	01:07:17	+32:31	06:44	
261	2179	Liliana Florêncio	Individual	01:07:32	+32:46	06:45	
262	2318	Mariana Diniz	MADRUGAS DE ALMEIRIM RUNNING TEAM	01:07:38	+32:52	06:46	
263	2194	Patrícia Henriques	Individual	01:07:39	+32:53	06:46	
264	2155	CARLA GUERREIRO	Individual	01:07:47	+33:01	06:47	
265	2257	Joaquim Guerreiro	Individual	01:07:47	+33:01	06:47	
266	2197	Paula Oliveira	Individual	01:07:53	+33:07	06:47	
267	2221	carlos seco	Individual	01:08:02	+33:16	06:48	
268	2233	Fernando Ferreira	Individual	01:08:05	+33:19	06:48	

10K - STAGE 1

10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
269	2160	Cláudia Nunes	Individual	01:08:05	+33:19	06:49	
270	2153	Carina Amaro	Individual	01:08:25	+33:39	06:50	
271	2239	Gonçalo Midões	Individual	01:08:39	+33:53	06:52	
272	2184	Margarida Pereira	Individual	01:08:50	+34:04	06:53	
273	2116	Filipa Oliveira	GDGRAÇADODIVOR	01:09:12	+34:26	06:55	
274	2187	Mariana Cocharro	Individual	01:11:00	+36:14	07:06	
275	2327	Josélia Almeida	Os Pilritos	01:11:10	+36:24	07:07	
276	2050	Salete Borges	Associação Trilhos de Viana	01:11:11	+36:25	07:07	
277	2225	Digelson Pereira	Individual	01:11:11	+36:25	07:07	
278	2068	António Moreira	C.D. "Os Águias" de Alpiarça	01:11:26	+36:40	07:09	
279	223	Fábio Pio Antãodo Rosário Dias	GRUPO DESPORTIVO SANTANDER TOTTA	01:11:45	+36:59	07:11	
280	2091	Orlando Sousa	CCDTMetroLX	01:11:46	+37:00	07:11	
281	2278	Miguel Filipe de Azevedo Simas Rafael	Individual	01:11:48	+37:02	07:11	
282	2243	Humberto Rafael	Individual	01:11:49	+37:03	07:11	
283	2303	Rui Soares	Individual	01:12:21	+37:35	07:14	
284	2281	Nuno Botelho	Individual	01:12:21	+37:35	07:14	
285	2078	JOSÉ LINDO	CA VALE FIGUEIRA	01:12:26	+37:40	07:15	
286	2242	Helder Figueiredo	Individual	01:12:47	+38:01	07:17	
287	2203	Sílvia Alexandra Ferreira	Individual	01:12:48	+38:02	07:17	
288	2176	Kristina Kay Hookom	Individual	01:12:49	+38:03	07:17	
289	2293	Ricardo Fonseca	Individual	01:12:57	+38:11	07:18	
290	522	Luis Fidalgo	Marmotejo	01:13:12	+38:26	07:19	
291	2307	Samuel Joaquim	Individual	01:14:00	+39:14	07:24	
292	2345	Manuel Azevedo	Veteranos de Massamá	01:14:27	+39:41	07:27	
293	2200	Sandra Guerreiro	Individual	01:15:26	+40:40	07:33	
294	2353	Ordélio Silva	Individual	01:15:35	+40:49	07:34	
295	2157	Catarina Pinto	Individual	01:15:39	+40:53	07:34	
296	2250	João Luís Frade Cajeira	Individual	01:15:46	+41:00	07:35	
297	2164	Diana Flor	Individual	01:16:57	+42:11	07:42	
298	2231	Fernandes Teles	Individual	01:17:41	+42:55	07:46	
299	2207	Vania isabel jesus Martins	Individual	01:17:56	+43:10	07:48	
300	2088	Albino Neiva	Casa do Benfica em Algueirão Mem-Martins	01:18:50	+44:04	07:53	
301	2047	Marco Gouveia	Associaçao Desportiva de Palmeiros Sintra	01:19:21	+44:35	07:56	
302	2005	Carla Gomes	A20kms - DM	01:23:23	+48:37	08:20	
303	2011	Jaime Gomes	A20kms - DM	01:23:24	+48:38	08:20	
304	2180	Luísa Evangelista	Individual	01:25:55	+51:09	08:35	
305	2026	Ana Rosário	AS PERIFÉRICAS	01:25:56	+51:10	08:36	
306	2321	Claudia Lourenço	Núcleo Desportivo e Cultural de Odemira	01:28:52	+54:06	08:53	
307	2322	Simão Lourenço	Núcleo Desportivo e Cultural de Odemira	01:28:53	+54:07	08:53	
308	2030	Mário Correia	AS PERIFÉRICAS	01:29:55	+55:09	09:00	
309	2028	Joaquim Pinheiro	AS PERIFÉRICAS	01:29:55	+55:09	09:00	
310	2027	Francisco Baptista	AS PERIFÉRICAS	01:29:55	+55:09	09:00	
311	2029	Luís Colaço	AS PERIFÉRICAS	01:29:57	+55:11	09:00	
312	2014	José Roque	AS PERIFÉRICAS	01:29:58	+55:12	09:00	

20Km de Almeirim
Almeirim, PT
29-October-2023

10K **10 KM**

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	10:00	18.5ºC	97%
End	11:30	17.4ºC	99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Senior Feminino							
1	2330	Kcénia Bougrova	Run Tejo - Prevent Sprain	Senior Feminino	35:57		03:36
2	2137	Inês Pinto	GRECAS - Vagos	Senior Feminino	38:19	+02:22	03:50
3	2000	Rosa Mota	CAP Centro de Atletismo do Porto	Senior Feminino	39:54	+03:57	03:59
4	2142	Helena Moreira	HeCaTEAM	Senior Feminino	44:17	+08:20	04:26
5	2316	Ana Almeida	Linda-A-Pastora Sporting Clube	Senior Feminino	45:52	+09:55	04:35
6	2037	Catarina Palma	Associaçao Desportiva de Palmeiros Sintra	Senior Feminino	45:53	+09:56	04:35
7	2331	Telma Silva	Run Tejo - Prevent Sprain	Senior Feminino	46:16	+10:19	04:38
8	2055	Alexandra Conceiçao	Beja Atletico Clube	Senior Feminino	47:04	+11:07	04:42
9	2036	Ana Mendes	Associaçao Desportiva de Palmeiros Sintra	Senior Feminino	47:34	+11:36	04:45
10	2169	Hélia Santos	Individual	Senior Feminino	49:05	+13:08	04:55
11	2048	Ana Letra	Linda-A-Pastora Sporting Clube	Senior Feminino	49:11	+13:14	04:55
12	2167	Francisca Mendes Cerqueira da Silva Rosas	Individual	Senior Feminino	49:21	+13:24	04:56
13	2317	Joana Ribeiro	Made in Dagorda	Senior Feminino	49:25	+13:27	04:56
14	2206	SUSETE VIEIRA	Individual	Senior Feminino	49:30	+13:33	04:57
15	2196	Patrícia Roque	Individual	Senior Feminino	50:34	+14:37	05:03
16	2074	RAQUEL SILVA	CA VALE FIGUEIRA	Senior Feminino	52:22	+16:25	05:14
17	15	Rute Ferreira	ACPortalegre/UTSM	Senior Feminino	52:34	+16:36	05:15
18	2072	CLARA MINA	CA VALE FIGUEIRA	Senior Feminino	53:05	+17:07	05:18
19	2134	Rita Oliveira	GRCD Leião	Senior Feminino	53:10	+17:13	05:19
20	25	Mariana Grade	Agualva Runners	Senior Feminino	53:42	+17:45	05:22
21	617	Catarina Pereira	NDC Odemira	Senior Feminino	54:21	+18:24	05:26
22	2056	Ana Torradinhas	Bombeiros Voluntários De Montemor-O-Novo	Senior Feminino	54:22	+18:25	05:26
23	2152	Beatriz Staiger Bento	Individual	Senior Feminino	54:36	+18:39	05:28
24	2066	Eunice Cardoso	C.D. "Os Águias" de Alpiarça	Senior Feminino	54:36	+18:39	05:28
25	2168	Helena Maria Matos Jorge	Individual	Senior Feminino	54:38	+18:41	05:28
26	2162	Daniela Bicho	Individual	Senior Feminino	54:49	+18:52	05:29
27	2170	Inês Pereira	Individual	Senior Feminino	54:52	+18:55	05:29
28	2073	CONCEIÇÃO RODRIGUES	CA VALE FIGUEIRA	Senior Feminino	55:07	+19:10	05:31
29	2188	Mariana Mourão	Individual	Senior Feminino	55:25	+19:28	05:33
30	2175	Joana Vilas Boas	Individual	Senior Feminino	55:27	+19:30	05:33
31	2136	Olga Lopes	GRCD Leião	Senior Feminino	55:31	+19:34	05:33
32	2183	MARGARIDA CRUZ	Individual	Senior Feminino	55:39	+19:42	05:34
33	2038	Cristina Cunha	Associaçao Desportiva de Palmeiros Sintra	Senior Feminino	55:40	+19:43	05:34
34	2039	Marla Carvalho	Associaçao Desportiva de Palmeiros Sintra	Senior Feminino	56:06	+20:09	05:37
35	2195	Patrícia Januário	Individual	Senior Feminino	56:16	+20:19	05:38

36	2166	Elisabete Dias	Individual	Senior Feminino	56:33	+20:36	05:39
37	2202	Silvia Baião	Individual	Senior Feminino	56:46	+20:48	05:41
38	2158	Cátia Monteiro	Individual	Senior Feminino	56:47	+20:50	05:41
39	2006	Vânia conde	A20kms - DM	Senior Feminino	56:51	+20:53	05:41
40	2173	Joana Pinto	Individual	Senior Feminino	56:53	+20:56	05:41
41	2147	Ana Gorgueira	Individual	Senior Feminino	57:15	+21:17	05:43
42	2035	ISABEL SANTOS	ASSOCIAÇÃO CULTURAL SAMBRASENSE	Senior Feminino	57:31	+21:34	05:45
43	2067	Marina Marques	C.D. "Os Águias" de Alpiarça	Senior Feminino	57:59	+22:02	05:48
44	2174	Joana Sousa	Individual	Senior Feminino	58:00	+22:02	05:48
45	2192	Marta Pernas	Individual	Senior Feminino	58:00	+22:03	05:48
46	2146	Alexandra Costa Martins Vedor	Individual	Senior Feminino	58:05	+22:07	05:48
47	2182	Margarida André	Individual	Senior Feminino	58:25	+22:28	05:50
48	2148	Ana Jorge	Individual	Senior Feminino	58:48	+22:50	05:53
49	2090	Sónia Costa	CCDTMetroLX	Senior Feminino	58:59	+23:02	05:54
50	2186	Maria João Ferreira	Individual	Senior Feminino	59:10	+23:13	05:55
51	2140	Olga Viana	HCP TEAM	Senior Feminino	59:12	+23:15	05:55
52	276	Sara Catita	Individual	Senior Feminino	59:16	+23:18	05:56
53	2181	Magda Alves	Individual	Senior Feminino	01:00:08	+24:10	06:01
54	2177	Leonor Ferreira	Individual	Senior Feminino	01:00:08	+24:11	06:01
55	2087	Sónia Ferreira	Casa do Benfica em Algueirão Mem-Martins	Senior Feminino	01:00:16	+24:19	06:02
56	2149	Ana Lopes	Individual	Senior Feminino	01:00:24	+24:27	06:02
57	2161	Cláudia Sofia	Individual	Senior Feminino	01:00:29	+24:32	06:03
58	2051	Telma Jesus	Associação Vale Grande	Senior Feminino	01:00:49	+24:52	06:05
59	2163	Daphne van Winkel	Individual	Senior Feminino	01:00:55	+24:57	06:05
60	2325	Catarina Dias	Os Magnificos	Senior Feminino	01:00:57	+25:00	06:06
61	2341	Maria José Barreto	Trail do Texugo	Senior Feminino	01:01:26	+25:29	06:09
62	2151	Ana Rita Silva	Individual	Senior Feminino	01:01:31	+25:34	06:09
63	2144	Adriana Palmeiro	Individual	Senior Feminino	01:01:35	+25:38	06:10
64	2057	Hortense Faria	Bombeiros Voluntários De Montemor-O-Novo	Senior Feminino	01:01:55	+25:57	06:11
65	2190	Mariana Silva	Individual	Senior Feminino	01:02:08	+26:11	06:13
66	101	SÓNIA FERNANDES	CA VALE FIGUEIRA	Senior Feminino	01:02:10	+26:13	06:13
67	2336	Sónia Borrego	Slowrunners	Senior Feminino	01:02:25	+26:28	06:15
68	2004	Ricardo Silva	A20kms - DM	Senior Feminino	01:02:50	+26:53	06:17
69	2145	Alexandra Barros	Individual	Senior Feminino	01:02:53	+26:55	06:17
70	2347	Filipa Vicente	ALEBS - SA	Senior Feminino	01:04:32	+28:34	06:27
71	2165	Elisa Alves	Individual	Senior Feminino	01:04:39	+28:42	06:28
72	2171	Irene Santos	Individual	Senior Feminino	01:05:08	+29:11	06:31
73	2053	Vânia Ramalho	Barrocal Team	Senior Feminino	01:05:36	+29:39	06:34
74	2191	Marisa Freitas	Individual	Senior Feminino	01:05:51	+29:53	06:35
75	2204	Susana Fidalgo	Individual	Senior Feminino	01:05:51	+29:54	06:35
76	2001	Ana Carvalho	Borrego Leonor	Senior Feminino	01:06:21	+30:23	06:38
77	2058	Vitória Courelas	Bombeiros Voluntários De Montemor-O-Novo	Senior Feminino	01:06:37	+30:40	06:40
78	2107	Rozitta Silva	CUA Benaventense - 3B Triatlo	Senior Feminino	01:07:02	+31:05	06:42
79	2106	Ana Cláudia Ferreira	CUA Benaventense - 3B Triatlo	Senior Feminino	01:07:17	+31:20	06:44

80	2179	Liliana Florêncio	Individual	Senior Feminino	01:07:32	+31:35	06:45
81	2318	Mariana Diniz	MADRUGAS DE ALMEIRIM RUNNING TEAM	Senior Feminino	01:07:38	+31:41	06:46
82	2194	Patrícia Henriques	Individual	Senior Feminino	01:07:39	+31:42	06:46
83	2155	CARLA GUERREIRO	Individual	Senior Feminino	01:07:47	+31:50	06:47
84	2197	Paula Oliveira	Individual	Senior Feminino	01:07:53	+31:56	06:47
85	2160	Cláudia Nunes	Individual	Senior Feminino	01:08:05	+32:08	06:49
86	2153	Carina Amaro	Individual	Senior Feminino	01:08:25	+32:28	06:50
87	2184	Margarida Pereira	Individual	Senior Feminino	01:08:50	+32:53	06:53
88	2116	Filipa Oliveira	GDGRAÇADODIVOR	Senior Feminino	01:09:12	+33:15	06:55
89	2187	Mariana Cocharro	Individual	Senior Feminino	01:11:00	+35:02	07:06
90	2327	Josélia Almeida	Os Pilritos	Senior Feminino	01:11:10	+35:13	07:07
91	2050	Salete Borges	Associação Trilhos de Viana	Senior Feminino	01:11:11	+35:14	07:07
92	2203	Sílvia Alexandra Ferreira	Individual	Senior Feminino	01:12:48	+36:50	07:17
93	2176	Kristina Kay Hookom	Individual	Senior Feminino	01:12:49	+36:52	07:17
94	2200	Sandra Guerreiro	Individual	Senior Feminino	01:15:26	+39:29	07:33
95	2157	Catarina Pinto	Individual	Senior Feminino	01:15:39	+39:42	07:34
96	2164	Diana Flor	Individual	Senior Feminino	01:16:57	+41:00	07:42
97	2207	Vania isabel jesus Martins	Individual	Senior Feminino	01:17:56	+41:59	07:48
98	2005	Carla Gomes	A20kms - DM	Senior Feminino	01:23:23	+47:26	08:20
99	2180	Luísa Evangelista	Individual	Senior Feminino	01:25:55	+49:58	08:35
100	2026	Ana Rosário	AS PERIFÉRICAS	Senior Feminino	01:25:56	+49:59	08:36
101	2321	Claudia Lourenço	Núcleo Desportivo e Cultural de Odemira	Senior Feminino	01:28:52	+52:55	08:53

Senior Masculino

1	2340	Ricardo Ceia	Sporting Clube de Casainhos	Senior Masculino	34:46		03:29
2	2133	Ruben Parreira	GFD Running	Senior Masculino	35:22	+00:35	03:32
3	2246	Jesus Oliveira	Individual	Senior Masculino	35:31	+00:44	03:33
4	2310	Tiago Leal	Individual	Senior Masculino	35:49	+01:02	03:35
5	203	FRANCISCO PEDRO	GDRC Ponterrolense	Senior Masculino	36:00	+01:13	03:36
6	2292	Ricardo Alexandre dos Santos	Individual	Senior Masculino	36:10	+01:23	03:37
7	2108	Nuno Oliveira	CUA Benaventense - 3B Triatlo	Senior Masculino	36:15	+01:28	03:37
8	2334	Nuno Fernandes	Run Tejo - Prevent Sprain	Senior Masculino	36:23	+01:36	03:38
9	2138	Domingos Martins	GRECAS - Vagos	Senior Masculino	36:49	+02:02	03:41
10	2302	Rui Ricardo Piteira Rebocho	Individual	Senior Masculino	36:50	+02:03	03:41
11	2348	António Sousa	GFD Running	Senior Masculino	36:56	+02:09	03:42
12	2114	Hugo Filipe dos Santos Gonçalves	G.R.D. "Os Fixes"	Senior Masculino	37:03	+02:17	03:42
13	609	Nuno Romão	GFD Running	Senior Masculino	37:14	+02:27	03:43
14	2113	Jorge santos	Escola de atletismo de Coimbra JP	Senior Masculino	37:18	+02:31	03:44
15	2129	PEDRO PORFÍRIO	GDRC Ponterrolense	Senior Masculino	37:25	+02:38	03:45
16	2045	Jorge Pardal	Associaçao Desportiva de Palmeiros Sintra	Senior Masculino	37:42	+02:55	03:46
17	2042	David Karin	Associaçao Desportiva de Palmeiros Sintra	Senior Masculino	37:51	+03:04	03:47
18	2283	Nuno Naia	Individual	Senior Masculino	38:00	+03:14	03:48

19	2041	Bruno Sousa	Associaçao Desportiva de Palmeiros Sintra	Senior Masculino	38:01	+03:14	03:48
20	2228	Dmytro Semenyuk	Individual	Senior Masculino	38:18	+03:31	03:50
21	541	Peter Knight	Núcleo Desportivo e Cultural de Odemira	Senior Masculino	38:20	+03:33	03:50
22	2127	PATRICK LIMA	GDRC Ponterrolense	Senior Masculino	38:41	+03:54	03:52
23	2143	Nuno Silva	HeCaTEAM	Senior Masculino	38:42	+03:55	03:52
24	2122	JOAQUIM LEAL	GDRC Ponterrolense	Senior Masculino	39:36	+04:49	03:58
25	2332	Carlos Canha	Run Tejo - Prevent Sprain	Senior Masculino	39:39	+04:52	03:58
26	2350	ERNESTO FERREIRA	GFD Running	Senior Masculino	39:40	+04:53	03:58
27	2119	FERNANDO SILVA	GDRC Ponterrolense	Senior Masculino	39:54	+05:08	03:59
28	2329	Sérgio Pacheco	Peniche a Correr	Senior Masculino	40:13	+05:26	04:01
29	2079	RAFAEL SALGADO	CA VALE FIGUEIRA	Senior Masculino	41:03	+06:16	04:06
30	2227	Diogo Gonçalves	Individual	Senior Masculino	41:58	+07:12	04:12
31	2126	LYAZIDE IMGHARENE	GDRC Ponterrolense	Senior Masculino	42:16	+07:30	04:14
32	366	Tiago Quitério	Individual	Senior Masculino	42:19	+07:32	04:14
33	2120	JAKE CUSH	GDRC Ponterrolense	Senior Masculino	42:25	+07:38	04:14
34	2125	LUIS FRANCO	GDRC Ponterrolense	Senior Masculino	42:26	+07:40	04:15
35	2335	Rafael Gomes	Run Tejo - Prevent Sprain	Senior Masculino	42:31	+07:44	04:15
36	2131	António Silva	GFD Running	Senior Masculino	42:32	+07:46	04:15
37	2040	Alexandre Costa	Associaçao Desportiva de Palmeiros Sintra	Senior Masculino	42:50	+08:04	04:17
38	2312	Vasco Galvão	Individual	Senior Masculino	42:55	+08:08	04:17
39	2226	Dinis Pedralva	Individual	Senior Masculino	42:56	+08:09	04:18
40	2101	Marco Franco	Clube de Atletismo de Ferreira do Zêzere	Senior Masculino	43:04	+08:17	04:18
41	2117	ANTÓNIO AGUIAR	GDRC Ponterrolense	Senior Masculino	43:20	+08:33	04:20
42	2349	DANIEL FERREIRA	GFD Running	Senior Masculino	43:27	+08:40	04:21
43	2020	Joaquim Barbas	ACPortalegre/UTSM	Senior Masculino	43:31	+08:44	04:21
44	2224	David SImoes	Individual	Senior Masculino	43:40	+08:54	04:22
45	2234	Flávio Carvalho	Individual	Senior Masculino	43:44	+08:58	04:22
46	2076	DANIEL MARTINS	CA VALE FIGUEIRA	Senior Masculino	43:49	+09:03	04:23
47	2264	Jose Proença	Individual	Senior Masculino	44:03	+09:16	04:24
48	381	Filipe Oliveira	Individual	Senior Masculino	44:29	+09:42	04:27
49	2311	Tomé Ferreira	Individual	Senior Masculino	44:30	+09:44	04:27
50	2265	Juvenal Silva	Individual	Senior Masculino	44:38	+09:51	04:28
51	2324	Artur Jorge Gonçalves Carvalho	Os galgos	Senior Masculino	44:46	+09:59	04:29
52	2043	Jaime Pinto	Associaçao Desportiva de Palmeiros Sintra	Senior Masculino	44:46	+09:59	04:29
53	2295	Ricardo Jorge	Individual	Senior Masculino	45:01	+10:14	04:30
54	2128	PEDRO ANTUNES	GDRC Ponterrolense	Senior Masculino	45:06	+10:19	04:31
55	2309	Tiago Castanheira	Individual	Senior Masculino	45:08	+10:22	04:31
56	2288	Pedro Marques	Individual	Senior Masculino	45:10	+10:24	04:31
57	2263	José Passos	Individual	Senior Masculino	45:11	+10:24	04:31
58	2244	ILISITO FERREIRA	Individual	Senior Masculino	45:34	+10:48	04:33
59	2063	António Pais	C.C.D. "O ALVITEJO "	Senior Masculino	45:42	+10:55	04:34
60	2132	Hélio Sales	GFD Running	Senior Masculino	46:14	+11:27	04:37
61	2124	JOSÉ LEMOS	GDRC Ponterrolense	Senior Masculino	46:28	+11:41	04:39

62	2044	Jorge Alves	Associaçao Desportiva de Palmeiros Sintra	Senior Masculino	46:31	+11:44	04:39
63	2009	Frederico Russo	A20kms - DM	Senior Masculino	46:49	+12:03	04:41
64	2280	Miguel Vasconcelos	Individual	Senior Masculino	46:59	+12:12	04:42
65	2008	Francisco Bento	A20kms - DM	Senior Masculino	47:04	+12:17	04:42
66	2219	carlos Rosado	Individual	Senior Masculino	47:06	+12:19	04:43
67	2245	jaime mestre	Individual	Senior Masculino	47:34	+12:47	04:45
68	2077	DIOGO PINHEIRO	CA VALE FIGUEIRA	Senior Masculino	47:49	+13:02	04:47
69	2089	Jorge Santos	Casa do Benfica em Algueirão Mem-Martins	Senior Masculino	47:51	+13:05	04:47
70	2061	José Caravela	Bombeiros Voluntários De Montemor-O-Novo	Senior Masculino	48:05	+13:18	04:48
71	440	Jorge Aldeias	Individual	Senior Masculino	48:21	+13:34	04:50
72	2097	Álvaro Góis	CLAC Entroncamento	Senior Masculino	48:24	+13:38	04:50
73	2112	Ivo David	Dura F1 Cycling Team	Senior Masculino	48:29	+13:42	04:51
74	2251	João Manuel Teixeira Governo Gregório	Individual	Senior Masculino	48:40	+13:53	04:52
75	2015	Pedro Borrego	A20kms - DM	Senior Masculino	48:52	+14:05	04:53
76	2342	Nuno Miguel Correia	Trail do Texugo	Senior Masculino	48:57	+14:10	04:54
77	2017	Pedro Martim Ferro Figueiredo	A20kms - DM	Senior Masculino	49:01	+14:14	04:54
78	2054	Joao Fernandes	BEJA	Senior Masculino	49:10	+14:23	04:55
79	2025	Tiago Reis	ALEBS - SA	Senior Masculino	49:12	+14:25	04:55
80	2021	Rui Miguel Friezas Aldeano	ADR O Relâmpagp	Senior Masculino	49:24	+14:37	04:56
81	2323	Gustavo Almeida	Ora Nutri	Senior Masculino	49:25	+14:38	04:57
82	2285	PAULO PRINO	Individual	Senior Masculino	49:31	+14:44	04:57
83	2052	Gonçalo Rodrigues	Associação Vale Grande	Senior Masculino	49:33	+14:47	04:57
84	337	Diogo Lopes	Individual	Senior Masculino	49:59	+15:12	05:00
85	2216	Bruno Manuel Marques Andrade Nunes	Individual	Senior Masculino	50:01	+15:14	05:00
86	2115	Joao marques	GDC FOROS DO ARRÃO	Senior Masculino	50:17	+15:30	05:02
87	2013	Mário José Carvalho Casemiro Figueiredo	A20kms - DM	Senior Masculino	50:22	+15:35	05:02
88	2214	António Jose Canas Lopes	Individual	Senior Masculino	50:25	+15:38	05:02
89	2104	Bruno Rodrigues	Clube Raquel Cabaço	Senior Masculino	50:31	+15:44	05:03
90	2023	luis ferreira	alcobela	Senior Masculino	50:31	+15:44	05:03
91	2118	ANTÓNIO INÁCIO	GDRC Ponterrolense	Senior Masculino	50:34	+15:48	05:03
92	2259	Joaquim Manuel santana batista	Individual	Senior Masculino	50:37	+15:50	05:04
93	2270	Luís Filipe Duarte	Individual	Senior Masculino	50:39	+15:52	05:04
94	2255	João Veiga	Individual	Senior Masculino	51:02	+16:16	05:06
95	2081	PEDRO PINTO	CAJ Raposa	Senior Masculino	51:12	+16:25	05:07
96	2223	DAVID SANTOS	Individual	Senior Masculino	51:21	+16:34	05:08
97	2305	Rui Vasconcelos	Individual	Senior Masculino	51:31	+16:44	05:09
98	2320	José Ferreira	Núcleo Desportivo e Cultural de Odemira	Senior Masculino	51:34	+16:47	05:09
99	2235	Flávio Rodrigues	Individual	Senior Masculino	51:36	+16:49	05:10
100	2261	Jorge Bruno Barbosa	Individual	Senior Masculino	51:46	+16:59	05:11
101	2024	Hugo Silva	ALEBS - SA	Senior Masculino	51:58	+17:12	05:12
102	2016	Pedro Figueiredo	A20kms - DM	Senior Masculino	51:58	+17:12	05:12
103	2012	Joao Carlos Martins Ferreirinho	A20kms - DM	Senior Masculino	51:59	+17:12	05:12

104	2033	Diogo Caniço	Associação 20Kms de Almeirim	Senior Masculino	52:02	+17:15	05:12
105	2215	Bruno Lopes	Individual	Senior Masculino	52:22	+17:35	05:14
106	2003	Antonio Cebola	A TEAM AGEAS	Senior Masculino	52:37	+17:50	05:16
107	2062	Manuel António	Bombeiros Voluntários De Montemor-O-Novo	Senior Masculino	52:44	+17:58	05:16
108	2247	João Afonso	Individual	Senior Masculino	52:48	+18:01	05:17
109	2022	jose ferreira	alcobela	Senior Masculino	52:59	+18:12	05:18
110	138	João Soares	Casa do Benfica em Algueirão Mem-Martins	Senior Masculino	53:04	+18:17	05:18
111	483	Manuel Francisco Barradas Russo	Individual	Senior Masculino	53:13	+18:26	05:19
112	2248	João Correia	Individual	Senior Masculino	53:31	+18:44	05:21
113	2031	Paulo Cesário	AS PERIFÉRICAS	Senior Masculino	53:37	+18:51	05:22
114	2256	Joaquim António Mendes Viana	Individual	Senior Masculino	54:12	+19:25	05:25
115	2308	Telmo Silva Marques	Individual	Senior Masculino	54:35	+19:48	05:27
116	2070	Rodrigo Prudêncio	C.D. "Os Águias" de Alpiarça	Senior Masculino	54:47	+20:01	05:29
117	2071	Jorge Agostinho	CA Barreira	Senior Masculino	54:47	+20:01	05:29
118	2253	João Ribeiro	Individual	Senior Masculino	55:01	+20:15	05:30
119	2249	João Filipe Santos Quina Bento	Individual	Senior Masculino	55:01	+20:15	05:30
120	2075	ANTÓNIO CAMACHO	CA VALE FIGUEIRA	Senior Masculino	55:07	+20:20	05:31
121	2337	José Luís Martins	Slowrunners	Senior Masculino	55:08	+20:21	05:31
122	2290	Pedro Pereira	Individual	Senior Masculino	55:28	+20:41	05:33
123	2135	João Vale	GRCD Leião	Senior Masculino	55:49	+21:03	05:35
124	2049	Rui Palma	Associaçao Desportiva de Palmeiros Sintra	Senior Masculino	56:06	+21:19	05:37
125	2229	Duarte Bento	Individual	Senior Masculino	56:18	+21:31	05:38
126	2343	joaquim crispim	UDCA	Senior Masculino	56:22	+21:35	05:38
127	2266	Leonardo Galardo	Individual	Senior Masculino	56:34	+21:47	05:39
128	2319	HUMBERTO CARLOS DA COSTA DAS NEVES	MADRUGAS DE ALMEIRIM RUNNING TEAM	Senior Masculino	56:39	+21:52	05:40
129	2094	Joao Paulo Luis	Chester´s Team	Senior Masculino	56:39	+21:53	05:40
130	2273	Luís Nuno Nuno Ferreira André	Individual	Senior Masculino	56:40	+21:53	05:40
131	2344	MANUEL CRISPIM	UDCA	Senior Masculino	56:46	+22:00	05:41
132	2010	Gonçalo Fortunato	A20kms - DM	Senior Masculino	56:50	+22:03	05:41
133	2019	Vasco Galão	A20kms - DM	Senior Masculino	56:50	+22:04	05:41
134	2313	Virgílio Pinto	Individual	Senior Masculino	56:53	+22:06	05:41
135	2300	Rui Filipe Catalão	Individual	Senior Masculino	57:03	+22:16	05:42
136	2141	Hugo Pereira	HCP TEAM	Senior Masculino	57:07	+22:21	05:43
137	2287	Pedro Lopes	Individual	Senior Masculino	57:38	+22:52	05:46
138	2294	Ricardo Frade	Individual	Senior Masculino	58:01	+23:14	05:48
139	2306	Samuel José Cruz Martins	Individual	Senior Masculino	58:05	+23:18	05:48
140	2276	Márcio Pereira	Individual	Senior Masculino	58:12	+23:25	05:49
141	2315	Diogo Vieira	Lagos a Correr	Senior Masculino	58:37	+23:50	05:52
142	2296	Ricardo Ribeiro Alves	Individual	Senior Masculino	58:39	+23:53	05:52
143	2232	Fernando Barros	Individual	Senior Masculino	58:42	+23:55	05:52
144	2237	FREDERICO OLIVEIRA	Individual	Senior Masculino	58:55	+24:08	05:53
145	2269	Luís Castilho	Individual	Senior Masculino	58:57	+24:10	05:54
146	2007	Bruno Caipira	A20kms - DM	Senior Masculino	59:04	+24:17	05:54
147	2230	Emanuel Pires	Individual	Senior Masculino	59:10	+24:23	05:55

148	2271	LUÍS GOMES	Individual	Senior Masculino	59:17	+24:31	05:56
149	2279	MIGUEL MATOS	Individual	Senior Masculino	59:18	+24:31	05:56
150	2301	Rui Manuel Almeida da Silva Tomaz	Individual	Senior Masculino	59:18	+24:31	05:56
151	2236	Francisco Costa	Individual	Senior Masculino	59:22	+24:35	05:56
152	2274	Malcolm Paul Barber	Individual	Senior Masculino	59:27	+24:40	05:57
153	2092	Rui Manuel Pastor	CCDTMetroLX	Senior Masculino	01:00:05	+25:18	06:01
154	2095	Rui Oscar	Chester´s Team	Senior Masculino	01:00:07	+25:20	06:01
155	2352	Luís Lopes	Panela Mágica	Senior Masculino	01:00:07	+25:21	06:01
156	2209	Américo da Silva Duarte	Individual	Senior Masculino	01:00:08	+25:21	06:01
157	2123	JOSÉ CARIA	GDRC Ponterrolense	Senior Masculino	01:00:13	+25:26	06:01
158	2286	Paulo Santos	Individual	Senior Masculino	01:00:25	+25:38	06:03
159	162	GILBERTO GONÇALVES	Clube Atletismo Amigos de Belém	Senior Masculino	01:00:26	+25:39	06:03
160	350	José silva	Individual	Senior Masculino	01:00:28	+25:41	06:03
161	2069	Miguel Moreira	C.D. "Os Águias" de Alpiarça	Senior Masculino	01:00:52	+26:06	06:05
162	2326	Raimundo Cabral	Os Magnificos	Senior Masculino	01:00:57	+26:10	06:06
163	2064	José Maia	C.C.D. "O ALVITEJO "	Senior Masculino	01:01:04	+26:17	06:06
164	2275	Manuel Marchante	Individual	Senior Masculino	01:01:31	+26:44	06:09
165	2258	joaquim Manue Sampaio Tome	Individual	Senior Masculino	01:02:26	+27:39	06:15
166	2267	Luís Anacketo	Individual	Senior Masculino	01:02:47	+28:00	06:17
167	2218	Carlos Rodrigues	Individual	Senior Masculino	01:02:47	+28:00	06:17
168	2080	Virgilio Nascimento	CA VALE FIGUEIRA	Senior Masculino	01:02:52	+28:06	06:17
169	2272	Luis Miguel Bizarro	Individual	Senior Masculino	01:03:12	+28:26	06:19
170	523	Duarte Almeida	Marmotejo	Senior Masculino	01:03:19	+28:32	06:20
171	2339	Paulo Silva	Somos Disto	Senior Masculino	01:03:30	+28:43	06:21
172	2284	Paulo Goulão	Individual	Senior Masculino	01:03:34	+28:47	06:21
173	2298	Rui Alves	Individual	Senior Masculino	01:04:39	+29:52	06:28
174	2211	António Caneira	Individual	Senior Masculino	01:05:01	+30:14	06:30
175	2103	jorge paulino	Clube Desportivo de Mafra	Senior Masculino	01:05:25	+30:38	06:33
176	2102	diamantino albuquerque	Clube Desportivo de Mafra	Senior Masculino	01:05:26	+30:39	06:33
177	2299	Rui Ferreira	Individual	Senior Masculino	01:05:33	+30:46	06:33
178	2262	Jose Maria Esteves Pardal	Individual	Senior Masculino	01:05:48	+31:01	06:35
179	2346	António Balbi	A20kms - DM	Senior Masculino	01:05:49	+31:02	06:35
180	2002	Hugo Mendes	Borrego Leonor	Senior Masculino	01:06:21	+31:34	06:38
181	2139	Paulo Jose Silva Coelho	GRUPO DESPORTIVO SANTANDER TOTTA	Senior Masculino	01:07:07	+32:20	06:43
182	2257	Joaquim Guerreiro	Individual	Senior Masculino	01:07:47	+33:01	06:47
183	2221	carlos seco	Individual	Senior Masculino	01:08:02	+33:15	06:48
184	2233	Fernando Ferreira	Individual	Senior Masculino	01:08:05	+33:18	06:48
185	2239	Gonçalo Midões	Individual	Senior Masculino	01:08:39	+33:52	06:52
186	2225	Digelson Pereira	Individual	Senior Masculino	01:11:11	+36:24	07:07
187	2068	António Moreira	C.D. "Os Águias" de Alpiarça	Senior Masculino	01:11:26	+36:39	07:09
188	223	Fábio Pio Antãodo Rosário Dias	GRUPO DESPORTIVO SANTANDER TOTTA	Senior Masculino	01:11:45	+36:58	07:11
189	2091	Orlando Sousa	CCDTMetroLX	Senior Masculino	01:11:46	+36:59	07:11
190	2278	Miguel Filipe de Azevedo Simas Rafael	Individual	Senior Masculino	01:11:48	+37:01	07:11
191	2243	Humberto Rafael	Individual	Senior Masculino	01:11:49	+37:02	07:11
192	2303	Rui Soares	Individual	Senior Masculino	01:12:21	+37:35	07:14

10K

10 KM

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OFFICIAL RESULT

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193	2281	Nuno Botelho	Individual	Senior Masculino	01:12:21	+37:35	07:14
194	2078	JOSÉ LINDO	CA VALE FIGUEIRA	Senior Masculino	01:12:26	+37:40	07:15
195	2242	Helder Figueiredo	Individual	Senior Masculino	01:12:47	+38:01	07:17
196	2293	Ricardo Fonseca	Individual	Senior Masculino	01:12:57	+38:11	07:18
197	522	Luis Fidalgo	Marmotejo	Senior Masculino	01:13:12	+38:25	07:19
198	2307	Samuel Joaquim	Individual	Senior Masculino	01:14:00	+39:13	07:24
199	2345	Manuel Azevedo	Veteranos de Massamá	Senior Masculino	01:14:27	+39:40	07:27
200	2353	Ordélio Silva	Individual	Senior Masculino	01:15:35	+40:49	07:34
201	2250	João Luís Frade Cajeira	Individual	Senior Masculino	01:15:46	+40:59	07:35
202	2231	Fernandes Teles	Individual	Senior Masculino	01:17:41	+42:54	07:46
203	2088	Albino Neiva	Casa do Benfica em Algueirão Mem-Martins	Senior Masculino	01:18:50	+44:04	07:53
204	2047	Marco Gouveia	Associaçao Desportiva de Palmeiros Sintra	Senior Masculino	01:19:21	+44:35	07:56
205	2011	Jaime Gomes	A20kms - DM	Senior Masculino	01:23:24	+48:37	08:20
206	2322	Simão Lourenço	Núcleo Desportivo e Cultural de Odemira	Senior Masculino	01:28:53	+54:06	08:53
207	2030	Mário Correia	AS PERIFÉRICAS	Senior Masculino	01:29:55	+55:08	09:00
208	2028	Joaquim Pinheiro	AS PERIFÉRICAS	Senior Masculino	01:29:55	+55:09	09:00
209	2027	Francisco Baptista	AS PERIFÉRICAS	Senior Masculino	01:29:55	+55:09	09:00
210	2029	Luís Colaço	AS PERIFÉRICAS	Senior Masculino	01:29:57	+55:10	09:00
211	2014	José Roque	AS PERIFÉRICAS	Senior Masculino	01:29:58	+55:11	09:00

TEAM RESULTS - 20K

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

RANK	TEAM	DESCRIPTION	POINTS
1	ASSOCIAÇAO DESPORTIVA DE PALMEIROS SINTRA	1 + 14 + 22 + 23	60
2	ASSOCIAÇÃO 20KMS DE ALMEIRIM	16 + 35 + 44 + 54	149
3	CCD SINTRENSE	11 + 12 + 13 + 134	170
4	LINDA-A-PASTORA SPORTING CLUBE	15 + 33 + 61 + 159	268
5	GFD RUNNING	9 + 36 + 139 + 150	334
6	CA VALE FIGUEIRA	47 + 82 + 122 + 154	405
7	ACPORTALEGRE/UTSM	59 + 124 + 155 + 199	537
8	AGUALVA RUNNERS	129 + 130 + 157 + 166	582
9	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	116 + 127 + 146 + 228	617
10	CUA BENAVENTENSE - 3B TRIATLO	32 + 99 + 255 + 265	651
11	C.D. "OS ÁGUIAS" DE ALPIARÇA	119 + 153 + 185 + 206	663
12	CÂMARA LISBOA CLUBE	72 + 220 + 222 + 256	770
13	CASA DO BENFICA EM ALGUEIRÃO MEM-MARTINS	141 + 208 + 209 + 227	785
14	CHESTER´S TEAM	176 + 385 + 393 + 466	1420
15	GRUPO DESPORTIVO ÁGUIAS DA MOITA	254 + 417 + 429 + 463	1563

20Km de Almeirim
Almeirim, PT
29-October-2023

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OFFICIAL RESULT

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10K | Grupo 1 | Senior Masculino — 10000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	440	Jorge Aldeias	Individual	Senior Masculino	48:21		04:50
2	337	Diogo Lopes	Individual	Senior Masculino	49:59	+01:38	05:00
3	483	Manuel Francisco Barradas Russo	Individual	Senior Masculino	53:13	+04:51	05:19
4	523	Duarte Almeida	Marmotejo	Senior Masculino	01:03:19	+14:58	06:20
5	522	Luis Fidalgo	Marmotejo	Senior Masculino	01:13:12	+24:50	07:19

20K | Grupo 1 | Senior Masculino — 20000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	238	Carlos Pedro	Individual	Senior Masculino	01:19:14		03:58
2	258	Luís Castro	Individual	Senior Masculino	01:23:08	+03:53	04:09
3	250	Gheorghe Mamaliga	Individual	Senior Masculino	01:28:39	+09:24	04:26
4	267	Tiago Marques Bruno	Individual	Senior Masculino	01:33:24	+14:09	04:40
5	256	João Rui Moço Freire	Individual	Senior Masculino	01:33:25	+14:10	04:40
6	621	Duarte Lopes	Individual	Senior Masculino	01:42:27	+23:13	05:07
7	45	António Cavaleiro	Associação 20Kms de Almeirim	Senior Masculino	01:45:03	+25:48	05:15
8	620	João Rafael	Individual	Senior Masculino	01:48:00	+28:45	05:24
9	245	Diogo Jerónimo	Individual	Senior Masculino	01:55:35	+36:21	05:47
10	599	Fábio Abreu	AS PERIFÉRICAS	Senior Masculino	01:56:09	+36:54	05:48

20K | Grupo 1 | Veterana F40 — 20000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	279	Dora Santos	Individual	Veterana F40	01:35:27		04:46
2	278	Andreia Roque	Individual	Veterana F40	01:58:14	+22:46	05:55
3	8	Ana Rodrigues	A20kms - DM	Veterana F40	02:00:13	+24:45	06:01
4	46	Mónica Apolinário	Associação 20Kms de Almeirim	Veterana F40	02:05:23	+29:55	06:16
5	281	LAURA ROSÁRIO	Individual	Veterana F40	02:11:33	+36:06	06:35

20K | Grupo 1 | Veterana F45 — 20000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	286	Ana Bento	Individual	Veterana F45	02:05:22		06:16

20K | Grupo 1 | Veterano M35 — 20000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	47	David Alfaiate	Associação 20Kms de Almeirim	Veterano M35	01:13:30		03:40

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OFFICIAL RESULT

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2	50	Tiago Andrónico	Associação 20Kms de Almeirim	Veterano M35	01:16:56	+03:25	03:51
3	305	Diogo Santos	Individual	Veterano M35	01:22:56	+09:26	04:09
4	327	Vitor Gomes	Individual	Veterano M35	01:23:59	+10:29	04:12
5	49	Rodrigo Galão	Associação 20Kms de Almeirim	Veterano M35	01:26:38	+13:08	04:20
6	318	Pedro Miguel da Silva Ferreira	Individual	Veterano M35	01:31:27	+17:57	04:34
7	309	Joao Aranha	Individual	Veterano M35	01:42:09	+28:39	05:06
8	603	João Madeira	A20kms - DM	Veterano M35	01:59:54	+46:24	06:00
9	48	João Silva	Associação 20Kms de Almeirim	Veterano M35	02:02:17	+48:46	06:07

20K | Grupo 1 | Veterano M40 — 20000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	53	Filipe Torres	Associação 20Kms de Almeirim	Veterano M40	01:18:55		03:57
2	51	Alexandre Diniz	Associação 20Kms de Almeirim	Veterano M40	01:24:40	+05:45	04:14
3	340	Filipe Evangelista	Individual	Veterano M40	01:26:35	+07:39	04:20
4	517	João Luís Neves Simões	MADRUGAS DE ALMEIRIM RUNNING TEAM	Veterano M40	01:31:56	+13:00	04:36
5	361	Rui Lopes Pedro	Individual	Veterano M40	01:42:10	+23:14	05:06
6	43	Nuno Leonor	As 19h15 na rotunda	Veterano M40	01:50:29	+31:34	05:31
7	353	Pedro Al meida Alves	Individual	Veterano M40	01:50:34	+31:38	05:32
8	356	Ricardo Flores	Individual	Veterano M40	01:52:30	+33:35	05:38
9	54	João Cavaleiro	Associação 20Kms de Almeirim	Veterano M40	02:05:23	+46:27	06:16

20K | Grupo 1 | Veterano M45 — 20000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	56	João Mota	Associação 20Kms de Almeirim	Veterano M45	01:20:54		04:03
2	55	Carlos Jesus	Associação 20Kms de Almeirim	Veterano M45	01:30:19	+09:24	04:31
3	518	Vasco Miguel Fortunato Carvalho	MADRUGAS DE ALMEIRIM RUNNING TEAM	Veterano M45	01:30:25	+09:30	04:31
4	553	Marco Jacinto	Panela Mágica	Veterano M45	01:36:56	+16:02	04:51
5	399	Nuno Pires	Individual	Veterano M45	01:38:10	+17:16	04:54
6	411	Pedro Rodrigues da Sliva Correia	Individual	Veterano M45	01:40:15	+19:20	05:01
7	397	Nuno Lopes	Individual	Veterano M45	01:49:13	+28:19	05:28
8	387	Hugo Miguel az Monteiro Céu Pereira	Individual	Veterano M45	01:51:34	+30:40	05:35
9	526	Rui Magalhães	Marmotejo	Veterano M45	01:53:13	+32:18	05:40

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

OFFICIAL RESULT

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

10	156	Jorge Duarte	Chester´s Team	Veterano M45	01:54:37	+33:42	05:44

20K | Grupo 1 | Veterano M50 — 20000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	427	César Gomes	Individual	Veterano M50	01:24:38		04:14
2	554	João Carvalho Esteves	Panela Mágica	Veterano M50	01:36:56	+12:17	04:51
3	443	José Branco	Individual	Veterano M50	01:53:45	+29:07	05:41

20K | Grupo 1 | Veterano M55 — 20000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	519	ANTÓNIO MIGUEL MINDRICO PEREIRA	MADRUGAS DE ALMEIRIM RUNNING TEAM	Veterano M55	01:22:28		04:07
2	57	Paulo Eduardo Zambujinho Ferreira Mendes	Associação 20Kms de Almeirim	Veterano M55	01:33:08	+10:39	04:39
3	480	Jorge Polidoro	Individual	Veterano M55	01:35:51	+13:22	04:48
4	477	João António Rodrigues	Individual	Veterano M55	01:44:20	+21:51	05:13
5	488	Rui Manuel Farinha Freire Rodrigues	Individual	Veterano M55	01:45:35	+23:06	05:17
6	527	Jóse Teodósio	Marmotejo	Veterano M55	01:49:13	+26:44	05:28

20K | Grupo 1 | Veterano M60 — 20000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	158	Vitor Lopes	Chester´s Team	Veterano M60	01:32:58		04:39
2	500	Vitor Martins	Individual	Veterano M60	01:44:03	+11:04	05:12
3	157	Fernando Verissimo	Chester´s Team	Veterano M60	01:53:10	+20:12	05:40
4	493	Carlos Garcia	Individual	Veterano M60	02:05:56	+32:57	06:18

20K | Grupo 1 | Veterano M65 — 20000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	528	Manuel Almeida	Marmotejo	Veterano M65	01:43:52		05:12
2	505	João Carvalho Jacinto	Individual	Veterano M65	01:45:40	+01:48	05:17
3	507	Jose Mendes	Individual	Veterano M65	01:49:05	+05:12	05:27