

7500M - STAGE 1

7500 METERS

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

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

	Time	Temperature	Humidity
Start	11:00	21,4°C	25%
End	13:04	23,2°C	29%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	45	CAMPOS, Tiago Filipe	Rio Maior	01:31:50.3		12:15	
2	53	CARDOSO, Diogo Santos	Sporting	01:31:53.4	+00:03	12:15	
3	23	SANTOS, Ricardo Matias	CPFZ - Natacao	01:31:55.5	+00:06	12:15	
4	42	ANDRE, Angelica Maria	Porto	01:31:56.7	+00:07	12:16	
5	46	ROSA, Mafalda Sofia	Rio Maior	01:31:59.3	+00:09	12:16	
6	37	SARREIRA, Tomas Amor	Nautico Marinha Grande	01:34:53.3	+03:03	12:39	
7	40	LOUREIRO, Bruno Silva	Porto	01:35:08.4	+03:18	12:41	
8	17	CARDOSO, Guilherme Maia	Columbofila Cantanhedense	01:35:08.7	+03:19	12:41	
9	55	MARQUES, Gustavo Pires	Uniao Coimbra	01:35:29.7	+03:40	12:44	
10	28	GOURSON, Margaux Verger	Fluvial Portuense	01:39:02.8	+07:13	13:12	
11	31	FOMIN, Yury	Louletano / Loule Concelho	01:39:17.3	+07:27	13:14	
12	14	SOUSA, Joao Maria	Braga	01:39:19.9	+07:30	13:15	
13	54	MENDES, Mariana Amaral	Sporting	01:39:20.2	+07:30	13:15	
14	30	FRAZAO, Francisco Couto	Individual ANC	01:39:25.3	+07:35	13:15	
15	52	VIANA, Carolina Pereira	Sporting	01:39:28.2	+07:38	13:16	
16	34	OLIVEIRA, Marco Dimitar	Nautico Academico	01:39:45.7	+07:56	13:18	
17	16	LUCAS, Joao Neves	Columbofila Cantanhedense	01:40:38.5	+08:49	13:25	
18	43	MORARI, Alexandre	Rio Maior	01:41:00.3	+09:10	13:28	
19	39	FERREIRA, Miguel Guedes	Porto	01:41:18.1	+09:28	13:30	
20	36	TRAVASSOS, Rodrigo Alexandre	Nautico Academico	01:41:31.3	+09:41	13:32	
21	26	BORGES, Rodrigo Costa	Fluvial Portuense	01:41:48.1	+09:58	13:34	
22	32	AGUILAR, Marta Andre	Nautico Academico	01:42:04.8	+10:15	13:37	
23	19	MARQUES, Jose Miguel	Condeixa Clube	01:42:18.5	+10:29	13:38	
24	47	GONCALVES, Alexandre Ramos	Sao Joao Ver	01:42:29.0	+10:39	13:40	
25	41	PIMENTEL, Marta Lima	Porto	01:42:33.3	+10:43	13:40	
26	20	RODRIGUES, Joana Francisca	Condeixa Clube	01:44:00.1	+12:10	13:52	
27	44	TEMUDO, Jose Maria	Rio Maior	01:44:04.8	+12:15	13:53	
28	25	LOPES, Daniela Magalhaes	Famalicao	01:44:26.2	+12:36	13:56	
29	33	FERREIRA, Maria Neto	Nautico Academico	01:44:30.5	+12:41	13:56	
30	22	MARTINS, Antonio Pedro	CPFZ - Natacao	01:44:31.8	+12:42	13:56	
31	35	PEREIRA, Tomas Veiga	Nautico Academico	01:45:37.2	+13:47	14:05	
32	24	MESQUITA, Mafalda Martins	Famalicao	01:45:39.5	+13:50	14:05	
33	27	SA, Maria Luis	Fluvial Portuense	01:45:41.3	+13:51	14:06	
34	51	RODRIGUES, Rodrigo Reis	Sao Roque	01:48:31.1	+16:41	14:28	
35	21	RODRIGUES, Helena Nunes	Condeixa Clube	01:50:17.2	+18:27	14:42	
36	13	PEIXOTO, Carolina Esteves	Braga	01:50:23.0	+18:33	14:43	
37	29	NEVES, Jose Pedro	Fluvial Portuense	01:51:32.2	+19:42	14:52	
38	11	LOPES, Matilde Nunes	Benfica	01:51:35.1	+19:45	14:53	
39	38	FARIA, Leonor Verissimo	Nucleo de Pombal	01:51:37.6	+19:48	14:53	
40	15	NUNES, Rita Sofia	Colegio Efanor	01:51:42.8	+19:53	14:54	
41	18	MARQUES, Duarte Cachulo	Condeixa Clube	01:53:27.4	+21:37	15:08	
42	57	ROCHA, Joao Pedro	Viana Natacao	01:55:19.4	+23:29	15:23	

**7500M - STAGE 1**

**7500 METERS**

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 SOLUTION - LAP2GO - TIMING SOLUTION

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	49	SILVA, Joao Luis	Sao Roque	02:02:18.0	+30:28	16:18	
44	48	JESUS, David Martins	Sao Roque	02:03:15.4	+31:25	16:26	
45	50	SILVA, Silvana Suamade	Sao Roque	02:03:23.5	+31:34	16:27	

**Obs**

BIB	NOTE	NAME	TEAM
12	DNF	CORREIA, Diogo Filipe	Braga
56	DNF	GOMES, Rita Cunha	Viana Natacao



**7500M****7500 METERS**

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 SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

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

12	18	MARQUES, Duarte Cachulo	Condeixa Clube	AA1617 Masculino	01:53:27.4	+18:18	15:08
13	49	SILVA, Joao Luis	Sao Roque	AA1617 Masculino	02:02:18.0	+27:09	16:18
14	48	JESUS, David Martins	Sao Roque	AA1617 Masculino	02:03:15.4	+28:07	16:26

**AA1819 Feminino**

1	52	VIANA, Carolina Pereira	Sporting	AA1819 Feminino	01:39:28.2		13:16
2	41	PIMENTEL, Marta Lima	Porto	AA1819 Feminino	01:42:33.3	+03:05	13:40
3	20	RODRIGUES, Joana Francisca	Condeixa Clube	AA1819 Feminino	01:44:00.1	+04:31	13:52
4	25	LOPES, Daniela Magalhaes	Famalicao	AA1819 Feminino	01:44:26.2	+04:58	13:56
5	15	NUNES, Rita Sofia	Colegio Efanor	AA1819 Feminino	01:51:42.8	+12:14	14:54

**AA1819 Masculino**

1	23	SANTOS, Ricardo Matias	CPFZ - Natacao	AA1819 Masculino	01:31:55.5		12:15
2	37	SARREIRA, Tomas Amor	Nautico Marinha Grande	AA1819 Masculino	01:34:53.3	+02:57	12:39
3	17	CARDOSO, Guilherme Maia	Columbofila Cantanhedense	AA1819 Masculino	01:35:08.7	+03:13	12:41
4	55	MARQUES, Gustavo Pires	Uniao Coimbra	AA1819 Masculino	01:35:29.7	+03:34	12:44
5	14	SOUSA, Joao Maria	Braga	AA1819 Masculino	01:39:19.9	+07:24	13:15
6	47	GONCALVES, Alexandre Ramos	Sao Joao Ver	AA1819 Masculino	01:42:29.0	+10:33	13:40
7	22	MARTINS, Antonio Pedro	CPFZ - Natacao	AA1819 Masculino	01:44:31.8	+12:36	13:56
8	51	RODRIGUES, Rodrigo Reis	Sao Roque	AA1819 Masculino	01:48:31.1	+16:35	14:28



1500M - STAGE 1

1500 METERS

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 SOLUTION - LAP2GO - TIMING SOLUTION

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	529	BELLMUNT, Marc Dorda	Nacional de Natacao	21:36.8	+03:51	-	
44	526	ARANTES, Joana Isabel	MILLENNIUM BCP	21:42.7	+03:57	-	
45	533	MARTINS, Diogo Coutinho	Nadadores dos Estoris	21:51.0	+04:05	-	
46	407	TEJO, Rui Miguel	Academica de Coimbra	22:04.8	+04:19	-	
47	435	BRUNO, Marta Garanhoto	Colegio Monte Maior	22:05.8	+04:20	-	
48	471	FERREIRA, Joao Pedro	GesLoures	22:07.3	+04:21	-	
49	548	LUENGO, Miguel Gonzalez	Nadadores dos Estoris	22:13.4	+04:27	-	
50	552	SANTOS, Frederico Silverio	Nadadores dos Estoris	22:16.0	+04:30	-	
51	569	RODRIGUES, Marcelo Porto	Natacao de Valongo	22:16.3	+04:30	-	
52	579	PEREIRA, Jose Manuel	Palmela Desporto	22:18.8	+04:33	-	
53	574	ARAUJO, Teresa Mafalda	Naval do Funchal	22:19.6	+04:34	-	
54	469	RODRIGUES, Sara Daniela	Galitos / Bresimar	22:23.6	+04:38	-	
55	420	FRIAS, Ricardo Miguel	Alges	22:31.1	+04:45	-	
56	468	COIMBRA, Rute Lourenco	Gafanha da Encarnacao	22:34.7	+04:49	-	
57	499	FERREIRA, Miguel Jose	Leixoes	22:46.4	+05:00	-	
58	541	GASPAR, Joana Margarida	Nadadores dos Estoris	22:47.9	+05:02	-	
59	531	SILVA, Liana Casquinha	Nadadores dos Estoris	22:50.8	+05:05	-	
60	542	SILVA, Daniel Marques	Nadadores dos Estoris	22:56.9	+05:11	-	
61	422	DANTAS, Paulo Marcos	Alges	23:00.7	+05:15	-	
62	578	LUDOVINO, David Loureiro	Palmela Desporto	23:05.1	+05:19	-	
63	551	NUNES, Rita Gouveia	Nadadores dos Estoris	23:07.4	+05:21	-	
64	547	MOREIRA, Nelson Sequeira	Nadadores dos Estoris	23:12.9	+05:27	-	
65	497	MARQUES, Patricia Alexandra	Leixoes	23:21.9	+05:36	-	
66	586	MENDES, Ricardo Antonio	Salesianos	23:22.7	+05:37	-	
67	566	MIRANDA, Laura Manuela	Natacao de Lisboa	23:28.4	+05:42	-	
68	557	SEABRA, Paula Santos	Nadadores dos Estoris	23:29.0	+05:43	-	
69	510	SILVA, Bruno Miguel	Lisboa PoolSharks	23:31.7	+05:46	-	
70	483	ROMAO, Joao Filipe	Lagoa AC	23:38.8	+05:53	-	
71	501	FARIA, Joana Maria	Leixoes	23:47.6	+06:02	-	
72	527	MARQUES, Helena Sofia	MILLENNIUM BCP	23:49.8	+06:04	-	
73	412	MORA, Luis Ricardo	Academica de Coimbra	23:53.7	+06:08	-	
74	403	MARTINHO, Antonio Jorge	Academica de Coimbra	23:54.9	+06:09	-	
75	473	LIMA, Joao Pedro	GesLoures	23:59.7	+06:14	-	
76	587	ALVES, Fernando Jose	Salesianos	24:02.0	+06:16	-	
77	487	TRINDADE, Susana Matias	Lagoa AC	24:08.9	+06:23	-	
78	520	CORREIA, Rita Barata	Masters de Almada	24:09.6	+06:24	-	
79	567	FERNANDES, Ricardo Jorge	Natacao de Valongo	24:11.2	+06:25	-	
80	528	COSTA, Antonio Goarmon	Nacional de Natacao	24:15.0	+06:29	-	
81	553	LEHMANN, Lilian	Nadadores dos Estoris	24:16.5	+06:31	-	
82	568	OLIVEIRA, Jorge Miguel	Natacao de Valongo	24:18.4	+06:32	-	
83	544	MOUTINHO, Paulo Saltao	Nadadores dos Estoris	24:23.0	+06:37	-	
84	563	GOMES, Luis Miguel	Natacao da Maia	24:27.1	+06:41	-	
85	560	MORAIS, Joao Miguel	Nadadores dos Estoris	24:31.1	+06:45	-	
86	546	MARQUES, Antonio Higinio	Nadadores dos Estoris	24:33.6	+06:48	-	
87	588	GONCALVES, Nuno Telmo	Sporting	24:35.4	+06:49	-	
88	452	KRASTIN, Andrei	Fluvial Portuense	24:44.2	+06:58	-	



**1500M - STAGE 1**

**1500 METERS**

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

**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 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

<b>RANK</b>	<b>BIB</b>	<b>NAME</b>	<b>TEAM</b>	<b>RESULT</b>	<b>DIFF</b>	<b>t/KM</b>	<b>CARD</b>
135	451	PINTO, Isabel Maria	Fluvial Portuense	29:24.9	+11:39	-	
136	465	SANTOS, Manuel Fernando	Gafanha da Encarnacao	29:31.2	+11:45	-	
137	439	SANTOS, Sebastiao Ferreira	CPFZ - Natacao	29:42.9	+11:57	-	
138	570	PEREIRA, Tiago Melo	Natacao de Valongo	29:45.8	+12:00	-	
139	449	PEREIRA, Rui Abel	Fluvial Portuense	29:48.1	+12:02	-	
140	524	SHULBY, Christopher Dane	Masters de Almada	29:54.8	+12:09	-	
141	519	CORREIA, Carlos Augusto	Masters de Almada	30:00.8	+12:15	-	
142	462	GONCALVES, Paulo David	Funcao Publica	30:02.0	+12:16	-	
143	571	SANTOS, Maria Paula	Natacao de Valongo	30:03.0	+12:17	-	
144	461	VELEZ, Miguel Bolou	Funcao Publica	30:04.1	+12:18	-	
145	493	MOTA, Carlos Alberto	Lagoa AC	30:05.8	+12:20	-	
146	565	ALMEIDA, David Manuel	Natacao da Maia	30:07.8	+12:22	-	
147	430	MENESES, Lopo Almada	Braga	30:10.5	+12:25	-	
148	536	PINTAO, Luisa Maria	Nadadores dos Estoris	30:13.5	+12:28	-	
149	455	SILVA, Manuel Fernandes	Fluvial Portuense	30:23.1	+12:37	-	
150	555	LOPES, Sofia Silva	Nadadores dos Estoris	30:39.2	+12:53	-	
151	539	RAMOS, Paulo Correia	Nadadores dos Estoris	30:48.4	+13:02	-	
152	453	AMARAL, Joao Gunther	Fluvial Portuense	30:55.3	+13:09	-	
153	591	TRIGO, Daniel Castro	Sporting de Aveiro	31:01.7	+13:16	-	
154	592	MARTINS, Ana Maria	Sporting de Aveiro	31:05.7	+13:20	-	
155	581	CASTELA, Helena Isabel	Palmela Desporto	31:19.7	+13:34	-	
156	508	NETO, Rui Sergio	Leixoes	31:20.1	+13:34	-	
157	419	SALGUEIRO, Luis Vidigal	Alges	31:40.9	+13:55	-	
158	423	PORTO, Carlos Manuel	Alges	32:01.1	+14:15	-	
159	474	CARDOSO, Vitor Manuel	GesLoures	32:05.3	+14:19	-	
160	470	MADAIL, Jose Henrique	Galitos / Bresimar	32:18.3	+14:32	-	
161	599	FABIAO, Fernando Paulo	Vila DEste/Gaia	32:40.5	+14:55	-	
162	506	GARCIA, Ana Luisa	Leixoes	32:48.7	+15:03	-	
163	594	RAPOSO, Jose Alexandre	Sporting de Aveiro	33:05.0	+15:19	-	
164	421	PATRAO, Paulo Jose	Alges	33:07.3	+15:21	-	
165	450	ALMEIDA, Ana Paula	Fluvial Portuense	34:00.6	+16:15	-	
166	580	ALMEIDA, Andreia Azevedo	Palmela Desporto	35:06.0	+17:20	-	
167	418	GASPAR, Alexandre Azevedo	Alges	37:02.7	+19:17	-	
168	424	FERREIRA, Susana Margarida	Alhandra	37:17.1	+19:31	-	
169	446	MARQUES, Antonio Jorge	Fluvial Portuense	37:24.8	+19:39	-	
170	448	ROSEIRA, Joao Luis	Fluvial Portuense	38:12.5	+20:27	-	
171	456	ALVES, Joao Cesar	Fluvial Portuense	38:42.1	+20:56	-	
172	402	MONTEIRO, Isabel Costa	Academica de Coimbra	40:07.0	+22:21	-	
173	447	RIBEIRO, Margarida Maria	Fluvial Portuense	41:28.7	+23:43	-	
174	425	MATOS, Ana Cristina	Alhandra	42:33.6	+24:48	-	
175	554	BRAZ, Luis Miguel	Nadadores dos Estoris	43:52.0	+26:06	-	
176	406	TEIXEIRA, Joao Rodrigues	Academica de Coimbra	01:01:06.2	+43:20	-	

**Obs**

<b>BIB</b>	<b>NOTE</b>	<b>NAME</b>	<b>TEAM</b>
401	DNS	OLIVEIRA, Maria Teresa	Academica de Coimbra



**1500M**

**1500 METERS**

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

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

	Time	Temperature	Humidity
Start	15:00	26°C	17%
End	16:06	23,2°C	29%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
------	-----	------	------	-----	--------	------	------

**Master A Feminino**

1	426	RIBEIRO, Ines Dias	Alhandra	Master A Feminino	20:55.1	-	-
2	440	PASSOS, Beatriz Linhares	Famalicao	Master A Feminino	26:56.8	+06:01	-
3	476	MARCELINO, Catarina Matias	Grandola Sports	Master A Feminino	27:00.9	+06:05	-

**Master A Masculino**

1	433	SILVA, Pedro Miguel	Colegio Monte Maior	Master A Masculino	17:54.1	-	-
2	534	SANTOS, Goncalo Teixeira	Nadadores dos Estoris	Master A Masculino	18:26.3	+00:32	-
3	459	KAZAKOV, Denis	Fluvial Portuense	Master A Masculino	18:31.0	+00:36	-

**Master B Feminino**

1	595	NEVES, Vania Soares	Viana Natacao	Master B Feminino	18:49.1	-	-
2	596	MONTEIRO, Alexandra Sofia	Vila DEste/Gaia	Master B Feminino	19:47.0	+00:57	-
3	435	BRUNO, Marta Garanhoto	Colegio Monte Maior	Master B Feminino	22:05.8	+03:16	-
4	467	NEVES, Daniela Leal	Gafanha da Encarnacao	Master B Feminino	24:54.0	+06:04	-

**Master B Masculino**

1	438	SANTOS, Cristiano Almeida	CPFZ - Natacao	Master B Masculino	17:58.4	-	-
2	431	BARROQUEIRO, Miguel Martins	CLAC-Entroncamento	Master B Masculino	19:09.8	+01:11	-
3	428	MENESES, Goncalo Goncalves	Braga	Master B Masculino	19:17.1	+01:18	-
4	576	SOTELO, Carlos Miguel	Nucleo de Pombal	Master B Masculino	19:28.0	+01:29	-
5	509	CARVALHO, Joao Carlos	Lisboa PoolSharks	Master B Masculino	20:37.8	+02:39	-
6	529	BELLMUNT, Marc Dorda	Nacional de Natacao	Master B Masculino	21:36.8	+03:38	-
7	471	FERREIRA, Joao Pedro	GesLoures	Master B Masculino	22:07.3	+04:08	-
8	578	LUDOVINO, David Loureiro	Palmela Desporto	Master B Masculino	23:05.1	+05:06	-
9	427	GASPAR, Ricardo Madeira	Ba-Leiria	Master B Masculino	25:56.2	+07:57	-

**Master C Feminino**

1	469	RODRIGUES, Sara Daniela	Galitos / Bresimar	Master C Feminino	22:23.6	-	-
2	497	MARQUES, Patricia Alexandra	Leixoes	Master C Feminino	23:21.9	+00:58	-
3	561	GUERREIRO, Catarina Goncalves	Nadadores dos Estoris	Master C Feminino	26:05.3	+03:41	-
4	580	ALMEIDA, Andreia Azevedo	Palmela Desporto	Master C Feminino	35:06.0	+12:42	-



**1500M****1500 METERS****OFFICIAL RESULT**

5	507	REGO, Susana Isabel	Leixoes	Master E Feminino	24:49.9	+01:59	-
6	434	SILVA, Rita Rijo	Colegio Monte Maior	Master E Feminino	25:02.0	+02:11	-
7	543	GONCALVES, Isilda Maria	Nadadores dos Estoris	Master E Feminino	27:32.6	+04:41	-
8	581	CASTELA, Helena Isabel	Palmela Desporto	Master E Feminino	31:19.7	+08:28	-
9	424	FERREIRA, Susana Margarida	Alhandra	Master E Feminino	37:17.1	+14:26	-

**Master E Masculino**

1	513	COSTA, Rodrigo Marques	Litoral Alentejano	Master E Masculino	18:08.3	-	-
2	488	FUENTES, Ruben A. Gutierrez	Lagoa AC	Master E Masculino	18:09.5	+00:01	-
3	409	PEREIRA, Rui Jorge	Academica de Coimbra	Master E Masculino	19:38.5	+01:30	-
4	478	SANTOS, Bruno Miguel	Individual ANNP	Master E Masculino	20:21.8	+02:13	-
5	437	FAISCA, Rui Pedro	Colegio Monte Maior	Master E Masculino	20:32.0	+02:23	-
6	500	MACEDO, Joao Miguel	Leixoes	Master E Masculino	20:56.7	+02:48	-
7	558	SANTOS, Daniel Silva	Nadadores dos Estoris	Master E Masculino	21:13.2	+03:04	-
8	432	PEREIRA, Alexandre Marques	Colegio Monte Maior	Master E Masculino	21:13.8	+03:05	-
9	597	ROSA, Artur Jorge	Vila DEste/Gaia	Master E Masculino	21:17.7	+03:09	-
10	535	SANTOS, Rui Alexandre	Nadadores dos Estoris	Master E Masculino	21:26.9	+03:18	-
11	533	MARTINS, Diogo Coutinho	Nadadores dos Estoris	Master E Masculino	21:51.0	+03:42	-
12	547	MOREIRA, Nelson Sequeira	Nadadores dos Estoris	Master E Masculino	23:12.9	+05:04	-
13	483	ROMAO, Joao Filipe	Lagoa AC	Master E Masculino	23:38.8	+05:30	-
14	412	MORA, Luis Ricardo	Academica de Coimbra	Master E Masculino	23:53.7	+05:45	-
15	473	LIMA, Joao Pedro	GesLoures	Master E Masculino	23:59.7	+05:51	-
16	528	COSTA, Antonio Goarmon	Nacional de Natacao	Master E Masculino	24:15.0	+06:06	-
17	588	GONCALVES, Nuno Telmo	Sporting	Master E Masculino	24:35.4	+06:27	-
18	472	FRANCO, Ricardo Velho	GesLoures	Master E Masculino	25:10.3	+07:01	-
19	562	MARTINS, Joao Laginha	Nadadores dos Estoris	Master E Masculino	26:27.4	+08:19	-
20	538	FELICIO, Nuno Miguel	Nadadores dos Estoris	Master E Masculino	26:41.0	+08:32	-
21	475	ROSADO, Nuno Antonio	GesLoures	Master E Masculino	27:43.0	+09:34	-
22	494	BORGES, Jose Diogo	Lagoa AC	Master E Masculino	27:48.1	+09:39	-
23	572	OLIVEIRA, Joao Pedro	Natacao de Valongo	Master E Masculino	28:07.6	+09:59	-
24	493	MOTA, Carlos Alberto	Lagoa AC	Master E Masculino	30:05.8	+11:57	-
25	455	SILVA, Manuel Fernandes	Fluvial Portuense	Master E Masculino	30:23.1	+12:14	-
26	554	BRAZ, Luis Miguel	Nadadores dos Estoris	Master E Masculino	43:52.0	+25:43	-

**Master F Feminino**

1	573	TELO, Carla Patricia	Naval do Funchal	Master F Feminino	20:07.8	-	-
2	444	ROTHES, Ines Maria	Fluvial Portuense	Master F Feminino	21:20.1	+01:12	-
3	537	PEREIRA, Patricia Diogenes	Nadadores dos Estoris	Master F Feminino	21:34.5	+01:26	-
4	526	ARANTES, Joana Isabel	MILLENNIUM BCP	Master F Feminino	21:42.7	+01:34	-
5	574	ARAUJO, Teresa Mafalda	Naval do Funchal	Master F Feminino	22:19.6	+02:11	-
6	527	MARQUES, Helena Sofia	MILLENNIUM BCP	Master F Feminino	23:49.8	+03:41	-
7	522	SANTINHA, Fernanda Maria	Masters de Almada	Master F Feminino	26:12.5	+06:04	-
8	429	LIPCIUC, Cristina Nicoleta	Braga	Master F Feminino	27:47.2	+07:39	-
9	451	PINTO, Isabel Maria	Fluvial Portuense	Master F Feminino	29:24.9	+09:17	-

Official Timekeeper: Lap2Go	3 / 6	generate 18-mai-2023 10:25
-----------------------------	-------	----------------------------

**1500M**

**1500 METERS**

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

**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 SOLUTION

10	571	SANTOS, Maria Paula	Natacao de Valongo	Master F Feminino	30:03.0	+09:55	-
11	506	GARCIA, Ana Luisa	Leixoes	Master F Feminino	32:48.7	+12:40	-
12	425	MATOS, Ana Cristina	Alhandra	Master F Feminino	42:33.6	+22:25	-

**Master F Masculino**

1	515	VANTAGGIATO, Marco	Litoral Alentejano	Master F Masculino	18:02.0	-	-
2	590	PARREIRA, Marcos Roberto	Sporting	Master F Masculino	18:23.4	+00:21	-
3	584	FONSECA, Bruno Miguel	Salesianos	Master F Masculino	20:04.7	+02:02	-
4	582	BARROS, Francisco Santos	Porto	Master F Masculino	21:25.6	+03:23	-
5	407	TEJO, Rui Miguel	Academica de Coimbra	Master F Masculino	22:04.8	+04:02	-
6	548	LUENGO, Miguel Gonzalez	Nadadores dos Estoris	Master F Masculino	22:13.4	+04:11	-
7	552	SANTOS, Frederico Silverio	Nadadores dos Estoris	Master F Masculino	22:16.0	+04:13	-
8	579	PEREIRA, Jose Manuel	Palmela Desporto	Master F Masculino	22:18.8	+04:16	-
9	420	FRIAS, Ricardo Miguel	Alges	Master F Masculino	22:31.1	+04:29	-
10	499	FERREIRA, Miguel Jose	Leixoes	Master F Masculino	22:46.4	+04:44	-
11	587	ALVES, Fernando Jose	Salesianos	Master F Masculino	24:02.0	+05:59	-
12	567	FERNANDES, Ricardo Jorge	Natacao de Valongo	Master F Masculino	24:11.2	+06:09	-
13	544	MOUTINHO, Paulo Saltao	Nadadores dos Estoris	Master F Masculino	24:23.0	+06:21	-
14	563	GOMES, Luis Miguel	Natacao da Maia	Master F Masculino	24:27.1	+06:25	-
15	458	BARBOSA, Joao Maria	Fluvial Portuense	Master F Masculino	25:03.0	+07:00	-
16	577	LOPES, Antonio Jose	Oriental	Master F Masculino	25:59.5	+07:57	-
17	521	SANTINHA, Antonio Manuel	Masters de Almada	Master F Masculino	26:56.2	+08:54	-
18	486	RODRIGUES, Pedro Afonso	Lagoa AC	Master F Masculino	28:03.2	+10:01	-
19	449	PEREIRA, Rui Abel	Fluvial Portuense	Master F Masculino	29:48.1	+11:46	-
20	462	GONCALVES, Paulo David	Funcao Publica	Master F Masculino	30:02.0	+11:59	-
21	565	ALMEIDA, David Manuel	Natacao da Maia	Master F Masculino	30:07.8	+12:05	-
22	453	AMARAL, Joao Gunther	Fluvial Portuense	Master F Masculino	30:55.3	+12:53	-

**Master G Feminino**

1	566	MIRANDA, Laura Manuela	Natacao de Lisboa	Master G Feminino	23:28.4	-	-
2	557	SEABRA, Paula Santos	Nadadores dos Estoris	Master G Feminino	23:29.0	+00:00	-
3	464	SEQUEIRA, Ana Paula	Gafanha da Encarnacao	Master G Feminino	26:03.2	+02:34	-
4	442	GUIMARAES, Rita Cabral	Fluvial Portuense	Master G Feminino	26:22.8	+02:54	-
5	463	SEQUEIRA, Maria Manuela	Gafanha da Encarnacao	Master G Feminino	26:35.4	+03:07	-
6	559	GERALDES, Patricia Reis	Nadadores dos Estoris	Master G Feminino	27:45.7	+04:17	-
7	502	CUNHA, Maria Trigueiros	Leixoes	Master G Feminino	28:01.5	+04:33	-
8	447	RIBEIRO, Margarida Maria	Fluvial Portuense	Master G Feminino	41:28.7	+18:00	-

**Master G Masculino**

1	575	FERREIRA, Jose Araujo	Naval do Funchal	Master G Masculino	19:53.2	-	-
2	477	CASAS, Adelino Jose	Individual ANL	Master G Masculino	20:40.4	+00:47	-
3	518	OLIVEIRA, Carlos Jorge	Masters de Almada	Master G Masculino	21:22.3	+01:29	-

## 1500M

## 1500 METERS

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

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

4	403	MARTINHO, Antonio Jorge	Academica de Coimbra	Master G Masculino	23:54.9	+04:01	-
5	593	RIBEIRO, Jorge Vieira	Sporting de Aveiro	Master G Masculino	25:30.0	+05:36	-
6	504	ANTUNES, Luis Miguel	Leixoes	Master G Masculino	28:22.4	+08:29	-
7	439	SANTOS, Sebastiao Ferreira	CPFZ - Natacao	Master G Masculino	29:42.9	+09:49	-
8	591	TRIGO, Daniel Castro	Sporting de Aveiro	Master G Masculino	31:01.7	+11:08	-
9	474	CARDOSO, Vitor Manuel	GesLoures	Master G Masculino	32:05.3	+12:12	-

## Master H Feminino

1	498	FERNANDES, Maria Santos	Leixoes	Master H Feminino	26:39.4		-
2	404	URBANO, Maria Margarida	Academica de Coimbra	Master H Feminino	26:51.4	+00:11	-
3	523	CANINAS, Maria Madalena	Masters de Almada	Master H Feminino	27:59.8	+01:20	-

## Master H Masculino

1	417	BENTO, Jaime Carlos	Alges	Master H Masculino	19:44.4		-
2	525	SILVA, Joao Manuel	MILLENNIUM BCP	Master H Masculino	20:11.7	+00:27	-
3	441	LOBO, Nuno Silva	Fluvial Portuense	Master H Masculino	21:11.6	+01:27	-
4	585	PINTO, Vitor Viana	Salesianos	Master H Masculino	21:15.3	+01:30	-
5	422	DANTAS, Paulo Marcos	Alges	Master H Masculino	23:00.7	+03:16	-
6	546	MARQUES, Antonio Higino	Nadadores dos Estoris	Master H Masculino	24:33.6	+04:49	-
7	532	CORREIA, Jose Luis	Nadadores dos Estoris	Master H Masculino	27:31.0	+07:46	-
8	405	FERREIRA, Francisco Jorge	Academica de Coimbra	Master H Masculino	27:41.2	+07:56	-
9	503	MENESES, Pedro Bruno	Leixoes	Master H Masculino	28:17.9	+08:33	-
10	465	SANTOS, Manuel Fernando	Gafanha da Encarnacao	Master H Masculino	29:31.2	+09:46	-
11	461	VELEZ, Miguel Bolou	Funcao Publica	Master H Masculino	30:04.1	+10:19	-
12	430	MENESES, Lopo Almada	Braga	Master H Masculino	30:10.5	+10:26	-
13	539	RAMOS, Paulo Correia	Nadadores dos Estoris	Master H Masculino	30:48.4	+11:04	-
14	421	PATRAO, Paulo Jose	Alges	Master H Masculino	33:07.3	+13:22	-
15	456	ALVES, Joao Cesar	Fluvial Portuense	Master H Masculino	38:42.1	+18:57	-

## Master I Feminino

1	536	PINTAO, Luisa Maria	Nadadores dos Estoris	Master I Feminino	30:13.5		-
2	450	ALMEIDA, Ana Paula	Fluvial Portuense	Master I Feminino	34:00.6	+03:47	-

## Master I Masculino

1	415	MAVIOSO, Vitor Manuel	Alges	Master I Masculino	20:51.8		-
2	586	MENDES, Ricardo Antonio	Salesianos	Master I Masculino	23:22.7	+02:30	-
3	457	GONCALVES, Oscar Filipe	Fluvial Portuense	Master I Masculino	25:34.1	+04:42	-
4	505	FERREIRA, Jose Antonio	Leixoes	Master I Masculino	28:03.8	+07:12	-
5	470	MADAIL, Jose Henrique	Galitos / Bresimar	Master I Masculino	32:18.3	+11:26	-
6	599	FABIAO, Fernando Paulo	Vila DEste/Gaia	Master I Masculino	32:40.5	+11:48	-
7	594	RAPOSO, Jose Alexandre	Sporting de Aveiro	Master I Masculino	33:05.0	+12:13	-

Official Timekeeper: Lap2Go	5 / 6	generate 18-mai-2023 10:25
-----------------------------	-------	----------------------------

## 1500M

## 1500 METERS

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 SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

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

8	448	ROSEIRA, Joao Luis	Fluvial Portuense	Master I Masculino	38:12.5	+17:20	-
---	-----	--------------------	-------------------	--------------------	---------	--------	---

## Master J Feminino

1	402	MONTEIRO, Isabel Costa	Academica de Coimbra	Master J Feminino	40:07.0	-	-
---	-----	------------------------	----------------------	-------------------	---------	---	---

## Master J Masculino

1	414	COELHO, Domingos Pinto	Alges	Master J Masculino	27:09.2	-	-
2	519	CORREIA, Carlos Augusto	Masters de Almada	Master J Masculino	30:00.8	+02:51	-
3	423	PORTO, Carlos Manuel	Alges	Master J Masculino	32:01.1	+04:51	-
4	446	MARQUES, Antonio Jorge	Fluvial Portuense	Master J Masculino	37:24.8	+10:15	-

## Master K Masculino

1	416	DYSON, Stephen Thomas	Alges	Master K Masculino	26:21.9	-	-
2	419	SALGUEIRO, Luis Vidigal	Alges	Master K Masculino	31:40.9	+05:18	-
3	418	GASPAR, Alexandre Azevedo	Alges	Master K Masculino	37:02.7	+10:40	-

## Master M Masculino

1	406	TEIXEIRA, Joao Rodrigues	Academica de Coimbra	Master M Masculino	01:01:06.2	-	-
---	-----	--------------------------	----------------------	--------------------	------------	---	---







**3000M - STAGE 1****3000 METERS**

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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	328	LOPES, Antonio Jose	Oriental	52:10.7	+18:15	17:24	
90	315	GUERREIRO, Catarina Goncalves	Nadadores dos Estoris	52:23.7	+18:28	17:28	
91	297	FELICIO, Nuno Miguel	Nadadores dos Estoris	52:28.2	+18:32	17:29	
92	207	ROSADO, Nuno Vaz	Academica de Coimbra	52:33.8	+18:38	17:31	
93	340	RIBEIRO, Jorge Vieira	Sporting de Aveiro	53:27.7	+19:32	17:49	
94	304	RODRIGUES, Rui Pedro	Nadadores dos Estoris	53:52.0	+19:56	17:57	
95	282	SANTINHA, Antonio Manuel	Masters de Almada	53:58.8	+20:03	18:00	
96	216	TEIXEIRA, Joao Castro	Alhandra	54:05.7	+20:10	18:02	
97	321	SILVA, Pedro Guedes	Natacao de Lisboa	54:29.3	+20:33	18:10	
98	240	CUNHA, Jose Sizenando	Fluvial Portuense	54:46.4	+20:50	18:15	
99	346	PEREIRA, Norberto Matos	Vitoria Guimaraes	54:52.1	+20:56	18:17	
100	300	SILVA, Vitor Manuel	Nadadores dos Estoris	55:00.5	+21:05	18:20	
101	318	FERREIRA, Hugo Manuel	Natacao da Maia	55:08.3	+21:12	18:23	
102	204	SILVA, Rui Manuel	Academica de Coimbra	55:31.1	+21:35	18:30	
103	343	PINTO, Rui Miguel	Viana Natacao	55:53.3	+21:57	18:38	
104	223	SILVA, Ricardo Miguel	Alhandra	55:57.9	+22:02	18:39	
105	283	SANTINHA, Fernanda Maria	Masters de Almada	56:13.4	+22:17	18:44	
106	210	GOMES, Ana Claudia	Academica de Coimbra	56:16.6	+22:21	18:46	
107	269	MENESES, Pedro Bruno	Leixoes	56:26.8	+22:31	18:49	
108	313	GERALDES, Patricia Reis	Nadadores dos Estoris	56:29.5	+22:34	18:50	
109	289	GROSSO, Daniel Filipe	Nacional de Natacao	56:30.6	+22:35	18:50	
110	238	SOUSA, Luis Manuel	Fluvial Portuense	56:39.1	+22:43	18:53	
111	344	GUIMARAES, Edgar Manuel	Vitoria Guimaraes	56:52.3	+22:56	18:57	
112	271	FERREIRA, Jose Antonio	Leixoes	57:25.8	+23:30	19:09	
113	257	REIS, Margarida Bleck	Individual ANNP	57:29.4	+23:33	19:10	
114	349	FERREIRA, Maria Manuela	Vitoria Guimaraes	57:40.6	+23:45	19:14	
115	206	AFONSO, Nuno Silva	Academica de Coimbra	57:48.0	+23:52	19:16	
116	211	COELHO, Domingos Pinto	Alges	58:18.6	+24:23	19:26	
117	327	OLIVEIRA, Antonio Miguel	Oriental	59:11.5	+25:16	19:44	
118	284	CANINAS, Maria Madalena	Masters de Almada	59:26.4	+25:30	19:49	
119	229	MELO, Mario Jorge	Colegio Monte Maior	59:36.1	+25:40	19:52	
120	292	CORREIA, Jose Luis	Nadadores dos Estoris	59:45.9	+25:50	19:55	
121	339	TRIGO, Daniel Castro	Sporting de Aveiro	59:49.5	+25:54	19:57	
122	251	SANTOS, Manuel Fernando	Gafanha da Encarnacao	01:00:48.5	+26:53	20:16	
123	217	CAEIRO, Ana Maria	Alhandra	01:00:57.6	+27:02	20:19	
124	247	GONCALVES, Pedro Nuno	Fluvial Portuense	01:01:34.2	+27:38	20:31	
125	290	LOURO, Ricardo Jorge	Nacional de Natacao	01:01:38.6	+27:43	20:33	
126	319	COSTA, Ana Isabel	Natacao da Maia	01:02:11.4	+28:15	20:44	
127	270	ANTUNES, Luis Miguel	Leixoes	01:03:05.7	+29:10	21:02	
128	220	LEITAO, Paula Nobre	Alhandra	01:03:21.0	+29:25	21:07	
129	233	SANTOS, Sebastiao Ferreira	CPFZ - Natacao	01:03:34.1	+29:38	21:11	
130	222	RESENDE, Helena Maria	Alhandra	01:03:36.6	+29:41	21:12	
131	272	GARCIA, Ana Luisa	Leixoes	01:04:24.9	+30:29	21:28	
132	215	PORTO, Carlos Manuel	Alges	01:05:05.2	+31:09	21:42	
133	311	LOPES, Sofia Silva	Nadadores dos Estoris	01:05:08.0	+31:12	21:43	
134	244	MARQUES, Antonio Jorge	Fluvial Portuense	01:11:47.8	+37:52	23:56	

3000M - STAGE 1

3000 METERS

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 SOLUTION - LAP2GO - TIMING SOLUTION

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
135	245	ROSEIRA, Joao Luis	Fluvial Portuense	01:15:08.4	+41:12	25:03	
136	248	ALVES, Joao Cesar	Fluvial Portuense	01:16:41.2	+42:45	25:34	

Obs

BIB	NOTE	NAME	TEAM
-----	------	------	------

**3000M**

**3000 METERS**

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

	Time	Temperature	Humidity
Start	12:00	24,5°C	24%
End	13:20	27,7°C	19%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
------	-----	------	------	-----	--------	------	------

**Master A Feminino**

1	221	RIBEIRO, Ines Dias	Alhandra	Master A Feminino	41:37.4		13:52
2	205	SEMIAO, Claudia Isabel	Academica de Coimbra	Master A Feminino	44:43.8	+03:06	14:55
3	224	SOEIRO, Ana Beatriz	Amigos da Natacao	Master A Feminino	51:03.1	+09:25	17:01

**Master A Masculino**

1	230	SILVA, Pedro Miguel	Colegio Monte Maior	Master A Masculino	33:55.8		11:19
2	250	KAZAKOV, Denis	Fluvial Portuense	Master A Masculino	36:35.2	+02:39	12:12
3	219	SERRA, Diogo Rodrigues	Alhandra	Master A Masculino	47:35.7	+13:39	15:52
4	225	REIS, Pedro Alexandre	Amigos da Natacao	Master A Masculino	51:04.4	+17:08	17:01
5	223	SILVA, Ricardo Miguel	Alhandra	Master A Masculino	55:57.9	+22:02	18:39

**Master B Feminino**

1	342	NEVES, Vania Soares	Viana Natacao	Master B Feminino	36:28.3		12:09
---	-----	---------------------	---------------	-------------------	---------	--	-------

**Master B Masculino**

1	232	SANTOS, Cristiano Almeida	CPFZ - Natacao	Master B Masculino	36:30.7		12:10
2	326	SOTELO, Carlos Miguel	Nucleo de Pombal	Master B Masculino	36:44.3	+00:13	12:15
3	226	MENESES, Goncalo Goncalves	Braga	Master B Masculino	39:07.5	+02:36	13:03
4	234	FERNANDES, Christophe Pereira	Famalicao	Master B Masculino	42:22.2	+05:51	14:07

**Master C Feminino**

1	252	RODRIGUES, Sara Daniela	Galitos / Bresimar	Master C Feminino	44:13.8		14:45
2	278	VALENTE, Catia Marisa	Luz e Vida	Master C Feminino	44:30.3	+00:16	14:50
3	265	MARQUES, Patricia Alexandra	Leixoes	Master C Feminino	47:05.9	+02:52	15:42
4	315	GUERREIRO, Catarina Goncalves	Nadadores dos Estoris	Master C Feminino	52:23.7	+08:09	17:28

**Master C Masculino**

1	306	MARQUES, Filipe Miguel	Nadadores dos Estoris	Master C Masculino	39:16.1		13:05
2	235	MACHADO, Pedro Ricardo	Famalicao	Master C Masculino	44:10.4	+04:54	14:43
3	218	SANTOS, Miguel Baceira	Alhandra	Master C Masculino	44:15.3	+04:59	14:45
4	289	GROSSO, Daniel Filipe	Nacional de Natacao	Master C Masculino	56:30.6	+17:14	18:50

3000M

3000 METERS

OFFICIAL RESULT

### Master D Feminino

1	334	BAIOCCHI, Giulia	Salesianos	Master D Feminino	46:36.7		15:32
2	281	CORREIA, Rita Barata	Masters de Almada	Master D Feminino	47:50.7	+01:13	15:57
3	310	LEHMANN, Lilian	Nadadores dos Estoris	Master D Feminino	48:35.3	+01:58	16:12
4	319	COSTA, Ana Isabel	Natacao da Maia	Master D Feminino	01:02:11.4	+15:34	20:44
5	222	RESENDE, Helena Maria	Alhandra	Master D Feminino	01:03:36.6	+16:59	21:12
6	311	LOPES, Sofia Silva	Nadadores dos Estoris	Master D Feminino	01:05:08.0	+18:31	21:43

### Master D Masculino

1	239	NEVES, Jose Pedro	Fluvial Portuense	Master D Masculino	36:13.4		12:04
2	237	COURAS, Ivan Mauricio	Fluvial Portuense	Master D Masculino	36:19.9	+00:06	12:07
3	330	MALTA, Joao Carlos	Salesianos	Master D Masculino	36:52.8	+00:39	12:18
4	322	RODRIGUES, Marcelo Porto	Natacao de Valongo	Master D Masculino	45:09.9	+08:56	15:03
5	314	MORAIS, Joao Miguel	Nadadores dos Estoris	Master D Masculino	46:09.4	+09:56	15:23
6	348	REGO, Agostinho Alberto	Vitoria Guimaraes	Master D Masculino	49:54.2	+13:40	16:38
7	303	SANTOS, Goncalo Nuno	Nadadores dos Estoris	Master D Masculino	50:09.3	+13:55	16:43
8	345	FARIA, Eliseu Samuel	Vitoria Guimaraes	Master D Masculino	52:07.0	+15:53	17:22
9	321	SILVA, Pedro Guedes	Natacao de Lisboa	Master D Masculino	54:29.3	+18:15	18:10
10	318	FERREIRA, Hugo Manuel	Natacao da Maia	Master D Masculino	55:08.3	+18:54	18:23
11	344	GUIMARAES, Edgar Manuel	Vitoria Guimaraes	Master D Masculino	56:52.3	+20:38	18:57
12	206	AFONSO, Nuno Silva	Academica de Coimbra	Master D Masculino	57:48.0	+21:34	19:16

### Master E Feminino

1	277	PRIOR, Ana Filipa	Luz e Vida	Master E Feminino	43:57.5		14:39
2	308	NUNES, Rita Gouveia	Nadadores dos Estoris	Master E Feminino	44:18.4	+00:20	14:46
3	291	SILVA, Liana Casquinha	Nadadores dos Estoris	Master E Feminino	44:32.5	+00:35	14:51
4	268	FARIA, Joana Maria	Leixoes	Master E Feminino	47:54.8	+03:57	15:58
5	273	REGO, Susana Isabel	Leixoes	Master E Feminino	52:00.7	+08:03	17:20
6	210	GOMES, Ana Claudia	Academica de Coimbra	Master E Feminino	56:16.6	+12:19	18:46
7	220	LEITAO, Paula Nobre	Alhandra	Master E Feminino	01:03:21.0	+19:23	21:07

### Master E Masculino

1	264	FUENTES, Ruben A. Gutierrez	Lagoa AC	Master E Masculino	36:31.6		12:11
2	274	COSTA, Rodrigo Marques	Litoral Alentejano	Master E Masculino	36:34.2	+00:02	12:11
3	228	ALMEIDA, Diogo Pedroso	Colegio Monte Maior	Master E Masculino	39:44.9	+03:13	13:15
4	293	SILVA, Miguel Arrobas	Nadadores dos Estoris	Master E Masculino	39:50.1	+03:18	13:17
5	267	MACEDO, Joao Miguel	Leixoes	Master E Masculino	41:19.2	+04:47	13:46
6	227	PEREIRA, Alexandre Marques	Colegio Monte Maior	Master E Masculino	41:22.4	+04:50	13:47
7	294	SANTOS, Rui Alexandre	Nadadores dos Estoris	Master E Masculino	42:41.0	+06:09	14:14
8	341	AMANTES, Ricardo Bruno	Uniao Piedense	Master E Masculino	43:41.6	+07:10	14:34
9	312	GARCIA, Miguel Calado	Nadadores dos Estoris	Master E Masculino	44:40.8	+08:09	14:54

Official Timekeeper: Lap2Go	2 / 5	generate 18-mai-2023 10:27
-----------------------------	-------	----------------------------

**3000M**

**3000 METERS**

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

**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 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

10	301	MOREIRA, Nelson Sequeira	Nadadores dos Estoris	Master E Masculino	47:25.6	+10:54	15:49
11	254	LIMA, Joao Pedro	GesLoures	Master E Masculino	48:38.9	+12:07	16:13
12	253	FRANCO, Ricardo Velho	GesLoures	Master E Masculino	49:16.7	+12:45	16:26
13	336	GONCALVES, Nuno Telmo	Sporting	Master E Masculino	50:05.5	+13:33	16:42
14	209	MORA, Luis Ricardo	Academica de Coimbra	Master E Masculino	50:27.7	+13:56	16:49
15	316	MARTINS, Joao Laginha	Nadadores dos Estoris	Master E Masculino	50:55.4	+14:23	16:58
16	297	FELICIO, Nuno Miguel	Nadadores dos Estoris	Master E Masculino	52:28.2	+15:56	17:29
17	207	ROSADO, Nuno Vaz	Academica de Coimbra	Master E Masculino	52:33.8	+16:02	17:31
18	304	RODRIGUES, Rui Pedro	Nadadores dos Estoris	Master E Masculino	53:52.0	+17:20	17:57
19	240	CUNHA, Jose Sizenando	Fluvial Portuense	Master E Masculino	54:46.4	+18:14	18:15
20	346	PEREIRA, Norberto Matos	Vitoria Guimaraes	Master E Masculino	54:52.1	+18:20	18:17
21	290	LOURO, Ricardo Jorge	Nacional de Natacao	Master E Masculino	01:01:38.6	+25:06	20:33

**Master F Feminino**

1	323	TELO, Carla Patricia	Naval do Funchal	Master F Feminino	39:46.0		13:15
2	286	ARANTES, Joana Isabel	MILLENNIUM BCP	Master F Feminino	42:52.0	+03:06	14:17
3	324	ARAUJO, Teresa Mafalda	Naval do Funchal	Master F Feminino	46:10.2	+06:24	15:23
4	287	MARQUES, Helena Sofia	MILLENNIUM BCP	Master F Feminino	47:33.6	+07:47	15:51
5	283	SANTINHA, Fernanda Maria	Masters de Almada	Master F Feminino	56:13.4	+16:27	18:44
6	349	FERREIRA, Maria Manuela	Vitoria Guimaraes	Master F Feminino	57:40.6	+17:54	19:14
7	272	GARCIA, Ana Luisa	Leixoes	Master F Feminino	01:04:24.9	+24:38	21:28

**Master F Masculino**

1	276	VANTAGGIATO, Marco	Litoral Alentejano	Master F Masculino	36:16.7		12:06
2	338	PARREIRA, Marcos Roberto	Sporting	Master F Masculino	36:56.7	+00:40	12:19
3	331	FONSECA, Bruno Miguel	Salesianos	Master F Masculino	39:51.6	+03:34	13:17
4	242	GONCALVES, Carlos Guimaraes	Fluvial Portuense	Master F Masculino	40:44.3	+04:27	13:35
5	329	BARROS, Francisco Santos	Porto	Master F Masculino	43:51.8	+07:35	14:37
6	203	TEJO, Rui Miguel	Academica de Coimbra	Master F Masculino	44:19.8	+08:03	14:47
7	266	FERREIRA, Miguel Jose	Leixoes	Master F Masculino	44:24.4	+08:07	14:48
8	309	SANTOS, Frederico Silverio	Nadadores dos Estoris	Master F Masculino	44:36.5	+08:19	14:52
9	305	LUENGO, Miguel Gonzalez	Nadadores dos Estoris	Master F Masculino	44:48.1	+08:31	14:56
10	350	IDA, Hamilton Kenji	Vitoria Guimaraes	Master F Masculino	46:07.0	+09:50	15:22
11	255	CALDEIRA, Jorge Luis	Individual ANL	Master F Masculino	46:22.4	+10:05	15:27
12	246	SA, Nuno Manuel	Fluvial Portuense	Master F Masculino	46:25.6	+10:08	15:29
13	299	MOUTINHO, Paulo Saltao	Nadadores dos Estoris	Master F Masculino	47:29.2	+11:12	15:50
14	333	ALVES, Fernando Jose	Salesianos	Master F Masculino	48:18.0	+12:01	16:06
15	208	MOREIRA, Flavio Martins	Academica de Coimbra	Master F Masculino	48:22.0	+12:05	16:07
16	317	GOMES, Luis Miguel	Natacao da Maia	Master F Masculino	49:04.0	+12:47	16:21
17	256	HENRIQUES, Rui Miguel	Individual ANL	Master F Masculino	49:33.0	+13:16	16:31
18	328	LOPES, Antonio Jose	Oriental	Master F Masculino	52:10.7	+15:53	17:24
19	282	SANTINHA, Antonio Manuel	Masters de Almada	Master F Masculino	53:58.8	+17:42	18:00
20	343	PINTO, Rui Miguel	Viana Natacao	Master F Masculino	55:53.3	+19:36	18:38
21	327	OLIVEIRA, Antonio Miguel	Oriental	Master F Masculino	59:11.5	+22:54	19:44

### 3000M

### 3000 METERS

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 SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

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

22	247	GONCALVES, Pedro Nuno	Fluvial Portuense	Master F Masculino	01:01:34.2	+25:17	20:31
----	-----	-----------------------	-------------------	--------------------	------------	--------	-------

### Master G Feminino

1	320	MIRANDA, Laura Manuela	Natacao de Lisboa	Master G Feminino	47:09.6		15:43
2	313	GERALDES, Patricia Reis	Nadadores dos Estoris	Master G Feminino	56:29.5	+09:19	18:50
3	257	REIS, Margarida Bleck	Individual ANNP	Master G Feminino	57:29.4	+10:19	19:10

### Master G Masculino

1	275	FARIA, Jorge Eduardo	Litoral Alentejano	Master G Masculino	36:37.8		12:13
2	296	SOARES, Ralf Pinto	Nadadores dos Estoris	Master G Masculino	38:58.2	+02:20	12:59
3	325	FERREIRA, Jose Araujo	Naval do Funchal	Master G Masculino	39:47.3	+03:09	13:16
4	335	DUARTE, Jose Samuel	Sporting	Master G Masculino	41:41.7	+05:03	13:54
5	279	OLIVEIRA, Carlos Jorge	Masters de Almada	Master G Masculino	42:10.5	+05:32	14:04
6	231	MARTINS, Joao Gao	Colegio Monte Maior	Master G Masculino	43:20.3	+06:42	14:27
7	201	MARTINHO, Antonio Jorge	Academica de Coimbra	Master G Masculino	48:48.2	+12:10	16:16
8	202	CARITA, Antonio Carlos	Academica de Coimbra	Master G Masculino	49:56.7	+13:18	16:39
9	340	RIBEIRO, Jorge Vieira	Sporting de Aveiro	Master G Masculino	53:27.7	+16:49	17:49
10	204	SILVA, Rui Manuel	Academica de Coimbra	Master G Masculino	55:31.1	+18:53	18:30
11	238	SOUSA, Luis Manuel	Fluvial Portuense	Master G Masculino	56:39.1	+20:01	18:53
12	339	TRIGO, Daniel Castro	Sporting de Aveiro	Master G Masculino	59:49.5	+23:11	19:57
13	270	ANTUNES, Luis Miguel	Leixoes	Master G Masculino	01:03:05.7	+26:27	21:02
14	233	SANTOS, Sebastiao Ferreira	CPFZ - Natacao	Master G Masculino	01:03:34.1	+26:56	21:11

### Master H Feminino

1	284	CANINAS, Maria Madalena	Masters de Almada	Master H Feminino	59:26.4		19:49
2	217	CAEIRO, Ana Maria	Alhandra	Master H Feminino	01:00:57.6	+01:31	20:19

### Master H Masculino

1	214	BENTO, Jaime Carlos	Alges	Master H Masculino	40:48.4		13:36
2	285	SILVA, Joao Manuel	MILLENNIUM BCP	Master H Masculino	41:12.4	+00:24	13:44
3	241	LOBO, Nuno Silva	Fluvial Portuense	Master H Masculino	41:41.3	+00:52	13:54
4	243	SEABRA, Henrique Luis	Fluvial Portuense	Master H Masculino	46:41.2	+05:52	15:34
5	236	COSTA, Armando Joao	Feirense	Master H Masculino	47:17.8	+06:29	15:46
6	216	TEIXEIRA, Joao Castro	Alhandra	Master H Masculino	54:05.7	+13:17	18:02
7	300	SILVA, Vitor Manuel	Nadadores dos Estoris	Master H Masculino	55:00.5	+14:12	18:20
8	269	MENESES, Pedro Bruno	Leixoes	Master H Masculino	56:26.8	+15:38	18:49
9	292	CORREIA, Jose Luis	Nadadores dos Estoris	Master H Masculino	59:45.9	+18:57	19:55
10	251	SANTOS, Manuel Fernando	Gafanha da Encarnacao	Master H Masculino	01:00:48.5	+20:00	20:16

**3000M**

**3000 METERS**

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

**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 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

---

11	248	ALVES, Joao Cesar	Fluvial Portuense	Master H Masculino	01:16:41.2	+35:52	25:34
----	-----	-------------------	-------------------	--------------------	------------	--------	-------

---

## Master I Masculino

---

1	212	MAVIOSO, Vitor Manuel	Alges	Master I Masculino	43:39.9		14:33
2	332	MENDES, Ricardo Antonio	Salesianos	Master I Masculino	46:36.7	+02:56	15:32
3	249	GONCALVES, Oscar Filipe	Fluvial Portuense	Master I Masculino	50:11.6	+06:31	16:44
4	271	FERREIRA, Jose Antonio	Leixoes	Master I Masculino	57:25.8	+13:45	19:09
5	245	ROSEIRA, Joao Luis	Fluvial Portuense	Master I Masculino	01:15:08.4	+31:28	25:03

---

## Master J Masculino

---

1	211	COELHO, Domingos Pinto	Alges	Master J Masculino	58:18.6		19:26
2	229	MELO, Mario Jorge	Colegio Monte Maior	Master J Masculino	59:36.1	+01:17	19:52
3	215	PORTO, Carlos Manuel	Alges	Master J Masculino	01:05:05.2	+06:46	21:42
4	244	MARQUES, Antonio Jorge	Fluvial Portuense	Master J Masculino	01:11:47.8	+13:29	23:56

---

## Master K Masculino

---

1	213	DYSON, Stephen Thomas	Alges	Master K Masculino	50:05.5		16:42
---	-----	-----------------------	-------	--------------------	---------	--	-------

---

**5000M - STAGE 1**

**5000 METERS**

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

	Time	Temperature	Humidity
Start	15:00	29°C	19%
End	16:21	26,8°C	20%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	121	SANTOS, Ricardo Matias	CPFZ - Natacao	59:22.8		11:53	
2	112	CARDOSO, Guilherme Maia	Columbofila Cantanhedense	59:28.7	+00:06	11:54	
3	154	MARQUES, Gustavo Pires	Uniao Coimbra	59:30.3	+00:07	11:54	
4	142	PEIXOTO, Tomas Pinto	Porto	59:34.9	+00:12	11:55	
5	107	PEREIRA, Rui Silva	Colegio Monte Maior	01:00:47.5	+01:25	12:10	
6	137	OLIVEIRA, Marco Dimitar	Nautico Academico	01:00:52.1	+01:29	12:10	
7	109	TROMBINHAS, Tiago Miguel	Colegio Monte Maior	01:00:56.8	+01:34	12:11	
8	141	MEDEIROS, Miguel Fragoso	Porto	01:01:14.6	+01:52	12:15	
9	116	MARQUES, Jose Miguel	Condeixa Clube	01:02:29.5	+03:07	12:30	
10	104	SOUSA, Joao Maria	Braga	01:02:33.8	+03:11	12:31	
11	138	TRAVASSOS, Rodrigo Alexandre	Nautico Academico	01:02:36.9	+03:14	12:31	
12	111	LUCAS, Joao Neves	Columbofila Cantanhedense	01:02:37.8	+03:15	12:32	
13	134	AGUILAR, Marta Andre	Nautico Academico	01:02:46.1	+03:23	12:33	
14	143	SOARES, Goncalo Augusto	Porto	01:02:51.1	+03:28	12:34	
15	124	CANELAS, Tiago Andre	Fluvial Portuense	01:02:55.2	+03:32	12:35	
16	128	BARBARA, Goncalo Gualberto	Lagoa Academico Clube	01:02:58.1	+03:35	12:36	
17	136	FERREIRA, Maria Neto	Nautico Academico	01:03:06.0	+03:43	12:37	
18	135	FERREIRA, Joao Rafael	Nautico Academico	01:03:36.0	+04:13	12:43	
19	120	MARTINS, Antonio Pedro	CPFZ - Natacao	01:04:10.9	+04:48	12:50	
20	152	ASMAR, Axel Guedes	Sporting	01:04:14.9	+04:52	12:51	
21	114	RODRIGUES, Rafael Pereira	Condeixa Clube	01:04:49.6	+05:27	12:58	
22	151	RODRIGUES, Rodrigo Reis	Sao Roque	01:05:23.8	+06:01	13:05	
23	117	RODRIGUES, Joana Francisca	Condeixa Clube	01:05:28.6	+06:06	13:06	
24	132	CUNHA, Joaquim Antonio	Nautico Academico	01:06:42.5	+07:20	13:21	
25	113	PEREIRA, Salvador Correia	Condeixa Clube	01:06:49.8	+07:27	13:22	
26	110	GORDO, Goncalo Morais	Colegio Monte Maior	01:06:53.9	+07:31	13:23	
27	133	SOUSA, Guilherme Simoes	Nautico Academico	01:06:54.6	+07:32	13:23	
28	160	ARMAS, Maria Ornelas	Vikings	01:07:01.5	+07:39	13:24	
29	103	PEIXOTO, Carolina Esteves	Braga	01:07:04.2	+07:41	13:25	
30	127	KUNYK, Vitor	Lagoa Academico Clube	01:07:09.0	+07:46	13:26	
31	118	ROSA, Mariana Carmo	Condeixa Clube	01:07:11.8	+07:49	13:26	
32	108	FIGUEIRAS, Guilherme David	Colegio Monte Maior	01:07:14.3	+07:51	13:27	
33	145	FREIXEIRO, Francisco Guilherme	Rio Maior	01:07:17.3	+07:54	13:27	
34	159	ROCHA, Joao Pedro	Viana Natacao	01:07:20.9	+07:58	13:28	
35	148	JESUS, David Martins	Sao Roque	01:07:24.9	+08:02	13:29	
36	125	MATEUS, Diogo Jose	Lagoa Academico Clube	01:07:27.5	+08:05	13:30	
37	153	GOMES, Miguel Braga	Sporting	01:07:36.3	+08:13	13:31	
38	139	TOME, Tome Nunes	Nautico de Leiria	01:07:49.9	+08:27	13:34	
39	157	PINTO, Maria Carvalho	Viana Natacao	01:07:56.6	+08:34	13:35	
40	144	COSTA, Laura Brites	Rio Maior	01:08:26.2	+09:03	13:41	
41	140	AMBRUS, Beatriz Alves	Porto	01:08:30.6	+09:08	13:42	
42	119	RODRIGUES, Helena Nunes	Condeixa Clube	01:10:25.8	+11:03	14:05	



### 5000M - STAGE 1

### 5000 METERS

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 SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	147	RODRIGUES, Guilherme Gomes	Sao Roque	01:11:41.1	+12:18	14:20	
44	105	MOREIRA, Madalena Valente	Colegio Efanor	01:11:55.5	+12:33	14:23	
45	102	CORREIA, Diogo Filipe	Braga	01:12:32.1	+13:09	14:30	
46	126	WERUM, Mia Alena	Lagoa Academico Clube	01:15:34.6	+16:12	15:07	
47	131	FERNANDES, Laura Carvalho	Nautico Academico	01:15:37.5	+16:15	15:08	
48	158	GOMES, Rita Cunha	Viana Natacao	01:15:43.4	+16:20	15:09	
49	156	LIGEIRO, Sara Silva	Viana Natacao	01:15:51.7	+16:29	15:10	
50	155	AMANTES, Beatriz Quintao	Uniao Piedense	01:15:52.5	+16:30	15:11	
51	149	SILVA, Joao Luis	Sao Roque	01:16:13.4	+16:50	15:15	
52	150	SILVA, Silvana Suamade	Sao Roque	01:20:53.2	+21:30	16:11	
53	146	NOBREGA, Sara Francisca	Sao Roque	01:23:55.8	+24:33	16:47	
54	129	BOTO, Patricia Alexandra	Luz e Vida	01:24:14.2	+24:51	16:51	
55	130	FIGUEIREDO, Carolina Guerreiro	Luz e Vida	01:24:16.9	+24:54	16:51	

#### Obs

BIB	NOTE	NAME	TEAM
115	DNF	MARQUES, Duarte Cachulo	Condeixa Clube

**5000M****5000 METERS****OFFICIAL RESULT**

	Time	Temperature	Humidity
Start	15:00	29°C	19%
End	16:21	26,8°C	20%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
------	-----	------	------	-----	--------	------	------

**AA+20 Feminino**

1	160	ARMAS, Maria Ornelas	Vikings	AA+20 Feminino	01:07:01.5		13:24
2	119	RODRIGUES, Helena Nunes	Condeixa Clube	AA+20 Feminino	01:10:25.8	+03:24	14:05
3	155	AMANTES, Beatriz Quintao	Uniao Piedense	AA+20 Feminino	01:15:52.5	+08:51	15:11
4	129	BOTO, Patricia Alexandra	Luz e Vida	AA+20 Feminino	01:24:14.2	+17:12	16:51
5	130	FIGUEIREDO, Carolina Guerreiro	Luz e Vida	AA+20 Feminino	01:24:16.9	+17:15	16:51

**AA+20 Masculino**

1	138	TRAVASSOS, Rodrigo Alexandre	Nautico Academico	AA+20 Masculino	01:02:36.9		12:31
2	128	BARBARA, Goncalo Gualberto	Lagoa Academico Clube	AA+20 Masculino	01:02:58.1	+00:21	12:36
3	110	GORDO, Goncalo Morais	Colegio Monte Maior	AA+20 Masculino	01:06:53.9	+04:16	13:23
4	159	ROCHA, Joao Pedro	Viana Natacao	AA+20 Masculino	01:07:20.9	+04:44	13:28

**AA1415 Feminino**

1	157	PINTO, Maria Carvalho	Viana Natacao	AA1415 Feminino	01:07:56.6		13:35
2	144	COSTA, Laura Brites	Rio Maior	AA1415 Feminino	01:08:26.2	+00:29	13:41
3	140	AMBRUS, Beatriz Alves	Porto	AA1415 Feminino	01:08:30.6	+00:33	13:42
4	105	MOREIRA, Madalena Valente	Colegio Efanor	AA1415 Feminino	01:11:55.5	+03:58	14:23
5	131	FERNANDES, Laura Carvalho	Nautico Academico	AA1415 Feminino	01:15:37.5	+07:40	15:08
6	156	LIGEIRO, Sara Silva	Viana Natacao	AA1415 Feminino	01:15:51.7	+07:55	15:10
7	146	NOBREGA, Sara Francisca	Sao Roque	AA1415 Feminino	01:23:55.8	+15:59	16:47

**AA15 Masculino**

1	142	PEIXOTO, Tomas Pinto	Porto	AA15 Masculino	59:34.9		11:55
2	107	PEREIRA, Rui Silva	Colegio Monte Maior	AA15 Masculino	01:00:47.5	+01:12	12:10
3	141	MEDEIROS, Miguel Fragoso	Porto	AA15 Masculino	01:01:14.6	+01:39	12:15
4	143	SOARES, Goncalo Augusto	Porto	AA15 Masculino	01:02:51.1	+03:16	12:34
5	124	CANELAS, Tiago Andre	Fluvial Portuense	AA15 Masculino	01:02:55.2	+03:20	12:35
6	114	RODRIGUES, Rafael Pereira	Condeixa Clube	AA15 Masculino	01:04:49.6	+05:14	12:58
7	132	CUNHA, Joaquim Antonio	Nautico Academico	AA15 Masculino	01:06:42.5	+07:07	13:21
8	113	PEREIRA, Salvador Correia	Condeixa Clube	AA15 Masculino	01:06:49.8	+07:14	13:22
9	133	SOUSA, Guilherme Simoes	Nautico Academico	AA15 Masculino	01:06:54.6	+07:19	13:23
10	145	FREIXEIRO, Francisco Guilherme	Rio Maior	AA15 Masculino	01:07:17.3	+07:42	13:27
11	125	MATEUS, Diogo Jose	Lagoa Academico Clube	AA15 Masculino	01:07:27.5	+07:52	13:30
12	139	TOME, Tome Nunes	Nautico de Leiria	AA15 Masculino	01:07:49.9	+08:15	13:34

