

## 10K - STAGE 1

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 21:00 | 19,2°C      | 70%      |
| End   | 22:38 | 19,2°C      | 70%      |

| RANK | BIB | NAME                                  | TEAM                                      | RESULT | DIFF   | t/KM  | CARD |
|------|-----|---------------------------------------|-------------------------------------------|--------|--------|-------|------|
| 1    | 41  | Miguel Mascarenhas                    | GRUPO DESPORTIVO DO ESTREITO              | 34:19  |        | 03:26 |      |
| 2    | 150 | Manuel Fonseca                        | Individual                                | 34:44  | +00:25 | 03:28 |      |
| 3    | 138 | PEDRO RIBEIRO                         | SR. CAMARNAL                              | 35:01  | +00:42 | 03:30 |      |
| 4    | 10  | Álvaro Oliveira                       | Associação Desportiva de Palmeiros Sintra | 35:17  | +00:58 | 03:32 |      |
| 5    | 31  | Rodrigo Costa                         | Escola de Atletismo Correr + do Cartaxo   | 35:26  | +01:07 | 03:33 |      |
| 6    | 117 | Carlos Oliveira                       | MAXPROG                                   | 35:40  | +01:21 | 03:34 |      |
| 7    | 25  | Luís Batista                          | Casa do concelho dos arcos de valdevez    | 36:15  | +01:56 | 03:37 |      |
| 8    | 89  | Miguel Ribeiro                        | Individual                                | 36:33  | +02:14 | 03:39 |      |
| 9    | 9   | David Karin                           | Associação Desportiva de Palmeiros Sintra | 37:10  | +02:51 | 03:43 |      |
| 10   | 73  | Francisco Freire Gameiro              | Individual                                | 37:20  | +03:01 | 03:44 |      |
| 11   | 11  | Francisco Gonçalves                   | Associação Desportiva de Palmeiros Sintra | 37:37  | +03:18 | 03:46 |      |
| 12   | 37  | Filipe centeno                        | Escola de Atletismo Correr + do Cartaxo   | 37:49  | +03:30 | 03:47 |      |
| 13   | 105 | Luís Sequeira                         | Individual                                | 38:12  | +03:53 | 03:49 |      |
| 14   | 102 | Samuel Eugénio                        | Individual                                | 38:18  | +03:59 | 03:50 |      |
| 15   | 110 | Rui Santos                            | Trilho dos Cágados                        | 39:06  | +04:47 | 03:55 |      |
| 16   | 24  | Ricardo Carvalho                      | Casa do concelho dos arcos de valdevez    | 40:00  | +05:41 | 04:00 |      |
| 17   | 113 | António Santos                        | Individual                                | 40:49  | +06:30 | 04:05 |      |
| 18   | 36  | Gonçalo Rodrigues Dias                | Escola de Atletismo Correr + do Cartaxo   | 40:52  | +06:33 | 04:05 |      |
| 19   | 136 | Rafaela Cananó                        | SPORT LISBOA E BENFICA                    | 41:07  | +06:48 | 04:07 |      |
| 20   | 140 | MARCO FIDALGO                         | SR. CAMARNAL                              | 41:17  | +06:58 | 04:08 |      |
| 21   | 88  | M Nunes                               | Individual                                | 41:36  | +07:17 | 04:10 |      |
| 22   | 58  | Tomé Ferreira                         | Individual                                | 41:42  | +07:23 | 04:10 |      |
| 23   | 103 | Vitor Santos                          | Individual                                | 41:48  | +07:29 | 04:11 |      |
| 24   | 75  | Ivo José Gaspar Vieira                | Individual                                | 42:15  | +07:56 | 04:13 |      |
| 25   | 94  | Daniel Vieira                         | Individual                                | 42:15  | +07:56 | 04:14 |      |
| 26   | 148 | Paulo Andrade                         | Individual                                | 42:16  | +07:57 | 04:14 |      |
| 27   | 139 | HUGO HENRIQUES                        | SR. CAMARNAL                              | 42:30  | +08:11 | 04:15 |      |
| 28   | 149 | Carlos Eduardo Varino Ferreira Simões | Individual                                | 42:43  | +08:24 | 04:16 |      |
| 29   | 98  | Joao Pedro Ferreira                   | Individual                                | 42:43  | +08:24 | 04:16 |      |
| 30   | 40  | Carla Ribeiro                         | GFD Running                               | 43:05  | +08:46 | 04:18 |      |
| 31   | 35  | Tiago Nogueira                        | Escola de Atletismo Correr + do Cartaxo   | 43:05  | +08:46 | 04:19 |      |
| 32   | 38  | Fernando Pelarigo                     | Escola de Atletismo Correr + do Cartaxo   | 43:05  | +08:46 | 04:19 |      |
| 33   | 23  | Nuno Maia                             | C.D. Os "Águias" de Alpiarça              | 44:04  | +09:45 | 04:24 |      |
| 34   | 145 | Pedro Miguel Dinis Vitorino           | Trilho dos Cágados                        | 44:21  | +10:02 | 04:26 |      |
| 35   | 86  | Gonçalo Filipe Carvalho Monteiro      | Individual                                | 44:43  | +10:24 | 04:28 |      |
| 36   | 83  | André Henriques                       | Individual                                | 44:43  | +10:24 | 04:28 |      |
| 37   | 57  | Tiago Fonseca Lourenço                | Individual                                | 44:47  | +10:28 | 04:29 |      |
| 38   | 72  | Filipe Cera                           | Individual                                | 45:17  | +10:58 | 04:32 |      |
| 39   | 99  | Miguel Loureiro                       | Individual                                | 45:29  | +11:10 | 04:33 |      |
| 40   | 15  | Edgar Anastacio                       | AZA-Azambuja com Alma                     | 45:32  | +11:13 | 04:33 |      |
| 41   | 137 | SARA GABRIEL                          | SR. CAMARNAL                              | 46:11  | +11:52 | 04:37 |      |

## 10K - STAGE 1

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| RANK | BIB | NAME                            | TEAM                                      | RESULT | DIFF   | t/KM  | CARD |
|------|-----|---------------------------------|-------------------------------------------|--------|--------|-------|------|
| 42   | 96  | Hugo Gil                        | Individual                                | 46:14  | +11:55 | 04:37 |      |
| 43   | 17  | Lucio Basílio                   | AZA-Azambuja com Alma                     | 46:23  | +12:04 | 04:38 |      |
| 44   | 81  | Sérgio Marques                  | Individual                                | 46:51  | +12:32 | 04:41 |      |
| 45   | 54  | Pedro Miguel Neto Amorim        | Individual                                | 47:10  | +12:51 | 04:43 |      |
| 46   | 97  | João Manuel Ferreira Ribeiro    | Individual                                | 47:17  | +12:58 | 04:44 |      |
| 47   | 118 | Mónica Machado                  | Nunes&Machado                             | 47:18  | +12:59 | 04:44 |      |
| 48   | 119 | Luis Nunes                      | Nunes&Machado                             | 47:22  | +13:03 | 04:44 |      |
| 49   | 43  | Carolina Oliveira               | Individual                                | 47:32  | +13:13 | 04:45 |      |
| 50   | 135 | Luís Carlos Oliveira Monteiro   | SCD Glória do Ribatejo                    | 47:51  | +13:32 | 04:47 |      |
| 51   | 106 | Pedro Miguel Neves              | Trilho dos Cágados                        | 48:01  | +13:42 | 04:48 |      |
| 52   | 77  | Nuno Costa                      | Individual                                | 48:23  | +14:04 | 04:50 |      |
| 53   | 50  | Manuel da Silva Vicente         | Individual                                | 48:50  | +14:31 | 04:53 |      |
| 54   | 82  | Tiago Miguel Horta Gomes        | Individual                                | 49:05  | +14:46 | 04:55 |      |
| 55   | 144 | André Vicente                   | TRILHO DOS CÁGADOS                        | 49:21  | +15:02 | 04:56 |      |
| 56   | 152 | Jorge Garradas                  | Escola de Atletismo Correr + do Cartaxo   | 49:23  | +15:04 | 04:56 |      |
| 57   | 30  | Fernando Catarino               | Escola de atletismo Cartaxo               | 49:23  | +15:04 | 04:56 |      |
| 58   | 32  | Rita Ribeiro                    | Escola de Atletismo Correr + do Cartaxo   | 49:23  | +15:04 | 04:56 |      |
| 59   | 64  | Marta Ouro                      | Individual                                | 49:31  | +15:12 | 04:57 |      |
| 60   | 120 | Andre Dias                      | ONTRISPORTS                               | 49:36  | +15:17 | 04:58 |      |
| 61   | 74  | Ivo David                       | Individual                                | 49:40  | +15:21 | 04:58 |      |
| 62   | 12  | Jaime Silva                     | Associação Desportiva de Palmeiros Sintra | 49:50  | +15:31 | 04:59 |      |
| 63   | 29  | Miguel Mendes                   | Desafios Positivos D+                     | 49:51  | +15:32 | 04:59 |      |
| 64   | 52  | Pedro Capão                     | Individual                                | 49:53  | +15:34 | 04:59 |      |
| 65   | 104 | João Capão                      | Individual                                | 49:53  | +15:34 | 04:59 |      |
| 66   | 90  | Pedro Miguel Matias Vicente     | Individual                                | 49:55  | +15:36 | 05:00 |      |
| 67   | 66  | Sandra Marisa Fernandes Marques | Individual                                | 50:27  | +16:08 | 05:03 |      |
| 68   | 28  | Diogo Jesus                     | Desafios Positivos D+                     | 50:55  | +16:36 | 05:05 |      |
| 69   | 49  | David Ruivaco                   | Individual                                | 50:57  | +16:38 | 05:06 |      |
| 70   | 71  | Fábio Grego                     | Individual                                | 51:02  | +16:43 | 05:06 |      |
| 71   | 51  | Marcelo Moraes                  | Individual                                | 51:09  | +16:50 | 05:07 |      |
| 72   | 48  | Daniel Moreira                  | Individual                                | 51:15  | +16:56 | 05:08 |      |
| 73   | 100 | Pedro Alves                     | Individual                                | 51:20  | +17:01 | 05:08 |      |
| 74   | 55  | Ricardo Belchior                | Individual                                | 51:22  | +17:03 | 05:08 |      |
| 75   | 56  | Ricardo Gomes                   | Individual                                | 51:24  | +17:05 | 05:08 |      |
| 76   | 155 | Casimiro Marques                | Nucleo Sporting Cartaxo                   | 51:31  | +17:12 | 05:09 |      |
| 77   | 13  | Rodrigo Marques                 | AZA-Azambuja com Alma                     | 51:32  | +17:13 | 05:09 |      |
| 78   | 53  | Pedro Coelho                    | Individual                                | 51:43  | +17:24 | 05:10 |      |
| 79   | 46  | Álvaro Oliveira                 | Individual                                | 51:44  | +17:25 | 05:10 |      |
| 80   | 3   | João Pedro Oliveira             | Individual                                | 51:50  | +17:31 | 05:11 |      |
| 81   | 8   | Elsa Oliveira                   | Associação Desportiva de Palmeiros Sintra | 51:52  | +17:33 | 05:11 |      |
| 82   | 63  | Carina Rosa                     | Individual                                | 51:59  | +17:40 | 05:12 |      |
| 83   | 76  | João Campião                    | Individual                                | 51:59  | +17:40 | 05:12 |      |
| 84   | 60  | Magda Ribeiro                   | Individual                                | 51:59  | +17:40 | 05:12 |      |
| 85   | 26  | Blisa Simão                     | Desafios Positivos D+                     | 52:16  | +17:57 | 05:14 |      |
| 86   | 87  | Luis Marcelino                  | Individual                                | 52:41  | +18:22 | 05:16 |      |
| 87   | 33  | Ana Paula Barata                | Escola de Atletismo Correr + do Cartaxo   | 53:02  | +18:43 | 05:18 |      |

## 10K - STAGE 1

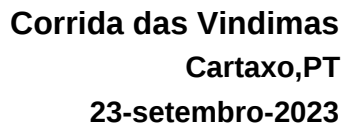
**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| RANK | BIB | NAME                              | TEAM                                                | RESULT   | DIFF   | t/KM  | CARD |
|------|-----|-----------------------------------|-----------------------------------------------------|----------|--------|-------|------|
| 88   | 130 | Marco Alexandre Silva             | RUNNERS by BALANCEURO                               | 53:05    | +18:46 | 05:18 |      |
| 89   | 134 | Adolfo Oliveira                   | Runners da frente Ribeirinha da Povia de Santa Iria | 53:10    | +18:51 | 05:19 |      |
| 90   | 151 | Carlos Miguel Ribeiro de Melo     | Individual                                          | 53:14    | +18:55 | 05:19 |      |
| 91   | 4   | Vitor Manuel Conceição Rodrigues  | Individual                                          | 53:15    | +18:56 | 05:19 |      |
| 92   | 7   | Carlos Balão                      | Andaspoucomasequipasbem                             | 53:25    | +19:06 | 05:20 |      |
| 93   | 6   | Lino Coelho                       | Andaspoucomasequipasbem                             | 53:25    | +19:06 | 05:21 |      |
| 94   | 91  | Pedro Silva                       | Individual                                          | 53:31    | +19:12 | 05:21 |      |
| 95   | 92  | Tiago Brito Runners by balanceuro | Individual                                          | 53:32    | +19:13 | 05:21 |      |
| 96   | 93  | CARLOS GOUVEIA                    | Individual                                          | 53:51    | +19:32 | 05:23 |      |
| 97   | 132 | Nuno Miguel Batista Guerra        | RUNNERS by BALANCEURO                               | 53:59    | +19:40 | 05:24 |      |
| 98   | 147 | José Lopes                        | ZTH                                                 | 54:16    | +19:57 | 05:26 |      |
| 99   | 62  | Tânia Rodrigues                   | Individual                                          | 54:19    | +20:00 | 05:26 |      |
| 100  | 44  | Inês Ferreira                     | Individual                                          | 54:45    | +20:26 | 05:29 |      |
| 101  | 21  | Vitor Mexieiro                    | C.C.D. "O ALVITEJO "                                | 54:45    | +20:26 | 05:29 |      |
| 102  | 101 | Pedro Silva                       | Individual                                          | 55:53    | +21:34 | 05:35 |      |
| 103  | 121 | Marta Berneaud                    | Ortobest Cycling Team                               | 56:20    | +22:01 | 05:38 |      |
| 104  | 27  | Susana Madeira                    | Desafios Positivos D+                               | 56:23    | +22:04 | 05:38 |      |
| 105  | 16  | Vitor Manuel Ferreira prata       | AZA-Azambuja com Alma                               | 56:29    | +22:10 | 05:39 |      |
| 106  | 22  | Eunice Cardoso                    | C.D. Os "Águias" de Alpiarça                        | 56:51    | +22:32 | 05:41 |      |
| 107  | 20  | Manuel António                    | C.C.D. "O ALVITEJO "                                | 56:56    | +22:37 | 05:42 |      |
| 108  | 78  | Nuno Paula                        | Individual                                          | 57:08    | +22:49 | 05:43 |      |
| 109  | 68  | Vera Guerreiro                    | Individual                                          | 57:25    | +23:06 | 05:45 |      |
| 110  | 128 | Alexandre Campanacho              | RUNNERS by BALANCEURO                               | 57:31    | +23:12 | 05:45 |      |
| 111  | 143 | Susana Vitorino                   | Trilho dos Cágados                                  | 57:40    | +23:21 | 05:46 |      |
| 112  | 146 | Ruth Lopes                        | ZTH                                                 | 57:43    | +23:24 | 05:46 |      |
| 113  | 131 | Nuno Alves                        | RUNNERS by BALANCEURO                               | 57:47    | +23:28 | 05:47 |      |
| 114  | 141 | Helena Sousa                      | Sublimes                                            | 58:36    | +24:17 | 05:52 |      |
| 115  | 153 | Nuno Damião                       | Individual                                          | 59:13    | +24:54 | 05:55 |      |
| 116  | 129 | João Fortes                       | RUNNERS by BALANCEURO                               | 59:19    | +25:00 | 05:56 |      |
| 117  | 133 | Rui Caeiro                        | RUNNERS by BALANCEURO                               | 59:20    | +25:01 | 05:56 |      |
| 118  | 109 | Rui Oliveira                      | Individual                                          | 59:31    | +25:12 | 05:57 |      |
| 119  | 18  | Elisabete Águas                   | C.C.D. "O ALVITEJO "                                | 59:43    | +25:24 | 05:58 |      |
| 120  | 116 | José Manuel Pereira               | Individual                                          | 59:50    | +25:31 | 05:59 |      |
| 121  | 142 | Ricardo Alfeirão                  | Sublimes                                            | 01:00:40 | +26:21 | 06:04 |      |
| 122  | 123 | Helena Grácio                     | Os Voltarenes                                       | 01:01:09 | +26:50 | 06:07 |      |
| 123  | 124 | Carlos Grácio                     | Os Voltarenes                                       | 01:01:09 | +26:50 | 06:07 |      |
| 124  | 79  | Paulo cruz                        | Individual                                          | 01:02:10 | +27:51 | 06:13 |      |
| 125  | 47  | Bruno Januário                    | Individual                                          | 01:02:11 | +27:52 | 06:13 |      |
| 126  | 154 | Ricardo Godinho                   | Individual                                          | 01:02:24 | +28:05 | 06:14 |      |
| 127  | 19  | Helena Pires                      | C.C.D. "O ALVITEJO "                                | 01:04:42 | +30:23 | 06:28 |      |
| 128  | 70  | Anastácia Oliveira Correia        | Individual                                          | 01:05:00 | +30:41 | 06:30 |      |
| 129  | 45  | Rute Inês dos Santos Vidal        | Individual                                          | 01:05:01 | +30:42 | 06:30 |      |
| 130  | 65  | Mónica Silveira                   | Individual                                          | 01:05:13 | +30:54 | 06:31 |      |
| 131  | 80  | Pedro Damião                      | Individual                                          | 01:05:46 | +31:27 | 06:35 |      |
| 132  | 69  | Ana Domingues                     | Individual                                          | 01:06:14 | +31:55 | 06:37 |      |
| 133  | 112 | Rui Domingues                     | Individual                                          | 01:06:14 | +31:55 | 06:37 |      |



**10 KM**

[illegible][illegible]

| RANK | BIB | NAME                       | TEAM       | RESULT   | DIFF   | t/KM  | CARD |
|------|-----|----------------------------|------------|----------|--------|-------|------|
| 134  | 59  | Carina Vicente             | Individual | 01:06:58 | +32:39 | 06:42 |      |
| 135  | 125 | Lília Diana Ribeiro Vieira | Pintarolas | 01:13:55 | +39:36 | 07:24 |      |
| 136  | 127 | Joao Manuel Leite Vieira   | Pintarolas | 01:13:55 | +39:36 | 07:24 |      |
| 137  | 126 | Maria Cidália Dias Ribeiro | Pintarolas | 01:20:43 | +46:24 | 08:04 |      |

10K

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 21:00 | 19,2°C      | 70%      |
| End   | 22:38 | 19,2°C      | 70%      |

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

## Junior Feminino

|   |     |                |                        |                 |       |       |
|---|-----|----------------|------------------------|-----------------|-------|-------|
| 1 | 136 | Rafaela Cananó | SPORT LISBOA E BENFICA | Junior Feminino | 41:07 | 04:07 |
|---|-----|----------------|------------------------|-----------------|-------|-------|

## Senior Feminino

|   |     |                            |              |                 |          |              |
|---|-----|----------------------------|--------------|-----------------|----------|--------------|
| 1 | 137 | SARA GABRIEL               | SR. CAMARNAL | Senior Feminino | 46:11    | 04:37        |
| 2 | 43  | Carolina Oliveira          | Individual   | Senior Feminino | 47:32    | +01:21 04:45 |
| 3 | 44  | Inês Ferreira              | Individual   | Senior Feminino | 54:45    | +08:34 05:29 |
| 4 | 45  | Rute Inês dos Santos Vidal | Individual   | Senior Feminino | 01:05:01 | +18:49 06:30 |

## Senior Masculino

|    |     |                                       |                                         |                  |          |              |
|----|-----|---------------------------------------|-----------------------------------------|------------------|----------|--------------|
| 1  | 41  | Miguel Mascarenhas                    | GRUPO DESPORTIVO DO ESTREITO            | Senior Masculino | 34:19    | 03:26        |
| 2  | 31  | Rodrigo Costa                         | Escola de Atletismo Correr + do Cartaxo | Senior Masculino | 35:26    | +01:07 03:33 |
| 3  | 58  | Tomé Ferreira                         | Individual                              | Senior Masculino | 41:42    | +07:23 04:10 |
| 4  | 149 | Carlos Eduardo Varino Ferreira Simões | Individual                              | Senior Masculino | 42:43    | +08:24 04:16 |
| 5  | 57  | Tiago Fonseca Lourenço                | Individual                              | Senior Masculino | 44:47    | +10:28 04:29 |
| 6  | 54  | Pedro Miguel Neto Amorim              | Individual                              | Senior Masculino | 47:10    | +12:51 04:43 |
| 7  | 50  | Manuel da Silva Vicente               | Individual                              | Senior Masculino | 48:50    | +14:31 04:53 |
| 8  | 52  | Pedro Capão                           | Individual                              | Senior Masculino | 49:53    | +15:34 04:59 |
| 9  | 49  | David Ruivaco                         | Individual                              | Senior Masculino | 50:57    | +16:38 05:06 |
| 10 | 51  | Marcelo Moraes                        | Individual                              | Senior Masculino | 51:09    | +16:50 05:07 |
| 11 | 48  | Daniel Moreira                        | Individual                              | Senior Masculino | 51:15    | +16:56 05:08 |
| 12 | 55  | Ricardo Belchior                      | Individual                              | Senior Masculino | 51:22    | +17:03 05:08 |
| 13 | 56  | Ricardo Gomes                         | Individual                              | Senior Masculino | 51:24    | +17:05 05:08 |
| 14 | 155 | Casimiro Marques                      | Nucleo Sporting Cartaxo                 | Senior Masculino | 51:31    | +17:12 05:09 |
| 15 | 53  | Pedro Coelho                          | Individual                              | Senior Masculino | 51:43    | +17:24 05:10 |
| 16 | 46  | Álvaro Oliveira                       | Individual                              | Senior Masculino | 51:44    | +17:25 05:10 |
| 17 | 3   | João Pedro Oliveira                   | Individual                              | Senior Masculino | 51:50    | +17:31 05:11 |
| 18 | 47  | Bruno Januário                        | Individual                              | Senior Masculino | 01:02:11 | +27:52 06:13 |
| 19 | 154 | Ricardo Godinho                       | Individual                              | Senior Masculino | 01:02:24 | +28:05 06:14 |

## Veterana F35

|   |    |                 |                                         |              |       |              |
|---|----|-----------------|-----------------------------------------|--------------|-------|--------------|
| 1 | 32 | Rita Ribeiro    | Escola de Atletismo Correr + do Cartaxo | Veterana F35 | 49:23 | 04:56        |
| 2 | 60 | Magda Ribeiro   | Individual                              | Veterana F35 | 51:59 | +02:36 05:12 |
| 3 | 62 | Tânia Rodrigues | Individual                              | Veterana F35 | 54:19 | +04:56 05:26 |

|                             |       |                            |
|-----------------------------|-------|----------------------------|
| Official Timekeeper: Lap2Go | 1 / 5 | generate 23-set-2023 23:00 |
|-----------------------------|-------|----------------------------|

**10K**

**10 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

|   |     |                            |                    |              |          |        |       |
|---|-----|----------------------------|--------------------|--------------|----------|--------|-------|
| 4 | 143 | Susana Vitorino            | Trilho dos Cágados | Veterana F35 | 57:40    | +08:17 | 05:46 |
| 5 | 59  | Carina Vicente             | Individual         | Veterana F35 | 01:06:58 | +17:34 | 06:42 |
| 6 | 125 | Lília Diana Ribeiro Vieira | Pintarolas         | Veterana F35 | 01:13:55 | +24:32 | 07:24 |

## Veterana F40

|    |     |                                 |                                         |              |          |              |
|----|-----|---------------------------------|-----------------------------------------|--------------|----------|--------------|
| 1  | 40  | Carla Ribeiro                   | GFD Running                             | Veterana F40 | 43:05    | 04:18        |
| 2  | 118 | Mónica Machado                  | Nunes&Machado                           | Veterana F40 | 47:18    | +04:13 04:44 |
| 3  | 64  | Marta Ouro                      | Individual                              | Veterana F40 | 49:31    | +06:26 04:57 |
| 4  | 66  | Sandra Marisa Fernandes Marques | Individual                              | Veterana F40 | 50:27    | +07:22 05:03 |
| 5  | 63  | Carina Rosa                     | Individual                              | Veterana F40 | 51:59    | +08:54 05:12 |
| 6  | 26  | Blisa Simão                     | Desafios Positivos D+                   | Veterana F40 | 52:16    | +09:11 05:14 |
| 7  | 33  | Ana Paula Barata                | Escola de Atletismo Correr + do Cartaxo | Veterana F40 | 53:02    | +09:57 05:18 |
| 8  | 121 | Marta Berneaud                  | Ortobest Cycling Team                   | Veterana F40 | 56:20    | +13:15 05:38 |
| 9  | 27  | Susana Madeira                  | Desafios Positivos D+                   | Veterana F40 | 56:23    | +13:18 05:38 |
| 10 | 22  | Eunice Cardoso                  | C.D. Os "Águias" de Alpiarça            | Veterana F40 | 56:51    | +13:46 05:41 |
| 11 | 68  | Vera Guerreiro                  | Individual                              | Veterana F40 | 57:25    | +14:20 05:45 |
| 12 | 141 | Helena Sousa                    | Sublimes                                | Veterana F40 | 58:36    | +15:31 05:52 |
| 13 | 153 | Nuno Damião                     | Individual                              | Veterana F40 | 59:13    | +16:08 05:55 |
| 14 | 65  | Mónica Silveira                 | Individual                              | Veterana F40 | 01:05:13 | +22:08 06:31 |

## Veterana F50

|   |     |                            |                                              |              |          |              |
|---|-----|----------------------------|----------------------------------------------|--------------|----------|--------------|
| 1 | 8   | Elsa Oliveira              | Associação Desportiva de<br>Palmeiros Sintra | Veterana F50 | 51:52    | 05:11        |
| 2 | 146 | Ruth Lopes                 | ZTH                                          | Veterana F50 | 57:43    | +05:50 05:46 |
| 3 | 18  | Elisabete Águas            | C.C.D. "O ALVITEJO "                         | Veterana F50 | 59:43    | +07:50 05:58 |
| 4 | 123 | Helena Grácio              | Os Voltarenes                                | Veterana F50 | 01:01:09 | +09:16 06:07 |
| 5 | 19  | Helena Pires               | C.C.D. "O ALVITEJO "                         | Veterana F50 | 01:04:42 | +12:50 06:28 |
| 6 | 70  | Anastácia Oliveira Correia | Individual                                   | Veterana F50 | 01:05:00 | +13:07 06:30 |
| 7 | 69  | Ana Domingues              | Individual                                   | Veterana F50 | 01:06:14 | +14:21 06:37 |
| 8 | 126 | Maria Cidália Dias Ribeiro | Pintarolas                                   | Veterana F50 | 01:20:43 | +28:50 08:04 |

## Veterano M35

|   |     |                               |                                         |              |       |              |
|---|-----|-------------------------------|-----------------------------------------|--------------|-------|--------------|
| 1 | 150 | Manuel Fonseca                | Individual                              | Veterano M35 | 34:44 | 03:28        |
| 2 | 138 | PEDRO RIBEIRO                 | SR. CAMARNAL                            | Veterano M35 | 35:01 | +00:16 03:30 |
| 3 | 73  | Francisco Freire Gameiro      | Individual                              | Veterano M35 | 37:20 | +02:36 03:44 |
| 4 | 75  | Ivo José Gaspar Vieira        | Individual                              | Veterano M35 | 42:15 | +07:30 04:13 |
| 5 | 35  | Tiago Nogueira                | Escola de Atletismo Correr + do Cartaxo | Veterano M35 | 43:05 | +08:21 04:19 |
| 6 | 72  | Filipe Cera                   | Individual                              | Veterano M35 | 45:17 | +10:33 04:32 |
| 7 | 81  | Sérgio Marques                | Individual                              | Veterano M35 | 46:51 | +12:06 04:41 |
| 8 | 135 | Luís Carlos Oliveira Monteiro | SCD Glória do Ribatejo                  | Veterano M35 | 47:51 | +13:07 04:47 |
| 9 | 77  | Nuno Costa                    | Individual                              | Veterano M35 | 48:23 | +13:38 04:50 |

|                             |       |                            |
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| Official Timekeeper: Lap2Go | 2 / 5 | generate 23-set-2023 23:00 |
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## OFFICIAL RESULT

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|    |     |                          |                       |              |          |        |       |
|----|-----|--------------------------|-----------------------|--------------|----------|--------|-------|
| 10 | 82  | Tiago Miguel Horta Gomes | Individual            | Veterano M35 | 49:05    | +14:21 | 04:55 |
| 11 | 120 | Andre Dias               | ONTRISPORTS           | Veterano M35 | 49:36    | +14:51 | 04:58 |
| 12 | 74  | Ivo David                | Individual            | Veterano M35 | 49:40    | +14:56 | 04:58 |
| 13 | 28  | Diogo Jesus              | Desafios Positivos D+ | Veterano M35 | 50:55    | +16:10 | 05:05 |
| 14 | 71  | Fábio Grego              | Individual            | Veterano M35 | 51:02    | +16:18 | 05:06 |
| 15 | 76  | João Campião             | Individual            | Veterano M35 | 51:59    | +17:15 | 05:12 |
| 16 | 78  | Nuno Paula               | Individual            | Veterano M35 | 57:08    | +22:23 | 05:43 |
| 17 | 79  | Paulo cruz               | Individual            | Veterano M35 | 01:02:10 | +27:25 | 06:13 |
| 18 | 80  | Pedro Damião             | Individual            | Veterano M35 | 01:05:46 | +31:02 | 06:35 |

## Veterano M40

|    |     |                                   |                                         |              |          |              |
|----|-----|-----------------------------------|-----------------------------------------|--------------|----------|--------------|
| 1  | 89  | Miguel Ribeiro                    | Individual                              | Veterano M40 | 36:33    | 03:39        |
| 2  | 24  | Ricardo Carvalho                  | Casa do concelho dos arcos de valdevez  | Veterano M40 | 40:00    | +03:26 04:00 |
| 3  | 36  | Gonalo Rodrigues Dias            | Escola de Atletismo Correr + do Cartaxo | Veterano M40 | 40:52    | +04:19 04:05 |
| 4  | 88  | M Nunes                           | Individual                              | Veterano M40 | 41:36    | +05:02 04:10 |
| 5  | 145 | Pedro Miguel Dinis Vitorino       | Trilho dos Cgados                      | Veterano M40 | 44:21    | +07:47 04:26 |
| 6  | 86  | Gonalo Filipe Carvalho Monteiro  | Individual                              | Veterano M40 | 44:43    | +08:09 04:28 |
| 7  | 83  | Andr Henriques                   | Individual                              | Veterano M40 | 44:43    | +08:09 04:28 |
| 8  | 144 | Andr Vicente                     | TRILHO DOS CGADOS                      | Veterano M40 | 49:21    | +12:47 04:56 |
| 9  | 90  | Pedro Miguel Matias Vicente       | Individual                              | Veterano M40 | 49:55    | +13:21 05:00 |
| 10 | 87  | Luis Marcelino                    | Individual                              | Veterano M40 | 52:41    | +16:07 05:16 |
| 11 | 151 | Carlos Miguel Ribeiro de Melo     | Individual                              | Veterano M40 | 53:14    | +16:41 05:19 |
| 12 | 6   | Lino Coelho                       | Andaspoucomasequipasbem                 | Veterano M40 | 53:25    | +16:51 05:21 |
| 13 | 91  | Pedro Silva                       | Individual                              | Veterano M40 | 53:31    | +16:57 05:21 |
| 14 | 92  | Tiago Brito Runners by balanceuro | Individual                              | Veterano M40 | 53:32    | +16:58 05:21 |
| 15 | 142 | Ricardo Alfeiro                  | Sublimes                                | Veterano M40 | 01:00:40 | +24:07 06:04 |

## Veterano M45

|    |     |                     |                                           |              |       |              |
|----|-----|---------------------|-------------------------------------------|--------------|-------|--------------|
| 1  | 25  | Luís Batista        | Casa do concelho dos arcos de valdevez    | Veterano M45 | 36:15 | 03:37        |
| 2  | 9   | David Karin         | Associação Desportiva de Palmeiros Sintra | Veterano M45 | 37:10 | +00:54 03:43 |
| 3  | 37  | Filipe centeno      | Escola de Atletismo Correr + do Cartaxo   | Veterano M45 | 37:49 | +01:34 03:47 |
| 4  | 102 | Samuel Eugénio      | Individual                                | Veterano M45 | 38:18 | +02:03 03:50 |
| 5  | 140 | MARCO FIDALGO       | SR. CAMARNAL                              | Veterano M45 | 41:17 | +05:02 04:08 |
| 6  | 103 | Vítor Santos        | Individual                                | Veterano M45 | 41:48 | +05:32 04:11 |
| 7  | 94  | Daniel Vieira       | Individual                                | Veterano M45 | 42:15 | +06:00 04:14 |
| 8  | 148 | Paulo Andrade       | Individual                                | Veterano M45 | 42:16 | +06:00 04:14 |
| 9  | 139 | HUGO HENRIQUES      | SR. CAMARNAL                              | Veterano M45 | 42:30 | +06:15 04:15 |
| 10 | 98  | Joao Pedro Ferreira | Individual                                | Veterano M45 | 42:43 | +06:28 04:16 |
| 11 | 23  | Nuno Maia           | C.D. Os “Águias” de Alpiarça              | Veterano M45 | 44:04 | +07:48 04:24 |
| 12 | 99  | Miguel Loureiro     | Individual                                | Veterano M45 | 45:29 | +09:13 04:33 |

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| Official Timekeeper: Lap2Go | 3 / 5 | generate 23-set-2023 23:00 |
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## OFFICIAL RESULT

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|    |     |                              |                                                     |              |       |        |       |
|----|-----|------------------------------|-----------------------------------------------------|--------------|-------|--------|-------|
| 13 | 96  | Hugo Gil                     | Individual                                          | Veterano M45 | 46:14 | +09:58 | 04:37 |
| 14 | 97  | João Manuel Ferreira Ribeiro | Individual                                          | Veterano M45 | 47:17 | +11:01 | 04:44 |
| 15 | 152 | Jorge Garradas               | Escola de Atletismo Correr + do Cartaxo             | Veterano M45 | 49:23 | +13:07 | 04:56 |
| 16 | 100 | Pedro Alves                  | Individual                                          | Veterano M45 | 51:20 | +15:05 | 05:08 |
| 17 | 13  | Rodrigo Marques              | AZA-Azambuja com Alma                               | Veterano M45 | 51:32 | +15:17 | 05:09 |
| 18 | 134 | Adolfo Oliveira              | Runners da frente Ribeirinha da Povia de Santa Iria | Veterano M45 | 53:10 | +16:55 | 05:19 |
| 19 | 7   | Carlos Balão                 | Andaspoucomasequipasbem                             | Veterano M45 | 53:25 | +17:09 | 05:20 |
| 20 | 93  | CARLOS GOUVEIA               | Individual                                          | Veterano M45 | 53:51 | +17:35 | 05:23 |
| 21 | 101 | Pedro Silva                  | Individual                                          | Veterano M45 | 55:53 | +19:38 | 05:35 |
| 22 | 128 | Alexandre Campanacho         | RUNNERS by BALANCEURO                               | Veterano M45 | 57:31 | +21:16 | 05:45 |

## Veterano M50

|    |     |                                  |                                              |              |       |              |
|----|-----|----------------------------------|----------------------------------------------|--------------|-------|--------------|
| 1  | 10  | Álvaro Oliveira                  | Associação Desportiva de<br>Palmeiros Sintra | Veterano M50 | 35:17 | 03:32        |
| 2  | 117 | Carlos Oliveira                  | MAXPROG                                      | Veterano M50 | 35:40 | +00:22 03:34 |
| 3  | 11  | Francisco Gonçalves              | Associação Desportiva de<br>Palmeiros Sintra | Veterano M50 | 37:37 | +02:19 03:46 |
| 4  | 105 | Luís Sequeira                    | Individual                                   | Veterano M50 | 38:12 | +02:54 03:49 |
| 5  | 110 | Rui Santos                       | Trilho dos Cágados                           | Veterano M50 | 39:06 | +03:48 03:55 |
| 6  | 38  | Fernando Pelarigo                | Escola de Atletismo Correr + do<br>Cartaxo   | Veterano M50 | 43:05 | +07:48 04:19 |
| 7  | 119 | Luis Nunes                       | Nunes&Machado                                | Veterano M50 | 47:22 | +12:04 04:44 |
| 8  | 106 | Pedro Miguel Neves               | Trilho dos Cágados                           | Veterano M50 | 48:01 | +12:43 04:48 |
| 9  | 29  | Miguel Mendes                    | Desafios Positivos D+                        | Veterano M50 | 49:51 | +14:33 04:59 |
| 10 | 104 | João Capão                       | Individual                                   | Veterano M50 | 49:53 | +14:35 04:59 |
| 11 | 130 | Marco Alexandre Silva            | RUNNERS by BALANCEURO                        | Veterano M50 | 53:05 | +17:47 05:18 |
| 12 | 4   | Vitor Manuel Conceição Rodrigues | Individual                                   | Veterano M50 | 53:15 | +17:57 05:19 |
| 13 | 132 | Nuno Miguel Batista Guerra       | RUNNERS by BALANCEURO                        | Veterano M50 | 53:59 | +18:41 05:24 |
| 14 | 147 | José Lopes                       | ZTH                                          | Veterano M50 | 54:16 | +18:58 05:26 |
| 15 | 20  | Manuel António                   | C.C.D. "O ALVITEJO "                         | Veterano M50 | 56:56 | +21:38 05:42 |
| 16 | 131 | Nuno Alves                       | RUNNERS by BALANCEURO                        | Veterano M50 | 57:47 | +22:29 05:47 |
| 17 | 129 | João Fortes                      | RUNNERS by BALANCEURO                        | Veterano M50 | 59:19 | +24:01 05:56 |
| 18 | 133 | Rui Caeiro                       | RUNNERS by BALANCEURO                        | Veterano M50 | 59:20 | +24:02 05:56 |
| 19 | 109 | Rui Oliveira                     | Individual                                   | Veterano M50 | 59:31 | +24:13 05:57 |

## Veterano M55

|   |     |                             |                             |              |          |              |
|---|-----|-----------------------------|-----------------------------|--------------|----------|--------------|
| 1 | 15  | Edgar Anastacio             | AZA-Azambuja com Alma       | Veterano M55 | 45:32    | 04:33        |
| 2 | 30  | Fernando Catarino           | Escola de atletismo Cartaxo | Veterano M55 | 49:23    | +03:50 04:56 |
| 3 | 21  | Vitor Mexieiro              | C.C.D. "O ALVITEJO "        | Veterano M55 | 54:45    | +09:12 05:29 |
| 4 | 16  | Vitor Manuel Ferreira prata | AZA-Azambuja com Alma       | Veterano M55 | 56:29    | +10:57 05:39 |
| 5 | 112 | Rui Domingues               | Individual                  | Veterano M55 | 01:06:14 | +20:41 06:37 |

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## OFFICIAL RESULT

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|   |     |                          |                                              |              |          |              |
|---|-----|--------------------------|----------------------------------------------|--------------|----------|--------------|
| 1 | 113 | António Santos           | Individual                                   | Veterano M60 | 40:49    | 04:05        |
| 2 | 17  | Lucio Basílio            | AZA-Azambuja com Alma                        | Veterano M60 | 46:23    | +05:33 04:38 |
| 3 | 12  | Jaime Silva              | Associação Desportiva de<br>Palmeiros Sintra | Veterano M60 | 49:50    | +09:00 04:59 |
| 4 | 116 | José Manuel Pereira      | Individual                                   | Veterano M60 | 59:50    | +19:01 05:59 |
| 5 | 124 | Carlos Grácio            | Os Voltarenes                                | Veterano M60 | 01:01:09 | +20:20 06:07 |
| 6 | 127 | Joao Manuel Leite Vieira | Pintarolas                                   | Veterano M60 | 01:13:55 | +33:05 07:24 |