

**10K - STAGE 1**

**10 KM**

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

	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	Luis 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	Luis 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	Vítor 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

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

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

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 Povoia 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 Voltarenos	01:01:09	+26:50	06:07	
123	124	Carlos Grácio	Os Voltarenos	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	



10K

10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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	21:00	19,2°C	70%
End	22:38	19,2°C	70%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
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### Junior Feminino

1	136	Rafaela Cananó	SPORT LISBOA E BENFICA	Junior Feminino	41:07		04:07
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### 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	Cândido 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 29-set-2023 09:04
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## 10K

## 10 KM

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

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 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

Official Timekeeper: Lap2Go	2 / 5	generate 29-set-2023 09:04
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## 10K

## 10 KM

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

### 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 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 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 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



10K

10 KM

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## 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

**Veterano M60**

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 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