

Mini Corrida Jovem**1 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

	Time	Temperature	Humidity
Start	17:00	25.7°C	42%
End	17:22	26.1°C	42%

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

1	1040	Rita Pereira	NDAP	Benjamim Feminino	05:31	-	-
2	1002	Jéssica Santos Pereira	ACRDC Sismaria	Benjamim Feminino	05:53	+00:21	-
3	1003	LEONOR BAPTISTA	ACRDC Sismaria	Benjamim Feminino	06:00	+00:28	-
4	1004	LUNA AMARO	ACRDC Sismaria	Benjamim Feminino	06:24	+00:52	-
5	1018	Leonor Mendes	Individual	Benjamim Feminino	06:28	+00:56	-
6	1038	Rafaela Caçador	NDAP	Benjamim Feminino	06:52	+01:20	-
7	1021	Matilde Freitas	Individual	Benjamim Feminino	06:55	+01:23	-
8	1001	CAROLINA GASPAR	ACRDC Sismaria	Benjamim Feminino	06:55	+01:23	-
9	1037	Margarida Gomes	NDAP	Benjamim Feminino	06:58	+01:26	-
10	1017	Emilia da Silva	Individual	Benjamim Feminino	07:23	+01:51	-
11	1034	Benedita Marto	NDAP	Benjamim Feminino	07:32	+02:00	-
12	1020	Maria Francisca das Neves Moreira	Individual	Benjamim Feminino	07:52	+02:20	-
13	1035	Laura Mota	NDAP	Benjamim Feminino	07:56	+02:24	-
14	1008	Carolina da Costa Neves Gante	Família Vieira	Benjamim Feminino	08:08	+02:36	-
15	1036	Leila Beja	NDAP	Benjamim Feminino	08:59	+03:27	-
16	1039	Rafaela Lopes	NDAP	Benjamim Feminino	09:14	+03:42	-

Benjamim Masculino

1	1025	Nelson Mota	Individual	Benjamim Masculino	04:54	-	-
2	1047	Santiago Ponte	NDAP	Benjamim Masculino	04:57	+00:03	-
3	1062	Eduardo Ferreira	Seleção lá de casa	Benjamim Masculino	05:20	+00:26	-
4	1005	DINIS RAMALHAIS	ACRDC Sismaria	Benjamim Masculino	05:23	+00:29	-
5	1022	Afonso da Silva	Individual	Benjamim Masculino	05:50	+00:56	-
6	1068	Afonso Vieira	Vieira Team	Benjamim Masculino	06:02	+01:07	-
7	1046	Samuel Santos	NDAP	Benjamim Masculino	06:18	+01:24	-
8	1044	Manuel Pereira	NDAP	Benjamim Masculino	06:34	+01:40	-
9	1041	Afonso Neves	NDAP	Benjamim Masculino	07:00	+02:06	-
10	1023	Andre Marques Mendes	Individual	Benjamim Masculino	07:01	+02:06	-
11	1042	Diogo Gonçalves	NDAP	Benjamim Masculino	07:12	+02:17	-
12	1028	Tomás Carrasqueira	Individual	Benjamim Masculino	07:38	+02:44	-
13	1069	Salvador da Silva	Vieira Team	Benjamim Masculino	08:06	+03:11	-
14	1043	José Martins	NDAP	Benjamim Masculino	08:25	+03:31	-
15	1045	Martim Neves	NDAP	Benjamim Masculino	09:03	+04:08	-
16	1027	Simão Freire	Individual	Benjamim Masculino	13:28	+08:34	-

MINI CORRIDA JUNIOR - STAGE 1

1.5 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

	Time	Temperature	Humidity
Start	17:00	26.1°C	42%
End	17:42	26.1°C	42%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1010	Guilherme Louro Silva	FitTraining Academy	07:12		-	
2	1056	Tiago Beja	NDAP	07:15	+00:03	-	
3	1033	Renato Costa	Individual	07:17	+00:05	-	
4	1071	Matilde Angélico	Clube Atletismo Marinha Grande	07:40	+00:28	-	
5	1060	Afonso rendeiro	primos	07:44	+00:32	-	
6	1014	Vasco Carreira	Grupo Alegre Unido Bajouca	08:00	+00:48	-	
7	1006	IARA SANTOS PEREIRA	ACRDC Sismaria	08:08	+00:56	-	
8	1053	Leandro Fernandes	NDAP	08:21	+01:09	-	
9	1009	Diogo da Costa Neves Gante	Família Vieira	08:40	+01:28	-	
10	1054	Rafael Martins	NDAP	09:06	+01:54	-	
11	1015	Xavier Neves	Grupo Alegre Unido Bajouca	09:16	+02:04	-	
12	1055	Rodrigo Gomes	NDAP	09:32	+02:20	-	
13	1031	Bernardo Miguel Barbosa Santos	Individual	09:32	+02:20	-	
14	1051	Sofia Nunes	NDAP	09:46	+02:34	-	
15	1052	Abel Ferreira	NDAP	10:05	+02:53	-	
16	1061	Marta Ventura	QualquerCoisa	10:05	+02:53	-	
17	1048	Filipa Martins	NDAP	10:15	+03:03	-	
18	1013	Simão Francisco	Grupo Alegre Unido Bajouca	10:37	+03:25	-	
19	1072	Matilde Marques	NDAP	11:45	+04:33	-	
20	1059	Núria Palhais	primos	12:02	+04:50	-	
21	1058	Leonor Ponte	Ponte	13:12	+06:00	-	
22	1029	Beatriz dos Santos Duarte	Individual	14:05	+06:53	-	

Mini Corrida Junior

1.5 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	17:00	26.1°C	42%
End	17:42	26.1°C	42%

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

1	1071	Matilde Angélico	Clube Atletismo Marinha Grande	Infantil Feminino	07:40	-	-
2	1006	IARA SANTOS PEREIRA	ACRDC Sismaria	Infantil Feminino	08:08	+00:28	-
3	1051	Sofia Nunes	NDAP	Infantil Feminino	09:46	+02:06	-
4	1061	Marta Ventura	QualquerCoisa	Infantil Feminino	10:05	+02:25	-
5	1048	Filipa Martins	NDAP	Infantil Feminino	10:15	+02:35	-
6	1072	Matilde Marques	NDAP	Infantil Feminino	11:45	+04:04	-
7	1059	Núria Palhais	primos	Infantil Feminino	12:02	+04:21	-
8	1058	Leonor Ponte	Ponte	Infantil Feminino	13:12	+05:32	-
9	1029	Beatriz dos Santos Duarte	Individual	Infantil Feminino	14:05	+06:24	-

Infantil Masculino

1	1010	Guilherme Louro Silva	FitTraining Academy	Infantil Masculino	07:12	-	-
2	1056	Tiago Beja	NDAP	Infantil Masculino	07:15	+00:02	-
3	1033	Renato Costa	Individual	Infantil Masculino	07:17	+00:05	-
4	1060	Afonso rendeiro	primos	Infantil Masculino	07:44	+00:31	-
5	1014	Vasco Carreira	Grupo Alegre Unido Bajouca	Infantil Masculino	08:00	+00:47	-
6	1053	Leandro Fernandes	NDAP	Infantil Masculino	08:21	+01:09	-
7	1009	Diogo da Costa Neves Gante	Família Vieira	Infantil Masculino	08:40	+01:27	-
8	1054	Rafael Martins	NDAP	Infantil Masculino	09:06	+01:53	-
9	1015	Xavier Neves	Grupo Alegre Unido Bajouca	Infantil Masculino	09:16	+02:04	-
10	1055	Rodrigo Gomes	NDAP	Infantil Masculino	09:32	+02:19	-
11	1031	Bernardo Miguel Barbosa Santos	Individual	Infantil Masculino	09:32	+02:20	-
12	1052	Abel Ferreira	NDAP	Infantil Masculino	10:05	+02:52	-
13	1013	Simão Francisco	Grupo Alegre Unido Bajouca	Infantil Masculino	10:37	+03:24	-

PROVA PRINCIPAL - STAGE 1

5 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 - LAP2GO - TIMING SOLUTION

	Time	Temperature	Humidity
Start	22:00	20°C	85%
End	23:22	20°C	85%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	249	Licínio Silva	Grupo Alegre Unido Bajouca	22:36		04:31	
2	30	JOÃO GONÇALVES	AC VERMOIL	23:37	+01:01	04:43	
3	639	Sérgio Escada	VIKINGS TRAIL RUNNERS \ CCR ALCABIDEQUE	24:11	+01:35	04:50	
4	672	Tiago Alves	Individual	24:20	+01:44	04:52	
5	258	Joel Couto	Grupo Alegre Unido Bajouca	24:23	+01:47	04:53	
6	589	Renato Carvalho	Sicó Trilhos	24:41	+02:05	04:56	
7	252	Ricardo Nunes	Grupo Alegre Unido Bajouca	24:43	+02:07	04:57	
8	257	Hugo Horta	Grupo Alegre Unido Bajouca	24:48	+02:12	04:58	
9	646	Tiago Alves	Arcuda	25:11	+02:35	05:02	
10	107	Francisco Fonseca	Barras e Bolinhos	25:17	+02:41	05:03	
11	246	Daniel Cabecinhas	Grupo Alegre Unido Bajouca	25:20	+02:44	05:04	
12	699	Marco Simões	Individual	25:31	+02:55	05:06	
13	483	Pedro Nunes	Miro Trail	25:37	+03:01	05:07	
14	51	João Santana	ADRM	25:43	+03:07	05:09	
15	251	Pedro Ferreira	Grupo Alegre Unido Bajouca	25:53	+03:17	05:11	
16	247	Diogo Viana	Grupo Alegre Unido Bajouca	26:07	+03:31	05:13	
17	244	Antônio Pedrosa	Grupo Alegre Unido Bajouca	26:08	+03:32	05:14	
18	453	Nuno Neves	Lama Solta	26:14	+03:38	05:15	
19	163	João Fernandes	Centro de Marcha e Corrida de Alcanena	26:17	+03:41	05:15	
20	245	Bruno Silva	Grupo Alegre Unido Bajouca	26:20	+03:44	05:16	
21	679	Antonio Fonseca Oliveira	LIZ RUNNER	26:21	+03:45	05:16	
22	259	Martinho Pedrosa	Grupo Alegre Unido Bajouca	26:21	+03:45	05:16	
23	575	Henrique Fernandes	SCPOMBAL/TRAILTEAM	26:24	+03:48	05:17	
24	33	JOAQUIM QUITÉRIO	AC VERMOIL	26:36	+04:00	05:19	
25	373	Simão Ferreira Simões	Individual	26:40	+04:04	05:20	
26	459	Jordan Silva	LIZ RUNNER	26:41	+04:05	05:20	
27	219	Helder Soares	GDRC UNIDOS	26:48	+04:12	05:22	
28	41	Hugo Rosa	ACTIVE	26:52	+04:16	05:22	
29	645	Bernardo Alves	Arcuda	26:52	+04:16	05:22	
30	241	Daniela Cordeiro	Grupo Alegre Unido Bajouca	26:55	+04:19	05:23	
31	429	Paulo Carvalho	Individual	26:56	+04:20	05:23	
32	671	Ruben Vieira	Individual	27:08	+04:32	05:26	
33	248	Fábio Ferreira	Grupo Alegre Unido Bajouca	27:10	+04:34	05:26	
34	255	Francisco Ferreira	Grupo Alegre Unido Bajouca	27:39	+05:03	05:32	
35	415	João Pedro	Individual	28:00	+05:24	05:36	
36	666	David Alves	Individual	28:05	+05:29	05:37	
37	96	Carlos Marques	Bairro dos Anjos - Amigos da Corrida	28:12	+05:36	05:38	
38	260	Otelo Pereira	Grupo Alegre Unido Bajouca	28:16	+05:40	05:39	
39	250	Márcio Cruz	Grupo Alegre Unido Bajouca	28:18	+05:42	05:40	
40	98	Paulo Vieira	Bairro dos Anjos - Amigos da Corrida	28:28	+05:52	05:42	
41	43	Mário Eusébio	ACTIVE	28:28	+05:52	05:42	
42	321	André Crespo	Individual	28:35	+05:59	05:43	

PROVA PRINCIPAL - STAGE 1

5 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 - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	416	Joel Costa	Individual	28:42	+06:06	05:44	
44	656	Guilherme Eusébio Gaspar	FitTraining Academy	28:48	+06:12	05:46	
45	657	Rodrigo Gaspar Costa	FitTraining Academy	28:48	+06:12	05:46	
46	188	Alexandre Carvalho	FitTraining Academy	28:58	+06:22	05:48	
47	420	Jose Manel gaspar lopes	Individual	29:02	+06:26	05:48	
48	404	Bruno Miguel Costa Santos Neves	Individual	29:08	+06:32	05:50	
49	220	João Reis	GDRC UNIDOS	29:16	+06:40	05:51	
50	190	Bryan Rodrigues	FitTraining Academy	29:18	+06:42	05:52	
51	76	Duarte Silva	Arcuda	29:22	+06:46	05:52	
52	223	Sandro Vilela	GDRC UNIDOS	29:22	+06:46	05:52	
53	262	Sérgio Cabecinhas	Grupo Alegre Unido Bajouca	29:30	+06:54	05:54	
54	478	Hugo Gaspar	Manganórios	29:30	+06:54	05:54	
55	704	João Calhau	Individual	29:44	+07:08	05:57	
56	651	Pedro Pereira	Barras e Bolinhos	29:44	+07:08	05:57	
57	705	Afonso Ferraz	Individual	29:44	+07:08	05:57	
58	432	Pedro dos Santos Lopes	Individual	29:45	+07:09	05:57	
59	703	João Santos	Individual	29:49	+07:13	05:58	
60	700	Ivo Henrique Gonçalves	Individual	29:50	+07:14	05:58	
61	203	Albano Manuel Fernandes da Silva	FitTraining Academy	29:57	+07:21	05:59	
62	123	Rúben Barjona	Barras e Bolinhos	30:05	+07:29	06:01	
63	79	Vasco Cruz	Arcuda	30:08	+07:32	06:02	
64	162	Carlos Nuno Patusco Frazão	Centro de Marcha e Corrida de Alcanena	30:17	+07:41	06:03	
65	433	Pedro Neves	Trail da Ladeia Running Team	30:23	+07:47	06:05	
66	227	João Cardoso	GINÁSIO PULSE	30:25	+07:49	06:05	
67	624	Raquel Matias	Vamos com tudo	30:30	+07:54	06:06	
68	670	Marco António Silva Pedrosa	Individual	30:32	+07:56	06:06	
69	435	Ricardo Estrada	Individual	30:37	+08:01	06:07	
70	577	Fernando Ferreira	Seleção lá de casa	30:42	+08:06	06:08	
71	605	Hugo Silva	Talentos Objetivos	30:44	+08:08	06:09	
72	222	Sandro Remigio	GDRC UNIDOS	30:46	+08:10	06:09	
73	93	Luís Serra	Bairro dos Anjos - Amigos da Corrida	30:48	+08:12	06:10	
74	238	Sérgio Simões	GINÁSIO PULSE	30:48	+08:12	06:10	
75	324	Bruno Ferreira	Individual	30:51	+08:15	06:10	
76	411	Henrique Lavaredas	Individual	31:01	+08:25	06:12	
77	676	Mário Caridade	Individual	31:04	+08:28	06:13	
78	549	Joel Ponte	Ponte	31:06	+08:30	06:13	
79	77	Gonçalo Gonçalves	Arcuda	31:13	+08:37	06:15	
80	44	Tiago Mourão Jorge	ACTIVE	31:14	+08:38	06:15	
81	337	Iuri Gil	Individual	31:15	+08:39	06:15	
82	110	Renato Ferreira	Barras e Bolinhos	31:28	+08:52	06:18	
83	659	João Pedro da Silva Dâmaso	Grupo Maravilha	31:35	+08:59	06:19	
84	261	Pedro Cabecinhas	Grupo Alegre Unido Bajouca	31:36	+09:00	06:19	
85	42	João Miguel Simões Dionísio Gomes	ACTIVE	31:38	+09:02	06:20	
86	106	Cristiano Casalinho	Barras e Bolinhos	31:38	+09:02	06:20	
87	626	José Silva	Vamos com tudo	31:39	+09:03	06:20	

PROVA PRINCIPAL - STAGE 1**5 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 - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	197	Rafael Pereira da Silva	FitTraining Academy	31:40	+09:04	06:20	
89	45	Leandro Gonçalves	ACTIVE	31:42	+09:06	06:20	
90	196	Mickael Freire	FitTraining Academy	31:43	+09:07	06:21	
91	28	Filipe Henriques	À toa	31:46	+09:10	06:21	
92	237	Nuno Ferreira	GINÁSIO PULSE	31:51	+09:15	06:22	
93	574	Inês da Costa Tomás	SCPOMBAL/TRAILTEAM	31:53	+09:17	06:23	
94	50	Ricardo Gonçalves	ACTIVE	31:57	+09:21	06:23	
95	193	Henrique Neves	FitTraining Academy	31:57	+09:21	06:23	
96	652	Roberto Fiuza Alves	Barras e Bolinhos	32:02	+09:26	06:24	
97	559	Rita Carrilho	QualquerCoisa	32:02	+09:26	06:24	
98	344	João Silva	Individual	32:09	+09:33	06:26	
99	685	David Figueirinha	RUNMELT	32:09	+09:33	06:26	
100	104	Sílvia Moreira Neves	Barras e Bolinhos	32:10	+09:34	06:26	
101	349	Marco Simoes	Individual	32:14	+09:38	06:27	
102	243	Nilsa Gonçalves	Grupo Alegre Unido Bajouca	32:15	+09:39	06:27	
103	643	Filipe Carvalheiro	ACRM Silveirinha Grande Claras	32:23	+09:47	06:29	
104	26	Bárbara Pereira	À toa	32:24	+09:48	06:29	
105	400	Alexandre Fernandes Marques	Individual	32:31	+09:55	06:30	
106	661	David Coelho	Individual	32:34	+09:58	06:31	
107	634	Micael Santos	Vieira Team	32:35	+09:59	06:31	
108	78	Leonardo Costa	Arcuda	32:35	+09:59	06:31	
109	430	Paulo Jorge Inácio da Silva	Individual	32:36	+10:00	06:31	
110	323	Bruno Emanuel Barbosa Figueiredo	Individual	32:40	+10:04	06:32	
111	12	Pedro Ribeiro	100 ideias	32:45	+10:09	06:33	
112	221	Luis Rosa	GDRC UNIDOS	32:50	+10:14	06:34	
113	698	Virgílio Alberto	Grupo Alegre Unido Bajouca	32:51	+10:15	06:34	
114	663	Patricia Gomes	Individual	32:58	+10:22	06:36	
115	34	Ana Carolina Esteves Caetano	ACTIVE	32:58	+10:22	06:36	
116	35	Beatriz Matias	ACTIVE	32:59	+10:23	06:36	
117	431	Paulo Santos	Individual	33:07	+10:31	06:37	
118	423	Marcelo Ferreira	Individual	33:08	+10:32	06:38	
119	155	LUÍS MANUEL BRITO AREIA	CCD CRÉDITO AGRICOLA	33:13	+10:37	06:39	
120	653	André Rafael Costa Lopes	CCD CRÉDITO AGRICOLA	33:13	+10:37	06:39	
121	642	Monica Jordão	ACRM Silveirinha Grande Claras	33:21	+10:45	06:40	
122	186	Marina Moderno	FitTraining Academy	33:22	+10:46	06:40	
123	654	NUNO MIGUEL DA CONCEIÇÃO ROSA	CCD CRÉDITO AGRICOLA	33:30	+10:54	06:42	
124	156	RUI MANUEL DOS SANTOS MOREIRA	CCD CRÉDITO AGRICOLA	33:33	+10:57	06:43	
125	331	Diogo Mendes	Individual	33:35	+10:59	06:43	
126	91	Joel Branco	Bairro dos Anjos - Amigos da Corrida	33:37	+11:01	06:43	
127	379	Catarina de Sousa	Individual	33:39	+11:03	06:44	
128	356	Rodrigo Victorino	Individual	33:39	+11:03	06:44	
129	604	Sandra Reis	Talentos Objetivos	33:50	+11:14	06:46	
130	151	Pedro Gameiro	carmina	34:00	+11:24	06:48	
131	457	Marco Manuel Duque Murgeiro	Lama Solta	34:01	+11:25	06:48	
132	10	Nuno Carrasqueira	100 ideias	34:04	+11:28	06:49	

PROVA PRINCIPAL - STAGE 1

5 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
133	638	Goreti Gaudêncio	VIKINGS TRAIL RUNNERS \ CCR ALCABIDEQUE	34:06	+11:30	06:49	
134	112	Ana Gonçalves	Barras e Bolinhos	34:14	+11:38	06:51	
135	279	Luna Ferreira	House of love	34:15	+11:39	06:51	
136	122	Ricardo Fernandes	Barras e Bolinhos	34:16	+11:40	06:51	
137	147	TOMÁS VICENTE	CANEKO`S	34:20	+11:44	06:52	
138	565	Tiago André Santos Gomes	Ratatui Team	34:20	+11:44	06:52	
139	158	Cindy Capaz	Centro de Marcha e Corrida de Alcanena	34:26	+11:50	06:53	
140	339	João Carpinteiro	Individual	34:30	+11:54	06:54	
141	48	Susana Moreira das Neves	ACTIVE	34:32	+11:56	06:54	
142	326	Cristiano ruas	Individual	34:32	+11:56	06:54	
143	49	Nuno Ricardo da Silva Moreira	ACTIVE	34:33	+11:57	06:55	
144	678	Renato Jorge Freire Martins	Individual	34:36	+12:00	06:55	
145	683	António Manuel Ferreira Mendes	Ratatui Team	34:37	+12:01	06:55	
146	38	Marisa Silva	ACTIVE	34:37	+12:01	06:55	
147	27	Filipa Pereira	À toa	34:37	+12:01	06:55	
148	588	Marco Rodrigues	SicóTrilhos	34:48	+12:12	06:58	
149	417	Joel Martins	Individual	34:57	+12:21	06:59	
150	189	André Alves	FitTraining Academy	34:58	+12:22	07:00	
151	217	Diana Neto	GDRC UNIDOS	35:02	+12:26	07:00	
152	276	Sandrina Monteiro	Hot Runners	35:09	+12:33	07:02	
153	439	Tiago Carvalho	Individual	35:14	+12:38	07:03	
154	644	Lino Carraco	ACRM Silveirinha Grande Claras	35:16	+12:40	07:03	
155	640	Patricia Simoes	VIKINGS TRAIL RUNNERS \ CCR ALCABIDEQUE	35:18	+12:42	07:04	
156	195	Joni Lopes	FitTraining Academy	35:18	+12:42	07:04	
157	69	Pedro Cruz	AMResgais	35:18	+12:42	07:04	
158	566	Tomás Mendes Abreu	Ratatui Team	35:20	+12:44	07:04	
159	608	Victor Manuel dos Santos cravo	TCSR	35:30	+12:54	07:06	
160	32	EUGÉNIO MENDES	AC VERMOIL	35:30	+12:54	07:06	
161	658	SAMUEL COSTA	FitTraining Academy	35:32	+12:56	07:06	
162	100	Fabiana Santos	Barras e Bolinhos	35:41	+13:05	07:08	
163	171	Rui Rodrigues da Silva	Família Vieira	35:45	+13:09	07:09	
164	174	Licínio Mendes da Silva	Família Vieira	35:48	+13:12	07:10	
165	334	Francisco Miguel Santos Ferreira	Individual	35:56	+13:20	07:11	
166	346	Leandro Carnide	Individual	35:58	+13:22	07:12	
167	568	Diogo Gomes	RUNMELT	36:03	+13:27	07:13	
168	192	Helder Mendes	FitTraining Academy	36:11	+13:35	07:14	
169	353	Pedro Ricardo Gonçalves Parracho	Individual	36:15	+13:39	07:15	
170	668	Francisco Victorino	Individual	36:22	+13:46	07:16	
171	316	Sandra Isabel Santos Nunes	Individual	36:23	+13:47	07:17	
172	409	Fernando da Silva Parracho	Individual	36:23	+13:47	07:17	
173	603	Vânia Patrícia Ferreira	Talentos Objetivos	36:32	+13:56	07:18	
174	392	Maria Isabel Sousa Vieira Cordeiro	Individual	36:32	+13:56	07:18	
175	576	Rita Mendes	Seleção lá de casa	36:39	+14:03	07:20	
176	428	Nuno Salvador	Individual	36:39	+14:03	07:20	
177	597	Filipe Gameiro	Skylamas	36:40	+14:04	07:20	
178	413	João Diniz	Individual	36:42	+14:06	07:20	

Official Timekeeper: Lap2Go	4 / 15	generate 25-Jun-2023 00:02
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PROVA PRINCIPAL - STAGE 1

5 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 - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
179	47	Odília Sousa	ACTIVE	36:48	+14:12	07:22	
180	424	Marco Pascoal	Individual	36:50	+14:14	07:22	
181	662	Nélia Anastácio	Individual	36:53	+14:17	07:23	
182	214	Sabine Ferreira	Gang do Beirão	36:54	+14:18	07:23	
183	216	Luís Simões	Gang do Beirão	36:54	+14:18	07:23	
184	229	Ricardo Marques	GINÁSIO PULSE	37:03	+14:27	07:25	
185	641	Vera Gordo	VIKINGS TRAIL RUNNERS \ CCR ALCABIDEQUE	37:03	+14:27	07:25	
186	571	Marco Cordeiro	RUNMELT	37:10	+14:34	07:26	
187	395	Rita Sofia Santos de Sousa	Individual	37:12	+14:36	07:26	
188	422	Manuel Gameiro	Individual	37:18	+14:42	07:28	
189	264	José Pedrosa	Grupo Maravilha	37:19	+14:43	07:28	
190	684	Pedro Miguel Marques Abreu	Ratatui Team	37:21	+14:45	07:28	
191	352	Paulo Cabecinhas	Individual	37:23	+14:47	07:29	
192	184	Inês Gomes	FitTraining Academy	37:29	+14:53	07:30	
193	677	Pedro Pimpão	Individual	37:37	+15:01	07:31	
194	166	Francisco R. Oliveira	Cremalheiras Rolantes	37:41	+15:05	07:32	
195	468	Diogo Andrade	Magal - Sistemas de Bombeamento, Lda	37:48	+15:12	07:34	
196	55	Isa Marques	AMResgais	37:50	+15:14	07:34	
197	181	Dora Guarda Lopes	FitTraining Academy	37:57	+15:21	07:35	
198	426	Nelson Pedrosa	Individual	38:07	+15:31	07:37	
199	274	Carla Manaia	Hot Runners	38:08	+15:32	07:38	
200	315	Raquel Mendes	Individual	38:09	+15:33	07:38	
201	58	Luana Duarte	AMResgais	38:10	+15:34	07:38	
202	569	João Reis	RUNMELT	38:11	+15:35	07:38	
203	142	João Carvalho	CãBuzinos	38:14	+15:38	07:39	
204	293	Beatriz Duarte Gameiro Matias	Individual	38:15	+15:39	07:39	
205	567	Sofia Costa	RUNMELT	38:15	+15:39	07:39	
206	268	Carla Marques	Hot Runners	38:16	+15:40	07:39	
207	120	Filipe neves	Barras e Bolinhos	38:17	+15:41	07:39	
208	267	Beatriz Leite	Hot Runners	38:19	+15:43	07:40	
209	270	Constança Fragoso	Hot Runners	38:20	+15:44	07:40	
210	311	Mariana Jorge Moreira Duarte	Individual	38:21	+15:45	07:40	
211	669	Jorge Henriques	Individual	38:24	+15:48	07:41	
212	304	Isabel Cravo	Individual	38:29	+15:53	07:42	
213	636	Filipe Ferreira	Vieira Team	38:31	+15:55	07:42	
214	129	Bernardo Monteiro	CãBuzinos	38:31	+15:55	07:42	
215	332	Diogo Nogueira	Individual	38:34	+15:58	07:43	
216	561	Teresa Ventura	QualquerCoisa	38:35	+15:59	07:43	
217	29	Leonardo Pereira	À toa	38:37	+16:01	07:43	
218	97	Norberto Toscano	Bairro dos Anjos - Amigos da Corrida	38:38	+16:02	07:44	
219	126	João Gonçalves	CãBuzinos	38:41	+16:05	07:44	
220	65	Sandra Teixeira	AMResgais	38:44	+16:08	07:45	
221	421	Luís Ferreira	Individual	38:52	+16:16	07:46	
222	109	Luís Filipe Rodrigues Lopes	Barras e Bolinhos	38:52	+16:16	07:46	
223	330	Diogo Jesus	Individual	38:52	+16:16	07:46	
224	185	Lara Mendes	FitTraining Academy	38:53	+16:17	07:47	

PROVA PRINCIPAL - STAGE 1

5 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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
225	114	Cláudia Sílvia Gago Lisboa Lopes	Barras e Bolinhos	38:55	+16:19	07:47	
226	305	Jéssica Gaspar	Individual	38:57	+16:21	07:47	
227	253	Ángela Alberto	Grupo Alegre Unido Bajouca	39:05	+16:29	07:49	
228	664	Soraia Gonçalves	Individual	39:05	+16:29	07:49	
229	492	Liliana Silva	NDAP	39:09	+16:33	07:50	
230	496	Rui Pereira	NDAP	39:09	+16:33	07:50	
231	198	Renato Gomes Silva	FitTraining Academy	39:16	+16:40	07:51	
232	31	ALFREDO SANTOS	AC VERMOIL	39:20	+16:44	07:52	
233	606	Diogo Lopes Sousa	TCSR	39:24	+16:48	07:53	
234	591	Tiago Rodrigues	SicóTrilhos	39:24	+16:48	07:53	
235	687	Nelson Lopes	Ratatui Team	39:28	+16:52	07:54	
236	682	André Filipe Marques Gomes	Ratatui Team	39:30	+16:54	07:54	
237	336	Gonçalo Silva	Individual	39:33	+16:57	07:55	
238	564	Carolina Maria Silva Mendes	Ratatui Team	39:34	+16:58	07:55	
239	570	José Pinto	RUNMELT	39:36	+17:00	07:55	
240	218	Tania Remigio	GDRC UNIDOS	39:38	+17:02	07:56	
241	365	Carolina Carvalheiro	Individual	39:38	+17:02	07:56	
242	113	Cláudia Margarida Crespo Moreira	Barras e Bolinhos	39:41	+17:05	07:56	
243	118	Sónia santos	Barras e Bolinhos	39:43	+17:07	07:57	
244	602	Catarina Gameiro	Talentos Objetivos	39:48	+17:12	07:58	
245	399	Tânia Costa	Individual	40:03	+17:27	08:01	
246	199	Renato Oliveira	FitTraining Academy	40:07	+17:31	08:01	
247	461	Luis Joaquim	LIZ RUNNER	40:08	+17:32	08:02	
248	207	Flávio Silva	Fruta da 5ª	40:08	+17:32	08:02	
249	242	Inês Estrada	Grupo Alegre Unido Bajouca	40:08	+17:32	08:02	
250	194	João Pedro da Graça Sousa	FitTraining Academy	40:18	+17:42	08:04	
251	493	Sandra Antunes	NDAP	40:23	+17:47	08:05	
252	167	Filipe yang	Família	40:25	+17:49	08:05	
253	46	Natália Mendes	ACTIVE	40:26	+17:50	08:05	
254	495	Ricardo Gomes	NDAP	40:27	+17:51	08:05	
255	99	Celina pereira	Barras e Bolinhos	40:37	+18:01	08:07	
256	347	luis Silva	Individual	40:38	+18:02	08:08	
257	650	Miguel Magalhães Abreu Castelo Branco	Barras e Bolinhos	40:40	+18:04	08:08	
258	176	Andreia Gonçalves	FitTraining Academy	40:41	+18:05	08:08	
259	455	Carlos Silva	Lama Solta	40:48	+18:12	08:10	
260	211	Claudia Silva	Gang do Beirão	40:53	+18:17	08:11	
261	309	Márcia Estrela	Barras e Bolinhos	40:56	+18:20	08:11	
262	95	Sandra Santos	Bairro dos Anjos - Amigos da Corrida	41:08	+18:32	08:14	
263	586	Ana Sofia Ribeiro Martins	SicóTrilhos	41:11	+18:35	08:14	
264	92	Joel Reis	Bairro dos Anjos - Amigos da Corrida	41:13	+18:37	08:15	
265	209	Alexandre Santos Nogueira	Gang do Beirão	41:13	+18:37	08:15	
266	343	João Pedro Teixeira Neves	Trail da Ladeia Running Team	41:13	+18:37	08:15	
267	224	Catarina Oliveira Goucha	GINÁSIO PULSE	41:15	+18:39	08:15	
268	230	Vitor Hugo	GINÁSIO PULSE	41:15	+18:39	08:15	
269	101	Juliana Viana	Barras e Bolinhos	41:19	+18:43	08:16	

PROVA PRINCIPAL - STAGE 1

5 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 - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
270	161	Sandra Carreiraa	Centro de Marcha e Corrida de Alcanena	41:20	+18:44	08:16	
271	90	Marta Pereira	Bairro dos Anjos - Amigos da Corrida	41:24	+18:48	08:17	
272	169	Yang kanglin	Família	41:26	+18:50	08:17	
273	398	Sônia Nogueira	Individual	41:29	+18:53	08:18	
274	36	Catarina Silva	ACTIVE	41:29	+18:53	08:18	
275	159	Ana Costa	Centro de Marcha e Corrida de Alcanena	41:30	+18:54	08:18	
276	307	Joana Gameiro	Individual	41:31	+18:55	08:18	
277	178	Bruna Oliveira	FitTraining Academy	41:31	+18:55	08:18	
278	427	nuno pedro c. silva	Individual	41:32	+18:56	08:18	
279	599	Editte Cardoso	Snack Attackers	41:37	+19:01	08:19	
280	673	Gina Maria Estrela Domingues	Individual	41:42	+19:06	08:20	
281	210	Matilde Silva	Gang do Beirão	41:43	+19:07	08:21	
282	37	Lídia Silva	ACTIVE	41:43	+19:07	08:21	
283	234	Manuela Frias	GINÁSIO PULSE	41:45	+19:09	08:21	
284	701	Hugo Salgueiro	Individual	41:47	+19:11	08:21	
285	39	António Jesus	ACTIVE	41:50	+19:14	08:22	
286	702	Andreia Silva	Individual	41:51	+19:15	08:22	
287	425	Marco Santos	Individual	41:53	+19:17	08:23	
288	391	Márcia Lameira	Individual	41:58	+19:22	08:24	
289	526	Rafael Alexandre Correia Ramos	Os invencíveis	41:58	+19:22	08:24	
290	191	Guilherme da Costa Marques	FitTraining Academy	42:02	+19:26	08:24	
291	233	Manuela Frias	GINÁSIO PULSE	42:04	+19:28	08:25	
292	358	Rúben Lopes Domingues	Individual	42:11	+19:35	08:26	
293	622	Rafael Silva	Vamos com tudo	42:12	+19:36	08:26	
294	103	Sara roda	Barras e Bolinhos	42:27	+19:51	08:29	
295	3	Hugo Gonçalves	Individual	42:34	+19:58	08:31	
296	4	Susana Gonçalves	Individual	42:34	+19:58	08:31	
297	354	Philippe Miguel	Individual	42:50	+20:14	08:34	
298	20	Ticha Ribeiro	100 ideias	42:54	+20:18	08:35	
299	204	José Carlos da Silva Gonçalves	FitTraining Academy	42:54	+20:18	08:35	
300	202	Susete Cardoso Martins Gonçalves	FitTraining Academy	42:55	+20:19	08:35	
301	674	Maria de Fatima Barros Marques	Individual	42:58	+20:22	08:36	
302	341	João Mendes	Individual	43:00	+20:24	08:36	
303	8	Rita Mendes	100 ideias	43:00	+20:24	08:36	
304	182	Dulce Cardoso Martins	FitTraining Academy	43:01	+20:25	08:36	
305	205	MANUEL CORDEIRO	FitTraining Academy	43:07	+20:31	08:37	
306	225	Inês Cordeiro	GINÁSIO PULSE	43:08	+20:32	08:38	
307	282	Catarina Bernardo	Incríveis	43:11	+20:35	08:38	
308	418	Joel Santos	Individual	43:13	+20:37	08:39	
309	369	André Santos	Individual	43:17	+20:41	08:39	
310	284	Tania Moreira	Incríveis	43:22	+20:46	08:40	
311	180	Cátia Ribeiro Cordeiro	FitTraining Academy	43:27	+20:51	08:41	
312	560	Mónica Ventura	QualquerCoisa	43:29	+20:53	08:42	
313	681	Lucas Pedrosa	Lusa	43:35	+20:59	08:43	
314	680	Sara Rodrigues	Lusa	43:35	+20:59	08:43	
315	187	Tânia Sofia Lopes Cordeiro	FitTraining Academy	43:36	+21:00	08:43	

PROVA PRINCIPAL - STAGE 1
5 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
316	366	Lara Costa	Individual	43:38	+21:02	08:44	
317	285	Henrique Martins	Incríveis	43:40	+21:04	08:44	
318	235	Rosália Gameiro	GINÁSIO PULSE	43:44	+21:08	08:45	
319	333	Diogo Silva	Individual	43:45	+21:09	08:45	
320	283	Helena Bernardo	Incríveis	43:46	+21:10	08:45	
321	298	Daniela Gonçalves Barroca	Individual	43:50	+21:14	08:46	
322	277	João Paulo	Hot Runners	43:51	+21:15	08:46	
323	296	Daniela António Pereira	Individual	43:51	+21:15	08:46	
324	320	Andre Cardoso	Individual	43:53	+21:17	08:47	
325	408	Eduardo Santos	Individual	43:55	+21:19	08:47	
326	294	Carolina Fernandes	Individual	44:06	+21:30	08:49	
327	329	Diogo Gomes Marques	Individual	44:06	+21:30	08:49	
328	288	Ana Carolina Pimenta de Jesus	Individual	44:08	+21:32	08:50	
329	573	Marta Nunes	Saiam da Frente	44:09	+21:33	08:50	
330	689	Liliana Nunes	NDAP	44:13	+21:37	08:51	
331	275	Cristina Nunes	Hot Runners	44:13	+21:37	08:51	
332	688	Filipe Nunes	NDAP	44:15	+21:39	08:51	
333	525	Sarah beatricy Umbelina Pereira de Faria souza	Os invencíveis	44:19	+21:43	08:52	
334	524	Fabiana Caria Martinho dos Santos	Os invencíveis	44:24	+21:48	08:53	
335	200	Cláudia Cordeiro	FitTraining Academy	44:30	+21:54	08:54	
336	177	Annie Ferraz	FitTraining Academy	44:34	+21:58	08:55	
337	633	Sofia Farias	Vieira Team	44:34	+21:58	08:55	
338	635	Sandra Mendes	Vieira Team	44:34	+21:58	08:55	
339	556	Patrício Ponte	Ponte	44:35	+21:59	08:55	
340	607	Gonçalo Manuel Courelas Cravo	TCSR	44:38	+22:02	08:56	
341	287	Alexandra Ramos	Individual	44:58	+22:22	09:00	
342	183	Eduarda Gomes	FitTraining Academy	44:59	+22:23	09:00	
343	327	Daniel Costa	Individual	45:00	+22:24	09:00	
344	513	Carlos Emanuel da Silva Francisco	os 4 marretas	45:03	+22:27	09:01	
345	269	Catia Solis	Hot Runners	45:05	+22:29	09:01	
346	272	Luténio Junior	Hot Runners	45:06	+22:30	09:01	
347	371	Guilherme Gonçalves	Individual	45:06	+22:30	09:01	
348	175	Ana Rute Pedrosa da Silva	FitTraining Academy	45:07	+22:31	09:01	
349	407	Délio Gonçalves	Individual	45:11	+22:35	09:02	
350	515	Frederico Santos Martins	os 4 marretas	45:12	+22:36	09:02	
351	514	Elton Filipe Marques dos Santos	os 4 marretas	45:13	+22:37	09:03	
352	512	Bruno Henriques dos Santos	os 4 marretas	45:13	+22:37	09:03	
353	11	Diogo Eusébio	100 ideias	45:21	+22:45	09:04	
354	338	luri pedrosa	Individual	45:25	+22:49	09:05	
355	361	Sergio lopes	Individual	45:27	+22:51	09:05	
356	631	Donzilia Silva	Vedetas	45:47	+23:11	09:09	
357	102	Mónica Padeiro	Barras e Bolinhos	45:49	+23:13	09:10	
358	517	Mélanie Da Silva Simões	Os Incríveis	45:55	+23:19	09:11	
359	627	Ana Carolina Gaspar gameiro	Vedetas	46:07	+23:31	09:13	
360	61	Ana Lúcia Esperança	AMResgais	46:11	+23:35	09:14	

PROVA PRINCIPAL - STAGE 1**5 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
361	503	Tiago Cardoso Pereira	O (es)Trilho das Gambuzinas	46:17	+23:41	09:15	
362	648	Mariana Sofia Anacleto Santos	Barras e Bolinhos	46:17	+23:41	09:15	
363	502	José Pedro Gonçalves Ferreira	O (es)Trilho das Gambuzinas	46:18	+23:42	09:16	
364	325	Bruno Miguel Margarido Neves	Individual	46:29	+23:53	09:18	
365	208	Sofia Santos	Gang do Beirão	46:29	+23:53	09:18	
366	384	Eugénia Maria da Silva Margarido	Individual	46:31	+23:55	09:18	
367	310	Maria Beatriz de Moura Madureira	Individual	46:32	+23:56	09:18	
368	528	Andreia Neves	Patrulha Pata	46:35	+23:59	09:19	
369	655	Dinis Carvalho	FitTraining Academy	46:36	+24:00	09:19	
370	168	Luís yang	Família	46:38	+24:02	09:20	
371	628	Cátia Ramos	Vedetas	46:41	+24:05	09:20	
372	179	Carina Oliveira	FitTraining Academy	46:43	+24:07	09:21	
373	70	Anabela Jorge	Ansibikers	46:44	+24:08	09:21	
374	530	Helena Luís	Patrulha Pata	46:50	+24:14	09:22	
375	73	Silvia Oliveira	Ansibikers	46:51	+24:15	09:22	
376	364	Vitor Manuel Santos Lopes	Individual	46:53	+24:17	09:23	
377	647	Cecilia de Lima	Barras e Bolinhos	47:06	+24:30	09:25	
378	213	Rita Mendes	Gang do Beirão	47:07	+24:31	09:25	
379	497	Vitor Silva	NDAP	47:12	+24:36	09:26	
380	649	José Patrício de Jesus Almeida	Barras e Bolinhos	47:15	+24:39	09:27	
381	494	Stefanie Afonso da Silva	NDAP	47:17	+24:41	09:27	
382	86	Noémia Domingues	As pPoderosas	47:17	+24:41	09:27	
383	345	Jorge Lopes	Individual	47:19	+24:43	09:28	
384	286	Joni Neves	Incríveis	47:21	+24:45	09:28	
385	80	Patrícia Rato	As pPoderosas	47:21	+24:45	09:28	
386	465	Daniela Alexandra Anastácio Batista	Lourival Bike Team	47:29	+24:53	09:30	
387	601	Anabela Cruz	Snack Attackers	47:40	+25:04	09:32	
388	57	Laetícia Grácio	AMResgais	47:54	+25:18	09:35	
389	595	Núria Ferreira	Skylamas	47:56	+25:20	09:35	
390	598	Diana Lopes	Snack Attackers	48:01	+25:25	09:36	
391	335	Gonçalo António	Individual	48:11	+25:35	09:38	
392	240	Olga Goncalves	Gonçaves	48:11	+25:35	09:38	
393	436	Sérgio Gomes dos Santos Foja	Individual	48:12	+25:36	09:38	
394	596	Ana Gameiro	Skylamas	48:13	+25:37	09:39	
395	239	ANABELA GAMEIRO GONÇALVES	Gonçaves	48:13	+25:37	09:39	
396	228	RAPHAEL CARDOSO MENEZES	GINÁSIO PULSE	48:19	+25:43	09:40	
397	563	Joaquim Ventura	QualquerCoisa	48:26	+25:50	09:41	
398	263	Teresa Vicente	Grupo Maravilha	48:30	+25:54	09:42	
399	328	Diogo Cordeiro	Individual	48:36	+26:00	09:43	
400	419	Jorge Almeida Santos	Individual	48:45	+26:09	09:45	
401	692	Micael Lopes	Caminhantes de Abiul	48:46	+26:10	09:45	
402	632	Rui Pedro Silva	Vedetas	48:55	+26:19	09:47	
403	116	Rita Paiva Paiva da Silva	Barras e Bolinhos	49:04	+26:28	09:49	
404	434	Ricardo Carrasqueira	Individual	49:14	+26:38	09:51	
405	637	Gil Silva	Vieira Team	49:20	+26:44	09:52	
406	675	Jorge Mateus Simão dos Santos	Individual	49:28	+26:52	09:54	

PROVA PRINCIPAL - STAGE 1**5 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
407	452	Tânia Neves	Lama Solta	49:30	+26:54	09:54	
408	521	Sónia Ribeiro	Os Incríveis	50:32	+27:56	10:06	
409	527	Carlos Ferreira Domingues Duarte	Os invencíveis	50:38	+28:02	10:08	
410	522	Verónica Silva	Os Incríveis	50:38	+28:02	10:08	
411	600	Alexandra Oliveira	Snack Attackers	50:44	+28:08	10:09	
412	523	Andrea León	Os invencíveis	50:51	+28:15	10:10	
413	226	Vânia Leal	GINÁSIO PULSE	51:02	+28:26	10:12	
414	231	Dina Alexandre	GINÁSIO PULSE	51:09	+28:33	10:14	
415	544	Jorge Lima	Patrulha Pata	51:16	+28:40	10:15	
416	88	Cláudia Fernandes	Bairro dos Anjos - Amigos da Corrida	51:16	+28:40	10:15	
417	89	Helena Mendes	Bairro dos Anjos - Amigos da Corrida	51:18	+28:42	10:16	
418	157	TIAGO JOSÉ DA SILVA CARVALHO	CCD CRÉDITO AGRICOLA	51:20	+28:44	10:16	
419	160	Gina Mendes	Centro de Marcha e Corrida de Alcanena	51:21	+28:45	10:16	
420	499	Julietta Tchipatala Albano	O (es)Trilho das Gambuzinas	51:30	+28:54	10:18	
421	94	Pedro Antunes	Bairro dos Anjos - Amigos da Corrida	51:30	+28:55	10:18	
422	154	José Manuel Simões Lourenço	CCD CRÉDITO AGRICOLA	51:34	+28:58	10:19	
423	153	DANIELA FREITAS NEVES	CCD CRÉDITO AGRICOLA	51:41	+29:05	10:20	
424	292	Ariana Ferreira	Individual	51:41	+29:05	10:20	
425	173	Paula Alexandra Lopes Vieira	Família Vieira	51:47	+29:11	10:21	
426	170	Mónica Cristina Rodrigues das Neves	Família Vieira	51:50	+29:14	10:22	
427	545	Manuel Neves	Patrulha Pata	51:50	+29:14	10:22	
428	117	Sara Figueirinha	Barras e Bolinhos	51:57	+29:21	10:23	
429	360	Rúben Santos Mendes	Individual	51:58	+29:22	10:24	
430	119	Bruno neved	Barras e Bolinhos	52:00	+29:24	10:24	
431	368	Sara Gonçalves	Individual	52:06	+29:30	10:25	
432	60	Lionel Teixeira	AMResgais	52:07	+29:31	10:25	
433	299	Daniela Lopes Domingues	Individual	52:11	+29:35	10:26	
434	396	Sandra Gonçalves	Individual	52:12	+29:36	10:26	
435	7	Rita Gonçalves	100 ideias	52:31	+29:55	10:30	
436	557	Ilidia Pimpão	Prova de Vinhos	52:47	+30:11	10:33	
437	558	Eurico Ponte	Prova de Vinhos	52:47	+30:11	10:33	
438	40	António Jesus	ACTIVE	52:48	+30:12	10:34	
439	1077	Hélder dos Santos Mendes	Individual	52:50	+30:14	10:34	
440	519	Renato Mendes Simões	Os Incríveis	53:21	+30:45	10:40	
441	482	Nuno Castanheira	Miro Trail	53:21	+30:45	10:40	
442	490	José Pedro Coutinho	Miro Trail	53:23	+30:47	10:41	
443	481	Tania Ferreira	Miro Trail	53:30	+30:54	10:42	
444	308	Liliana Morgado	Individual	53:31	+30:55	10:42	
445	301	Diana Sousa Cordeiro	Individual	53:33	+30:57	10:43	
446	105	Alex Sousa	Barras e Bolinhos	53:34	+30:58	10:43	
447	484	Xavier Gonçalves	Miro Trail	53:36	+31:00	10:43	
448	487	Jacinta Almeida	Miro Trail	53:40	+31:04	10:44	
449	108	João Pereira	Barras e Bolinhos	53:43	+31:07	10:45	
450	489	Carlos Coelho	Miro Trail	53:46	+31:10	10:45	
451	449	Ricardo Rua	Lagostins do arunca	53:49	+31:13	10:46	

Official Timekeeper: Lap2Go	10 / 15	generate 25-Jun-2023 00:02
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PROVA PRINCIPAL - STAGE 1
5 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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
498	476	José Domingues	Magal - Sistemas de Bombeamento, Lda	57:41	+35:05	11:32	
499	393	Natércia Maria Silva Rodrigues	Individual	57:41	+35:05	11:32	
500	473	Edgar Machado	Magal - Sistemas de Bombeamento, Lda	57:43	+35:07	11:33	
501	467	Carina Ferreira	Magal - Sistemas de Bombeamento, Lda	57:58	+35:22	11:36	
502	302	Élia Lopes Rodrigues	Individual	58:27	+35:51	11:41	
503	611	Maria rodrigues	Tugas	58:43	+36:07	11:45	
504	612	Rafaela palhais	Tugas	58:50	+36:14	11:46	
505	610	Flavia domingues	Tugas	58:50	+36:14	11:46	
506	520	Élia Mendes	Os Incríveis	59:13	+36:37	11:51	
507	472	Magda Figueiredo	Magal - Sistemas de Bombeamento, Lda	59:22	+36:46	11:52	
508	474	João Santos	Magal - Sistemas de Bombeamento, Lda	59:23	+36:47	11:53	
509	667	Diogo Pombo	Individual	59:28	+36:52	11:54	
510	291	Andreia Silva	Individual	59:31	+36:55	11:54	
511	629	Cindy Ferreira	Vedetas	59:34	+36:58	11:55	
512	471	Lúcia Mota	Magal - Sistemas de Bombeamento, Lda	59:34	+36:58	11:55	
513	630	Lara Ribeiro	Vedetas	59:37	+37:01	11:55	
514	470	Fátima Mota	Magal - Sistemas de Bombeamento, Lda	59:37	+37:01	11:55	
515	377	Carla Costa	Individual	59:40	+37:04	11:56	
516	376	Anabela Costa Dias	Individual	59:43	+37:07	11:57	
517	510	Luís Filipe Reveles de Paiva	O (es)Trilho das Gambuzinas	59:55	+37:19	11:59	
518	508	Teresa Maria da Conceição Vieira	O (es)Trilho das Gambuzinas	59:56	+37:20	11:59	
519	553	Sofia Ponte	Ponte	59:57	+37:21	11:59	
520	550	Alice Pimenta	Ponte	01:00:00	+37:24	12:00	
521	552	Jaquelina Gomes	Ponte	01:00:04	+37:28	12:01	
522	388	Isabel Major	Individual	01:00:13	+37:37	12:03	
523	280	Luz Ferreira	House of love	01:01:02	+38:26	12:12	
524	518	Pedro Soeiro	Os Incríveis	01:01:07	+38:31	12:13	
525	516	Mariana Mendes Simões	Os Incríveis	01:01:07	+38:31	12:13	
526	312	Marilene Henriques	Individual	01:01:23	+38:47	12:17	
527	362	Sérgio Simões	Individual	01:01:25	+38:49	12:17	
528	139	Susana Salgueiro	CãBuzinos	01:01:42	+39:06	12:20	
529	587	Cátia Simões Martins	SicóTrilhos	01:01:53	+39:17	12:23	
530	691	Catarina Silva	Caminhantes de Abiul	01:02:10	+39:34	12:26	
531	134	Fernanda Gaspar	CãBuzinos	01:02:20	+39:44	12:28	
532	141	Artur Gaspar	CãBuzinos	01:02:22	+39:46	12:28	
533	148	SANDRA SOUSA	CANEKO'S	01:02:23	+39:47	12:29	
534	149	NELSON VICENTE	CANEKO'S	01:02:27	+39:51	12:29	
535	370	Gabriel Santos	Individual	01:02:47	+40:11	12:33	
536	616	Higino Rodrigues	Tugas	01:03:06	+40:30	12:37	
537	531	Sofia Branco	Patrulha Pata	01:03:07	+40:31	12:37	
538	456	Manuel Neves	Lama Solta	01:03:11	+40:35	12:38	
539	541	Sandra Cruz	Patrulha Pata	01:03:14	+40:38	12:39	
540	615	Sónia Mendes	Tugas	01:03:21	+40:45	12:40	
541	466	Ana Granjo	Magal - Sistemas de Bombeamento, Lda	01:03:22	+40:46	12:40	
542	614	Patricia Santos	Tugas	01:03:22	+40:46	12:40	
543	613	Adria cordeiro	Tugas	01:03:26	+40:50	12:41	

PROVA PRINCIPAL - STAGE 1

5 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 - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
544	469	Ricardo Couto	Magal - Sistemas de Bombeamento, Lda	01:03:27	+40:51	12:41	
545	609	Nélia Lopes	Tugas	01:03:29	+40:53	12:42	
546	572	Fátima Rodrigues	Saiam da Frente	01:03:30	+40:54	12:42	
547	529	Carina Silva	Patrulha Pata	01:03:33	+40:57	12:43	
548	582	Clara Raquel Neves Santos	Sicóritmo	01:03:42	+41:06	12:44	
549	579	Ana Catarina Jesus Ferreira	Sicóritmo	01:03:44	+41:08	12:45	
550	583	Filipe José Ferreira Serralheiro	Sicóritmo	01:03:45	+41:09	12:45	
551	623	Renato Lopes	Vamos com tudo	01:03:47	+41:11	12:45	
552	617	Bruna Gaspar	Vamos com tudo	01:03:51	+41:15	12:46	
553	454	Leonor Caetano	Lama Solta	01:03:51	+41:15	12:46	
554	458	Nilton Caetano	Lama Solta	01:03:56	+41:20	12:47	
555	620	Maria Dias	Vamos com tudo	01:03:58	+41:22	12:48	
556	546	Nuno Ferreira	Patrulha Pata	01:03:59	+41:23	12:48	
557	581	Carla Sofia Jesus Serralheiro	Sicóritmo	01:04:01	+41:25	12:48	
558	71	Cátia Mateus	Ansibikers	01:04:04	+41:28	12:49	
559	378	Carla Mota	Individual	01:04:05	+41:29	12:49	
560	618	Dina Dias	Vamos com tudo	01:04:05	+41:29	12:49	
561	75	Rui Oliveira	Ansibikers	01:04:06	+41:30	12:49	
562	621	Marco Teixeira	Vamos com tudo	01:04:07	+41:31	12:49	
563	451	Jéssica Matos	Lama Solta	01:04:08	+41:32	12:50	
564	403	Bruno Manuel Silva Caetano	Individual	01:04:09	+41:33	12:50	
565	367	Neuza Correia Caetano	Individual	01:04:14	+41:38	12:51	
566	578	Isabel Catarina Santos Gonçalves	Sicóritmo	01:04:15	+41:39	12:51	
567	625	Sónia Dias	Vamos com tudo	01:04:15	+41:39	12:51	
568	351	Nélio de Jesus Branco	Individual	01:04:19	+41:43	12:52	
569	532	Dino Rodrigues	Patrulha Pata	01:04:20	+41:44	12:52	
570	387	Fátima Rodrigues	Individual	01:04:20	+41:44	12:52	
571	548	Nikolay Pogodin	Pogodin Family	01:04:30	+41:54	12:54	
572	547	Nataliia Riumshyna	Pogodin Family	01:04:31	+41:55	12:54	
573	306	Joana Alfaiate	Individual	01:04:32	+41:56	12:54	
574	477	Patrícia Ferreira	Manganórios	01:04:35	+41:59	12:55	
575	72	Sandra Santos	Ansibikers	01:04:37	+42:01	12:55	
576	479	Célia Ferreira	Manganórios	01:04:39	+42:03	12:56	
577	480	Carlos Ferreira	Manganórios	01:04:40	+42:04	12:56	
578	74	Luís Antunes	Ansibikers	01:04:44	+42:08	12:57	
579	619	Liliana Jesus	Vamos com tudo	01:04:57	+42:21	12:59	
580	440	Zé Gaspar	Individual	01:04:59	+42:23	13:00	
581	295	Catarina Silva	Individual	01:05:21	+42:45	13:04	
582	385	Fátima Costa	Individual	01:05:30	+42:54	13:06	
583	540	Paula Mata	Patrulha Pata	01:05:49	+43:13	13:10	
584	535	Ana Lima	Patrulha Pata	01:05:56	+43:20	13:11	
585	317	Sandrina Silva	Individual	01:06:25	+43:49	13:17	
586	534	Ana Bela Neves	Patrulha Pata	01:06:40	+44:04	13:20	
587	543	António Neves	Patrulha Pata	01:06:48	+44:12	13:22	
588	539	Ilda Neves	Patrulha Pata	01:07:09	+44:33	13:26	
589	536	Ana Lopes	Patrulha Pata	01:07:10	+44:34	13:26	

PROVA PRINCIPAL - STAGE 1**5 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 - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
590	690	Sandra Barros	Caminhantes de Abiul	01:07:12	+44:36	13:26	
591	15	Catarina Vicente	100 ideias	01:07:16	+44:40	13:27	
592	66	Adriano Clara	AMResgais	01:07:18	+44:42	13:28	
593	542	Acácio Lopes	Patrulha Pata	01:07:22	+44:46	13:28	
594	585	Ana Rita Fernandes	SicóTrilhos	01:07:23	+44:47	13:29	
595	590	Samuel Dinis Silva Simões	SicóTrilhos	01:07:35	+44:59	13:31	
596	52	Catarina Clara	AMResgais	01:07:42	+45:06	13:32	
597	19	Sandra Antunes	100 ideias	01:08:14	+45:38	13:39	
598	64	Patricia Pedro	AMResgais	01:09:00	+46:24	13:48	
599	13	Adélia Mendes	100 ideias	01:09:16	+46:40	13:51	
600	313	Marta Andrade	Individual	01:09:48	+47:12	13:58	
601	314	Marta Lino	Individual	01:09:52	+47:16	13:58	
602	56	Jessica Narciso	AMResgais	01:09:55	+47:19	13:59	
603	342	João Oliveira	Individual	01:09:56	+47:20	13:59	
604	68	Luís Narciso	AMResgais	01:09:56	+47:20	13:59	
605	63	Isabel Narciso	AMResgais	01:09:59	+47:23	14:00	
606	62	Helena Batista	AMResgais	01:10:02	+47:26	14:00	
607	357	Rogério Afonso	Individual	01:10:29	+47:53	14:06	
608	401	Amândio Francisco Neves	Individual	01:10:32	+47:56	14:06	
609	438	Silvio André Silva Cordeiro	Individual	01:11:04	+48:28	14:13	
610	9	Hugo Adão	100 ideias	01:11:24	+48:48	14:17	
611	6	Rita Bibi	100 ideias	01:11:30	+48:54	14:18	
612	254	Elisa Horta	Grupo Alegre Unido Bajouca	01:12:07	+49:31	14:25	
613	24	Paulo Ribeirinho	100 ideias	01:13:02	+50:26	14:36	
614	85	Filipa Madeira	As pPoderosas	01:13:27	+50:51	14:41	
615	87	Sónia Ferreira	As pPoderosas	01:13:32	+50:56	14:42	
616	82	Corine Silva	As pPoderosas	01:13:34	+50:58	14:43	
617	81	Clara Neves	As pPoderosas	01:13:35	+50:59	14:43	
618	84	Elsa Graça	As pPoderosas	01:13:39	+51:03	14:44	
619	83	Elisabete Cordeiro	As pPoderosas	01:13:43	+51:07	14:45	
620	697	Pedro Ferreira	Caçadores de aves raras	01:13:49	+51:13	14:46	
621	694	Maria de Lurdes Domingues Ferreira	Caçadores de aves raras	01:13:49	+51:13	14:46	
622	17	Dulcinia Santos	100 ideias	01:13:58	+51:22	14:48	
623	695	João Duarte	Caçadores de aves raras	01:14:01	+51:25	14:48	
624	696	Cecília Alves	Caçadores de aves raras	01:14:07	+51:31	14:49	
625	172	Maria Fernanda Ferreira Dias Lopes	Família Vieira	01:15:05	+52:29	15:01	
626	374	Aida Cristina Costa Pereira	Individual	01:15:12	+52:36	15:02	
627	381	Claudia Margarida Pereira da Costa	Individual	01:15:17	+52:41	15:03	
628	592	Helena Maria Lopes Domingues	SicóTrilhos	01:15:17	+52:41	15:03	
629	21	Isidro Seca Adegas	100 ideias	01:15:36	+53:00	15:07	
630	22	Paulo Duarte	100 ideias	01:15:36	+53:00	15:07	
631	14	Catarina Neto	100 ideias	01:15:54	+53:18	15:11	
632	507	Maria de La Salette Silva Pereira	O (es)Trilho das Gambuzinas	01:19:11	+56:35	15:50	
633	506	Cândida Isabel de Andrade Alves Silva	O (es)Trilho das Gambuzinas	01:19:16	+56:40	15:51	
634	500	Mariana Marques Veríssimo	O (es)Trilho das Gambuzinas	01:19:20	+56:44	15:52	

Official Timekeeper: Lap2Go	14 / 15	generate 25-Jun-2023 00:02
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PROVA PRINCIPAL - STAGE 1
5 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 - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
635	504	Rafaela Pereira Nóbrega	O (es)Trilho das Gambuzinas	01:19:24	+56:48	15:53	
636	498	Camila Mota Silva	O (es)Trilho das Gambuzinas	01:19:29	+56:53	15:54	
637	509	Cristóvão Ramos de Carvalho	O (es)Trilho das Gambuzinas	01:19:31	+56:55	15:54	
638	501	Marília Isabel Francisco Santos	O (es)Trilho das Gambuzinas	01:19:34	+56:58	15:55	
639	505	Blandina Mota Raimundo Silva	O (es)Trilho das Gambuzinas	01:19:50	+57:14	15:58	
640	127	Inês Monteiro	CãBuzinos	01:20:13	+57:37	16:03	
641	124	Bárbara Monteiro	CãBuzinos	01:20:13	+57:37	16:03	
642	128	Mariana Gonçalves	CãBuzinos	01:20:22	+57:46	16:04	
643	125	Inês Gonçalves	CãBuzinos	01:20:24	+57:48	16:05	
644	132	Celeste Aquino	CãBuzinos	01:20:53	+58:17	16:11	
645	144	Manuel Sousa	CãBuzinos	01:21:03	+58:27	16:13	
646	131	Anabela Jorge	CãBuzinos	01:21:06	+58:30	16:13	
647	18	Gina Gonçalves	100 ideias	01:21:13	+58:37	16:15	
648	143	Joaquim Alberto	CãBuzinos	01:21:13	+58:37	16:15	
649	5	Ana Maria Gonçalves	100 ideias	01:21:19	+58:43	16:16	
650	140	António Lopes	CãBuzinos	01:21:25	+58:49	16:17	
651	136	Luisa Conceição	CãBuzinos	01:21:29	+58:53	16:18	
652	138	Susana Cruz	CãBuzinos	01:21:35	+58:59	16:19	
653	133	Celia Martins	CãBuzinos	01:21:39	+59:03	16:20	
654	137	Márcia lopes	CãBuzinos	01:22:02	+59:26	16:24	

Prova Principal**5 KM****OFFICIAL RESULT**

	Time	Temperature	Humidity
Start	22:00	20°C	85%
End	23:22	20°C	85%

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

1	241	Daniela Cordeiro	Grupo Alegre Unido Bajouca	Senior Feminino	26:55		05:23
2	574	Inês da Costa Tomás	SCPOMBAL/TRAILTEAM	Senior Feminino	31:53	+04:57	06:23
3	104	Sílvia Moreira Neves	Barras e Bolinhos	Senior Feminino	32:10	+05:14	06:26
4	243	Nilsa Gonçalves	Grupo Alegre Unido Bajouca	Senior Feminino	32:15	+05:19	06:27
5	26	Bárbara Pereira	À toa	Senior Feminino	32:24	+05:28	06:29
6	663	Patricia Gomes	Individual	Senior Feminino	32:58	+06:02	06:36
7	34	Ana Carolina Esteves Caetano	ACTIVE	Senior Feminino	32:58	+06:02	06:36
8	35	Beatriz Matias	ACTIVE	Senior Feminino	32:59	+06:04	06:36
9	186	Marina Moderno	FitTraining Academy	Senior Feminino	33:22	+06:26	06:40
10	638	Goreti Gaudêncio	VIKINGS TRAIL RUNNERS \ CCR ALCABIDEQUE	Senior Feminino	34:06	+07:10	06:49
11	158	Cindy Capaz	Centro de Marcha e Corrida de Alcanena	Senior Feminino	34:26	+07:30	06:53
12	38	Marisa Silva	ACTIVE	Senior Feminino	34:37	+07:41	06:55
13	27	Filipa Pereira	À toa	Senior Feminino	34:37	+07:42	06:55
14	217	Diana Neto	GDRC UNIDOS	Senior Feminino	35:02	+08:06	07:00
15	100	Fabiana Santos	Barras e Bolinhos	Senior Feminino	35:41	+08:45	07:08
16	316	Sandra Isabel Santos Nunes	Individual	Senior Feminino	36:23	+09:27	07:17
17	603	Vânia Patrícia Ferreira	Talentos Objetivos	Senior Feminino	36:32	+09:36	07:18
18	662	Nélia Anastácio	Individual	Senior Feminino	36:53	+09:57	07:23
19	184	Inês Gomes	FitTraining Academy	Senior Feminino	37:29	+10:33	07:30
20	55	Isa Marques	AMResgais	Senior Feminino	37:50	+10:54	07:34
21	181	Dora Guarda Lopes	FitTraining Academy	Senior Feminino	37:57	+11:01	07:35
22	315	Raquel Mendes	Individual	Senior Feminino	38:09	+11:13	07:38
23	58	Luana Duarte	AMResgais	Senior Feminino	38:10	+11:14	07:38
24	293	Beatriz Duarte Gameiro Matias	Individual	Senior Feminino	38:15	+11:19	07:39
25	268	Carla Marques	Hot Runners	Senior Feminino	38:16	+11:20	07:39
26	267	Beatriz Leite	Hot Runners	Senior Feminino	38:19	+11:23	07:40
27	270	Constança Fragoso	Hot Runners	Senior Feminino	38:20	+11:24	07:40
28	311	Mariana Jorge Moreira Duarte	Individual	Senior Feminino	38:21	+11:25	07:40
29	304	Isabel Cravo	Individual	Senior Feminino	38:29	+11:33	07:42
30	185	Lara Mendes	FitTraining Academy	Senior Feminino	38:53	+11:57	07:47
31	305	Jéssica Gaspar	Individual	Senior Feminino	38:57	+12:01	07:47
32	664	Soraia Gonçalves	Individual	Senior Feminino	39:05	+12:09	07:49
33	218	Tania Remigio	GDRC UNIDOS	Senior Feminino	39:38	+12:42	07:56
34	602	Catarina Gameiro	Talentos Objetivos	Senior Feminino	39:48	+12:53	07:58
35	242	Inês Estrada	Grupo Alegre Unido Bajouca	Senior Feminino	40:08	+13:13	08:02
36	99	Celina pereira	Barras e Bolinhos	Senior Feminino	40:37	+13:41	08:07
37	176	Andreia Gonçalves	FitTraining Academy	Senior Feminino	40:41	+13:45	08:08
38	309	Márcia Estrela	Barras e Bolinhos	Senior Feminino	40:56	+14:00	08:11

Prova Principal**5 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 - LAP2GO - TIMING SOLUTION

39	586	Ana Sofia Ribeiro Martins	SicóTrilhos	Senior Feminino	41:11	+14:16	08:14
40	224	Catarina Oliveira Goucha	GINÁSIO PULSE	Senior Feminino	41:15	+14:19	08:15
41	101	Juliana Viana	Barras e Bolinhos	Senior Feminino	41:19	+14:23	08:16
42	90	Marta Pereira	Bairro dos Anjos - Amigos da Corrida	Senior Feminino	41:24	+14:28	08:17
43	36	Catarina Silva	ACTIVE	Senior Feminino	41:29	+14:33	08:18
44	307	Joana Gameiro	Individual	Senior Feminino	41:31	+14:35	08:18
45	178	Bruna Oliveira	FitTraining Academy	Senior Feminino	41:31	+14:35	08:18
46	599	Edite Cardoso	Snack Attackers	Senior Feminino	41:37	+14:41	08:19
47	37	Lídia Silva	ACTIVE	Senior Feminino	41:43	+14:47	08:21
48	702	Andreia Silva	Individual	Senior Feminino	41:51	+14:55	08:22
49	103	Sara roda	Barras e Bolinhos	Senior Feminino	42:27	+15:32	08:29
50	8	Rita Mendes	100 ideias	Senior Feminino	43:00	+16:04	08:36
51	182	Dulce Cardoso Martins	FitTraining Academy	Senior Feminino	43:01	+16:05	08:36
52	225	Inês Cordeiro	GINÁSIO PULSE	Senior Feminino	43:08	+16:12	08:38
53	282	Catarina Bernardo	Incríveis	Senior Feminino	43:11	+16:16	08:38
54	284	Tania Moreira	Incríveis	Senior Feminino	43:22	+16:26	08:40
55	180	Cátia Ribeiro Cordeiro	FitTraining Academy	Senior Feminino	43:27	+16:32	08:41
56	680	Sara Rodrigues	Lusa	Senior Feminino	43:35	+16:40	08:43
57	187	Tânia Sofia Lopes Cordeiro	FitTraining Academy	Senior Feminino	43:36	+16:40	08:43
58	283	Helena Bernardo	Incríveis	Senior Feminino	43:46	+16:50	08:45
59	298	Daniela Gonçalves Barroca	Individual	Senior Feminino	43:50	+16:54	08:46
60	296	Daniela António Pereira	Individual	Senior Feminino	43:51	+16:55	08:46
61	294	Carolina Fernandes	Individual	Senior Feminino	44:06	+17:10	08:49
62	288	Ana Carolina Pimenta de Jesus	Individual	Senior Feminino	44:08	+17:12	08:50
63	525	Sarah beatrix Umbelina Pereira de Faria souza	Os invencíveis	Senior Feminino	44:19	+17:23	08:52
64	524	Fabiana Caria Martinho dos Santos	Os invencíveis	Senior Feminino	44:24	+17:28	08:53
65	177	Annie Ferraz	FitTraining Academy	Senior Feminino	44:34	+17:38	08:55
66	633	Sofia Farias	Vieira Team	Senior Feminino	44:34	+17:38	08:55
67	287	Alexandra Ramos	Individual	Senior Feminino	44:58	+18:02	09:00
68	183	Eduarda Gomes	FitTraining Academy	Senior Feminino	44:59	+18:03	09:00
69	269	Cátia Solis	Hot Runners	Senior Feminino	45:05	+18:09	09:01
70	175	Ana Rute Pedrosa da Silva	FitTraining Academy	Senior Feminino	45:07	+18:11	09:01
71	102	Mónica Padeiro	Barras e Bolinhos	Senior Feminino	45:49	+18:53	09:10
72	517	Mélanie Da Silva Simões	Os Incríveis	Senior Feminino	45:55	+18:59	09:11
73	627	Ana Carolina Gaspar gameiro	Vedetas	Senior Feminino	46:07	+19:11	09:13
74	648	Mariana Sofia Anacleto Santos	Barras e Bolinhos	Senior Feminino	46:17	+19:21	09:15
75	208	Sofia Santos	Gang do Beirão	Senior Feminino	46:29	+19:33	09:18
76	310	Maria Beatriz de Moura Madureira	Individual	Senior Feminino	46:32	+19:36	09:18
77	528	Andreia Neves	Patrulha Pata	Senior Feminino	46:35	+19:39	09:19
78	628	Cátia Ramos	Vedetas	Senior Feminino	46:41	+19:45	09:20
79	179	Carina Oliveira	FitTraining Academy	Senior Feminino	46:43	+19:47	09:21
80	70	Anabela Jorge	Ansibikers	Senior Feminino	46:44	+19:48	09:21
81	530	Helena Luís	Patrulha Pata	Senior Feminino	46:50	+19:54	09:22
82	647	Cecilia de Lima	Barras e Bolinhos	Senior Feminino	47:06	+20:10	09:25
83	465	Daniela Alexandra Anastácio Batista	Lourival Bike Team	Senior Feminino	47:29	+20:33	09:30

Official Timekeeper: Lap2Go	2 / 16	generate 25-Jun-2023 00:02
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Prova Principal**5 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 - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

84	57	Laeticia Grácio	AMResgais	Senior Feminino	47:54	+20:58	09:35
85	595	Núria Ferreira	Skylamas	Senior Feminino	47:56	+21:00	09:35
86	598	Diana Lopes	Snack Attackers	Senior Feminino	48:01	+21:05	09:36
87	452	Tânia Neves	Lama Solta	Senior Feminino	49:30	+22:34	09:54
88	523	Andrea León	Os invencíveis	Senior Feminino	50:51	+23:55	10:10
89	226	Vânia Leal	GINÁSIO PULSE	Senior Feminino	51:02	+24:07	10:12
90	88	Cláudia Fernandes	Bairro dos Anjos - Amigos da Corrida	Senior Feminino	51:16	+24:20	10:15
91	89	Helena Mendes	Bairro dos Anjos - Amigos da Corrida	Senior Feminino	51:18	+24:23	10:16
92	499	Julieta Tchipatala Albano	O (es)Trilho das Gambuzinas	Senior Feminino	51:30	+24:34	10:18
93	153	DANIELA FREITAS NEVES	CCD CRÉDITO AGRICOLA	Senior Feminino	51:41	+24:45	10:20
94	292	Ariana Ferreira	Individual	Senior Feminino	51:41	+24:45	10:20
95	170	Mónica Cristina Rodrigues das Neves	Família Vieira	Senior Feminino	51:50	+24:54	10:22
96	299	Daniela Lopes Domingues	Individual	Senior Feminino	52:11	+25:15	10:26
97	7	Rita Gonçalves	100 ideias	Senior Feminino	52:31	+25:35	10:30
98	481	Tania Ferreira	Miro Trail	Senior Feminino	53:30	+26:34	10:42
99	308	Liliana Morgado	Individual	Senior Feminino	53:31	+26:35	10:42
100	301	Diana Sousa Cordeiro	Individual	Senior Feminino	53:33	+26:37	10:43
101	443	Joana Goucha	Lagostins do arunca	Senior Feminino	53:53	+26:57	10:47
102	53	Fátima Alves	AMResgais	Senior Feminino	53:54	+26:58	10:47
103	318	Sara Duarte	Individual	Senior Feminino	53:57	+27:01	10:47
104	445	Marta Falcão	Lagostins do arunca	Senior Feminino	54:12	+27:16	10:50
105	447	Marta Mendes	Lagostins do arunca	Senior Feminino	54:15	+27:20	10:51
106	446	Marta Fernandes	Lagostins do arunca	Senior Feminino	54:18	+27:22	10:52
107	441	Carina Lopes	Lagostins do arunca	Senior Feminino	54:19	+27:23	10:52
108	442	Inês Falcão	Lagostins do arunca	Senior Feminino	54:32	+27:36	10:54
109	444	Mariana Freitas	Lagostins do arunca	Senior Feminino	54:37	+27:41	10:55
110	290	Ana Palhais	Individual	Senior Feminino	55:16	+28:20	11:03
111	319	Tânia Junqueira	Individual	Senior Feminino	55:56	+29:00	11:11
112	265	Jéssica Beatriz Sardinha dos Santos	GS TEAM	Senior Feminino	55:58	+29:03	11:12
113	297	Daniela Branco	Individual	Senior Feminino	57:30	+30:35	11:30
114	467	Carina Ferreira	Magal - Sistemas de Bombeamento, Lda	Senior Feminino	57:58	+31:02	11:36
115	302	Élia Lopes Rodrigues	Individual	Senior Feminino	58:27	+31:31	11:41
116	291	Andreia Silva	Individual	Senior Feminino	59:31	+32:35	11:54
117	629	Cindy Ferreira	Vedetas	Senior Feminino	59:34	+32:38	11:55
118	630	Lara Ribeiro	Vedetas	Senior Feminino	59:37	+32:41	11:55
119	516	Mariana Mendes Simões	Os Incríveis	Senior Feminino	01:01:07	+34:11	12:13
120	312	Marilene Henriques	Individual	Senior Feminino	01:01:23	+34:27	12:17
121	587	Cátia Simões Martins	SicóTrilhos	Senior Feminino	01:01:53	+34:57	12:23
122	691	Catarina Silva	Caminhantes de Abiul	Senior Feminino	01:02:10	+35:15	12:26
123	531	Sofia Branco	Patrulha Pata	Senior Feminino	01:03:07	+36:11	12:37
124	466	Ana Granjo	Magal - Sistemas de Bombeamento, Lda	Senior Feminino	01:03:22	+36:26	12:40
125	609	Nélia Lopes	Tugas	Senior Feminino	01:03:29	+36:33	12:42
126	529	Carina Silva	Patrulha Pata	Senior Feminino	01:03:33	+36:37	12:43
127	617	Bruna Gaspar	Vamos com tudo	Senior Feminino	01:03:51	+36:55	12:46

Official Timekeeper: Lap2Go	3 / 16	generate 25-Jun-2023 00:02
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Prova Principal**5 KM****OFFICIAL RESULT**

128	620	María Dias	Vamos com tudo	Senior Feminino	01:03:58	+37:02	12:48
129	618	Dina Dias	Vamos com tudo	Senior Feminino	01:04:05	+37:09	12:49
130	451	Jéssica Matos	Lama Solta	Senior Feminino	01:04:08	+37:12	12:50
131	578	Isabel Catarina Santos Gonçalves	Sicóritmo	Senior Feminino	01:04:15	+37:19	12:51
132	547	Nataliia Riumshyna	Pogodin Family	Senior Feminino	01:04:31	+37:35	12:54
133	306	Joana Alfaiate	Individual	Senior Feminino	01:04:32	+37:36	12:54
134	477	Patrícia Ferreira	Manganórios	Senior Feminino	01:04:35	+37:39	12:55
135	619	Liliana Jesus	Vamos com tudo	Senior Feminino	01:04:57	+38:02	12:59
136	295	Catarina Silva	Individual	Senior Feminino	01:05:21	+38:25	13:04
137	317	Sandrina Silva	Individual	Senior Feminino	01:06:25	+39:30	13:17
138	585	Ana Rita Fernandes	SicóTrilhos	Senior Feminino	01:07:23	+40:27	13:29
139	52	Catarina Clara	AMResgais	Senior Feminino	01:07:42	+40:46	13:32
140	313	Marta Andrade	Individual	Senior Feminino	01:09:48	+42:53	13:58
141	314	Marta Lino	Individual	Senior Feminino	01:09:52	+42:56	13:58
142	56	Jessica Narciso	AMResgais	Senior Feminino	01:09:55	+42:59	13:59
143	6	Rita Bibi	100 ideias	Senior Feminino	01:11:30	+44:34	14:18
144	500	Mariana Marques Veríssimo	O (es)Trilho das Gambuzinas	Senior Feminino	01:19:20	+52:24	15:52
145	498	Camila Mota Silva	O (es)Trilho das Gambuzinas	Senior Feminino	01:19:29	+52:33	15:54
146	501	Marília Isabel Francisco Santos	O (es)Trilho das Gambuzinas	Senior Feminino	01:19:34	+52:38	15:55
147	124	Bárbara Monteiro	CãBuzinos	Senior Feminino	01:20:13	+53:18	16:03
148	125	Inês Gonçalves	CãBuzinos	Senior Feminino	01:20:24	+53:28	16:05
149	5	Ana Maria Gonçalves	100 ideias	Senior Feminino	01:21:19	+54:23	16:16

Senior Masculino

1	249	Licínio Silva	Grupo Alegre Unido Bajouca	Senior Masculino	22:36		04:31
2	30	JOÃO GONÇALVES	AC VERMOIL	Senior Masculino	23:37	+01:00	04:43
3	639	Sérgio Escada	VIKINGS TRAIL RUNNERS \ CCR ALCABIDEQUE	Senior Masculino	24:11	+01:34	04:50
4	672	Tiago Alves	Individual	Senior Masculino	24:20	+01:43	04:52
5	589	Renato Carvalho	SicóTrilhos	Senior Masculino	24:41	+02:04	04:56
6	252	Ricardo Nunes	Grupo Alegre Unido Bajouca	Senior Masculino	24:43	+02:06	04:57
7	646	Tiago Alves	Arcuda	Senior Masculino	25:11	+02:34	05:02
8	107	Francisco Fonseca	Barras e Bolinhos	Senior Masculino	25:17	+02:40	05:03
9	246	Daniel Cabecinhas	Grupo Alegre Unido Bajouca	Senior Masculino	25:20	+02:43	05:04
10	483	Pedro Nunes	Miro Trail	Senior Masculino	25:37	+03:01	05:07
11	51	João Santana	ADRM	Senior Masculino	25:43	+03:06	05:09
12	251	Pedro Ferreira	Grupo Alegre Unido Bajouca	Senior Masculino	25:53	+03:16	05:11
13	247	Diogo Viana	Grupo Alegre Unido Bajouca	Senior Masculino	26:07	+03:30	05:13
14	244	Antônio Pedrosa	Grupo Alegre Unido Bajouca	Senior Masculino	26:08	+03:32	05:14
15	453	Nuno Neves	Lama Solta	Senior Masculino	26:14	+03:37	05:15
16	245	Bruno Silva	Grupo Alegre Unido Bajouca	Senior Masculino	26:20	+03:43	05:16
17	459	Jordan Silva	LIZ RUNNER	Senior Masculino	26:41	+04:04	05:20
18	219	Helder Soares	GDRC UNIDOS	Senior Masculino	26:48	+04:11	05:22
19	41	Hugo Rosa	ACTIVE	Senior Masculino	26:52	+04:15	05:22
20	645	Bernardo Alves	Arcuda	Senior Masculino	26:52	+04:16	05:22

Prova Principal**5 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

66	10	Nuno Carrasqueira	100 ideias	Senior Masculino	34:04	+11:28	06:49
67	339	João Carpinteiro	Individual	Senior Masculino	34:30	+11:53	06:54
68	326	Cristiano ruas	Individual	Senior Masculino	34:32	+11:56	06:54
69	588	Marco Rodrigues	SicóTrilhos	Senior Masculino	34:48	+12:11	06:58
70	189	André Alves	FitTraining Academy	Senior Masculino	34:58	+12:22	07:00
71	195	Joni Lopes	FitTraining Academy	Senior Masculino	35:18	+12:41	07:04
72	171	Rui Rodrigues da Silva	Família Vieira	Senior Masculino	35:45	+13:08	07:09
73	334	Francisco Miguel Santos Ferreira	Individual	Senior Masculino	35:56	+13:19	07:11
74	346	Leandro Carnide	Individual	Senior Masculino	35:58	+13:21	07:12
75	192	Helder Mendes	FitTraining Academy	Senior Masculino	36:11	+13:35	07:14
76	353	Pedro Ricardo Gonçalves Parracho	Individual	Senior Masculino	36:15	+13:38	07:15
77	668	Francisco Victorino	Individual	Senior Masculino	36:22	+13:45	07:16
78	229	Ricardo Marques	GINÁSIO PULSE	Senior Masculino	37:03	+14:26	07:25
79	352	Paulo Cabecinhas	Individual	Senior Masculino	37:23	+14:46	07:29
80	468	Diogo Andrade	Magal - Sistemas de Bombeamento, Lda	Senior Masculino	37:48	+15:11	07:34
81	669	Jorge Henriques	Individual	Senior Masculino	38:24	+15:47	07:41
82	332	Diogo Nogueira	Individual	Senior Masculino	38:34	+15:58	07:43
83	29	Leonardo Pereira	À toa	Senior Masculino	38:37	+16:00	07:43
84	126	João Gonçalves	CãBuzinos	Senior Masculino	38:41	+16:04	07:44
85	109	Luís Filipe Rodrigues Lopes	Barras e Bolinhos	Senior Masculino	38:52	+16:15	07:46
86	330	Diogo Jesus	Individual	Senior Masculino	38:52	+16:16	07:46
87	198	Renato Gomes Silva	FitTraining Academy	Senior Masculino	39:16	+16:39	07:51
88	606	Diogo Lopes Sousa	TCSR	Senior Masculino	39:24	+16:47	07:53
89	591	Tiago Rodrigues	SicóTrilhos	Senior Masculino	39:24	+16:47	07:53
90	336	Gonçalo Silva	Individual	Senior Masculino	39:33	+16:56	07:55
91	199	Renato Oliveira	FitTraining Academy	Senior Masculino	40:07	+17:30	08:01
92	207	Flávio Silva	Fruta da 5ª	Senior Masculino	40:08	+17:31	08:02
93	194	João Pedro da Graça Sousa	FitTraining Academy	Senior Masculino	40:18	+17:41	08:04
94	347	luis Silva	Individual	Senior Masculino	40:38	+18:02	08:08
95	92	Joel Reis	Bairro dos Anjos - Amigos da Corrida	Senior Masculino	41:13	+18:36	08:15
96	209	Alexandre Santos Nogueira	Gang do Beirão	Senior Masculino	41:13	+18:36	08:15
97	343	João Pedro Teixeira Neves	Trail da Ladeia Running Team	Senior Masculino	41:13	+18:36	08:15
98	230	Vitor Hugo	GINÁSIO PULSE	Senior Masculino	41:15	+18:38	08:15
99	39	António Jesus	ACTIVE	Senior Masculino	41:50	+19:13	08:22
100	526	Rafael Alexandre Correia Ramos	Os invencíveis	Senior Masculino	41:58	+19:22	08:24
101	191	Guilherme da Costa Marques	FitTraining Academy	Senior Masculino	42:02	+19:26	08:24
102	358	Rúben Lopes Domingues	Individual	Senior Masculino	42:11	+19:35	08:26
103	622	Rafael Silva	Vamos com tudo	Senior Masculino	42:12	+19:35	08:26
104	354	Philippe Miguel	Individual	Senior Masculino	42:50	+20:13	08:34
105	341	João Mendes	Individual	Senior Masculino	43:00	+20:23	08:36
106	681	Lucas Pedrosa	Lusa	Senior Masculino	43:35	+20:58	08:43
107	285	Henrique Martins	Incríveis	Senior Masculino	43:40	+21:03	08:44
108	333	Diogo Silva	Individual	Senior Masculino	43:45	+21:09	08:45
109	320	Andre Cardoso	Individual	Senior Masculino	43:53	+21:16	08:47
110	329	Diogo Gomes Marques	Individual	Senior Masculino	44:06	+21:30	08:49

Official Timekeeper: Lap2Go	6 / 16	generate 25-Jun-2023 00:02
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Prova Principal

5 KM

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

111	607	Gonalo Manuel Courelas Cravo	TCSR	Senior Masculino	44:38	+22:01	08:56
112	327	Daniel Costa	Individual	Senior Masculino	45:00	+22:23	09:00
113	513	Carlos Emanuel da Silva Francisco	os 4 marretas	Senior Masculino	45:03	+22:26	09:01
114	272	Lut3nio Junior	Hot Runners	Senior Masculino	45:06	+22:29	09:01
115	515	Frederico Santos Martins	os 4 marretas	Senior Masculino	45:12	+22:35	09:02
116	514	Elton Filipe Marques dos Santos	os 4 marretas	Senior Masculino	45:13	+22:36	09:03
117	512	Bruno Henriques dos Santos	os 4 marretas	Senior Masculino	45:13	+22:36	09:03
118	338	Iuri pedrosa	Individual	Senior Masculino	45:25	+22:48	09:05
119	361	Sergio lopes	Individual	Senior Masculino	45:27	+22:50	09:05
120	503	Tiago Cardoso Pereira	O (es)Trilho das Gambuzinas	Senior Masculino	46:17	+23:40	09:15
121	502	Jos Pedro Gonalves Ferreira	O (es)Trilho das Gambuzinas	Senior Masculino	46:18	+23:42	09:16
122	325	Bruno Miguel Margarido Neves	Individual	Senior Masculino	46:29	+23:52	09:18
123	655	Dinis Carvalho	FitTraining Academy	Senior Masculino	46:36	+24:00	09:19
124	364	Vitor Manuel Santos Lopes	Individual	Senior Masculino	46:53	+24:16	09:23
125	345	Jorge Lopes	Individual	Senior Masculino	47:19	+24:42	09:28
126	286	Joni Neves	Incrveis	Senior Masculino	47:21	+24:44	09:28
127	335	Gonalo Ant3nio	Individual	Senior Masculino	48:11	+25:34	09:38
128	228	RAPHAEL CARDOSO MENEZES	GINSIO PULSE	Senior Masculino	48:19	+25:42	09:40
129	328	Diogo Cordeiro	Individual	Senior Masculino	48:36	+25:59	09:43
130	692	Micael Lopes	Caminhantes de Abiul	Senior Masculino	48:46	+26:09	09:45
131	94	Pedro Antunes	Bairro dos Anjos - Amigos da Corrida	Senior Masculino	51:30	+28:54	10:18
132	360	Rben Santos Mendes	Individual	Senior Masculino	51:58	+29:21	10:24
133	60	Lionel Teixeira	AMResgais	Senior Masculino	52:07	+29:30	10:25
134	40	Ant3nio Jesus	ACTIVE	Senior Masculino	52:48	+30:11	10:34
135	519	Renato Mendes Simes	Os Incrveis	Senior Masculino	53:21	+30:44	10:40
136	482	Nuno Castanheira	Miro Trail	Senior Masculino	53:21	+30:44	10:40
137	105	Alex Sousa	Barras e Bolinhos	Senior Masculino	53:34	+30:57	10:43
138	484	Xavier Gonalves	Miro Trail	Senior Masculino	53:36	+30:59	10:43
139	108	Joo Pereira	Barras e Bolinhos	Senior Masculino	53:43	+31:06	10:45
140	449	Ricardo Rua	Lagostins do arunca	Senior Masculino	53:49	+31:12	10:46
141	448	Gabriel Faisca	Lagostins do arunca	Senior Masculino	54:15	+31:38	10:51
142	355	Robson Martins	Individual	Senior Masculino	54:22	+31:46	10:52
143	340	Joo Freire	Individual	Senior Masculino	55:10	+32:33	11:02
144	660	Daniel Silva Gaspar	GS TEAM	Senior Masculino	55:52	+33:15	11:10
145	322	Andr Duarte	Individual	Senior Masculino	55:54	+33:17	11:11
146	363	Tiago Gomes Barros	Individual	Senior Masculino	57:25	+34:48	11:29
147	667	Diogo Pombo	Individual	Senior Masculino	59:28	+36:51	11:54
148	518	Pedro Soeiro	Os Incrveis	Senior Masculino	01:01:07	+38:30	12:13
149	362	Srgio Simes	Individual	Senior Masculino	01:01:25	+38:48	12:17
150	469	Ricardo Couto	Magal - Sistemas de Bombeamento, Lda	Senior Masculino	01:03:27	+40:50	12:41
151	623	Renato Lopes	Vamos com tudo	Senior Masculino	01:03:47	+41:10	12:45
152	621	Marco Teixeira	Vamos com tudo	Senior Masculino	01:04:07	+41:30	12:49
153	351	Nlio de Jesus Branco	Individual	Senior Masculino	01:04:19	+41:43	12:52
154	532	Dino Rodrigues	Patrulha Pata	Senior Masculino	01:04:20	+41:43	12:52
155	590	Samuel Dinis Silva Simes	Sic3Trilhos	Senior Masculino	01:07:35	+44:58	13:31

Prova Principal

5 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 - LAP2GO - TIMING SOLUTION

156	342	João Oliveira	Individual	Senior Masculino	01:09:56	+47:20	13:59
157	357	Rogério Afonso	Individual	Senior Masculino	01:10:29	+47:52	14:06
158	9	Hugo Adão	100 ideias	Senior Masculino	01:11:24	+48:48	14:17

Sub 20 Feminino

1	559	Rita Carrilho	QualquerCoisa	Sub 20 Feminino	32:02		06:24
2	279	Luna Ferreira	House of love	Sub 20 Feminino	34:15	+02:13	06:51
3	253	Ângela Alberto	Grupo Alegre Unido Bajouca	Sub 20 Feminino	39:05	+07:03	07:49
4	564	Carolina Maria Silva Mendes	Ratatui Team	Sub 20 Feminino	39:34	+07:31	07:55
5	365	Carolina Carvalheiro	Individual	Sub 20 Feminino	39:38	+07:36	07:56
6	210	Matilde Silva	Gang do Beirão	Sub 20 Feminino	41:43	+09:40	08:21
7	366	Lara Costa	Individual	Sub 20 Feminino	43:38	+11:36	08:44
8	689	Liliana Nunes	NDAP	Sub 20 Feminino	44:13	+12:10	08:51
9	80	Patricia Rato	As pPoderosas	Sub 20 Feminino	47:21	+15:19	09:28
10	368	Sara Gonçalves	Individual	Sub 20 Feminino	52:06	+20:03	10:25
11	462	Jade Antonio	Los pirilampos	Sub 20 Feminino	55:55	+23:53	11:11
12	611	Maria rodrigues	Tugas	Sub 20 Feminino	58:43	+26:41	11:45
13	612	Rafaela palhais	Tugas	Sub 20 Feminino	58:50	+26:47	11:46
14	610	Flavia domingues	Tugas	Sub 20 Feminino	58:50	+26:48	11:46
15	280	Luz Ferreira	House of love	Sub 20 Feminino	01:01:02	+29:00	12:12
16	454	Leonor Caetano	Lama Solta	Sub 20 Feminino	01:03:51	+31:49	12:46
17	367	Neuza Correia Caetano	Individual	Sub 20 Feminino	01:04:14	+32:12	12:51
18	504	Rafaela Pereira Nóbrega	O (es)Trilho das Gambuzinas	Sub 20 Feminino	01:19:24	+47:22	15:53
19	127	Inês Monteiro	CãBuzinos	Sub 20 Feminino	01:20:13	+48:11	16:03
20	128	Mariana Gonçalves	CãBuzinos	Sub 20 Feminino	01:20:22	+48:20	16:04

Sub 20 Masculino

1	373	Simão Ferreira Simões	Individual	Sub 20 Masculino	26:40		05:20
2	705	Afonso Ferraz	Individual	Sub 20 Masculino	29:44	+03:04	05:57
3	45	Leandro Gonçalves	ACTIVE	Sub 20 Masculino	31:42	+05:01	06:20
4	151	Pedro Gameiro	carmina	Sub 20 Masculino	34:00	+07:19	06:48
5	147	TOMÁS VICENTE	CANEKO'S	Sub 20 Masculino	34:20	+07:39	06:52
6	565	Tiago André Santos Gomes	Ratatui Team	Sub 20 Masculino	34:20	+07:39	06:52
7	566	Tomás Mendes Abreu	Ratatui Team	Sub 20 Masculino	35:20	+08:39	07:04
8	129	Bernardo Monteiro	CãBuzinos	Sub 20 Masculino	38:31	+11:51	07:42
9	167	Filipe yang	Família	Sub 20 Masculino	40:25	+13:44	08:05
10	369	André Santos	Individual	Sub 20 Masculino	43:17	+16:37	08:39
11	371	Guilherme Gonçalves	Individual	Sub 20 Masculino	45:06	+18:25	09:01
12	11	Diogo Eusébio	100 ideias	Sub 20 Masculino	45:21	+18:41	09:04
13	168	Luís yang	Família	Sub 20 Masculino	46:38	+19:57	09:20
14	370	Gabriel Santos	Individual	Sub 20 Masculino	01:02:47	+36:07	12:33

Prova Principal

5 KM

OFFICIAL RESULT

132	83	Elisabete Cordeiro	As pPoderosas	Veterana F40	01:13:43	+43:12	14:45
133	694	Maria de Lurdes Domingues Ferreira	Caçadores de aves raras	Veterana F40	01:13:49	+43:18	14:46
134	17	Dulcinia Santos	100 ideias	Veterana F40	01:13:58	+43:27	14:48
135	696	Cecília Alves	Caçadores de aves raras	Veterana F40	01:14:07	+43:36	14:49
136	172	Maria Fernanda Ferreira Dias Lopes	Família Vieira	Veterana F40	01:15:05	+44:34	15:01
137	374	Aida Cristina Costa Pereira	Individual	Veterana F40	01:15:12	+44:41	15:02
138	381	Claudia Margarida Pereira da Costa	Individual	Veterana F40	01:15:17	+44:46	15:03
139	592	Helena Maria Lopes Domingues	SicóTrilhos	Veterana F40	01:15:17	+44:46	15:03
140	14	Catarina Neto	100 ideias	Veterana F40	01:15:54	+45:24	15:11
141	507	Maria de La Salette Silva Pereira	O (es)Trilho das Gambuzinas	Veterana F40	01:19:11	+48:40	15:50
142	506	Cândida Isabel de Andrade Alves Silva	O (es)Trilho das Gambuzinas	Veterana F40	01:19:16	+48:45	15:51
143	505	Blandina Mota Raimundo Silva	O (es)Trilho das Gambuzinas	Veterana F40	01:19:50	+49:19	15:58
144	132	Celeste Aquino	CãBuzinos	Veterana F40	01:20:53	+50:22	16:11
145	131	Anabela Jorge	CãBuzinos	Veterana F40	01:21:06	+50:35	16:13
146	18	Gina Gonçalves	100 ideias	Veterana F40	01:21:13	+50:42	16:15
147	136	Luisa Conceição	CãBuzinos	Veterana F40	01:21:29	+50:58	16:18
148	138	Susana Cruz	CãBuzinos	Veterana F40	01:21:35	+51:04	16:19
149	133	Celia Martins	CãBuzinos	Veterana F40	01:21:39	+51:08	16:20
150	137	Márcia lopes	CãBuzinos	Veterana F40	01:22:02	+51:31	16:24

Veterano M40

1	258	Joel Couto	Grupo Alegre Unido Bajouca	Veterano M40	24:23		04:53
2	257	Hugo Horta	Grupo Alegre Unido Bajouca	Veterano M40	24:48	+00:25	04:58
3	699	Marco Simões	Individual	Veterano M40	25:31	+01:07	05:06
4	163	João Fernandes	Centro de Marcha e Corrida de Alcanena	Veterano M40	26:17	+01:54	05:15
5	679	Antonio Fonseca Oliveira	LIZ RUNNER	Veterano M40	26:21	+01:58	05:16
6	259	Martinho Pedrosa	Grupo Alegre Unido Bajouca	Veterano M40	26:21	+01:58	05:16
7	575	Henrique Fernandes	SCPOMBAL/TRAILTEAM	Veterano M40	26:24	+02:01	05:17
8	33	JOAQUIM QUITÉRIO	AC VERMOIL	Veterano M40	26:36	+02:12	05:19
9	429	Paulo Carvalho	Individual	Veterano M40	26:56	+02:33	05:23
10	255	Francisco Ferreira	Grupo Alegre Unido Bajouca	Veterano M40	27:39	+03:15	05:32
11	415	João Pedro	Individual	Veterano M40	28:00	+03:36	05:36
12	96	Carlos Marques	Bairro dos Anjos - Amigos da Corrida	Veterano M40	28:12	+03:49	05:38
13	260	Otelo Pereira	Grupo Alegre Unido Bajouca	Veterano M40	28:16	+03:53	05:39
14	98	Paulo Vieira	Bairro dos Anjos - Amigos da Corrida	Veterano M40	28:28	+04:04	05:42
15	416	Joel Costa	Individual	Veterano M40	28:42	+04:19	05:44
16	420	Jose Manel gaspar lopes	Individual	Veterano M40	29:02	+04:38	05:48
17	404	Bruno Miguel Costa Santos Neves	Individual	Veterano M40	29:08	+04:45	05:50
18	223	Sandro Vilela	GDRUC UNIDOS	Veterano M40	29:22	+04:59	05:52
19	262	Sérgio Cabecinhas	Grupo Alegre Unido Bajouca	Veterano M40	29:30	+05:06	05:54
20	651	Pedro Pereira	Barras e Bolinhos	Veterano M40	29:44	+05:20	05:57
21	432	Pedro dos Santos Lopes	Individual	Veterano M40	29:45	+05:21	05:57
22	203	Albano Manuel Fernandes da Silva	FitTraining Academy	Veterano M40	29:57	+05:33	05:59

Official Timekeeper: Lap2Go	12 / 16	generate 25-Jun-2023 00:02
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Prova Principal**5 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

23	123	Rúben Barjona	Barras e Bolinhos	Veterano M40	30:05	+05:41	06:01
24	162	Carlos Nuno Patusco Frazão	Centro de Marcha e Corrida de Alcanena	Veterano M40	30:17	+05:54	06:03
25	433	Pedro Neves	Trail da Ladeia Running Team	Veterano M40	30:23	+05:59	06:05
26	435	Ricardo Estrada	Individual	Veterano M40	30:37	+06:13	06:07
27	577	Fernando Ferreira	Seleção lá de casa	Veterano M40	30:42	+06:19	06:08
28	605	Hugo Silva	Talentos Objetivos	Veterano M40	30:44	+06:21	06:09
29	238	Sérgio Simões	GINÁSIO PULSE	Veterano M40	30:48	+06:25	06:10
30	411	Henrique Lavaredas	Individual	Veterano M40	31:01	+06:38	06:12
31	676	Mário Caridade	Individual	Veterano M40	31:04	+06:41	06:13
32	261	Pedro Cabecinhas	Grupo Alegre Unido Bajouca	Veterano M40	31:36	+07:12	06:19
33	626	José Silva	Vamos com tudo	Veterano M40	31:39	+07:15	06:20
34	237	Nuno Ferreira	GINÁSIO PULSE	Veterano M40	31:51	+07:27	06:22
35	50	Ricardo Gonçalves	ACTIVE	Veterano M40	31:57	+07:34	06:23
36	652	Roberto Fiuza Alves	Barras e Bolinhos	Veterano M40	32:02	+07:38	06:24
37	643	Filipe Carvalheiro	ACRM Silveirinha Grande Claras	Veterano M40	32:23	+07:59	06:29
38	400	Alexandre Fernandes Marques	Individual	Veterano M40	32:31	+08:07	06:30
39	661	David Coelho	Individual	Veterano M40	32:34	+08:10	06:31
40	430	Paulo Jorge Inácio da Silva	Individual	Veterano M40	32:36	+08:13	06:31
41	12	Pedro Ribeiro	100 ideias	Veterano M40	32:45	+08:22	06:33
42	698	Virgílio Alberto	Grupo Alegre Unido Bajouca	Veterano M40	32:51	+08:28	06:34
43	431	Paulo Santos	Individual	Veterano M40	33:07	+08:43	06:37
44	423	Marcelo Ferreira	Individual	Veterano M40	33:08	+08:45	06:38
45	155	LUÍS MANUEL BRITO AREIA	CCD CRÉDITO AGRICOLA	Veterano M40	33:13	+08:49	06:39
46	654	NUNO MIGUEL DA CONCEIÇÃO ROSA	CCD CRÉDITO AGRICOLA	Veterano M40	33:30	+09:07	06:42
47	156	RUI MANUEL DOS SANTOS MOREIRA	CCD CRÉDITO AGRICOLA	Veterano M40	33:33	+09:10	06:43
48	457	Marco Manuel Duque Murgeiro	Lama Solta	Veterano M40	34:01	+09:38	06:48
49	122	Ricardo Fernandes	Barras e Bolinhos	Veterano M40	34:16	+09:53	06:51
50	49	Nuno Ricardo da Silva Moreira	ACTIVE	Veterano M40	34:33	+10:10	06:55
51	678	Renato Jorge Freire Martins	Individual	Veterano M40	34:36	+10:13	06:55
52	683	António Manuel Ferreira Mendes	Ratatuí Team	Veterano M40	34:37	+10:14	06:55
53	417	Joel Martins	Individual	Veterano M40	34:57	+10:33	06:59
54	439	Tiago Carvalho	Individual	Veterano M40	35:14	+10:50	07:03
55	644	Lino Carraco	ACRM Silveirinha Grande Claras	Veterano M40	35:16	+10:52	07:03
56	69	Pedro Cruz	AMResgais	Veterano M40	35:18	+10:54	07:04
57	608	Victor Manuel dos Santos cravo	TCSR	Veterano M40	35:30	+11:07	07:06
58	32	EUGÉNIO MENDES	AC VERMOIL	Veterano M40	35:30	+11:07	07:06
59	658	SAMUEL COSTA	FitTraining Academy	Veterano M40	35:32	+11:08	07:06
60	174	Licínio Mendes da Silva	Família Vieira	Veterano M40	35:48	+11:25	07:10
61	568	Diogo Gomes	RUNMELT	Veterano M40	36:03	+11:40	07:13
62	409	Fernando da Silva Parracho	Individual	Veterano M40	36:23	+12:00	07:17
63	428	Nuno Salvador	Individual	Veterano M40	36:39	+12:16	07:20
64	597	Filipe Gameiro	Skylamas	Veterano M40	36:40	+12:17	07:20
65	413	João Diniz	Individual	Veterano M40	36:42	+12:18	07:20
66	424	Marco Pascoal	Individual	Veterano M40	36:50	+12:26	07:22

Prova Principal**5 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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67	216	Luís Simões	Gang do Beirão	Veterano M40	36:54	+12:31	07:23
68	571	Marco Cordeiro	RUNMELT	Veterano M40	37:10	+12:46	07:26
69	422	Manuel Gameiro	Individual	Veterano M40	37:18	+12:54	07:28
70	264	José Pedrosa	Grupo Maravilha	Veterano M40	37:19	+12:56	07:28
71	684	Pedro Miguel Marques Abreu	Ratatui Team	Veterano M40	37:21	+12:58	07:28
72	677	Pedro Pimpão	Individual	Veterano M40	37:37	+13:14	07:31
73	166	Francisco R. Oliveira	Cremalheiras Rolantes	Veterano M40	37:41	+13:18	07:32
74	426	Nelson Pedrosa	Individual	Veterano M40	38:07	+13:43	07:37
75	569	João Reis	RUNMELT	Veterano M40	38:11	+13:47	07:38
76	142	João Carvalho	CãBuzinos	Veterano M40	38:14	+13:51	07:39
77	120	Filipe neves	Barras e Bolinhos	Veterano M40	38:17	+13:54	07:39
78	636	Filipe Ferreira	Vieira Team	Veterano M40	38:31	+14:07	07:42
79	97	Norberto Toscano	Bairro dos Anjos - Amigos da Corrida	Veterano M40	38:38	+14:15	07:44
80	421	Luís Ferreira	Individual	Veterano M40	38:52	+14:29	07:46
81	496	Rui Pereira	NDAP	Veterano M40	39:09	+14:45	07:50
82	31	ALFREDO SANTOS	AC VERMOIL	Veterano M40	39:20	+14:57	07:52
83	687	Nelson Lopes	Ratatui Team	Veterano M40	39:28	+15:05	07:54
84	682	André Filipe Marques Gomes	Ratatui Team	Veterano M40	39:30	+15:07	07:54
85	570	José Pinto	RUNMELT	Veterano M40	39:36	+15:13	07:55
86	461	Luis Joaquim	LIZ RUNNER	Veterano M40	40:08	+15:44	08:02
87	495	Ricardo Gomes	NDAP	Veterano M40	40:27	+16:03	08:05
88	650	Miguel Magalhães Abreu Castelo Branco	Barras e Bolinhos	Veterano M40	40:40	+16:16	08:08
89	455	Carlos Silva	Lama Solta	Veterano M40	40:48	+16:25	08:10
90	169	Yang kanglin	Família	Veterano M40	41:26	+17:02	08:17
91	427	nuno pedro c. silva	Individual	Veterano M40	41:32	+17:09	08:18
92	701	Hugo Salgueiro	Individual	Veterano M40	41:47	+17:24	08:21
93	425	Marco Santos	Individual	Veterano M40	41:53	+17:30	08:23
94	3	Hugo Gonçalves	Individual	Veterano M40	42:34	+18:10	08:31
95	204	José Carlos da Silva Gonçalves	FitTraining Academy	Veterano M40	42:54	+18:31	08:35
96	205	MANUEL CORDEIRO	FitTraining Academy	Veterano M40	43:07	+18:44	08:37
97	418	Joel Santos	Individual	Veterano M40	43:13	+18:49	08:39
98	277	João Paulo	Hot Runners	Veterano M40	43:51	+19:28	08:46
99	408	Eduardo Santos	Individual	Veterano M40	43:55	+19:32	08:47
100	688	Filipe Nunes	NDAP	Veterano M40	44:15	+19:52	08:51
101	556	Patrício Ponte	Ponte	Veterano M40	44:35	+20:12	08:55
102	407	Délio Gonçalves	Individual	Veterano M40	45:11	+20:47	09:02
103	497	Vitor Silva	NDAP	Veterano M40	47:12	+22:49	09:26
104	649	José Patrício de Jesus Almeida	Barras e Bolinhos	Veterano M40	47:15	+22:51	09:27
105	436	Sérgio Gomes dos Santos Foja	Individual	Veterano M40	48:12	+23:49	09:38
106	563	Joaquim Ventura	QualquerCoisa	Veterano M40	48:26	+24:02	09:41
107	419	Jorge Almeida Santos	Individual	Veterano M40	48:45	+24:22	09:45
108	632	Rui Pedro Silva	Vedetas	Veterano M40	48:55	+24:32	09:47
109	434	Ricardo Carrasqueira	Individual	Veterano M40	49:14	+24:51	09:51
110	637	Gil Silva	Vieira Team	Veterano M40	49:20	+24:57	09:52
111	675	Jorge Mateus Simão dos Santos	Individual	Veterano M40	49:28	+25:04	09:54

Prova Principal
5 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

112	527	Carlos Ferreira Domingues Duarte	Os invencíveis	Veterano M40	50:38	+26:15	10:08
113	544	Jorge Lima	Patrulha Pata	Veterano M40	51:16	+26:52	10:15
114	157	TIAGO JOSÉ DA SILVA CARVALHO	CCD CRÉDITO AGRICOLA	Veterano M40	51:20	+26:56	10:16
115	154	José Manuel Simões Lourenço	CCD CRÉDITO AGRICOLA	Veterano M40	51:34	+27:11	10:19
116	545	Manuel Neves	Patrulha Pata	Veterano M40	51:50	+27:27	10:22
117	119	Bruno neved	Barras e Bolinhos	Veterano M40	52:00	+27:37	10:24
118	558	Eurico Ponte	Prova de Vinhos	Veterano M40	52:47	+28:24	10:33
119	1077	Hélder dos Santos Mendes	Individual	Veterano M40	52:50	+28:27	10:34
120	490	José Pedro Coutinho	Miro Trail	Veterano M40	53:23	+29:00	10:41
121	489	Carlos Coelho	Miro Trail	Veterano M40	53:46	+29:22	10:45
122	402	Bruno Jean Pereira	Individual	Veterano M40	54:14	+29:50	10:51
123	406	Daniel Martins Carrasqueira	Individual	Veterano M40	54:18	+29:55	10:52
124	450	Luis Catarro	Lagostins do arunca	Veterano M40	54:20	+29:57	10:52
125	491	José Santos	Miro Trail	Veterano M40	54:27	+30:04	10:53
126	562	Filipe Carrilho	QualquerCoisa	Veterano M40	54:56	+30:33	10:59
127	145	Rui Salgueiro	CãBuzinos	Veterano M40	55:18	+30:54	11:04
128	437	Sérgio Reis Gomes	Individual	Veterano M40	55:45	+31:22	11:09
129	464	Humberto Antonio	Los pirilampos	Veterano M40	55:56	+31:33	11:11
130	475	José Antunes	Magal - Sistemas de Bombeamento, Lda	Veterano M40	56:19	+31:56	11:16
131	67	Filipe Mendes	AMResgais	Veterano M40	56:51	+32:28	11:22
132	476	José Domingues	Magal - Sistemas de Bombeamento, Lda	Veterano M40	57:41	+33:18	11:32
133	473	Edgar Machado	Magal - Sistemas de Bombeamento, Lda	Veterano M40	57:43	+33:20	11:33
134	474	João Santos	Magal - Sistemas de Bombeamento, Lda	Veterano M40	59:23	+34:59	11:53
135	510	Luís Filipe Reveles de Paiva	O (es)Trilho das Gambuzinas	Veterano M40	59:55	+35:32	11:59
136	141	Artur Gaspar	CãBuzinos	Veterano M40	01:02:22	+37:59	12:28
137	149	NELSON VICENTE	CANEKO`S	Veterano M40	01:02:27	+38:03	12:29
138	616	Higino Rodrigues	Tugas	Veterano M40	01:03:06	+38:43	12:37
139	456	Manuel Neves	Lama Solta	Veterano M40	01:03:11	+38:47	12:38
140	583	Filipe José Ferreira Serralheiro	Sicóritmo	Veterano M40	01:03:45	+39:22	12:45
141	458	Nilton Caetano	Lama Solta	Veterano M40	01:03:56	+39:33	12:47
142	546	Nuno Ferreira	Patrulha Pata	Veterano M40	01:03:59	+39:36	12:48
143	75	Rui Oliveira	Ansibikers	Veterano M40	01:04:06	+39:43	12:49
144	403	Bruno Manuel Silva Caetano	Individual	Veterano M40	01:04:09	+39:45	12:50
145	548	Nikolay Pogodin	Pogodin Family	Veterano M40	01:04:30	+40:06	12:54
146	480	Carlos Ferreira	Manganórios	Veterano M40	01:04:40	+40:17	12:56
147	74	Luís Antunes	Ansibikers	Veterano M40	01:04:44	+40:20	12:57
148	440	Zé Gaspar	Individual	Veterano M40	01:04:59	+40:35	13:00
149	543	António Neves	Patrulha Pata	Veterano M40	01:06:48	+42:25	13:22
150	66	Adriano Clara	AMResgais	Veterano M40	01:07:18	+42:54	13:28
151	542	Acácio Lopes	Patrulha Pata	Veterano M40	01:07:22	+42:59	13:28
152	68	Luís Narciso	AMResgais	Veterano M40	01:09:56	+45:33	13:59
153	401	Amândio Francisco Neves	Individual	Veterano M40	01:10:32	+46:08	14:06
154	438	Silvio André Silva Cordeiro	Individual	Veterano M40	01:11:04	+46:40	14:13
155	24	Paulo Ribeirinho	100 ideias	Veterano M40	01:13:02	+48:38	14:36

Prova Principal

5 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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156	697	Pedro Ferreira	Caçadores de aves raras	Veterano M40	01:13:49	+49:25	14:46
157	695	João Duarte	Caçadores de aves raras	Veterano M40	01:14:01	+49:37	14:48
158	21	Isidro Seca Adegas	100 ideias	Veterano M40	01:15:36	+51:12	15:07
159	22	Paulo Duarte	100 ideias	Veterano M40	01:15:36	+51:13	15:07
160	509	Cristóvão Ramos de Carvalho	O (es)Trilho das Gambuzinas	Veterano M40	01:19:31	+55:07	15:54
161	144	Manuel Sousa	CãBuzinos	Veterano M40	01:21:03	+56:40	16:13
162	143	Joaquim Alberto	CãBuzinos	Veterano M40	01:21:13	+56:50	16:15
163	140	António Lopes	CãBuzinos	Veterano M40	01:21:25	+57:01	16:17