

**PROVA PRINCIPAL - STAGE 1****10 KM**

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

**OFFICIAL RESULT**

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

	Time	Temperature	Humidity
Start	09:00	17,2°C	49%
End	10:19	17,2°C	49%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	80	João Vaz	Individual	29:36		02:58	
2	94	Rafael Canaria	Individual	31:32	+01:56	03:09	
3	11	Rui Pereira	CASA DO BENFICA EM CASTELO BRANCO	31:36	+02:00	03:10	
4	39	Carlos Sanches	Club União Idanhense	32:00	+02:24	03:12	
5	14	NUNO MIGUEL GAMBOA	CASA DO BENFICA EM CASTELO BRANCO	32:51	+03:15	03:17	
6	43	Nuno Pires	Club União Idanhense	33:26	+03:50	03:21	
7	75	Fernando Matos	Grupo de Convívio e Amizade nas Donas	33:29	+03:53	03:21	
8	81	Manuel Dias	Individual	33:35	+03:59	03:22	
9	137	Fábio Henrique Mariano Ladeiras	Ladeiras Family Team	33:45	+04:09	03:23	
10	70	Sérgio Ferreira Barata	Entre escola IVS e ETPS	33:48	+04:12	03:23	
11	26	Tiago Rodrigues	CCD Sertã	34:08	+04:32	03:25	
12	156	Pedro Silva	Penta Clube da Covilhã	34:28	+04:52	03:27	
13	34	Ricardo Martins Maia	Centro Cívico de Alferrarede Velha	35:34	+05:58	03:33	
14	155	João Monteiro	Penta Clube da Covilhã	35:37	+06:01	03:34	
15	36	Luis Marçal	CF Os Belenenses	35:54	+06:18	03:35	
16	24	Rafael Cruz	CCD Sertã	36:11	+06:35	03:37	
17	141	Paulo Pontes	Leiria Marcha Atlética	36:16	+06:40	03:38	
18	162	Antonio silva	Sport club Ferreira do Zêzere Trail Runners	36:53	+07:17	03:41	
19	151	Francisco Rabasquinho	Penta Clube da Covilhã	36:56	+07:20	03:42	
20	16	DORVALINO TEIXEIRA DA COSTA	CASA DO BENFICA EM CASTELO BRANCO	37:00	+07:24	03:42	
21	44	José Fernandes	Club União Idanhense	37:18	+07:42	03:44	
22	32	Rui Grazina	CCD Sintrense	37:24	+07:48	03:44	
23	54	Pedro André Laranjeira Marçal	Entre escola IVS e ETPS	37:46	+08:10	03:47	
24	79	Vitor Hugo Santos	Grupo desportivo da Mata	38:02	+08:26	03:48	
25	45	Bruno Luís	Correr por Castelo Branco	38:08	+08:32	03:49	
26	91	Marco Nunes	CCD Sertã	38:09	+08:33	03:49	
27	143	Eduardo Mendonça	Diamantino Jorge & Filho, SA.	38:26	+08:50	03:51	
28	49	Bruno Neves Vieira	Entre escola IVS e ETPS	38:45	+09:09	03:52	
29	40	Guilherme Jorge	Club União Idanhense	38:46	+09:10	03:53	
30	154	Flávio Mingote	Penta Clube da Covilhã	38:53	+09:17	03:53	
31	74	Hugo Dias	Força Especial de Proteção Civil	39:03	+09:27	03:54	
32	33	Luis Carlos Da Silva Pauleta	Centro Cívico de Alferrarede Velha	39:04	+09:28	03:54	
33	103	David cacilhas	CCD Sertã	39:22	+09:46	03:56	
34	150	Marcos Lopes	Núcleo de Juventude do Concelho de Proença-a-Nova (NJCPN)	39:40	+10:04	03:58	
35	119	Paulo Jorge Henriques Lopes	Individual	39:44	+10:08	03:58	
36	10	DALILA ISABEL REI ROMÃO	CASA DO BENFICA EM CASTELO BRANCO	39:52	+10:16	03:59	
37	71	Miguel Angelo Quirino da Palma	Entre escola IVS e ETPS	39:53	+10:17	03:59	
38	55	Renato Filipe Farinha Antunes	Entre escola IVS e ETPS	40:19	+10:43	04:02	
39	163	Ernesto Parente	UNIÃO FCI DE TOMAR	40:24	+10:48	04:02	
40	127	Miguel Soares Rento	Koboldspeedyteam	40:35	+10:59	04:04	



**PROVA PRINCIPAL - STAGE 1**
**10 KM**

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
83	86	David Alexandre Ferreira da Silva	Individual	47:34	+17:58	04:45	
84	104	Edgar manso	Individual	47:36	+18:00	04:46	
85	107	João Miguel Xavier	Individual	47:45	+18:09	04:47	
86	84	Soraia Alfaro Falcão da Fonseca	Individual	48:11	+18:35	04:49	
87	131	Tiago Santos	Koboldspeedyteam	48:17	+18:41	04:50	
88	121	Sandro Geraldês	Individual	48:21	+18:45	04:50	
89	62	Bruno Ferreira Barata	Entre escola IVS e ETPS	48:22	+18:46	04:50	
90	27	Nicole Poejo	CCD Sertã	48:46	+19:10	04:53	
91	30	Vitor Barata	CCD Sertã	48:46	+19:10	04:53	
92	109	Nuno Manuel Henriques Martins Gomes	Força Especial de Proteção Civil	48:49	+19:13	04:53	
93	112	Ricardo Martins Lopes	Força Especial de Proteção Civil	48:49	+19:13	04:53	
94	132	João Emanuel Matias Ladeiras	Ladeiras Family Team	48:57	+19:21	04:54	
95	58	Liliana Maria Ferreira Lopes	Entre escola IVS e ETPS	49:28	+19:52	04:57	
96	42	São Pires	Club União Idanhense	49:37	+20:01	04:58	
97	95	Tomás Manuel Alves Pereira	Individual	49:40	+20:04	04:58	
98	89	Luís Mário Rêsió Fidalgo	Individual	49:57	+20:21	05:00	
99	167	Pedro Miguel Gonçalves Ferreira	Entre escola IVS e ETPS	50:24	+20:48	05:02	
100	67	Ricardo Alexandre Rodrigues Lourenço Alves	Entre escola IVS e ETPS	51:00	+21:24	05:06	
101	105	Hugo Pires	Individual	51:00	+21:24	05:06	
102	59	Mónica Isabel Mendes Parente	Entre escola IVS e ETPS	51:04	+21:28	05:06	
103	21	Leticia Pires	CCD Sertã	51:39	+22:03	05:10	
104	22	Francisco Cardoso	CCD Sertã	51:39	+22:03	05:10	
105	134	Ana Sofia do Carmo Brito	Ladeiras Family Team	52:02	+22:26	05:12	
106	145	Diogo Gonçalves Cerqueira	NATURE IN.FORM	52:34	+22:58	05:15	
107	169	Luis Pires	Individual	52:36	+23:00	05:16	
108	133	Vasco Rodrigo Matias Ladeiras	Ladeiras Family Team	52:37	+23:01	05:16	
109	126	Josef Arian	Individual	52:52	+23:16	05:17	
110	146	Aires Manuel Freire Cerqueira de Sousa	NATURE IN.FORM	52:54	+23:18	05:17	
111	9	Ricardo José Dias Fonseca	Cabrais	53:03	+23:27	05:18	
112	38	Sofia Mascarenhas	Club União Idanhense	53:14	+23:38	05:19	
113	64	Diogo Manuel Alves Ferreira	Entre escola IVS e ETPS	54:14	+24:38	05:25	
114	56	Ana Luísa da Silva Marçal	Entre escola IVS e ETPS	55:35	+25:59	05:34	
115	157	João Magro	Penta Clube da Covilhã	57:04	+27:28	05:42	
116	31	Rute Pereira	CCD Sintrense	57:40	+28:04	05:46	
117	78	Dulce Tomás	Grupo desportivo da Mata	57:40	+28:04	05:46	
118	101	Helena Lalanda	Individual	57:41	+28:05	05:46	
119	37	Mariana Nunes	Club União Idanhense	58:51	+29:15	05:53	
120	25	Dora Garcia	CCD Sertã	01:00:09	+30:33	06:01	
121	6	Alexandra Barros	As lindonas (:	01:00:42	+31:06	06:04	
122	159	Carla Silva	Running Clube da Floresta	01:00:43	+31:07	06:04	
123	47	Catarina Isabel da Silva Marçal	Entre escola IVS e ETPS	01:01:16	+31:40	06:08	
124	76	Sandra Ferreira	Grupo desportivo da Mata	01:01:16	+31:40	06:08	
125	165	Carlos Alberto de Miranda	Individual	01:01:17	+31:41	06:08	
126	83	Sónia Henriques	Individual	01:01:32	+31:56	06:09	



## Prova Principal

10 KM

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

### OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:00	17,2°C	49%
End	10:19	17,2°C	49%

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

1	21	Leticia Pires	CCD Sertã	Junior Feminino	51:39		05:10
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## Junior Masculino

1	80	João Vaz	Individual	Junior Masculino	29:36		02:58
2	81	Manuel Dias	Individual	Junior Masculino	33:35	+03:59	03:22
3	24	Rafael Cruz	CCD Sertã	Junior Masculino	36:11	+06:34	03:37
4	151	Francisco Rabasquinho	Penta Clube da Covilhã	Junior Masculino	36:56	+07:20	03:42
5	23	João Garcia	CCD Sertã	Junior Masculino	44:14	+14:37	04:25
6	22	Francisco Cardoso	CCD Sertã	Junior Masculino	51:39	+22:02	05:10
7	7	Duarte Silva	Cabrais	Junior Masculino	01:10:13	+40:36	07:01

## Senior Feminino

1	10	DALILA ISABEL REI ROMÃO	CASA DO BENFICA EM CASTELO BRANCO	Senior Feminino	39:52		03:59
2	84	Soraia Alfaro Falcão da Fonseca	Individual	Senior Feminino	48:11	+08:19	04:49
3	38	Sofia Mascarenhas	Club União Idanhense	Senior Feminino	53:14	+13:22	05:19
4	37	Mariana Nunes	Club União Idanhense	Senior Feminino	58:51	+18:59	05:53
5	25	Dora Garcia	CCD Sertã	Senior Feminino	01:00:09	+20:17	06:01
6	6	Alexandra Barros	As lindonas (:	Senior Feminino	01:00:42	+20:49	06:04
7	47	Catarina Isabel da Silva Marçal	Entre escola IVS e ETPS	Senior Feminino	01:01:16	+21:23	06:08
8	76	Sandra Ferreira	Grupo desportivo da Mata	Senior Feminino	01:01:16	+21:24	06:08
9	83	Sónia Henriques	Individual	Senior Feminino	01:01:32	+21:39	06:09
10	82	Sara Xavier Nunes	Individual	Senior Feminino	01:06:35	+26:43	06:40
11	48	Marina Alexandra Menchero Caldeira	Entre escola IVS e ETPS	Senior Feminino	01:12:12	+32:20	07:13

## Senior Masculino

1	94	Rafael Canaria	Individual	Senior Masculino	31:32		03:09
2	11	Rui Pereira	CASA DO BENFICA EM CASTELO BRANCO	Senior Masculino	31:36	+00:04	03:10
3	39	Carlos Sanches	Club União Idanhense	Senior Masculino	32:00	+00:28	03:12
4	26	Tiago Rodrigues	CCD Sertã	Senior Masculino	34:08	+02:36	03:25
5	54	Pedro André Laranjeira Marçal	Entre escola IVS e ETPS	Senior Masculino	37:46	+06:14	03:47
6	91	Marco Nunes	CCD Sertã	Senior Masculino	38:09	+06:37	03:49
7	143	Eduardo Mendonça	Diamantino Jorge & Filho, SA.	Senior Masculino	38:26	+06:53	03:51
8	49	Bruno Neves Vieira	Entre escola IVS e ETPS	Senior Masculino	38:45	+07:13	03:52
9	40	Guilherme Jorge	Club União Idanhense	Senior Masculino	38:46	+07:14	03:53

Official Timekeeper: Lap2Go	1 / 5	generate 16-jul-2023 10:24
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**Prova Principal****10 KM**

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

**OFFICIAL RESULT**

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

10	55	Renato Filipe Farinha Antunes	Entre escola IVS e ETPS	Senior Masculino	40:19	+08:47	04:02
11	127	Miguel Soares Rento	Koboldspeedyteam	Senior Masculino	40:35	+09:03	04:04
12	88	Luís Coelho	Individual	Senior Masculino	40:49	+09:17	04:05
13	96	Vasco Henrique Antunes Marçal	Individual	Senior Masculino	42:03	+10:31	04:12
14	51	Jorge Manuel Mendes Lopes	Entre escola IVS e ETPS	Senior Masculino	42:04	+10:32	04:12
15	5	Miguel Navega	ACPortalegre/UTSM	Senior Masculino	42:17	+10:45	04:14
16	93	Miguel Lopes	Individual	Senior Masculino	43:38	+12:06	04:22
17	52	Luís Carlos Alves Martins	Entre escola IVS e ETPS	Senior Masculino	43:41	+12:09	04:22
18	168	João Francisco Gomes Moedas	Individual	Senior Masculino	46:33	+15:01	04:39
19	86	David Alexandre Ferreira da Silva	Individual	Senior Masculino	47:34	+16:02	04:45
20	132	João Emanuel Matias Ladeiras	Ladeiras Family Team	Senior Masculino	48:57	+17:25	04:54
21	95	Tomás Manuel Alves Pereira	Individual	Senior Masculino	49:40	+18:08	04:58
22	89	Luís Mário Rézio Fidalgo	Individual	Senior Masculino	49:57	+18:25	05:00
23	145	Diogo Gonçalves Cerqueira	NATURE IN.FORM	Senior Masculino	52:34	+21:02	05:15
24	133	Vasco Rodrigo Matias Ladeiras	Ladeiras Family Team	Senior Masculino	52:37	+21:05	05:16
25	50	Diogo José Neves Oliveira	Entre escola IVS e ETPS	Senior Masculino	01:02:59	+31:27	06:18

**Veterana F35**

1	12	SANDRA CRISTINA MARTINS FERREIRA	CASA DO BENFICA EM CASTELO BRANCO	Veterana F35	40:48		04:05
2	99	Liliana de Jesus Bernardo Martins	Individual	Veterana F35	41:03	+00:14	04:06
3	100	Rita Antunes	Individual	Veterana F35	42:59	+02:10	04:18
4	153	Marina Cardona	Penta Clube da Covilhã	Veterana F35	46:00	+05:11	04:36
5	27	Nicole Poejo	CCD Sertã	Veterana F35	48:46	+07:57	04:53
6	58	Liliana Maria Ferreira Lopes	Entre escola IVS e ETPS	Veterana F35	49:28	+08:39	04:57
7	59	Mónica Isabel Mendes Parente	Entre escola IVS e ETPS	Veterana F35	51:04	+10:16	05:06
8	134	Ana Sofia do Carmo Brito	Ladeiras Family Team	Veterana F35	52:02	+11:13	05:12
9	56	Ana Luísa da Silva Marçal	Entre escola IVS e ETPS	Veterana F35	55:35	+14:46	05:34
10	97	Carla Silva	Individual	Veterana F35	01:05:45	+24:56	06:34
11	57	Carina da Conceição Ramos Salta	Entre escola IVS e ETPS	Veterana F35	01:13:38	+32:49	07:22

**Veterana F45**

1	149	Magda Ribeiro	Núcleo de Juventude do Concelho de Proença-a-Nova (NJCPN)	Veterana F45	42:29		04:15
2	42	São Pires	Club União Idanhense	Veterana F45	49:37	+07:08	04:58
3	78	Dulce Tomás	Grupo desportivo da Mata	Veterana F45	57:40	+15:11	05:46
4	101	Helena Lalandá	Individual	Veterana F45	57:41	+15:11	05:46
5	159	Carla Silva	Running Clube da Floresta	Veterana F45	01:00:43	+18:13	06:04
6	160	Cristina Lourenço	Running Clube da Floresta	Veterana F45	01:02:36	+20:06	06:16
7	161	Maria Martins	Running Clube da Floresta	Veterana F45	01:06:52	+24:23	06:41
8	147	Ana Cruz	Nozis	Veterana F45	01:17:29	+35:00	07:45
9	60	Helena Maria Fernandes Tomé	Entre escola IVS e ETPS	Veterana F45	01:18:54	+36:25	07:53

**Prova Principal**
**10 KM**

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

**OFFICIAL RESULT**

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

**Veterana F55**

1	31	Rute Pereira	CCD Sintrense	Veterana F55	57:40		05:46
2	136	Silvina Mariano Fernandes Ladeiras	Ladeiras Family Team	Veterana F55	01:02:51	+05:10	06:17
3	28	Julietta Coelho	CCD Sertã	Veterana F55	01:06:56	+09:15	06:42
4	135	Maria Amélia Farinha Lopes	Ladeiras Family Team	Veterana F55	01:09:00	+11:20	06:54
5	61	Augusta Maria Salomão dos Santos	Entre escola IVS e ETPS	Veterana F55	01:19:03	+21:22	07:54

**Veterano M35**

1	14	NUNO MIGUEL GAMBOA	CASA DO BENFICA EM CASTELO BRANCO	Veterano M35	32:51		03:17
2	43	Nuno Pires	Club União Idanhense	Veterano M35	33:26	+00:35	03:21
3	137	Fábio Henrique Mariano Ladeiras	Ladeiras Family Team	Veterano M35	33:45	+00:54	03:23
4	70	Sérgio Ferreira Barata	Entre escola IVS e ETPS	Veterano M35	33:48	+00:57	03:23
5	156	Pedro Silva	Penta Clube da Covilhã	Veterano M35	34:28	+01:37	03:27
6	34	Ricardo Martins Maia	Centro Cívico de Alferrarede Velha	Veterano M35	35:34	+02:43	03:33
7	155	João Monteiro	Penta Clube da Covilhã	Veterano M35	35:37	+02:46	03:34
8	45	Bruno Luís	Correr por Castelo Branco	Veterano M35	38:08	+05:17	03:49
9	154	Flávio Mingote	Penta Clube da Covilhã	Veterano M35	38:53	+06:02	03:53
10	33	Luís Carlos Da Silva Pauleta	Centro Cívico de Alferrarede Velha	Veterano M35	39:04	+06:13	03:54
11	103	David cacilhas	CCD Sertã	Veterano M35	39:22	+06:31	03:56
12	150	Marcos Lopes	Núcleo de Juventude do Concelho de Proença-a-Nova (NJCPN)	Veterano M35	39:40	+06:49	03:58
13	73	Bruno Marcelino	Força Especial de Proteção Civil	Veterano M35	40:54	+08:03	04:05
14	15	TIAGO JOSÉ NUNES LOURENÇO	CASA DO BENFICA EM CASTELO BRANCO	Veterano M35	41:12	+08:21	04:07
15	63	Daniel Filipe Lopes Ferreira Marçal	Entre escola IVS e ETPS	Veterano M35	41:15	+08:24	04:07
16	66	Nuno Miguel Arnauth Nunes	Entre escola IVS e ETPS	Veterano M35	41:15	+08:24	04:07
17	106	João Filipe Nunes Marcelino	Força Especial de Proteção Civil	Veterano M35	41:18	+08:27	04:08
18	130	Tiago Bispo	Koboldspeedyteam	Veterano M35	41:58	+09:07	04:12
19	68	Ricardo Miguel Mendes da Silva	Entre escola IVS e ETPS	Veterano M35	42:25	+09:34	04:15
20	129	Ricardo Jorge Beirão	Koboldspeedyteam	Veterano M35	43:10	+10:19	04:19
21	138	Luís Filipe Martins Ferreira	Ladeiras Family Team	Veterano M35	43:52	+11:01	04:23
22	29	André Nunes	CCD Sertã	Veterano M35	44:17	+11:26	04:26
23	65	Marco André Vicente Custódio	Entre escola IVS e ETPS	Veterano M35	45:44	+12:53	04:34
24	114	Tiago Silva	Individual	Veterano M35	45:51	+13:00	04:35
25	13	JOÃO MANUEL DUARTE LOPES VICENTE	CASA DO BENFICA EM CASTELO BRANCO	Veterano M35	45:53	+13:02	04:35
26	113	Sérgio Miguel Vicente Alves	Diamantino Jorge & Filho, SA.	Veterano M35	46:23	+13:32	04:38
27	166	David Simão	Diamantino Jorge & Filho, SA.	Veterano M35	47:09	+14:18	04:43
28	104	Edgar manso	Individual	Veterano M35	47:36	+14:45	04:46
29	107	João Miguel Xavier	Individual	Veterano M35	47:45	+14:54	04:47
30	131	Tiago Santos	Koboldspeedyteam	Veterano M35	48:17	+15:26	04:50
31	62	Bruno Ferreira Barata	Entre escola IVS e ETPS	Veterano M35	48:22	+15:31	04:50
32	109	Nuno Manuel Henriques Martins Gomes	Força Especial de Proteção Civil	Veterano M35	48:49	+15:58	04:53

## Prova Principal

## 10 KM

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

### OFFICIAL RESULT

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33	112	Ricardo Martins Lopes	Força Especial de Proteção Civil	Veterano M35	48:49	+15:58	04:53
34	167	Pedro Miguel Gonçalves Ferreira	Entre escola IVS e ETPS	Veterano M35	50:24	+17:33	05:02
35	67	Ricardo Alexandre Rodrigues Lourenço Alves	Entre escola IVS e ETPS	Veterano M35	51:00	+18:09	05:06
36	105	Hugo Pires	Individual	Veterano M35	51:00	+18:09	05:06
37	169	Luis Pires	Individual	Veterano M35	52:36	+19:45	05:16
38	146	Aires Manuel Freire Cerqueira de Sousa	NATURE IN.FORM	Veterano M35	52:54	+20:03	05:17
39	64	Diogo Manuel Alves Ferreira	Entre escola IVS e ETPS	Veterano M35	54:14	+21:23	05:25
40	69	Rodrigo José augusta Luís	Entre escola IVS e ETPS	Veterano M35	01:02:58	+30:07	06:18
41	110	Pedro Curto	Individual	Veterano M35	01:03:14	+30:23	06:19
42	111	Pedro Miguel Martins Dias	Diamantino Jorge & Filho, SA.	Veterano M35	01:10:45	+37:54	07:05

## Veterano M45

1	36	Luis Marçal	CF Os Belenenses	Veterano M45	35:54		03:35
2	141	Paulo Pontes	Leiria Marcha Atlético	Veterano M45	36:16	+00:22	03:38
3	16	DORVALINO TEIXEIRA DA COSTA	CASA DO BENFICA EM CASTELO BRANCO	Veterano M45	37:00	+01:06	03:42
4	79	Vitor Hugo Santos	Grupo desportivo da Mata	Veterano M45	38:02	+02:08	03:48
5	74	Hugo Dias	Força Especial de Proteção Civil	Veterano M45	39:03	+03:09	03:54
6	119	Paulo Jorge Henriques Lopes	Individual	Veterano M45	39:44	+03:50	03:58
7	71	Miguel Angelo Quirino da Palma	Entre escola IVS e ETPS	Veterano M45	39:53	+03:59	03:59
8	17	José Manuel Godinho	CASA DO BENFICA EM CASTELO BRANCO	Veterano M45	40:55	+05:01	04:06
9	18	RUI FILIPE SOARES SALGUEIRO	CASA DO BENFICA EM CASTELO BRANCO	Veterano M45	42:10	+06:16	04:13
10	115	Bruno Filipe Nunes Lopes da Silva	Força Especial de Proteção Civil	Veterano M45	42:49	+06:55	04:17
11	120	Pedro Miguel Ramos Ferreira	Individual	Veterano M45	43:47	+07:53	04:23
12	117	Fernando Guerreiro	Individual	Veterano M45	44:46	+08:52	04:29
13	144	Marco Mendonça	Diamantino Jorge & Filho, SA.	Veterano M45	44:52	+08:58	04:29
14	35	António Manuel Lopes Oliveira	CF Os Belenenses	Veterano M45	45:41	+09:47	04:34
15	123	Vitor Dias Pereira	Individual	Veterano M45	47:16	+11:22	04:44
16	121	Sandro Geraldês	Individual	Veterano M45	48:21	+12:27	04:50
17	30	Vitor Barata	CCD Sertã	Veterano M45	48:46	+12:52	04:53
18	9	Ricardo José Dias Fonseca	Cabrai	Veterano M45	53:03	+17:09	05:18
19	157	João Magro	Penta Clube da Covilhã	Veterano M45	57:04	+21:10	05:42

## Veterano M55

1	75	Fernando Matos	Grupo de Convívio e Amizade nas Donas	Veterano M55	33:29		03:21
2	162	Antonio silva	Sport club Ferreira do Zêzere Trail Runners	Veterano M55	36:53	+03:24	03:41
3	44	José Fernandes	Club União Idanhense	Veterano M55	37:18	+03:48	03:44
4	32	Rui Grazina	CCD Sintrense	Veterano M55	37:24	+03:54	03:44
5	163	Ernesto Parente	UNIÃO FCI DE TOMAR	Veterano M55	40:24	+06:54	04:02
6	140	Nuno Miguel Gouveia Ladeiras	Ladeiras Family Team	Veterano M55	40:49	+07:20	04:05

Official Timekeeper: Lap2Go	4 / 5	generate 16-jul-2023 10:24
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**Prova Principal****10 KM**

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

**OFFICIAL RESULT**

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7	20	ODERLINDO MANUEL PEGACHA VIDA	CASA DO BENFICA EM CASTELO BRANCO	Veterano M55	42:27	+08:57	04:15
8	19	EUGÉNIO VENTURA CABRITA RODRIGUES	CASA DO BENFICA EM CASTELO BRANCO	Veterano M55	42:41	+09:11	04:16
9	72	Antonio da Silva Marçal	Entre escola IVS e ETPS	Veterano M55	42:55	+09:25	04:17
10	164	João Roque	UNIÃO FCI DE TOMAR	Veterano M55	43:57	+10:28	04:24
11	124	Joao Santos	Individual	Veterano M55	45:56	+12:27	04:36
12	126	Josef Arian	Individual	Veterano M55	52:52	+19:22	05:17
13	165	Carlos Alberto de Miranda	Individual	Veterano M55	01:01:17	+27:47	06:08
14	125	Joaquim Carlos Jesus Pires Vicente	Individual	Veterano M55	01:06:56	+33:27	06:42
15	148	João Ratinho	Nozis	Veterano M55	01:10:25	+36:56	07:03

## TEAM RESULTS - PROVA PRINCIPAL

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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	TEAM	DESCRIPTION	POINTS
1	CASA DO BENFICA EM CASTELO BRANCO	3 + 5 + 20	28
2	CLUB UNIÃO IDANHENSE	4 + 6 + 21	31
3	PENTA CLUBE DA COVILHÃ	12 + 14 + 19	45
4	CCD SERTÃ	11 + 16 + 26	53
5	ENTRE ESCOLA IVS E ETPS	10 + 23 + 28	61
6	LADEIRAS FAMILY TEAM	9 + 43 + 67	119
7	FORÇA ESPECIAL DE PROTEÇÃO CIVIL	31 + 44 + 50	125
8	KOBOLDSPEEDYTEAM	40 + 51 + 63	154
9	DIAMANTINO JORGE & FILHO, SA.	27 + 72 + 79	178
10	GRUPO DESPORTIVO DA MATA	24 + 117 + 124	265
11	RUNNING CLUBE DA FLORESTA	122 + 127 + 134	383