Trilho das Lampas
São João das Lampas
13-maio-2023

20K - STAGE 1

20 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

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

	Time	Temperature	Humidity
Start	19:30	18,8ºC	47%
End	22:51	18,8ºC	47%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	16	Luís Santos	ccd sintrense	Veterano M40	01:26:42		04:20
2	277	João Pires	naza - núcleo de atletismo da zona da abóboda	Veterano M45	01:29:19	+02:36	04:28
3	169	Rodrigo Noivo Gregório	individual	Veterano M40	01:29:19	+02:37	04:28
4	269	Bruno Sousa	mtba	Veterano M40	01:29:52	+03:09	04:30
5	207	Wesley Trigg	individual	Veterano M45	01:32:13	+05:30	04:37
6	160	Bruno Sousa	individual	Veterano M40	01:32:49	+06:06	04:38
7	2	luis justino nunes pereira	7colinasrunners	Veterano M50	01:35:37	+08:54	04:47
8	35	Fernando Moisés Florindo Parente	clube tap portugal	Veterano M45	01:35:37	+08:55	04:47
9	315	Simão Seiça	naza - núcleo de atletismo da zona da abóboda	Senior Masculino	01:36:03	+09:20	04:48
10	73	Armando Filipe Santos	free runners/identprint	Veterano M40	01:38:42	+11:59	04:56
11	52	Tavares Marques	correr lisboa	Veterano M45	01:39:44	+13:02	04:59
12	164	Jorge Nabais	individual	Veterano M40	01:41:50	+15:07	05:06
13	42	André Melo	correr é sofrer	Veterano M40	01:42:19	+15:36	05:07
14	78	Hélder Baptista	free runners/identprint	Veterano M50	01:42:25	+15:42	05:07
15	44	Adolfo Leal	correr é sofrer	Veterano M55	01:42:28	+15:46	05:07
16	302	ÉLIO ANDRÉ	sr. camarnal	Veterano M40	01:42:46	+16:03	05:08
17	76	Vasco Leitão Nunes	free runners/identprint	Veterano M45	01:43:07	+16:24	05:09
18	82	paulo marques	free runners/identprint	Veterano M50	01:43:24	+16:41	05:10
19	170	rogério machado	individual	Veterano M40	01:43:27	+16:44	05:10
20	130	Pedro Pedroso	individual	Senior Masculino	01:43:27	+16:44	05:10
21	83	Pedro Pereira	free runners/identprint	Veterano M50	01:43:45	+17:02	05:11
22	26	Joao Taborda	cf os belenenses	Senior Masculino	01:44:11	+17:28	05:13
23	51	Claudio Caseiro	correr lisboa	Veterano M45	01:44:26	+17:43	05:13
24	313	João Mendonça	individual	Senior Masculino	01:45:51	+19:08	05:18
25	303	JOÃO ANDRÉ	sr. camarnal	Veterano M45	01:46:05	+19:22	05:18
26	80	Luis Aires	free runners/identprint	Veterano M50	01:46:05	+19:23	05:18
27	21	Jorge Deus	ccd tranquilidade	Veterano M45	01:46:24	+19:41	05:19
28	189	Nuno Cordeiro	individual	Veterano M45	01:46:29	+19:46	05:19
29	307	Paulo Póvoa	stravistas venda do pinheiro	Veterano M60	01:47:22	+20:39	05:22
30	310	Bruno Martins	tico & teco	Veterano M40	01:47:31	+20:48	05:23
31	31	António Luís Ribeiro Morais Ferreira	clube tap portugal	Veterano M40	01:47:32	+20:49	05:23
32	195	Paulo Mateus	individual	Veterano M45	01:48:04	+21:21	05:24
33	34	Pedro Miguel Ribeiro de Sousa	clube tap portugal	Veterano M40	01:48:24	+21:41	05:25
34	201	Rui Fonseca	individual	Veterano M45	01:48:46	+22:04	05:26
35	75	Marco Lourenço	free runners/identprint	Veterano M45	01:49:11	+22:28	05:28
36	273	João Granja	mtba	Veterano M50	01:49:17	+22:34	05:28
37	282	Nuno Lucas	opraticante.pt	Veterano M50	01:49:22	+22:39	05:28
38	209	Carlos Taveira	individual	Veterano M50	01:49:48	+23:05	05:29
39	45	Arlindo Paixão	correr é sofrer	Veterano M60	01:49:50	+23:07	05:30

20K - STAGE 1

20 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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
40	38	Jaime Maurício	clube tap portugal	Veterano M45	01:50:35	+23:52	05:32
41	289	Tiago Cruz	runners da frente ribeirinha da póvoa de santa iria	Senior Masculino	01:50:55	+24:12	05:33
42	259	Frederico Baptista	marvila jovem	Veterano M40	01:51:00	+24:17	05:33
43	181	duarte ribeiro	individual	Veterano M45	01:51:03	+24:20	05:33
44	84	João Santos	free runners/identprint	Veterano M55	01:51:06	+24:23	05:33
45	74	Filipe Ribeiro	free runners/identprint	Veterano M40	01:51:26	+24:43	05:34
46	116	Maria Gribanova	individual	Senior Feminino	01:51:30	+24:47	05:35
47	274	Jorge Simões	mtba	Veterano M50	01:52:43	+26:00	05:38
48	299	Fábio Pereira	sporting clube de casainhos	Senior Masculino	01:53:13	+26:30	05:40
49	227	António Brás	individual	Veterano M55	01:53:14	+26:31	05:40
50	311	Tiago Lopes	we tt	Senior Masculino	01:53:21	+26:38	05:40
51	194	Paulo Alexandre Mirão Nolasco Rodrigues	individual	Veterano M45	01:53:51	+27:09	05:42
52	228	Carlos Alberto Amado Pascoal	individual	Veterano M55	01:54:50	+28:07	05:45
53	176	trevor moody	individual	Veterano M40	01:54:53	+28:10	05:45
54	122	Diogo Alfarelos	individual	Senior Masculino	01:55:26	+28:43	05:46
55	275	Paulo Jorge Varela	mtba	Veterano M50	01:55:38	+28:55	05:47
56	260	Hélder Pereira	marvila jovem	Veterano M40	01:55:43	+29:00	05:47
57	190	Nuno Gomes	individual	Veterano M45	01:56:04	+29:21	05:48
58	188	Miguel Simões	individual	Veterano M45	01:56:33	+29:50	05:50
59	175	Tiago Amado	individual	Veterano M40	01:56:33	+29:50	05:50
60	64	Rodrigo Barroso	dalton bros running	Veterano M45	01:56:40	+29:57	05:50
61	53	Ana Casquilho de Oliveira	correr loures	Veterana F45	01:56:53	+30:10	05:51
62	32	Cesar Augusto Bermudez Cabeza	clube tap portugal	Veterano M40	01:56:57	+30:15	05:51
63	40	Ricardo Jesus Rodrigues Carvalho	clube tap portugal	Veterano M45	01:57:39	+30:56	05:53
64	271	João Casinhas	mtba	Veterano M45	01:58:20	+31:37	05:55
65	5	Paulo Gonçalves	acnpn	Veterano M55	01:58:22	+31:40	05:55
66	118	André Pires Courela Belo Ribeiro	individual	Senior Masculino	01:58:23	+31:40	05:55
67	4	Nuno Parreira	acnpn	Veterano M45	01:58:23	+31:40	05:55
68	13	Eduardo Manuel Coelho Luís	atómicos	Veterano M45	01:59:14	+32:31	05:58
69	37	Hugo Miguel Guerreiro	clube tap portugal	Veterano M45	01:59:17	+32:34	05:58
70	10	André Silva	associação vale grande	Senior Masculino	01:59:20	+32:37	05:58
71	109	Bruno Vasconcelos Maia	grupo sportivo adicense	Veterano M40	01:59:36	+32:53	05:59
72	28	Miguel Martins	clube oriental de lisboa	Veterano M45	01:59:41	+32:58	05:59
73	159	Bruno Sérgio Rodrigues Barros	individual	Veterano M40	01:59:56	+33:13	06:00
74	237	Fernando Rosa	individual	Veterano M60	02:00:29	+33:46	06:01
75	125	Marco Andrade	individual	Senior Masculino	02:01:11	+34:29	06:04
76	304	Alexandre Santos	sscgd	Veterano M55	02:01:25	+34:42	06:04
77	172	Rui Guedes	individual	Veterano M40	02:01:46	+35:03	06:05
78	137	Catarina Moreira Cravo Vicente Silvério	individual	Veterana F40	02:01:58	+35:15	06:06
79	167	Nelson Ricardo Dias	individual	Veterano M40	02:02:15	+35:32	06:07
80	124	JORGE LEMOS	individual	Senior Masculino	02:03:07	+36:24	06:09
81	14	Luís Zêzere	ccd credito agricola	Veterano M45	02:03:23	+36:40	06:10

20K - STAGE 1

20 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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
82	192	Nuno Miguel Ramos Carioca	individual	Veterano M45	02:03:30	+36:47	06:11
83	301	Carlos Baptista	sporting clube de casainhos	Veterano M60	02:03:30	+36:47	06:11
84	235	Aidan McKay	individual	Veterano M60	02:03:33	+36:50	06:11
85	198	Pedro Vitorino	individual	Veterano M45	02:03:49	+37:06	06:11
86	284	Sergio Rodelo	run crew trail montijo	Veterano M50	02:03:57	+37:14	06:12
87	197	Pedro Alves	individual	Veterano M45	02:04:35	+37:52	06:14
88	231	Fernando Corda	individual	Veterano M55	02:04:37	+37:54	06:14
89	133	Gonçalo Marques Rodrigues	individual	Sub 23 Masculino	02:04:42	+37:59	06:14
90	135	Miguel mira	individual	Sub 23 Masculino	02:04:42	+37:59	06:14
91	132	Sílvio Neto	individual	Senior Masculino	02:04:56	+38:13	06:15
92	72	Luísa Espírito Santo	free runners/identprint	Veterana F55	02:05:01	+38:18	06:15
93	157	Alexandre Palmeiro	individual	Veterano M40	02:05:21	+38:38	06:16
94	161	Dário Santos	individual	Veterano M40	02:05:22	+38:39	06:16
95	50	José Bica (JOCA)	correr lisboa	Veterano M40	02:06:40	+39:57	06:20
96	306	Francisco Dias	stravistas venda do pinheiro	Veterano M50	02:06:43	+40:00	06:20
97	206	Tiago Joaquim Dias Ramos	individual	Veterano M45	02:07:02	+40:19	06:21
98	196	Pedro Almeida	individual	Veterano M45	02:07:02	+40:19	06:21
99	280	Jorge Soares	opraticante.pt	Senior Masculino	02:07:17	+40:34	06:22
100	105	Inês Duarte	grupeta running team	Veterana F40	02:07:31	+40:48	06:23
101	68	Paulo Ramalho	fine alla fine	Veterano M50	02:07:32	+40:49	06:23
102	12	Gonçalo Inácio	associação vale grande	Veterano M45	02:07:33	+40:50	06:23
103	15	Candido Pereira Alves	ccd credito agricola	Veterano M50	02:07:48	+41:05	06:23
104	312	Marco Barão	we tt	Veterano M45	02:08:06	+41:23	06:24
105	270	Nuno Torres	mtba	Veterano M40	02:08:07	+41:24	06:24
106	106	Pedro Miguel Martins de Oliveira	grupeta running team	Veterano M40	02:08:34	+41:51	06:26
107	85	Mario Silva	free runners/identprint	Veterano M55	02:08:35	+41:52	06:26
108	158	Angelo Luis	individual	Veterano M40	02:08:39	+41:56	06:26
109	262	Hildebrand Castro	monsanto running team	Veterano M45	02:08:52	+42:09	06:27
110	98	Hugo Calado	gmcjamor	Veterano M40	02:08:52	+42:10	06:27
111	30	Dina Maria Nunes Ramos Ferreira	clube tap portugal	Veterana F45	02:09:04	+42:21	06:27
112	36	Francisco Javier Lopes Ferreira Ramos	clube tap portugal	Veterano M45	02:09:05	+42:23	06:27
113	251	André Castelo	kçphoda wolves trail	Senior Masculino	02:09:25	+42:43	06:28
114	174	Simão Pedro Moreira Ortega	individual	Veterano M40	02:09:34	+42:51	06:29
115	93	Maria Gamito	gmcjamor	Veterana F45	02:09:44	+43:01	06:29
116	208	António Caetano	individual	Veterano M50	02:10:31	+43:49	06:32
117	255	Pedro Coutinho	let's go bears!!!!	Veterano M40	02:11:36	+44:53	06:35
118	8	António Batista	amigos do atletismo de mafra	Veterano M60	02:11:47	+45:04	06:35
119	267	Everlyn Pinilla	mtba	Senior Feminino	02:11:47	+45:04	06:35
120	220	Nuno Mendes	individual	Veterano M50	02:11:57	+45:14	06:36
121	114	Ana Rita Batista Cardoso	individual	Senior Feminino	02:12:03	+45:20	06:36
122	272	Nuno Martins	mtba	Veterano M45	02:12:12	+45:29	06:37
123	268	Eunice Oliveira	mtba	Veterana F40	02:12:12	+45:29	06:37
124	246	Rogério Venâncio	o mundo da corrida	Veterano M65	02:12:35	+45:52	06:38
125	245	Orlando Duarte	individual	Veterano M65	02:12:35	+45:52	06:38

20K - STAGE 1

20 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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
126	293	Anabela Madeira	runners da frente ribeirinha da póvoa de santa iria	Veterana F50	02:12:59	+46:16	06:39
127	178	Bruno Martinho	individual	Veterano M45	02:13:34	+46:51	06:41
128	203	Rui Rato	individual	Veterano M45	02:13:41	+46:58	06:41
129	7	Paula Félix	alphaden wolves ocr	Veterana F50	02:13:50	+47:07	06:42
130	11	Carla Maria Ribeiro Henriques	associação vale grande	Veterana F45	02:14:43	+48:00	06:44
131	131	Salvador Barros	individual	Senior Masculino	02:15:23	+48:40	06:46
132	113	Rene Silva	happy family	Veterano M55	02:17:02	+50:19	06:51
133	292	Adelaide Pereira	runners da frente ribeirinha da póvoa de santa iria	Veterana F50	02:18:38	+51:55	06:56
134	139	Miriam Amor Ferreira	individual	Veterana F40	02:19:02	+52:19	06:57
135	47	Cláudia Madeira	correr lisboa	Veterana F40	02:19:05	+52:22	06:57
136	149	Sandra Fernandes	individual	Veterana F50	02:19:58	+53:15	07:00
137	143	Carla Sofia e Silva Ribeiro	individual	Veterana F45	02:20:19	+53:36	07:01
138	305	Ricardo Pereira	stravistas venda do pinheiro	Veterano M45	02:20:38	+53:55	07:02
139	212	Gideon Nell	individual	Veterano M50	02:21:26	+54:43	07:04
140	6	Armando Cid	acnpn	Veterano M60	02:21:31	+54:49	07:05
141	9	João Crespo	armada torriense	Veterano M60	02:21:39	+54:56	07:05
142	217	Nelson António Carlos Mota	individual	Veterano M50	02:21:39	+54:56	07:05
143	79	João Rodrigues	free runners/identprint	Veterano M50	02:22:02	+55:19	07:06
144	54	Carla Jesus	corrida das belas	Senior Feminino	02:22:08	+55:26	07:06
145	117	Maria João lopes	individual	Senior Feminino	02:22:22	+55:39	07:07
146	70	Ruben Ferreira	free runners/identprint	Senior Masculino	02:22:23	+55:40	07:07
147	168	Nuno Bernardo	individual	Veterano M40	02:22:44	+56:01	07:08
148	96	Conceição Alves	gmcjamor	Veterana F60	02:22:44	+56:01	07:08
149	166	José Gaspar	individual	Veterano M40	02:22:45	+56:02	07:08
150	213	João Caetano	individual	Veterano M50	02:23:50	+57:07	07:12
151	193	Paulo Martins	individual	Veterano M55	02:24:06	+57:23	07:12
152	81	Nelson Santos	free runners/identprint	Veterano M50	02:24:06	+57:23	07:12
153	183	João Cruz	individual	Veterano M45	02:24:08	+57:25	07:12
154	99	Vítor Mendes	gmcjamor	Veterano M40	02:24:08	+57:25	07:12
155	200	Rui Carvalho	individual	Veterano M45	02:24:11	+57:28	07:13
156	89	Sérgio Santos	gd barcarena	Veterano M40	02:24:20	+57:38	07:13
157	147	Fernanda Marques Santinha	individual	Veterana F50	02:24:24	+57:41	07:13
158	165	José Furtado	individual	Veterano M40	02:24:28	+57:45	07:13
159	49	Fernanda Ribeiro	correr lisboa	Veterana F55	02:24:28	+57:45	07:13
160	39	Luis Miguel Gonçalves	clube tap portugal	Veterano M45	02:24:38	+57:55	07:14
161	173	Sérgio Manuel Monteiro Pedro	individual	Veterano M40	02:25:47	+59:04	07:17
162	145	Sónia Costa	individual	Veterana F45	02:26:02	+59:19	07:18
163	90	João Paiva	gd barcarena	Veterano M45	02:26:28	+59:45	07:19
164	244	Miguel Coelho	individual	Veterano M65	02:27:03	+01:00:20	07:21
165	210	Eduard Irimia	free runners/identprint	Veterano M50	02:27:19	+01:00:36	07:22
166	127	Nuno Dias	individual	Senior Masculino	02:27:52	+01:01:09	07:24
167	234	Luís Jorge Baptista Duarte Dias	individual	Veterano M55	02:27:55	+01:01:13	07:24
168	101	António Diogo	gmcjamor	Veterano M55	02:28:08	+01:01:25	07:24
169	221	Paulo Calvino	individual	Veterano M50	02:28:18	+01:01:35	07:25

20K - STAGE 1

20 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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
170	107	Rui Teixeira	grupeta running team	Veterano M50	02:28:23	+01:01:41	07:25
171	104	Tatiana Amorim	grupeta running team	Senior Feminino	02:28:24	+01:01:41	07:25
172	226	Álvaro Galhardo Ferreira	individual	Veterano M55	02:30:31	+01:03:48	07:32
173	285	VIRGÍNIA CAROLINA A. SECA PEREIRA	run4free	Veterana F55	02:30:32	+01:03:49	07:32
174	286	Vítor Jorge Lopes Pereira	run4free	Veterano M50	02:30:32	+01:03:49	07:32
175	121	Carlos Silva	individual	Senior Masculino	02:30:34	+01:03:51	07:32
176	60	Sandra Araújo	corrida das belas	Veterana F40	02:30:46	+01:04:03	07:32
177	202	Rui Marino	individual	Veterano M45	02:31:15	+01:04:32	07:34
178	179	Daniel Martins	individual	Veterano M45	02:31:15	+01:04:32	07:34
179	249	Pedro Loureiro	jp run	Veterano M50	02:31:15	+01:04:33	07:34
180	123	Filipe Daniel Rita Ledo Inácio	individual	Senior Masculino	02:31:22	+01:04:39	07:34
181	57	Afonso Sousa	corrida das belas	Senior Masculino	02:31:29	+01:04:46	07:34
182	119	André Valério	individual	Senior Masculino	02:31:35	+01:04:52	07:35
183	20	Bruno Gomes	ccd tranquilidade	Veterano M45	02:31:39	+01:04:56	07:35
184	120	Bernardo Serra	individual	Senior Masculino	02:32:17	+01:05:35	07:37
185	24	João Serra	ccd tranquilidade	Veterano M50	02:32:18	+01:05:35	07:37
186	25	Jorge Serra	ccd tranquilidade	Veterano M55	02:32:19	+01:05:36	07:37
187	265	Teresa Teixeira	montes saloios trail team	Veterana F55	02:32:41	+01:05:58	07:38
188	314	Jorge Prazeres	individual	Veterano M45	02:34:08	+01:07:26	07:42
189	92	Rodrigo Sousa	ginásios spald	Veterano M40	02:34:10	+01:07:27	07:43
190	29	Núria Susana da Ponte Branco	clube tap portugal	Veterana F40	02:34:21	+01:07:38	07:43
191	33	Eduardo Jorge Fernandes Pinto	clube tap portugal	Veterano M40	02:34:22	+01:07:40	07:43
192	184	João Soares	individual	Veterano M45	02:34:42	+01:07:59	07:44
193	309	Inês Farinha	tico & teco	Senior Feminino	02:34:48	+01:08:05	07:44
194	27	Sérgio Antunes	clube anacom	Veterano M55	02:35:31	+01:08:48	07:47
195	86	Pedro Sintra	free runners/identprint	Veterano M55	02:36:15	+01:09:33	07:49
196	142	Sónia Ribeiro	individual	Veterana F40	02:36:22	+01:09:39	07:49
197	252	hugo lampreia	kçphoda wolves trail	Veterano M45	02:36:23	+01:09:40	07:49
198	3	Célia Maria Azenha	aa lebres do sado	Veterana F55	02:36:41	+01:09:58	07:50
199	88	Rita Pasadas	gd barcarena	Veterana F40	02:37:22	+01:10:39	07:52
200	171	Rui Dias	individual	Veterano M40	02:38:13	+01:11:30	07:55
201	129	Pedro Morgado	individual	Senior Masculino	02:38:13	+01:11:30	07:55
202	229	Carlos Alberto dos Santos Jesus	individual	Veterano M55	02:38:15	+01:11:32	07:55
203	177	Bruno Almeida	individual	Veterano M45	02:38:18	+01:11:35	07:55
204	288	João Leitão	runlovers	Veterano M50	02:38:25	+01:11:42	07:55
205	19	Artur Gaio	ccd tranquilidade	Veterano M40	02:38:40	+01:11:57	07:56
206	110	João Pedro Rodrigues Duarte	gxdxl	Senior Masculino	02:39:15	+01:12:32	07:58
207	111	Luis Henriqueta	gxdxl	Senior Masculino	02:39:16	+01:12:34	07:58
208	112	Izabel Oliveira	happy family	Veterana F40	02:41:32	+01:14:49	08:05
209	187	Miguel Ferreira	individual	Veterano M45	02:41:35	+01:14:52	08:05
210	238	Paulo Alexandre Gonçalves Nunes	individual	Veterano M60	02:42:25	+01:15:42	08:07
211	48	Paula Rodrigues	correr lisboa	Veterana F45	02:42:35	+01:15:52	08:08
212	46	Carine Pais	correr lisboa	Senior Feminino	02:42:35	+01:15:52	08:08

20K - STAGE 1

20 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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
213	140	Rafaela Pereira	individual	Veterana F40	02:42:50	+01:16:08	08:09
214	87	Hugo Pereira	gd barcarena	Senior Masculino	02:43:02	+01:16:19	08:09
215	91	António Canto	gd barcarena	Veterano M50	02:43:02	+01:16:19	08:09
216	155	Maria da Luz Conchinha	individual	Veterana F60	02:43:28	+01:16:45	08:10
217	243	José Guia	ss cgd	Veterano M65	02:43:29	+01:16:47	08:10
218	242	José Barroco	individual	Veterano M65	02:43:42	+01:17:00	08:11
219	248	Sandra Cardoso	jp run	Veterana F50	02:44:16	+01:17:33	08:13
220	211	Fernando Pereira	individual	Veterano M50	02:44:22	+01:17:39	08:13
221	97	Luísa pisco	gmcjamor	Veterana F60	02:44:29	+01:17:46	08:13
222	95	Susana Rodrigues	gmcjamor	Veterana F50	02:44:29	+01:17:46	08:13
223	94	Marta Rita	gmcjamor	Veterana F45	02:44:29	+01:17:46	08:13
224	250	Pedro Rodrigues	jp run	Veterano M50	02:44:37	+01:17:54	08:14
225	240	Alastair Knight	individual	Veterano M65	02:44:53	+01:18:10	08:15
226	225	Vasco Alpalhao	individual	Veterano M50	02:44:54	+01:18:11	08:15
227	219	Nuno Lopes	individual	Veterano M50	02:46:40	+01:19:57	08:20
228	150	Sandra Silva	individual	Veterana F50	02:46:41	+01:19:58	08:20
229	17	Rui mena	ccd sintrense	Veterano M50	02:48:08	+01:21:25	08:24
230	191	Nuno Manuel Cristino Afonso	individual	Veterano M45	02:48:08	+01:21:25	08:24
231	204	Rui Silva	individual	Veterano M45	02:48:28	+01:21:45	08:25
232	261	Tiago Dias	marvila jovem	Veterano M40	02:48:46	+01:22:03	08:26
233	152	Cidalia ladeira	individual	Veterana F55	02:51:30	+01:24:48	08:35
234	154	Ana Felix	individual	Veterana F60	02:51:30	+01:24:48	08:35
235	56	Telma Fernandes	corrida das belas	Senior Feminino	02:51:31	+01:24:48	08:35
236	59	João Francisco Nunes	corrida das belas	Senior Masculino	02:53:55	+01:27:12	08:42
237	214	Mário Jorge Pereira Carmona	individual	Veterano M50	02:54:17	+01:27:34	08:43
238	138	Josefina Fernandes	individual	Veterana F40	02:55:31	+01:28:48	08:47
239	146	Carla Pinto	individual	Veterana F50	02:57:19	+01:30:36	08:52
240	290	Fernanda Cardoso	runners da frente ribeirinha da póvoa de santa iria	Veterana F45	02:58:04	+01:31:22	08:54
241	291	Sónia Cruz	runners da frente ribeirinha da póvoa de santa iria	Veterana F45	02:58:05	+01:31:22	08:54
242	294	Paula Pontinha	runners da frente ribeirinha da póvoa de santa iria	Veterana F50	02:58:06	+01:31:23	08:54
243	296	António Soares	runners da frente ribeirinha da póvoa de santa iria	Veterano M50	02:58:06	+01:31:23	08:54
244	297	Alcides Pereira	runners da frente ribeirinha da póvoa de santa iria	Veterano M55	02:58:06	+01:31:23	08:54
245	295	Adolfo Oliveira	runners da frente ribeirinha da póvoa de santa iria	Veterano M45	02:58:07	+01:31:25	08:54
246	62	Marta Antunes	corrida das belas	Veterana F45	02:58:25	+01:31:42	08:55
247	61	Ana Reis	corrida das belas	Veterana F45	02:58:25	+01:31:42	08:55
248	182	Helder Martins	individual	Veterano M45	02:59:41	+01:32:58	08:59
249	71	Rodrigo Rafael Dias Abreu	free runners/identprint	Sub 23 Masculino	03:01:15	+01:34:32	09:04
250	69	Cândido Rodrigues Pereira de Abreu	free runners/identprint	Senior Masculino	03:01:15	+01:34:32	09:04
251	103	Paulo Espirito Santo	grcd leião cobras trailistas	Veterano M50	03:01:28	+01:34:46	09:04
252	102	Isabel Gomez	grcd leião cobras trailistas	Veterana F40	03:01:28	+01:34:46	09:04
253	55	Rita Lino	corrida das belas	Senior Feminino	03:02:56	+01:36:13	09:09
254	58	Guilherme Alves	corrida das belas	Senior Masculino	03:03:39	+01:36:56	09:11

20K - STAGE 1

20 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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
255	63	Sofia Oliveira	corrida das belas	Veterana F45	03:03:40	+01:36:57	09:11
256	136	Carla Manuela de Sousa Pacheco	individual	Veterana F40	03:15:25	+01:48:42	09:46
257	263	Ana Pipa	montes saloios trail team	Veterana F40	03:15:25	+01:48:42	09:46
258	141	Rita Ferreira	individual	Veterana F40	03:15:26	+01:48:43	09:46
259	18	Marta Goulão de Sousa	ccd tranquilidade	Veterana F55	03:16:24	+01:49:41	09:49
260	23	Eduardo Cabrita	ccd tranquilidade	Veterano M50	03:16:24	+01:49:41	09:49
261	232	Joaquim Pepe Roque	individual	Veterano M55	03:16:30	+01:49:47	09:50
262	256	Ricardo Basso	let's go bears!!!!	Veterano M45	03:16:32	+01:49:49	09:50
263	241	carlos teixeira teixeira	individual	Veterano M65	03:16:32	+01:49:50	09:50
264	254	Clara Cardoso	let's go bears!!!!	Veterana F45	03:16:33	+01:49:50	09:50
265	144	Rita Sofia São Marcos Azevedo	individual	Veterana F45	03:17:31	+01:50:48	09:53
266	134	João Maria Churra Calais Sousa	individual	Sub 23 Masculino	03:18:30	+01:51:47	09:56
267	222	Paulo Jorge Campos Ramos	individual	Veterano M50	03:18:30	+01:51:47	09:56
268	317	Virgilio Gomes	individual	Veterano M55	03:18:31	+01:51:48	09:56

Trilho das Lampas
São João das Lampas
13-maio-2023

20K **20 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

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

	Time	Temperature	Humidity
Start	19:30	18,8ºC	47%
End	22:51	18,8ºC	47%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	116	Maria Gribanova	Individual	Senior Feminino	01:51:30	+24:47	05:35
2	267	Everlyn Pinilla	MTBA	Senior Feminino	02:11:47	+45:04	06:35
3	114	Ana Rita Batista Cardoso	Individual	Senior Feminino	02:12:03	+45:20	06:36
4	54	Carla Jesus	Corrida das Belas	Senior Feminino	02:22:08	+55:26	07:06
5	117	Maria João lopes	Individual	Senior Feminino	02:22:22	+55:39	07:07
6	104	Tatiana Amorim	Grupeta Running Team	Senior Feminino	02:28:24	+01:01:41	07:25
7	309	Inês Farinha	Tico & Teco	Senior Feminino	02:34:48	+01:08:05	07:44
8	46	Carine Pais	Correr Lisboa	Senior Feminino	02:42:35	+01:15:52	08:08
9	56	Telma Fernandes	Corrida das Belas	Senior Feminino	02:51:31	+01:24:48	08:35
10	55	Rita Lino	Corrida das Belas	Senior Feminino	03:02:56	+01:36:13	09:09

Senior Masculino

1	315	Simão Seiça	NAZA - Núcleo de Atletismo da Zona da Abóboda	Senior Masculino	01:36:03	+09:20	04:48
2	130	Pedro Pedroso	Individual	Senior Masculino	01:43:27	+16:44	05:10
3	26	Joao Taborda	CF Os Belenenses	Senior Masculino	01:44:11	+17:28	05:13
4	313	João Mendonça	Individual	Senior Masculino	01:45:51	+19:08	05:18
5	289	Tiago Cruz	Runners da Frente Ribeirinha da Póvoa de Santa Iria	Senior Masculino	01:50:55	+24:12	05:33
6	299	Fábio Pereira	Sporting Clube de Casainhos	Senior Masculino	01:53:13	+26:30	05:40
7	311	Tiago Lopes	WE TT	Senior Masculino	01:53:21	+26:38	05:40
8	122	Diogo Alfarelos	Individual	Senior Masculino	01:55:26	+28:43	05:46
9	118	André Pires Courela Belo Ribeiro	Individual	Senior Masculino	01:58:23	+31:40	05:55
10	10	André Silva	Associação Vale Grande	Senior Masculino	01:59:20	+32:37	05:58
11	125	Marco Andrade	Individual	Senior Masculino	02:01:11	+34:29	06:04
12	124	JORGE LEMOS	Individual	Senior Masculino	02:03:07	+36:24	06:09
13	132	Sílvio Neto	Individual	Senior Masculino	02:04:56	+38:13	06:15
14	280	Jorge Soares	OPraticante.pt	Senior Masculino	02:07:17	+40:34	06:22
15	251	André Castelo	Kçphoda Wolves Trail	Senior Masculino	02:09:25	+42:43	06:28
16	131	Salvador Barros	Individual	Senior Masculino	02:15:23	+48:40	06:46
17	70	Ruben Ferreira	Free Runners/IDentPrint	Senior Masculino	02:22:23	+55:40	07:07
18	127	Nuno Dias	Individual	Senior Masculino	02:27:52	+01:01:09	07:24
19	121	Carlos Silva	Individual	Senior Masculino	02:30:34	+01:03:51	07:32
20	123	Filipe Daniel Rita Ledo Inácio	Individual	Senior Masculino	02:31:22	+01:04:39	07:34
21	57	Afonso Sousa	Corrida das Belas	Senior Masculino	02:31:29	+01:04:46	07:34
22	119	André Valério	Individual	Senior Masculino	02:31:35	+01:04:52	07:35
23	120	Bernardo Serra	Individual	Senior Masculino	02:32:17	+01:05:35	07:37
24	129	Pedro Morgado	Individual	Senior Masculino	02:38:13	+01:11:30	07:55
25	110	João Pedro Rodrigues Duarte	GxDxL	Senior Masculino	02:39:15	+01:12:32	07:58

26	111	Luis Henriqueta	GxDxL	Senior Masculino	02:39:16	+01:12:34	07:58
27	87	Hugo Pereira	GD BARCARENA	Senior Masculino	02:43:02	+01:16:19	08:09
28	59	João Francisco Nunes	Corrida das Belas	Senior Masculino	02:53:55	+01:27:12	08:42
29	69	Cândido Rodrigues Pereira de Abreu	Free Runners/IDentPrint	Senior Masculino	03:01:15	+01:34:32	09:04
30	58	Guilherme Alves	Corrida das Belas	Senior Masculino	03:03:39	+01:36:56	09:11

Sub 23 Masculino

1	133	Gonçalo Marques Rodrigues	Individual	Sub 23 Masculino	02:04:42	+37:59	06:14
2	135	Miguel mira	Individual	Sub 23 Masculino	02:04:42	+37:59	06:14
3	71	Rodrigo Rafael Dias Abreu	Free Runners/IDentPrint	Sub 23 Masculino	03:01:15	+01:34:32	09:04
4	134	João Maria Churra Calais Sousa	Individual	Sub 23 Masculino	03:18:30	+01:51:47	09:56

Veterana F40

1	137	Catarina Moreira Cravo Vicente Silvério	Individual	Veterana F40	02:01:58	+35:15	06:06
2	105	Inês Duarte	Grupeta Running Team	Veterana F40	02:07:31	+40:48	06:23
3	268	Eunice Oliveira	MTBA	Veterana F40	02:12:12	+45:29	06:37
4	139	Miriam Amor Ferreira	Individual	Veterana F40	02:19:02	+52:19	06:57
5	47	Cláudia Madeira	Correr Lisboa	Veterana F40	02:19:05	+52:22	06:57
6	60	Sandra Araújo	Corrida das Belas	Veterana F40	02:30:46	+01:04:03	07:32
7	29	Núria Susana da Ponte Branco	Clube TAP PORTUGAL	Veterana F40	02:34:21	+01:07:38	07:43
8	142	Sónia Ribeiro	Individual	Veterana F40	02:36:22	+01:09:39	07:49
9	88	Rita Pasadas	GD BARCARENA	Veterana F40	02:37:22	+01:10:39	07:52
10	112	Izabel Oliveira	Happy Family	Veterana F40	02:41:32	+01:14:49	08:05
11	140	Rafaela Pereira	Individual	Veterana F40	02:42:50	+01:16:08	08:09
12	138	Josefina Fernandes	Individual	Veterana F40	02:55:31	+01:28:48	08:47
13	102	Isabel Gomez	GRCD Leião Cobras Trailistas	Veterana F40	03:01:28	+01:34:46	09:04
14	136	Carla Manuela de Sousa Pacheco	Individual	Veterana F40	03:15:25	+01:48:42	09:46
15	263	Ana Pipa	Montes Saloios Trail Team	Veterana F40	03:15:25	+01:48:42	09:46
16	141	Rita Ferreira	Individual	Veterana F40	03:15:26	+01:48:43	09:46

Veterana F45

1	53	Ana Casquilho de Oliveira	Correr loures	Veterana F45	01:56:53	+30:10	05:51
2	30	Dina Maria Nunes Ramos Ferreira	Clube TAP PORTUGAL	Veterana F45	02:09:04	+42:21	06:27
3	93	Maria Gamito	GMCJamor	Veterana F45	02:09:44	+43:01	06:29
4	11	Carla Maria Ribeiro Henriques	Associação Vale Grande	Veterana F45	02:14:43	+48:00	06:44
5	143	Carla Sofia e Silva Ribeiro	Individual	Veterana F45	02:20:19	+53:36	07:01
6	145	Sónia Costa	Individual	Veterana F45	02:26:02	+59:19	07:18
7	48	Paula Rodrigues	Correr Lisboa	Veterana F45	02:42:35	+01:15:52	08:08
8	94	Marta Rita	GMCJamor	Veterana F45	02:44:29	+01:17:46	08:13
9	290	Fernanda Cardoso	Runners da Frente Ribeirinha da Póvoa de Santa Iria	Veterana F45	02:58:04	+01:31:22	08:54
10	291	Sónia Cruz	Runners da Frente Ribeirinha da Póvoa de Santa Iria	Veterana F45	02:58:05	+01:31:22	08:54

11	62	Marta Antunes	Corrida das Belas	Veterana F45	02:58:25	+01:31:42	08:55
12	61	Ana Reis	Corrida das Belas	Veterana F45	02:58:25	+01:31:42	08:55
13	63	Sofia Oliveira	Corrida das Belas	Veterana F45	03:03:40	+01:36:57	09:11
14	254	Clara Cardoso	Let's go Bears!!!!	Veterana F45	03:16:33	+01:49:50	09:50
15	144	Rita Sofia São Marcos Azevedo	Individual	Veterana F45	03:17:31	+01:50:48	09:53

Veterana F50

1	293	Anabela Madeira	Runners da Frente ribeirinha da Póvoa de Santa Iria	Veterana F50	02:12:59	+46:16	06:39
2	7	Paula Félix	Alphaden Wolves OCR	Veterana F50	02:13:50	+47:07	06:42
3	292	Adelaide Pereira	Runners da Frente Ribeirinha da Póvoa de Santa Iria	Veterana F50	02:18:38	+51:55	06:56
4	149	Sandra Fernandes	Individual	Veterana F50	02:19:58	+53:15	07:00
5	147	Fernanda Marques Santinha	Individual	Veterana F50	02:24:24	+57:41	07:13
6	248	Sandra Cardoso	JP Run	Veterana F50	02:44:16	+01:17:33	08:13
7	95	Susana Rodrigues	GMCJamor	Veterana F50	02:44:29	+01:17:46	08:13
8	150	Sandra Silva	Individual	Veterana F50	02:46:41	+01:19:58	08:20
9	146	Carla Pinto	Individual	Veterana F50	02:57:19	+01:30:36	08:52
10	294	Paula Pontinha	Runners da Frente Ribeirinha da Póvoa de Santa Iria	Veterana F50	02:58:06	+01:31:23	08:54

Veterana F55

1	72	Luísa Espírito Santo	Free Runners/IDentPrint	Veterana F55	02:05:01	+38:18	06:15
2	49	Fernanda Ribeiro	Correr Lisboa	Veterana F55	02:24:28	+57:45	07:13
3	285	VIRGÍNIA CAROLINA A. SECA PEREIRA	RUN4FREE	Veterana F55	02:30:32	+01:03:49	07:32
4	265	Teresa Teixeira	Montes Saloios Trail Team	Veterana F55	02:32:41	+01:05:58	07:38
5	3	Célia Maria Azenha	aa lebres do sado	Veterana F55	02:36:41	+01:09:58	07:50
6	152	Cidalia ladeira	Individual	Veterana F55	02:51:30	+01:24:48	08:35
7	18	Marta Goulão de Sousa	CCD TRANQUILIDADE	Veterana F55	03:16:24	+01:49:41	09:49

Veterana F60

1	96	Conceição Alves	GMCJamor	Veterana F60	02:22:44	+56:01	07:08
2	155	Maria da Luz Conchinha	Individual	Veterana F60	02:43:28	+01:16:45	08:10
3	97	Luísa pisco	GMCJamor	Veterana F60	02:44:29	+01:17:46	08:13
4	154	Ana Felix	Individual	Veterana F60	02:51:30	+01:24:48	08:35

Veterano M40

1	16	Luís Santos	CCD Sintrense	Veterano M40	01:26:42		04:20
2	169	Rodrigo Noivo Gregório	Individual	Veterano M40	01:29:19	+02:37	04:28
3	269	Bruno Sousa	MTBA	Veterano M40	01:29:52	+03:09	04:30
4	160	Bruno Sousa	Individual	Veterano M40	01:32:49	+06:06	04:38

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

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

5	73	Armando Filipe Santos	Free Runners/IDentPrint	Veterano M40	01:38:42	+11:59	04:56
6	164	Jorge Nabais	Individual	Veterano M40	01:41:50	+15:07	05:06
7	42	André Melo	Correr é Sofrer	Veterano M40	01:42:19	+15:36	05:07
8	302	ÉLIO ANDRÉ	SR. CAMARNAL	Veterano M40	01:42:46	+16:03	05:08
9	170	rogério machado	Individual	Veterano M40	01:43:27	+16:44	05:10
10	310	Bruno Martins	Tico & Teco	Veterano M40	01:47:31	+20:48	05:23
11	31	António Luís Ribeiro Morais Ferreira	Clube TAP PORTUGAL	Veterano M40	01:47:32	+20:49	05:23
12	34	Pedro Miguel Ribeiro de Sousa	Clube TAP PORTUGAL	Veterano M40	01:48:24	+21:41	05:25
13	259	Frederico Baptista	Marvila Jovem	Veterano M40	01:51:00	+24:17	05:33
14	74	Filipe Ribeiro	Free Runners/IDentPrint	Veterano M40	01:51:26	+24:43	05:34
15	176	trevor moody	Individual	Veterano M40	01:54:53	+28:10	05:45
16	260	Hélder Pereira	Marvila Jovem	Veterano M40	01:55:43	+29:00	05:47
17	175	Tiago Amado	Individual	Veterano M40	01:56:33	+29:50	05:50
18	32	Cesar Augusto Bermudez Cabeza	Clube TAP PORTUGAL	Veterano M40	01:56:57	+30:15	05:51
19	109	Bruno Vasconcelos Maia	Grupo Sportivo Adicense	Veterano M40	01:59:36	+32:53	05:59
20	159	Bruno Sérgio Rodrigues Barros	Individual	Veterano M40	01:59:56	+33:13	06:00
21	172	Rui Guedes	Individual	Veterano M40	02:01:46	+35:03	06:05
22	167	Nelson Ricardo Dias	Individual	Veterano M40	02:02:15	+35:32	06:07
23	157	Alexandre Palmeiro	Individual	Veterano M40	02:05:21	+38:38	06:16
24	161	Dário Santos	Individual	Veterano M40	02:05:22	+38:39	06:16
25	50	José Bica (JOCA)	Correr Lisboa	Veterano M40	02:06:40	+39:57	06:20
26	270	Nuno Torres	MTBA	Veterano M40	02:08:07	+41:24	06:24
27	106	Pedro Miguel Martins de Oliveira	Grupeta Running Team	Veterano M40	02:08:34	+41:51	06:26
28	158	Angelo Luis	Individual	Veterano M40	02:08:39	+41:56	06:26
29	98	Hugo Calado	GMCJamor	Veterano M40	02:08:52	+42:10	06:27
30	174	Simão Pedro Moreira Ortega	Individual	Veterano M40	02:09:34	+42:51	06:29
31	255	Pedro Coutinho	Let's go Bears!!!!	Veterano M40	02:11:36	+44:53	06:35
32	168	Nuno Bernardo	Individual	Veterano M40	02:22:44	+56:01	07:08
33	166	José Gaspar	Individual	Veterano M40	02:22:45	+56:02	07:08
34	99	Vítor Mendes	GMCJamor	Veterano M40	02:24:08	+57:25	07:12
35	89	Sérgio Santos	GD BARCARENA	Veterano M40	02:24:20	+57:38	07:13
36	165	José Furtado	Individual	Veterano M40	02:24:28	+57:45	07:13
37	173	Sérgio Manuel Monteiro Pedro	Individual	Veterano M40	02:25:47	+59:04	07:17
38	92	Rodrigo Sousa	Ginásios Spald	Veterano M40	02:34:10	+01:07:27	07:43
39	33	Eduardo Jorge Fernandes Pinto	Clube TAP PORTUGAL	Veterano M40	02:34:22	+01:07:40	07:43
40	171	Rui Dias	Individual	Veterano M40	02:38:13	+01:11:30	07:55
41	19	Artur Gaio	CCD TRANQUILIDADE	Veterano M40	02:38:40	+01:11:57	07:56
42	261	Tiago Dias	Marvila Jovem	Veterano M40	02:48:46	+01:22:03	08:26

Veterano M45

1	277	João Pires	NAZA - Núcleo de Atletismo da Zona da Abóboda	Veterano M45	01:29:19	+02:36	04:28
2	207	Wesley Trigg	Individual	Veterano M45	01:32:13	+05:30	04:37
3	35	Fernando Moisés Florindo Parente	Clube TAP PORTUGAL	Veterano M45	01:35:37	+08:55	04:47
4	52	Tavares Marques	Correr Lisboa	Veterano M45	01:39:44	+13:02	04:59

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

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

5	76	Vasco Leitão Nunes	Free Runners/IDentPrint	Veterano M45	01:43:07	+16:24	05:09
6	51	Claudio Caseiro	Correr Lisboa	Veterano M45	01:44:26	+17:43	05:13
7	303	JOÃO ANDRÉ	SR. CAMARNAL	Veterano M45	01:46:05	+19:22	05:18
8	21	Jorge Deus	CCD TRANQUILIDADE	Veterano M45	01:46:24	+19:41	05:19
9	189	Nuno Cordeiro	Individual	Veterano M45	01:46:29	+19:46	05:19
10	195	Paulo Mateus	Individual	Veterano M45	01:48:04	+21:21	05:24
11	201	Rui Fonseca	Individual	Veterano M45	01:48:46	+22:04	05:26
12	75	Marco Lourenço	Free Runners/IDentPrint	Veterano M45	01:49:11	+22:28	05:28
13	38	Jaime Maurício	Clube TAP PORTUGAL	Veterano M45	01:50:35	+23:52	05:32
14	181	duarte ribeiro	Individual	Veterano M45	01:51:03	+24:20	05:33
15	194	Paulo Alexandre Mirão Nolasco Rodrigues	Individual	Veterano M45	01:53:51	+27:09	05:42
16	190	Nuno Gomes	Individual	Veterano M45	01:56:04	+29:21	05:48
17	188	Miguel Simões	Individual	Veterano M45	01:56:33	+29:50	05:50
18	64	Rodrigo Barroso	Dalton Bros Running	Veterano M45	01:56:40	+29:57	05:50
19	40	Ricardo Jesus Rodrigues Carvalho	Clube TAP PORTUGAL	Veterano M45	01:57:39	+30:56	05:53
20	271	João Casinhas	MTBA	Veterano M45	01:58:20	+31:37	05:55
21	4	Nuno Parreira	ACNPN	Veterano M45	01:58:23	+31:40	05:55
22	13	Eduardo Manuel Coelho Luís	Atómicos	Veterano M45	01:59:14	+32:31	05:58
23	37	Hugo Miguel Guerreiro	Clube TAP PORTUGAL	Veterano M45	01:59:17	+32:34	05:58
24	28	Miguel Martins	Clube Oriental de Lisboa	Veterano M45	01:59:41	+32:58	05:59
25	14	Luís Zêzere	CCD CREDITO AGRICOLA	Veterano M45	02:03:23	+36:40	06:10
26	192	Nuno Miguel Ramos Carioca	Individual	Veterano M45	02:03:30	+36:47	06:11
27	198	Pedro Vitorino	Individual	Veterano M45	02:03:49	+37:06	06:11
28	197	Pedro Alves	Individual	Veterano M45	02:04:35	+37:52	06:14
29	206	Tiago Joaquim Dias Ramos	Individual	Veterano M45	02:07:02	+40:19	06:21
30	196	Pedro Almeida	Individual	Veterano M45	02:07:02	+40:19	06:21
31	12	Gonçalo Inácio	Associação Vale Grande	Veterano M45	02:07:33	+40:50	06:23
32	312	Marco Barão	WE TT	Veterano M45	02:08:06	+41:23	06:24
33	262	Hildebrand Castro	Monsanto Running Team	Veterano M45	02:08:52	+42:09	06:27
34	36	Francisco Javier Lopes Ferreira Ramos	Clube TAP PORTUGAL	Veterano M45	02:09:05	+42:23	06:27
35	272	Nuno Martins	Mtba	Veterano M45	02:12:12	+45:29	06:37
36	178	Bruno Martinho	Individual	Veterano M45	02:13:34	+46:51	06:41
37	203	Rui Rato	Individual	Veterano M45	02:13:41	+46:58	06:41
38	305	Ricardo Pereira	Stravistas Venda do Pinheiro	Veterano M45	02:20:38	+53:55	07:02
39	183	João Cruz	Individual	Veterano M45	02:24:08	+57:25	07:12
40	200	Rui Carvalho	Individual	Veterano M45	02:24:11	+57:28	07:13
41	39	Luis Miguel Gonçalves	Clube TAP PORTUGAL	Veterano M45	02:24:38	+57:55	07:14
42	90	João Paiva	GD BARCARENA	Veterano M45	02:26:28	+59:45	07:19
43	202	Rui Marino	Individual	Veterano M45	02:31:15	+01:04:32	07:34
44	179	Daniel Martins	Individual	Veterano M45	02:31:15	+01:04:32	07:34
45	20	Bruno Gomes	CCD TRANQUILIDADE	Veterano M45	02:31:39	+01:04:56	07:35
46	314	Jorge Prazeres	Individual	Veterano M45	02:34:08	+01:07:26	07:42
47	184	João Soares	Individual	Veterano M45	02:34:42	+01:07:59	07:44
48	252	hugo lampreia	Kçphoda wolves Trail	Veterano M45	02:36:23	+01:09:40	07:49
49	177	Bruno Almeida	Individual	Veterano M45	02:38:18	+01:11:35	07:55
50	187	Miguel Ferreira	Individual	Veterano M45	02:41:35	+01:14:52	08:05

51	191	Nuno Manuel Cristino Afonso	Individual	Veterano M45	02:48:08	+01:21:25	08:24
52	204	Rui Silva	Individual	Veterano M45	02:48:28	+01:21:45	08:25
53	295	Adolfo Oliveira	Runners da Frente Ribeirinha da Póvoa de Santa Iria	Veterano M45	02:58:07	+01:31:25	08:54
54	182	Helder Martins	Individual	Veterano M45	02:59:41	+01:32:58	08:59
55	256	Ricardo Basso	Let's go Bears!!!!	Veterano M45	03:16:32	+01:49:49	09:50

Veterano M50

1	2	luis justino nunes pereira	7colinasrunners	Veterano M50	01:35:37	+08:54	04:47
2	78	Hélder Baptista	Free Runners/IDentPrint	Veterano M50	01:42:25	+15:42	05:07
3	82	paulo marques	Free Runners/IDentPrint	Veterano M50	01:43:24	+16:41	05:10
4	83	Pedro Pereira	Free Runners/IDentPrint	Veterano M50	01:43:45	+17:02	05:11
5	80	Luis Aires	Free Runners/IDentPrint	Veterano M50	01:46:05	+19:23	05:18
6	273	João Granja	MTBA	Veterano M50	01:49:17	+22:34	05:28
7	282	Nuno Lucas	OPraticante.pt	Veterano M50	01:49:22	+22:39	05:28
8	209	Carlos Taveira	Individual	Veterano M50	01:49:48	+23:05	05:29
9	274	Jorge Simões	MTBA	Veterano M50	01:52:43	+26:00	05:38
10	275	Paulo Jorge Varela	MTBA	Veterano M50	01:55:38	+28:55	05:47
11	284	Sergio Rodelo	Run Crew Trail Montijo	Veterano M50	02:03:57	+37:14	06:12
12	306	Francisco Dias	Stravistas Venda do Pinheiro	Veterano M50	02:06:43	+40:00	06:20
13	68	Paulo Ramalho	Fine Alla Fine	Veterano M50	02:07:32	+40:49	06:23
14	15	Candido Pereira Alves	CCD CREDITO AGRICOLA	Veterano M50	02:07:48	+41:05	06:23
15	208	António Caetano	Individual	Veterano M50	02:10:31	+43:49	06:32
16	220	Nuno Mendes	Individual	Veterano M50	02:11:57	+45:14	06:36
17	212	Gideon Nell	Individual	Veterano M50	02:21:26	+54:43	07:04
18	217	Nelson António Carlos Mota	Individual	Veterano M50	02:21:39	+54:56	07:05
19	79	João Rodrigues	Free Runners/IDentPrint	Veterano M50	02:22:02	+55:19	07:06
20	213	João Caetano	Individual	Veterano M50	02:23:50	+57:07	07:12
21	81	Nelson Santos	Free Runners/IDentPrint	Veterano M50	02:24:06	+57:23	07:12
22	210	Eduard Irimia	Free Runners/IDentPrint	Veterano M50	02:27:19	+01:00:36	07:22
23	221	Paulo Calvino	Individual	Veterano M50	02:28:18	+01:01:35	07:25
24	107	Rui Teixeira	Grupeta Running Team	Veterano M50	02:28:23	+01:01:41	07:25
25	286	Vítor Jorge Lopes Pereira	RUN4FREE	Veterano M50	02:30:32	+01:03:49	07:32
26	249	Pedro Loureiro	JP Run	Veterano M50	02:31:15	+01:04:33	07:34
27	24	João Serra	CCD TRANQUILIDADE	Veterano M50	02:32:18	+01:05:35	07:37
28	288	João Leitão	Runlovers	Veterano M50	02:38:25	+01:11:42	07:55
29	91	António Canto	GD BARCARENA	Veterano M50	02:43:02	+01:16:19	08:09
30	211	Fernando Pereira	Individual	Veterano M50	02:44:22	+01:17:39	08:13
31	250	Pedro Rodrigues	JP Run	Veterano M50	02:44:37	+01:17:54	08:14
32	225	Vasco Alpalhao	Individual	Veterano M50	02:44:54	+01:18:11	08:15
33	219	Nuno Lopes	Individual	Veterano M50	02:46:40	+01:19:57	08:20
34	17	Rui mena	CCD SINTRENSE	Veterano M50	02:48:08	+01:21:25	08:24
35	214	Mário Jorge Pereira Carmona	Individual	Veterano M50	02:54:17	+01:27:34	08:43
36	296	António Soares	Runners da Frente Ribeirinha da Póvoa de Santa Iria	Veterano M50	02:58:06	+01:31:23	08:54
37	103	Paulo Espirito Santo	GRCD Leião Cobras Trailistas	Veterano M50	03:01:28	+01:34:46	09:04

38	23	Eduardo Cabrita	CCD TRANQUILIDADE	Veterano M50	03:16:24	+01:49:41	09:49
39	222	Paulo Jorge Campos Ramos	Individual	Veterano M50	03:18:30	+01:51:47	09:56

Veterano M55

1	44	Adolfo Leal	Correr é Sofrer	Veterano M55	01:42:28	+15:46	05:07
2	84	João Santos	Free Runners/IDentPrint	Veterano M55	01:51:06	+24:23	05:33
3	227	António Brás	Individual	Veterano M55	01:53:14	+26:31	05:40
4	228	Carlos Alberto Amado Pascoal	Individual	Veterano M55	01:54:50	+28:07	05:45
5	5	Paulo Gonçalves	ACNPN	Veterano M55	01:58:22	+31:40	05:55
6	304	Alexandre Santos	SSCGD	Veterano M55	02:01:25	+34:42	06:04
7	231	Fernando Corda	Individual	Veterano M55	02:04:37	+37:54	06:14
8	85	Mario Silva	Free Runners/IDentPrint	Veterano M55	02:08:35	+41:52	06:26
9	113	Rene Silva	Happy Family	Veterano M55	02:17:02	+50:19	06:51
10	193	Paulo Martins	Individual	Veterano M55	02:24:06	+57:23	07:12
11	234	Luís Jorge Baptista Duarte Dias	Individual	Veterano M55	02:27:55	+01:01:13	07:24
12	101	António Diogo	GMCJamor	Veterano M55	02:28:08	+01:01:25	07:24
13	226	Álvaro Galhardo Ferreira	Individual	Veterano M55	02:30:31	+01:03:48	07:32
14	25	Jorge Serra	CCD TRANQUILIDADE	Veterano M55	02:32:19	+01:05:36	07:37
15	27	Sérgio Antunes	Clube ANACOM	Veterano M55	02:35:31	+01:08:48	07:47
16	86	Pedro Sintra	Free Runners/IDentPrint	Veterano M55	02:36:15	+01:09:33	07:49
17	229	Carlos Alberto dos Santos Jesus	Individual	Veterano M55	02:38:15	+01:11:32	07:55
18	297	Alcides Pereira	Runners da Frente Ribeirinha da Póvoa de Santa Iria	Veterano M55	02:58:06	+01:31:23	08:54
19	232	Joaquim Pepe Roque	Individual	Veterano M55	03:16:30	+01:49:47	09:50
20	317	Virgilio Gomes	Individual	Veterano M55	03:18:31	+01:51:48	09:56

Veterano M60

1	307	Paulo Póvoa	Stravistas Venda do Pinheiro	Veterano M60	01:47:22	+20:39	05:22
2	45	Arlindo Paixão	Correr é Sofrer	Veterano M60	01:49:50	+23:07	05:30
3	237	Fernando Rosa	Individual	Veterano M60	02:00:29	+33:46	06:01
4	301	Carlos Baptista	Sporting Clube de Casainhos	Veterano M60	02:03:30	+36:47	06:11
5	235	Aidan McKay	Individual	Veterano M60	02:03:33	+36:50	06:11
6	8	António Batista	Amigos do Atletismo de Mafra	Veterano M60	02:11:47	+45:04	06:35
7	6	Armando Cid	ACNPN	Veterano M60	02:21:31	+54:49	07:05
8	9	João Crespo	Armada Torriense	Veterano M60	02:21:39	+54:56	07:05
9	238	Paulo Alexandre Gonçalves Nunes	Individual	Veterano M60	02:42:25	+01:15:42	08:07

Veterano M65

1	246	Rogério Venâncio	O Mundo da Corrida	Veterano M65	02:12:35	+45:52	06:38
2	245	Orlando Duarte	Individual	Veterano M65	02:12:35	+45:52	06:38
3	244	Miguel Coelho	Individual	Veterano M65	02:27:03	+01:00:20	07:21
4	243	José Guia	SS CGD	Veterano M65	02:43:29	+01:16:47	08:10

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

OFFICIAL RESULT

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5	242	José Barroco	Individual	Veterano M65	02:43:42	+01:17:00	08:11
6	240	Alastair Knight	Individual	Veterano M65	02:44:53	+01:18:10	08:15
7	241	carlos teixeira teixeira	Individual	Veterano M65	03:16:32	+01:49:50	09:50