20Km Almeirim 2024
Almeirim, PT
27-outubro-2024

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

	Time	Temperature	Humidity
Start	10:00	14,5ºC	79%
End	12:47	19,5ºC	68%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	521	Duarte Santos	sporting clube de portugal	Senior Masculino	01:07:36		03:23
2	510	Luís Brito	run tejo - prevent sprain	Veterano M45	01:09:30	+01:53	03:29
3	490	João Santos	os galgos	Senior Masculino	01:10:53	+03:17	03:33
4	213	David Tibério	individual	Senior Masculino	01:11:33	+03:57	03:35
5	182	Joel Couto	grupo alegre unido bajouca	Veterano M45	01:11:42	+04:06	03:35
6	179	Licínio Silva	grupo alegre unido bajouca	Senior Masculino	01:12:40	+05:04	03:38
7	32	Ricardo Reis	adno nucleoeiras	Veterano M45	01:13:22	+05:45	03:40
8	424	Pedro Miguel Gonçalves Ferreira	individual	Veterano M50	01:14:15	+06:39	03:43
9	159	Emanuel Diogo	gdc portos de sines e do algarve	Senior Masculino	01:14:20	+06:43	03:43
10	38	Vasco Ribeiro	amigos do atletismo de mafra	Senior Masculino	01:14:41	+07:05	03:44
11	128	Paulo Ferreira	clube de atletismo de ferreira do zêzere	Veterano M45	01:15:45	+08:09	03:47
12	362	Frederico Eduardo Serra Lázaro	cf belenenses	Veterano M45	01:16:03	+08:27	03:48
13	93	Tiago Martins	câmara lisboa clube	Senior Masculino	01:16:40	+09:03	03:50
14	45	Ricardo Abreu	amigos do atletismo de mafra	Veterano M40	01:16:44	+09:08	03:50
15	145	João Caniço	cua benaventense - 3b triatlo	Veterano M40	01:16:45	+09:09	03:50
16	319	Gonçalo Martins	individual	Veterano M40	01:16:57	+09:20	03:51
17	25	Luis de Borja Santos Neves Franco	a team ageas	Veterano M40	01:17:00	+09:24	03:51
18	249	Samuel Limpinho	individual	Senior Masculino	01:17:01	+09:25	03:51
19	520	Rui Teixeira	sociedade recreativa da granja	Veterano M45	01:17:03	+09:27	03:51
20	550	Philipe Diniz	grupo alegre unido bajouca	Senior Masculino	01:17:08	+09:32	03:51
21	330	Leonel Marques	individual	Veterano M40	01:17:13	+09:37	03:52
22	238	Núrio Ramos	individual	Senior Masculino	01:17:17	+09:40	03:52
23	261	Maria Pia Nheme	individual	Veterana F40	01:17:18	+09:42	03:52
24	55	Rui Cupido	amigos do atletismo de mafra	Veterano M55	01:17:20	+09:44	03:52
25	13	Tiago Andrónico	associação 20kms de almeirim	Veterano M35	01:17:21	+09:45	03:52
26	49	João Miranda	amigos do atletismo de mafra	Veterano M50	01:17:25	+09:49	03:52
27	349	Telmo nogueira	individual	Veterano M40	01:17:28	+09:51	03:52
28	15	Filipe Torres	associação 20kms de almeirim	Veterano M40	01:17:40	+10:03	03:53
29	389	Telmo Viegas	individual	Veterano M45	01:18:03	+10:26	03:54
30	403	Henrique Janota	individual	Veterano M50	01:18:07	+10:30	03:54
31	11	Alexandre Diniz	associação 20kms de almeirim	Veterano M40	01:18:11	+10:34	03:55
32	57	Eduardo Eustáquio	amigos do atletismo de mafra	Veterano M60	01:18:15	+10:38	03:55
33	170	Vera Nunes	gfd running	Veterana F40	01:18:26	+10:49	03:55
34	167	Roberto Ladeiras	gfd running	Senior Masculino	01:18:26	+10:50	03:55
35	421	Paulo Costa	individual	Veterano M50	01:18:40	+11:04	03:56
36	22	Paulo sergio pereira cost pinto	a natureza ensina	Veterano M50	01:18:56	+11:20	03:57
37	294	Miguel Saturnino	individual	Veterano M35	01:19:10	+11:33	03:58
38	86	Jorge Aires	ca barreira	Veterano M50	01:19:17	+11:40	03:58
39	180	Diogo Viana	grupo alegre unido bajouca	Veterano M35	01:19:19	+11:42	03:58
40	10	João Mota	associação 20kms de almeirim	Veterano M50	01:19:25	+11:48	03:58

20K - STAGE 1

20 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	441	Jorge Calafate	individual	Veterano M55	01:19:26	+11:50	03:58
42	419	Luiz Carlos Carvalho da Mota	clube de atletismo de ferreira do zêzere	Veterano M50	01:19:27	+11:51	03:58
43	500	Márcio Neves	pm004	Veterano M40	01:19:38	+12:01	03:59
44	391	Valdo Neves	individual	Veterano M45	01:19:38	+12:02	03:59
45	501	Marco Bengalinha	pm004	Veterano M40	01:19:38	+12:02	03:59
46	104	Marco Ribeiro	casa do benfica de reguengos de monsaraz	Veterano M35	01:19:40	+12:03	03:59
47	16	Manuel Matos	i p santarém	Veterano M50	01:19:53	+12:17	04:00
48	175	Ernesto Ferreira	gfd running	Veterano M50	01:19:57	+12:21	04:00
49	433	Eduardo Lourenço	individual	Veterano M55	01:20:47	+13:10	04:02
50	48	Francisco ribeiro	amigos do atletismo de mafra	Veterano M50	01:21:00	+13:23	04:03
51	540	João Monteiro	grupo de convívio e amizade nas donas	Senior Masculino	01:21:18	+13:41	04:04
52	64	JOÃO SIMÕES	arsm - associação recreativa de s. miguel	Veterano M35	01:21:20	+13:44	04:04
53	122	Ângelo Silva	ccdtmetrolx	Veterano M40	01:21:23	+13:47	04:04
54	397	Carlos Manuel Alves Caetano	individual	Veterano M50	01:21:30	+13:54	04:05
55	344	Pedro Miguel Lopes Pereira	individual	Veterano M40	01:21:40	+14:04	04:05
56	46	Sérgio Ventura	amigos do atletismo de mafra	Veterano M40	01:21:48	+14:11	04:05
57	105	Valter Junior	casa do benfica em algueirão mem martins	Senior Masculino	01:21:49	+14:12	04:05
58	84	Gilberto Fernandes	c.d. "os águias" de alpiarça	Veterano M60	01:21:50	+14:14	04:06
59	168	Mafalda Martinho	gfd running	Veterana F35	01:21:52	+14:16	04:06
60	314	Filipe Miguel Florencio Evangelista	individual	Veterano M40	01:22:08	+14:32	04:06
61	313	Filipe Gomes	individual	Veterano M40	01:22:28	+14:51	04:07
62	177	Dinis Prudencio	grf benedita - atletismo	Veterano M50	01:22:35	+14:59	04:08
63	461	joaquim fernandes	individual	Veterano M60	01:22:39	+15:02	04:08
64	402	Fernando Castela	individual	Veterano M50	01:22:46	+15:10	04:08
65	163	PEDRO PORFÍRIO	gdrc ponterrolense	Veterano M40	01:22:47	+15:11	04:08
66	486	ANTÓNIO MIGUEL MINDERICO PEREIRA	madrugas de almeirim running team	Veterano M55	01:22:58	+15:21	04:09
67	26	Bruno H	a.c.geraldes	Veterano M35	01:23:09	+15:32	04:09
68	506	João Pedro	pm004	Veterano M50	01:23:23	+15:47	04:10
69	331	Licínio Bernardino Matos	individual	Veterano M40	01:23:28	+15:52	04:10
70	518	Rita Santos	simecq	Senior Feminino	01:23:29	+15:53	04:10
71	310	Carlos Miguel Carvalho Henriques	individual	Veterano M40	01:23:31	+15:55	04:11
72	481	David Alexandre Conceição Bento	madrugas de almeirim running team	Veterano M45	01:23:35	+15:59	04:11
73	299	Ricardo Domingues	individual	Veterano M35	01:23:39	+16:03	04:11
74	356	António Lúcio	individual	Veterano M45	01:23:44	+16:08	04:11
75	379	PEDRO ALEXANDRE MATIAS MENDONÇA	individual	Veterano M45	01:23:44	+16:08	04:11
76	357	Bruno Carlos Ferreira Neves	individual	Veterano M45	01:23:45	+16:09	04:11
77	7	Rodrigo Galão	associação 20kms de almeirim	Veterano M40	01:23:57	+16:20	04:12
78	372	Luis Felicio	individual	Veterano M45	01:23:59	+16:23	04:12
79	537	António Manuel Bernardino Ribeiro	tramagal sport união	Veterano M45	01:24:21	+16:44	04:13
80	140	Nelson Bento	cp cibra	Veterano M45	01:24:27	+16:51	04:13
81	51	Rui Cleto	amigos do atletismo de mafra	Veterano M50	01:24:32	+16:56	04:14

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
82	236	Miguel Ângelo Frois Leonor	individual	Senior Masculino	01:24:37	+17:00	04:14
83	256	Liliana Baltazar	individual	Veterana F35	01:24:41	+17:05	04:14
84	418	Luís Santos	individual	Veterano M50	01:24:44	+17:08	04:14
85	126	José Fernandes	club união idanhense	Veterano M65	01:24:57	+17:20	04:15
86	347	Samuel Galveia	individual	Veterano M40	01:24:58	+17:22	04:15
87	217	Duarte José da Silva e Sá Reis	individual	Senior Masculino	01:24:59	+17:23	04:15
88	284	Frederico Cipriano Batista	individual	Veterano M35	01:25:00	+17:24	04:15
89	9	David Alfaiate	associação 20kms de almeirim	Veterano M35	01:25:04	+17:28	04:15
90	422	PAULO ROQUE	individual	Veterano M50	01:25:13	+17:36	04:16
91	47	Filipe Correia	amigos do atletismo de mafra	Veterano M45	01:25:14	+17:37	04:16
92	398	César Gomes	individual	Veterano M50	01:25:23	+17:46	04:16
93	538	Luis Manuel Trigo	vitória futebol clube	Veterano M55	01:25:30	+17:54	04:17
94	411	José Cruz	individual	Veterano M50	01:25:32	+17:56	04:17
95	58	Gilberto dias	amigos do atletismo de mafra	Veterano M60	01:25:39	+18:02	04:17
96	81	Bruno Fidalgo	c.d. "os águias" de alpiarça	Veterano M35	01:25:41	+18:04	04:17
97	505	Paulo Oliveira	pm004	Veterano M45	01:25:51	+18:14	04:18
98	327	Jorge Moreira	individual	Veterano M40	01:25:59	+18:22	04:18
99	328	Jorge Nabais	individual	Veterano M40	01:26:01	+18:25	04:18
100	361	Filipe Oliveira	individual	Veterano M45	01:26:03	+18:26	04:18
101	296	Paulo Buchadas	individual	Veterano M35	01:26:12	+18:36	04:19
102	82	João Rafael	c.d. "os águias" de alpiarça	Veterano M35	01:26:12	+18:36	04:19
103	262	Paula Martins	cf belenenses	Veterana F40	01:26:18	+18:41	04:19
104	124	José Luís Santos	ccdtmetrolx	Veterano M55	01:26:24	+18:48	04:19
105	396	Carlos Jesus	individual	Veterano M50	01:26:29	+18:52	04:19
106	302	Rolando Reis	individual	Veterano M35	01:26:44	+19:08	04:20
107	224	João Cordeiro	individual	Senior Masculino	01:26:44	+19:08	04:20
108	380	Pedro Dias	individual	Veterano M45	01:26:45	+19:08	04:20
109	485	Vasco Miguel Fortunato Carvalho	madrugas de almeirim running team	Veterano M45	01:26:47	+19:10	04:20
110	430	Sergio Figueiredo dos Santos	individual	Veterano M50	01:26:47	+19:11	04:20
111	514	Daniel Rosário	scd glória do ribatejo	Veterano M40	01:26:49	+19:13	04:20
112	225	João Diogo Rosa Rocha	individual	Senior Masculino	01:27:03	+19:26	04:21
113	491	Pedro Cardoso	os galgos	Veterano M45	01:27:13	+19:36	04:22
114	251	Tiago Martins	individual	Senior Masculino	01:27:20	+19:43	04:22
115	144	Daniel Falcão	cua benaventense - 3b triatlo	Veterano M40	01:27:23	+19:46	04:22
116	423	PEDRO JOGO	individual	Veterano M50	01:27:26	+19:50	04:22
117	215	Diogo Jerónimo	individual	Senior Masculino	01:27:34	+19:57	04:23
118	450	Pedro Filipe Correia	individual	Veterano M55	01:27:53	+20:17	04:24
119	519	Carlos Gomes	simecq	Senior Masculino	01:27:59	+20:22	04:24
120	388	Sergio Pontes	individual	Veterano M45	01:28:00	+20:24	04:24
121	488	João Teixeira	nozes velozes	Senior Masculino	01:28:06	+20:30	04:24
122	151	Paulo Palma	dream runners évora	Veterano M60	01:28:12	+20:36	04:25
123	72	Pedro Pereira	bombeiros voluntários de montemor-o-novo	Veterano M45	01:28:20	+20:43	04:25
124	516	Francisco Naia	scd glória do ribatejo	Veterano M50	01:28:27	+20:50	04:25
125	512	João Francisco Velez	rx runners	Veterano M35	01:28:34	+20:58	04:26
126	40	Silvia Miranda	amigos do atletismo de mafra	Veterana F40	01:28:36	+21:00	04:26

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
127	142	Tiago Oliveira	cua benaventense - 3b triatlo	Senior Masculino	01:28:43	+21:06	04:26
128	358	Bruno Rodrigues	individual	Veterano M45	01:28:44	+21:07	04:26
129	30	Antonio Casa Nova	acportalegre/utsm	Veterano M55	01:28:44	+21:08	04:26
130	79	Rui Perdigão	c.a.s.p.a. - clube amador só para atletismo	Veterano M55	01:28:47	+21:11	04:26
131	383	Ricardo Guedes	individual	Veterano M45	01:28:56	+21:19	04:27
132	198	Lara Hofman	individual	Senior Feminino	01:28:56	+21:19	04:27
133	141	Ricardo Lavareda	cua benaventense - 3b triatlo	Senior Masculino	01:28:56	+21:20	04:27
134	407	João Salgueiro Antunes	individual	Veterano M50	01:29:11	+21:35	04:28
135	133	CARLOS MANUEL MARQUES SILVA	clube tap portugal	Veterano M50	01:29:16	+21:39	04:28
136	212	David Martins	individual	Senior Masculino	01:29:22	+21:45	04:28
137	71	André Santos	bombeiros voluntários de montemor-o-novo	Senior Masculino	01:29:30	+21:54	04:29
138	350	Victor Lage	individual	Veterano M40	01:29:36	+21:59	04:29
139	6	Paulo Eduardo Zambujinho Ferreira Mendes	associação 20kms de almeirim	Veterano M55	01:29:39	+22:03	04:29
140	555	Jorge Miguel goncalves	individual	Veterano M55	01:29:47	+22:10	04:29
141	321	Hugo Pereira	individual	Veterano M40	01:29:52	+22:15	04:30
142	417	Luis Salgueiro	individual	Veterano M50	01:30:05	+22:29	04:30
143	332	Luis Silva	individual	Veterano M40	01:30:11	+22:35	04:31
144	33	Raquel Maria Alves Pereira	agualva runners	Veterana F55	01:30:12	+22:36	04:31
145	432	Arnaldo José Gonçalves Rolo	individual	Veterano M55	01:30:19	+22:42	04:31
146	111	Luís Oliveira	casa do benfica em algueirão mem martins	Veterano M50	01:30:19	+22:43	04:31
147	176	Luis Manuel Pires	gfd running	Veterano M50	01:30:22	+22:45	04:31
148	174	Rui Freitas	gfd running	Veterano M45	01:30:30	+22:54	04:32
149	178	Mário Rui Seabra	grja	Veterano M50	01:30:33	+22:57	04:32
150	359	Duarte Cortes	individual	Veterano M45	01:30:33	+22:57	04:32
151	242	Pedro Neto	individual	Senior Masculino	01:30:36	+23:00	04:32
152	378	paulo andrade	individual	Veterano M45	01:30:38	+23:01	04:32
153	322	ilisito Ferreira	individual	Veterano M40	01:30:51	+23:14	04:33
154	103	Rui Salgueiro	casa do benfica de castelo branco	Veterano M45	01:30:58	+23:22	04:33
155	325	Joao Pedro Gomes	individual	Veterano M40	01:30:59	+23:22	04:33
156	440	Jorge Alves	individual	Veterano M55	01:30:59	+23:22	04:33
157	390	Valdemar Ferreira	individual	Veterano M45	01:31:02	+23:25	04:33
158	287	João Alves	individual	Veterano M35	01:31:04	+23:27	04:33
159	50	Paulo Salgado	amigos do atletismo de mafra	Veterano M50	01:31:08	+23:32	04:33
160	169	Carla Ribeiro	gfd running	Veterana F40	01:31:10	+23:33	04:34
161	306	Ângelo Jesus	individual	Veterano M40	01:31:10	+23:34	04:34
162	70	Ricardo Patrício	boavista trail	Veterano M40	01:31:12	+23:35	04:34
163	27	André Gomes	a.c.geraldes	Veterano M45	01:31:21	+23:45	04:34
164	274	Maria Rebola	individual	Veterana F50	01:31:42	+24:05	04:35
165	545	Nelson Cota	individual	Veterano M40	01:31:42	+24:05	04:35
166	483	Pedro Almeida Alves	madrugas de almeirim running team	Veterano M45	01:31:46	+24:09	04:35
167	482	Hugo Miguel Vaz Monteiro do céu Pereira	madrugas de almeirim running team	Veterano M45	01:31:47	+24:10	04:35
168	460	Henrique Manuel Tavares Ramos	individual	Veterano M60	01:31:54	+24:18	04:36

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
169	43	Ana Cleto	amigos do atletismo de mafra	Veterana F55	01:31:55	+24:19	04:36
170	452	Rodrigo Silva	individual	Veterano M55	01:31:56	+24:20	04:36
171	517	Roberto Caneira	scd glória do ribatejo	Veterano M50	01:32:02	+24:26	04:36
172	24	Miguel Truninger Sousa	a team ageas	Veterano M45	01:32:03	+24:27	04:36
173	80	Bruno Cunha	c.d. ”os águias” de alpiarça	Veterano M35	01:32:05	+24:29	04:36
174	67	Paulo Santos	associação cultural sambrasense	Veterano M55	01:32:05	+24:29	04:36
175	352	André Neves	individual	Veterano M45	01:32:06	+24:30	04:36
176	456	CARLOS CRUZ	individual	Veterano M60	01:32:23	+24:46	04:37
177	21	Carlos Alberto Alves Lima	a natureza ensina	Veterano M50	01:32:34	+24:57	04:38
178	401	Eduardo Pimenta	individual	Veterano M50	01:32:34	+24:58	04:38
179	78	Luís Cipriano	brigada do reumático	Veterano M50	01:32:42	+25:05	04:38
180	333	MARCO ANTONIO CARDOSO FIENS	individual	Veterano M40	01:33:04	+25:28	04:39
181	181	Luís Miguel Campos	grupo alegre unido bajouca	Veterano M35	01:33:16	+25:39	04:40
182	226	João Gomes	individual	Senior Masculino	01:33:16	+25:40	04:40
183	112	Marco Charrua	casa do benfica em algueirão mem martins	Veterano M55	01:33:20	+25:44	04:40
184	205	Afonso Carvalho	individual	Senior Masculino	01:33:22	+25:46	04:40
185	173	Filipe Bugalho	gfd running	Veterano M40	01:33:22	+25:46	04:40
186	504	João Gaudêncio	pm004	Veterano M45	01:33:25	+25:48	04:40
187	247	Rui Lopes	individual	Senior Masculino	01:33:37	+26:01	04:41
188	157	João Sabina	foodeivos	Veterano M45	01:33:48	+26:11	04:41
189	523	João Leandro Venâncio Pereira	team p. moles	Senior Masculino	01:33:50	+26:14	04:42
190	551	Luís Silva Reis	masters runners	Veterano M45	01:33:53	+26:16	04:42
191	3	João Luís Neves Simões	borrego leonor	Veterano M40	01:33:57	+26:20	04:42
192	131	João Manuel Godinho Sousa	clube olímpico montijo	Veterano M50	01:33:57	+26:20	04:42
193	83	Bruno Raposeira	c.d. ”os águias” de alpiarça	Veterano M40	01:34:01	+26:25	04:42
194	360	Filipe Leitao	individual	Veterano M45	01:34:06	+26:30	04:42
195	355	Antonio FIlipe Garcia Fernandes	individual	Veterano M45	01:34:07	+26:31	04:42
196	149	Rui Moreira	diabetes team portugal	Veterano M40	01:34:08	+26:32	04:42
197	318	Gil Almeida	individual	Veterano M40	01:34:16	+26:40	04:43
198	219	Gonçalo Pereira	individual	Senior Masculino	01:34:22	+26:46	04:43
199	492	Eurico Nicho	os galgos	Veterano M60	01:34:24	+26:47	04:43
200	20	Jalmor Tavares	3 delta	Veterano M55	01:34:30	+26:53	04:44
201	493	Pedro Monteiro	os monteiros	Veterano M45	01:34:30	+26:54	04:44
202	135	DIAMANTINO GAMITO	clube tap portugal	Veterano M55	01:34:34	+26:58	04:44
203	342	Pedro Duarte	individual	Veterano M40	01:34:39	+27:03	04:44
204	114	João Soares	casa do benfica em algueirão mem martins	Veterano M65	01:34:43	+27:06	04:44
205	338	Paulo Alexandre Carvalho Luis	individual	Veterano M40	01:34:47	+27:11	04:44
206	476	José M. Marques Luís	jose luis	Veterano M50	01:34:57	+27:20	04:45
207	443	Jorge polidoro	individual	Veterano M55	01:35:00	+27:24	04:45
208	204	Sofia Dias	individual	Senior Feminino	01:35:03	+27:26	04:45
209	478	Marco Neves	limited edition	Veterano M40	01:35:05	+27:29	04:45
210	436	João António Rodrigues	individual	Veterano M55	01:35:07	+27:30	04:45
211	272	Sónia Neves	cf belenenses	Veterana F45	01:35:09	+27:33	04:45

20K - STAGE 1

20 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
212	454	Vitor Matos	individual	Veterano M55	01:35:11	+27:35	04:46
213	52	Sérgio Nunes	amigos do atletismo de mafra	Veterano M50	01:35:13	+27:36	04:46
214	54	José Gonçalves	amigos do atletismo de mafra	Veterano M55	01:35:14	+27:38	04:46
215	160	Nélio Barata	gdcfa	Veterano M40	01:35:15	+27:38	04:46
216	495	Jacinto Ferreira	peniche a correr	Veterano M50	01:35:39	+28:03	04:47
217	23	Americo da Encarnação Vieira dos Santos	a natureza ensina	Veterano M65	01:35:44	+28:07	04:47
218	199	Margarida Isabel Freire Pereira	individual	Senior Feminino	01:35:45	+28:08	04:47
219	289	João Filipe Mendonça Fulgêncio	individual	Veterano M35	01:35:45	+28:08	04:47
220	337	Nuno Silva	individual	Veterano M40	01:35:47	+28:10	04:47
221	172	Sara Malato Campos	gfd running	Veterana F50	01:36:03	+28:27	04:48
222	368	João Pedro Oliveira	individual	Veterano M45	01:36:05	+28:28	04:48
223	123	Sérgio Paz	ccdtmetrolx	Veterano M50	01:36:05	+28:29	04:48
224	479	João Massano	limited edition	Veterano M50	01:36:08	+28:31	04:48
225	132	Maria Rodrigues	clube raquel cabaço	Veterana F45	01:36:26	+28:50	04:49
226	74	António Malhão	bombeiros voluntários de montemor-o-novo	Veterano M55	01:36:34	+28:58	04:50
227	348	Sergio Vicente	individual	Veterano M40	01:36:36	+28:59	04:50
228	387	Sérgio manuel bento Lopes	individual	Veterano M45	01:36:36	+29:00	04:50
229	102	Aníbal Godinho	caracol trail team	Veterano M60	01:36:36	+29:00	04:50
230	143	Hélia Santos	cua benaventense - 3b triatlo	Veterana F40	01:36:45	+29:09	04:50
231	258	Fabianne Pinheiro	individual	Veterana F40	01:36:53	+29:17	04:51
232	438	João M.Pereira	individual	Veterano M55	01:36:57	+29:21	04:51
233	464	Pedro Maria Nogueira Carvalho	individual	Veterano M60	01:37:01	+29:25	04:51
234	73	Carlos Mestrinho	bombeiros voluntários de montemor-o-novo	Veterano M50	01:37:14	+29:38	04:52
235	444	José Pedro Carvalho Glória	individual	Veterano M55	01:37:15	+29:39	04:52
236	340	Paulo Lourenço	individual	Veterano M40	01:37:19	+29:42	04:52
237	472	Jorge Dias	individual	Veterano M65	01:37:32	+29:56	04:53
238	1	Rui Manuel Farinha Freire Rodrigues	individual	Veterano M55	01:37:36	+29:59	04:53
239	536	Jose Fonseca	thomar athletics	Veterano M55	01:37:37	+30:00	04:53
240	308	Bruno Lopes	individual	Veterano M40	01:37:38	+30:01	04:53
241	511	João Gregório	runners da frente ribeirinha da povoa de sta iria	Veterano M45	01:37:38	+30:02	04:53
242	36	Inês Ferreira	amigos do atletismo de mafra	Senior Feminino	01:37:40	+30:04	04:53
243	17	Paula Cristina Gomes	3 delta	Veterana F50	01:37:43	+30:07	04:53
244	166	PEDRO ANTUNES	gdrc ponterrolense	Veterano M50	01:37:43	+30:07	04:53
245	301	Ricardo Jorge Sobral Frias Pereira	individual	Veterano M35	01:38:00	+30:23	04:54
246	152	Joana Campos	familia malato campos	Senior Feminino	01:38:00	+30:24	04:54
247	41	Alice Roma	amigos do atletismo de mafra	Veterana F50	01:38:04	+30:28	04:54
248	465	Pedro Trabucho	individual	Veterano M60	01:38:06	+30:29	04:54
249	547	jun Liang	individual	Veterana F50	01:38:07	+30:30	04:54
250	470	Fernando Silva	individual	Veterano M65	01:38:13	+30:37	04:55
251	193	Cláudia Silva	individual	Senior Feminino	01:38:13	+30:37	04:55
252	477	Manuel Almeida	la vão... de almeirim	Veterano M65	01:38:30	+30:53	04:56

20K - STAGE 1

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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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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
253	185	Ricardo Henriques	henriques	Veterano M35	01:38:32	+30:56	04:56
254	474	Manuel Carlos Freire Martins	individual	Veterano M65	01:38:33	+30:56	04:56
255	189	Ana Miranda	individual	Senior Feminino	01:38:48	+31:11	04:56
256	76	Abílio Catarro	bombeiros voluntários de montemor-o-novo	Veterano M65	01:38:49	+31:12	04:56
257	69	Joao Fernandes	beja	Veterano M40	01:38:50	+31:13	04:57
258	195	Joana Falcão Pinto	individual	Senior Feminino	01:39:04	+31:27	04:57
259	326	Joel Ribeiro	individual	Veterano M40	01:39:11	+31:35	04:58
260	449	Paulo Lourinho	individual	Veterano M55	01:39:15	+31:39	04:58
261	320	Hugo Lopes	individual	Veterano M40	01:39:21	+31:45	04:58
262	66	Bruno Ferreira	as damas e os vagabundos	Veterano M40	01:39:21	+31:45	04:58
263	246	Rodrigo Fernandes	individual	Senior Masculino	01:39:28	+31:52	04:58
264	201	Maria Martins	individual	Senior Feminino	01:39:46	+32:09	04:59
265	29	Ricardo Oliveira	acfc - fitness and health coach	Veterano M35	01:39:49	+32:12	04:59
266	334	Nuno Gonçalo Henriques Neves	individual	Veterano M40	01:40:00	+32:24	05:00
267	113	Vitor Silva	casa do benfica em algueirão mem martins	Veterano M55	01:40:00	+32:24	05:00
268	109	André Ginó	casa do benfica em algueirão mem martins	Veterano M35	01:40:00	+32:24	05:00
269	448	Manuel Ferreira	individual	Veterano M55	01:40:01	+32:25	05:00
270	484	Rui Caniço	madrugas de almeirim running team	Veterano M45	01:40:07	+32:30	05:00
271	241	Pedro Morais	individual	Senior Masculino	01:40:13	+32:36	05:01
272	237	Nuno Garcias	individual	Senior Masculino	01:40:14	+32:38	05:01
273	480	Bento Quaresma	linda-a-pastora sporting clube	Veterano M50	01:40:19	+32:43	05:01
274	343	Pedro Miguel Dinis Vitorino	individual	Veterano M40	01:40:23	+32:46	05:01
275	228	João Silva	individual	Senior Masculino	01:40:32	+32:56	05:02
276	515	Sérgio Rodrigues	scd glória do ribatejo	Veterano M45	01:40:34	+32:57	05:02
277	409	Jorge Ferreira	individual	Veterano M50	01:40:41	+33:04	05:02
278	233	Mário Cotrim	individual	Senior Masculino	01:40:43	+33:07	05:02
279	487	Rui Neves	neves team	Senior Masculino	01:40:44	+33:08	05:02
280	196	Joana Santos	individual	Senior Feminino	01:40:53	+33:17	05:03
281	34	filipe branco	alcobela	Veterano M50	01:40:56	+33:19	05:03
282	393	Andre Silva	individual	Veterano M50	01:41:05	+33:28	05:03
283	534	Maria Beatriz Crispim	thomar athletics	Senior Feminino	01:41:07	+33:30	05:03
284	85	Daniel Lourenço	ca barreira	Veterano M50	01:41:07	+33:30	05:03
285	223	Joao Campos	individual	Senior Masculino	01:41:52	+34:16	05:06
286	399	Daniel Gonçalves	individual	Veterano M50	01:41:59	+34:22	05:06
287	56	Carlos Morais	amigos do atletismo de mafra	Veterano M60	01:42:05	+34:29	05:06
288	270	Mónica Lousã Machado	individual	Veterana F45	01:42:06	+34:30	05:06
289	544	João de Carvalho Jacinto	individual	Veterano M65	01:42:08	+34:32	05:06
290	377	Nuno Nunes	individual	Veterano M45	01:42:10	+34:34	05:07
291	533	Ana Paula Martins	thomar athletics	Senior Feminino	01:42:11	+34:35	05:07
292	264	Ana Isabel Almeida	individual	Veterana F45	01:42:18	+34:42	05:07
293	437	João Carvalho Esteves	individual	Veterano M55	01:42:18	+34:42	05:07
294	125	Pedro Pinto	chamusca trail	Veterano M35	01:42:31	+34:54	05:08
295	297	Paulo Silva	individual	Veterano M35	01:42:38	+35:02	05:08
296	235	Miguel Alfaro Martins	individual	Senior Masculino	01:42:46	+35:10	05:08

20K - STAGE 1

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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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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
297	65	João Saias	as damas e os vagabundos	Senior Masculino	01:42:55	+35:18	05:09
298	267	LINA MATEUS	individual	Veterana F45	01:43:45	+36:09	05:11
299	290	João Martins	individual	Veterano M35	01:43:48	+36:11	05:11
300	248	Rui Manuel de Matos Filipe	individual	Senior Masculino	01:44:39	+37:03	05:14
301	497	Márcia Santos	pm004	Veterana F40	01:44:44	+37:08	05:14
302	473	José João Ferreira	individual	Veterano M65	01:44:47	+37:11	05:14
303	489	José Ferreira	nozes velozes	Senior Masculino	01:44:50	+37:14	05:15
304	522	Sílvia Lopes	superfresco trail team	Veterana F40	01:45:17	+37:41	05:16
305	155	Filipa Dias	foodeivos	Veterana F45	01:45:20	+37:43	05:16
306	346	Rodolfo Silva	individual	Veterano M40	01:45:44	+38:08	05:17
307	252	Tiago Oliveira	individual	Senior Masculino	01:45:45	+38:09	05:17
308	371	José Bernardino	individual	Veterano M45	01:46:02	+38:26	05:18
309	148	Nuno Tiago	desafios positivos d+	Veterano M50	01:46:11	+38:34	05:19
310	214	Denis Andrade	individual	Senior Masculino	01:46:16	+38:39	05:19
311	117	José Inocêncio	casa do benfica em algueirão mem martins	Veterano M65	01:46:25	+38:48	05:19
312	116	Jorge Santos	casa do benfica em algueirão mem martins	Veterano M65	01:46:25	+38:49	05:19
313	509	Germano Silva	real academia	Veterano M65	01:46:33	+38:57	05:20
314	282	Bruno Miguel Silva Sousa	individual	Veterano M35	01:46:36	+39:00	05:20
315	190	Beatriz Guedes	individual	Senior Feminino	01:46:37	+39:01	05:20
316	451	Quiterio Correia Paulo	individual	Veterano M55	01:46:40	+39:04	05:20
317	535	Marina Carvalhana	thomar athletics	Senior Feminino	01:46:40	+39:04	05:20
318	446	Luis Henriques	individual	Veterano M55	01:46:51	+39:15	05:21
319	164	LUÍS COSTA	gdrc ponterrolense	Veterano M45	01:46:52	+39:16	05:21
320	184	Pedro Oliveira	grupo desportivo da parreira	Veterano M35	01:47:05	+39:28	05:21
321	530	Rui Lopes Pedro	tertúlia do rei rão	Veterano M40	01:47:28	+39:51	05:22
322	341	Pedro Carrinho	individual	Veterano M40	01:47:33	+39:57	05:23
323	285	Hugo Bruno	individual	Veterano M35	01:47:34	+39:57	05:23
324	546	jorge paulo da silva sousa	individual	Veterano M60	01:47:38	+40:01	05:23
325	469	Eugénio Baeta Ribeiro Pisco	individual	Veterano M65	01:47:40	+40:04	05:23
326	412	José Pedro	individual	Veterano M50	01:47:49	+40:13	05:23
327	35	Carlos Campos	ameal trail	Veterano M50	01:47:59	+40:23	05:24
328	415	Luis Godinho	individual	Veterano M50	01:48:06	+40:29	05:24
329	192	Cláudia Nunes	individual	Senior Feminino	01:48:14	+40:38	05:25
330	508	Alvaro Pinto	real academia	Veterano M65	01:48:15	+40:39	05:25
331	278	Susana gomes	amigos do atletismo de mafra	Veterana F55	01:48:26	+40:50	05:25
332	92	Vitor Amado	ca vale figueira	Veterano M65	01:48:28	+40:52	05:25
333	539	Carlos Condeço	westcargo services	Veterano M60	01:48:35	+40:58	05:26
334	186	Pedro Evangelista	iadpowerracers	Veterano M40	01:48:37	+41:00	05:26
335	208	Alexandre Rodrigues	individual	Senior Masculino	01:48:45	+41:08	05:26
336	353	Antonio Carapau	individual	Veterano M45	01:48:57	+41:20	05:27
337	336	Nuno Rouxinol	individual	Veterano M40	01:48:57	+41:21	05:27
338	77	Pedro Patrocinio	brigada do reumático	Veterano M40	01:49:00	+41:24	05:27
339	60	Carlos Rodrigues	amigos do atletismo de mafra	Veterano M65	01:49:02	+41:26	05:27
340	161	TIAGO PINTO	gdrc ponterrolense	Senior Masculino	01:49:03	+41:27	05:27
341	165	JOÃO TRAVADO	gdrc ponterrolense	Veterano M50	01:49:04	+41:28	05:27

20K - STAGE 1

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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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
342	528	Rodrigo Lopes	team prof. joão gonçalves	Senior Masculino	01:49:06	+41:30	05:27
343	129	Narciso Arromba	clube de veteranos de coimbra - cluve	Veterano M65	01:49:13	+41:37	05:28
344	552	Lígia Reis	masters runners	Veterana F50	01:49:34	+41:58	05:29
345	231	Luís Bento	individual	Senior Masculino	01:49:37	+42:01	05:29
346	130	António Francisco Abreu da Fonseca	clube olímpico montijo	Veterano M45	01:49:39	+42:03	05:29
347	39	Adriana Machado	amigos do atletismo de mafra	Veterana F40	01:49:48	+42:11	05:29
348	309	Carlos Cardoso	individual	Veterano M40	01:50:05	+42:28	05:30
349	496	Nuno Lucas	pernas de gafanhoto	Veterano M40	01:50:47	+43:10	05:32
350	363	Gonçalo Zagalo	individual	Veterano M45	01:50:47	+43:10	05:32
351	87	Jorge Agostinho	ca barreira	Veterano M65	01:50:51	+43:14	05:33
352	442	Jorge Neto	individual	Veterano M55	01:50:52	+43:15	05:33
353	354	Antonio Cumbre	individual	Veterano M45	01:51:01	+43:24	05:33
354	268	Madalena Patrão	individual	Veterana F45	01:51:01	+43:25	05:33
355	288	Joao Diogo Lopes	individual	Veterano M35	01:51:04	+43:27	05:33
356	216	Diogo João Zeferino Soeiro	individual	Senior Masculino	01:51:08	+43:31	05:33
357	316	Frederico Mexia	individual	Veterano M40	01:51:31	+43:55	05:35
358	255	Xavier Lopes	individual	Senior Masculino	01:51:48	+44:11	05:35
359	239	Pedro Capão	individual	Senior Masculino	01:51:49	+44:13	05:35
360	406	João Capão	individual	Veterano M50	01:51:49	+44:13	05:35
361	527	Miguel Rosa	team prof. joão gonçalves	Senior Masculino	01:51:55	+44:19	05:36
362	263	Vera silva	individual	Veterana F40	01:52:05	+44:29	05:36
363	222	João Bernardo Rabita Vieira	individual	Senior Masculino	01:52:08	+44:31	05:36
364	42	Fátima Valentim	amigos do atletismo de mafra	Veterana F50	01:52:19	+44:43	05:37
365	367	João Gordinho	individual	Veterano M45	01:52:32	+44:56	05:38
366	529	João Gonçalves	team prof. joão gonçalves	Veterano M45	01:52:47	+45:10	05:38
367	244	RICARDO MARECOS	individual	Senior Masculino	01:52:55	+45:19	05:39
368	404	Hernani madeira	individual	Veterano M50	01:52:59	+45:22	05:39
369	75	Jose Pedro Marques	bombeiros voluntários de montemor-o-novo	Veterano M60	01:53:10	+45:34	05:40
370	107	Cristina Carvalho	casa do benfica em algueirão mem martins	Veterana F50	01:53:10	+45:34	05:40
371	137	Bruno Silva	corrida nocturna de setúbal	Veterano M50	01:53:16	+45:40	05:40
372	526	Miguel Amaro	team prof. joão gonçalves	Senior Masculino	01:53:18	+45:41	05:40
373	300	Ricardo João Reis	individual	Veterano M35	01:53:22	+45:45	05:40
374	31	David Fortunato	adc tagarro	Senior Masculino	01:53:24	+45:48	05:40
375	158	Catarina Ferreira	gang dos primos	Veterana F40	01:53:39	+46:02	05:41
376	323	João Frazão	individual	Veterano M40	01:53:40	+46:03	05:41
377	234	Mauro Cadima Nogueira	individual	Senior Masculino	01:53:43	+46:07	05:41
378	373	Nelson Miguel Coelho Caravela	individual	Veterano M45	01:53:58	+46:22	05:42
379	200	Margarida Nico	individual	Senior Feminino	01:54:57	+47:21	05:45
380	206	Afonso Maria Rosa Braz	individual	Senior Masculino	01:55:00	+47:24	05:45
381	12	António Cavaleiro	associação 20kms de almeirim	Senior Masculino	01:55:24	+47:48	05:46
382	153	José Campos	familia malato campos	Veterano M65	01:55:40	+48:04	05:47
383	154	Andreia Vicente	foodeivos	Veterana F35	01:55:45	+48:09	05:47
384	18	Lurdes Gonçalves	3 delta	Veterana F55	01:55:51	+48:14	05:48

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
385	134	CARLOS MANUEL BARRENTO SILVA	clube tap portugal	Veterano M55	01:56:00	+48:24	05:48
386	146	Blisa Simao	desafios positivos d+	Veterana F40	01:56:23	+48:47	05:49
387	385	Ricardo Silva	individual	Veterano M45	01:56:29	+48:53	05:49
388	458	Claudio Monteiro	individual	Veterano M60	01:56:40	+49:03	05:50
389	384	Ricardo Serôdio	individual	Veterano M45	01:57:28	+49:51	05:52
390	259	Flavia Silveira	individual	Veterana F40	01:57:30	+49:54	05:53
391	147	Diogo Jesus	desafios positivos d+	Veterano M40	01:58:03	+50:27	05:54
392	293	Miguel Petisca	individual	Veterano M35	01:58:41	+51:05	05:56
393	286	Ivo Pinto	individual	Veterano M35	01:59:16	+51:39	05:58
394	253	Tjerk schuurmans	individual	Senior Masculino	01:59:55	+52:18	06:00
395	459	Fernando Veríssimo	individual	Veterano M60	02:00:18	+52:42	06:01
396	369	Jorge Duarte	individual	Veterano M45	02:00:18	+52:42	06:01
397	209	André Coelho	individual	Senior Masculino	02:00:25	+52:49	06:01
398	221	Guilherme Teixeira	individual	Senior Masculino	02:00:25	+52:49	06:01
399	304	Telmo Miguel Brás Vieira	individual	Veterano M35	02:00:26	+52:49	06:01
400	374	Nuno Ferreira	individual	Veterano M45	02:00:31	+52:55	06:02
401	439	João Marques	individual	Veterano M55	02:00:35	+52:58	06:02
402	453	Rui Oliveira	individual	Veterano M55	02:01:06	+53:30	06:03
403	414	Luis Fouto	individual	Veterano M50	02:01:20	+53:43	06:04
404	210	André Oliveira	individual	Senior Masculino	02:02:25	+54:49	06:07
405	499	Tiago Passarinho	pm004	Veterano M35	02:03:02	+55:26	06:09
406	498	Pedro Santos	pm004	Veterano M35	02:03:02	+55:26	06:09
407	257	Andreia Roque	individual	Veterana F40	02:03:24	+55:48	06:10
408	394	Antonio Martins	individual	Veterano M50	02:03:27	+55:51	06:10
409	455	António Moreira	individual	Veterano M60	02:03:50	+56:14	06:12
410	548	Carla Ramalho	individual	Veterana F50	02:04:22	+56:46	06:13
411	468	António Vaz de Oliveira	individual	Veterano M65	02:04:34	+56:58	06:14
412	457	Carlos Manuel Lopes Garcia	individual	Veterano M60	02:04:35	+56:58	06:14
413	335	Nuno leonor	individual	Veterano M40	02:04:41	+57:05	06:14
414	5	Ana Rodrigues	a20kms - desportos de montanha	Veterana F40	02:04:50	+57:13	06:15
415	150	Rita Palma	dream runners évora	Veterana F50	02:05:00	+57:23	06:15
416	96	Anabela Meia Via	câmara lisboa clube	Veterana F55	02:05:29	+57:52	06:16
417	291	João Romano	individual	Veterano M35	02:05:38	+58:01	06:17
418	218	Felipe Botelho	individual	Senior Masculino	02:05:50	+58:13	06:18
419	220	Guilherme Botelho	individual	Senior Masculino	02:05:56	+58:19	06:18
420	120	Francisco Pereira	ccd generali tranquilidade	Veterano M55	02:05:56	+58:20	06:18
421	549	Maria Sofia	individual	Veterana F50	02:07:05	+59:28	06:21
422	283	Edgar serrandario	individual	Veterano M35	02:07:25	+59:48	06:22
423	532	Sérgio Marques	tertúlia do rei rão	Veterano M45	02:07:28	+59:52	06:22
424	541	Fabrício Vieira Dias	individual	Senior Masculino	02:08:10	+01:00:34	06:25
425	434	Fernando Costa Campos Alves	individual	Veterano M55	02:08:22	+01:00:45	06:25
426	156	Elio Joaquim	foodeivos	Veterano M40	02:08:32	+01:00:55	06:26
427	194	Inês Luís	individual	Senior Feminino	02:08:32	+01:00:56	06:26
428	100	Carlos Folgado	câmara lisboa clube	Veterano M60	02:08:40	+01:01:03	06:26
429	250	Tiago Alves	individual	Senior Masculino	02:08:59	+01:01:22	06:27

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
430	260	Leonor Baptista	individual	Veterana F40	02:09:10	+01:01:34	06:28
431	392	Vasco Baptista	individual	Veterano M45	02:09:10	+01:01:34	06:28
432	277	Bernardete da Silva Pilartes da Silva	individual	Veterana F55	02:10:02	+01:02:25	06:30
433	265	Ana Marques	individual	Veterana F45	02:10:11	+01:02:35	06:31
434	227	Joao mantovani	individual	Senior Masculino	02:10:26	+01:02:50	06:31
435	162	NUNO SILVA	gdrc ponterrolense	Veterano M40	02:10:53	+01:03:17	06:33
436	271	Paula Cruz	individual	Veterana F45	02:12:10	+01:04:34	06:37
437	543	Alexander Portillo	individual	Veterano M45	02:13:05	+01:05:28	06:39
438	400	Duarte Ribeiro	individual	Veterano M50	02:14:23	+01:06:47	06:43
439	375	Nuno Lopes	individual	Veterano M45	02:14:23	+01:06:47	06:43
440	317	Gabriel Bonfim de Almeida	individual	Veterano M40	02:14:24	+01:06:48	06:43
441	94	Gina Santos	câmara lisboa clube	Veterana F45	02:18:10	+01:10:34	06:55
442	292	José Guia	individual	Veterano M35	02:19:19	+01:11:43	06:58
443	329	Leonardo Silveira	individual	Veterano M40	02:26:01	+01:18:24	07:18
444	108	Patricia Pedro	casa do benfica em algueirão mem martins	Veterana F55	02:27:17	+01:19:41	07:22
445	115	Joaquim Mónica	casa do benfica em algueirão mem martins	Veterano M65	02:27:18	+01:19:42	07:22
446	463	Jose Trem	individual	Veterano M60	02:28:15	+01:20:38	07:25
447	503	Eusébio Ventura	pm004	Veterano M45	02:30:00	+01:22:24	07:30
448	502	Emanuel Batalha	pm004	Veterano M45	02:30:09	+01:22:32	07:30
449	59	Manuel Fonseca	amigos do atletismo de mafra	Veterano M60	02:30:37	+01:23:00	07:32
450	462	JOSÉ ANTÓNIO PAULINO SERRAO	individual	Veterano M60	02:37:07	+01:29:31	07:51
451	279	maria de fátima bento vinagre de oliveira	individual	Veterana F60	02:42:07	+01:34:30	08:06
452	243	Rafael Guerra	individual	Senior Masculino	02:46:29	+01:38:52	08:19
453	187	Alexandra Costa Martins Vedor	individual	Senior Feminino	02:46:55	+01:39:19	08:21

Obs

BIB	NOTE	NAME	TEAM	CAT
121	DQ	Edgar Cristeta	CCD Siemens	Veterano M40
136	DQ	FERNANDO JOSÉ COELHO	clube tap portugal	Veterano M55
171	DQ	Liliana Louro	GFD Running	Veterana F45
188	DQ	Ana Jorge	Individual	Senior Feminino
240	DQ	Pedro Ferreira	Individual	Senior Masculino
345	DQ	Ricardo Monteiro	Individual	Veterano M40
408	DQ	Jorge Barros	Individual	Veterano M50
467	DQ	António Meireles	Individual	Veterano M65
507	DQ	Rui Santos	Pólo Aquático nº 11	Veterano M45
513	DQ	Carla Nunes	SCD Glória do Ribatejo	Veterana F45
466	DNS	Vitor Lopes	Individual	Veterano M60

20Km Almeirim 2024
Almeirim, PT
27-outubro-2024

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	10:00	14,5ºC	79%
End	12:47	19,5ºC	68%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	518	Rita Santos	SIMECQ	Senior Feminino	01:23:29	+15:53	04:10
2	198	Lara Hofman	Individual	Senior Feminino	01:28:56	+21:19	04:27
3	204	Sofia Dias	Individual	Senior Feminino	01:35:03	+27:26	04:45
4	199	Margarida Isabel Freire Pereira	Individual	Senior Feminino	01:35:45	+28:08	04:47
5	36	Inês Ferreira	Amigos do Atletismo de Mafra	Senior Feminino	01:37:40	+30:04	04:53
6	152	Joana Campos	Familia Malato Campos	Senior Feminino	01:38:00	+30:24	04:54
7	193	Cláudia Silva	Individual	Senior Feminino	01:38:13	+30:37	04:55
8	189	Ana Miranda	Individual	Senior Feminino	01:38:48	+31:11	04:56
9	195	Joana Falcão Pinto	Individual	Senior Feminino	01:39:04	+31:27	04:57
10	201	Maria Martins	Individual	Senior Feminino	01:39:46	+32:09	04:59
11	196	Joana Santos	Individual	Senior Feminino	01:40:53	+33:17	05:03
12	534	Maria Beatriz Crispim	Thomar Athletics	Senior Feminino	01:41:07	+33:30	05:03
13	533	Ana Paula Martins	Thomar Athletics	Senior Feminino	01:42:11	+34:35	05:07
14	190	Beatriz Guedes	Individual	Senior Feminino	01:46:37	+39:01	05:20
15	535	Marina Carvalhana	Thomar Athletics	Senior Feminino	01:46:40	+39:04	05:20
16	192	Cláudia Nunes	Individual	Senior Feminino	01:48:14	+40:38	05:25
17	200	Margarida Nico	Individual	Senior Feminino	01:54:57	+47:21	05:45
18	194	Inês Luís	Individual	Senior Feminino	02:08:32	+01:00:56	06:26
19	187	Alexandra Costa Martins Vedor	Individual	Senior Feminino	02:46:55	+01:39:19	08:21

Senior Masculino

1	521	Duarte Santos	Sporting Clube de Portugal	Senior Masculino	01:07:36		03:23
2	490	João Santos	Os galgos	Senior Masculino	01:10:53	+03:17	03:33
3	213	David Tibério	Individual	Senior Masculino	01:11:33	+03:57	03:35
4	179	Licínio Silva	Grupo Alegre Unido Bajouca	Senior Masculino	01:12:40	+05:04	03:38
5	159	Emanuel Diogo	GDC Portos de Sines e do Algarve	Senior Masculino	01:14:20	+06:43	03:43
6	38	Vasco Ribeiro	Amigos do Atletismo de Mafra	Senior Masculino	01:14:41	+07:05	03:44
7	93	Tiago Martins	Câmara Lisboa Clube	Senior Masculino	01:16:40	+09:03	03:50
8	249	Samuel Limpinho	Individual	Senior Masculino	01:17:01	+09:25	03:51
9	550	Philipe Diniz	Grupo Alegre Unido Bajouca	Senior Masculino	01:17:08	+09:32	03:51
10	238	Núrio Ramos	Individual	Senior Masculino	01:17:17	+09:40	03:52
11	167	Roberto Ladeiras	GFD Running	Senior Masculino	01:18:26	+10:50	03:55
12	540	João Monteiro	Grupo de Convívio e Amizade nas Donas	Senior Masculino	01:21:18	+13:41	04:04
13	105	Valter Junior	Casa do Benfica em Algueirão Mem Martins	Senior Masculino	01:21:49	+14:12	04:05
14	236	Miguel Ângelo Frois Leonor	Individual	Senior Masculino	01:24:37	+17:00	04:14
15	217	Duarte José da Silva e Sá Reis	Individual	Senior Masculino	01:24:59	+17:23	04:15
16	224	João Cordeiro	Individual	Senior Masculino	01:26:44	+19:08	04:20

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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

17	225	João Diogo Rosa Rocha	Individual	Senior Masculino	01:27:03	+19:26	04:21
18	251	Tiago Martins	Individual	Senior Masculino	01:27:20	+19:43	04:22
19	215	Diogo Jerónimo	Individual	Senior Masculino	01:27:34	+19:57	04:23
20	519	Carlos Gomes	SIMECQ	Senior Masculino	01:27:59	+20:22	04:24
21	488	João Teixeira	Nozes Velozes	Senior Masculino	01:28:06	+20:30	04:24
22	142	Tiago Oliveira	CUA Benaventense - 3B Triatlo	Senior Masculino	01:28:43	+21:06	04:26
23	141	Ricardo Lavareda	CUA Benaventense - 3B Triatlo	Senior Masculino	01:28:56	+21:20	04:27
24	212	David Martins	Individual	Senior Masculino	01:29:22	+21:45	04:28
25	71	André Santos	Bombeiros Voluntários De Montemor-O-Novo	Senior Masculino	01:29:30	+21:54	04:29
26	242	Pedro Neto	Individual	Senior Masculino	01:30:36	+23:00	04:32
27	226	João Gomes	Individual	Senior Masculino	01:33:16	+25:40	04:40
28	205	Afonso Carvalho	Individual	Senior Masculino	01:33:22	+25:46	04:40
29	247	Rui Lopes	Individual	Senior Masculino	01:33:37	+26:01	04:41
30	523	João Leandro Venâncio Pereira	Team P. Moles	Senior Masculino	01:33:50	+26:14	04:42
31	219	Gonçalo Pereira	Individual	Senior Masculino	01:34:22	+26:46	04:43
32	246	Rodrigo Fernandes	Individual	Senior Masculino	01:39:28	+31:52	04:58
33	241	Pedro Morais	Individual	Senior Masculino	01:40:13	+32:36	05:01
34	237	Nuno Garcias	Individual	Senior Masculino	01:40:14	+32:38	05:01
35	228	João Silva	Individual	Senior Masculino	01:40:32	+32:56	05:02
36	233	Mário Cotrim	Individual	Senior Masculino	01:40:43	+33:07	05:02
37	487	Rui Neves	Neves Team	Senior Masculino	01:40:44	+33:08	05:02
38	223	Joao Campos	Individual	Senior Masculino	01:41:52	+34:16	05:06
39	235	Miguel Alfaro Martins	Individual	Senior Masculino	01:42:46	+35:10	05:08
40	65	João Saias	As Damas e os Vagabundos	Senior Masculino	01:42:55	+35:18	05:09
41	248	Rui Manuel de Matos Filipe	Individual	Senior Masculino	01:44:39	+37:03	05:14
42	489	José Ferreira	Nozes Velozes	Senior Masculino	01:44:50	+37:14	05:15
43	252	Tiago Oliveira	Individual	Senior Masculino	01:45:45	+38:09	05:17
44	214	Denis Andrade	Individual	Senior Masculino	01:46:16	+38:39	05:19
45	208	Alexandre Rodrigues	Individual	Senior Masculino	01:48:45	+41:08	05:26
46	161	TIAGO PINTO	GDRC Ponterrolense	Senior Masculino	01:49:03	+41:27	05:27
47	528	Rodrigo Lopes	Team Prof. João Gonçalves	Senior Masculino	01:49:06	+41:30	05:27
48	231	Luís Bento	Individual	Senior Masculino	01:49:37	+42:01	05:29
49	216	Diogo João Zeferino Soeiro	Individual	Senior Masculino	01:51:08	+43:31	05:33
50	255	Xavier Lopes	Individual	Senior Masculino	01:51:48	+44:11	05:35
51	239	Pedro Capão	Individual	Senior Masculino	01:51:49	+44:13	05:35
52	527	Miguel Rosa	Team Prof. João Gonçalves	Senior Masculino	01:51:55	+44:19	05:36
53	222	João Bernardo Rabita Vieira	Individual	Senior Masculino	01:52:08	+44:31	05:36
54	244	RICARDO MARECOS	Individual	Senior Masculino	01:52:55	+45:19	05:39
55	526	Miguel Amaro	Team Prof. João Gonçalves	Senior Masculino	01:53:18	+45:41	05:40
56	31	David Fortunato	ADC Tagarro	Senior Masculino	01:53:24	+45:48	05:40
57	234	Mauro Cadima Nogueira	Individual	Senior Masculino	01:53:43	+46:07	05:41
58	206	Afonso Maria Rosa Braz	Individual	Senior Masculino	01:55:00	+47:24	05:45
59	12	António Cavaleiro	Associação 20Kms de Almeirim	Senior Masculino	01:55:24	+47:48	05:46
60	253	Tjerk schuurmans	Individual	Senior Masculino	01:59:55	+52:18	06:00
61	209	André Coelho	Individual	Senior Masculino	02:00:25	+52:49	06:01
62	221	Guilherme Teixeira	Individual	Senior Masculino	02:00:25	+52:49	06:01

63	210	André Oliveira	Individual	Senior Masculino	02:02:25	+54:49	06:07
64	218	Felipe Botelho	Individual	Senior Masculino	02:05:50	+58:13	06:18
65	220	Guilherme Botelho	Individual	Senior Masculino	02:05:56	+58:19	06:18
66	541	Fabrício Vieira Dias	Individual	Senior Masculino	02:08:10	+01:00:34	06:25
67	250	Tiago Alves	Individual	Senior Masculino	02:08:59	+01:01:22	06:27
68	227	Joao mantovani	Individual	Senior Masculino	02:10:26	+01:02:50	06:31
69	243	Rafael Guerra	Individual	Senior Masculino	02:46:29	+01:38:52	08:19

Veterana F35

1	168	Mafalda Martinho	GFD Running	Veterana F35	01:21:52	+14:16	04:06
2	256	Liliana Baltazar	Individual	Veterana F35	01:24:41	+17:05	04:14
3	154	Andreia Vicente	Foodeivos	Veterana F35	01:55:45	+48:09	05:47

Veterana F40

1	261	Maria Pia Nheme	Individual	Veterana F40	01:17:18	+09:42	03:52
2	170	Vera Nunes	GFD Running	Veterana F40	01:18:26	+10:49	03:55
3	262	Paula Martins	CF Belenenses	Veterana F40	01:26:18	+18:41	04:19
4	40	Silvia Miranda	Amigos do Atletismo de Mafra	Veterana F40	01:28:36	+21:00	04:26
5	169	Carla Ribeiro	GFD Running	Veterana F40	01:31:10	+23:33	04:34
6	143	Hélia Santos	CUA Benaventense - 3B Triatlo	Veterana F40	01:36:45	+29:09	04:50
7	258	Fabianne Pinheiro	Individual	Veterana F40	01:36:53	+29:17	04:51
8	497	Márcia Santos	PM004	Veterana F40	01:44:44	+37:08	05:14
9	522	Sílvia Lopes	Superfresco Trail Team	Veterana F40	01:45:17	+37:41	05:16
10	39	Adriana Machado	Amigos do Atletismo de Mafra	Veterana F40	01:49:48	+42:11	05:29
11	263	Vera silva	Individual	Veterana F40	01:52:05	+44:29	05:36
12	158	Catarina Ferreira	Gang dos Primos	Veterana F40	01:53:39	+46:02	05:41
13	146	Blisa Simao	Desafios Positivos D+	Veterana F40	01:56:23	+48:47	05:49
14	259	Flavia Silveira	Individual	Veterana F40	01:57:30	+49:54	05:53
15	257	Andreia Roque	Individual	Veterana F40	02:03:24	+55:48	06:10
16	5	Ana Rodrigues	A20kms - Desportos de Montanha	Veterana F40	02:04:50	+57:13	06:15
17	260	Leonor Baptista	Individual	Veterana F40	02:09:10	+01:01:34	06:28

Veterana F45

1	272	Sónia Neves	CF Belenenses	Veterana F45	01:35:09	+27:33	04:45
2	132	Maria Rodrigues	Clube Raquel Cabaço	Veterana F45	01:36:26	+28:50	04:49
3	270	Mónica Lousã Machado	Individual	Veterana F45	01:42:06	+34:30	05:06
4	264	Ana Isabel Almeida	Individual	Veterana F45	01:42:18	+34:42	05:07
5	267	LINA MATEUS	Individual	Veterana F45	01:43:45	+36:09	05:11
6	155	Filipa Dias	Foodeivos	Veterana F45	01:45:20	+37:43	05:16
7	268	Madalena Patrão	Individual	Veterana F45	01:51:01	+43:25	05:33
8	265	Ana Marques	Individual	Veterana F45	02:10:11	+01:02:35	06:31
9	271	Paula Cruz	Individual	Veterana F45	02:12:10	+01:04:34	06:37

10	94	Gina Santos	Câmara Lisboa Clube	Veterana F45	02:18:10	+01:10:34	06:55

Veterana F50

1	274	Maria Rebola	Individual	Veterana F50	01:31:42	+24:05	04:35
2	172	Sara Malato Campos	GFD Running	Veterana F50	01:36:03	+28:27	04:48
3	17	Paula Cristina Gomes	3 Delta	Veterana F50	01:37:43	+30:07	04:53
4	41	Alice Roma	Amigos do Atletismo de Mafra	Veterana F50	01:38:04	+30:28	04:54
5	547	jun Liang	Individual	Veterana F50	01:38:07	+30:30	04:54
6	552	Lígia Reis	Masters Runners	Veterana F50	01:49:34	+41:58	05:29
7	42	Fátima Valentim	Amigos do Atletismo de Mafra	Veterana F50	01:52:19	+44:43	05:37
8	107	Cristina Carvalho	Casa do Benfica em Algueirão Mem Martins	Veterana F50	01:53:10	+45:34	05:40
9	548	Carla Ramalho	Individual	Veterana F50	02:04:22	+56:46	06:13
10	150	Rita Palma	Dream Runners Évora	Veterana F50	02:05:00	+57:23	06:15
11	549	Maria Sofia	Individual	Veterana F50	02:07:05	+59:28	06:21

Veterana F55

1	33	Raquel Maria Alves Pereira	Agualva Runners	Veterana F55	01:30:12	+22:36	04:31
2	43	Ana Cleto	Amigos do Atletismo de Mafra	Veterana F55	01:31:55	+24:19	04:36
3	278	Susana gomes	Amigos do Atletismo de Mafra	Veterana F55	01:48:26	+40:50	05:25
4	18	Lurdes Gonçalves	3 Delta	Veterana F55	01:55:51	+48:14	05:48
5	96	Anabela Meia Via	Câmara Lisboa Clube	Veterana F55	02:05:29	+57:52	06:16
6	277	Bernardete da Silva Pilartes da Silva	Individual	Veterana F55	02:10:02	+01:02:25	06:30
7	108	Patricia Pedro	Casa do Benfica em Algueirão Mem Martins	Veterana F55	02:27:17	+01:19:41	07:22

Veterana F60

1	279	maria de fátima bento vinagre de oliveira	Individual	Veterana F60	02:42:07	+01:34:30	08:06

Veterano M35

1	13	Tiago Andrónico	Associação 20Kms de Almeirim	Veterano M35	01:17:21	+09:45	03:52
2	294	Miguel Saturnino	Individual	Veterano M35	01:19:10	+11:33	03:58
3	180	Diogo Viana	Grupo Alegre Unido Bajouca	Veterano M35	01:19:19	+11:42	03:58
4	104	Marco Ribeiro	Casa do Benfica de Reguengos de Monsaraz	Veterano M35	01:19:40	+12:03	03:59
5	64	JOÃO SIMÕES	ARSM - Associação Recreativa de S. Miguel	Veterano M35	01:21:20	+13:44	04:04
6	26	Bruno H	A.C.Geraldes	Veterano M35	01:23:09	+15:32	04:09
7	299	Ricardo Domingues	Individual	Veterano M35	01:23:39	+16:03	04:11
8	284	Frederico Cipriano Batista	Individual	Veterano M35	01:25:00	+17:24	04:15

9	9	David Alfaiate	Associação 20Kms de Almeirim	Veterano M35	01:25:04	+17:28	04:15
10	81	Bruno Fidalgo	C.D. ”Os Águias” de Alpiarça	Veterano M35	01:25:41	+18:04	04:17
11	296	Paulo Buchadas	Individual	Veterano M35	01:26:12	+18:36	04:19
12	82	João Rafael	C.D. ”Os Águias” de Alpiarça	Veterano M35	01:26:12	+18:36	04:19
13	302	Rolando Reis	Individual	Veterano M35	01:26:44	+19:08	04:20
14	512	João Francisco Velez	RX Runners	Veterano M35	01:28:34	+20:58	04:26
15	287	João Alves	Individual	Veterano M35	01:31:04	+23:27	04:33
16	80	Bruno Cunha	C.D. ”Os Águias” de Alpiarça	Veterano M35	01:32:05	+24:29	04:36
17	181	Luís Miguel Campos	Grupo Alegre Unido Bajouca	Veterano M35	01:33:16	+25:39	04:40
18	289	João Filipe Mendonça Fulgêncio	Individual	Veterano M35	01:35:45	+28:08	04:47
19	301	Ricardo Jorge Sobral Frias Pereira	Individual	Veterano M35	01:38:00	+30:23	04:54
20	185	Ricardo Henriques	Henriques	Veterano M35	01:38:32	+30:56	04:56
21	29	Ricardo Oliveira	ACFC - Fitness and Health Coach	Veterano M35	01:39:49	+32:12	04:59
22	109	André Ginó	Casa do Benfica em Algueirão Mem Martins	Veterano M35	01:40:00	+32:24	05:00
23	125	Pedro Pinto	Chamusca Trail	Veterano M35	01:42:31	+34:54	05:08
24	297	Paulo Silva	Individual	Veterano M35	01:42:38	+35:02	05:08
25	290	João Martins	Individual	Veterano M35	01:43:48	+36:11	05:11
26	282	Bruno Miguel Silva Sousa	Individual	Veterano M35	01:46:36	+39:00	05:20
27	184	Pedro Oliveira	Grupo Desportivo da Parreira	Veterano M35	01:47:05	+39:28	05:21
28	285	Hugo Bruno	Individual	Veterano M35	01:47:34	+39:57	05:23
29	288	Joao Diogo Lopes	Individual	Veterano M35	01:51:04	+43:27	05:33
30	300	Ricardo João Reis	Individual	Veterano M35	01:53:22	+45:45	05:40
31	293	Miguel Petisca	Individual	Veterano M35	01:58:41	+51:05	05:56
32	286	Ivo Pinto	Individual	Veterano M35	01:59:16	+51:39	05:58
33	304	Telmo Miguel Brás Vieira	Individual	Veterano M35	02:00:26	+52:49	06:01
34	499	Tiago Passarinho	PM004	Veterano M35	02:03:02	+55:26	06:09
35	498	Pedro Santos	PM004	Veterano M35	02:03:02	+55:26	06:09
36	291	João Romano	Individual	Veterano M35	02:05:38	+58:01	06:17
37	283	Edgar serrandario	Individual	Veterano M35	02:07:25	+59:48	06:22
38	292	José Guia	Individual	Veterano M35	02:19:19	+01:11:43	06:58

Veterano M40

1	45	Ricardo Abreu	Amigos do Atletismo de Mafra	Veterano M40	01:16:44	+09:08	03:50
2	145	João Caniço	CUA Benaventense - 3B Triatlo	Veterano M40	01:16:45	+09:09	03:50
3	319	Gonçalo Martins	Individual	Veterano M40	01:16:57	+09:20	03:51
4	25	Luis de Borja Santos Neves Franco	A TEAM AGEAS	Veterano M40	01:17:00	+09:24	03:51
5	330	Leonel Marques	Individual	Veterano M40	01:17:13	+09:37	03:52
6	349	Telmo nogueira	Individual	Veterano M40	01:17:28	+09:51	03:52
7	15	Filipe Torres	Associação 20Kms de Almeirim	Veterano M40	01:17:40	+10:03	03:53
8	11	Alexandre Diniz	Associação 20Kms de Almeirim	Veterano M40	01:18:11	+10:34	03:55
9	500	Márcio Neves	PM004	Veterano M40	01:19:38	+12:01	03:59
10	501	Marco Bengalinha	PM004	Veterano M40	01:19:38	+12:02	03:59
11	122	Ângelo Silva	CCDTMetroLX	Veterano M40	01:21:23	+13:47	04:04
12	344	Pedro Miguel Lopes Pereira	Individual	Veterano M40	01:21:40	+14:04	04:05

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

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13	46	Sérgio Ventura	Amigos do Atletismo de Mafra	Veterano M40	01:21:48	+14:11	04:05
14	314	Filipe Miguel Florencio Evangelista	Individual	Veterano M40	01:22:08	+14:32	04:06
15	313	Filipe Gomes	Individual	Veterano M40	01:22:28	+14:51	04:07
16	163	PEDRO PORFÍRIO	GDRC Ponterrolense	Veterano M40	01:22:47	+15:11	04:08
17	331	Licínio Bernardino Matos	Individual	Veterano M40	01:23:28	+15:52	04:10
18	310	Carlos Miguel Carvalho Henriques	Individual	Veterano M40	01:23:31	+15:55	04:11
19	7	Rodrigo Galão	Associação 20Kms de Almeirim	Veterano M40	01:23:57	+16:20	04:12
20	347	Samuel Galveia	Individual	Veterano M40	01:24:58	+17:22	04:15
21	327	Jorge Moreira	Individual	Veterano M40	01:25:59	+18:22	04:18
22	328	Jorge Nabais	Individual	Veterano M40	01:26:01	+18:25	04:18
23	514	Daniel Rosário	SCD Glória do Ribatejo	Veterano M40	01:26:49	+19:13	04:20
24	144	Daniel Falcão	CUA Benaventense - 3B Triatlo	Veterano M40	01:27:23	+19:46	04:22
25	350	Victor Lage	Individual	Veterano M40	01:29:36	+21:59	04:29
26	321	Hugo Pereira	Individual	Veterano M40	01:29:52	+22:15	04:30
27	332	Luis Silva	Individual	Veterano M40	01:30:11	+22:35	04:31
28	322	ilisito Ferreira	Individual	Veterano M40	01:30:51	+23:14	04:33
29	325	Joao Pedro Gomes	Individual	Veterano M40	01:30:59	+23:22	04:33
30	306	Ângelo Jesus	Individual	Veterano M40	01:31:10	+23:34	04:34
31	70	Ricardo Patrício	BOAVISTA TRAIL	Veterano M40	01:31:12	+23:35	04:34
32	545	Nelson Cota	Individual	Veterano M40	01:31:42	+24:05	04:35
33	333	MARCO ANTONIO CARDOSO FIENS	Individual	Veterano M40	01:33:04	+25:28	04:39
34	173	Filipe Bugalho	GFD Running	Veterano M40	01:33:22	+25:46	04:40
35	3	João Luís Neves Simões	Borrego Leonor	Veterano M40	01:33:57	+26:20	04:42
36	83	Bruno Raposeira	C.D. ”Os Águias” de Alpiarça	Veterano M40	01:34:01	+26:25	04:42
37	149	Rui Moreira	Diabetes Team Portugal	Veterano M40	01:34:08	+26:32	04:42
38	318	Gil Almeida	Individual	Veterano M40	01:34:16	+26:40	04:43
39	342	Pedro Duarte	Individual	Veterano M40	01:34:39	+27:03	04:44
40	338	Paulo Alexandre Carvalho Luis	Individual	Veterano M40	01:34:47	+27:11	04:44
41	478	Marco Neves	Limited Edition	Veterano M40	01:35:05	+27:29	04:45
42	160	Nélio Barata	GDCFA	Veterano M40	01:35:15	+27:38	04:46
43	337	Nuno Silva	Individual	Veterano M40	01:35:47	+28:10	04:47
44	348	Sergio Vicente	Individual	Veterano M40	01:36:36	+28:59	04:50
45	340	Paulo Lourenço	Individual	Veterano M40	01:37:19	+29:42	04:52
46	308	Bruno Lopes	Individual	Veterano M40	01:37:38	+30:01	04:53
47	69	Joao Fernandes	BEJA	Veterano M40	01:38:50	+31:13	04:57
48	326	Joel Ribeiro	Individual	Veterano M40	01:39:11	+31:35	04:58
49	320	Hugo Lopes	Individual	Veterano M40	01:39:21	+31:45	04:58
50	66	Bruno Ferreira	As Damas e os Vagabundos	Veterano M40	01:39:21	+31:45	04:58
51	334	Nuno Gonçalo Henriques Neves	Individual	Veterano M40	01:40:00	+32:24	05:00
52	343	Pedro Miguel Dinis Vitorino	Individual	Veterano M40	01:40:23	+32:46	05:01
53	346	Rodolfo Silva	Individual	Veterano M40	01:45:44	+38:08	05:17
54	530	Rui Lopes Pedro	Tertúlia do Rei Rão	Veterano M40	01:47:28	+39:51	05:22
55	341	Pedro Carrinho	Individual	Veterano M40	01:47:33	+39:57	05:23
56	186	Pedro Evangelista	IADPOWERRACERS	Veterano M40	01:48:37	+41:00	05:26
57	336	Nuno Rouxinol	Individual	Veterano M40	01:48:57	+41:21	05:27
58	77	Pedro Patrocinio	Brigada do Reumático	Veterano M40	01:49:00	+41:24	05:27

59	309	Carlos Cardoso	Individual	Veterano M40	01:50:05	+42:28	05:30
60	496	Nuno Lucas	Pernas de Gafanhoto	Veterano M40	01:50:47	+43:10	05:32
61	316	Frederico Mexia	Individual	Veterano M40	01:51:31	+43:55	05:35
62	323	João Frazão	Individual	Veterano M40	01:53:40	+46:03	05:41
63	147	Diogo Jesus	Desafios Positivos D+	Veterano M40	01:58:03	+50:27	05:54
64	335	Nuno leonor	Individual	Veterano M40	02:04:41	+57:05	06:14
65	156	Elio Joaquim	Foodeivos	Veterano M40	02:08:32	+01:00:55	06:26
66	162	NUNO SILVA	GDRC Ponterrolense	Veterano M40	02:10:53	+01:03:17	06:33
67	317	Gabriel Bonfim de Almeida	Individual	Veterano M40	02:14:24	+01:06:48	06:43
68	329	Leonardo Silveira	Individual	Veterano M40	02:26:01	+01:18:24	07:18

Veterano M45

1	510	Luís Brito	Run Tejo - Prevent Sprain	Veterano M45	01:09:30	+01:53	03:29
2	182	Joel Couto	Grupo Alegre Unido Bajouca	Veterano M45	01:11:42	+04:06	03:35
3	32	Ricardo Reis	ADNO Nucleoeiras	Veterano M45	01:13:22	+05:45	03:40
4	128	Paulo Ferreira	Clube de Atletismo de Ferreira do Zêzere	Veterano M45	01:15:45	+08:09	03:47
5	362	Frederico Eduardo Serra Lázaro	CF Belenenses	Veterano M45	01:16:03	+08:27	03:48
6	520	Rui Teixeira	Sociedade Recreativa da Granja	Veterano M45	01:17:03	+09:27	03:51
7	389	Telmo Viegas	Individual	Veterano M45	01:18:03	+10:26	03:54
8	391	Valdo Neves	Individual	Veterano M45	01:19:38	+12:02	03:59
9	481	David Alexandre Conceição Bento	MADRUGAS DE ALMEIRIM RUNNING TEAM	Veterano M45	01:23:35	+15:59	04:11
10	356	António Lúcio	Individual	Veterano M45	01:23:44	+16:08	04:11
11	379	PEDRO ALEXANDRE MATIAS MENDONÇA	Individual	Veterano M45	01:23:44	+16:08	04:11
12	357	Bruno Carlos Ferreira Neves	Individual	Veterano M45	01:23:45	+16:09	04:11
13	372	Luis Felicio	Individual	Veterano M45	01:23:59	+16:23	04:12
14	537	António Manuel Bernardino Ribeiro	Tramagal Sport União	Veterano M45	01:24:21	+16:44	04:13
15	140	Nelson Bento	CP Cibra	Veterano M45	01:24:27	+16:51	04:13
16	47	Filipe Correia	Amigos do Atletismo de Mafra	Veterano M45	01:25:14	+17:37	04:16
17	505	Paulo Oliveira	PM004	Veterano M45	01:25:51	+18:14	04:18
18	361	Filipe Oliveira	Individual	Veterano M45	01:26:03	+18:26	04:18
19	380	Pedro Dias	Individual	Veterano M45	01:26:45	+19:08	04:20
20	485	Vasco Miguel Fortunato Carvalho	MADRUGAS DE ALMEIRIM RUNNING TEAM	Veterano M45	01:26:47	+19:10	04:20
21	491	Pedro Cardoso	Os galgos	Veterano M45	01:27:13	+19:36	04:22
22	388	Sergio Pontes	Individual	Veterano M45	01:28:00	+20:24	04:24
23	72	Pedro Pereira	Bombeiros Voluntários De Montemor-O-Novo	Veterano M45	01:28:20	+20:43	04:25
24	358	Bruno Rodrigues	Individual	Veterano M45	01:28:44	+21:07	04:26
25	383	Ricardo Guedes	Individual	Veterano M45	01:28:56	+21:19	04:27
26	174	Rui Freitas	GFD Running	Veterano M45	01:30:30	+22:54	04:32
27	359	Duarte Cortes	Individual	Veterano M45	01:30:33	+22:57	04:32
28	378	paulo andrade	Individual	Veterano M45	01:30:38	+23:01	04:32
29	103	Rui Salgueiro	Casa do Benfica de Castelo Branco	Veterano M45	01:30:58	+23:22	04:33

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

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30	390	Valdemar Ferreira	Individual	Veterano M45	01:31:02	+23:25	04:33
31	27	André Gomes	A.C.Geraldes	Veterano M45	01:31:21	+23:45	04:34
32	483	Pedro Almeida Alves	MADRUGAS DE ALMEIRIM RUNNING TEAM	Veterano M45	01:31:46	+24:09	04:35
33	482	Hugo Miguel Vaz Monteiro do céu Pereira	MADRUGAS DE ALMEIRIM RUNNING TEAM	Veterano M45	01:31:47	+24:10	04:35
34	24	Miguel Truninger Sousa	A TEAM AGEAS	Veterano M45	01:32:03	+24:27	04:36
35	352	André Neves	Individual	Veterano M45	01:32:06	+24:30	04:36
36	504	João Gaudêncio	PM004	Veterano M45	01:33:25	+25:48	04:40
37	157	João Sabina	Foodeivos	Veterano M45	01:33:48	+26:11	04:41
38	551	Luís Silva Reis	Masters Runners	Veterano M45	01:33:53	+26:16	04:42
39	360	Filipe Leitao	Individual	Veterano M45	01:34:06	+26:30	04:42
40	355	Antonio FIlipe Garcia Fernandes	Individual	Veterano M45	01:34:07	+26:31	04:42
41	493	Pedro Monteiro	Os Monteiros	Veterano M45	01:34:30	+26:54	04:44
42	368	João Pedro Oliveira	Individual	Veterano M45	01:36:05	+28:28	04:48
43	387	Sérgio manuel bento Lopes	Individual	Veterano M45	01:36:36	+29:00	04:50
44	511	João Gregório	Runners da Frente Ribeirinha da Povoa de Sta Iria	Veterano M45	01:37:38	+30:02	04:53
45	484	Rui Caniço	MADRUGAS DE ALMEIRIM RUNNING TEAM	Veterano M45	01:40:07	+32:30	05:00
46	515	Sérgio Rodrigues	SCD Glória do Ribatejo	Veterano M45	01:40:34	+32:57	05:02
47	377	Nuno Nunes	Individual	Veterano M45	01:42:10	+34:34	05:07
48	371	José Bernardino	Individual	Veterano M45	01:46:02	+38:26	05:18
49	164	LUÍS COSTA	GDRC Ponterrolense	Veterano M45	01:46:52	+39:16	05:21
50	353	Antonio Carapau	Individual	Veterano M45	01:48:57	+41:20	05:27
51	130	António Francisco Abreu da Fonseca	Clube Olímpico Montijo	Veterano M45	01:49:39	+42:03	05:29
52	363	Gonçalo Zagalo	Individual	Veterano M45	01:50:47	+43:10	05:32
53	354	Antonio Cumbre	Individual	Veterano M45	01:51:01	+43:24	05:33
54	367	João Gordinho	Individual	Veterano M45	01:52:32	+44:56	05:38
55	529	João Gonçalves	Team Prof. João Gonçalves	Veterano M45	01:52:47	+45:10	05:38
56	373	Nelson Miguel Coelho Caravela	Individual	Veterano M45	01:53:58	+46:22	05:42
57	385	Ricardo Silva	Individual	Veterano M45	01:56:29	+48:53	05:49
58	384	Ricardo Serôdio	Individual	Veterano M45	01:57:28	+49:51	05:52
59	369	Jorge Duarte	Individual	Veterano M45	02:00:18	+52:42	06:01
60	374	Nuno Ferreira	Individual	Veterano M45	02:00:31	+52:55	06:02
61	532	Sérgio Marques	Tertúlia do Rei Rão	Veterano M45	02:07:28	+59:52	06:22
62	392	Vasco Baptista	Individual	Veterano M45	02:09:10	+01:01:34	06:28
63	543	Alexander Portillo	Individual	Veterano M45	02:13:05	+01:05:28	06:39
64	375	Nuno Lopes	Individual	Veterano M45	02:14:23	+01:06:47	06:43
65	503	Eusébio Ventura	PM004	Veterano M45	02:30:00	+01:22:24	07:30
66	502	Emanuel Batalha	PM004	Veterano M45	02:30:09	+01:22:32	07:30

Veterano M50

1	424	Pedro Miguel Gonçalves Ferreira	Individual	Veterano M50	01:14:15	+06:39	03:43
2	49	João Miranda	Amigos do Atletismo de Mafra	Veterano M50	01:17:25	+09:49	03:52
3	403	Henrique Janota	Individual	Veterano M50	01:18:07	+10:30	03:54

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

4	421	Paulo Costa	Individual	Veterano M50	01:18:40	+11:04	03:56
5	22	Paulo sergio pereira cost pinto	A Natureza Ensina	Veterano M50	01:18:56	+11:20	03:57
6	86	Jorge Aires	CA Barreira	Veterano M50	01:19:17	+11:40	03:58
7	10	João Mota	Associação 20Kms de Almeirim	Veterano M50	01:19:25	+11:48	03:58
8	419	Luiz Carlos Carvalho da Mota	Clube de Atletismo de Ferreira do Zêzere	Veterano M50	01:19:27	+11:51	03:58
9	16	Manuel Matos	I P SANTARÉM	Veterano M50	01:19:53	+12:17	04:00
10	175	Ernesto Ferreira	GFD Running	Veterano M50	01:19:57	+12:21	04:00
11	48	Francisco ribeiro	Amigos do Atletismo de Mafra	Veterano M50	01:21:00	+13:23	04:03
12	397	Carlos Manuel Alves Caetano	Individual	Veterano M50	01:21:30	+13:54	04:05
13	177	Dinis Prudencio	GRF Benedita - Atletismo	Veterano M50	01:22:35	+14:59	04:08
14	402	Fernando Castela	Individual	Veterano M50	01:22:46	+15:10	04:08
15	506	João Pedro	PM004	Veterano M50	01:23:23	+15:47	04:10
16	51	Rui Cleto	Amigos do Atletismo de Mafra	Veterano M50	01:24:32	+16:56	04:14
17	418	Luís Santos	Individual	Veterano M50	01:24:44	+17:08	04:14
18	422	PAULO ROQUE	Individual	Veterano M50	01:25:13	+17:36	04:16
19	398	César Gomes	Individual	Veterano M50	01:25:23	+17:46	04:16
20	411	José Cruz	Individual	Veterano M50	01:25:32	+17:56	04:17
21	396	Carlos Jesus	Individual	Veterano M50	01:26:29	+18:52	04:19
22	430	Sergio Figueiredo dos Santos	Individual	Veterano M50	01:26:47	+19:11	04:20
23	423	PEDRO JOGO	Individual	Veterano M50	01:27:26	+19:50	04:22
24	516	Francisco Naia	SCD Glória do Ribatejo	Veterano M50	01:28:27	+20:50	04:25
25	407	João Salgueiro Antunes	Individual	Veterano M50	01:29:11	+21:35	04:28
26	133	CARLOS MANUEL MARQUES SILVA	clube tap portugal	Veterano M50	01:29:16	+21:39	04:28
27	417	Luis Salgueiro	Individual	Veterano M50	01:30:05	+22:29	04:30
28	111	Luís Oliveira	Casa do Benfica em Algueirão Mem Martins	Veterano M50	01:30:19	+22:43	04:31
29	176	Luis Manuel Pires	GFD Running	Veterano M50	01:30:22	+22:45	04:31
30	178	Mário Rui Seabra	GRJA	Veterano M50	01:30:33	+22:57	04:32
31	50	Paulo Salgado	Amigos do Atletismo de Mafra	Veterano M50	01:31:08	+23:32	04:33
32	517	Roberto Caneira	SCD Glória do Ribatejo	Veterano M50	01:32:02	+24:26	04:36
33	21	Carlos Alberto Alves Lima	A Natureza Ensina	Veterano M50	01:32:34	+24:57	04:38
34	401	Eduardo Pimenta	Individual	Veterano M50	01:32:34	+24:58	04:38
35	78	Luís Cipriano	Brigada do Reumático	Veterano M50	01:32:42	+25:05	04:38
36	131	João Manuel Godinho Sousa	Clube Olímpico Montijo	Veterano M50	01:33:57	+26:20	04:42
37	476	José M. Marques Luís	Jose Luis	Veterano M50	01:34:57	+27:20	04:45
38	52	Sérgio Nunes	Amigos do Atletismo de Mafra	Veterano M50	01:35:13	+27:36	04:46
39	495	Jacinto Ferreira	Peniche a Correr	Veterano M50	01:35:39	+28:03	04:47
40	123	Sérgio Paz	CCDTMetroLX	Veterano M50	01:36:05	+28:29	04:48
41	479	João Massano	Limited Edition	Veterano M50	01:36:08	+28:31	04:48
42	73	Carlos Mestrinho	Bombeiros Voluntários De Montemor-O-Novo	Veterano M50	01:37:14	+29:38	04:52
43	166	PEDRO ANTUNES	GDRC Ponterrolense	Veterano M50	01:37:43	+30:07	04:53
44	480	Bento Quaresma	Linda-A-Pastora Sporting Clube	Veterano M50	01:40:19	+32:43	05:01
45	409	Jorge Ferreira	Individual	Veterano M50	01:40:41	+33:04	05:02
46	34	filipe branco	alcobela	Veterano M50	01:40:56	+33:19	05:03
47	393	Andre Silva	Individual	Veterano M50	01:41:05	+33:28	05:03

48	85	Daniel Lourenço	CA Barreira	Veterano M50	01:41:07	+33:30	05:03
49	399	Daniel Gonçalves	Individual	Veterano M50	01:41:59	+34:22	05:06
50	148	Nuno Tiago	Desafios Positivos D+	Veterano M50	01:46:11	+38:34	05:19
51	412	José Pedro	Individual	Veterano M50	01:47:49	+40:13	05:23
52	35	Carlos Campos	Ameal Trail	Veterano M50	01:47:59	+40:23	05:24
53	415	Luis Godinho	Individual	Veterano M50	01:48:06	+40:29	05:24
54	165	JOÃO TRAVADO	GDRC Ponterrolense	Veterano M50	01:49:04	+41:28	05:27
55	406	João Capão	Individual	Veterano M50	01:51:49	+44:13	05:35
56	404	Hernani madeira	Individual	Veterano M50	01:52:59	+45:22	05:39
57	137	Bruno Silva	Corrida Nocturna de Setúbal	Veterano M50	01:53:16	+45:40	05:40
58	414	Luis Fouto	Individual	Veterano M50	02:01:20	+53:43	06:04
59	394	Antonio Martins	Individual	Veterano M50	02:03:27	+55:51	06:10
60	400	Duarte Ribeiro	Individual	Veterano M50	02:14:23	+01:06:47	06:43

Veterano M55

1	55	Rui Cupido	Amigos do Atletismo de Mafra	Veterano M55	01:17:20	+09:44	03:52
2	441	Jorge Calafate	Individual	Veterano M55	01:19:26	+11:50	03:58
3	433	Eduardo Lourenço	Individual	Veterano M55	01:20:47	+13:10	04:02
4	486	ANTÓNIO MIGUEL MINDERICO PEREIRA	MADRUGAS DE ALMEIRIM RUNNING TEAM	Veterano M55	01:22:58	+15:21	04:09
5	538	Luis Manuel Trigo	VITÓRIA FUTEBOL CLUBE	Veterano M55	01:25:30	+17:54	04:17
6	124	José Luís Santos	CCDTMetroLX	Veterano M55	01:26:24	+18:48	04:19
7	450	Pedro Filipe Correia	Individual	Veterano M55	01:27:53	+20:17	04:24
8	30	Antonio Casa Nova	ACPortalegre/UTSM	Veterano M55	01:28:44	+21:08	04:26
9	79	Rui Perdigão	C.A.S.P.A. - Clube Amador Só Para Atletismo	Veterano M55	01:28:47	+21:11	04:26
10	6	Paulo Eduardo Zambujinho Ferreira Mendes	Associação 20Kms de Almeirim	Veterano M55	01:29:39	+22:03	04:29
11	555	Jorge Miguel goncalves	Individual	Veterano M55	01:29:47	+22:10	04:29
12	432	Arnaldo José Gonçalves Rolo	Individual	Veterano M55	01:30:19	+22:42	04:31
13	440	Jorge Alves	Individual	Veterano M55	01:30:59	+23:22	04:33
14	452	Rodrigo Silva	Individual	Veterano M55	01:31:56	+24:20	04:36
15	67	Paulo Santos	ASSOCIAÇÃO CULTURAL SAMBRASENSE	Veterano M55	01:32:05	+24:29	04:36
16	112	Marco Charrua	Casa do Benfica em Algueirão Mem Martins	Veterano M55	01:33:20	+25:44	04:40
17	20	Jalmor Tavares	3 Delta	Veterano M55	01:34:30	+26:53	04:44
18	135	DIAMANTINO GAMITO	clube tap portugal	Veterano M55	01:34:34	+26:58	04:44
19	443	Jorge polidoro	Individual	Veterano M55	01:35:00	+27:24	04:45
20	436	João António Rodrigues	Individual	Veterano M55	01:35:07	+27:30	04:45
21	454	Vitor Matos	Individual	Veterano M55	01:35:11	+27:35	04:46
22	54	José Gonçalves	Amigos do Atletismo de Mafra	Veterano M55	01:35:14	+27:38	04:46
23	74	António Malhão	Bombeiros Voluntários De Montemor-O-Novo	Veterano M55	01:36:34	+28:58	04:50
24	438	João M.Pereira	Individual	Veterano M55	01:36:57	+29:21	04:51
25	444	José Pedro Carvalho Glória	Individual	Veterano M55	01:37:15	+29:39	04:52
26	1	Rui Manuel Farinha Freire Rodrigues	Individual	Veterano M55	01:37:36	+29:59	04:53

27	536	Jose Fonseca	Thomar Athletics	Veterano M55	01:37:37	+30:00	04:53
28	449	Paulo Lourinho	Individual	Veterano M55	01:39:15	+31:39	04:58
29	113	Vitor Silva	Casa do Benfica em Algueirão Mem Martins	Veterano M55	01:40:00	+32:24	05:00
30	448	Manuel Ferreira	Individual	Veterano M55	01:40:01	+32:25	05:00
31	437	João Carvalho Esteves	Individual	Veterano M55	01:42:18	+34:42	05:07
32	451	Quiterio Correia Paulo	Individual	Veterano M55	01:46:40	+39:04	05:20
33	446	Luis Henriques	Individual	Veterano M55	01:46:51	+39:15	05:21
34	442	Jorge Neto	Individual	Veterano M55	01:50:52	+43:15	05:33
35	134	CARLOS MANUEL BARRENTO SILVA	clube tap portugal	Veterano M55	01:56:00	+48:24	05:48
36	439	João Marques	Individual	Veterano M55	02:00:35	+52:58	06:02
37	453	Rui Oliveira	Individual	Veterano M55	02:01:06	+53:30	06:03
38	120	Francisco Pereira	CCD GENERALI TRANQUILIDADE	Veterano M55	02:05:56	+58:20	06:18
39	434	Fernando Costa Campos Alves	Individual	Veterano M55	02:08:22	+01:00:45	06:25

Veterano M60

1	57	Eduardo Eustáquio	Amigos do Atletismo de Mafra	Veterano M60	01:18:15	+10:38	03:55
2	84	Gilberto Fernandes	C.D. ”Os Águias” de Alpiarça	Veterano M60	01:21:50	+14:14	04:06
3	461	joaquim fernandes	Individual	Veterano M60	01:22:39	+15:02	04:08
4	58	Gilberto dias	Amigos do Atletismo de Mafra	Veterano M60	01:25:39	+18:02	04:17
5	151	Paulo Palma	Dream Runners Évora	Veterano M60	01:28:12	+20:36	04:25
6	460	Henrique Manuel Tavares Ramos	Individual	Veterano M60	01:31:54	+24:18	04:36
7	456	CARLOS CRUZ	Individual	Veterano M60	01:32:23	+24:46	04:37
8	492	Eurico Nicho	Os galgos	Veterano M60	01:34:24	+26:47	04:43
9	102	Aníbal Godinho	Caracol Trail Team	Veterano M60	01:36:36	+29:00	04:50
10	464	Pedro Maria Nogueira Carvalho	Individual	Veterano M60	01:37:01	+29:25	04:51
11	465	Pedro Trabucho	Individual	Veterano M60	01:38:06	+30:29	04:54
12	56	Carlos Morais	Amigos do Atletismo de Mafra	Veterano M60	01:42:05	+34:29	05:06
13	546	jorge paulo da silva sousa	Individual	Veterano M60	01:47:38	+40:01	05:23
14	539	Carlos Condeço	Westcargo Services	Veterano M60	01:48:35	+40:58	05:26
15	75	Jose Pedro Marques	Bombeiros Voluntários De Montemor-O-Novo	Veterano M60	01:53:10	+45:34	05:40
16	458	Claudio Monteiro	Individual	Veterano M60	01:56:40	+49:03	05:50
17	459	Fernando Veríssimo	Individual	Veterano M60	02:00:18	+52:42	06:01
18	455	António Moreira	Individual	Veterano M60	02:03:50	+56:14	06:12
19	457	Carlos Manuel Lopes Garcia	Individual	Veterano M60	02:04:35	+56:58	06:14
20	100	Carlos Folgado	Câmara Lisboa Clube	Veterano M60	02:08:40	+01:01:03	06:26
21	463	Jose Trem	Individual	Veterano M60	02:28:15	+01:20:38	07:25
22	59	Manuel Fonseca	Amigos do Atletismo de Mafra	Veterano M60	02:30:37	+01:23:00	07:32
23	462	JOSÉ ANTÓNIO PAULINO SERRAO	Individual	Veterano M60	02:37:07	+01:29:31	07:51

Veterano M65

1	126	José Fernandes	Club União Idanhense	Veterano M65	01:24:57	+17:20	04:15

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

2	114	João Soares	Casa do Benfica em Algueirão Mem Martins	Veterano M65	01:34:43	+27:06	04:44
3	23	Americo da Encarnação Vieira dos Santos	A Natureza Ensina	Veterano M65	01:35:44	+28:07	04:47
4	472	Jorge Dias	Individual	Veterano M65	01:37:32	+29:56	04:53
5	470	Fernando Silva	Individual	Veterano M65	01:38:13	+30:37	04:55
6	477	Manuel Almeida	La vão... de Almeirim	Veterano M65	01:38:30	+30:53	04:56
7	474	Manuel Carlos Freire Martins	Individual	Veterano M65	01:38:33	+30:56	04:56
8	76	Abílio Catarro	Bombeiros Voluntários De Montemor-O-Novo	Veterano M65	01:38:49	+31:12	04:56
9	544	João de Carvalho Jacinto	Individual	Veterano M65	01:42:08	+34:32	05:06
10	473	José João Ferreira	Individual	Veterano M65	01:44:47	+37:11	05:14
11	117	José Inocêncio	Casa do Benfica em Algueirão Mem Martins	Veterano M65	01:46:25	+38:48	05:19
12	116	Jorge Santos	Casa do Benfica em Algueirão Mem Martins	Veterano M65	01:46:25	+38:49	05:19
13	509	Germano Silva	REAL ACADEMIA	Veterano M65	01:46:33	+38:57	05:20
14	469	Eugénio Baeta Ribeiro Pisco	Individual	Veterano M65	01:47:40	+40:04	05:23
15	508	Alvaro Pinto	REAL ACADEMIA	Veterano M65	01:48:15	+40:39	05:25
16	92	Vitor Amado	CA VALE FIGUEIRA	Veterano M65	01:48:28	+40:52	05:25
17	60	Carlos Rodrigues	Amigos do Atletismo de Mafra	Veterano M65	01:49:02	+41:26	05:27
18	129	Narciso Arromba	Clube de Veteranos de Coimbra - CLUVE	Veterano M65	01:49:13	+41:37	05:28
19	87	Jorge Agostinho	CA Barreira	Veterano M65	01:50:51	+43:14	05:33
20	153	José Campos	Familia Malato Campos	Veterano M65	01:55:40	+48:04	05:47
21	468	António Vaz de Oliveira	Individual	Veterano M65	02:04:34	+56:58	06:14
22	115	Joaquim Mónica	Casa do Benfica em Algueirão Mem Martins	Veterano M65	02:27:18	+01:19:42	07:22

TEAM RESULTS - 20K

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

RANK	TEAM	DESCRIPTION	POINTS
1	GRUPO ALEGRE UNIDO BAJOUCA	5 + 6 + 20 + 39	70
2	AMIGOS DO ATLETISMO DE MAFRA	10 + 14 + 24 + 26	74
3	ASSOCIAÇÃO 20KMS DE ALMEIRIM	25 + 28 + 31 + 40	124
4	GFD RUNNING	33 + 34 + 48 + 59	174
5	PM004	43 + 45 + 68 + 97	253
6	CUA BENAVENTENSE - 3B TRIATLO	15 + 115 + 127 + 133	390
7	MADRUGAS DE ALMEIRIM RUNNING TEAM	66 + 72 + 109 + 166	413
8	C.D. ”OS ÁGUIAS” DE ALPIARÇA	58 + 96 + 102 + 173	429
9	CASA DO BENFICA EM ALGUEIRÃO MEM MARTINS	57 + 146 + 183 + 204	590
10	SCD GLÓRIA DO RIBATEJO	111 + 124 + 171 + 276	682
11	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	123 + 137 + 226 + 234	720
12	GDRC PONTERROLENSE	65 + 244 + 319 + 340	968
13	THOMAR ATHLETICS	239 + 283 + 291 + 317	1130
14	CÂMARA LISBOA CLUBE	13 + 416 + 428 + 441	1298
15	FOODEIVOS	188 + 305 + 383 + 426	1302
16	TEAM PROF. JOÃO GONÇALVES	342 + 361 + 366 + 372	1441

20Km Almeirim 2024
Almeirim, PT
27-October-2024

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

20K | Atleta Almeirim | Senior Masculino — 20000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	238	Núrio Ramos	Individual	Senior Masculino	01:17:17		03:52
2	236	Miguel Ângelo Frois Leonor	Individual	Senior Masculino	01:24:37	+07:20	04:14
3	215	Diogo Jerónimo	Individual	Senior Masculino	01:27:34	+10:17	04:23
4	231	Luís Bento	Individual	Senior Masculino	01:49:38	+32:20	05:29
5	12	António Cavaleiro	Associação 20Kms de Almeirim	Senior Masculino	01:55:25	+38:07	05:46

20K | Atleta Almeirim | Veterana F40 — 20000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	259	Flavia Silveira	Individual	Veterana F40	01:57:31		05:53
2	257	Andreia Roque	Individual	Veterana F40	02:03:25	+05:53	06:10
3	5	Ana Rodrigues	A20kms - Desportos de Montanha	Veterana F40	02:04:50	+07:19	06:15

20K | Atleta Almeirim | Veterana F45 — 20000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	267	LINA MATEUS	Individual	Veterana F45	01:43:46		05:11

20K | Atleta Almeirim | Veterana F60 — 20000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	279	maria de fátima bento vinagre de oliveira	Individual	Veterana F60	02:42:07		08:06

20K | Atleta Almeirim | Veterano M35 — 20000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	13	Tiago Andrónico	Associação 20Kms de Almeirim	Veterano M35	01:17:22		03:52
2	9	David Alfaiate	Associação 20Kms de Almeirim	Veterano M35	01:25:05	+07:42	04:15
3	289	João Filipe Mendonça Fulgêncio	Individual	Veterano M35	01:35:45	+18:23	04:47
4	125	Pedro Pinto	Chamusca Trail	Veterano M35	01:42:31	+25:09	05:08
5	288	Joao Diogo Lopes	Individual	Veterano M35	01:51:04	+33:42	05:33
6	293	Miguel Petisca	Individual	Veterano M35	01:58:42	+41:20	05:56
7	291	João Romano	Individual	Veterano M35	02:05:38	+48:16	06:17

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

20K | Atleta Almeirim | Veterano M40 — 20000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	319	Gonçalo Martins	Individual	Veterano M40	01:16:57		03:51
2	15	Filipe Torres	Associação 20Kms de Almeirim	Veterano M40	01:17:40	+00:43	03:53
3	11	Alexandre Diniz	Associação 20Kms de Almeirim	Veterano M40	01:18:11	+01:14	03:55
4	314	Filipe Miguel Florencio Evangelista	Individual	Veterano M40	01:22:08	+05:11	04:06
5	7	Rodrigo Galão	Associação 20Kms de Almeirim	Veterano M40	01:23:57	+07:00	04:12
6	325	Joao Pedro Gomes	Individual	Veterano M40	01:30:59	+14:01	04:33
7	3	João Luís Neves Simões	Borrego Leonor	Veterano M40	01:33:57	+16:59	04:42
8	348	Sergio Vicente	Individual	Veterano M40	01:36:36	+19:39	04:50
9	308	Bruno Lopes	Individual	Veterano M40	01:37:38	+20:41	04:53
10	530	Rui Lopes Pedro	Tertúlia do Rei Rão	Veterano M40	01:47:28	+30:31	05:22
11	309	Carlos Cardoso	Individual	Veterano M40	01:50:05	+33:07	05:30
12	496	Nuno Lucas	Pernas de Gafanhoto	Veterano M40	01:50:47	+33:50	05:32
13	335	Nuno leonor	Individual	Veterano M40	02:04:42	+47:44	06:14
14	317	Gabriel Bonfim de Almeida	Individual	Veterano M40	02:14:25	+57:27	06:43
15	329	Leonardo Silveira	Individual	Veterano M40	02:26:01	+01:09:03	07:18

20K | Atleta Almeirim | Veterano M45 — 20000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	481	David Alexandre Conceição Bento	MADRUGAS DE ALMEIRIM RUNNING TEAM	Veterano M45	01:23:36		04:11
2	485	Vasco Miguel Fortunato Carvalho	MADRUGAS DE ALMEIRIM RUNNING TEAM	Veterano M45	01:26:47	+03:11	04:20
3	483	Pedro Almeida Alves	MADRUGAS DE ALMEIRIM RUNNING TEAM	Veterano M45	01:31:46	+08:10	04:35
4	482	Hugo Miguel Vaz Monteiro do céu Pereira	MADRUGAS DE ALMEIRIM RUNNING TEAM	Veterano M45	01:31:47	+08:11	04:35
5	484	Rui Caniço	MADRUGAS DE ALMEIRIM RUNNING TEAM	Veterano M45	01:40:07	+16:31	05:00
6	377	Nuno Nunes	Individual	Veterano M45	01:42:11	+18:34	05:07
7	369	Jorge Duarte	Individual	Veterano M45	02:00:19	+36:42	06:01
8	375	Nuno Lopes	Individual	Veterano M45	02:14:24	+50:47	06:43

20K | Atleta Almeirim | Veterano M50 — 20000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	10	João Mota	Associação 20Kms de Almeirim	Veterano M50	01:19:25		03:58
2	422	PAULO ROQUE	Individual	Veterano M50	01:25:13	+05:47	04:16

3	398	César Gomes	Individual	Veterano M50	01:25:23	+05:57	04:16
4	396	Carlos Jesus	Individual	Veterano M50	01:26:29	+07:03	04:19
5	409	Jorge Ferreira	Individual	Veterano M50	01:40:41	+21:15	05:02

20K | Atleta Almeirim | Veterano M55 — 20000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	486	ANTÓNIO MIGUEL MINDERICO PEREIRA	MADRUGAS DE ALMEIRIM RUNNING TEAM	Veterano M55	01:22:58		04:09
2	6	Paulo Eduardo Zambujinho Ferreira Mendes	Associação 20Kms de Almeirim	Veterano M55	01:29:40	+06:41	04:29
3	443	Jorge polidoro	Individual	Veterano M55	01:35:01	+12:02	04:45
4	436	João António Rodrigues	Individual	Veterano M55	01:35:07	+12:09	04:45
5	1	Rui Manuel Farinha Freire Rodrigues	Individual	Veterano M55	01:37:36	+14:37	04:53
6	437	João Carvalho Esteves	Individual	Veterano M55	01:42:19	+19:20	05:07

20K | Atleta Almeirim | Veterano M60 — 20000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	459	Fernando Veríssimo	Individual	Veterano M60	02:00:19		06:01
2	457	Carlos Manuel Lopes Garcia	Individual	Veterano M60	02:04:35	+04:16	06:14

20K | Atleta Almeirim | Veterano M65 — 20000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	477	Manuel Almeida	La vão... de Almeirim	Veterano M65	01:38:30		04:56
2	544	João de Carvalho Jacinto	Individual	Veterano M65	01:42:09	+03:38	05:06
3	468	António Vaz de Oliveira	Individual	Veterano M65	02:04:35	+26:04	06:14

20K | Grupo 1 | Senior Masculino — 20000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	540	João Monteiro	Grupo de Convívio e Amizade nas Donas	Senior Masculino	01:21:18		04:04
2	541	Fabrício Vieira Dias	Individual	Senior Masculino	02:08:11	+46:52	06:25

20Km Almeirim 2024
Almeirim, PT
27-outubro-2024

10K - STAGE 1

10 KM

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

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	10:00	14,5ºC	79%
End	12:22	19,5ºC	68%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1114	Said Ameqrane	gdrc ponterrolense	Senior Masculino	30:41		03:04
2	1075	PEDRO ARSÉNIO	ca vale figueira	Veterano M40	31:57	+01:16	03:12
3	1130	Vítor Oliveira	gfd running	Veterano M35	32:11	+01:30	03:13
4	1197	Diogo Afonso de Sousa Baptista	adno nucleoeiras	Senior Masculino	32:45	+02:03	03:17
5	1218	Paulo Miguel dos Santos Pereira	individual	Senior Masculino	34:26	+03:44	03:27
6	1224	Ruben Alexandre Gomes Parreira	individual	Senior Masculino	34:37	+03:56	03:28
7	1129	Avelino Eusébio	gfd running	Senior Masculino	35:20	+04:38	03:32
8	1101	Dmytro Alexandre	clube de atletismo de óbidos	Senior Masculino	37:08	+06:26	03:43
9	1083	João Plácido	caracol trail team	Veterano M35	37:16	+06:35	03:44
10	1186	Amir Aníbal	individual	Senior Masculino	37:27	+06:46	03:45
11	1122	JOAQUIM LEAL	gdrc ponterrolense	Veterano M50	37:28	+06:46	03:45
12	1194	Bruno Nunes	individual	Senior Masculino	37:33	+06:51	03:45
13	1221	Ricardo Silva	individual	Senior Masculino	37:42	+07:01	03:46
14	1128	António Boné	gfd running	Senior Masculino	38:45	+08:04	03:53
15	1303	Nuno Silva	individual	Veterano M35	39:01	+08:19	03:54
16	1123	JOSÉ LEMOS	gdrc ponterrolense	Veterano M60	40:22	+09:40	04:02
17	1112	DIOGO JACINTO	gdrc ponterrolense	Senior Masculino	41:00	+10:18	04:06
18	1127	Catarina Távora	gfd running	Senior Feminino	41:12	+10:30	04:07
19	1202	Fábio Cardoso	individual	Senior Masculino	41:53	+11:11	04:11
20	1220	Rafael Santos	individual	Senior Masculino	41:54	+11:12	04:11
21	1300	José Vítor	individual	Veterano M35	41:55	+11:13	04:12
22	1238	Rute Martins	individual	Veterana F35	41:58	+11:17	04:12
23	1455	Paulo Ferreira	individual	Veterano M40	42:28	+11:47	04:15
24	1054	ACÁCIO GOMES	arcd mendiga	Veterano M50	42:47	+12:06	04:17
25	1100	Marco Franco	clube de atletismo de ferreira do zêzere	Veterano M40	42:56	+12:14	04:18
26	1427	Rafael Gomes	run tejo - prevent sprain	Senior Masculino	43:15	+12:33	04:20
27	1337	Dinis Pedralva Joaquim	individual	Veterano M45	43:15	+12:33	04:20
28	1140	Helena Moreira	hecateam	Veterana F45	43:18	+12:37	04:20
29	1141	Nuno Silva	hecateam	Veterano M40	43:44	+13:02	04:22
30	1087	Américo Rodrigues	casa do benfica em algueirão mem martins	Veterano M65	43:50	+13:08	04:23
31	1035	Luís Rodrigues	acportalegre/utsm	Veterano M50	43:51	+13:10	04:23
32	1314	Flávio Carvalho	individual	Veterano M40	44:00	+13:19	04:24
33	1120	MARCO SILVA	gdrc ponterrolense	Veterano M45	44:02	+13:21	04:24
34	1426	Pedro Vieira	run tejo - prevent sprain	Senior Masculino	44:18	+13:36	04:26
35	1215	Lucas Cipriano Mira	individual	Senior Masculino	44:51	+14:10	04:29
36	1076	NUNO SALGADO	ca vale figueira	Veterano M45	45:05	+14:23	04:31
37	1418	Pedro Gonçalves	os galgos	Veterano M45	45:11	+14:29	04:31
38	1339	Nuno Maia	individual	Veterano M45	45:14	+14:32	04:31
39	1305	Pedro Miguel Nunes	individual	Veterano M35	46:15	+15:34	04:38

10K - STAGE 1

10 KM

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

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
40	1227	Tomás Nogueira	individual	Senior Masculino	46:16	+15:34	04:38
41	1207	Gonçalo Santiago Arraiolos	individual	Senior Masculino	46:24	+15:42	04:38
42	1384	Manuel Bacatelo	individual	Veterano M55	46:25	+15:43	04:39
43	1341	Nuno Paulino	individual	Veterano M45	46:28	+15:47	04:39
44	1069	João Nunes	c.d. ”os águias” de alpiarça	Veterano M35	46:29	+15:48	04:39
45	1412	Ceu fernandes	linda-a-pastora sporting clube	Veterana F45	46:32	+15:50	04:39
46	1366	Luís Caetano	individual	Veterano M50	46:38	+15:56	04:40
47	1132	João Graça	gfd running	Veterano M45	46:39	+15:58	04:40
48	1131	Artur Pinto	gfd running	Veterano M45	46:41	+15:59	04:40
49	1225	Sérgio Mendes	individual	Senior Masculino	46:47	+16:05	04:41
50	1444	João Proença	trilhos dos templários / acr santa cita	Senior Masculino	46:47	+16:05	04:41
51	1375	Vitor Rodrigues	individual	Veterano M50	47:14	+16:32	04:43
52	1192	Bruno Carreira	individual	Senior Masculino	47:17	+16:35	04:44
53	1052	Patrícia Gomes Rodrigues	arcd mendiga	Senior Feminino	47:19	+16:38	04:44
54	1012	Frederico Russo	a20kms - desportos de montanha	Veterano M40	47:41	+17:00	04:46
55	1440	Bruno Alexandre Rosa Faustino	team p. moles	Senior Masculino	47:45	+17:03	04:47
56	1214	Leonardo Sousa	individual	Senior Masculino	47:48	+17:06	04:47
57	1320	Luís Figueira	individual	Veterano M40	47:50	+17:09	04:47
58	1121	FERNANDO SILVA	gdrc ponterrolense	Veterano M50	47:51	+17:10	04:47
59	1376	Carlos Rosado	individual	Veterano M55	47:54	+17:12	04:47
60	1017	Francisco Bento	a20kms - desportos de montanha	Veterano M45	47:57	+17:15	04:48
61	1029	Mia Sanches	acportalegre/utsm	Veterana F35	48:05	+17:24	04:49
62	1036	Francisco Costa	acportalegre/utsm	Veterano M55	48:07	+17:26	04:49
63	1046	Mariana Pombinho	alverca urban runners	Senior Feminino	48:14	+17:33	04:49
64	1355	Filipe Lopes da Silva	individual	Veterano M50	48:17	+17:35	04:50
65	1023	Samuel Lopes	associação 20kms de almeirim	Senior Masculino	48:28	+17:46	04:51
66	1354	Dinis Filipe Mendes da Silva	individual	Veterano M50	48:29	+17:47	04:51
67	1362	Jorge Aldeias	individual	Veterano M50	48:29	+17:47	04:51
68	1095	Miguel Mendes	chamusca trail	Veterano M50	48:35	+17:54	04:52
69	1063	Alfredo Cirne	bombeiros voluntários de montemor-o-novo	Senior Masculino	48:35	+17:54	04:52
70	1338	Luis Miguel Agapito Caetano	individual	Veterano M45	48:35	+17:54	04:52
71	1038	EMÍLIO PAULINO	acportalegre/utsm	Veterano M65	48:42	+18:00	04:52
72	1290	André Salvador Cartaxo Morais Antunes	individual	Veterano M35	48:43	+18:02	04:52
73	1211	João Paulo Pereira	individual	Senior Masculino	48:51	+18:10	04:53
74	1313	Filipe Paulo	individual	Veterano M40	48:56	+18:15	04:54
75	1358	Hélder Amilcar De Oliveira António	individual	Veterano M50	48:59	+18:17	04:54
76	1335	Carlos Monteiro	individual	Veterano M45	49:00	+18:18	04:54
77	1107	JORGE CARLOS GONÇALVES	clube tap portugal	Veterano M35	49:02	+18:21	04:54
78	1292	Bruno santos	individual	Veterano M35	49:04	+18:23	04:54
79	1372	RAUL JORGE	individual	Veterano M50	49:08	+18:27	04:55
80	1349	Sérgio Luís Troeira	individual	Veterano M45	49:11	+18:30	04:55
81	1344	Pedro Paulo	individual	Veterano M45	49:24	+18:42	04:56
82	1230	Ana Gracio	individual	Veterana F35	49:28	+18:47	04:57

10K - STAGE 1

10 KM

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

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
83	1406	Ricardo Lourenço	individual	Veterano M65	49:41	+18:59	04:58
84	1031	Rute Ferreira	acportalegre/utsm	Veterana F45	49:42	+19:01	04:58
85	1040	Pedro Belas	adega taurina running	Veterano M40	49:46	+19:04	04:59
86	1370	Luís Nunes	individual	Veterano M50	49:47	+19:05	04:59
87	1033	Odete Barbas	acportalegre/utsm	Veterana F50	49:56	+19:14	05:00
88	1037	Joaquim Barbas	acportalegre/utsm	Veterano M55	49:56	+19:14	05:00
89	1299	Jorge Sarca	individual	Veterano M35	50:01	+19:19	05:00
90	1077	LUÍS SOUSA	ca vale figueira	Veterano M50	50:01	+19:19	05:00
91	1318	João Veiga	individual	Veterano M40	50:11	+19:29	05:01
92	1044	jose ferreira	alcobela	Veterano M50	50:12	+19:31	05:01
93	1051	Pedro Sanfona	apanha-me se puderes	Senior Masculino	50:14	+19:33	05:01
94	1001	Soraia Fonseca	fitness factory almeirim	Senior Feminino	50:18	+19:36	05:02
95	1124	ANTÓNIO INÁCIO	gdrc ponterrolense	Veterano M65	50:29	+19:48	05:03
96	1306	Rodolfo Colhe	individual	Veterano M35	50:30	+19:49	05:03
97	1045	luis ferreira	alcobela	Veterano M55	50:43	+20:02	05:04
98	1326	Ricardo Santos	individual	Veterano M40	50:45	+20:04	05:05
99	1104	Bruno Rodrigues	clube raquel cabaço	Veterano M40	50:46	+20:04	05:05
100	1423	Carlos Gomes	picnickers	Veterano M65	50:53	+20:11	05:05
101	1047	Telmo Nunes	alverca urban runners	Veterano M35	50:54	+20:12	05:05
102	1312	DIOGO LOPES	individual	Veterano M40	51:02	+20:20	05:06
103	1156	Daniela Bata	individual	Senior Feminino	51:02	+20:20	05:06
104	1203	Fábio Zuada	individual	Senior Masculino	51:02	+20:20	05:06
105	1189	Bernardo Emídio	individual	Senior Masculino	51:02	+20:21	05:06
106	1420	Carlos Cordeiro	peniche a correr	Veterano M60	51:06	+20:25	05:07
107	1413	José Proença	linda-a-pastora sporting clube	Veterano M60	51:08	+20:26	05:07
108	1457	João Aniceto	3 delta	Senior Masculino	51:13	+20:31	05:07
109	1453	RODRIGO CAIXEIRINHO DE FARIA	individual	Senior Masculino	51:19	+20:37	05:08
110	1454	JOSÉ LUÍS PEREIRA	ca vale figueira	Veterano M45	51:22	+20:40	05:08
111	1072	Marina Gomes	ca vale figueira	Senior Feminino	51:22	+20:40	05:08
112	1386	Miguel Matos	individual	Veterano M55	51:23	+20:41	05:08
113	1032	Doralicia Bicho	acportalegre/utsm	Veterana F50	51:25	+20:44	05:09
114	1208	Igor Correia	individual	Senior Masculino	51:39	+20:57	05:10
115	1333	Artur Gonçalves	individual	Veterano M45	51:40	+20:58	05:10
116	1321	Luís Urbano	individual	Veterano M40	51:47	+21:06	05:11
117	1118	MARIA FERREIRA	gdrc ponterrolense	Veterana F50	51:50	+21:08	05:11
118	1408	Vasco Miguel Luís Pinhão	jardim de baixo	Senior Masculino	52:15	+21:33	05:14
119	1416	Sónia Pinto	os galgos	Veterana F50	52:16	+21:34	05:14
120	1398	renato fidalgo ventura inacio	individual	Veterano M60	52:26	+21:45	05:15
121	1160	Inês Neto	individual	Senior Feminino	52:33	+21:52	05:15
122	1020	Ricardo Manuel Dias da Silva	a20kms - desportos de montanha	Veterano M40	52:39	+21:57	05:16
123	1026	Antonio Cebola	a team ageas	Veterano M40	52:42	+22:00	05:16
124	1065	Maria Mocisso	bombeiros voluntários de montemor-o-novo	Veterana F50	52:45	+22:03	05:17
125	1327	Rui Gameiro	individual	Veterano M40	52:47	+22:06	05:17
126	1201	Emanuel da Silva Marujo	individual	Senior Masculino	52:50	+22:08	05:17
127	1435	Carlos Santos	simecq	Veterano M65	52:51	+22:09	05:17

10K - STAGE 1

10 KM

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

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
128	1325	Nelson Lopes	individual	Veterano M40	53:20	+22:38	05:20
129	1422	Nuno Mendes	picnickers	Veterano M35	53:32	+22:51	05:21
130	1019	João Ferreirinho	a20kms - desportos de montanha	Veterano M50	53:37	+22:56	05:22
131	1018	Pedro Figueiredo	a20kms - desportos de montanha	Veterano M40	53:38	+22:56	05:22
132	1030	Maria Cabral	acportalegre/utsm	Veterana F45	53:38	+22:56	05:22
133	1409	Luís Miguel Saturnino Pinhão	jardim de baixo	Veterano M55	53:38	+22:57	05:22
134	1276	Ana Dantas da Cunha	individual	Veterana F50	53:43	+23:01	05:22
135	1056	Ana Luísa Silva Marçal	as damas e os vagabundos	Veterana F35	53:43	+23:02	05:22
136	1434	Carlos Pereira	scd glória do ribatejo	Veterano M40	53:45	+23:03	05:23
137	1350	Tiago Felícia	individual	Veterano M45	53:45	+23:04	05:23
138	1252	Rita Alexandra Pereira dos Reis	individual	Veterana F40	53:46	+23:04	05:23
139	1268	Paula Cristina Martins Ferreira	individual	Veterana F45	53:50	+23:08	05:23
140	1115	CÁTIA AMARO	gdrc ponterrolense	Veterana F40	53:51	+23:09	05:23
141	1199	Diogo Mendes	individual	Senior Masculino	53:52	+23:11	05:23
142	1027	Tito Teixeira	a team ageas	Veterano M45	53:55	+23:13	05:24
143	1363	Jorge Bruno Barbosa	individual	Veterano M50	54:02	+23:20	05:24
144	1171	Matilde Godinho	individual	Senior Feminino	54:06	+23:24	05:25
145	1346	Rui Jorge Costa Nunes	individual	Veterano M45	54:18	+23:37	05:26
146	1061	Patrícia Prates	bombeiros voluntários de montemor-o-novo	Senior Feminino	54:20	+23:38	05:26
147	1108	PAULO JOSÉ MONTEIRO	clube tap portugal	Veterano M40	54:26	+23:44	05:27
148	1074	CONCEIÇÃO RODRIGUES	ca vale figueira	Veterana F60	54:35	+23:53	05:28
149	1079	Virgilio Nascimento	ca vale figueira	Veterano M65	54:35	+23:53	05:28
150	1289	André Filipe Vieira Raposo	individual	Veterano M35	54:44	+24:02	05:28
151	1393	Jorge Rodrigues	individual	Veterano M60	54:45	+24:04	05:29
152	1364	José Branco	individual	Veterano M50	54:49	+24:07	05:29
153	1103	José Carlos Da Purificação Dantas	clube desportivo de mafra	Veterano M60	54:52	+24:10	05:29
154	1397	Pedro Neto	individual	Veterano M60	54:53	+24:12	05:29
155	1379	João Paulo Luís	individual	Veterano M55	54:54	+24:13	05:29
156	1193	Bruno Carvalho	individual	Senior Masculino	54:54	+24:13	05:29
157	1204	Fernando Carvalho	individual	Senior Masculino	54:54	+24:13	05:29
158	1223	Rodrigo Silva	individual	Senior Masculino	54:59	+24:18	05:30
159	1209	João Correia	individual	Senior Masculino	55:16	+24:34	05:32
160	1291	Anthony Rosado	individual	Veterano M35	55:17	+24:36	05:32
161	1166	MARGARIDA CRUZ	individual	Senior Feminino	55:30	+24:48	05:33
162	1431	Ana Martinho	scd glória do ribatejo	Veterana F35	55:39	+24:58	05:34
163	1359	HELIO FERNANDO DONATO SANTOS	individual	Veterano M50	55:40	+24:58	05:34
164	1176	Patrícia Filipa Magina da Naia	individual	Senior Feminino	55:41	+25:00	05:34
165	1080	José Neves	cad coruche	Veterano M35	55:44	+25:02	05:34
166	1411	Bernardo Machacaz Ferreira	katchau	Senior Masculino	55:46	+25:05	05:35
167	1410	Margarida Pereira Cunha	katchau	Senior Feminino	55:46	+25:05	05:35
168	1064	Elisabete Picanço	bombeiros voluntários de montemor-o-novo	Veterana F45	55:50	+25:08	05:35
169	1007	Daniel Silva	borrego leonor	Senior Masculino	55:52	+25:10	05:35
170	1428	Carlos Cardoso	runners & walkers pegachos	Veterano M35	55:53	+25:11	05:35

10K - STAGE 1

10 KM

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

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
171	1334	Carlos Borrego	individual	Veterano M45	55:53	+25:12	05:35
172	1198	Diogo Maximiano	individual	Senior Masculino	55:53	+25:12	05:35
173	1206	Francisco Maximiano	individual	Senior Masculino	55:53	+25:12	05:35
174	1399	Alceu Paulo	individual	Veterano M65	55:55	+25:13	05:36
175	1181	Sara Carolina Santos Tainha	individual	Senior Feminino	55:57	+25:15	05:36
176	1377	Hélder António Ribeiro da Silva	individual	Veterano M55	55:57	+25:16	05:36
177	1210	João Gralha	individual	Senior Masculino	55:59	+25:17	05:36
178	1241	Ana Monteiro	individual	Veterana F40	56:02	+25:20	05:36
179	1436	José Luís Martins	slowrunners	Veterano M55	56:07	+25:25	05:37
180	1373	Ricardo Matos	individual	Veterano M50	56:08	+25:26	05:37
181	1385	Manuel Francisco Russo	individual	Veterano M55	56:09	+25:28	05:37
182	1053	Diogo Narciso	arcd mendiga	Senior Masculino	56:19	+25:37	05:38
183	1073	CLARA MINA	ca vale figueira	Veterana F60	56:21	+25:40	05:38
184	1070	Carlos Rodrigues	c.d. ”os águias” de alpiarça	Veterano M55	56:29	+25:47	05:39
185	1183	Vânia Silva	individual	Senior Feminino	56:31	+25:50	05:39
186	1226	Telmo Batista	individual	Senior Masculino	56:41	+25:59	05:40
187	1200	Duarte Bento	individual	Senior Masculino	56:49	+26:07	05:41
188	1295	Fábio Lopes	individual	Veterano M35	56:50	+26:09	05:41
189	1174	Nânci Almeida	individual	Senior Feminino	56:55	+26:14	05:42
190	1342	Osvaldo Ferreira	individual	Veterano M45	57:08	+26:27	05:43
191	1248	Lina Margarida Violante Constantino Ferreira Vicente	individual	Veterana F40	57:17	+26:35	05:44
192	1109	MANUEL DE ALÉM MEXIA	clube tap portugal	Veterano M55	57:18	+26:36	05:44
193	1219	Pedro Nuno dos Anjos Marques	individual	Senior Masculino	57:21	+26:39	05:44
194	1297	João Campião	individual	Veterano M35	57:21	+26:40	05:44
195	1392	Joaquim António Mendes Viana	individual	Veterano M60	57:30	+26:48	05:45
196	1330	Vítor Zacarias	individual	Veterano M40	57:32	+26:50	05:45
197	1343	Pedro Lopes	individual	Veterano M45	57:39	+26:58	05:46
198	1249	Margarida André	individual	Veterana F40	57:43	+27:01	05:46
199	1316	Joao Faustino	individual	Veterano M40	57:51	+27:09	05:47
200	1158	Filipa Fidalgo	individual	Senior Feminino	58:05	+27:24	05:49
201	1184	Aécio António de Souza junior	individual	Senior Masculino	58:06	+27:25	05:49
202	1239	Soraia Alexandra Xavier Marques	individual	Veterana F35	58:07	+27:25	05:49
203	1144	Alexandra Mateus	individual	Senior Feminino	58:08	+27:27	05:49
204	1055	Catarina Isabel da Silva Marçal	as damas e os vagabundos	Senior Feminino	58:10	+27:28	05:49
205	1439	João Limeiro	tartarugas velozes	Senior Masculino	58:13	+27:31	05:49
206	1438	André Limeiro	tartarugas velozes	Senior Masculino	58:13	+27:31	05:49
207	1058	Isabel Santos	associação cultural sambrasense	Veterana F55	58:14	+27:32	05:49
208	1352	VALTER TAINHA	individual	Veterano M45	58:18	+27:37	05:50
209	1157	Fátima Vilaverde	individual	Senior Feminino	58:26	+27:44	05:51
210	1244	Daphne van Winkel	individual	Veterana F40	58:29	+27:47	05:51
211	1400	António Batalha	individual	Veterano M65	58:33	+27:52	05:51
212	1308	Samuel José Cruz Martins	individual	Veterano M35	58:49	+28:07	05:53
213	1401	António Grazina	individual	Veterano M65	58:50	+28:08	05:53

10K - STAGE 1

10 KM

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

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
214	1402	Ezequiel Alves Fernandes	individual	Veterano M65	59:14	+28:33	05:55
215	1430	Luís Tavares	sb vidros - vidrala	Veterano M55	59:16	+28:34	05:56
216	1328	Tiago Mendes	individual	Veterano M40	59:17	+28:36	05:56
217	1013	Gonçalo Fortunato	a20kms - desportos de montanha	Veterano M35	59:19	+28:37	05:56
218	1360	Joaquim Guerreiro	individual	Veterano M50	59:21	+28:40	05:56
219	1275	Tânia Cristino	individual	Veterana F45	59:22	+28:41	05:56
220	1262	Carla Guerreiro	individual	Veterana F45	59:22	+28:41	05:56
221	1415	Vanessa Alves	os galgos	Veterana F45	59:23	+28:42	05:56
222	1458	Vasco Mendonça Rato	familia malato campos	Senior Masculino	59:33	+28:51	05:57
223	1110	Inês Malato Campos	familia malato campos	Senior Feminino	59:33	+28:51	05:57
224	1437	Marta Pernas	sumol compal	Veterana F45	59:43	+29:01	05:58
225	1222	Rodrigo Batista Faustino	individual	Senior Masculino	01:00:00	+29:18	06:00
226	1347	Rui Xo Ares	individual	Veterano M45	01:00:00	+29:18	06:00
227	1371	Nuno Botelho	individual	Veterano M50	01:00:00	+29:18	06:00
228	1217	Manuel Marchante	individual	Senior Masculino	01:00:04	+29:22	06:00
229	1148	Ana Rita Silva	individual	Senior Feminino	01:00:04	+29:22	06:00
230	1154	Catarina Pinho	individual	Senior Feminino	01:00:05	+29:23	06:01
231	1382	Luís Lopes	individual	Veterano M55	01:00:09	+29:27	06:01
232	1117	RITA DUARTE	gdrc ponterrolense	Veterana F45	01:00:10	+29:28	06:01
233	1011	Ricardo Batista	borrego leonor	Veterano M40	01:00:11	+29:30	06:01
234	1066	Hortense Faria	bombeiros voluntários de montemor-o-novo	Veterana F60	01:00:18	+29:36	06:02
235	1009	Óscar Martins	borrego leonor	Veterano M40	01:00:19	+29:38	06:02
236	1323	Marco Baiona	individual	Veterano M40	01:00:21	+29:39	06:02
237	1242	Ana Rita Freire	individual	Veterana F40	01:00:26	+29:45	06:03
238	1310	Cirino Lourenço	individual	Veterano M40	01:00:30	+29:48	06:03
239	1152	Carina Caetano	individual	Senior Feminino	01:00:30	+29:49	06:03
240	1451	Marisa Lopes Freitas	zumba joanétes	Veterana F45	01:00:32	+29:50	06:03
241	1169	Mariana Domingos	individual	Senior Feminino	01:00:36	+29:54	06:04
242	1137	Josué Duarte	guru runners	Senior Masculino	01:00:39	+29:57	06:04
243	1005	Ana Carvalho	borrego leonor	Veterana F40	01:00:41	+29:59	06:04
244	1071	JÉSSICA PEREIRA	ca vale figueira	Senior Feminino	01:00:47	+30:06	06:05
245	1319	Luis Bizarro	individual	Veterano M40	01:00:51	+30:10	06:05
246	1340	Nuno Miguel Lopes Pardal	individual	Veterano M45	01:00:58	+30:16	06:06
247	1361	Joaquim Tome	individual	Veterano M50	01:00:58	+30:16	06:06
248	1294	Daniel Vital	individual	Veterano M35	01:01:04	+30:23	06:06
249	1102	Armando Peneda	clube de pessoal da edp, porto	Veterano M65	01:01:05	+30:24	06:07
250	1010	Hugo Mendes	borrego leonor	Veterano M45	01:01:08	+30:26	06:07
251	1039	Rui Paulino	adega taurina running	Veterano M35	01:01:15	+30:33	06:08
252	1164	Madalena Narciso	individual	Senior Feminino	01:01:18	+30:36	06:08
253	1414	Mariana Diniz	madrugas de almeirim running team	Veterana F35	01:01:21	+30:39	06:08
254	1022	Ângela Apolinário	associação 20kms de almeirim	Veterana F40	01:01:36	+30:55	06:10
255	1243	Carina Inácio	individual	Veterana F40	01:01:37	+30:56	06:10
256	1247	Joana Marques Lopes	individual	Veterana F40	01:01:38	+30:56	06:10
257	1394	José Paulo Lopes Costa	individual	Veterano M60	01:01:45	+31:04	06:11
258	1085	Nuno Rafael	casa do benfica em algueirão mem martins	Veterano M40	01:01:47	+31:05	06:11

10K - STAGE 1

10 KM

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

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
259	1433	Alexandre Fonseca	scd glória do ribatejo	Veterano M35	01:02:01	+31:20	06:12
260	1277	Cristina Reis	individual	Veterana F50	01:02:11	+31:29	06:13
261	1365	Luis Anacleto	individual	Veterano M50	01:02:27	+31:45	06:15
262	1336	Carlos Rodrigues	individual	Veterano M45	01:02:27	+31:45	06:15
263	1006	Paulo Silva	borrego leonor	Senior Masculino	01:02:31	+31:50	06:15
264	1237	Otilia Ferreira Santos	individual	Veterana F35	01:02:40	+31:58	06:16
265	1060	Maria Alegria	bless fitness run&friends	Veterana F55	01:02:54	+32:13	06:17
266	1236	Maria soares	individual	Veterana F35	01:03:07	+32:25	06:19
267	1351	Tiago Franco	individual	Veterano M45	01:03:13	+32:31	06:19
268	1105	MADALENA REIS PINA	clube tap portugal	Veterana F55	01:03:23	+32:41	06:20
269	1161	Joana Faria	individual	Senior Feminino	01:03:37	+32:55	06:22
270	1059	Ana Ferreira	bless fitness run&friends	Veterana F40	01:03:37	+32:55	06:22
271	1419	Sandra Martinho	peniche a correr	Veterana F50	01:03:44	+33:02	06:22
272	1163	Luísa Fernandes	individual	Senior Feminino	01:03:59	+33:18	06:24
273	1417	Catarina Nicho	os galgos	Veterana F55	01:04:00	+33:19	06:24
274	1125	Bruno Geraldes	geraldes	Veterano M45	01:04:06	+33:25	06:25
275	1153	Carolina Massano	individual	Senior Feminino	01:04:11	+33:30	06:25
276	1407	Vítor Aguilar Aguilar	individual	Veterano M65	01:04:17	+33:35	06:26
277	1324	Miguel Freitas	individual	Veterano M40	01:04:24	+33:42	06:26
278	1116	PATRÍCIA FONSECA	gdrc ponterrolense	Veterana F40	01:04:42	+34:00	06:28
279	1172	melissa gouveia	individual	Senior Feminino	01:04:51	+34:09	06:29
280	1315	joao coelho	individual	Veterano M40	01:04:51	+34:09	06:29
281	1143	Adriana Palmeiro	individual	Senior Feminino	01:04:53	+34:12	06:29
282	1246	Filipa Oliveira	individual	Veterana F40	01:04:57	+34:16	06:30
283	1266	Isaura Pereira	individual	Veterana F45	01:05:23	+34:42	06:32
284	1274	Suzana Pestana	individual	Veterana F45	01:05:54	+35:12	06:35
285	1004	Sónia Borrego	slowrunners	Veterana F45	01:05:58	+35:17	06:36
286	1133	Hélder Figueiredo	grupo barraqueiro	Veterano M50	01:05:59	+35:17	06:36
287	1269	Rita André	individual	Veterana F45	01:06:00	+35:19	06:36
288	1049	Pedro Matos	apanha-me se puderes	Senior Masculino	01:06:04	+35:23	06:36
289	1260	Andreia Paixão	individual	Veterana F45	01:06:23	+35:41	06:38
290	1284	Alice Anjinho	individual	Veterana F55	01:06:25	+35:43	06:39
291	1175	Patrícia Dias	individual	Senior Feminino	01:06:31	+35:49	06:39
292	1092	Rafael Santos	ccdtmetrolx	Veterano M55	01:06:52	+36:11	06:41
293	1205	Francisco José Silva Costa	individual	Senior Masculino	01:07:00	+36:18	06:42
294	1150	Bárbara raposo	individual	Senior Feminino	01:07:08	+36:26	06:43
295	1119	MARIBEL SILVA	gdrc ponterrolense	Veterana F55	01:07:18	+36:36	06:44
296	1450	Paulo Quaresma	veteranos de massama	Veterano M65	01:07:18	+36:36	06:44
297	1395	ORLANDO SIMÕES	individual	Veterano M60	01:07:18	+36:37	06:44
298	1185	Afonso Mota	individual	Senior Masculino	01:07:39	+36:57	06:46
299	1021	João Bastos	associação 20kms de almeirim	Veterano M35	01:07:46	+37:04	06:47
300	1369	Luís Martins	individual	Veterano M50	01:08:11	+37:29	06:49
301	1389	Rui Silva	individual	Veterano M55	01:08:23	+37:41	06:50
302	1254	Sílvia Ferreira	individual	Veterana F40	01:08:31	+37:49	06:51
303	1096	Ana sofia raminhos	clube desportivo de mafra	Veterana F45	01:08:32	+37:51	06:51
304	1098	Diamantino Albuquerque	clube desportivo de mafra	Veterano M65	01:08:33	+37:51	06:51

10K - STAGE 1

10 KM

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

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
305	1099	jorge paulino	clube desportivo de mafra	Veterano M65	01:08:33	+37:51	06:51
306	1111	La Salete	gdgraça do divor	Veterana F45	01:08:33	+37:52	06:51
307	1353	António Cerejo	individual	Veterano M50	01:09:06	+38:24	06:55
308	1106	SÓNIA DAL CASON	clube tap portugal	Veterana F55	01:09:06	+38:25	06:55
309	1002	Pedro Lopes	fitness factory almeirim	Senior Masculino	01:09:21	+38:39	06:56
310	1273	Susana Simões	individual	Veterana F45	01:10:24	+39:42	07:02
311	1258	Ana Lopes	individual	Veterana F45	01:10:24	+39:42	07:02
312	1403	João Luís Frade Cajeira	individual	Veterano M65	01:11:24	+40:43	07:08
313	1432	Cristina Brigham	scd glória do ribatejo	Veterana F50	01:11:24	+40:43	07:08
314	1170	Matilde Clara Salvador	individual	Senior Feminino	01:11:43	+41:01	07:10
315	1145	Alice Dourado Ferreira	individual	Senior Feminino	01:11:43	+41:01	07:10
316	1233	Denise Silva Celestino	individual	Veterana F35	01:11:45	+41:04	07:11
317	1368	Luís Gomes	individual	Veterano M50	01:12:00	+41:18	07:12
318	1378	João Miguel Salgado	individual	Veterano M55	01:12:00	+41:19	07:12
319	1050	Pedro Ramiro	apanha-me se puderes	Senior Masculino	01:12:02	+41:20	07:12
320	1231	Ana Marta Machado	individual	Veterana F35	01:12:08	+41:27	07:13
321	1234	Filipa Farinha	individual	Veterana F35	01:12:16	+41:34	07:14
322	1168	Maria Eduarda Silva	individual	Senior Feminino	01:12:19	+41:38	07:14
323	1042	ELISABETE PINTO	agualva runners	Veterana F65	01:12:21	+41:39	07:14
324	1025	Luís Cotrim	1904	Veterano M45	01:12:28	+41:47	07:15
325	1216	lucas lopes	individual	Senior Masculino	01:12:33	+41:52	07:15
326	1195	Daniel Pateis	individual	Senior Masculino	01:12:35	+41:53	07:16
327	1228	Wesley wandre de araujo melo	individual	Senior Masculino	01:13:23	+42:41	07:20
328	1014	António Balbi	a20kms - desportos de montanha	Veterano M65	01:13:44	+43:03	07:22
329	1449	Manuel Azevedo	veteranos de massama	Veterano M65	01:13:50	+43:09	07:23
330	1151	Beatriz Cardoso	individual	Senior Feminino	01:14:35	+43:54	07:28
331	1043	PEDRO PINTO	agualva runners	Veterano M65	01:14:49	+44:07	07:29
332	1093	Orlando Sousa	ccdtmetrolx	Veterano M60	01:14:53	+44:11	07:29
333	1048	Diogo Salvaterra	apanha-me se puderes	Senior Masculino	01:15:14	+44:33	07:31
334	1332	António João Alexandre Silva	individual	Veterano M45	01:15:26	+44:44	07:33
335	1345	pedro vilela	individual	Veterano M45	01:15:30	+44:48	07:33
336	1264	Célia Martins	individual	Veterana F45	01:15:58	+45:17	07:36
337	1270	Sandra Guerreiro	individual	Veterana F45	01:16:04	+45:22	07:36
338	1041	ANA GALAMBA	agualva runners	Veterana F65	01:16:41	+46:00	07:40
339	1245	Diana Flor	individual	Veterana F40	01:17:00	+46:18	07:42
340	1147	Ana Raquel Leitão	individual	Senior Feminino	01:17:03	+46:22	07:42
341	1084	Bruno Grilo	casa do benfica em algueirão mem martins	Veterano M40	01:17:04	+46:22	07:42
342	1088	Joaquim Grilo	casa do benfica em algueirão mem martins	Veterano M65	01:17:04	+46:22	07:42
343	1446	Tatiana Rodrigues	velozes e famintos	Senior Feminino	01:17:26	+46:44	07:45
344	1445	Isa Mota	velozes e famintos	Senior Feminino	01:17:26	+46:45	07:45
345	1448	André Maia	velozes e famintos	Veterano M35	01:17:27	+46:45	07:45
346	1447	Rui Saramago	velozes e famintos	Senior Masculino	01:17:27	+46:46	07:45
347	1261	Ângela Cristina da Cruz Martins	individual	Veterana F45	01:17:37	+46:55	07:46
348	1317	João Rosa Luz	individual	Veterano M40	01:17:37	+46:56	07:46

10K - STAGE 1

10 KM

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

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
349	1348	Sergio André	individual	Veterano M45	01:19:05	+48:23	07:55
350	1424	Micaela Guerreiro	pólo aquático nº 11	Veterana F35	01:19:31	+48:49	07:57
351	1425	Madalena Soares	pólo aquático nº 11	Veterana F55	01:19:31	+48:49	07:57
352	1356	Filipe Matias	individual	Veterano M50	01:20:16	+49:34	08:02
353	1078	JOSÉ LINDO	ca vale figueira	Veterano M65	01:23:34	+52:52	08:21
354	1086	Albino Neiva	casa do benfica em algueirão mem martins	Veterano M65	01:23:38	+52:56	08:22
355	1391	hoyois philippe	individual	Veterano M60	01:26:28	+55:46	08:39
356	1285	daniaux monique	individual	Veterana F60	01:26:28	+55:47	08:39
357	1138	Ricardo Rodrigues	guru runners	Senior Masculino	01:27:33	+56:51	08:45
358	1136	Filipe Lopes	guru runners	Senior Masculino	01:27:44	+57:02	08:46
359	1240	Vanessa Fragoso	individual	Veterana F35	01:28:11	+57:29	08:49
360	1283	Zélia Russo	individual	Veterana F50	01:28:11	+57:29	08:49
361	1162	Joana Rosado	individual	Senior Feminino	01:28:17	+57:35	08:50
362	1182	Sofia Costa Martins Vedor	individual	Senior Feminino	01:30:50	+01:00:08	09:05
363	1173	Miguel Alexandre dos Santos Gonçalves	individual	Senior Feminino	01:30:50	+01:00:08	09:05
364	1456	Sara Miriam Pisco Amaro	individual	Senior Feminino	01:31:36	+01:00:55	09:10
365	1180	Rita Rodrigues	individual	Senior Feminino	01:34:00	+01:03:18	09:24
366	1142	Adriana Matias	individual	Senior Feminino	01:34:00	+01:03:19	09:24
367	1149	Andreia Silva	individual	Senior Feminino	01:35:45	+01:05:03	09:35
368	1229	Alexandra Almeida	individual	Veterana F35	01:35:45	+01:05:03	09:35
369	1135	Vitor Manuel Simões Dos Santos	gryffindor	Veterano M45	01:36:50	+01:06:08	09:41
370	1134	Elisabete Maria Antunes Patricio	gryffindor	Veterana F45	01:36:51	+01:06:09	09:41
371	1271	Sandra isabel	individual	Veterana F45	01:36:53	+01:06:11	09:41
372	1287	Maria Camo Anjos	individual	Veterana F65	01:37:18	+01:06:36	09:44

Obs

BIB	NOTE	NAME	TEAM	CAT
1126	DQ	Ana Rebelo	GFD Running	Senior Feminino
1191	DQ	Bernardo Galante	Individual	Senior Masculino
1251	DQ	Marta Emídio	Individual	Veterana F40
1301	DQ	Luis André	Individual	Veterano M35
1404	DQ	José Baptista	Individual	Veterano M65

20Km Almeirim 2024
Almeirim, PT
27-outubro-2024

10K **10 KM**

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

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	10:00	14,5ºC	79%
End	12:22	19,5ºC	68%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1127	Catarina Távora	GFD Running	Senior Feminino	41:12	+10:30	04:07
2	1052	Patrícia Gomes Rodrigues	ARCD MENDIGA	Senior Feminino	47:19	+16:38	04:44
3	1046	Mariana Pombinho	Alverca Urban Runners	Senior Feminino	48:14	+17:33	04:49
4	1001	Soraia Fonseca	Fitness Factory Almeirim	Senior Feminino	50:18	+19:36	05:02
5	1156	Daniela Bata	Individual	Senior Feminino	51:02	+20:20	05:06
6	1072	Marina Gomes	CA VALE FIGUEIRA	Senior Feminino	51:22	+20:40	05:08
7	1160	Inês Neto	Individual	Senior Feminino	52:33	+21:52	05:15
8	1171	Matilde Godinho	Individual	Senior Feminino	54:06	+23:24	05:25
9	1061	Patrícia Prates	Bombeiros Voluntários De Montemor-O-Novo	Senior Feminino	54:20	+23:38	05:26
10	1166	MARGARIDA CRUZ	Individual	Senior Feminino	55:30	+24:48	05:33
11	1176	Patrícia Filipa Magina da Naia	Individual	Senior Feminino	55:41	+25:00	05:34
12	1410	Margarida Pereira Cunha	KATCHAU	Senior Feminino	55:46	+25:05	05:35
13	1181	Sara Carolina Santos Tainha	Individual	Senior Feminino	55:57	+25:15	05:36
14	1183	Vânia Silva	Individual	Senior Feminino	56:31	+25:50	05:39
15	1174	Nânci Almeida	Individual	Senior Feminino	56:55	+26:14	05:42
16	1158	Filipa Fidalgo	Individual	Senior Feminino	58:05	+27:24	05:49
17	1144	Alexandra Mateus	Individual	Senior Feminino	58:08	+27:27	05:49
18	1055	Catarina Isabel da Silva Marçal	As Damas e os Vagabundos	Senior Feminino	58:10	+27:28	05:49
19	1157	Fátima Vilaverde	Individual	Senior Feminino	58:26	+27:44	05:51
20	1110	Inês Malato Campos	Familia Malato Campos	Senior Feminino	59:33	+28:51	05:57
21	1148	Ana Rita Silva	Individual	Senior Feminino	01:00:04	+29:22	06:00
22	1154	Catarina Pinho	Individual	Senior Feminino	01:00:05	+29:23	06:01
23	1152	Carina Caetano	Individual	Senior Feminino	01:00:30	+29:49	06:03
24	1169	Mariana Domingos	Individual	Senior Feminino	01:00:36	+29:54	06:04
25	1071	JÉSSICA PEREIRA	CA VALE FIGUEIRA	Senior Feminino	01:00:47	+30:06	06:05
26	1164	Madalena Narciso	Individual	Senior Feminino	01:01:18	+30:36	06:08
27	1161	Joana Faria	Individual	Senior Feminino	01:03:37	+32:55	06:22
28	1163	Luísa Fernandes	Individual	Senior Feminino	01:03:59	+33:18	06:24
29	1153	Carolina Massano	Individual	Senior Feminino	01:04:11	+33:30	06:25
30	1172	melissa gouveia	Individual	Senior Feminino	01:04:51	+34:09	06:29
31	1143	Adriana Palmeiro	Individual	Senior Feminino	01:04:53	+34:12	06:29
32	1175	Patrícia Dias	Individual	Senior Feminino	01:06:31	+35:49	06:39
33	1150	Bárbara raposo	Individual	Senior Feminino	01:07:08	+36:26	06:43
34	1170	Matilde Clara Salvador	Individual	Senior Feminino	01:11:43	+41:01	07:10
35	1145	Alice Dourado Ferreira	Individual	Senior Feminino	01:11:43	+41:01	07:10
36	1168	Maria Eduarda Silva	Individual	Senior Feminino	01:12:19	+41:38	07:14
37	1151	Beatriz Cardoso	Individual	Senior Feminino	01:14:35	+43:54	07:28
38	1147	Ana Raquel Leitão	Individual	Senior Feminino	01:17:03	+46:22	07:42
39	1446	Tatiana Rodrigues	Velozes e Famintos	Senior Feminino	01:17:26	+46:44	07:45

40	1445	Isa Mota	Velozes e Famintos	Senior Feminino	01:17:26	+46:45	07:45
41	1162	Joana Rosado	Individual	Senior Feminino	01:28:17	+57:35	08:50
42	1182	Sofia Costa Martins Vedor	Individual	Senior Feminino	01:30:50	+01:00:08	09:05
43	1173	Miguel Alexandre dos Santos Gonçalves	Individual	Senior Feminino	01:30:50	+01:00:08	09:05
44	1456	Sara Miriam Pisco Amaro	Individual	Senior Feminino	01:31:36	+01:00:55	09:10
45	1180	Rita Rodrigues	Individual	Senior Feminino	01:34:00	+01:03:18	09:24
46	1142	Adriana Matias	Individual	Senior Feminino	01:34:00	+01:03:19	09:24
47	1149	Andreia Silva	Individual	Senior Feminino	01:35:45	+01:05:03	09:35

Senior Masculino

1	1114	Said Ameqrane	GDRC Ponterrolense	Senior Masculino	30:41		03:04
2	1197	Diogo Afonso de Sousa Baptista	ADNO Nucleoeiras	Senior Masculino	32:45	+02:03	03:17
3	1218	Paulo Miguel dos Santos Pereira	Individual	Senior Masculino	34:26	+03:44	03:27
4	1224	Ruben Alexandre Gomes Parreira	Individual	Senior Masculino	34:37	+03:56	03:28
5	1129	Avelino Eusébio	GFD Running	Senior Masculino	35:20	+04:38	03:32
6	1101	Dmytro Alexandre	Clube de Atletismo de Óbidos	Senior Masculino	37:08	+06:26	03:43
7	1186	Amir Aníbal	Individual	Senior Masculino	37:27	+06:46	03:45
8	1194	Bruno Nunes	Individual	Senior Masculino	37:33	+06:51	03:45
9	1221	Ricardo Silva	Individual	Senior Masculino	37:42	+07:01	03:46
10	1128	António Boné	GFD Running	Senior Masculino	38:45	+08:04	03:53
11	1112	DIOGO JACINTO	GDRC Ponterrolense	Senior Masculino	41:00	+10:18	04:06
12	1202	Fábio Cardoso	Individual	Senior Masculino	41:53	+11:11	04:11
13	1220	Rafael Santos	Individual	Senior Masculino	41:54	+11:12	04:11
14	1427	Rafael Gomes	Run Tejo - Prevent Sprain	Senior Masculino	43:15	+12:33	04:20
15	1426	Pedro Vieira	Run Tejo - Prevent Sprain	Senior Masculino	44:18	+13:36	04:26
16	1215	Lucas Cipriano Mira	Individual	Senior Masculino	44:51	+14:10	04:29
17	1227	Tomás Nogueira	Individual	Senior Masculino	46:16	+15:34	04:38
18	1207	Gonçalo Santiago Arraiolos	Individual	Senior Masculino	46:24	+15:42	04:38
19	1225	Sérgio Mendes	Individual	Senior Masculino	46:47	+16:05	04:41
20	1444	João Proença	Trilhos dos Templários / ACR Santa Cita	Senior Masculino	46:47	+16:05	04:41
21	1192	Bruno Carreira	Individual	Senior Masculino	47:17	+16:35	04:44
22	1440	Bruno Alexandre Rosa Faustino	Team P. Moles	Senior Masculino	47:45	+17:03	04:47
23	1214	Leonardo Sousa	Individual	Senior Masculino	47:48	+17:06	04:47
24	1023	Samuel Lopes	Associação 20Kms de Almeirim	Senior Masculino	48:28	+17:46	04:51
25	1063	Alfredo Cirne	Bombeiros Voluntários De Montemor-O-Novo	Senior Masculino	48:35	+17:54	04:52
26	1211	João Paulo Pereira	Individual	Senior Masculino	48:51	+18:10	04:53
27	1051	Pedro Sanfona	Apanha-me Se Puderes	Senior Masculino	50:14	+19:33	05:01
28	1203	Fábio Zuada	Individual	Senior Masculino	51:02	+20:20	05:06
29	1189	Bernardo Emídio	Individual	Senior Masculino	51:02	+20:21	05:06
30	1457	João Aniceto	3 Delta	Senior Masculino	51:13	+20:31	05:07
31	1453	RODRIGO CAIXEIRINHO DE FARIA	Individual	Senior Masculino	51:19	+20:37	05:08
32	1208	Igor Correia	Individual	Senior Masculino	51:39	+20:57	05:10
33	1408	Vasco Miguel Luís Pinhão	Jardim de Baixo	Senior Masculino	52:15	+21:33	05:14

34	1201	Emanuel da Silva Marujo	Individual	Senior Masculino	52:50	+22:08	05:17
35	1199	Diogo Mendes	Individual	Senior Masculino	53:52	+23:11	05:23
36	1193	Bruno Carvalho	Individual	Senior Masculino	54:54	+24:13	05:29
37	1204	Fernando Carvalho	Individual	Senior Masculino	54:54	+24:13	05:29
38	1223	Rodrigo Silva	Individual	Senior Masculino	54:59	+24:18	05:30
39	1209	João Correia	Individual	Senior Masculino	55:16	+24:34	05:32
40	1411	Bernardo Machacaz Ferreira	KATCHAU	Senior Masculino	55:46	+25:05	05:35
41	1007	Daniel Silva	Borrego Leonor	Senior Masculino	55:52	+25:10	05:35
42	1198	Diogo Maximiano	Individual	Senior Masculino	55:53	+25:12	05:35
43	1206	Francisco Maximiano	Individual	Senior Masculino	55:53	+25:12	05:35
44	1210	João Gralha	Individual	Senior Masculino	55:59	+25:17	05:36
45	1053	Diogo Narciso	ARCD MENDIGA	Senior Masculino	56:19	+25:37	05:38
46	1226	Telmo Batista	Individual	Senior Masculino	56:41	+25:59	05:40
47	1200	Duarte Bento	Individual	Senior Masculino	56:49	+26:07	05:41
48	1219	Pedro Nuno dos Anjos Marques	Individual	Senior Masculino	57:21	+26:39	05:44
49	1184	Aécio António de Souza junior	Individual	Senior Masculino	58:06	+27:25	05:49
50	1439	João Limeiro	Tartarugas Velozes	Senior Masculino	58:13	+27:31	05:49
51	1438	André Limeiro	Tartarugas Velozes	Senior Masculino	58:13	+27:31	05:49
52	1458	Vasco Mendonça Rato	Familia Malato Campos	Senior Masculino	59:33	+28:51	05:57
53	1222	Rodrigo Batista Faustino	Individual	Senior Masculino	01:00:00	+29:18	06:00
54	1217	Manuel Marchante	Individual	Senior Masculino	01:00:04	+29:22	06:00
55	1137	Josué Duarte	Guru Runners	Senior Masculino	01:00:39	+29:57	06:04
56	1006	Paulo Silva	Borrego Leonor	Senior Masculino	01:02:31	+31:50	06:15
57	1049	Pedro Matos	Apanha-me Se Puderes	Senior Masculino	01:06:04	+35:23	06:36
58	1205	Francisco José Silva Costa	Individual	Senior Masculino	01:07:00	+36:18	06:42
59	1185	Afonso Mota	Individual	Senior Masculino	01:07:39	+36:57	06:46
60	1002	Pedro Lopes	Fitness Factory Almeirim	Senior Masculino	01:09:21	+38:39	06:56
61	1050	Pedro Ramiro	Apanha-me Se Puderes	Senior Masculino	01:12:02	+41:20	07:12
62	1216	lucas lopes	Individual	Senior Masculino	01:12:33	+41:52	07:15
63	1195	Daniel Pateis	Individual	Senior Masculino	01:12:35	+41:53	07:16
64	1228	Wesley wandre de araujo melo	Individual	Senior Masculino	01:13:23	+42:41	07:20
65	1048	Diogo Salvaterra	Apanha-me Se Puderes	Senior Masculino	01:15:14	+44:33	07:31
66	1447	Rui Saramago	Velozes e Famintos	Senior Masculino	01:17:27	+46:46	07:45
67	1138	Ricardo Rodrigues	Guru Runners	Senior Masculino	01:27:33	+56:51	08:45
68	1136	Filipe Lopes	Guru Runners	Senior Masculino	01:27:44	+57:02	08:46

Veterana F35

1	1238	Rute Martins	Individual	Veterana F35	41:58	+11:17	04:12
2	1029	Mia Sanches	ACPortalegre/UTSM	Veterana F35	48:05	+17:24	04:49
3	1230	Ana Gracio	Individual	Veterana F35	49:28	+18:47	04:57
4	1056	Ana Luísa Silva Marçal	As Damas e os Vagabundos	Veterana F35	53:43	+23:02	05:22
5	1431	Ana Martinho	SCD Glória do Ribatejo	Veterana F35	55:39	+24:58	05:34
6	1239	Soraia Alexandra Xavier Marques	Individual	Veterana F35	58:07	+27:25	05:49
7	1414	Mariana Diniz	MADRUGAS DE ALMEIRIM RUNNING TEAM	Veterana F35	01:01:21	+30:39	06:08

8	1237	Otilia Ferreira Santos	Individual	Veterana F35	01:02:40	+31:58	06:16
9	1236	Maria soares	Individual	Veterana F35	01:03:07	+32:25	06:19
10	1233	Denise Silva Celestino	Individual	Veterana F35	01:11:45	+41:04	07:11
11	1231	Ana Marta Machado	Individual	Veterana F35	01:12:08	+41:27	07:13
12	1234	Filipa Farinha	Individual	Veterana F35	01:12:16	+41:34	07:14
13	1424	Micaela Guerreiro	Pólo Aquático nº 11	Veterana F35	01:19:31	+48:49	07:57
14	1240	Vanessa Fragoso	Individual	Veterana F35	01:28:11	+57:29	08:49
15	1229	Alexandra Almeida	Individual	Veterana F35	01:35:45	+01:05:03	09:35

Veterana F40

1	1252	Rita Alexandra Pereira dos Reis	Individual	Veterana F40	53:46	+23:04	05:23
2	1115	CÁTIA AMARO	GDRC Ponterrolense	Veterana F40	53:51	+23:09	05:23
3	1241	Ana Monteiro	Individual	Veterana F40	56:02	+25:20	05:36
4	1248	Lina Margarida Violante Constantino Ferreira Vicente	Individual	Veterana F40	57:17	+26:35	05:44
5	1249	Margarida André	Individual	Veterana F40	57:43	+27:01	05:46
6	1244	Daphne van Winkel	Individual	Veterana F40	58:29	+27:47	05:51
7	1242	Ana Rita Freire	Individual	Veterana F40	01:00:26	+29:45	06:03
8	1005	Ana Carvalho	Borrego Leonor	Veterana F40	01:00:41	+29:59	06:04
9	1022	Ângela Apolinário	Associação 20Kms de Almeirim	Veterana F40	01:01:36	+30:55	06:10
10	1243	Carina Inácio	Individual	Veterana F40	01:01:37	+30:56	06:10
11	1247	Joana Marques Lopes	Individual	Veterana F40	01:01:38	+30:56	06:10
12	1059	Ana Ferreira	Bless fitness Run&friends	Veterana F40	01:03:37	+32:55	06:22
13	1116	PATRÍCIA FONSECA	GDRC Ponterrolense	Veterana F40	01:04:42	+34:00	06:28
14	1246	Filipa Oliveira	Individual	Veterana F40	01:04:57	+34:16	06:30
15	1254	Sílvia Ferreira	Individual	Veterana F40	01:08:31	+37:49	06:51
16	1245	Diana Flor	Individual	Veterana F40	01:17:00	+46:18	07:42

Veterana F45

1	1140	Helena Moreira	HeCaTEAM	Veterana F45	43:18	+12:37	04:20
2	1412	Ceu fernandes	Linda-A-Pastora Sporting Clube	Veterana F45	46:32	+15:50	04:39
3	1031	Rute Ferreira	ACPortalegre/UTSM	Veterana F45	49:42	+19:01	04:58
4	1030	Maria Cabral	ACPortalegre/UTSM	Veterana F45	53:38	+22:56	05:22
5	1268	Paula Cristina Martins Ferreira	Individual	Veterana F45	53:50	+23:08	05:23
6	1064	Elisabete Picanço	Bombeiros Voluntários De Montemor-O-Novo	Veterana F45	55:50	+25:08	05:35
7	1275	Tânia Cristino	Individual	Veterana F45	59:22	+28:41	05:56
8	1262	Carla Guerreiro	Individual	Veterana F45	59:22	+28:41	05:56
9	1415	Vanessa Alves	Os galgos	Veterana F45	59:23	+28:42	05:56
10	1437	Marta Pernas	Sumol Compal	Veterana F45	59:43	+29:01	05:58
11	1117	RITA DUARTE	GDRC Ponterrolense	Veterana F45	01:00:10	+29:28	06:01
12	1451	Marisa Lopes Freitas	ZUMBA JOANÉTES	Veterana F45	01:00:32	+29:50	06:03
13	1266	Isaura Pereira	Individual	Veterana F45	01:05:23	+34:42	06:32
14	1274	Suzana Pestana	Individual	Veterana F45	01:05:54	+35:12	06:35

15	1004	Sónia Borrego	Slowrunners	Veterana F45	01:05:58	+35:17	06:36
16	1269	Rita André	Individual	Veterana F45	01:06:00	+35:19	06:36
17	1260	Andreia Paixão	Individual	Veterana F45	01:06:23	+35:41	06:38
18	1096	Ana sofia raminhos	clube desportivo de mafra	Veterana F45	01:08:32	+37:51	06:51
19	1111	La Salete	GDGraça do Divor	Veterana F45	01:08:33	+37:52	06:51
20	1273	Susana Simões	Individual	Veterana F45	01:10:24	+39:42	07:02
21	1258	Ana Lopes	Individual	Veterana F45	01:10:24	+39:42	07:02
22	1264	Célia Martins	Individual	Veterana F45	01:15:58	+45:17	07:36
23	1270	Sandra Guerreiro	Individual	Veterana F45	01:16:04	+45:22	07:36
24	1261	Ângela Cristina da Cruz Martins	Individual	Veterana F45	01:17:37	+46:55	07:46
25	1134	Elisabete Maria Antunes Patricio	GRYFFINDOR	Veterana F45	01:36:51	+01:06:09	09:41
26	1271	Sandra isabel	Individual	Veterana F45	01:36:53	+01:06:11	09:41

Veterana F50

1	1033	Odete Barbas	ACPortalegre/UTSM	Veterana F50	49:56	+19:14	05:00
2	1032	Doralicia Bicho	ACPortalegre/UTSM	Veterana F50	51:25	+20:44	05:09
3	1118	MARIA FERREIRA	GDRC Ponterrolense	Veterana F50	51:50	+21:08	05:11
4	1416	Sónia Pinto	Os galgos	Veterana F50	52:16	+21:34	05:14
5	1065	Maria Mocisso	Bombeiros Voluntários De Montemor-O-Novo	Veterana F50	52:45	+22:03	05:17
6	1276	Ana Dantas da Cunha	Individual	Veterana F50	53:43	+23:01	05:22
7	1277	Cristina Reis	Individual	Veterana F50	01:02:11	+31:29	06:13
8	1419	Sandra Martinho	Peniche a Correr	Veterana F50	01:03:44	+33:02	06:22
9	1432	Cristina Brigham	SCD Glória do Ribatejo	Veterana F50	01:11:24	+40:43	07:08
10	1283	Zélia Russo	Individual	Veterana F50	01:28:11	+57:29	08:49

Veterana F55

1	1058	Isabel Santos	ASSOCIAÇÃO CULTURAL SAMBRASENSE	Veterana F55	58:14	+27:32	05:49
2	1060	Maria Alegria	Bless fitness Run&friends	Veterana F55	01:02:54	+32:13	06:17
3	1105	MADALENA REIS PINA	clube tap portugal	Veterana F55	01:03:23	+32:41	06:20
4	1417	Catarina Nicho	Os galgos	Veterana F55	01:04:00	+33:19	06:24
5	1284	Alice Anjinho	Individual	Veterana F55	01:06:25	+35:43	06:39
6	1119	MARIBEL SILVA	GDRC Ponterrolense	Veterana F55	01:07:18	+36:36	06:44
7	1106	SÓNIA DAL CASON	clube tap portugal	Veterana F55	01:09:06	+38:25	06:55
8	1425	Madalena Soares	Pólo Aquático nº 11	Veterana F55	01:19:31	+48:49	07:57

Veterana F60

1	1074	CONCEIÇÃO RODRIGUES	CA VALE FIGUEIRA	Veterana F60	54:35	+23:53	05:28
2	1073	CLARA MINA	CA VALE FIGUEIRA	Veterana F60	56:21	+25:40	05:38
3	1066	Hortense Faria	Bombeiros Voluntários De Montemor-O-Novo	Veterana F60	01:00:18	+29:36	06:02

4	1285	daniaux monique	Individual	Veterana F60	01:26:28	+55:47	08:39

Veterana F65

1	1042	ELISABETE PINTO	Agualva Runners	Veterana F65	01:12:21	+41:39	07:14
2	1041	ANA GALAMBA	Agualva Runners	Veterana F65	01:16:41	+46:00	07:40
3	1287	Maria Camo Anjos	Individual	Veterana F65	01:37:18	+01:06:36	09:44

Veterano M35

1	1130	Vítor Oliveira	GFD Running	Veterano M35	32:11	+01:30	03:13
2	1083	João Plácido	Caracol Trail Team	Veterano M35	37:16	+06:35	03:44
3	1303	Nuno Silva	Individual	Veterano M35	39:01	+08:19	03:54
4	1300	José Vítor	Individual	Veterano M35	41:55	+11:13	04:12
5	1305	Pedro Miguel Nunes	Individual	Veterano M35	46:15	+15:34	04:38
6	1069	João Nunes	C.D. ”Os Águias” de Alpiarça	Veterano M35	46:29	+15:48	04:39
7	1290	André Salvador Cartaxo Morais Antunes	Individual	Veterano M35	48:43	+18:02	04:52
8	1107	JORGE CARLOS GONÇALVES	clube tap portugal	Veterano M35	49:02	+18:21	04:54
9	1292	Bruno santos	Individual	Veterano M35	49:04	+18:23	04:54
10	1299	Jorge Sarca	Individual	Veterano M35	50:01	+19:19	05:00
11	1306	Rodolfo Colhe	Individual	Veterano M35	50:30	+19:49	05:03
12	1047	Telmo Nunes	Alverca Urban Runners	Veterano M35	50:54	+20:12	05:05
13	1422	Nuno Mendes	PICNICKERS	Veterano M35	53:32	+22:51	05:21
14	1289	André Filipe Vieira Raposo	Individual	Veterano M35	54:44	+24:02	05:28
15	1291	Anthony Rosado	Individual	Veterano M35	55:17	+24:36	05:32
16	1080	José Neves	CAD Coruche	Veterano M35	55:44	+25:02	05:34
17	1428	Carlos Cardoso	Runners & Walkers Pegachos	Veterano M35	55:53	+25:11	05:35
18	1295	Fábio Lopes	Individual	Veterano M35	56:50	+26:09	05:41
19	1297	João Campião	Individual	Veterano M35	57:21	+26:40	05:44
20	1308	Samuel José Cruz Martins	Individual	Veterano M35	58:49	+28:07	05:53
21	1013	Gonçalo Fortunato	A20kms - Desportos de Montanha	Veterano M35	59:19	+28:37	05:56
22	1294	Daniel Vital	Individual	Veterano M35	01:01:04	+30:23	06:06
23	1039	Rui Paulino	Adega Taurina running	Veterano M35	01:01:15	+30:33	06:08
24	1433	Alexandre Fonseca	SCD Glória do Ribatejo	Veterano M35	01:02:01	+31:20	06:12
25	1021	João Bastos	Associação 20Kms de Almeirim	Veterano M35	01:07:46	+37:04	06:47
26	1448	André Maia	Velozes e Famintos	Veterano M35	01:17:27	+46:45	07:45

Veterano M40

1	1075	PEDRO ARSÉNIO	CA VALE FIGUEIRA	Veterano M40	31:57	+01:16	03:12
2	1455	Paulo Ferreira	Individual	Veterano M40	42:28	+11:47	04:15
3	1100	Marco Franco	Clube de Atletismo de Ferreira do Zêzere	Veterano M40	42:56	+12:14	04:18

4	1141	Nuno Silva	HeCaTEAM	Veterano M40	43:44	+13:02	04:22
5	1314	Flávio Carvalho	Individual	Veterano M40	44:00	+13:19	04:24
6	1012	Frederico Russo	A20kms - Desportos de Montanha	Veterano M40	47:41	+17:00	04:46
7	1320	Luís Figueira	Individual	Veterano M40	47:50	+17:09	04:47
8	1313	Filipe Paulo	Individual	Veterano M40	48:56	+18:15	04:54
9	1040	Pedro Belas	Adega Taurina running	Veterano M40	49:46	+19:04	04:59
10	1318	João Veiga	Individual	Veterano M40	50:11	+19:29	05:01
11	1326	Ricardo Santos	Individual	Veterano M40	50:45	+20:04	05:05
12	1104	Bruno Rodrigues	Clube Raquel Cabaço	Veterano M40	50:46	+20:04	05:05
13	1312	DIOGO LOPES	Individual	Veterano M40	51:02	+20:20	05:06
14	1321	Luís Urbano	Individual	Veterano M40	51:47	+21:06	05:11
15	1020	Ricardo Manuel Dias da Silva	A20kms - Desportos de Montanha	Veterano M40	52:39	+21:57	05:16
16	1026	Antonio Cebola	A TEAM AGEAS	Veterano M40	52:42	+22:00	05:16
17	1327	Rui Gameiro	Individual	Veterano M40	52:47	+22:06	05:17
18	1325	Nelson Lopes	Individual	Veterano M40	53:20	+22:38	05:20
19	1018	Pedro Figueiredo	A20kms - Desportos de Montanha	Veterano M40	53:38	+22:56	05:22
20	1434	Carlos Pereira	SCD Glória do Ribatejo	Veterano M40	53:45	+23:03	05:23
21	1108	PAULO JOSÉ MONTEIRO	clube tap portugal	Veterano M40	54:26	+23:44	05:27
22	1330	Vítor Zacarias	Individual	Veterano M40	57:32	+26:50	05:45
23	1316	Joao Faustino	Individual	Veterano M40	57:51	+27:09	05:47
24	1328	Tiago Mendes	Individual	Veterano M40	59:17	+28:36	05:56
25	1011	Ricardo Batista	Borrego Leonor	Veterano M40	01:00:11	+29:30	06:01
26	1009	Óscar Martins	Borrego Leonor	Veterano M40	01:00:19	+29:38	06:02
27	1323	Marco Baiona	Individual	Veterano M40	01:00:21	+29:39	06:02
28	1310	Cirino Lourenço	Individual	Veterano M40	01:00:30	+29:48	06:03
29	1319	Luis Bizarro	Individual	Veterano M40	01:00:51	+30:10	06:05
30	1085	Nuno Rafael	Casa do Benfica em Algueirão Mem Martins	Veterano M40	01:01:47	+31:05	06:11
31	1324	Miguel Freitas	Individual	Veterano M40	01:04:24	+33:42	06:26
32	1315	joao coelho	Individual	Veterano M40	01:04:51	+34:09	06:29
33	1084	Bruno Grilo	Casa do Benfica em Algueirão Mem Martins	Veterano M40	01:17:04	+46:22	07:42
34	1317	João Rosa Luz	Individual	Veterano M40	01:17:37	+46:56	07:46

Veterano M45

1	1337	Dinis Pedralva Joaquim	Individual	Veterano M45	43:15	+12:33	04:20
2	1120	MARCO SILVA	GDRC Ponterrolense	Veterano M45	44:02	+13:21	04:24
3	1076	NUNO SALGADO	CA VALE FIGUEIRA	Veterano M45	45:05	+14:23	04:31
4	1418	Pedro Gonçalves	Os galgos	Veterano M45	45:11	+14:29	04:31
5	1339	Nuno Maia	Individual	Veterano M45	45:14	+14:32	04:31
6	1341	Nuno Paulino	Individual	Veterano M45	46:28	+15:47	04:39
7	1132	João Graça	GFD Running	Veterano M45	46:39	+15:58	04:40
8	1131	Artur Pinto	GFD Running	Veterano M45	46:41	+15:59	04:40
9	1017	Francisco Bento	A20kms - Desportos de Montanha	Veterano M45	47:57	+17:15	04:48
10	1338	Luis Miguel Agapito Caetano	Individual	Veterano M45	48:35	+17:54	04:52
11	1335	Carlos Monteiro	Individual	Veterano M45	49:00	+18:18	04:54

12	1349	Sérgio Luís Troeira	Individual	Veterano M45	49:11	+18:30	04:55
13	1344	Pedro Paulo	Individual	Veterano M45	49:24	+18:42	04:56
14	1454	JOSÉ LUÍS PEREIRA	CA VALE FIGUEIRA	Veterano M45	51:22	+20:40	05:08
15	1333	Artur Gonçalves	Individual	Veterano M45	51:40	+20:58	05:10
16	1350	Tiago Felícia	Individual	Veterano M45	53:45	+23:04	05:23
17	1027	Tito Teixeira	A TEAM AGEAS	Veterano M45	53:55	+23:13	05:24
18	1346	Rui Jorge Costa Nunes	Individual	Veterano M45	54:18	+23:37	05:26
19	1334	Carlos Borrego	Individual	Veterano M45	55:53	+25:12	05:35
20	1342	Osvaldo Ferreira	Individual	Veterano M45	57:08	+26:27	05:43
21	1343	Pedro Lopes	Individual	Veterano M45	57:39	+26:58	05:46
22	1352	VALTER TAINHA	Individual	Veterano M45	58:18	+27:37	05:50
23	1347	Rui Xo Ares	Individual	Veterano M45	01:00:00	+29:18	06:00
24	1340	Nuno Miguel Lopes Pardal	Individual	Veterano M45	01:00:58	+30:16	06:06
25	1010	Hugo Mendes	Borrego Leonor	Veterano M45	01:01:08	+30:26	06:07
26	1336	Carlos Rodrigues	Individual	Veterano M45	01:02:27	+31:45	06:15
27	1351	Tiago Franco	Individual	Veterano M45	01:03:13	+32:31	06:19
28	1125	Bruno Geraldes	Geraldes	Veterano M45	01:04:06	+33:25	06:25
29	1025	Luís Cotrim	1904	Veterano M45	01:12:28	+41:47	07:15
30	1332	António João Alexandre Silva	Individual	Veterano M45	01:15:26	+44:44	07:33
31	1345	pedro vilela	Individual	Veterano M45	01:15:30	+44:48	07:33
32	1348	Sergio André	Individual	Veterano M45	01:19:05	+48:23	07:55
33	1135	Vitor Manuel Simões Dos Santos	GRYFFINDOR	Veterano M45	01:36:50	+01:06:08	09:41

Veterano M50

1	1122	JOAQUIM LEAL	GDRC Ponterrolense	Veterano M50	37:28	+06:46	03:45
2	1054	ACÁCIO GOMES	ARCD MENDIGA	Veterano M50	42:47	+12:06	04:17
3	1035	Luís Rodrigues	ACPortalegre/UTSM	Veterano M50	43:51	+13:10	04:23
4	1366	Luís Caetano	Individual	Veterano M50	46:38	+15:56	04:40
5	1375	Vitor Rodrigues	Individual	Veterano M50	47:14	+16:32	04:43
6	1121	FERNANDO SILVA	GDRC Ponterrolense	Veterano M50	47:51	+17:10	04:47
7	1355	Filipe Lopes da Silva	Individual	Veterano M50	48:17	+17:35	04:50
8	1354	Dinis Filipe Mendes da Silva	Individual	Veterano M50	48:29	+17:47	04:51
9	1362	Jorge Aldeias	Individual	Veterano M50	48:29	+17:47	04:51
10	1095	Miguel Mendes	Chamusca Trail	Veterano M50	48:35	+17:54	04:52
11	1358	Hélder Amilcar De Oliveira António	Individual	Veterano M50	48:59	+18:17	04:54
12	1372	RAUL JORGE	Individual	Veterano M50	49:08	+18:27	04:55
13	1370	Luís Nunes	Individual	Veterano M50	49:47	+19:05	04:59
14	1077	LUÍS SOUSA	CA VALE FIGUEIRA	Veterano M50	50:01	+19:19	05:00
15	1044	jose ferreira	alcobela	Veterano M50	50:12	+19:31	05:01
16	1019	João Ferreirinho	A20kms - Desportos de Montanha	Veterano M50	53:37	+22:56	05:22
17	1363	Jorge Bruno Barbosa	Individual	Veterano M50	54:02	+23:20	05:24
18	1364	José Branco	Individual	Veterano M50	54:49	+24:07	05:29
19	1359	HELIO FERNANDO DONATO SANTOS	Individual	Veterano M50	55:40	+24:58	05:34
20	1373	Ricardo Matos	Individual	Veterano M50	56:08	+25:26	05:37
21	1360	Joaquim Guerreiro	Individual	Veterano M50	59:21	+28:40	05:56

22	1371	Nuno Botelho	Individual	Veterano M50	01:00:00	+29:18	06:00
23	1361	Joaquim Tome	Individual	Veterano M50	01:00:58	+30:16	06:06
24	1365	Luis Anacleto	Individual	Veterano M50	01:02:27	+31:45	06:15
25	1133	Hélder Figueiredo	Grupo Barraqueiro	Veterano M50	01:05:59	+35:17	06:36
26	1369	Luís Martins	Individual	Veterano M50	01:08:11	+37:29	06:49
27	1353	António Cerejo	Individual	Veterano M50	01:09:06	+38:24	06:55
28	1368	Luís Gomes	Individual	Veterano M50	01:12:00	+41:18	07:12
29	1356	Filipe Matias	Individual	Veterano M50	01:20:16	+49:34	08:02

Veterano M55

1	1384	Manuel Bacatelo	Individual	Veterano M55	46:25	+15:43	04:39
2	1376	Carlos Rosado	Individual	Veterano M55	47:54	+17:12	04:47
3	1036	Francisco Costa	ACPortalegre/UTSM	Veterano M55	48:07	+17:26	04:49
4	1037	Joaquim Barbas	ACPortalegre/UTSM	Veterano M55	49:56	+19:14	05:00
5	1045	luis ferreira	alcobela	Veterano M55	50:43	+20:02	05:04
6	1386	Miguel Matos	Individual	Veterano M55	51:23	+20:41	05:08
7	1409	Luís Miguel Saturnino Pinhão	Jardim de Baixo	Veterano M55	53:38	+22:57	05:22
8	1379	João Paulo Luís	Individual	Veterano M55	54:54	+24:13	05:29
9	1377	Hélder António Ribeiro da Silva	Individual	Veterano M55	55:57	+25:16	05:36
10	1436	José Luís Martins	Slowrunners	Veterano M55	56:07	+25:25	05:37
11	1385	Manuel Francisco Russo	Individual	Veterano M55	56:09	+25:28	05:37
12	1070	Carlos Rodrigues	C.D. ”Os Águias” de Alpiarça	Veterano M55	56:29	+25:47	05:39
13	1109	MANUEL DE ALÉM MEXIA	clube tap portugal	Veterano M55	57:18	+26:36	05:44
14	1430	Luís Tavares	SB VIDROS - VIDRALA	Veterano M55	59:16	+28:34	05:56
15	1382	Luís Lopes	Individual	Veterano M55	01:00:09	+29:27	06:01
16	1092	Rafael Santos	CCDTMetroLX	Veterano M55	01:06:52	+36:11	06:41
17	1389	Rui Silva	Individual	Veterano M55	01:08:23	+37:41	06:50
18	1378	João Miguel Salgado	Individual	Veterano M55	01:12:00	+41:19	07:12

Veterano M60

1	1123	JOSÉ LEMOS	GDRC Ponterrolense	Veterano M60	40:22	+09:40	04:02
2	1420	Carlos Cordeiro	Peniche a Correr	Veterano M60	51:06	+20:25	05:07
3	1413	José Proença	Linda-A-Pastora Sporting Clube	Veterano M60	51:08	+20:26	05:07
4	1398	renato fidalgo ventura inacio	Individual	Veterano M60	52:26	+21:45	05:15
5	1393	Jorge Rodrigues	Individual	Veterano M60	54:45	+24:04	05:29
6	1103	José Carlos Da Purificação Dantas	Clube Desportivo de Mafra	Veterano M60	54:52	+24:10	05:29
7	1397	Pedro Neto	Individual	Veterano M60	54:53	+24:12	05:29
8	1392	Joaquim António Mendes Viana	Individual	Veterano M60	57:30	+26:48	05:45
9	1394	José Paulo Lopes Costa	Individual	Veterano M60	01:01:45	+31:04	06:11
10	1395	ORLANDO SIMÕES	Individual	Veterano M60	01:07:18	+36:37	06:44
11	1093	Orlando Sousa	CCDTMetroLX	Veterano M60	01:14:53	+44:11	07:29
12	1391	hoyois philippe	Individual	Veterano M60	01:26:28	+55:46	08:39

10K **10 KM**

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OFFICIAL RESULT

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

Veterano M65

1	1087	Américo Rodrigues	Casa do Benfica em Algueirão Mem Martins	Veterano M65	43:50	+13:08	04:23
2	1038	EMÍLIO PAULINO	ACPortalegre/UTSM	Veterano M65	48:42	+18:00	04:52
3	1406	Ricardo Lourenço	Individual	Veterano M65	49:41	+18:59	04:58
4	1124	ANTÓNIO INÁCIO	GDRC Ponterrolense	Veterano M65	50:29	+19:48	05:03
5	1423	Carlos Gomes	PICNICKERS	Veterano M65	50:53	+20:11	05:05
6	1435	Carlos Santos	SIMECQ	Veterano M65	52:51	+22:09	05:17
7	1079	Virgilio Nascimento	CA VALE FIGUEIRA	Veterano M65	54:35	+23:53	05:28
8	1399	Alceu Paulo	Individual	Veterano M65	55:55	+25:13	05:36
9	1400	António Batalha	Individual	Veterano M65	58:33	+27:52	05:51
10	1401	António Grazina	Individual	Veterano M65	58:50	+28:08	05:53
11	1402	Ezequiel Alves Fernandes	Individual	Veterano M65	59:14	+28:33	05:55
12	1102	Armando Peneda	Clube de Pessoal da EDP, Porto	Veterano M65	01:01:05	+30:24	06:07
13	1407	Vítor Aguilar Aguilar	Individual	Veterano M65	01:04:17	+33:35	06:26
14	1450	Paulo Quaresma	Veteranos de Massama	Veterano M65	01:07:18	+36:36	06:44
15	1098	Diamantino Albuquerque	clube desportivo de mafra	Veterano M65	01:08:33	+37:51	06:51
16	1099	jorge paulino	clube desportivo de mafra	Veterano M65	01:08:33	+37:51	06:51
17	1403	João Luís Frade Cajeira	Individual	Veterano M65	01:11:24	+40:43	07:08
18	1014	António Balbi	A20kms - Desportos de Montanha	Veterano M65	01:13:44	+43:03	07:22
19	1449	Manuel Azevedo	Veteranos de Massama	Veterano M65	01:13:50	+43:09	07:23
20	1043	PEDRO PINTO	Agualva Runners	Veterano M65	01:14:49	+44:07	07:29
21	1088	Joaquim Grilo	Casa do Benfica em Algueirão Mem Martins	Veterano M65	01:17:04	+46:22	07:42
22	1078	JOSÉ LINDO	CA VALE FIGUEIRA	Veterano M65	01:23:34	+52:52	08:21
23	1086	Albino Neiva	Casa do Benfica em Algueirão Mem Martins	Veterano M65	01:23:38	+52:56	08:22