

PROVA PRINCIPAL - STAGE 1**6 KM**

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	22:00	17°C	97%
End	23:20	17°C	97%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	345	Licínio Silva	Grupo Alegre Unido Bajouca	22:57		03:50	
2	810	Daniel Antunes	SicóTrilhos	23:30	+00:33	03:55	
3	546	Marco Gomes	Individual	23:33	+00:36	03:55	
4	757	Sérgio Junqueira	CPR-A-do-Barbas	23:56	+00:59	03:59	
5	756	Tiago Alves	BTTalhos Bike Team	24:08	+01:11	04:01	
6	352	Hugo Horta	Grupo Alegre Unido Bajouca	24:15	+01:18	04:03	
7	412	André Bento	Individual	25:07	+02:10	04:11	
8	347	Ricardo Nunes	Grupo Alegre Unido Bajouca	25:24	+02:27	04:14	
9	346	Philipe Diniz	Grupo Alegre Unido Bajouca	25:45	+02:48	04:17	
10	609	Bruno Zanette	NES	26:17	+03:20	04:23	
11	269	TIAGO SILVA	Gatões BTT	26:23	+03:26	04:24	
12	819	Hernâni Gonçalves Ferreira	VILAVENTURA TRAIL	26:25	+03:28	04:24	
13	426	Iúri Gil pereira	Individual	26:28	+03:31	04:25	
14	778	Nuno Neves	Individual	26:48	+03:51	04:28	
15	280	Helder Soares	GDRC UNIDOS	26:57	+04:00	04:30	
16	766	Bruno Antunes	Individual	27:07	+04:10	04:31	
17	811	Nuno Mendes	SicóTrilhos	27:21	+04:24	04:34	
18	584	Simão Ferreira Simões	Lentos e Furiosos	27:28	+04:31	04:35	
19	341	António Pedrosa	Grupo Alegre Unido Bajouca	27:28	+04:31	04:35	
20	436	Mário Eusébio	Individual	27:30	+04:33	04:35	
21	541	Jorge Simões	Individual	27:35	+04:38	04:36	
22	536	JOÃO PEDRO	Individual	27:45	+04:48	04:37	
23	777	Martim Santos	ACTIVE Pombal	27:51	+04:54	04:38	
24	748	Simão Mota das Neves	XXXL	27:53	+04:56	04:39	
25	281	João Reis	GDRC UNIDOS	27:54	+04:57	04:39	
26	282	Luis Rosa	GDRC UNIDOS	28:02	+05:05	04:40	
27	338	Daniela Cordeiro	Grupo Alegre Unido Bajouca	28:09	+05:12	04:41	
28	744	Jose Pires	XXXL	28:16	+05:19	04:43	
29	790	Nuno Alexandre Duarte Mota	Individual	28:29	+05:32	04:45	
30	342	Bruno Silva	Grupo Alegre Unido Bajouca	28:31	+05:34	04:45	
31	538	Joel Costa	Individual	28:38	+05:41	04:46	
32	767	David Alves	Individual	28:42	+05:45	04:47	
33	354	Márcio Cruz	Grupo Alegre Unido Bajouca	28:49	+05:52	04:48	
34	203	AQUILINO DIAS FERREIRA	Clube de Atletismo Gaspar & Costa	29:02	+06:05	04:50	
35	796	Jorge Henriques	Lourival Bike Team	29:03	+06:06	04:50	
36	775	Jordan Silva	Individual	29:11	+06:14	04:52	
37	703	Hugo Silva	Talentos Objetivos	29:13	+06:16	04:52	
38	33	Hugo Rosa	ACTIVE Pombal	29:13	+06:16	04:52	
39	657	Nichita Ticu	SCPOMBAL/TRAIL TEAM	29:18	+06:21	04:53	
40	769	Diogo Rodrigues Mendes	Individual	29:19	+06:22	04:53	
41	344	Leonardo Bento	Grupo Alegre Unido Bajouca	29:30	+06:33	04:55	
42	747	Lucas Jesus Gonçalves Neves	XXXL	29:32	+06:35	04:55	

PROVA PRINCIPAL - STAGE 1

6 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	658	Nuno Ferreira	SCPOMBAL/TRAIL TEAM	29:32	+06:35	04:55	
44	822	Vitor Monteiro	VILAVENTURA TRAIL	29:45	+06:48	04:58	
45	348	Rodrigo Feteira	Grupo Alegre Unido Bajouca	29:56	+06:59	04:59	
46	286	Tómas Gaspar	GDRC UNIDOS	30:05	+07:08	05:01	
47	610	Fábio Tomé	NES	30:12	+07:15	05:02	
48	805	João Pedro da Silva Dâmaso	Pedrosa Vending	30:12	+07:15	05:02	
49	423	Fábio Marques	Individual	30:33	+07:36	05:06	
50	752	Filipe Carvalho	ACRM Silveirinha Grande Claras	30:40	+07:43	05:07	
51	817	Bernardo Monteiro	VILAVENTURA TRAIL	30:46	+07:49	05:08	
52	612	Fernando Jorge Correia	NES	30:46	+07:49	05:08	
53	520	André Luz Silva	Individual	30:57	+08:00	05:09	
54	233	Gonçalo Vieira	Electroranha	30:57	+08:00	05:10	
55	283	Martim Grácio	GDRC UNIDOS	30:59	+08:02	05:10	
56	422	Edgar Silva Oliveira	Individual	31:04	+08:07	05:11	
57	440	Nelson Manuel Santos Rodrigues	Individual	31:08	+08:11	05:11	
58	553	Pedro dos Santos Lopes	Individual	31:11	+08:14	05:12	
59	442	Nuno Alexandre	Individual	31:13	+08:16	05:12	
60	559	Sílvio André dos Santos Moreira	Individual	31:14	+08:17	05:12	
61	530	Hélder Manuel dos Santos Morais Freire	Individual	31:15	+08:18	05:12	
62	155	Pedro Pereiro	Barras e Bolinhos	31:18	+08:21	05:13	
63	319	Vitor hugo	Ginásio Pulse	31:23	+08:26	05:14	
64	746	Lucas da Silva Lopes	XXXL	31:25	+08:28	05:14	
65	130	Mariana Cordeiro	Barras e Bolinhos	31:36	+08:39	05:16	
66	125	Catarina Carvalho	Barras e Bolinhos	31:38	+08:41	05:16	
67	470	João Margarido Santos	Individual	31:42	+08:45	05:17	
68	821	Marco Antônio Silva Pedrosa	VILAVENTURA TRAIL	31:43	+08:46	05:17	
69	334	Sérgio Simões	Ginásio Pulse	31:44	+08:47	05:17	
70	735	José Silva	Vamos com tudo	31:44	+08:47	05:17	
71	356	Pedro Cabecinhas	Grupo Alegre Unido Bajouca	31:47	+08:50	05:18	
72	800	Rodolfo Silva	Os Bagaços	31:53	+08:56	05:19	
73	473	Tomás Vicente	Individual	32:00	+09:03	05:20	
74	621	Adilio Miguel Carreira dos Santos	Os dois	32:02	+09:05	05:20	
75	663	Fernando Ferreira	Seleção lá de casa	32:05	+09:08	05:21	
76	277	Diogo Domingues	GDRC UNIDOS	32:08	+09:11	05:21	
77	785	emidio alves	Individual	32:11	+09:14	05:22	
78	195	JOÃO MIGUEL LOPES DA SILVA	Clube de Atletismo Gaspar & Costa	32:12	+09:15	05:22	
79	763	João Paulo Gonçalves Pedrosa	Grupo Alegre Unido Bajouca	32:13	+09:16	05:22	
80	258	Bryan rodrigues	FitTraining Academy	32:15	+09:18	05:23	
81	260	Mickael Freire	FitTraining Academy	32:19	+09:22	05:23	
82	418	Cristiano Ruas	Individual	32:24	+09:27	05:24	
83	357	Virgílio Alberto	Grupo Alegre Unido Bajouca	32:25	+09:28	05:24	
84	615	Diogo Silva	Nexebra Trail Team	32:27	+09:30	05:25	
85	613	Inês Ramos	Nexebra Trail Team	32:34	+09:37	05:26	
86	316	Toni Mota	Ginásio Pulse	32:34	+09:37	05:26	
87	34	João Miguel Gomes	ACTIVE Pombal	32:35	+09:38	05:26	

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OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	285	Sandro Remigio	GDRC UNIDOS	32:35	+09:38	05:26	
89	22	Andreia Parreiras	A. C. S, Mamede	32:37	+09:40	05:26	
90	313	Lucas Areia Silva	Ginásio Pulse	32:38	+09:41	05:26	
91	58	Daniel Gonçalves	ACTIVE Pombal	32:40	+09:43	05:27	
92	813	Nuno Filipe João Martins	Trail da Amizade Runners	32:40	+09:43	05:27	
93	63	Ricardo Branco Gonçalves	ACTIVE Pombal	32:42	+09:45	05:27	
94	519	Alexandre Fernandes Marques	Individual	32:43	+09:46	05:27	
95	61	Nuno Ricardo da Silva Moreira	ACTIVE Pombal	32:44	+09:47	05:27	
96	446	Pedro Clemente Serra	Individual	32:48	+09:51	05:28	
97	814	Patrícia Gomes	Trilho do Castelejo	32:52	+09:55	05:29	
98	20	Filipe Henriques	À toa	32:53	+09:56	05:29	
99	758	André Moura Alves	FitTraining Academy	32:58	+10:01	05:30	
100	37	Tiago Mourão	ACTIVE Pombal	33:04	+10:07	05:31	
101	749	Mario Jose da Silva	XXXL	33:04	+10:07	05:31	
102	351	Dinis Fernandes	Grupo Alegre Unido Bajouca	33:07	+10:10	05:31	
103	751	Monica Jordão	ACRM Silveirinha Grande Claras	33:07	+10:10	05:31	
104	733	Diogo Ribeiro	Vamos com tudo	33:07	+10:10	05:31	
105	468	Eduardo Fernandes	Individual	33:08	+10:11	05:31	
106	287	Tomé Gouveia	GDRC UNIDOS	33:14	+10:17	05:32	
107	261	Rafael Pereira da Silva	FitTraining Academy	33:14	+10:17	05:32	
108	262	Stéphane Pereira Lopes	FitTraining Academy	33:15	+10:18	05:32	
109	44	Santiago Rodrigues	ACTIVE Pombal	33:17	+10:20	05:33	
110	30	Marisa Silva	ACTIVE Pombal	33:22	+10:25	05:34	
111	642	João Rebelo	Pulse	33:24	+10:27	05:34	
112	816	Nélia Anastácio	VILAVENTURA TRAIL	33:24	+10:27	05:34	
113	745	Leonardo Mota Rodrigues	XXXL	33:30	+10:33	05:35	
114	743	Afonso Neves Silva	XXXL	33:38	+10:41	05:36	
115	55	Susana Moreira das Neves	ACTIVE Pombal	33:47	+10:50	05:38	
116	727	PEDRO VALENÇA	tugassauros	33:49	+10:52	05:38	
117	18	Bárbara Pereira	À toa	33:53	+10:56	05:39	
118	6	Carla Silva	100 Gás Trail Team	33:55	+10:58	05:39	
119	435	Marco Simões	Individual	34:01	+11:04	05:40	
120	677	Eduardo Mendes	SicóTrilhos	34:05	+11:08	05:41	
121	449	Rodrigo Batista	Individual	34:07	+11:10	05:41	
122	711	Luís Simões	trail da ladeia running team	34:10	+11:13	05:42	
123	21	Leonardo Pereira	À toa	34:10	+11:13	05:42	
124	369	Nuno Capela	I AM SPEED	34:16	+11:19	05:43	
125	368	Hugo Gaspar	I AM SPEED	34:16	+11:19	05:43	
126	158	Rui Gaspar	Barras e Bolinhos	34:18	+11:21	05:43	
127	271	Dany Mateus	Gatões BTT	34:20	+11:23	05:43	
128	558	Rui Marques	Individual	34:28	+11:31	05:45	
129	56	André Sardinha	ACTIVE Pombal	34:50	+11:53	05:48	
130	84	Luna Ferreira	ARB	34:50	+11:53	05:48	
131	157	Roberto Fiuza	Barras e Bolinhos	34:52	+11:55	05:49	
132	135	Rúben Silva	Barras e Bolinhos	34:53	+11:56	05:49	
133	450	Rúben Lopes Domingues	Individual	34:55	+11:58	05:49	

PROVA PRINCIPAL - STAGE 1

6 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
134	537	Joaquim Sousa	Individual	34:58	+12:01	05:50	
135	459	Vitor Santos	Individual	34:59	+12:02	05:50	
136	126	Fabiana Santos	Barras e Bolinhos	35:04	+12:07	05:51	
137	49	Gina Domingues	ACTIVE Pombal	35:05	+12:08	05:51	
138	57	António Jesus	ACTIVE Pombal	35:06	+12:09	05:51	
139	434	Lino Lopes	Individual	35:08	+12:11	05:51	
140	19	Filipa Pereira	À toa	35:11	+12:14	05:52	
141	471	Pedro Sousa Mota Gameiro	Individual	35:14	+12:17	05:52	
142	709	Jose Martins	trail da ladeia running team	35:14	+12:17	05:52	
143	710	José Pedro Rodrigues Neves	trail da ladeia running team	35:15	+12:18	05:52	
144	830	André Pedro	Individual	35:16	+12:19	05:53	
145	443	Nuno Carrasqueira	Individual	35:16	+12:19	05:53	
146	408	Telma Ferreira	Individual	35:21	+12:24	05:54	
147	139	Carmen Rodrigues	Barras e Bolinhos	35:23	+12:26	05:54	
148	545	Manuel Gameiro	Individual	35:24	+12:27	05:54	
149	779	Pedro Silva	Individual	35:26	+12:29	05:54	
150	410	Alex Sav'jak	Individual	35:26	+12:29	05:54	
151	272	Nuno Gonçalo Mendes Queda	Gatões BTT	35:27	+12:30	05:54	
152	431	JORGE ALMEIDA	Individual	35:28	+12:31	05:55	
153	708	Sabine Ferreira	trail da ladeia running team	35:31	+12:34	05:55	
154	742	MARCO PASCOAL	VILAVENTURA TRAIL	35:31	+12:34	05:55	
155	765	Sandra Isabel Santos Nunes	Individual	35:31	+12:35	05:55	
156	771	Filipe Portela	Individual	35:35	+12:38	05:56	
157	611	Rafael Domingues Jerónimo	NES	35:36	+12:39	05:56	
158	494	Lurdes Vital	Individual	35:41	+12:44	05:57	
159	646	Tiago André Santos Gomes	Ratatu Time	35:42	+12:45	05:57	
160	211	José Cardoso	CSW	35:42	+12:45	05:57	
161	417	Carlos Diogo Ribeiro Mendes	Individual	35:43	+12:46	05:57	
162	539	Joel Martins	Individual	35:44	+12:47	05:57	
163	664	Mónica Meirinho	Serra D'Aire Trail Team	35:49	+12:52	05:58	
164	781	Rodrigo Silva	Individual	35:50	+12:53	05:58	
165	764	Patrícia Ramos Cravo	Individual	35:52	+12:55	05:59	
166	670	Leo Antunes	SicóTrilhos	35:53	+12:56	05:59	
167	650	António Manuel Ferreira Mendes	Ratatu Time	35:56	+12:59	05:59	
168	448	Ricardo Guedes	Individual	36:01	+13:04	06:00	
169	726	DAVID DINIS	tugassauros	36:03	+13:06	06:00	
170	62	Nuno Salvador	ACTIVE Pombal	36:04	+13:07	06:01	
171	363	Pedro Coelho	GRUPO CORBÁRIO E WHITE MINERALS	36:05	+13:08	06:01	
172	59	Gonçalo Lopes	ACTIVE Pombal	36:10	+13:13	06:02	
173	36	RAFAEL MENDES	ACTIVE Pombal	36:11	+13:14	06:02	
174	137	Ana Gonçalves	Barras e Bolinhos	36:22	+13:25	06:04	
175	35	Luís Carneiro	ACTIVE Pombal	36:23	+13:26	06:04	
176	156	Ricardo Fernandes	Barras e Bolinhos	36:23	+13:26	06:04	
177	795	Rui Gomes	Individual	36:29	+13:32	06:05	
178	761	Samuel Costa	FitTraining Academy	36:30	+13:33	06:05	
179	647	Tomás Mendes Abreu	Ratatu Time	36:31	+13:34	06:05	

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6 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
270	460	Zé Jales	Individual	40:26	+17:29	06:44	
271	762	Mariana Gomes	Ginásio Pulse	40:26	+17:29	06:44	
272	693	Natália Mota	Sumol Compal	40:29	+17:32	06:45	
273	196	MIGUEL ANDRÉ GONÇALVES	Clube de Atletismo Gaspar & Costa	40:30	+17:33	06:45	
274	504	Nélia Rodrigues	Individual	40:36	+17:39	06:46	
275	304	Mónica Gaspar	Ginásio Pulse	40:40	+17:43	06:47	
276	349	Ângela Alberto	Grupo Alegre Unido Bajouca	40:42	+17:45	06:47	
277	216	Gonçalo Ribeiro	CSW	40:42	+17:45	06:47	
278	430	Joel Nunes	Individual	40:43	+17:46	06:47	
279	209	André Gonçalves	CSW	40:48	+17:51	06:48	
280	120	ALFREDO SANTOS	ATLÉTICO CLUBE DE VERMOIL	40:52	+17:55	06:49	
281	311	João Caetano	Ginásio Pulse	40:52	+17:55	06:49	
282	288	Carolina Carvalheiro	GDRC UNIDOS	40:55	+17:58	06:49	
283	123	Beatriz Carpalhoso	Barras e Bolinhos	40:59	+18:02	06:50	
284	425	Henrique Neves Domingues	Individual	41:00	+18:03	06:50	
285	244	Natalia Correia	Família Correia	41:01	+18:04	06:50	
286	740	Nelson Santos Nogueira	VILAVENTURA TRAIL	41:01	+18:04	06:50	
287	820	João Carlos Santos Nogueira	VILAVENTURA TRAIL	41:02	+18:05	06:50	
288	739	Ana Guerra	VILAVENTURA TRAIL	41:02	+18:05	06:50	
289	387	Eduarda Mendes	Individual	41:15	+18:18	06:53	
290	330	ANTONIO NEVES	Ginásio Pulse	41:18	+18:21	06:53	
291	669	Sofia Terceiro	SicóTrilhos	41:22	+18:25	06:54	
292	704	João Pedro Teixeira Neves	trail da ladeira running team	41:22	+18:25	06:54	
293	625	John Peter Kennedy	Papa Léguas	41:23	+18:26	06:54	
294	23	Beatriz Matias	ACTIVE Pombal	41:24	+18:27	06:54	
295	792	Nuno Marques	Individual	41:34	+18:37	06:56	
296	31	Tânia Albernaz	ACTIVE Pombal	41:37	+18:40	06:56	
297	385	Diana varela	Individual	41:44	+18:47	06:57	
298	54	Sílvia Silva	ACTIVE Pombal	41:50	+18:53	06:58	
299	26	Márcio da Cruz Batista	ACTIVE Pombal	41:56	+18:59	06:59	
300	528	Filipe Silva	Individual	41:57	+19:00	07:00	
301	462	Lara Costa	Individual	42:00	+19:03	07:00	
302	783	Natália Gomes	Individual	42:00	+19:03	07:00	
303	24	Sandra Silva	ACTIVE Pombal	42:01	+19:04	07:00	
304	266	Manuel Cordeiro	FitTraining Academy	42:01	+19:04	07:00	
305	595	DYLAN GONÇALVES	MALTA DA CARUMA	42:02	+19:05	07:00	
306	507	Paula Virgínia dos Santos Marques	Individual	42:10	+19:13	07:02	
307	770	Edivaldo Mascarenhas Ferreira de Jesus Junior	Individual	42:11	+19:14	07:02	
308	276	Tania Remigio	GDRC UNIDOS	42:13	+19:16	07:02	
309	256	Bruna Oliveira	FitTraining Academy	42:13	+19:16	07:02	
310	264	Claudia Cordeiro	FitTraining Academy	42:15	+19:18	07:03	
311	655	João Ferreira	SCPOMBAL/TRAIL TEAM	42:18	+19:21	07:03	
312	656	Rita Alves	SCPOMBAL/TRAIL TEAM	42:18	+19:21	07:03	
313	212	Pedro Silva	CSW	42:19	+19:22	07:03	
314	67	Lionel Teixeira	AMResgais	42:24	+19:27	07:04	

PROVA PRINCIPAL - STAGE 1
6 KM
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION
OFFICIAL RESULT
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
315	698	Eusébio Miguel Lourenço Dias	Sumol Compal	42:25	+19:28	07:04	
316	684	Mário Gomes	Sumol Compal	42:31	+19:34	07:05	
317	823	Arlindo Oliveira	Individual	42:41	+19:44	07:07	
318	825	Vasco Pinto	Individual	42:43	+19:46	07:07	
319	725	AGOSTINHO PEREIRA	tugassauros	42:50	+19:53	07:08	
320	672	Renato Simões	SicóTrilhos	42:51	+19:54	07:09	
321	827	Jorge Ribeiro	Individual	42:54	+19:57	07:09	
322	41	Filipa Silva	ACTIVE Pombal	43:00	+20:03	07:10	
323	500	Maria Odete Freire Simões	Individual	43:02	+20:05	07:10	
324	185	Sérgio Lopes	Cansados à Partida	43:02	+20:05	07:10	
325	279	Fábio Gaspar	GDRC UNIDOS	43:12	+20:15	07:12	
326	278	Emanuel Duarte	GDRC UNIDOS	43:20	+20:23	07:13	
327	373	Ana Rosário	Individual	43:21	+20:24	07:14	
328	27	Andréia Silva	ACTIVE Pombal	43:21	+20:24	07:14	
329	668	Mélanie Simões	SicóTrilhos	43:23	+20:26	07:14	
330	667	Inês Domingues	SicóTrilhos	43:23	+20:26	07:14	
331	74	Carla Mendes	Ansibikers	43:24	+20:27	07:14	
332	614	Marta Ramos	Nexebra Trail Team	43:26	+20:29	07:14	
333	25	Tania Silva	ACTIVE Pombal	43:27	+20:30	07:15	
334	292	Ângelo Silva	GDRC UNIDOS	43:28	+20:31	07:15	
335	293	Cláudio Silva	GDRC UNIDOS	43:28	+20:31	07:15	
336	80	Rui Oliveira	Ansibikers	43:28	+20:31	07:15	
337	804	Alexandre Blanco	Os Tolinhos	43:28	+20:31	07:15	
338	166	Francisco Antunes	Biscas	43:29	+20:32	07:15	
339	622	Lidia Gonçalves	Os Tolinhos	43:30	+20:33	07:15	
340	160	Cristiana Soares	BFF	43:30	+20:33	07:15	
341	161	Marina Batista	BFF	43:30	+20:33	07:15	
342	165	Filipa Antunes	Biscas	43:39	+20:42	07:16	
343	619	MARCOS JOSÉ FREIRE LISBOA	ORGANIFACHO LDA	43:41	+20:44	07:17	
344	257	Eduarda Gomes	FitTraining Academy	43:43	+20:46	07:17	
345	162	Romeo Silva	BFF	43:48	+20:51	07:18	
346	163	Ricardo Ferreira	BFF	43:49	+20:52	07:18	
347	159	Frederico Martins	BFF	43:49	+20:52	07:18	
348	361	João Diogo	GRUPO CORBÁRIO E WHITE MINERALS	43:51	+20:54	07:18	
349	295	Frederico Duarte	GDRC UNIDOS	43:52	+20:55	07:19	
350	291	Susana Domingues	GDRC UNIDOS	43:53	+20:56	07:19	
351	571	Guilherme Silva	Lentos à solta	43:53	+20:56	07:19	
352	181	Paulo Gonçalves	CãBuzinos	44:01	+21:04	07:20	
353	5	João Gonçalves	100 Gás Trail Team	44:02	+21:05	07:20	
354	193	MARIBEL VANESSA ESTEVES SILVA	Clube de Atletismo Gaspar & Costa	44:07	+21:10	07:21	
355	197	SÉRGIO MANUEL DE BRITO FERREIRA	Clube de Atletismo Gaspar & Costa	44:08	+21:11	07:21	
356	556	Renato Martins	Individual	44:09	+21:12	07:22	
357	245	Adalberto Correia	Família Correia	44:09	+21:12	07:22	
358	690	Mara Santos	Sumol Compal	44:11	+21:14	07:22	
359	555	Pedro Pimpão	Individual	44:15	+21:18	07:22	

PROVA PRINCIPAL - STAGE 1

6 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
360	772	Francisco Santana	Individual	44:27	+21:30	07:25	
361	780	Rafael Luís	Individual	44:30	+21:33	07:25	
362	331	Carlos Quitério	Ginásio Pulse	44:38	+21:41	07:26	
363	208	Rita Silva	CSW	44:40	+21:43	07:27	
364	671	Micael Lopes	SicóTrilhos	44:41	+21:44	07:27	
365	424	Gonçalo Neves	Individual	44:43	+21:46	07:27	
366	240	Carlos Ronielly	Equipa redinha	44:52	+21:55	07:29	
367	676	Sónia Ribeiro	SicóTrilhos	45:09	+22:12	07:31	
368	700	Jorge Pedro Silva Gameiro	Sumol Compal	45:09	+22:12	07:31	
369	238	Thais Reis	Equipa redinha	45:20	+22:23	07:33	
370	493	LUCIA MARIA LAGOA RODRIGUES	Individual	45:24	+22:27	07:34	
371	133	Alexandre Sousa	Barras e Bolinhos	45:24	+22:27	07:34	
372	144	Miriam Freitas	Barras e Bolinhos	45:25	+22:28	07:34	
373	142	Estela Viana	Barras e Bolinhos	45:28	+22:31	07:35	
374	548	Nuno Nascimento	Individual	45:28	+22:31	07:35	
375	134	João Pereira	Barras e Bolinhos	45:34	+22:37	07:36	
376	11	Bruno João Saavedra Nunes	236PBL	45:34	+22:37	07:36	
377	124	Beatriz Pereira	Barras e Bolinhos	45:34	+22:37	07:36	
378	317	Vasco Areia Silva	Ginásio Pulse	45:34	+22:37	07:36	
379	16	Sandro Garcia Emídio	236PBL	45:35	+22:38	07:36	
380	738	Sofia Farias	Vieira Team	45:41	+22:44	07:37	
381	737	Ana Simões	Vieira Team	45:41	+22:44	07:37	
382	554	Pedro Gonçalves	Individual	45:44	+22:47	07:37	
383	774	João Bento	Individual	45:46	+22:49	07:38	
384	386	Dyane Sousa	Individual	45:46	+22:49	07:38	
385	7	Catia Andrade	100 Gás Trail Team	45:47	+22:50	07:38	
386	438	Miguel Veloso	Individual	45:54	+22:57	07:39	
387	186	Vitor lopes	Cansados à Partida	45:55	+22:58	07:39	
388	51	NATÁLIA MENDES	ACTIVE Pombal	45:57	+23:00	07:39	
389	60	HELDER MENDES	ACTIVE Pombal	45:58	+23:01	07:40	
390	524	Bruno Rosa	Individual	46:02	+23:05	07:40	
391	776	Júlio Lopes	Individual	46:07	+23:10	07:41	
392	138	Ana Santos	Barras e Bolinhos	46:08	+23:11	07:41	
393	551	Paulo Jorge Pereira Simões	Individual	46:10	+23:13	07:42	
394	397	Mariana Mendes	Individual	46:11	+23:14	07:42	
395	445	Pedro Cabecinhas	Individual	46:12	+23:15	07:42	
396	402	Raquel Carvalho	Individual	46:21	+23:24	07:44	
397	221	Rafael Rodrigues Sacramento	DuplaFlandes	46:21	+23:24	07:44	
398	633	Catarina Quaresma Amaro	Power Food	46:23	+23:26	07:44	
399	635	Alexandra Margarida Pereira Rocha Quaresma	Power Food	46:24	+23:27	07:44	
400	147	Rita Silva	Barras e Bolinhos	46:26	+23:29	07:44	
401	453	Salomao Venin	Individual	46:27	+23:30	07:45	
402	153	Jorge Santos	Barras e Bolinhos	46:31	+23:34	07:45	
403	220	Isabel Rodrigues Sacramento	DuplaFlandes	46:33	+23:36	07:45	
404	588	Jorge Lisboa	Lx teams	46:34	+23:37	07:46	

PROVA PRINCIPAL - STAGE 1
6 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
OFFICIAL RESULT
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
450	490	Isabel Nobre	Individual	49:02	+26:05	08:10	
451	375	Beatrys Venin	Individual	49:04	+26:07	08:11	
452	68	Ana Esperança	AMResgais	49:04	+26:07	08:11	
453	393	Liliana Oliveira Marques	Individual	49:09	+26:12	08:12	
454	395	Maria Carvalho	Individual	49:14	+26:17	08:12	
455	122	Ana Pereira	Barras e Bolinhos	49:15	+26:18	08:13	
456	454	Samuel Veiga	Individual	49:17	+26:20	08:13	
457	455	Telmo Ponte	Individual	49:18	+26:21	08:13	
458	706	Anabela Rodrigues	trail da ladeia running team	49:19	+26:22	08:13	
459	45	Carla Serralheiro	ACTIVE Pombal	49:19	+26:22	08:13	
460	683	João Alexandre Canais Reis	Sumol Compal	49:22	+26:25	08:14	
461	248	Mónica Neves	Familia Silva e intrusas	49:24	+26:27	08:14	
462	151	Humberto Franco	Barras e Bolinhos	49:32	+26:35	08:15	
463	191	FILIPA NETO	Clube de Atletismo Gaspar & Costa	49:39	+26:42	08:17	
464	680	Ana Maria do Sacramento Lopes Sousa	Sumol Compal	49:41	+26:44	08:17	
465	199	CATARINA ISABEL NETO SANTOS	Clube de Atletismo Gaspar & Costa	49:42	+26:45	08:17	
466	648	André Filipe Marques Gomes	Ratatui Time	49:49	+26:52	08:18	
467	649	Antônio José Marques Gomes	Ratatui Time	49:52	+26:55	08:19	
468	29	Lídia Silva	ACTIVE Pombal	49:54	+26:57	08:19	
469	187	Natércia Rodrigues	Cansados à Partida	50:02	+27:05	08:20	
470	451	Rúben Santos Mendes	Individual	50:09	+27:12	08:21	
471	380	Daniela Lopes Domingues	Individual	50:14	+27:17	08:22	
472	362	Martinho Ferreira	GRUPO CORBÁRIO E WHITE MINERALS	50:18	+27:21	08:23	
473	358	Milton Cordeiro	GRUPO CORBÁRIO E WHITE MINERALS	50:21	+27:24	08:23	
474	364	Silvio Lopes	GRUPO CORBÁRIO E WHITE MINERALS	50:28	+27:31	08:25	
475	409	Vanessa Francisco	Individual	50:29	+27:32	08:25	
476	95	Lúisa Simões	ARCD Venda da Luísa	50:39	+27:42	08:27	
477	148	Sílvia Ferreira	Barras e Bolinhos	50:48	+27:51	08:28	
478	98	Liliana Santos Morgado	As gambuzinas	50:50	+27:53	08:28	
479	97	Diana Raquel Ribeiro Marques	As gambuzinas	51:02	+28:05	08:30	
480	145	Mónica Faria	Barras e Bolinhos	51:03	+28:06	08:31	
481	106	Claudia Almeida Gameiro	As Giras	51:21	+28:24	08:33	
482	807	Virginie Leal Makeup	Ranha De Baixo	51:30	+28:33	08:35	
483	488	Fátima Isabel Neves Rodrigues	Individual	51:35	+28:38	08:36	
484	498	Maria Isabel	Individual	51:36	+28:39	08:36	
485	359	Marisa Silva	GRUPO CORBÁRIO E WHITE MINERALS	51:36	+28:39	08:36	
486	523	Bruno Lopes	Individual	51:39	+28:42	08:37	
487	497	Maria Fernanda	Individual	51:40	+28:43	08:37	
488	224	André Bento	Electroranha	51:42	+28:45	08:37	
489	327	Paula Areia Silva	Ginásio Pulse	51:42	+28:45	08:37	
490	724	Afonso Almeida	tugassauros	51:53	+28:56	08:39	
491	392	Liliana Martins Santos	Individual	51:59	+29:02	08:40	
492	223	Inês Gomes	Electroranha	51:59	+29:02	08:40	
493	788	Manuel Goncalves dos Santos	Individual	52:00	+29:03	08:40	
494	719	VÂNIA MENDES	tugassauros	52:00	+29:03	08:40	

PROVA PRINCIPAL - STAGE 1**6 KM**

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
495	802	Pedro Carvalho	Os Bagaços	52:05	+29:08	08:41	
496	798	Rita Silva	Os Bagaços	52:05	+29:08	08:41	
497	222	Filipa Varalunga	Electroranha	52:09	+29:12	08:41	
498	225	Francisco Bernardino	Electroranha	52:09	+29:12	08:42	
499	239	Valdenice da Silva	Equipa redinha	52:10	+29:13	08:42	
500	237	Juliana Carolina	Equipa redinha	52:12	+29:15	08:42	
501	104	Beatriz Gonçalves	As Giras	52:13	+29:16	08:42	
502	72	Filipe Mendes	AMResgais	52:16	+29:19	08:43	
503	444	Patricio Mendes Correia	Individual	52:18	+29:21	08:43	
504	71	Adriano Clara	AMResgais	52:18	+29:21	08:43	
505	441	Nilton Santos	Individual	52:21	+29:24	08:43	
506	826	Sónia Vieira	ACTIVE Pombal	52:21	+29:24	08:44	
507	236	Antônia Auriliane Carolino da Silva	Equipa redinha	52:22	+29:25	08:44	
508	42	Frederico Rodrigues	ACTIVE Pombal	52:22	+29:25	08:44	
509	608	Rui Pereira	NDAP	52:40	+29:43	08:47	
510	607	Liliana Silva	NDAP	52:43	+29:46	08:47	
511	654	Edite Cardoso	Run & Fun	52:51	+29:54	08:48	
512	627	Ricardo Paulo Dias Rodrigues	Papa Léguas	52:54	+29:57	08:49	
513	624	Vanessa Filipa Santos Rodrigues	Papa Léguas	52:54	+29:57	08:49	
514	653	Anabela Cruz	Run & Fun	52:54	+29:57	08:49	
515	623	Mariana Junqueira das Neves	Papa Léguas	53:05	+30:08	08:51	
516	360	Patrícia Gonçalves	GRUPO CORBÁRIO E WHITE MINERALS	53:11	+30:14	08:52	
517	678	Susana Bártolo	SOURE MOV	53:13	+30:16	08:52	
518	518	Virginie Ferreira	Individual	53:16	+30:19	08:53	
519	694	Noémia Rosa Domingues	Sumol Compal	53:31	+30:34	08:55	
520	734	Renato Lopes	Vamos com tudo	53:38	+30:41	08:56	
521	728	Bruna Gaspar	Vamos com tudo	53:42	+30:45	08:57	
522	52	Paula Carvalho	ACTIVE Pombal	53:46	+30:49	08:58	
523	566	Karen Miranda	Lentos à solta	53:48	+30:51	08:58	
524	48	EMILIA INACIO	ACTIVE Pombal	53:48	+30:51	08:58	
525	306	Raquel Rua	Ginásio Pulse	53:49	+30:52	08:58	
526	477	Andreia Major	Individual	53:49	+30:52	08:58	
527	575	Nelly Cordeiro	Lentos à solta	53:51	+30:54	08:58	
528	46	CELINA NUNES	ACTIVE Pombal	53:51	+30:54	08:59	
529	534	Ilídio Manuel Freitas Santos	Individual	53:52	+30:55	08:59	
530	517	Virgínia Gabriel	Individual	53:57	+31:00	09:00	
531	533	Humberto Antonio	Individual	54:01	+31:04	09:00	
532	309	Viviane Bueno Bottura	Ginásio Pulse	54:04	+31:07	09:01	
533	113	Maria João Neves	As Giras	54:05	+31:08	09:01	
534	465	Neuza Caetano	Individual	54:05	+31:08	09:01	
535	522	Bruno Caetano	Individual	54:06	+31:09	09:01	
536	114	Susana Gomes	As Giras	54:07	+31:10	09:01	
537	50	Irene domingues	ACTIVE Pombal	54:09	+31:12	09:01	
538	299	Catia Alexandra Marques Rodrigues	Ginásio Pulse	54:11	+31:14	09:02	
539	513	Sylvie Rodrigues	Individual	54:16	+31:19	09:03	
540	47	Elisabete Gonçalves	ACTIVE Pombal	54:22	+31:25	09:04	

PROVA PRINCIPAL - STAGE 1

6 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
541	565	João Saramago	Lagostins do Arunca	54:44	+31:47	09:07	
542	231	Sandra Ferreira	Electroranha	54:44	+31:47	09:07	
543	564	Gabriel Faisca	Lagostins do Arunca	54:44	+31:47	09:07	
544	234	Nuno Ferreira	Electroranha	54:45	+31:48	09:07	
545	290	Cecília Ramos	GDRC UNIDOS	54:53	+31:56	09:09	
546	390	Juliana Lopes Fernandes Catarino	Individual	54:59	+32:02	09:10	
547	289	Paulo Gaspar	GDRC UNIDOS	54:59	+32:02	09:10	
548	294	Cristóvão Gaspar	GDRC UNIDOS	55:00	+32:03	09:10	
549	39	Adriana gaspar	ACTIVE Pombal	55:02	+32:05	09:10	
550	318	Vitor Hugo	Ginásio Pulse	55:03	+32:06	09:11	
551	298	Catarina Goucha	Ginásio Pulse	55:07	+32:10	09:11	
552	562	Marta Mendes	Lagostins do Arunca	55:07	+32:10	09:11	
553	561	Marta Falcão	Lagostins do Arunca	55:16	+32:19	09:13	
554	183	Catarina silva	Cansados à Partida	55:35	+32:38	09:16	
555	190	FILIPA EDUARDA CUNHA RIBEIRO	Clube de Atletismo Gaspar & Costa	55:38	+32:41	09:16	
556	198	BEATRIZ FILIPA GONÇALVES	Clube de Atletismo Gaspar & Costa	55:40	+32:43	09:17	
557	400	Marine Monteiro Matias	Individual	55:40	+32:43	09:17	
558	489	Isabel Cristina Monteiro Jerónimo	Individual	55:41	+32:44	09:17	
559	376	Carina Sofia da Silva Quintalo	Individual	55:42	+32:45	09:17	
560	184	Sandrina Silva	Cansados à Partida	55:45	+32:48	09:17	
561	563	Tânia Sousa	Lagostins do Arunca	55:45	+32:48	09:17	
562	182	Rui Salgueiro	CãBuzinos	55:47	+32:50	09:18	
563	127	Filipa Baptista	Barras e Bolinhos	55:59	+33:02	09:20	
564	12	Cristiano Garcia Emídio	236PBL	56:03	+33:06	09:20	
565	10	Fabiano Garcias Emídio	236PBL	56:08	+33:11	09:21	
566	15	Pedro Samuel Emídio Garcia	236PBL	56:11	+33:14	09:22	
567	87	NELSON VICENTE	ARB	56:14	+33:17	09:22	
568	17	Telmo Jael Ribeiro Silva	236PBL	56:17	+33:20	09:23	
569	297	CARLA ANDRE	Ginásio Pulse	56:19	+33:22	09:23	
570	467	David Saraiva Martins Silva	Individual	56:22	+33:25	09:24	
571	81	Mariline Henriques	ARB	56:25	+33:28	09:24	
572	83	Sérgio Simões	ARB	56:29	+33:32	09:25	
573	433	Leandro Reis	Individual	56:32	+33:35	09:25	
574	398	Mariana Pereira	Individual	56:32	+33:35	09:25	
575	14	Martino Garcia Fernandes Cordeiro	236PBL	56:39	+33:42	09:26	
576	414	André Filipe Agostinho Tasqueiro	Individual	56:44	+33:47	09:27	
577	13	Márcio Elias Salazar Emídio	236PBL	57:01	+34:04	09:30	
578	146	Natália Marques	Barras e Bolinhos	57:10	+34:13	09:32	
579	639	Inês Rebelo	Pulse	57:15	+34:18	09:32	
580	638	Camila Cordeiro	Pulse	57:18	+34:21	09:33	
581	641	Soraia Domingues	Pulse	57:21	+34:24	09:33	
582	502	Marisa Rodrigues	Individual	57:21	+34:24	09:34	
583	439	Nélio Branco	Individual	57:22	+34:25	09:34	
584	110	Raquel Rodrigues	As Giras	57:25	+34:28	09:34	
585	230	Monica Faria	Electroranha	57:26	+34:29	09:34	

PROVA PRINCIPAL - STAGE 1

6 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
586	273	Carina Duarte	GDRC UNIDOS	57:28	+34:31	09:35	
587	112	Angela Gomes	As Giras	57:33	+34:36	09:35	
588	284	Rúben Gomes	GDRC UNIDOS	57:36	+34:39	09:36	
589	582	Joana Ribeiro Barata	Lentos e Furiosos	57:48	+34:51	09:38	
590	583	Bruno Tiago Gonçalves Ferreira	Lentos e Furiosos	57:51	+34:54	09:38	
591	388	Inês barreira	Individual	57:53	+34:56	09:39	
592	396	Mariana Amaro	Individual	57:54	+34:57	09:39	
593	53	Paula Nunes	ACTIVE Pombal	57:55	+34:58	09:39	
594	640	Rita Rebelo	Pulse	57:55	+34:58	09:39	
595	232	Arlindo Ferreira	Electroranha	57:59	+35:02	09:40	
596	226	Luís Gomes	Electroranha	58:02	+35:05	09:40	
597	715	Sandra Liceia	Trilhos & Aventuras	58:15	+35:18	09:43	
598	750	Leonardo Jerónimo	A.R. CASAENSE/ESCOLA DE ATLETISMO DE COIMBRA	58:16	+35:19	09:43	
599	391	Karys Jordão	Individual	58:17	+35:20	09:43	
600	666	Catarina Silva	SicóTrilhos	58:23	+35:26	09:44	
601	372	Ana Ferreira	Individual	58:24	+35:27	09:44	
602	721	ANA SOUSA	tugassauros	58:35	+35:38	09:46	
603	228	Anabela Ferreira	Electroranha	59:14	+36:17	09:52	
604	560	Sílvio Cordeiro	Individual	59:19	+36:22	09:53	
605	150	Teresa Barreiras	Barras e Bolinhos	59:20	+36:23	09:53	
606	366	Patrícia Ferreira	I AM SPEED	59:26	+36:29	09:54	
607	367	Sara Simões	I AM SPEED	59:27	+36:30	09:55	
608	643	Anabela Rebelo	Pulse	59:30	+36:33	09:55	
609	644	Jorge Rebelo	Pulse	59:32	+36:35	09:55	
610	636	Helena Maria Gonçalves Clemente	Power Food	59:45	+36:48	09:58	
611	729	Dina Dias	Vamos com tudo	01:00:01	+37:04	10:00	
612	485	Elia Mendes	Individual	01:00:03	+37:06	10:01	
613	632	Rita Martins Gomes	Power Food	01:00:09	+37:12	10:02	
614	506	PAULA MARIA GOMES MARQUES	Individual	01:00:13	+37:16	10:02	
615	394	Maria Botas	Individual	01:00:13	+37:16	10:02	
616	732	Soraia Gonçalves	Vamos com tudo	01:00:27	+37:30	10:05	
617	736	Marco Teixeira	Vamos com tudo	01:00:29	+37:32	10:05	
618	111	Amélia Ferreira	As Giras	01:00:32	+37:35	10:05	
619	730	Maria Dias	Vamos com tudo	01:00:33	+37:36	10:05	
620	109	Mirela Ferreira	As Giras	01:00:41	+37:44	10:07	
621	586	Carlos Manuel Gonçalves Simões	Lentos e Furiosos	01:00:46	+37:49	10:08	
622	585	Elisabete Maria Gonçalves Ferreira	Lentos e Furiosos	01:00:47	+37:50	10:08	
623	616	RENATO EMANUEL CARDOSO MENDES	ORGANIFACHO LDA	01:00:51	+37:54	10:09	
624	300	Flávia Neves	Ginásio Pulse	01:00:52	+37:55	10:09	
625	335	Ulisses Oliveira	Ginásio Pulse	01:00:54	+37:57	10:09	
626	618	MARIA DE FÁTIMA MOREIRA DE MATOS CRUZ	ORGANIFACHO LDA	01:00:59	+38:02	10:10	
627	401	Rachel Kirichu	Individual	01:01:03	+38:06	10:11	
628	707	Maria Celmira Lourenço Teixeira	trail da ladeia running team	01:01:15	+38:18	10:12	
629	486	Elisabeth Laura Rodrigues	Individual	01:01:15	+38:18	10:13	

PROVA PRINCIPAL - STAGE 1

6 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
630	274	Filipa Pedrosa	GDRC UNIDOS	01:01:42	+38:45	10:17	
631	275	Joana Marques	GDRC UNIDOS	01:01:44	+38:47	10:17	
632	568	Flávia domingos	Lentos à solta	01:01:45	+38:48	10:18	
633	484	Dulce Marisa Gonçalves Mota	Individual	01:02:03	+39:06	10:21	
634	476	Analia Gonçalves	Individual	01:02:06	+39:09	10:21	
635	152	Jorge Lopes	Barras e Bolinhos	01:02:06	+39:09	10:21	
636	516	Vilma Patrícia Gonçalves Eusébio	Individual	01:02:08	+39:11	10:21	
637	136	Camila Lopes	Barras e Bolinhos	01:02:08	+39:11	10:21	
638	569	Maria Rodrigues	Lentos à solta	01:02:11	+39:14	10:22	
639	143	Gisela Pedro	Barras e Bolinhos	01:02:11	+39:14	10:22	
640	570	Rafaela Palhais	Lentos à solta	01:02:12	+39:15	10:22	
641	495	Mabilda Lopes	Individual	01:02:55	+39:58	10:29	
642	593	Edgar Machado	MAGAL	01:02:59	+40:02	10:30	
643	592	Magda Figueiredo	MAGAL	01:03:05	+40:08	10:31	
644	594	João Santos	MAGAL	01:03:06	+40:09	10:31	
645	591	Lúcia Mota	MAGAL	01:03:08	+40:11	10:31	
646	590	Fátima Mota	MAGAL	01:03:11	+40:14	10:32	
647	505	Otilia Gonçalves	Individual	01:03:12	+40:15	10:32	
648	589	Carina Ferreira	MAGAL	01:03:13	+40:16	10:32	
649	496	Manuela Rodrigues	Individual	01:03:16	+40:19	10:33	
650	491	Judite Oliveira	Individual	01:03:16	+40:19	10:33	
651	235	Paulo Gameiro	Electroranha	01:03:30	+40:33	10:35	
652	452	Rui Filipe freitas Lopes	Individual	01:03:32	+40:35	10:35	
653	483	Cristina Maria da Silva Martins	Individual	01:03:35	+40:38	10:36	
654	227	Ana Moreira	Electroranha	01:03:35	+40:38	10:36	
655	720	ANA CAETANO	tugassauros	01:03:44	+40:47	10:37	
656	475	Alda Lopes	Individual	01:03:47	+40:50	10:38	
657	722	CARLA BARROS	tugassauros	01:03:48	+40:51	10:38	
658	543	Leontino Ribeiro da Conceição	Individual	01:03:49	+40:52	10:38	
659	510	Sílvia Oliveira	Individual	01:03:50	+40:53	10:38	
660	606	Diogo Oliveira	NDAP	01:03:57	+41:00	10:40	
661	637	Laryssa kostina	Power Food	01:04:03	+41:06	10:41	
662	118	Marina Branco	As verdinhas	01:04:07	+41:10	10:41	
663	117	Carla Sofia Pereira Mendes	As verdinhas	01:04:07	+41:10	10:41	
664	501	Marisa Isabel da Silva Martins	Individual	01:04:12	+41:15	10:42	
665	634	Mariana Bandeirinha Santos	Power Food	01:04:13	+41:16	10:42	
666	478	Belina Maria Simões da Silva	Individual	01:04:13	+41:16	10:42	
667	540	Jorge Almeida Santos	Individual	01:04:27	+41:30	10:45	
668	119	Sandra Jacinto	As verdinhas	01:04:29	+41:32	10:45	
669	482	Carmina Mota	Individual	01:04:29	+41:32	10:45	
670	116	Erica Cravo Jacinto	As verdinhas	01:04:31	+41:34	10:45	
671	89	SERGIO SOUSA	ARB	01:04:43	+41:46	10:47	
672	243	Hélder Correia	Família Correia	01:04:45	+41:48	10:47	
673	82	VANIA LOPES	ARB	01:04:55	+41:58	10:49	
674	660	Diogo Caetano	Seca adegas	01:04:57	+42:00	10:49	
675	661	Luís Mendes	Seca adegas	01:05:01	+42:04	10:50	

PROVA PRINCIPAL - STAGE 1

6 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
676	102	Ana Claro	As Giras	01:05:02	+42:05	10:50	
677	567	Cátia Nunes	Lentos à solta	01:05:08	+42:11	10:51	
678	384	Diana Sofia Gonçalves	Individual	01:05:13	+42:16	10:52	
679	535	João Manuel da Mota Gonçalves	Individual	01:05:17	+42:20	10:53	
680	141	Dejane Santos	Barras e Bolinhos	01:05:35	+42:38	10:56	
681	175	Natália Martins	CãBuzinos	01:05:54	+42:57	10:59	
682	167	Íris Silva	CãBuzinos	01:05:58	+43:01	11:00	
683	177	Susana Salgueiro	CãBuzinos	01:06:14	+43:17	11:02	
684	217	Nicolau Domingues	CSW	01:06:24	+43:27	11:04	
685	247	Hélder Mendes	Família Mendes	01:06:29	+43:32	11:05	
686	246	Beatriz Duarte	Família Mendes	01:06:30	+43:33	11:05	
687	581	Higino Rodrigues	Lentos à solta	01:06:46	+43:49	11:08	
688	103	Beatriz Gaspar	As Giras	01:07:21	+44:24	11:13	
689	115	Tânia Gaspar	As Giras	01:07:21	+44:24	11:13	
690	600	FERNANDO DE JESUS	MALTA DA CARUMA	01:07:26	+44:29	11:14	
691	602	JORGE MADEIRA	MALTA DA CARUMA	01:07:28	+44:31	11:15	
692	323	MIGUEL MARQUES	Ginásio Pulse	01:07:35	+44:38	11:16	
693	301	MARIANA REIS	Ginásio Pulse	01:07:36	+44:39	11:16	
694	597	ANA AMARO	MALTA DA CARUMA	01:07:45	+44:48	11:17	
695	598	MARTA RODRIGUES	MALTA DA CARUMA	01:07:51	+44:54	11:19	
696	599	SARA DOS SANTOS	MALTA DA CARUMA	01:07:53	+44:56	11:19	
697	652	Diana Lopes	Run & Fun	01:07:58	+45:01	11:20	
698	108	Inês Gaspar Domingues	As Giras	01:08:01	+45:04	11:20	
699	107	Inês Caetano	As Giras	01:08:01	+45:04	11:20	
700	215	Luisa Patrício	CSW	01:08:05	+45:08	11:21	
701	253	Bruno Lopes	Filho e genrros Lda	01:08:25	+45:28	11:24	
702	254	Nilton Leopoldo	Filho e genrros Lda	01:08:27	+45:30	11:24	
703	105	Carina Sofia Jesus Rodrigues	As Giras	01:08:38	+45:41	11:26	
704	255	Paulo Gameiro	Filho e genrros Lda	01:08:44	+45:47	11:27	
705	213	Adélia Mendes	CSW	01:09:21	+46:24	11:34	
706	605	Énio Mota	Meirinhas	01:09:39	+46:42	11:36	
707	603	Mariana Neto	Meirinhas	01:09:45	+46:48	11:37	
708	604	Manuela Areia	Meirinhas	01:09:47	+46:50	11:38	
709	100	Isabel Maria Silva Major	As gambuzinas	01:10:19	+47:22	11:43	
710	99	Carla Sofia Fernandes Mota	As gambuzinas	01:10:26	+47:29	11:44	
711	695	Sandra Morais	Sumol Compal	01:10:27	+47:30	11:45	
712	578	Sonia Mendes	Lentos à solta	01:10:28	+47:31	11:45	
713	576	Patricia Santos	Lentos à solta	01:11:37	+48:40	11:56	
714	572	Adria Cordeiro	Lentos à solta	01:11:41	+48:44	11:57	
715	65	Filipa Mendes	AMResgais	01:11:45	+48:48	11:58	
716	69	Patricia Pedro	AMResgais	01:11:46	+48:49	11:58	
717	374	Andreia lemos	Individual	01:12:27	+49:30	12:05	
718	503	Mónica Galante	Individual	01:12:56	+49:59	12:09	
719	474	Aida Cristina da Costa Pereira	Individual	01:12:59	+50:02	12:10	
720	716	Filipe Martins	Trilhos & Aventuras	01:14:34	+51:37	12:26	
721	714	Cláudia Neves	Trilhos & Aventuras	01:14:36	+51:39	12:26	

PROVA PRINCIPAL - STAGE 1

6 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
722	712	Letícia Silva	Trilhos & Aventuras	01:14:39	+51:42	12:27	
723	499	Maria Manuela Santos Martins	Individual	01:15:07	+52:10	12:31	
724	480	Carla Rosa	Individual	01:15:10	+52:13	12:32	
725	178	Henrique Silva	CãBuzinos	01:15:58	+53:01	12:40	
726	172	Celeste Aquino	CãBuzinos	01:16:00	+53:03	12:40	
727	171	Carla Reis	CãBuzinos	01:16:07	+53:10	12:41	
728	169	Mariana Gonçalves	CãBuzinos	01:16:12	+53:15	12:42	
729	180	Joaquim Alberto	CãBuzinos	01:16:14	+53:17	12:42	
730	176	Susana Cruz	CãBuzinos	01:16:14	+53:17	12:42	
731	713	Ana Liceia	Trilhos & Aventuras	01:16:22	+53:25	12:44	
732	174	Márcia Lopes	CãBuzinos	01:16:51	+53:54	12:49	
733	717	Paulo Gomes	Trilhos & Aventuras	01:16:55	+53:58	12:49	
734	168	André Lapa	CãBuzinos	01:16:56	+53:59	12:49	
735	170	Ana Tenente	CãBuzinos	01:16:57	+54:00	12:50	
736	173	Isabel Gonçalves	CãBuzinos	01:17:03	+54:06	12:50	
737	696	Silvia Cristina Domingues Simões	Sumol Compal	01:17:34	+54:37	12:56	
738	687	Anabela Marques	Sumol Compal	01:17:38	+54:41	12:56	
739	692	Mónica Paula Soares Gouveia Gomes	Sumol Compal	01:17:46	+54:49	12:58	
740	681	Diana Sofia Domingues Gaspar	Sumol Compal	01:17:55	+54:58	12:59	
741	200	FILOMENA LONGO	Clube de Atletismo Gaspar & Costa	01:20:02	+57:05	13:20	
742	201	GINA GONÇALVES	Clube de Atletismo Gaspar & Costa	01:20:17	+57:20	13:23	
743	189	ANA MARIA GONÇALVES	Clube de Atletismo Gaspar & Costa	01:20:24	+57:27	13:24	
744	206	ISIDRO SECA ADEGAS	Clube de Atletismo Gaspar & Costa	01:20:28	+57:31	13:25	
745	573	Cátia Gaioso	Lentos à solta	01:20:47	+57:50	13:28	
746	580	Teresa Nunes	Lentos à solta	01:20:48	+57:51	13:28	
747	577	Silvia sousa	Lentos à solta	01:20:48	+57:51	13:28	

Prova Principal

6 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	22:00	17°C	97%
End	23:20	17°C	97%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
Senior Feminino							
1	338	Daniela Cordeiro	Grupo Alegre Unido Bajouca	Senior Feminino	28:09		04:41
2	130	Mariana Cordeiro	Barras e Bolinhos	Senior Feminino	31:36	+03:27	05:16
3	125	Catarina Carvalho	Barras e Bolinhos	Senior Feminino	31:38	+03:29	05:16
4	613	Inês Ramos	Nexebra Trail Team	Senior Feminino	32:34	+04:25	05:26
5	22	Andreia Parreiras	A. C. S, Mamede	Senior Feminino	32:37	+04:28	05:26
6	814	Patrícia Gomes	Trilho do Castelejo	Senior Feminino	32:52	+04:43	05:29
7	30	Marisa Silva	ACTIVE Pombal	Senior Feminino	33:22	+05:13	05:34
8	816	Nélia Anastácio	VILAVENTURA TRAIL	Senior Feminino	33:24	+05:15	05:34
9	18	Bárbara Pereira	À toa	Senior Feminino	33:53	+05:43	05:39
10	126	Fabiana Santos	Barras e Bolinhos	Senior Feminino	35:04	+06:55	05:51
11	19	Filipa Pereira	À toa	Senior Feminino	35:11	+07:02	05:52
12	408	Telma Ferreira	Individual	Senior Feminino	35:21	+07:12	05:54
13	765	Sandra Isabel Santos Nunes	Individual	Senior Feminino	35:31	+07:22	05:55
14	664	Mónica Meirinho	Serra D'Aire Trail Team	Senior Feminino	35:49	+07:40	05:58
15	764	Patrícia Ramos Cravo	Individual	Senior Feminino	35:52	+07:43	05:59
16	132	Sandra Pereira	Barras e Bolinhos	Senior Feminino	36:34	+08:25	06:06
17	337	Carine Moreira	Grupo Alegre Unido Bajouca	Senior Feminino	37:22	+09:13	06:14
18	268	Carina Jordão	Gatões BTT	Senior Feminino	37:24	+09:15	06:14
19	809	Inês Freitas	SicóTrilhos	Senior Feminino	37:29	+09:20	06:15
20	28	Catarina Silva	ACTIVE Pombal	Senior Feminino	37:35	+09:26	06:16
21	339	Raquel Sabino	Grupo Alegre Unido Bajouca	Senior Feminino	37:35	+09:26	06:16
22	340	Sara Alves	Grupo Alegre Unido Bajouca	Senior Feminino	37:36	+09:27	06:16
23	755	Inês Isusi	ARCD Venda da Luísa	Senior Feminino	38:26	+10:17	06:24
24	307	Tatiana Antunes	Ginásio Pulse	Senior Feminino	38:29	+10:20	06:25
25	75	Nelia Nunes	Ansibikers	Senior Feminino	38:39	+10:30	06:26
26	90	Margarida Moita	ARCD Venda da Luísa	Senior Feminino	38:47	+10:38	06:28
27	267	ADRIANA ALMEIDA	Gatões BTT	Senior Feminino	39:58	+11:49	06:40
28	815	Barbara Monteiro	VILAVENTURA TRAIL	Senior Feminino	40:06	+11:57	06:41
29	389	Jessica Gaspar	Individual	Senior Feminino	40:21	+12:12	06:43
30	370	Adriana Costa	Individual	Senior Feminino	40:23	+12:14	06:44
31	762	Mariana Gomes	Ginásio Pulse	Senior Feminino	40:26	+12:17	06:44
32	304	Mónica Gaspar	Ginásio Pulse	Senior Feminino	40:40	+12:31	06:47
33	123	Beatriz Carpalhoso	Barras e Bolinhos	Senior Feminino	40:59	+12:49	06:50
34	739	Ana Guerra	VILAVENTURA TRAIL	Senior Feminino	41:02	+12:53	06:50
35	387	Eduarda Mendes	Individual	Senior Feminino	41:15	+13:06	06:53
36	669	Sofia Terceiro	SicóTrilhos	Senior Feminino	41:22	+13:13	06:54
37	23	Beatriz Matias	ACTIVE Pombal	Senior Feminino	41:24	+13:15	06:54
38	31	Tânia Albernaz	ACTIVE Pombal	Senior Feminino	41:37	+13:28	06:56
39	385	Diana varela	Individual	Senior Feminino	41:44	+13:35	06:57

Official Timekeeper: Lap2Go	1 / 18	generate 30-jun-2024 00:03
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Prova Principal

6 KM

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

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

40	24	Sandra Silva	ACTIVE Pombal	Senior Feminino	42:01	+13:52	07:00
41	276	Tania Remigio	GDRC UNIDOS	Senior Feminino	42:13	+14:04	07:02
42	256	Bruna Oliveira	FitTraining Academy	Senior Feminino	42:13	+14:04	07:02
43	655	João Ferreira	SCPOMBAL/TRAIL TEAM	Senior Feminino	42:18	+14:09	07:03
44	656	Rita Alves	SCPOMBAL/TRAIL TEAM	Senior Feminino	42:18	+14:09	07:03
45	373	Ana Rosário	Individual	Senior Feminino	43:21	+15:12	07:14
46	27	Andréia Silva	ACTIVE Pombal	Senior Feminino	43:21	+15:12	07:14
47	668	Mélanie Simões	SicóTrilhos	Senior Feminino	43:23	+15:13	07:14
48	667	Inês Domingues	SicóTrilhos	Senior Feminino	43:23	+15:14	07:14
49	74	Carla Mendes	Ansibikers	Senior Feminino	43:24	+15:15	07:14
50	614	Marta Ramos	Nexebra Trail Team	Senior Feminino	43:26	+15:17	07:14
51	25	Tania Silva	ACTIVE Pombal	Senior Feminino	43:27	+15:18	07:15
52	160	Cristiana Soares	BFF	Senior Feminino	43:30	+15:21	07:15
53	161	Marina Batista	BFF	Senior Feminino	43:30	+15:21	07:15
54	165	Filipa Antunes	Biscas	Senior Feminino	43:39	+15:30	07:16
55	257	Eduarda Gomes	FitTraining Academy	Senior Feminino	43:43	+15:33	07:17
56	193	MARIBEL VANESSA ESTEVES SILVA	Clube de Atletismo Gaspar & Costa	Senior Feminino	44:07	+15:58	07:21
57	208	Rita Silva	CSW	Senior Feminino	44:40	+16:31	07:27
58	238	Thais Reis	Equipa redinha	Senior Feminino	45:20	+17:11	07:33
59	124	Beatriz Pereira	Barras e Bolinhos	Senior Feminino	45:34	+17:25	07:36
60	738	Sofia Farias	Vieira Team	Senior Feminino	45:41	+17:32	07:37
61	737	Ana Simões	Vieira Team	Senior Feminino	45:41	+17:32	07:37
62	386	Dyane Sousa	Individual	Senior Feminino	45:46	+17:37	07:38
63	397	Mariana Mendes	Individual	Senior Feminino	46:11	+18:02	07:42
64	402	Raquel Carvalho	Individual	Senior Feminino	46:21	+18:12	07:44
65	220	Isabel Rodrigues Sacramento	DuplaFlandes	Senior Feminino	46:33	+18:23	07:45
66	377	Carolina Alberto Fernandes	Individual	Senior Feminino	46:36	+18:27	07:46
67	305	Neide Oliveira	Ginásio Pulse	Senior Feminino	46:54	+18:45	07:49
68	382	Diana Filipa Cordeiro da Silva	Individual	Senior Feminino	47:02	+18:52	07:50
69	407	Tânia Pereira	Individual	Senior Feminino	47:06	+18:56	07:51
70	406	Tânia Ferreira	Individual	Senior Feminino	47:06	+18:57	07:51
71	379	Cristiana Oliveira	Individual	Senior Feminino	47:06	+18:57	07:51
72	308	Vitória Oliveira	Ginásio Pulse	Senior Feminino	47:20	+19:11	07:53
73	303	Melanie Dias Gomes	Ginásio Pulse	Senior Feminino	47:21	+19:12	07:54
74	302	Maura Domingues	Ginásio Pulse	Senior Feminino	47:39	+19:30	07:56
75	241	Bianca Silva	Eu e tu	Senior Feminino	47:49	+19:40	07:58
76	403	Rita Gonçalves	Individual	Senior Feminino	48:27	+20:18	08:04
77	188	ADRIANA CARDOSO DUARTE	Clube de Atletismo Gaspar & Costa	Senior Feminino	48:48	+20:38	08:08
78	66	Isa Marques	AMResgais	Senior Feminino	48:54	+20:45	08:09
79	192	LAETITIA CONCEICAO SOUSA FRANCISCO	Clube de Atletismo Gaspar & Costa	Senior Feminino	48:55	+20:46	08:09
80	375	Beatrys Venin	Individual	Senior Feminino	49:04	+20:54	08:11
81	393	Liliana Oliveira Marques	Individual	Senior Feminino	49:09	+21:00	08:12
82	395	Maria Carvalho	Individual	Senior Feminino	49:14	+21:05	08:12
83	122	Ana Pereira	Barras e Bolinhos	Senior Feminino	49:15	+21:06	08:13

Prova Principal

6 KM

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

OFFICIAL RESULT

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

84	191	FILIPA NETO	Clube de Atletismo Gaspar & Costa	Senior Feminino	49:39	+21:30	08:17
85	680	Ana Maria do Sacramento Lopes Sousa	Sumol Compal	Senior Feminino	49:41	+21:32	08:17
86	29	Lidia Silva	ACTIVE Pombal	Senior Feminino	49:54	+21:45	08:19
87	380	Daniela Lopes Domingues	Individual	Senior Feminino	50:14	+22:04	08:22
88	409	Vanessa Francisco	Individual	Senior Feminino	50:29	+22:20	08:25
89	98	Liliana Santos Morgado	As gambuzinas	Senior Feminino	50:50	+22:41	08:28
90	97	Diana Raquel Ribeiro Marques	As gambuzinas	Senior Feminino	51:02	+22:52	08:30
91	106	Claudia Almeida Gameiro	As Giras	Senior Feminino	51:21	+23:12	08:33
92	392	Liliana Martins Santos	Individual	Senior Feminino	51:59	+23:50	08:40
93	223	Inês Gomes	Electroranha	Senior Feminino	51:59	+23:50	08:40
94	719	VÂNIA MENDES	tugassauros	Senior Feminino	52:00	+23:51	08:40
95	798	Rita Silva	Os Bagaços	Senior Feminino	52:05	+23:56	08:41
96	222	Filipa Varalonga	Electroranha	Senior Feminino	52:09	+24:00	08:41
97	239	Valdenice da Silva	Equipa redinha	Senior Feminino	52:10	+24:01	08:42
98	237	Juliana Carolina	Equipa redinha	Senior Feminino	52:12	+24:03	08:42
99	104	Beatriz Gonçalves	As Giras	Senior Feminino	52:13	+24:04	08:42
100	236	Antônia Auriliane Carolino da Silva	Equipa redinha	Senior Feminino	52:22	+24:12	08:44
101	624	Vanessa Filipa Santos Rodrigues	Papa Léguas	Senior Feminino	52:54	+24:45	08:49
102	623	Mariana Junqueira das Neves	Papa Léguas	Senior Feminino	53:05	+24:56	08:51
103	728	Bruna Gaspar	Vamos com tudo	Senior Feminino	53:42	+25:32	08:57
104	566	Karen Miranda	Lentos à solta	Senior Feminino	53:48	+25:39	08:58
105	306	Raquel Rua	Ginásio Pulse	Senior Feminino	53:49	+25:40	08:58
106	309	Viviane Bueno Bottura	Ginásio Pulse	Senior Feminino	54:04	+25:55	09:01
107	299	Catia Alexandra Marques Rodrigues	Ginásio Pulse	Senior Feminino	54:11	+26:02	09:02
108	390	Juliana Lopes Fernandes Catarino	Individual	Senior Feminino	54:59	+26:50	09:10
109	298	Catarina Goucha	Ginásio Pulse	Senior Feminino	55:07	+26:58	09:11
110	562	Marta Mendes	Lagostins do Arunca	Senior Feminino	55:07	+26:58	09:11
111	561	Marta Falcão	Lagostins do Arunca	Senior Feminino	55:16	+27:07	09:13
112	183	Catarina silva	Cansados à Partida	Senior Feminino	55:35	+27:26	09:16
113	190	FILIPA EDUARDA CUNHA RIBEIRO	Clube de Atletismo Gaspar & Costa	Senior Feminino	55:38	+27:29	09:16
114	400	Marine Monteiro Matias	Individual	Senior Feminino	55:40	+27:31	09:17
115	376	Carina Sofia da Silva Quintalo	Individual	Senior Feminino	55:42	+27:33	09:17
116	184	Sandrina Silva	Cansados à Partida	Senior Feminino	55:45	+27:35	09:17
117	563	Tânia Sousa	Lagostins do Arunca	Senior Feminino	55:45	+27:35	09:17
118	127	Filipa Baptista	Barras e Bolinhos	Senior Feminino	55:59	+27:50	09:20
119	297	CARLA ANDRE	Ginásio Pulse	Senior Feminino	56:19	+28:10	09:23
120	81	Mariline Henriques	ARB	Senior Feminino	56:25	+28:16	09:24
121	398	Mariana Pereira	Individual	Senior Feminino	56:32	+28:23	09:25
122	639	Inês Rebelo	Pulse	Senior Feminino	57:15	+29:06	09:32
123	638	Camila Cordeiro	Pulse	Senior Feminino	57:18	+29:08	09:33
124	641	Soraia Domingues	Pulse	Senior Feminino	57:21	+29:12	09:33
125	110	Raquel Rodrigues	As Giras	Senior Feminino	57:25	+29:16	09:34
126	273	Carina Duarte	GDRC UNIDOS	Senior Feminino	57:28	+29:19	09:35
127	582	Joana Ribeiro Barata	Lentos e Furiosos	Senior Feminino	57:48	+29:39	09:38
128	388	Inês barreira	Individual	Senior Feminino	57:53	+29:44	09:39

Official Timekeeper: Lap2Go	3 / 18	generate 30-jun-2024 00:03
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Prova Principal

6 KM

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

OFFICIAL RESULT

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

129	396	Mariana Amaro	Individual	Senior Feminino	57:54	+29:45	09:39
130	640	Rita Rebelo	Pulse	Senior Feminino	57:55	+29:46	09:39
131	391	Karys Jordão	Individual	Senior Feminino	58:17	+30:08	09:43
132	666	Catarina Silva	SicóTrilhos	Senior Feminino	58:23	+30:14	09:44
133	372	Ana Ferreira	Individual	Senior Feminino	58:24	+30:15	09:44
134	366	Patrícia Ferreira	I AM SPEED	Senior Feminino	59:26	+31:17	09:54
135	367	Sara Simões	I AM SPEED	Senior Feminino	59:27	+31:18	09:55
136	729	Dina Dias	Vamos com tudo	Senior Feminino	01:00:01	+31:52	10:00
137	632	Rita Martins Gomes	Power Food	Senior Feminino	01:00:09	+32:00	10:02
138	394	Maria Botas	Individual	Senior Feminino	01:00:13	+32:04	10:02
139	732	Soraia Gonçalves	Vamos com tudo	Senior Feminino	01:00:27	+32:18	10:05
140	730	Maria Dias	Vamos com tudo	Senior Feminino	01:00:33	+32:23	10:05
141	109	Mirela Ferreira	As Giras	Senior Feminino	01:00:41	+32:32	10:07
142	300	Flávia Neves	Ginásio Pulse	Senior Feminino	01:00:52	+32:43	10:09
143	401	Rachel Kirichu	Individual	Senior Feminino	01:01:03	+32:54	10:11
144	274	Filipa Pedrosa	GDR UNIDOS	Senior Feminino	01:01:42	+33:33	10:17
145	275	Joana Marques	GDR UNIDOS	Senior Feminino	01:01:44	+33:35	10:17
146	82	VANIA LOPES	ARB	Senior Feminino	01:04:55	+36:46	10:49
147	102	Ana Claro	As Giras	Senior Feminino	01:05:02	+36:53	10:50
148	384	Diana Sofia Gonçalves	Individual	Senior Feminino	01:05:13	+37:04	10:52
149	167	Íris Silva	CãBuzinos	Senior Feminino	01:05:58	+37:49	11:00
150	103	Beatriz Gaspar	As Giras	Senior Feminino	01:07:21	+39:12	11:13
151	301	MARIANA REIS	Ginásio Pulse	Senior Feminino	01:07:36	+39:27	11:16
152	652	Diana Lopes	Run & Fun	Senior Feminino	01:07:58	+39:48	11:20
153	108	Inês Gaspar Domingues	As Giras	Senior Feminino	01:08:01	+39:52	11:20
154	107	Inês Caetano	As Giras	Senior Feminino	01:08:01	+39:52	11:20
155	105	Carina Sofia Jesus Rodrigues	As Giras	Senior Feminino	01:08:38	+40:29	11:26
156	603	Mariana Neto	Meirinhas	Senior Feminino	01:09:45	+41:36	11:37
157	65	Filipa Mendes	AMResgais	Senior Feminino	01:11:45	+43:36	11:58
158	374	Andreia lemos	Individual	Senior Feminino	01:12:27	+44:18	12:05
159	681	Diana Sofia Domingues Gaspar	Sumol Compal	Senior Feminino	01:17:55	+49:46	12:59
160	189	ANA MARIA GONÇALVES	Clube de Atletismo Gaspar & Costa	Senior Feminino	01:20:24	+52:15	13:24

Senior Masculino

1	345	Licínio Silva	Grupo Alegre Unido Bajouca	Senior Masculino	22:57		03:50
2	810	Daniel Antunes	SicóTrilhos	Senior Masculino	23:30	+00:32	03:55
3	756	Tiago Alves	BTTalhos Bike Team	Senior Masculino	24:08	+01:10	04:01
4	412	André Bento	Individual	Senior Masculino	25:07	+02:10	04:11
5	347	Ricardo Nunes	Grupo Alegre Unido Bajouca	Senior Masculino	25:24	+02:26	04:14
6	346	Philippe Diniz	Grupo Alegre Unido Bajouca	Senior Masculino	25:45	+02:47	04:17
7	609	Bruno Zanette	NES	Senior Masculino	26:17	+03:19	04:23
8	269	TIAGO SILVA	Gatões BTT	Senior Masculino	26:23	+03:26	04:24
9	819	Hernâni Gonçalves Ferreira	VILAVENTURA TRAIL	Senior Masculino	26:25	+03:27	04:24
10	426	lúri Gil pereira	Individual	Senior Masculino	26:28	+03:31	04:25

Official Timekeeper: Lap2Go	4 / 18	generate 30-jun-2024 00:03
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Prova Principal

6 KM

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

OFFICIAL RESULT

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

57	37	Tiago Mourão	ACTIVE Pombal	Senior Masculino	33:04	+10:06	05:31
58	733	Diogo Ribeiro	Vamos com tudo	Senior Masculino	33:07	+10:10	05:31
59	287	Tomé Gouveia	GDRC UNIDOS	Senior Masculino	33:14	+10:16	05:32
60	261	Rafael Pereira da Silva	FitTraining Academy	Senior Masculino	33:14	+10:17	05:32
61	262	Stéphane Pereira Lopes	FitTraining Academy	Senior Masculino	33:15	+10:17	05:32
62	642	João Rebelo	Pulse	Senior Masculino	33:24	+10:26	05:34
63	435	Marco Simões	Individual	Senior Masculino	34:01	+11:03	05:40
64	449	Rodrigo Batista	Individual	Senior Masculino	34:07	+11:10	05:41
65	21	Leonardo Pereira	À toa	Senior Masculino	34:10	+11:13	05:42
66	369	Nuno Capela	I AM SPEED	Senior Masculino	34:16	+11:18	05:43
67	368	Hugo Gaspar	I AM SPEED	Senior Masculino	34:16	+11:18	05:43
68	135	Rúben Silva	Barras e Bolinhos	Senior Masculino	34:53	+11:56	05:49
69	450	Rúben Lopes Domingues	Individual	Senior Masculino	34:55	+11:58	05:49
70	459	Vitor Santos	Individual	Senior Masculino	34:59	+12:02	05:50
71	434	Lino lopes	Individual	Senior Masculino	35:08	+12:10	05:51
72	830	André Pedro	Individual	Senior Masculino	35:16	+12:18	05:53
73	443	Nuno Carrasqueira	Individual	Senior Masculino	35:16	+12:18	05:53
74	779	Pedro Silva	Individual	Senior Masculino	35:26	+12:29	05:54
75	410	Alex Sav'yak	Individual	Senior Masculino	35:26	+12:29	05:54
76	431	JORGE ALMEIDA	Individual	Senior Masculino	35:28	+12:30	05:55
77	771	Filipe Portela	Individual	Senior Masculino	35:35	+12:37	05:56
78	611	Rafael Domingues Jerónimo	NES	Senior Masculino	35:36	+12:38	05:56
79	211	José Cardoso	CSW	Senior Masculino	35:42	+12:45	05:57
80	417	Carlos Diogo Ribeiro Mendes	Individual	Senior Masculino	35:43	+12:46	05:57
81	781	Rodrigo Silva	Individual	Senior Masculino	35:50	+12:52	05:58
82	670	Leo Antunes	SicóTrilhos	Senior Masculino	35:53	+12:55	05:59
83	448	Ricardo Guedes	Individual	Senior Masculino	36:01	+13:03	06:00
84	36	RAFAEL MENDES	ACTIVE Pombal	Senior Masculino	36:11	+13:13	06:02
85	35	Luís Carneiro	ACTIVE Pombal	Senior Masculino	36:23	+13:25	06:04
86	242	Luís Garcia	Eu e tu	Senior Masculino	36:52	+13:55	06:09
87	413	André Cardoso	Individual	Senior Masculino	36:57	+14:00	06:10
88	773	João Antunes	Individual	Senior Masculino	37:02	+14:04	06:10
89	263	Tomás Faria Martins	FitTraining Academy	Senior Masculino	37:11	+14:13	06:12
90	759	Damião Santos	FitTraining Academy	Senior Masculino	37:17	+14:20	06:13
91	343	Fábio Ferreira	Grupo Alegre Unido Bajouca	Senior Masculino	37:25	+14:27	06:14
92	38	TÓMAS MENDES	ACTIVE Pombal	Senior Masculino	37:25	+14:27	06:14
93	194	DIOGO ALEXANDRE LOPES DA SILVA	Clube de Atletismo Gaspar & Costa	Senior Masculino	37:27	+14:30	06:15
94	685	Rúben Gonçalves	Sumol Compal	Senior Masculino	37:30	+14:33	06:15
95	259	Guilherme de Costa Marques	FitTraining Academy	Senior Masculino	37:40	+14:43	06:17
96	456	Tiago da Silva Mendes	Individual	Senior Masculino	38:04	+15:07	06:21
97	310	André Silva	Ginásio Pulse	Senior Masculino	38:33	+15:36	06:26
98	437	Miguel Henriques	Individual	Senior Masculino	38:36	+15:38	06:26
99	91	Gonçalo Deus	ARCD Venda da Luísa	Senior Masculino	38:47	+15:50	06:28
100	824	João Martins	Os Bagaços	Senior Masculino	39:15	+16:18	06:33
101	428	João Carrasqueira	Individual	Senior Masculino	39:19	+16:22	06:33
102	768	Diogo Oliveira	Individual	Senior Masculino	39:55	+16:57	06:39

Prova Principal

6 KM

OFFICIAL RESULT

103	32	André Figueiral	ACTIVE Pombal	Senior Masculino	40:11	+17:14	06:42
104	596	Ismael Gameiro	MALTA DA CARUMA	Senior Masculino	40:18	+17:20	06:43
105	432	Kevin Santos	Individual	Senior Masculino	40:20	+17:22	06:43
106	427	Ivan Gonçalves	Individual	Senior Masculino	40:21	+17:23	06:43
107	460	Zé Jales	Individual	Senior Masculino	40:26	+17:28	06:44
108	196	MIGUEL ANDRÉ GONÇALVES	Clube de Atletismo Gaspar & Costa	Senior Masculino	40:30	+17:32	06:45
109	430	Joel Nunes	Individual	Senior Masculino	40:43	+17:45	06:47
110	209	André Gonçalves	CSW	Senior Masculino	40:48	+17:51	06:48
111	311	João Caetano	Ginásio Pulse	Senior Masculino	40:52	+17:54	06:49
112	425	Henrique Neves Domingues	Individual	Senior Masculino	41:00	+18:02	06:50
113	740	Nelson Santos Nogueira	VILAVENTURA TRAIL	Senior Masculino	41:01	+18:04	06:50
114	820	João Carlos Santos Nogueira	VILAVENTURA TRAIL	Senior Masculino	41:02	+18:04	06:50
115	704	João Pedro Teixeira Neves	trail da ladeia running team	Senior Masculino	41:22	+18:25	06:54
116	595	DYLAN GONÇALVES	MALTA DA CARUMA	Senior Masculino	42:02	+19:04	07:00
117	770	Edivaldo Mascarenhas Ferreira de Jesus Junior	Individual	Senior Masculino	42:11	+19:13	07:02
118	212	Pedro Silva	CSW	Senior Masculino	42:19	+19:22	07:03
119	67	Lionel Teixeira	AMResgais	Senior Masculino	42:24	+19:26	07:04
120	684	Mário Gomes	Sumol Compal	Senior Masculino	42:31	+19:33	07:05
121	825	Vasco Pinto	Individual	Senior Masculino	42:43	+19:46	07:07
122	672	Renato Simões	SicóTrilhos	Senior Masculino	42:51	+19:54	07:09
123	185	Sérgio Lopes	Cansados à Partida	Senior Masculino	43:02	+20:05	07:10
124	279	Fábio Gaspar	GDRC UNIDOS	Senior Masculino	43:12	+20:15	07:12
125	278	Emanuel Duarte	GDRC UNIDOS	Senior Masculino	43:20	+20:23	07:13
126	166	Francisco Antunes	Biscas	Senior Masculino	43:29	+20:31	07:15
127	162	Romeo Silva	BFF	Senior Masculino	43:48	+20:51	07:18
128	159	Frederico Martins	BFF	Senior Masculino	43:49	+20:52	07:18
129	5	João Gonçalves	100 Gás Trail Team	Senior Masculino	44:02	+21:05	07:20
130	197	SÉRGIO MANUEL DE BRITO FERREIRA	Clube de Atletismo Gaspar & Costa	Senior Masculino	44:08	+21:11	07:21
131	772	Francisco Santana	Individual	Senior Masculino	44:27	+21:30	07:25
132	780	Rafael Luís	Individual	Senior Masculino	44:30	+21:32	07:25
133	671	Micael Lopes	SicóTrilhos	Senior Masculino	44:41	+21:43	07:27
134	424	Gonçalo Neves	Individual	Senior Masculino	44:43	+21:46	07:27
135	240	Carlos Ronielly	Equipa redinha	Senior Masculino	44:52	+21:54	07:29
136	133	Alexandre Sousa	Barras e Bolinhos	Senior Masculino	45:24	+22:27	07:34
137	134	João Pereira	Barras e Bolinhos	Senior Masculino	45:34	+22:36	07:36
138	317	Vasco Areia Silva	Ginásio Pulse	Senior Masculino	45:34	+22:37	07:36
139	774	João Bento	Individual	Senior Masculino	45:46	+22:49	07:38
140	438	Miguel Veloso	Individual	Senior Masculino	45:54	+22:56	07:39
141	186	Vitor lopes	Cansados à Partida	Senior Masculino	45:55	+22:57	07:39
142	776	Júlio Lopes	Individual	Senior Masculino	46:07	+23:10	07:41
143	445	Pedro Cabecinhas	Individual	Senior Masculino	46:12	+23:15	07:42
144	453	Salomao Venin	Individual	Senior Masculino	46:27	+23:30	07:45
145	421	Diogo Marques	Individual	Senior Masculino	46:38	+23:40	07:46
146	673	Wilson Marques	SicóTrilhos	Senior Masculino	47:18	+24:21	07:53

Prova Principal

6 KM

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OFFICIAL RESULT

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22	469	Ivo Jordão	Individual	Sub 20 Masculino	47:59	+20:31	08:00
23	42	Frederico Rodrigues	ACTIVE Pombal	Sub 20 Masculino	52:22	+24:54	08:44
24	289	Paulo Gaspar	GDRC UNIDOS	Sub 20 Masculino	54:59	+27:31	09:10
25	12	Cristiano Garcia Emídio	236PBL	Sub 20 Masculino	56:03	+28:35	09:20
26	15	Pedro Samuel Emídio Garcia	236PBL	Sub 20 Masculino	56:11	+28:43	09:22
27	17	Telmo Jael Ribeiro Silva	236PBL	Sub 20 Masculino	56:17	+28:49	09:23
28	467	David Saraiva Martins Silva	Individual	Sub 20 Masculino	56:22	+28:54	09:24
29	14	Martino Garcia Fernandes Cordeiro	236PBL	Sub 20 Masculino	56:39	+29:11	09:26
30	13	Márcio Elias Salazar Emídio	236PBL	Sub 20 Masculino	57:01	+29:32	09:30
31	323	MIGUEL MARQUES	Ginásio Pulse	Sub 20 Masculino	01:07:35	+40:07	11:16

Veterana F40

1	751	Monica Jordão	ACRM Silveirinha Grande Claras	Veterana F40	33:07		05:31
2	55	Susana Moreira das Neves	ACTIVE Pombal	Veterana F40	33:47	+00:40	05:38
3	6	Carla Silva	100 Gás Trail Team	Veterana F40	33:55	+00:47	05:39
4	49	Gina Domingues	ACTIVE Pombal	Veterana F40	35:05	+01:57	05:51
5	139	Carmen Rodrigues	Barras e Bolinhos	Veterana F40	35:23	+02:15	05:54
6	708	Sabine Ferreira	trail da ladeia running team	Veterana F40	35:31	+02:23	05:55
7	494	Lurdes vital	Individual	Veterana F40	35:41	+02:33	05:57
8	137	Ana Gonçalves	Barras e Bolinhos	Veterana F40	36:22	+03:14	06:04
9	270	Marisa Sardão	Gatões BTT	Veterana F40	36:43	+03:36	06:07
10	806	Isabel Cordeiro	Pulse	Veterana F40	36:57	+03:49	06:09
11	662	Rita Mendes	Seleção lá de casa	Veterana F40	37:02	+03:54	06:10
12	229	Maria Domingues	Electroranha	Veterana F40	37:50	+04:42	06:18
13	93	Ana Luísa Lacerda	ARCD Venda da Luísa	Veterana F40	38:27	+05:20	06:25
14	140	Celina Pereira	Barras e Bolinhos	Veterana F40	38:36	+05:29	06:26
15	78	Silvia Oliveira	Ansibikers	Veterana F40	38:40	+05:32	06:27
16	514	Tânia Costa	Individual	Veterana F40	38:40	+05:33	06:27
17	487	Eugénia Batista	Individual	Veterana F40	39:27	+06:20	06:35
18	326	Olga Okulova	Ginásio Pulse	Veterana F40	39:27	+06:20	06:35
19	801	Ariana Martins	Os Bagaços	Veterana F40	39:28	+06:20	06:35
20	324	Edite Ribeiro Nunes	Ginásio Pulse	Veterana F40	39:28	+06:21	06:35
21	94	Graça Simões	ARCD Venda da Luísa	Veterana F40	39:33	+06:26	06:36
22	70	Sandra Teixeira	AMResgais	Veterana F40	39:50	+06:42	06:38
23	587	Regina Lisboa	Lx teams	Veterana F40	40:07	+07:00	06:41
24	325	Licinia Lourenço	Ginásio Pulse	Veterana F40	40:08	+07:00	06:41
25	693	Natália Mota	Sumol Compal	Veterana F40	40:29	+07:21	06:45
26	504	Nélia Rodrigues	Individual	Veterana F40	40:36	+07:28	06:46
27	244	Natalia Correia	Família Correia	Veterana F40	41:01	+07:53	06:50
28	54	Sílvia Silva	ACTIVE Pombal	Veterana F40	41:50	+08:42	06:58
29	783	Natália Gomes	Individual	Veterana F40	42:00	+08:53	07:00
30	507	Paula Virgínia dos Santos Marques	Individual	Veterana F40	42:10	+09:02	07:02
31	264	Claudia Cordeiro	FitTraining Academy	Veterana F40	42:15	+09:08	07:03
32	500	Maria Odete Freire Simões	Individual	Veterana F40	43:02	+09:54	07:10
33	622	Lidia Gonçalves	Os Tolinhos	Veterana F40	43:30	+10:22	07:15

Prova Principal

6 KM

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

OFFICIAL RESULT

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34	291	Susana Domingues	GDRC UNIDOS	Veterana F40	43:53	+10:45	07:19
35	690	Mara Santos	Sumol Compal	Veterana F40	44:11	+11:04	07:22
36	676	Sónia Ribeiro	SicóTrilhos	Veterana F40	45:09	+12:01	07:31
37	493	LUCIA MARIA LAGOA RODRIGUES	Individual	Veterana F40	45:24	+12:16	07:34
38	144	Miriam Freitas	Barras e Bolinhos	Veterana F40	45:25	+12:17	07:34
39	142	Estela Viana	Barras e Bolinhos	Veterana F40	45:28	+12:20	07:35
40	7	Cátia Andrade	100 Gás Trail Team	Veterana F40	45:47	+12:40	07:38
41	51	NATÁLIA MENDES	ACTIVE Pombal	Veterana F40	45:57	+12:49	07:39
42	138	Ana Santos	Barras e Bolinhos	Veterana F40	46:08	+13:00	07:41
43	635	Alexandra Margarida Pereira Rocha Quaresma	Power Food	Veterana F40	46:24	+13:16	07:44
44	147	Rita Silva	Barras e Bolinhos	Veterana F40	46:26	+13:18	07:44
45	365	Amélia Jordão	GRVILAVERDENSE	Veterana F40	46:56	+13:49	07:49
46	512	Susana Goncalves	Individual	Veterana F40	47:08	+14:00	07:51
47	249	Paula Vieira	Familia Silva e intrusas	Veterana F40	47:42	+14:35	07:57
48	784	Sandrina Silva	Individual	Veterana F40	47:43	+14:35	07:57
49	509	Sílvia Domingues	Individual	Veterana F40	48:05	+14:57	08:01
50	508	Rita Gaspar	Individual	Veterana F40	48:15	+15:07	08:03
51	741	Rita Mendes	VILAVENTURA TRAIL	Veterana F40	48:24	+15:16	08:04
52	688	Carla Pimenta	Sumol Compal	Veterana F40	48:26	+15:19	08:04
53	149	Sílvia Moreira das Neves	Barras e Bolinhos	Veterana F40	48:34	+15:27	08:06
54	8	MARGARIDA LIMA	100 Gás Trail Team	Veterana F40	48:42	+15:34	08:07
55	202	SUSANA MARIA DIAS SANTOS	Clube de Atletismo Gaspar & Costa	Veterana F40	49:00	+15:52	08:10
56	490	Isabel Nobre	Individual	Veterana F40	49:02	+15:54	08:10
57	68	Ana Esperança	AMResgais	Veterana F40	49:04	+15:56	08:11
58	706	Anabela Rodrigues	trail da ladeia running team	Veterana F40	49:19	+16:11	08:13
59	45	Carla Serralheiro	ACTIVE Pombal	Veterana F40	49:19	+16:11	08:13
60	248	Mónica Neves	Familia Silva e intrusas	Veterana F40	49:24	+16:17	08:14
61	199	CATARINA ISABEL NETO SANTOS	Clube de Atletismo Gaspar & Costa	Veterana F40	49:42	+16:35	08:17
62	187	Natércia Rodrigues	Cansados à Partida	Veterana F40	50:02	+16:54	08:20
63	95	Luísa Simões	ARCD Venda da Luísa	Veterana F40	50:39	+17:32	08:27
64	148	Sílvia Ferreira	Barras e Bolinhos	Veterana F40	50:48	+17:41	08:28
65	145	Mónica Faria	Barras e Bolinhos	Veterana F40	51:03	+17:55	08:31
66	807	Virginie Leal Makeup	Ranha De Baixo	Veterana F40	51:30	+18:23	08:35
67	488	Fátima Isabel Neves Rodrigues	Individual	Veterana F40	51:35	+18:27	08:36
68	498	Maria Isabel	Individual	Veterana F40	51:36	+18:28	08:36
69	359	Marisa Silva	GRUPO CORBÁRIO E WHITE MINERALS	Veterana F40	51:36	+18:28	08:36
70	497	Maria Fernanda	Individual	Veterana F40	51:40	+18:32	08:37
71	327	Paula Areia Silva	Ginásio Pulse	Veterana F40	51:42	+18:35	08:37
72	826	Sónia Vieira	ACTIVE Pombal	Veterana F40	52:21	+19:13	08:44
73	607	Liliana Silva	NDAP	Veterana F40	52:43	+19:35	08:47
74	654	Edite Cardoso	Run & Fun	Veterana F40	52:51	+19:43	08:48
75	653	Anabela Cruz	Run & Fun	Veterana F40	52:54	+19:46	08:49
76	360	Patricia Gonçalves	GRUPO CORBÁRIO E WHITE MINERALS	Veterana F40	53:11	+20:03	08:52

Prova Principal
6 KM
OFFICIAL RESULT

77	678	Susana Bártolo	SOURE MOV	Veterana F40	53:13	+20:05	08:52
78	518	Virginie Ferreira	Individual	Veterana F40	53:16	+20:09	08:53
79	694	Noémia Rosa Domingues	Sumol Compal	Veterana F40	53:31	+20:23	08:55
80	52	Paula Carvalho	ACTIVE Pombal	Veterana F40	53:46	+20:38	08:58
81	48	EMILIA INACIO	ACTIVE Pombal	Veterana F40	53:48	+20:41	08:58
82	477	Andreia Major	Individual	Veterana F40	53:49	+20:42	08:58
83	575	Nelly Cordeiro	Lentos à solta	Veterana F40	53:51	+20:43	08:58
84	46	CELINA NUNES	ACTIVE Pombal	Veterana F40	53:51	+20:44	08:59
85	517	Virgínia Gabriel	Individual	Veterana F40	53:57	+20:49	09:00
86	113	Maria João Neves	As Giras	Veterana F40	54:05	+20:57	09:01
87	114	Susana Gomes	As Giras	Veterana F40	54:07	+20:59	09:01
88	50	Irene domingues	ACTIVE Pombal	Veterana F40	54:09	+21:01	09:01
89	513	Sylvie Rodrigues	Individual	Veterana F40	54:16	+21:08	09:03
90	47	Elisabete Gonçalves	ACTIVE Pombal	Veterana F40	54:22	+21:14	09:04
91	231	Sandra Ferreira	Electroranha	Veterana F40	54:44	+21:37	09:07
92	290	Cecília Ramos	GDRC UNIDOS	Veterana F40	54:53	+21:46	09:09
93	489	Isabel Cristina Monteiro Jerónimo	Individual	Veterana F40	55:41	+22:33	09:17
94	146	Natália Marques	Barras e Bolinhos	Veterana F40	57:10	+24:02	09:32
95	502	Marisa Rodrigues	Individual	Veterana F40	57:21	+24:14	09:34
96	230	Monica Faria	Electroranha	Veterana F40	57:26	+24:18	09:34
97	112	Angela Gomes	As Giras	Veterana F40	57:33	+24:25	09:35
98	53	Paula Nunes	ACTIVE Pombal	Veterana F40	57:55	+24:47	09:39
99	715	Sandra Liceia	Trilhos & Aventuras	Veterana F40	58:15	+25:08	09:43
100	721	ANA SOUSA	tugassauros	Veterana F40	58:35	+25:27	09:46
101	228	Anabela Ferreira	Electroranha	Veterana F40	59:14	+26:07	09:52
102	150	Teresa Barreiras	Barras e Bolinhos	Veterana F40	59:20	+26:13	09:53
103	643	Anabela Rebelo	Pulse	Veterana F40	59:30	+26:23	09:55
104	636	Helena Maria Gonçalves Clemente	Power Food	Veterana F40	59:45	+26:38	09:58
105	485	Elia Mendes	Individual	Veterana F40	01:00:03	+26:56	10:01
106	506	PAULA MARIA GOMES MARQUES	Individual	Veterana F40	01:00:13	+27:05	10:02
107	111	Amélia Ferreira	As Giras	Veterana F40	01:00:32	+27:24	10:05
108	585	Elisabete Maria Gonçalves Ferreira	Lentos e Furiosos	Veterana F40	01:00:47	+27:39	10:08
109	618	MARIA DE FÁTIMA MOREIRA DE MATOS CRUZ	ORGANIFACHO LDA	Veterana F40	01:00:59	+27:51	10:10
110	707	Maria Celmira Lourenço Teixeira	trail da ladeia running team	Veterana F40	01:01:15	+28:07	10:12
111	486	Elisabeth Laura Rodrigues	Individual	Veterana F40	01:01:15	+28:08	10:13
112	484	Dulce Marisa Gonçalves Mota	Individual	Veterana F40	01:02:03	+28:55	10:21
113	476	Analia Gonçalves	Individual	Veterana F40	01:02:06	+28:58	10:21
114	516	Vilma Patrícia Gonçalves Eusébio	Individual	Veterana F40	01:02:08	+29:00	10:21
115	143	Gisela Pedro	Barras e Bolinhos	Veterana F40	01:02:11	+29:03	10:22
116	495	Mabilda Lopes	Individual	Veterana F40	01:02:55	+29:47	10:29
117	592	Magda Figueiredo	MAGAL	Veterana F40	01:03:05	+29:58	10:31
118	591	Lúcia Mota	MAGAL	Veterana F40	01:03:08	+30:01	10:31
119	590	Fátima Mota	MAGAL	Veterana F40	01:03:11	+30:03	10:32
120	505	Otilia Gonçalves	Individual	Veterana F40	01:03:12	+30:04	10:32
121	589	Carina Ferreira	MAGAL	Veterana F40	01:03:13	+30:06	10:32
122	496	Manuela Rodrigues	Individual	Veterana F40	01:03:16	+30:08	10:33

Prova Principal

6 KM

OFFICIAL RESULT

123	491	Judite Oliveira	Individual	Veterana F40	01:03:16	+30:08	10:33
124	483	Cristina Maria da Silva Martins	Individual	Veterana F40	01:03:35	+30:27	10:36
125	227	Ana Moreira	Electroranha	Veterana F40	01:03:35	+30:27	10:36
126	720	ANA CAETANO	tugassauros	Veterana F40	01:03:44	+30:36	10:37
127	475	Alda Lopes	Individual	Veterana F40	01:03:47	+30:39	10:38
128	722	CARLA BARROS	tugassauros	Veterana F40	01:03:48	+30:40	10:38
129	510	Sílvia Oliveira	Individual	Veterana F40	01:03:50	+30:42	10:38
130	637	Laryssa kostina	Power Food	Veterana F40	01:04:03	+30:56	10:41
131	118	Marina Branco	As verdinhas	Veterana F40	01:04:07	+30:59	10:41
132	117	Carla Sofia Pereira Mendes	As verdinhas	Veterana F40	01:04:07	+31:00	10:41
133	501	Marisa Isabel da Silva Martins	Individual	Veterana F40	01:04:12	+31:05	10:42
134	478	Belina Maria Simões da Silva	Individual	Veterana F40	01:04:13	+31:06	10:42
135	119	Sandra Jacinto	As verdinhas	Veterana F40	01:04:29	+31:21	10:45
136	482	Carmina Mota	Individual	Veterana F40	01:04:29	+31:21	10:45
137	141	Dejane Santos	Barras e Bolinhos	Veterana F40	01:05:35	+32:27	10:56
138	175	Natália Martins	CãBuzinos	Veterana F40	01:05:54	+32:47	10:59
139	177	Susana Salgueiro	CãBuzinos	Veterana F40	01:06:14	+33:06	11:02
140	115	Tânia Gaspar	As Giras	Veterana F40	01:07:21	+34:13	11:13
141	597	ANA AMARO	MALTA DA CARUMA	Veterana F40	01:07:45	+34:37	11:17
142	598	MARTA RODRIGUES	MALTA DA CARUMA	Veterana F40	01:07:51	+34:44	11:19
143	599	SARA DOS SANTOS	MALTA DA CARUMA	Veterana F40	01:07:53	+34:45	11:19
144	215	Luisa Patricio	CSW	Veterana F40	01:08:05	+34:58	11:21
145	213	Adélia Mendes	CSW	Veterana F40	01:09:21	+36:14	11:34
146	100	Isabel Maria Silva Major	As gambuzinas	Veterana F40	01:10:19	+37:11	11:43
147	99	Carla Sofia Fernandes Mota	As gambuzinas	Veterana F40	01:10:26	+37:19	11:44
148	695	Sandra Morais	Sumol Compal	Veterana F40	01:10:27	+37:20	11:45
149	578	Sonia Mendes	Lentos à solta	Veterana F40	01:10:28	+37:20	11:45
150	576	Patricia Santos	Lentos à solta	Veterana F40	01:11:37	+38:29	11:56
151	572	Adria Cordeiro	Lentos à solta	Veterana F40	01:11:41	+38:34	11:57
152	69	Patricia Pedro	AMResgais	Veterana F40	01:11:46	+38:39	11:58
153	503	Mónica Galante	Individual	Veterana F40	01:12:56	+39:48	12:09
154	474	Aida Cristina da Costa Pereira	Individual	Veterana F40	01:12:59	+39:52	12:10
155	714	Cláudia Neves	Trilhos & Aventuras	Veterana F40	01:14:36	+41:28	12:26
156	499	Maria Manuela Santos Martins	Individual	Veterana F40	01:15:07	+41:59	12:31
157	480	Carla Rosa	Individual	Veterana F40	01:15:10	+42:02	12:32
158	172	Celeste Aquino	CãBuzinos	Veterana F40	01:16:00	+42:53	12:40
159	171	Carla Reis	CãBuzinos	Veterana F40	01:16:07	+42:59	12:41
160	176	Susana Cruz	CãBuzinos	Veterana F40	01:16:14	+43:06	12:42
161	713	Ana Liceia	Trilhos & Aventuras	Veterana F40	01:16:22	+43:15	12:44
162	174	Márcia Lopes	CãBuzinos	Veterana F40	01:16:51	+43:43	12:49
163	170	Ana Tenente	CãBuzinos	Veterana F40	01:16:57	+43:50	12:50
164	173	Isabel Gonçalves	CãBuzinos	Veterana F40	01:17:03	+43:55	12:50
165	696	Silvia Cristina Domingues Simões	Sumol Compal	Veterana F40	01:17:34	+44:26	12:56
166	687	Anabela Marques	Sumol Compal	Veterana F40	01:17:38	+44:30	12:56
167	692	Mónica Paula Soares Gouveia Gomes	Sumol Compal	Veterana F40	01:17:46	+44:38	12:58
168	200	FILOMENA LONGO	Clube de Atletismo Gaspar & Costa	Veterana F40	01:20:02	+46:55	13:20

Prova Principal**6 KM****OFFICIAL RESULT**LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

169	201	GINA GONÇALVES	Clube de Atletismo Gaspar & Costa	Veterana F40	01:20:17	+47:09	13:23
170	573	Cátia Gaioso	Lentos à solta	Veterana F40	01:20:47	+47:39	13:28
171	580	Teresa Nunes	Lentos à solta	Veterana F40	01:20:48	+47:40	13:28
172	577	Silvia sousa	Lentos à solta	Veterana F40	01:20:48	+47:40	13:28

Veterano M40

1	546	Marco Gomes	Individual	Veterano M40	23:33		03:55
2	757	Sérgio Junqueira	CPR-A-do-Barbas	Veterano M40	23:56	+00:23	03:59
3	352	Hugo Horta	Grupo Alegre Unido Bajouca	Veterano M40	24:15	+00:42	04:03
4	541	Jorge Simões	Individual	Veterano M40	27:35	+04:02	04:36
5	536	JOÃO PEDRO	Individual	Veterano M40	27:45	+04:12	04:37
6	790	Nuno Alexandre Duarte Mota	Individual	Veterano M40	28:29	+04:56	04:45
7	538	Joel Costa	Individual	Veterano M40	28:38	+05:05	04:46
8	354	Márcio Cruz	Grupo Alegre Unido Bajouca	Veterano M40	28:49	+05:16	04:48
9	203	AQUILINO DIAS FERREIRA	Clube de Atletismo Gaspar & Costa	Veterano M40	29:02	+05:29	04:50
10	703	Hugo Silva	Talentos Objetivos	Veterano M40	29:13	+05:39	04:52
11	658	Nuno Ferreira	SCPOMBAL/TRAIL TEAM	Veterano M40	29:32	+05:59	04:55
12	822	Vitor Monteiro	VILAVENTURA TRAIL	Veterano M40	29:45	+06:12	04:58
13	752	Filipe Carvalheiro	ACRM Silveirinha Grande Claras	Veterano M40	30:40	+07:07	05:07
14	612	Fernando Jorge Correia	NES	Veterano M40	30:46	+07:13	05:08
15	520	André Luz Silva	Individual	Veterano M40	30:57	+07:23	05:09
16	233	Gonçalo Vieira	Electroranha	Veterano M40	30:57	+07:24	05:10
17	553	Pedro dos Santos Lopes	Individual	Veterano M40	31:11	+07:38	05:12
18	559	Sílvio André dos Santos Moreira	Individual	Veterano M40	31:14	+07:41	05:12
19	530	Hélder Manuel dos Santos Morais Freire	Individual	Veterano M40	31:15	+07:42	05:12
20	155	Pedro Pereiro	Barras e Bolinhos	Veterano M40	31:18	+07:45	05:13
21	334	Sérgio Simões	Ginásio Pulse	Veterano M40	31:44	+08:10	05:17
22	735	José Silva	Vamos com tudo	Veterano M40	31:44	+08:10	05:17
23	356	Pedro Cabecinhas	Grupo Alegre Unido Bajouca	Veterano M40	31:47	+08:13	05:18
24	663	Fernando Ferreira	Seleção lá de casa	Veterano M40	32:05	+08:32	05:21
25	785	emidio alves	Individual	Veterano M40	32:11	+08:37	05:22
26	357	Virgílio Alberto	Grupo Alegre Unido Bajouca	Veterano M40	32:25	+08:52	05:24
27	58	Daniel Gonçalves	ACTIVE Pombal	Veterano M40	32:40	+09:06	05:27
28	63	Ricardo Branco Gonçalves	ACTIVE Pombal	Veterano M40	32:42	+09:09	05:27
29	519	Alexandre Fernandes Marques	Individual	Veterano M40	32:43	+09:09	05:27
30	61	Nuno Ricardo da Silva Moreira	ACTIVE Pombal	Veterano M40	32:44	+09:11	05:27
31	749	Mario Jose da Silva	XXXL	Veterano M40	33:04	+09:31	05:31
32	727	PEDRO VALENÇA	tugassauros	Veterano M40	33:49	+10:16	05:38
33	677	Eduardo Mendes	SicóTrilhos	Veterano M40	34:05	+10:32	05:41
34	711	Luís Simões	trail da ladeia running team	Veterano M40	34:10	+10:36	05:42
35	158	Rui Gaspar	Barras e Bolinhos	Veterano M40	34:18	+10:45	05:43
36	271	Dany Mateus	Gatões BTT	Veterano M40	34:20	+10:47	05:43
37	558	Rui Marques	Individual	Veterano M40	34:28	+10:54	05:45

Prova Principal

6 KM

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OFFICIAL RESULT

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

38	56	André Sardinha	ACTIVE Pombal	Veterano M40	34:50	+11:17	05:48
39	157	Roberto Fiuza	Barras e Bolinhos	Veterano M40	34:52	+11:19	05:49
40	537	Joaquim sousa	Individual	Veterano M40	34:58	+11:25	05:50
41	57	António Jesus	ACTIVE Pombal	Veterano M40	35:06	+11:33	05:51
42	709	jose martins	trail da ladeia running team	Veterano M40	35:14	+11:41	05:52
43	710	José Pedro Rodrigues Neves	trail da ladeia running team	Veterano M40	35:15	+11:41	05:52
44	545	Manuel Gameiro	Individual	Veterano M40	35:24	+11:51	05:54
45	272	Nuno Gonçalo Mendes Queda	Gatões BTT	Veterano M40	35:27	+11:54	05:54
46	742	MARCO PASCOAL	VILAVENTURA TRAIL	Veterano M40	35:31	+11:58	05:55
47	539	Joel Martins	Individual	Veterano M40	35:44	+12:11	05:57
48	650	Antônio Manuel Ferreira Mendes	Ratatui Time	Veterano M40	35:56	+12:22	05:59
49	726	DAVID DINIS	tugassauros	Veterano M40	36:03	+12:29	06:00
50	62	Nuno Salvador	ACTIVE Pombal	Veterano M40	36:04	+12:31	06:01
51	363	Pedro Coelho	GRUPO CORBÁRIO E WHITE MINERALS	Veterano M40	36:05	+12:32	06:01
52	59	Gonçalo Lopes	ACTIVE Pombal	Veterano M40	36:10	+12:37	06:02
53	156	Ricardo Fernandes	Barras e Bolinhos	Veterano M40	36:23	+12:50	06:04
54	795	Rui Gomes	Individual	Veterano M40	36:29	+12:56	06:05
55	761	Samuel Costa	FitTraining Academy	Veterano M40	36:30	+12:57	06:05
56	252	Rui Silva	Familia Silva e intrusas	Veterano M40	36:40	+13:06	06:07
57	547	Nasário Rodrigues	Individual	Veterano M40	36:40	+13:07	06:07
58	121	EUGENIO MENDES	ATLÉTICO CLUBE DE VERMOIL	Veterano M40	36:44	+13:11	06:07
59	651	Pedro Miguel Marques Abreu	Ratatui Time	Veterano M40	37:03	+13:30	06:10
60	179	João Carvalho	CãBuzinos	Veterano M40	37:07	+13:34	06:11
61	791	Nuno Cruz	Individual	Veterano M40	37:16	+13:43	06:13
62	251	Licínio Silva	Familia Silva e intrusas	Veterano M40	37:28	+13:55	06:15
63	218	Ricardo Grilo	CSW	Veterano M40	37:44	+14:11	06:17
64	549	Paulo Araújo	Individual	Veterano M40	37:48	+14:15	06:18
65	355	Otelo Pereira	Grupo Alegre Unido Bajouca	Veterano M40	37:49	+14:15	06:18
66	529	Gonçalo Freitas	Individual	Veterano M40	37:51	+14:18	06:18
67	793	Paulo Silva	Individual	Veterano M40	38:02	+14:29	06:20
68	808	Nicolas Ferreira	Ranha De Baixo	Veterano M40	38:40	+15:06	06:27
69	552	Paulo Santos	Individual	Veterano M40	38:41	+15:08	06:27
70	557	Rio Paulo Gonçalves Freire	Individual	Veterano M40	38:42	+15:09	06:27
71	526	Eurico Ponte	Individual	Veterano M40	38:58	+15:25	06:30
72	786	FERNANDO MARQUES	Individual	Veterano M40	39:01	+15:28	06:30
73	797	Filipe Ferreira	Lourival Bike Team	Veterano M40	39:05	+15:32	06:31
74	521	Anton Vasin	Individual	Veterano M40	39:07	+15:34	06:31
75	205	CELESTINO MOUCO GASPAS	Clube de Atletismo Gaspar & Costa	Veterano M40	39:13	+15:40	06:32
76	207	RUI PEDRO LOPES BROGUEIRA	Clube de Atletismo Gaspar & Costa	Veterano M40	39:15	+15:42	06:33
77	204	CARLOS MANUEL JORGE GASPAS	Clube de Atletismo Gaspar & Costa	Veterano M40	39:16	+15:43	06:33
78	754	Lucidio Dias	ACRM Silveirinha Grande Claras	Veterano M40	39:23	+15:50	06:34
79	73	Pedro Cruz	AMResgais	Veterano M40	39:26	+15:53	06:34
80	803	Tony Santos	Os Bagaços	Veterano M40	39:29	+15:56	06:35
81	828	Jhonny Pereira	Sumol Compal	Veterano M40	39:35	+16:02	06:36

Official Timekeeper: Lap2Go	15 / 18	generate 30-jun-2024 00:03
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Prova Principal

6 KM

OFFICIAL RESULT

82	702	Vasco Roldão	Sumol Compal	Veterano M40	39:55	+16:21	06:39
83	550	Paulo Jordão	Individual	Veterano M40	40:02	+16:29	06:40
84	626	Pedro Gonçalves Coelho Ruivo	Papa Léguas	Veterano M40	40:06	+16:33	06:41
85	679	João Miguel Sanroque Paiva	SOURE MOV	Veterano M40	40:23	+16:49	06:44
86	216	Gonçalo Ribeiro	CSW	Veterano M40	40:42	+17:09	06:47
87	120	ALFREDO SANTOS	ATLÉTICO CLUBE DE VERMOIL	Veterano M40	40:52	+17:18	06:49
88	330	ANTONIO NEVES	Ginásio Pulse	Veterano M40	41:18	+17:45	06:53
89	625	John Peter Kennedy	Papa Léguas	Veterano M40	41:23	+17:50	06:54
90	792	Nuno Marques	Individual	Veterano M40	41:34	+18:01	06:56
91	26	Márcio da Cruz Batista	ACTIVE Pombal	Veterano M40	41:56	+18:22	06:59
92	528	Filipe Silva	Individual	Veterano M40	41:57	+18:24	07:00
93	266	Manuel Cordeiro	FitTraining Academy	Veterano M40	42:01	+18:28	07:00
94	698	Eusébio Miguel Lourenço Dias	Sumol Compal	Veterano M40	42:25	+18:52	07:04
95	823	Arlindo Oliveira	Individual	Veterano M40	42:41	+19:08	07:07
96	725	AGOSTINHO PEREIRA	tugassauros	Veterano M40	42:50	+19:17	07:08
97	827	Jorge Ribeiro	Individual	Veterano M40	42:54	+19:21	07:09
98	292	Ângelo Silva	GDRC UNIDOS	Veterano M40	43:28	+19:54	07:15
99	293	Cláudio Silva	GDRC UNIDOS	Veterano M40	43:28	+19:55	07:15
100	80	Rui Oliveira	Ansibikers	Veterano M40	43:28	+19:55	07:15
101	804	Alexandre Blanco	Os Tolinhos	Veterano M40	43:28	+19:55	07:15
102	619	MARCOS JOSÉ FREIRE LISBOA	ORGANIFACHO LDA	Veterano M40	43:41	+20:08	07:17
103	163	Ricardo Ferreira	BFF	Veterano M40	43:49	+20:16	07:18
104	361	João Diogo	GRUPO CORBÁRIO E WHITE MINERALS	Veterano M40	43:51	+20:17	07:18
105	295	Frederico Duarte	GDRC UNIDOS	Veterano M40	43:52	+20:19	07:19
106	181	Paulo Gonçalves	CãBuzinos	Veterano M40	44:01	+20:28	07:20
107	556	Renato Martins	Individual	Veterano M40	44:09	+20:36	07:22
108	245	Adalberto Correia	Família Correia	Veterano M40	44:09	+20:36	07:22
109	555	Pedro Pimpão	Individual	Veterano M40	44:15	+20:42	07:22
110	331	Carlos Quitério	Ginásio Pulse	Veterano M40	44:38	+21:05	07:26
111	700	Jorge Pedro Silva Gameiro	Sumol Compal	Veterano M40	45:09	+21:35	07:31
112	548	Nuno Nascimento	Individual	Veterano M40	45:28	+21:55	07:35
113	554	Pedro Gonçalves	Individual	Veterano M40	45:44	+22:11	07:37
114	60	HELDER MENDES	ACTIVE Pombal	Veterano M40	45:58	+22:24	07:40
115	524	Bruno Rosa	Individual	Veterano M40	46:02	+22:29	07:40
116	551	Paulo Jorge Pereira Simões	Individual	Veterano M40	46:10	+22:36	07:42
117	153	Jorge Santos	Barras e Bolinhos	Veterano M40	46:31	+22:58	07:45
118	588	Jorge Lisboa	Lx teams	Veterano M40	46:34	+23:00	07:46
119	527	Filipe Nunes	Individual	Veterano M40	46:37	+23:04	07:46
120	9	HELDER CARRASQUEIRA	100 Gás Trail Team	Veterano M40	46:48	+23:15	07:48
121	154	Miguel Branco	Barras e Bolinhos	Veterano M40	47:01	+23:28	07:50
122	532	Hugo Gonçalves	Individual	Veterano M40	47:08	+23:35	07:51
123	542	Leonel Rodrigues	Individual	Veterano M40	47:09	+23:36	07:51
124	544	Luís Batista	Individual	Veterano M40	47:12	+23:38	07:52
125	701	Nuno Filipe Silva Pinto	Sumol Compal	Veterano M40	47:42	+24:09	07:57
126	250	Fábio Marques dos Santos	Familia Silva e intrusas	Veterano M40	47:46	+24:12	07:58
127	789	Márcio Martins	Individual	Veterano M40	48:07	+24:34	08:01

Prova Principal**6 KM****OFFICIAL RESULT**LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTIONLAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

128	699	filipe miguel balão fernandes	Sumol Compal	Veterano M40	48:24	+24:51	08:04
129	332	Francisco Gaspar Silva	Ginásio Pulse	Veterano M40	48:32	+24:59	08:05
130	151	Humberto Franco	Barras e Bolinhos	Veterano M40	49:32	+25:59	08:15
131	648	André Filipe Marques Gomes	Ratatui Time	Veterano M40	49:49	+26:16	08:18
132	649	Antônio José Marques Gomes	Ratatui Time	Veterano M40	49:52	+26:19	08:19
133	362	Martinho Ferreira	GRUPO CORBÁRIO E WHITE MINERALS	Veterano M40	50:18	+26:45	08:23
134	364	Silvio Lopes	GRUPO CORBÁRIO E WHITE MINERALS	Veterano M40	50:28	+26:55	08:25
135	523	Bruno Lopes	Individual	Veterano M40	51:39	+28:06	08:37
136	724	Afonso Almeida	tugassauros	Veterano M40	51:53	+28:20	08:39
137	788	Manuel Goncalves dos Santos	Individual	Veterano M40	52:00	+28:27	08:40
138	802	Pedro Carvalho	Os Bagaços	Veterano M40	52:05	+28:32	08:41
139	72	Filipe Mendes	AMResgais	Veterano M40	52:16	+28:42	08:43
140	71	Adriano Clara	AMResgais	Veterano M40	52:18	+28:45	08:43
141	608	Rui Pereira	NDAP	Veterano M40	52:40	+29:07	08:47
142	627	Ricardo Paulo Dias Rodrigues	Papa Léguas	Veterano M40	52:54	+29:20	08:49
143	534	Ilídio Manuel Freitas Santos	Individual	Veterano M40	53:52	+30:19	08:59
144	533	Humberto Antonio	Individual	Veterano M40	54:01	+30:28	09:00
145	522	Bruno Caetano	Individual	Veterano M40	54:06	+30:33	09:01
146	234	Nuno Ferreira	Electroranha	Veterano M40	54:45	+31:12	09:07
147	294	Cristóvão Gaspar	GDRC UNIDOS	Veterano M40	55:00	+31:27	09:10
148	182	Rui Salgueiro	CãBuzinos	Veterano M40	55:47	+32:14	09:18
149	87	NELSON VICENTE	ARB	Veterano M40	56:14	+32:41	09:22
150	232	Arlindo Ferreira	Electroranha	Veterano M40	57:59	+34:25	09:40
151	560	Sílvio Cordeiro	Individual	Veterano M40	59:19	+35:46	09:53
152	644	Jorge Rebelo	Pulse	Veterano M40	59:32	+35:59	09:55
153	736	Marco Teixeira	Vamos com tudo	Veterano M40	01:00:29	+36:56	10:05
154	586	Carlos Manuel Gonçalves Simões	Lentos e Furiosos	Veterano M40	01:00:46	+37:13	10:08
155	335	Ulisses Oliveira	Ginásio Pulse	Veterano M40	01:00:54	+37:20	10:09
156	152	Jorge Lopes	Barras e Bolinhos	Veterano M40	01:02:06	+38:33	10:21
157	593	Edgar Machado	MAGAL	Veterano M40	01:02:59	+39:26	10:30
158	594	João Santos	MAGAL	Veterano M40	01:03:06	+39:32	10:31
159	235	Paulo Gameiro	Electroranha	Veterano M40	01:03:30	+39:57	10:35
160	543	Leontino Ribeiro da Conceição	Individual	Veterano M40	01:03:49	+40:16	10:38
161	540	Jorge Almeida Santos	Individual	Veterano M40	01:04:27	+40:54	10:45
162	89	SERGIO SOUSA	ARB	Veterano M40	01:04:43	+41:10	10:47
163	535	João Manuel da Mota Gonçalves	Individual	Veterano M40	01:05:17	+41:44	10:53
164	217	Nicolau Domingues	CSW	Veterano M40	01:06:24	+42:50	11:04
165	247	Hélder Mendes	Família Mendes	Veterano M40	01:06:29	+42:56	11:05
166	581	Higino Rodrigues	Lentos à solta	Veterano M40	01:06:46	+43:13	11:08
167	600	FERNANDO DE JESUS	MALTA DA CARUMA	Veterano M40	01:07:26	+43:53	11:14
168	602	JORGE MADEIRA	MALTA DA CARUMA	Veterano M40	01:07:28	+43:55	11:15
169	254	Nilton Leopoldo	Filho e genrrros Lda	Veterano M40	01:08:27	+44:54	11:24
170	255	Paulo Gameiro	Filho e genrrros Lda	Veterano M40	01:08:44	+45:11	11:27
171	605	Énio Mota	Meirinhas	Veterano M40	01:09:39	+46:05	11:36
172	716	Filipe Martins	Trilhos & Aventuras	Veterano M40	01:14:34	+51:01	12:26

Prova Principal

6 KM

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

OFFICIAL RESULT

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

173	178	Henrique Silva	CãBuzinos	Veterano M40	01:15:58	+52:24	12:40
174	180	Joaquim Alberto	CãBuzinos	Veterano M40	01:16:14	+52:41	12:42
175	717	Paulo Gomes	Trilhos & Aventuras	Veterano M40	01:16:55	+53:21	12:49
176	206	ISIDRO SECA ADEGAS	Clube de Atletismo Gaspar & Costa	Veterano M40	01:20:28	+56:55	13:25

TEAM RESULTS - PROVA PRINCIPAL

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

39	MAGAL	642 + 643 + 644 + 645 + 646	3220
40	TRILHOS & AVENTURAS	597 + 720 + 721 + 722 + 731	3491

MINI CORRIDA INFANTIL - STAGE 1**1600 METERS**

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	17:00	23,8°C	51%
End	17:27	17°C	91%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1062	Renato Costa	NDAP	08:22.7		-	
2	1075	João Moreira	Os Mancos	08:34.6	+00:12	-	
3	1063	Simão Malho	NDAP	08:38.2	+00:15	-	
4	1031	Afonso Quaresma Amaro	Individual	08:38.4	+00:15	-	
5	1076	João Santos	Os Mancos	08:40.6	+00:18	-	
6	1033	Nelson Murteinho Mota	Individual	08:41.1	+00:18	-	
7	1032	Diego Almeida Gameiro	Individual	08:46.7	+00:24	-	
8	1022	Vasco Carreira	Grupo Alegre Unido Bajouca	09:09.2	+00:46	-	
9	1019	Dinis Ramalhais	ACRDC Sismaria	09:10.9	+00:48	-	
10	1034	Rúben Campos	Individual	09:24.0	+01:01	-	
11	1059	Regina Arroiteia	NDAP	09:35.2	+01:12	-	
12	1079	Xavier Gonçalves	Os Mancos	09:37.3	+01:14	-	
13	1078	Rúben Sebastião	Os Mancos	09:43.2	+01:20	-	
14	1077	Rafael Lopes	Os Mancos	09:46.6	+01:24	-	
15	1023	Xavier Neves	Grupo Alegre Unido Bajouca	10:28.8	+02:06	-	
16	1061	Rafael Martins	NDAP	10:37.6	+02:15	-	
17	1060	Sofia Nunes	NDAP	11:11.3	+02:48	-	
18	1056	Filipa Martins	NDAP	12:44.3	+04:21	-	

Mini Corrida Infantil

1600 METERS

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	17:00	23,8°C	51%
End	17:27	17°C	91%

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

1	1059	Regina Arroiteia	NDAP	Infantil Feminino	09:35.2	-	-
2	1060	Sofia Nunes	NDAP	Infantil Feminino	11:11.3	+01:36	-
3	1056	Filipa Martins	NDAP	Infantil Feminino	12:44.3	+03:09	-

Infantil Masculino

1	1062	Renato Costa	NDAP	Infantil Masculino	08:22.7	-	-
2	1075	João Moreira	Os Mancos	Infantil Masculino	08:34.6	+00:11	-
3	1063	Simão Malho	NDAP	Infantil Masculino	08:38.2	+00:15	-
4	1031	Afonso Quaresma Amaro	Individual	Infantil Masculino	08:38.4	+00:15	-
5	1076	João Santos	Os Mancos	Infantil Masculino	08:40.6	+00:17	-
6	1033	Nelson Murtinho Mota	Individual	Infantil Masculino	08:41.1	+00:18	-
7	1032	Diego Almeida Gameiro	Individual	Infantil Masculino	08:46.7	+00:23	-
8	1022	Vasco Carreira	Grupo Alegre Unido Bajouca	Infantil Masculino	09:09.2	+00:46	-
9	1019	Dinis Ramalhais	ACRDC Sismaria	Infantil Masculino	09:10.9	+00:48	-
10	1034	Rúben Campos	Individual	Infantil Masculino	09:24.0	+01:01	-
11	1079	Xavier Gonçalves	Os Mancos	Infantil Masculino	09:37.3	+01:14	-
12	1078	Rúben Sebastião	Os Mancos	Infantil Masculino	09:43.2	+01:20	-
13	1077	Rafael Lopes	Os Mancos	Infantil Masculino	09:46.6	+01:23	-
14	1023	Xavier Neves	Grupo Alegre Unido Bajouca	Infantil Masculino	10:28.8	+02:06	-
15	1061	Rafael Martins	NDAP	Infantil Masculino	10:37.6	+02:14	-

MINI CORRIDA BENJAMIM - STAGE 1

1000 METERS

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
41	1065	Laura Mota	NDAP	09:47.8	+03:43	-	
42	1014	Abel Souza Freire	3CES-Em Açã02	09:58.2	+03:53	-	
43	1011	Lorena Izidoro Gomes	3CES-Em Açã02	10:04.5	+04:00	-	
44	1008	Alexia Lima França	3CES-Em Açã02	10:18.6	+04:14	-	
45	1016	Matheus de Oliveira Reis	3CES-Em Açã02	10:43.4	+04:38	-	
46	1009	Ana Beatriz Souza	3CES-Em Açã02	11:12.1	+05:07	-	
47	1046	Duarte Ribeiro Ferreira	Individual	11:34.6	+05:30	-	
48	1018	Theo Marambaia França	3CES-Em Açã02	11:43.4	+05:38	-	
49	1001	Abraão Eleazar Monteiro Sousa	3CES_emAçã0	12:00.5	+05:56	-	
50	1093	Francisca Pinto	Individual	12:08.9	+06:04	-	
51	1012	Nicole Menegassi Gonçalves	3CES-Em Açã02	12:45.0	+06:40	-	

Mini Corrida Benjamim

1000 METERS

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	17:00	17,9°C	51%
End	17:13	17°C	91%

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

1	1067	Rita Pereira	NDAP	Benjamim Feminino	06:31.4	-	-
2	1039	Mara Gante Mota	Individual	Benjamim Feminino	07:18.4	+00:47	-
3	1038	Leonor Pedro Mendes	Individual	Benjamim Feminino	07:18.6	+00:47	-
4	1040	Maria Francisca das Neves Moreira	Individual	Benjamim Feminino	07:32.6	+01:01	-
5	1036	Bianca Almeida Gameiro	Individual	Benjamim Feminino	08:10.3	+01:38	-
6	1064	Diana Marques	NDAP	Benjamim Feminino	08:17.2	+01:45	-
7	1035	Benedita Ferreira Gomes Araújo	Individual	Benjamim Feminino	08:18.0	+01:46	-
8	1013	Sophia Barreto de Jesus	3CES-Em Ação2	Benjamim Feminino	08:27.5	+01:56	-
9	1091	Bruna Gonçalves	Individual	Benjamim Feminino	08:39.1	+02:07	-
10	1037	Helena Martins Cardoso	Individual	Benjamim Feminino	08:43.3	+02:11	-
11	1010	Ana Clara Naomi Teixeira Ramos Onishima	3CES-Em Ação2	Benjamim Feminino	08:43.3	+02:11	-
12	1066	Rafaela Caçador	NDAP	Benjamim Feminino	08:44.1	+02:12	-
13	1024	Érica Rosado	Grupo Alegre Unido Bajouca	Benjamim Feminino	09:32.9	+03:01	-
14	1025	Mara Ferreira	Grupo Alegre Unido Bajouca	Benjamim Feminino	09:34.9	+03:03	-
15	1065	Laura Mota	NDAP	Benjamim Feminino	09:47.8	+03:16	-
16	1011	Lorena Izidoro Gomes	3CES-Em Ação2	Benjamim Feminino	10:04.5	+03:33	-
17	1008	Alexia Lima França	3CES-Em Ação2	Benjamim Feminino	10:18.6	+03:47	-
18	1009	Ana Beatriz Souza	3CES-Em Ação2	Benjamim Feminino	11:12.1	+04:40	-
19	1093	Francisca Pinto	Individual	Benjamim Feminino	12:08.9	+05:37	-
20	1012	Nicole Menegassi Gonçalves	3CES-Em Ação2	Benjamim Feminino	12:45.0	+06:13	-

Benjamim Masculino

1	1072	Santiago Ponte	NDAP	Benjamim Masculino	06:05.2	-	-
2	1073	Tanatswa Munava	NDAP	Benjamim Masculino	06:19.9	+00:14	-
3	1083	Eduardo Ferreira	Seleção lá de casa	Benjamim Masculino	06:26.5	+00:21	-
4	1047	Francisco Filipe	Individual	Benjamim Masculino	06:28.7	+00:23	-
5	1055	Simão Rosa Martins	Individual	Benjamim Masculino	06:49.1	+00:43	-
6	1026	Gaspar Silva	Grupo Alegre Unido Bajouca	Benjamim Masculino	06:51.4	+00:46	-
7	1068	Kunashe Munava	NDAP	Benjamim Masculino	07:00.8	+00:55	-
8	1048	Guilherme Gabriel Freire	Individual	Benjamim Masculino	07:01.7	+00:56	-
9	1043	Afonso Freitas	Individual	Benjamim Masculino	07:05.6	+01:00	-
10	1045	David Rodrigues	Individual	Benjamim Masculino	07:15.1	+01:09	-
11	1049	João Murtinho Mota	Individual	Benjamim Masculino	07:19.1	+01:13	-
12	1006	Paulo Hazael Garcia Anjos	3CES_emAção	Benjamim Masculino	07:23.0	+01:17	-
13	1044	Afonso Santos	Individual	Benjamim Masculino	07:27.5	+01:22	-
14	1052	MIGUEL NUNO RODRIGUES GUARDADO	Individual	Benjamim Masculino	07:30.5	+01:25	-
15	1074	Tomás das Neves Kennedy	NDAP	Benjamim Masculino	07:42.3	+01:37	-

Official Timekeeper: Lap2Go	1 / 2	generate 30-jun-2024 00:04
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Mini Corrida Benjamim

1000 METERS

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

OFFICIAL RESULT

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

16	1069	Lucas Gaspar	NDAP	Benjamim Masculino	07:54.9	+01:49	-
17	1070	Manuel Mendes	NDAP	Benjamim Masculino	07:56.6	+01:51	-
18	1071	Manuel Pereira	NDAP	Benjamim Masculino	08:14.0	+02:08	-
19	1053	Miguel Rosa Martins	Individual	Benjamim Masculino	08:17.3	+02:12	-
20	1015	Jorge Henrique Ramos Menezes	3CES-Em Ação2	Benjamim Masculino	08:17.6	+02:12	-
21	1007	Pedro da Silva Garcias Francisco	3CES_emAção	Benjamim Masculino	08:31.8	+02:26	-
22	1050	Leonardo Contente Gaspar	Individual	Benjamim Masculino	08:34.9	+02:29	-
23	1088	Salvador Farias da Silva	Vieira Team	Benjamim Masculino	08:45.9	+02:40	-
24	1090	Diego Lopes	Individual	Benjamim Masculino	09:10.8	+03:05	-
25	1051	Lourenço Duarte	Individual	Benjamim Masculino	09:15.2	+03:10	-
26	1002	Adonai Fernandez Garcias Pinto	3CES_emAção	Benjamim Masculino	09:46.4	+03:41	-
27	1014	Abel Souza Freire	3CES-Em Ação2	Benjamim Masculino	09:58.2	+03:53	-
28	1016	Matheus de Oliveira Reis	3CES-Em Ação2	Benjamim Masculino	10:43.4	+04:38	-
29	1046	Duarte Ribeiro Ferreira	Individual	Benjamim Masculino	11:34.6	+05:29	-
30	1018	Theo Marambaia França	3CES-Em Ação2	Benjamim Masculino	11:43.4	+05:38	-
31	1001	Abraão Eleazar Monteiro Sousa	3CES_emAção	Benjamim Masculino	12:00.5	+05:55	-