









































## Corrida

8 KM

### OFFICIAL RESULT

90	618	Guilherme Santos	Shar	Senior Masculino	51:54	+26:07	06:29
91	53	André Oliveira	Auchan	Senior Masculino	52:11	+26:24	06:31
92	599	Bernardo Rodrigues	Quem paga o jantar?	Senior Masculino	52:14	+26:26	06:32
93	267	Jorge Emanuel de Moura Alves	Individual	Senior Masculino	53:13	+27:25	06:39
94	288	Pedro Daniel Côca da Silva	Individual	Senior Masculino	53:22	+27:34	06:40
95	130	Flávio Silva	Fruta da 5ª	Senior Masculino	53:30	+27:42	06:41
96	97	André Banaco	Elite Runners by Mondego	Senior Masculino	54:13	+28:25	06:47
97	98	João Nobre	Elite Runners by Mondego	Senior Masculino	54:13	+28:26	06:47
98	270	José Matos	Individual	Senior Masculino	54:41	+28:54	06:50
99	264	Joel Simões	Individual	Senior Masculino	55:06	+29:19	06:53
100	233	Diogo Freitas	Individual	Senior Masculino	55:20	+29:33	06:55
101	229	Carlos Augusto Freitas da Cruz	Individual	Senior Masculino	55:36	+29:48	06:57
102	258	João Manuel Amorim Silva	Individual	Senior Masculino	55:38	+29:50	06:57
103	303	Tiago Mendes	Individual	Senior Masculino	58:17	+32:30	07:17
104	136	João Gerardo	Gerardo Studio	Senior Masculino	58:53	+33:06	07:22
105	247	Frederico Angeli Christofolletti	Individual	Senior Masculino	59:12	+33:24	07:24
106	236	Diogo Silva	Individual	Senior Masculino	59:19	+33:32	07:25
107	243	Filipe Oliveira	Individual	Senior Masculino	59:36	+33:48	07:27
108	77	Micael José Quaresma de Oliveira	Calminheiros/Rqosteopatia	Senior Masculino	01:00:09	+34:21	07:31
109	262	João Simões	Individual	Senior Masculino	01:08:53	+43:06	08:37

## Veterana F35

1	9	Solange Jesus	SC BRAGA	Veterana F35	28:34		03:34
2	315	Nathalya Guimarães Gobbo	Individual	Veterana F35	36:44	+08:10	04:36
3	158	Flávia Ferraz	HOT.Runners	Veterana F35	38:28	+09:54	04:49
4	103	Maria Carvalho	Escola de Atletismo de Coimbra/JPaiva	Veterana F35	41:10	+12:35	05:09
5	639	Sandra Maciel	Team el comandante	Veterana F35	44:16	+15:41	05:32
6	307	Ana Cunha	Individual	Veterana F35	45:53	+17:19	05:44
7	38	Liliana santos	AMC Crossfit	Veterana F35	46:10	+17:35	05:46
8	47	Andreia Castro	ARCD VENDA DA LUISA	Veterana F35	46:26	+17:51	05:48
9	320	Stacey Cruickshanks	Individual	Veterana F35	48:43	+20:08	06:05
10	323	Thatiana Lourenço Nobre	Individual	Veterana F35	49:09	+20:35	06:09
11	312	Marta Mancelos	Individual	Veterana F35	49:44	+21:09	06:13
12	313	Micaela Torres	Individual	Veterana F35	50:48	+22:14	06:21
13	22	Marisol Simões	ACDRS QUINHENDROS	Veterana F35	51:01	+22:26	06:23
14	150	Joana Goncalves	HOSPITAL DA LUZ	Veterana F35	51:50	+23:15	06:29
15	99	Adriana Santos	Elite Runners by Mondego	Veterana F35	52:22	+23:47	06:33
16	570	Tania Ferreira	MIRO TRAIL	Veterana F35	53:30	+24:56	06:41
17	321	Tânia Henriques	Individual	Veterana F35	53:37	+25:03	06:42
18	308	Andreia Santos	Individual	Veterana F35	54:51	+26:16	06:51
19	316	Priscilla Simões Madeira da Matta	Individual	Veterana F35	54:53	+26:19	06:52
20	310	ELLEN DANIELE PEREIRA NEVES GUEIROS	Individual	Veterana F35	55:02	+26:27	06:53
21	39	Otília Bedeschi Montanhini	AMC Crossfit	Veterana F35	55:08	+26:33	06:53

**Corrida**

**8 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 - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

22	322	THAIS ALMEIDA PRADO INOUE RODRIGUES	Individual	Veterana F35	55:16	+26:41	06:55
23	317	Raquel Afonso	Individual	Veterana F35	56:46	+28:11	07:06
24	318	Sara Lemos	Individual	Veterana F35	59:38	+31:03	07:27
25	120	Alexandra Ferraz	FOCCUS_TUU	Veterana F35	01:00:40	+32:06	07:35
26	655	Sónia Fernandes	Um-dó-li-tá	Veterana F35	01:00:53	+32:19	07:37
27	637	Caline Coutinho	Tartaruga	Veterana F35	01:02:03	+33:29	07:45
28	311	Gerusa Oliveira	Individual	Veterana F35	01:02:57	+34:23	07:52
29	309	Carla Seguro Alves	Individual	Veterana F35	01:08:11	+39:37	08:31

**Veterana F40**

1	332	Joana Marreco	Individual	Veterana F40	37:58		04:45
2	92	Maribel Cardoso	DAR - Recardães	Veterana F40	39:57	+01:58	05:00
3	25	Monica Jordão	ACRM Silveirinha Grande Claras	Veterana F40	42:01	+04:02	05:15
4	333	Joana Monteiro	Individual	Veterana F40	43:45	+05:46	05:28
5	626	Raphaella Rodrigues	SOMISIS - GRVilaverdense	Veterana F40	44:33	+06:34	05:34
6	342	Sandra salgado	Individual	Veterana F40	46:10	+08:11	05:46
7	16	Sandra Isabel Mendes dos Reis	Academia Desportos de Condeixa	Veterana F40	46:14	+08:15	05:47
8	577	Liliana Rodrigues	Os Pé Na Cova	Veterana F40	47:31	+09:32	05:56
9	601	Rita Fernandes	Rita Fernandes	Veterana F40	47:31	+09:32	05:56
10	324	Adriana cruz	Individual	Veterana F40	47:43	+09:44	05:58
11	339	Marli João Fernandes Viegas	Individual	Veterana F40	48:07	+10:08	06:01
12	34	Sofia lopes	AERGóis Trail Running	Veterana F40	48:17	+10:18	06:02
13	578	Nanci Simões	Os Pé Na Cova	Veterana F40	48:25	+10:26	06:03
14	326	Ana Rita Damas	Individual	Veterana F40	48:36	+10:37	06:04
15	328	Carla Brás	Individual	Veterana F40	50:06	+12:07	06:16
16	71	Carla Bessa	Bustos Runners	Veterana F40	50:27	+12:28	06:18
17	335	Juliana Pratas	Individual	Veterana F40	51:23	+13:24	06:25
18	341	Sandra Pedrosa	Individual	Veterana F40	51:29	+13:30	06:26
19	340	Rita Domingues	Individual	Veterana F40	51:56	+13:57	06:29
20	121	CLÁUDIA CARRAPATO	FOCCUS_TUU	Veterana F40	51:57	+13:58	06:30
21	65	Ana Braga Cruz	Braga Cruz Team	Veterana F40	51:59	+14:00	06:30
22	151	Marisa Leal	HOSPITAL DA LUZ	Veterana F40	52:15	+14:16	06:32
23	327	Camila Medina	Individual	Veterana F40	52:24	+14:25	06:33
24	338	Márcia Dias	Individual	Veterana F40	52:56	+14:57	06:37
25	337	Liliana Porto	Individual	Veterana F40	53:01	+15:02	06:38
26	329	Carla Marques	Individual	Veterana F40	54:08	+16:09	06:46
27	145	Romina Maribel Oliveira de Jesus	Gyptec Iberica	Veterana F40	54:24	+16:25	06:48
28	344	Tallita Fernandes	Individual	Veterana F40	54:34	+16:35	06:49
29	325	Alicia Bailey	Individual	Veterana F40	55:31	+17:32	06:56
30	61	Saete Oliveira	Aventureiros	Veterana F40	56:33	+18:34	07:04
31	619	Ana Patrícia Fonseca	Shar	Veterana F40	57:36	+19:37	07:12
32	676	Daniela Norte	Individual	Veterana F40	59:22	+21:23	07:25
33	330	Clara Paiva	Individual	Veterana F40	01:04:07	+26:08	08:01
34	336	Liliana Fernandes	Individual	Veterana F40	01:04:42	+26:43	08:05

## Corrida

8 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

35	343	Sónia Dias	Individual	Veterana F40	01:04:42	+26:43	08:05
36	622	Adriana Silva	Silvio & Adriana	Veterana F40	01:09:10	+31:12	08:39
37	671	Ana Magina	O Praticante	Veterana F40	01:41:02	+01:03:03	12:38

## Veterana F45

1	7	Carla Martinho	RD Águeda	Veterana F45	29:14		03:39
2	348	Carla santos	Individual	Veterana F45	36:37	+07:23	04:35
3	104	Dora Serra	Escola de Atletismo de Coimbra/JPaiva	Veterana F45	38:43	+09:29	04:50
4	48	Suzana Santo	ARCD VENDA DA LUISA	Veterana F45	42:23	+13:09	05:18
5	659	Aldina Jordão Ferreira	Verallia Portugal	Veterana F45	42:48	+13:34	05:21
6	349	Catarina batista	Individual	Veterana F45	43:01	+13:47	05:23
7	345	Aline Soares da Silva Gregório	Individual	Veterana F45	43:49	+14:35	05:29
8	347	Carla Carvalho	Individual	Veterana F45	44:56	+15:42	05:37
9	122	Conceição Costa	FOCCUS_TUU	Veterana F45	45:18	+16:04	05:40
10	640	Paula Juliets	Team el comandante	Veterana F45	45:33	+16:19	05:42
11	350	Cláudia Cabete	Individual	Veterana F45	45:34	+16:20	05:42
12	358	Patrícia Neto	Individual	Veterana F45	45:53	+16:39	05:44
13	153	Ana Carina Silva	HOSPITAL DA LUZ	Veterana F45	46:03	+16:49	05:45
14	362	Sara Maria Jordão Silva	Individual	Veterana F45	46:25	+17:11	05:48
15	146	Ana Cristina Leal Rebola	Gyptec Iberica	Veterana F45	47:20	+18:06	05:55
16	352	Claudia Patricia Lopes	Grupeta Running Team	Veterana F45	47:44	+18:30	05:58
17	359	Rita Fugas	Individual	Veterana F45	48:12	+18:58	06:01
18	80	Anabela Dinis Tavares Figueiredo	CAOH	Veterana F45	48:15	+19:01	06:02
19	88	Sara Martins	Cluve	Veterana F45	48:26	+19:12	06:03
20	354	Mari Pires	Individual	Veterana F45	48:27	+19:13	06:03
21	63	Maria Pereira	Botão Camp	Veterana F45	49:02	+19:48	06:08
22	105	Susana Cabral	Escola de Atletismo de Coimbra/JPaiva	Veterana F45	49:19	+20:05	06:10
23	69	Emília Penedo	Bulldog team	Veterana F45	50:00	+20:46	06:15
24	584	Joana Nogueira	Outsiders	Veterana F45	50:14	+21:00	06:17
25	660	Maria de Fátima Oliveira	Verallia Portugal	Veterana F45	51:19	+22:05	06:25
26	351	Cláudia Caldeira	Individual	Veterana F45	52:51	+23:36	06:36
27	363	Sílvia Pereira	Individual	Veterana F45	52:54	+23:40	06:37
28	361	Sara Henriqueta Gonçalves	Individual	Veterana F45	54:08	+24:54	06:46
29	628	Amélia Jordão	SOMISIS - GRVilaverdense	Veterana F45	54:35	+25:21	06:49
30	627	Sandra Ferreira	SOMISIS - GRVilaverdense	Veterana F45	55:46	+26:32	06:58
31	360	Rosnelly Cabello Requena	Individual	Veterana F45	56:04	+26:50	07:01
32	346	Ana Maria Alves	Individual	Veterana F45	56:13	+26:59	07:02
33	605	fatima videira	Saidegatas BTTeam	Veterana F45	58:42	+29:28	07:20
34	78	Didia Maria Rosa da Conceição	Calminheiros/Rqosteopatia	Veterana F45	01:00:10	+30:56	07:31
35	355	Maria Aida Henriques Antunes	Individual	Veterana F45	01:06:34	+37:20	08:19
36	357	Monica Ferreira	Individual	Veterana F45	01:24:03	+54:49	10:30











## Corrida

8 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

24	482	Roberto Simões	Individual	Veterano M45	40:47	+13:56	05:06
25	488	Tiago Nazaré	Individual	Veterano M45	40:52	+14:02	05:07
26	471	Nuno Vitor	Individual	Veterano M45	41:06	+14:15	05:08
27	91	Pedro Serra	CORRER LISBOA	Veterano M45	41:25	+14:34	05:11
28	24	Carlos Manuel Santos Silva	ACDRS QUINHENDROS	Veterano M45	41:25	+14:34	05:11
29	487	Rui Gaspar	Individual	Veterano M45	42:09	+15:18	05:16
30	474	pedro antunes	Individual	Veterano M45	43:38	+16:47	05:27
31	50	Nuno Abranches Pinto	Atletas ao Domingo	Veterano M45	44:00	+17:10	05:30
32	643	Ricardo Ruas	Team el comandante	Veterano M45	44:32	+17:42	05:34
33	604	Pedro Bastos	Run4HappyChild	Veterano M45	44:59	+18:08	05:37
34	465	LUIS FELIPE NEVES GUEIROS SOBRINHO	Individual	Veterano M45	45:00	+18:10	05:38
35	581	Pedro Craveiro	Os Pé Na Cova	Veterano M45	45:11	+18:20	05:39
36	460	Jean Paulo Domingues dos Santos	Individual	Veterano M45	45:38	+18:47	05:42
37	456	Daniel André Matos Rebelo	Individual	Veterano M45	45:56	+19:05	05:44
38	64	Ricardo Firmino	Botão Camp	Veterano M45	45:56	+19:05	05:44
39	470	Nuno Santos	Individual	Veterano M45	46:18	+19:27	05:47
40	674	Bruno Santos	Individual	Veterano M45	46:35	+19:45	05:49
41	489	Vagner Paixão	Individual	Veterano M45	46:46	+19:55	05:51
42	51	Zé Sandinha	Atletas ao Domingo	Veterano M45	47:05	+20:15	05:53
43	467	Mário Rui Ferreira Vaz	Individual	Veterano M45	47:10	+20:20	05:54
44	156	Nuno Vaz Ribeiro	HOSPITAL DA LUZ	Veterano M45	47:22	+20:31	05:55
45	473	Paulo Ribeiro	Individual	Veterano M45	47:38	+20:47	05:57
46	461	João Carlos Perdigão	Individual	Veterano M45	48:36	+21:45	06:05
47	472	Óscar Mendes	Individual	Veterano M45	48:59	+22:09	06:07
48	469	Nuno Correia	Individual	Veterano M45	49:42	+22:51	06:13
49	70	Armando Penedo	Bulldog team	Veterano M45	50:00	+23:10	06:15
50	457	Filipe Sá	Individual	Veterano M45	50:50	+23:59	06:21
51	462	João Pereira	Individual	Veterano M45	51:29	+24:38	06:26
52	455	Claudio Vicente	Individual	Veterano M45	51:44	+24:53	06:28
53	463	JOEL RICARDO DE ALMEIDA LOUREIRO	Individual	Veterano M45	52:46	+25:56	06:36
54	476	Pedro Nunes	Individual	Veterano M45	54:36	+27:45	06:50
55	615	Amilcar Batata	Sem Sede	Veterano M45	57:10	+30:19	07:09
56	490	Vitor Ferreira Henriques Tomaz	Individual	Veterano M45	58:16	+31:26	07:17
57	606	Vitor Fernandes	Saidegatas BTeam	Veterano M45	58:42	+31:51	07:20
58	484	Rui Alexandre Matos Santos Silva	Individual	Veterano M45	01:01:16	+34:25	07:40
59	466	marco Oliveira	Individual	Veterano M45	01:04:42	+37:52	08:05
60	459	Hugo Alexandre Manso Gonçalves	Individual	Veterano M45	01:06:34	+39:43	08:19

## Veterano M50

1	11	Rui Roque	AABV	Veterano M50	29:20		03:40
2	634	Carlos Alexandre Gomes Pagaimo	Souovais	Veterano M50	32:09	+02:48	04:01
3	566	João Carvalho	Lobos da Serra - Loureiro	Veterano M50	33:30	+04:09	04:11
4	565	António Ferreira	Lobos da Serra - Loureiro	Veterano M50	33:52	+04:31	04:14
5	128	Pedro Craveiro	FOCCUS_TUU	Veterano M50	34:31	+05:10	04:19

Official Timekeeper: Lap2Go	12 / 15	generate 16-jun.-2024 11:40
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