

PROVA PRINCIPAL - STAGE 1

10 KM



OFFICIAL RESULT

	Time	Temperature	Humidity
Start	10:25	11,5°C	95%
End	12:04	11,5°C	95%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	401	Pedro Lopes	THOMAR ATHLETICS	34:01		03:24	
2	402	Ricardo Daniel Saldanha Ferreira	THOMAR ATHLETICS	34:04	+00:03	03:24	
3	145	Gonçalo Finote	Individual	34:11	+00:10	03:25	
4	339	Manuel Fonseca	MF GRUPO	34:16	+00:15	03:26	
5	680	Rui Martins	CC Alferrarede Velha	34:18	+00:17	03:26	
6	386	PEDRO RIBEIRO	SR. CAMARNAL	34:19	+00:18	03:26	
7	134	João Pedro Pereira	Grupito_thedogpack	34:46	+00:45	03:29	
8	80	Júlio Finote	CCD Sintrense	34:48	+00:47	03:29	
9	221	Octávio Vicente	Individual	34:56	+00:55	03:30	
10	411	ALVARO SOARES	THOMAR ATHLETICS	35:07	+01:06	03:31	
11	148	Martim Salvador	Individual	35:22	+01:21	03:32	
12	58	Luis Quintas	CASA DO BENFICA EM ABRANTES	35:28	+01:27	03:33	
13	288	Fernando Pereira	Individual	35:34	+01:33	03:33	
14	264	José Augusto Sobral Gomes	Individual	35:39	+01:38	03:34	
15	294	Nuno Romao	Individual	36:00	+01:59	03:36	
16	129	Paulo Alves	GDCTINCM	36:16	+02:15	03:38	
17	28	Tiago Andrónico	Associação 20km Almeirim	36:22	+02:21	03:38	
18	95	Luis Ferreira	Chorões	36:28	+02:27	03:39	
19	430	Gonçalo Campos	TRAMAGAL SPORT UNIÃO	36:33	+02:32	03:39	
20	67	JOÃO SALDANHA	CASA POVO ALCANENA	36:38	+02:37	03:40	
21	422	Ricardo Lanceiro	TRAMAGAL SPORT UNIÃO	36:40	+02:39	03:40	
22	175	Nuno Mendes	Individual	36:41	+02:40	03:40	
23	397	Tiago Homem	THOMAR ATHLETICS	36:42	+02:41	03:40	
24	53	andre filipe silva alves	CASA DO BENFICA EM ABRANTES	36:50	+02:49	03:41	
25	407	Guel ferreira	THOMAR ATHLETICS	36:54	+02:53	03:41	
26	143	Nuno Silva	HeCaTEAM	36:57	+02:56	03:42	
27	13	MIGUEL GONÇALVES	AC VERMOIL	37:06	+03:05	03:43	
28	15	LICÍNIO CARREIRA	AC VERMOIL	37:08	+03:07	03:43	
29	100	Abel Francisco Pires	CLBE DE ATLETISMO TRAIL RUNNERS DA PONTE	37:18	+03:17	03:44	
30	55	Rui Milagaia	CASA DO BENFICA EM ABRANTES	37:29	+03:28	03:45	
31	93	Arlindo Bras	centro civico de alferrarede velha	37:56	+03:55	03:48	
32	96	Rui Martins	Chorões	38:38	+04:37	03:52	
33	381	Ricardo Antunes	Sporting Clube de Abrantes	38:39	+04:38	03:52	
34	387	DELFIN FERREIRA	SR. CAMARNAL	38:48	+04:47	03:53	
35	240	Hélder Cotrim	Individual	38:52	+04:51	03:53	
36	146	MANUEL JOGO	Individual	38:53	+04:52	03:53	
37	12	JOSÉ MENDES	AC VERMOIL	39:00	+04:59	03:54	
38	14	JOSÉ SANTOS	AC VERMOIL	39:04	+05:03	03:54	
39	254	António Manuel Barroso Simões	Individual	39:17	+05:16	03:56	
40	432	Vitor Manuel janeiro Rita	Trilhos Templários/acr Santa Cita	39:24	+05:23	03:56	
41	109	Milton Ferreira	CLUBE VETERANOS DO LIS	39:38	+05:37	03:58	

PROVA PRINCIPAL - STAGE 1

10 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	132	André Bernardino	Grupito_thedogpack	39:41	+05:40	03:58	
43	8	EDUARDO CARDEIRA	AC VERMOIL	39:43	+05:42	03:58	
44	182	Romeu Campos	Individual	39:45	+05:44	03:58	
45	63	José Durão	CASA DO BENFICA EM ABRANTES	39:51	+05:50	03:59	
46	81	Ângelo Silva	CCDTMetroLX	39:52	+05:51	03:59	
47	97	Rui Vieira	Chorões	39:57	+05:56	04:00	
48	431	Luís Marques	TRAMAGAL SPORT UNIÃO	40:06	+06:05	04:01	
49	126	Luis António Branco Santos	Escola Luís de Camões 10 km	40:27	+06:26	04:03	
50	74	JOÃO PAULO LUÍS	CASA POVO ALCANENA	40:37	+06:36	04:04	
51	160	Bruno Catarino	Individual	40:40	+06:39	04:04	
52	94	Luís Rebelo	Centro de Atletismo de A-dos-Cunhados	40:46	+06:45	04:05	
53	43	Tetyana Vakulyuk	Caracol Trail Team	40:51	+06:50	04:05	
54	408	Fernando Homem	THOMAR ATHLETICS	40:53	+06:52	04:05	
55	271	Paulo Vieira	Individual	40:55	+06:54	04:05	
56	135	André Madeira Janeiro	Grupito_thedogpack	40:55	+06:54	04:06	
57	89	Marcio Andrade	centro civico de alferrarede velha	41:05	+07:04	04:07	
58	10	HELDER MIRANDA	AC VERMOIL	41:07	+07:06	04:07	
59	238	Goncalo Dias	Individual	41:08	+07:07	04:07	
60	249	Ricardo Neves	Individual	41:09	+07:08	04:07	
61	400	Fábio Ferreira	THOMAR ATHLETICS	41:10	+07:09	04:07	
62	6	Paulo Jorge Rodrigues Martins	ABRANLOGICA / CBA	41:12	+07:11	04:07	
63	231	Carlos Silvério - PONTO AVENTURA RACE TEAM	Individual	41:14	+07:13	04:07	
64	399	Alexandre Ferreira Valente	THOMAR ATHLETICS	41:16	+07:15	04:08	
65	405	Filipa Moutinho	THOMAR ATHLETICS	41:20	+07:19	04:08	
66	272	Pedro Silva	Individual	41:21	+07:20	04:08	
67	220	Luis Fernandes	Individual	41:21	+07:20	04:08	
68	298	Ricardo Brites	Caracol Trail Team	41:28	+07:27	04:09	
69	414	Jorge Lercas	THOMAR ATHLETICS	41:38	+07:37	04:10	
70	62	João Paulo Jacinto	CASA DO BENFICA EM ABRANTES	41:48	+07:47	04:11	
71	297	PETER GAME	Individual	41:49	+07:48	04:11	
72	7	DEONILDE COSTA	AC VERMOIL	41:53	+07:52	04:11	
73	214	Gonçalo Fernandes	Individual	42:01	+08:00	04:12	
74	243	Nuno Garrinhas	Individual	42:09	+08:08	04:13	
75	361	Rafael Gomes	RUN TEJO - PREVENT SPRAIN	42:09	+08:08	04:13	
76	257	Carlos Santos	Individual	42:11	+08:10	04:13	
77	313	CARLOS CRUZ	Individual	42:13	+08:12	04:13	
78	388	HUGO HENRIQUES	SR. CAMARNAL	42:16	+08:15	04:14	
79	266	José Manuel Carola	MF GRUPO	42:21	+08:20	04:14	
80	133	João Ferreira	Grupito_thedogpack	42:25	+08:24	04:14	
81	365	André Viseu	SIMECQ	42:32	+08:31	04:15	
82	424	David Carço Nunes	TRAMAGAL SPORT UNIÃO	42:37	+08:36	04:16	
83	303	joaquim alexandre	Individual	42:46	+08:45	04:17	
84	40	Carlos França	CAD a Correr	42:46	+08:45	04:17	
85	423	André Campos	TRAMAGAL SPORT UNIÃO	42:52	+08:51	04:17	
86	163	Francisco Ferreira Rodrigues	Individual	42:53	+08:52	04:17	

PROVA PRINCIPAL - STAGE 1

10 KM

R

REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
87	68	MARYAN TERESHKEVYCH	CASA POVO ALCANENA	42:53	+08:52	04:17	
88	73	PAULO LOURENÇO	CASA POVO ALCANENA	42:54	+08:53	04:17	
89	252	Vitor Almeida	Individual	43:10	+09:09	04:19	
90	70	CARLA D AVÓ	CASA POVO ALCANENA	43:12	+09:11	04:19	
91	22	Justin Vos	Agualva Runners	43:13	+09:12	04:19	
92	292	LUÍS SOUSA	Individual	43:26	+09:25	04:21	
93	72	JOAQUIM SANTOS	CASA POVO ALCANENA	43:27	+09:26	04:21	
94	290	José Augusto Correia de Almeida	Individual	43:28	+09:27	04:21	
95	44	Pedro Mourao	Caracol Trail Team	43:28	+09:27	04:21	
96	34	Paulo Fernandes	C.C.D. O ALVITEJO	43:31	+09:30	04:21	
97	420	Raquel Subtil	Trainerraquelsubtil	43:33	+09:32	04:21	
98	49	Vasco Rosa	CASA DO BENFICA EM ABRANTES	43:34	+09:33	04:21	
99	428	Hugo matos	TRAMAGAL SPORT UNIÃO	43:40	+09:39	04:22	
100	269	Miguel Emídio	Individual	43:40	+09:39	04:22	
101	334	Luís Filipe Rodrigues Martins	LZ Car Solutions	43:41	+09:40	04:22	
102	136	Luís Jesus	Grupo de Convívio e Amizade nas Donas	43:44	+09:43	04:22	
103	442	Jorge Formiga	U.D.R.ZONA ALTA	43:45	+09:44	04:22	
104	71	ROMAN TERESHKEVYCH	CASA POVO ALCANENA	43:47	+09:46	04:23	
105	21	Carolina Guedes	Agualva Runners	43:54	+09:53	04:23	
106	360	João Graça	Run Tejo	43:59	+09:58	04:24	
107	352	Jorge polidoro	Panela Mágica	44:00	+09:59	04:24	
108	224	Pedro Pereira	Individual	44:04	+10:03	04:24	
109	413	João Manuel Mendonça Roque	THOMAR ATHLETICS	44:04	+10:03	04:24	
110	239	Gonçalo Lopes	Individual	44:07	+10:06	04:25	
111	140	Joel Sequeira	Grupo Desportivo Águias da Moita	44:17	+10:16	04:26	
112	255	Bruno Rodrigues	Individual	44:23	+10:22	04:26	
113	412	Ernesto Parente	THOMAR ATHLETICS	44:33	+10:32	04:27	
114	322	João Cardoso Cardoso	Individual	44:42	+10:41	04:28	
115	206	Raquel Alves	Individual	44:45	+10:44	04:28	
116	119	Nuno Lean	CPR A-DO-BARBAS	44:47	+10:46	04:29	
117	250	Roger Ollé	Individual	44:49	+10:48	04:29	
118	429	José Andrade	TRAMAGAL SPORT UNIÃO	44:51	+10:50	04:29	
119	375	João Gonçalves	SlowMotion Runners	44:52	+10:51	04:29	
120	64	Manuel António	CASA DO BENFICA EM ABRANTES	44:53	+10:52	04:29	
121	173	Miguel Soares Rento	Individual	44:56	+10:55	04:30	
122	248	Pedro Filipe Silva	Individual	44:57	+10:56	04:30	
123	187	Liliana de Jesus Bernardo Martins	Individual	44:59	+10:58	04:30	
124	168	João Rodrigues	Individual	45:05	+11:04	04:31	
125	394	Ricardo Santos	Team P. Moles	45:13	+11:12	04:31	
126	166	João Leandro Venâncio Pereira	Individual	45:13	+11:12	04:31	
127	326	José Garrafão	Individual	45:20	+11:19	04:32	
128	335	Hugo Nunes	Malta da Rebera - Asfic	45:23	+11:22	04:32	
129	395	João Melo Roque	THOMAR ATHLETICS	45:27	+11:26	04:33	
130	279	Tiago Bispo	Individual	45:30	+11:29	04:33	
131	9	NELSON FERREIRA	AC VERMOIL	45:39	+11:38	04:34	
132	216	Igor Henriques	Individual	45:54	+11:53	04:35	

PROVA PRINCIPAL - STAGE 1

10 KM

R

REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
133	439	David Gonçalves	U.D.R.ZONA ALTA	45:58	+11:57	04:36	
134	230	Bruno Rito	Individual	46:00	+11:59	04:36	
135	380	Alexandra Simão	Sporting Clube de Abrantes	46:02	+12:01	04:36	
136	310	Pedro Ramos	Individual	46:05	+12:04	04:37	
137	281	Carlos Isidro	CASA DO BENFICA EM ABRANTES	46:14	+12:13	04:37	
138	382	Carlos Mendes	Sporting Clube de Abrantes	46:19	+12:18	04:38	
139	99	Leonel Campos	CLAC-Entroncamento	46:24	+12:23	04:38	
140	120	Nuno Ferreira	CPR A-DO-BARBAS	46:25	+12:24	04:39	
141	371	Ricardo Nobre	SIMECQ	46:43	+12:42	04:40	
142	142	Luis Sobral	Grupo Desportivo Águias da Moita	46:49	+12:48	04:41	
143	125	Mário Alexandre Almeida Duarte Salgueiro	Escola Luís de Camões 10 km	46:51	+12:50	04:41	
144	362	Vladimiro José Queimado Alves	Run2Eat	46:54	+12:53	04:41	
145	274	Ricardo Jorge Beirão	Individual	47:02	+13:01	04:42	
146	337	João Farinha	Mar.Team.Chel	47:15	+13:14	04:44	
147	147	Martim Lopes	Individual	47:16	+13:15	04:44	
148	291	Juvenal Silva	THOMAR ATHLETICS	47:20	+13:19	04:44	
149	217	João Ferreira	Individual	47:21	+13:20	04:44	
150	16	VITOR LOPES	AC VERMOIL	47:21	+13:20	04:44	
151	178	Rafael Silva	Individual	47:21	+13:20	04:44	
152	315	Dale Mark Desautel	Individual	47:25	+13:24	04:44	
153	61	Carlos José Semião Pinto	CASA DO BENFICA EM ABRANTES	47:30	+13:29	04:45	
154	183	Tiago Gomes dos Santos	Individual	47:32	+13:31	04:45	
155	233	Cláudio Silva	Individual	47:38	+13:37	04:46	
156	118	Eusébio Abreu	Constância Mountain Runners	47:39	+13:38	04:46	
157	92	Julio Cruz	centro civico de alferrarede velha	47:47	+13:46	04:47	
158	51	Telma Azevedo	CASA DO BENFICA EM ABRANTES	47:49	+13:48	04:47	
159	410	ritor Pereria	THOMAR ATHLETICS	47:53	+13:52	04:47	
160	299	Victor Marques	Individual	47:56	+13:55	04:48	
161	372	Paulo Serra	SIMECQ	48:01	+14:00	04:48	
162	293	Nuno Barreiro	Individual	48:08	+14:07	04:49	
163	23	Joaquim Vieira	Ama(dores) trail team /acru	48:09	+14:08	04:49	
164	236	FRANCISCO GASPAR	Individual	48:16	+14:15	04:50	
165	144	André Filipe Marques Abreu Abreu	Individual	48:19	+14:18	04:50	
166	181	Rodrigo Arsénio	Individual	48:20	+14:19	04:50	
167	229	Bruno Fernandes	Individual	48:25	+14:24	04:51	
168	83	Rui Manuel Pastor	CCDTMetroLX	48:26	+14:25	04:51	
169	328	Lúcio Mendes	Individual	48:28	+14:27	04:51	
170	427	Bruno Morais	TRAMAGAL SPORT UNIÃO	48:32	+14:31	04:51	
171	331	Telémaco Augusto Silva Santana	Individual	48:32	+14:31	04:51	
172	398	Luísa Ribeiro	THOMAR ATHLETICS	48:34	+14:33	04:51	
173	324	José Aleixo	THOMAR ATHLETICS	48:34	+14:33	04:51	
174	219	Joel Pedrosa Simões	Individual	48:42	+14:41	04:52	
175	91	Hugo Lopes	centro civico de alferrarede velha	48:46	+14:45	04:53	
176	385	SARA GABRIEL	SR. CAMARNAL	48:49	+14:48	04:53	
177	356	Miguel Seoane	PONTO AVENTURA - RACE TEAM	48:57	+14:56	04:54	

PROVA PRINCIPAL - STAGE 1

10 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
178	234	Daniel Martins	Individual	48:58	+14:57	04:54	
179	302	Daniel Guerra	Individual	48:59	+14:58	04:54	
180	267	Marco Pedro	Individual	49:06	+15:05	04:55	
181	232	César Santos	Individual	49:10	+15:09	04:55	
182	383	José São Bento	Sporting Clube de Abrantes	49:11	+15:10	04:55	
183	415	Jose Fonseca	THOMAR ATHLETICS	49:26	+15:25	04:57	
184	285	Domingos Gato	Individual	49:27	+15:26	04:57	
185	329	Paulo Fonseca	Individual	49:29	+15:28	04:57	
186	355	Marco Andrade	PONTO AVENTURA - RACE TEAM	49:31	+15:30	04:57	
187	117	Fausto Ferreira de Campos	Constância Mountain Runners	49:36	+15:35	04:58	
188	409	Sérgio Pêgas	THOMAR ATHLETICS	49:40	+15:39	04:58	
189	275	Ricardo Lemos	Individual	49:43	+15:42	04:58	
190	438	Verra Ferreira	U.D.R.ZONA ALTA	49:54	+15:53	04:59	
191	393	Fabio Oliveira	Team P. Moles	49:59	+15:58	05:00	
192	223	Pedro Miguel Lopes Silvério	Individual	50:01	+16:00	05:00	
193	48	João Paulo de Oliveira Jacinto	Carrapiteiro Bike Team	50:04	+16:03	05:00	
194	228	Tiago Santos	Individual	50:14	+16:13	05:01	
195	170	Luís Mário Rézio Fidalgo	Individual	50:15	+16:14	05:01	
196	309	Paulo Pascoal	Individual	50:15	+16:14	05:02	
197	320	Francisco Madeira	Grupo de Convívio e Amizade nas Donas	50:18	+16:17	05:02	
198	59	Rui Salgueiro	CASA DO BENFICA EM ABRANTES	50:18	+16:17	05:02	
199	171	Miguel Amaro	Individual	50:28	+16:27	05:03	
200	289	João Geada	Individual	50:34	+16:33	05:03	
201	273	Ricardo Dias	Individual	50:42	+16:41	05:04	
202	354	Irina Pinto	Pedrógão Triatlo	50:48	+16:47	05:05	
203	212	Edgar serrandario	Individual	50:49	+16:48	05:05	
204	190	Carina Silva	Individual	50:49	+16:48	05:05	
205	312	Antonio J Pereira	Individual	50:53	+16:52	05:05	
206	304	Joaquim José Moura Marques dos Santos	Individual	50:57	+16:56	05:06	
207	226	Rui Inácio	Individual	50:58	+16:57	05:06	
208	188	Rute Flora Matias	Individual	50:58	+16:57	05:06	
209	199	Elisabete de Sousa e Silva Soares de Carvalho	Individual	51:03	+17:02	05:06	
210	327	Jose silva	Individual	51:03	+17:02	05:06	
211	263	Jorge silva	Individual	51:09	+17:08	05:07	
212	215	Hernán Rodríguez	Individual	51:10	+17:09	05:07	
213	30	Pedro Bico	Bicalhões	51:10	+17:09	05:07	
214	300	Albino de Jesus Tavares Vicente	Individual	51:13	+17:12	05:07	
215	213	George Turner	Individual	51:15	+17:14	05:08	
216	45	Aníbal Godinho	Caracol Trail Team	51:18	+17:17	05:08	
217	66	Joaquim Pessoa	Casa do Povo de Lavos	51:24	+17:23	05:08	
218	69	SUSANA LOURO	CASA POVO ALCANENA	51:25	+17:24	05:08	
219	317	Fernando Rosa	SIMECQ	51:29	+17:28	05:09	
220	392	Nuno Fernandes	Team P. Moles	51:35	+17:34	05:09	
221	244	Nuno Milagaia	Individual	51:39	+17:38	05:10	
222	344	André Filipe de Jesus Quinas	Os Torce o Pé	51:52	+17:51	05:11	

PROVA PRINCIPAL - STAGE 1

10 KM

R
REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
223	384	Paulo Vieira	Sporting Clube Vila Maria	51:57	+17:56	05:12	
224	316	Estevão Lopes Ribeiro	Individual	52:05	+18:04	05:12	
225	36	Horácio Ruivo	C.C.D. O ALVITEJO	52:21	+18:20	05:14	
226	108	Raquel Pedrosa	CLUBE VETERANOS DO LIS	52:40	+18:39	05:16	
227	27	VANDA ANJOS	ARSC TOLEDO	52:51	+18:50	05:17	
228	268	mario freitas	Individual	52:54	+18:53	05:17	
229	306	Miguel Bastos	Individual	52:57	+18:56	05:18	
230	185	Ana Rita Alves Freire Lopes	Individual	53:00	+18:59	05:18	
231	112	Fabio Alexandre Castanheira Garcia Andre	Constância Mountain Runners	53:04	+19:03	05:18	
232	241	João Fernandes	Individual	53:13	+19:12	05:19	
233	111	Eduardo Crespo	Constância Mountain Runners	53:24	+19:23	05:20	
234	39	João Resende	CA Barreira	53:25	+19:24	05:20	
235	202	Joana Piçarra	Individual	53:31	+19:30	05:21	
236	270	Nuno Lopes	Individual	53:35	+19:34	05:21	
237	416	Paulo Saldanha	THOMAR ATHLETICS	53:38	+19:37	05:22	
238	150	Daniela Lopes	Individual	53:43	+19:42	05:22	
239	32	João Pedro Louro	Bora Lá	53:49	+19:48	05:23	
240	31	Tânia Santo	Bora Lá	53:49	+19:48	05:23	
241	436	Sara Fragoso	U.D.R.ZONA ALTA	53:53	+19:52	05:23	
242	107	LUIS MANUEL DA SILVA CARVALHO DOS SANTOS	CLUBE ESTRELA VERDE	53:58	+19:57	05:24	
243	155	Marta Pombeiro	Individual	54:01	+20:00	05:24	
244	124	Paulo Palma	DREAM RUNNERS ÉVORA	54:04	+20:03	05:24	
245	123	Rita Palma	DREAM RUNNERS ÉVORA	54:05	+20:04	05:24	
246	434	Catarina Costa	U.D.R.ZONA ALTA	54:05	+20:04	05:25	
247	54	Luis Pires	CASA DO BENFICA EM ABRANTES	54:18	+20:17	05:26	
248	158	André Lopes	Individual	54:27	+20:26	05:27	
249	179	Ricardo Mendes	Individual	54:27	+20:26	05:27	
250	90	Bruno Lopes	centro civico de alferrarede velha	54:30	+20:29	05:27	
251	87	Duarte Mendes	centro civico de alferrarede velha	54:31	+20:30	05:27	
252	350	jose guerra	os unidos da batalha	54:32	+20:31	05:27	
253	88	Magda Pereira	centro civico de alferrarede velha	54:39	+20:38	05:28	
254	308	Paulo Jorge Costa Rodrigues	Individual	54:41	+20:40	05:28	
255	370	Paula Machado	SIMECQ	54:42	+20:41	05:28	
256	373	Nuno Galvão	SIMECQ	54:44	+20:43	05:28	
257	348	David Polido	Os Torce o Pé	54:45	+20:44	05:28	
258	208	Sónia Cristina dos Santos Loureiro	Individual	54:58	+20:57	05:30	
259	379	José Luís Martins	SlowRunners	55:01	+21:00	05:30	
260	203	Manuela Gonçalves	Individual	55:01	+21:00	05:30	
261	301	Carlos Gonçalves	Individual	55:03	+21:02	05:30	
262	138	Vera Sobral	Grupo Desportivo Águias da Moita	55:06	+21:05	05:31	
263	25	INÊS JORGE	ARSC TOLEDO	55:08	+21:07	05:31	
264	253	António José Alexandre Castanheira	Individual	55:08	+21:07	05:31	
265	29	Matilde Bico	Bicalhões	55:24	+21:23	05:32	
266	287	Fernando Martins	Individual	55:26	+21:25	05:33	
267	311	Rui Oliveira	Individual	55:32	+21:31	05:33	

PROVA PRINCIPAL - STAGE 1

10 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
268	235	Edgar Miguel Carreira Jacinto	Individual	55:33	+21:32	05:33	
269	121	Vitor Monteiro	CPR A-DO-BARBAS	55:33	+21:32	05:33	
270	5	Patrícia Alexandra Bairrão A. Martins	ABRANLOGICA / CBA	55:38	+21:37	05:34	
271	347	Ricardo Daniel	Os Torce o Pé	55:50	+21:49	05:35	
272	77	Tomás Henrique Godinho Dias	Casal Ribeiro	56:03	+22:02	05:36	
273	282	Carlos Magalhães	Individual	56:07	+22:06	05:37	
274	319	Francisco Pinheiro	Individual	56:19	+22:18	05:38	
275	419	Arlindo Maduro	Tomar Runners	56:22	+22:21	05:38	
276	374	Paulo Silva	SIMECQ	56:25	+22:24	05:39	
277	189	Ana Lúcia Macide	Individual	56:35	+22:34	05:40	
278	261	João Lopes	Individual	56:39	+22:38	05:40	
279	207	Rita Jorge	Individual	56:40	+22:39	05:40	
280	209	Elisabete Dias	Individual	56:40	+22:39	05:40	
281	246	Pedro Alexandre Aguiar Fernandes	Individual	56:56	+22:55	05:42	
282	276	Rodrigo Miguel da Costa Martins	Individual	57:05	+23:04	05:43	
283	343	Rita Basso	Os Torce o Pé	57:13	+23:12	05:43	
284	345	Fábio Pratas	Os Torce o Pé	57:13	+23:12	05:43	
285	79	Manuela Lopes	CCD Sintrense	57:22	+23:21	05:44	
286	278	Sérgio Daniel Almeida Barbosa	Individual	57:43	+23:42	05:46	
287	191	Carla Sérvolo Brás	Individual	57:54	+23:53	05:47	
288	57	Duarte Rosa	CASA DO BENFICA EM ABRANTES	58:11	+24:10	05:49	
289	193	Esther Turner	Individual	58:21	+24:20	05:50	
290	38	José Marques	C.C.D. O ALVITEJO	58:26	+24:25	05:51	
291	164	Guilherme Almeida	Individual	58:32	+24:31	05:51	
292	340	Sandra Arraias	Os Arraias	58:38	+24:37	05:52	
293	247	Pedro Correia	Individual	58:43	+24:42	05:52	
294	19	LEANDRO SANTOS	AC VERMOIL	58:47	+24:46	05:53	
295	154	Marta Fonseca	Individual	58:47	+24:46	05:53	
296	366	Ana Serra	SIMECQ	58:47	+24:46	05:53	
297	364	Rita Garcia-Mon	SIMECQ	58:51	+24:50	05:53	
298	369	Olga Galvão	SIMECQ	58:54	+24:53	05:53	
299	17	ALFREDO SANTOS	AC VERMOIL	58:54	+24:53	05:53	
300	338	Claudia Barreiro	Mar.Team.Chel	58:58	+24:57	05:54	
301	165	Guilherme Francisco	Individual	59:04	+25:03	05:54	
302	259	Hélder Filipe Pires	Individual	59:05	+25:04	05:54	
303	376	Pedro Evangelista	SlowMotion Runners	59:06	+25:05	05:55	
304	377	Luis Gonçalves	SlowMotion Runners	59:07	+25:06	05:55	
305	114	Maria Alice Tavares da Cunha Campos	Constância Mountain Runners	59:09	+25:08	05:55	
306	198	Délia Varino	Individual	59:15	+25:14	05:55	
307	333	Sandra Pereira	juventude ilha verde	59:19	+25:18	05:56	
308	314	Chris Davison	Individual	59:29	+25:28	05:57	
309	367	Celeste Almeida	SIMECQ	59:32	+25:31	05:57	
310	440	Paulo Vicente	U.D.R.ZONA ALTA	59:36	+25:35	05:58	
311	197	Ana Paula Pinto	Individual	59:37	+25:36	05:58	
312	106	Albano da Silva Furtado Ginja	CLUBE DO SARGENTO DA ARMADA	59:38	+25:37	05:58	

PROVA PRINCIPAL - STAGE 1

10 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
313	47	Helena Isabel Campos Damas	Carrapiteiro Bike Team	01:00:02	+26:01	06:00	
314	85	Francisco Plínio	CCDTMetroLX	01:00:18	+26:17	06:02	
315	441	Rui Estanqueiro	U.D.R.ZONA ALTA	01:00:25	+26:24	06:03	
316	205	Patrícia Januário	Individual	01:00:37	+26:36	06:04	
317	78	Antonio Ribeiro	Casal Ribeiro	01:00:51	+26:50	06:05	
318	139	Anabela Neves	Grupo Desportivo Águias da Moita	01:00:55	+26:54	06:05	
319	368	Maria João Silva	SIMECQ	01:01:09	+27:08	06:07	
320	359	Vitor Manuel Marques Aguilar	RUN 4 FUN	01:01:15	+27:14	06:08	
321	435	Catarina Fontinha	U.D.R.ZONA ALTA	01:01:20	+27:19	06:08	
322	260	JOÃO JOSÉ	Sporting Clube de Abrantes	01:01:22	+27:21	06:08	
323	351	rui cerejo	os unidos da batalha	01:01:32	+27:31	06:09	
324	192	Carla Silvério	Individual	01:01:43	+27:42	06:10	
325	46	Anabela Salgado	Caracol Trail Team	01:01:43	+27:42	06:10	
326	176	Paulo Mata	Individual	01:02:36	+28:35	06:16	
327	318	Francisco Mata	Individual	01:02:36	+28:35	06:16	
328	84	Rafael Valente Santos	CCDTMetroLX	01:02:39	+28:38	06:16	
329	417	Paulo Abreu	TIOSOB	01:02:48	+28:47	06:17	
330	418	MANUEL PIEDADE	TIOSOB	01:02:49	+28:48	06:17	
331	33	Helena Pires	C.C.D. O ALVITEJO	01:02:50	+28:49	06:17	
332	200	Elsa Soares	Individual	01:03:11	+29:10	06:19	
333	363	ANTONIO CARVALHO	SCPOVOENSE CARACOIS DE CORRIDA	01:03:31	+29:30	06:21	
334	286	Fernando Estriga	Individual	01:03:53	+29:52	06:23	
335	391	Raquel Marques da Silva	Team P. Moles	01:03:54	+29:53	06:23	
336	130	Andreia Henriques	Grupito_thedogpack	01:03:55	+29:54	06:23	
337	131	Cátia Anacleto Pereira	Grupito_thedogpack	01:03:55	+29:54	06:23	
338	113	Dalila José Gonçalves Medroa Mateus	Constância Mountain Runners	01:04:21	+30:20	06:26	
339	115	António Calhau	Constância Mountain Runners	01:04:22	+30:21	06:26	
340	201	Irene Inácio	Individual	01:04:51	+30:50	06:29	
341	210	André Ricardo Fernandes Silva	Individual	01:05:06	+31:05	06:31	
342	237	Gabriel Bonfim de Almeida	Individual	01:05:19	+31:18	06:32	
343	295	Paulo Fernandes	Individual	01:05:34	+31:33	06:33	
344	195	Vera Lucia Santos	Individual	01:06:09	+32:08	06:37	
345	336	Mónica Rosa	Mar.Team.Chel	01:06:54	+32:53	06:41	
346	24	Pedro Braz	ARCAR Team / Trail do Vale	01:06:54	+32:53	06:41	
347	169	José Francisco dos Santos da Graça	Individual	01:09:48	+35:47	06:59	
348	86	Orlando Sousa	CCDTMetroLX	01:10:51	+36:50	07:05	
349	137	Ana Rita Timóteo	Grupo Desportivo Águias da Moita	01:10:52	+36:51	07:05	
350	141	Filipe Neves	Grupo Desportivo Águias da Moita	01:10:53	+36:52	07:05	
351	389	Carolina Constantino	Team P. Moles	01:11:39	+37:38	07:10	
352	26	BÁRBARA PAULO	ARSC TOLEDO	01:13:55	+39:54	07:23	
353	35	António Lages Moura	C.C.D. O ALVITEJO	01:17:07	+43:06	07:43	
354	323	Johnny Thomassen	Individual	01:17:45	+43:44	07:46	
355	296	Paulo José Simões ramos	Individual	01:18:16	+44:15	07:50	
356	342	Adriana Lopes	Os Torce o Pé	01:23:04	+49:03	08:18	
357	346	Sandra Cardoso	Os Torce o Pé	01:23:04	+49:03	08:18	

PROVA PRINCIPAL - STAGE 1

10 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
358	330	Rui Melão	Individual	01:26:26	+52:25	08:39	
359	204	Maria do Carmo de Jesus Martinho Pereira dos Anjos	Individual	01:38:40	+01:04:39	09:52	

Prova Principal

10 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

Senior Masculino

1	401	Pedro Lopes	THOMAR ATHLETICS	Senior Masculino	34:01		03:24
2	402	Ricardo Daniel Saldanha Ferreira	THOMAR ATHLETICS	Senior Masculino	34:04	+00:02	03:24
3	67	JOÃO SALDANHA	CASA POVO ALCANENA	Senior Masculino	36:38	+02:36	03:40
4	175	Nuno Mendes	Individual	Senior Masculino	36:41	+02:39	03:40
5	381	Ricardo Antunes	Sporting Clube de Abrantes	Senior Masculino	38:39	+04:37	03:52
6	109	Milton Ferreira	CLUBE VETERANOS DO LIS	Senior Masculino	39:38	+05:36	03:58
7	132	André Bernardino	Grupito_thedogpack	Senior Masculino	39:41	+05:39	03:58
8	182	Romeu Campos	Individual	Senior Masculino	39:45	+05:43	03:58
9	160	Bruno Catarino	Individual	Senior Masculino	40:40	+06:38	04:04
10	400	Fábio Ferreira	THOMAR ATHLETICS	Senior Masculino	41:10	+07:08	04:07
11	399	Alexandre Ferreira Valente	THOMAR ATHLETICS	Senior Masculino	41:16	+07:14	04:08
12	361	Rafael Gomes	RUN TEJO - PREVENT SPRAIN	Senior Masculino	42:09	+08:07	04:13
13	365	André Viseu	SIMECQ	Senior Masculino	42:32	+08:30	04:15
14	163	Francisco Ferreira Rodrigues	Individual	Senior Masculino	42:53	+08:51	04:17
15	68	MARYAN TERESHKEVYCH	CASA POVO ALCANENA	Senior Masculino	42:53	+08:51	04:17
16	22	Justin Vos	Aqualva Runners	Senior Masculino	43:13	+09:11	04:19
17	375	João Gonçalves	SlowMotion Runners	Senior Masculino	44:52	+10:50	04:29
18	173	Miguel Soares Rento	Individual	Senior Masculino	44:56	+10:54	04:30
19	168	João Rodrigues	Individual	Senior Masculino	45:05	+11:03	04:31
20	166	João Leandro Venâncio Pereira	Individual	Senior Masculino	45:13	+11:11	04:31
21	337	João Farinha	Mar.Team.Chel	Senior Masculino	47:15	+13:14	04:44
22	178	Rafael Silva	Individual	Senior Masculino	47:21	+13:19	04:44
23	183	Tiago Gomes dos Santos	Individual	Senior Masculino	47:32	+13:30	04:45
24	181	Rodrigo Arsénio	Individual	Senior Masculino	48:20	+14:18	04:50
25	355	Marco Andrade	PONTO AVENTURA - RACE TEAM	Senior Masculino	49:31	+15:29	04:57
26	170	Luís Mário Résio Fidalgo	Individual	Senior Masculino	50:15	+16:13	05:01
27	171	Miguel Amaro	Individual	Senior Masculino	50:28	+16:26	05:03
28	392	Nuno Fernandes	Team P. Moles	Senior Masculino	51:35	+17:33	05:09
29	344	André Filipe de Jesus Quinas	Os Torce o Pé	Senior Masculino	51:52	+17:50	05:11
30	384	Paulo Vieira	Sporting Clube Vila Maria	Senior Masculino	51:57	+17:55	05:12
31	112	Fabio Alexandre Castanheira Garcia Andre	Constância Mountain Runners	Senior Masculino	53:04	+19:02	05:18
32	111	Eduardo Crespo	Constância Mountain Runners	Senior Masculino	53:24	+19:22	05:20
33	158	André Lopes	Individual	Senior Masculino	54:27	+20:25	05:27
34	179	Ricardo Mendes	Individual	Senior Masculino	54:27	+20:25	05:27
35	87	Duarte Mendes	centro civico de alferrarede velha	Senior Masculino	54:31	+20:29	05:27
36	77	Tomás Henrique Godinho Dias	Casal Ribeiro	Senior Masculino	56:03	+22:01	05:36
37	345	Fábio Pratas	Os Torce o Pé	Senior Masculino	57:13	+23:11	05:43
38	164	Guilherme Almeida	Individual	Senior Masculino	58:32	+24:30	05:51
39	165	Guilherme Francisco	Individual	Senior Masculino	59:04	+25:02	05:54
40	176	Paulo Mata	Individual	Senior Masculino	01:02:36	+28:34	06:16
41	24	Pedro Braz	ARCAR Team / Trail do Vale	Senior Masculino	01:06:54	+32:52	06:41
42	169	José Francisco dos Santos da Graça	Individual	Senior Masculino	01:09:48	+35:46	06:59

Prova Principal

10 KM



OFFICIAL RESULT

Veterana F35

1	420	Raquel Subtil	Trainerraquelsubtil	Veterana F35	43:33		04:21
2	187	Liliana de Jesus Bernardo Martins	Individual	Veterana F35	44:59	+01:26	04:30
3	51	Telma Azevedo	CASA DO BENFICA EM ABRANTES	Veterana F35	47:49	+04:16	04:47
4	188	Rute Flora Matias	Individual	Veterana F35	50:58	+07:25	05:06
5	69	SUSANA LOURO	CASA POVO ALCANENA	Veterana F35	51:25	+07:52	05:08
6	185	Ana Rita Alves Freire Lopes	Individual	Veterana F35	53:00	+09:27	05:18
7	138	Vera Sobral	Grupo Desportivo Águias da Moita	Veterana F35	55:06	+11:33	05:31
8	47	Helena Isabel Campos Damas	Carrapiteiro Bike Team	Veterana F35	01:00:02	+16:29	06:00
9	346	Sandra Cardoso	Os Torce o Pé	Veterana F35	01:23:04	+39:31	08:18

Veterana F40

1	405	Filipa Moutinho	THOMAR ATHLETICS	Veterana F40	41:20		04:08
2	354	Irina Pinto	Pedrogão Triatlo	Veterana F40	50:48	+09:27	05:05
3	190	Carina Silva	Individual	Veterana F40	50:49	+09:29	05:05
4	27	VANDA ANJOS	ARSC TOLEDO	Veterana F40	52:51	+11:30	05:17
5	31	Tânia Santo	Bora Lá	Veterana F40	53:49	+12:29	05:23
6	434	Catarina Costa	U.D.R.ZONA ALTA	Veterana F40	54:05	+12:44	05:25
7	189	Ana Lúcia Macide	Individual	Veterana F40	56:35	+15:14	05:40
8	209	Elisabete Dias	Individual	Veterana F40	56:40	+15:20	05:40
9	191	Carla Sérvolo Brás	Individual	Veterana F40	57:54	+16:34	05:47
10	193	Esther Turner	Individual	Veterana F40	58:21	+17:00	05:50
11	340	Sandra Arraias	Os Arraias	Veterana F40	58:38	+17:17	05:52
12	338	Claudia Barreiro	Mar.Team.Chel	Veterana F40	58:58	+17:37	05:54
13	333	Sandra Pereira	juventude ilha verde	Veterana F40	59:19	+17:58	05:56
14	139	Anabela Neves	Grupo Desportivo Águias da Moita	Veterana F40	01:00:55	+19:34	06:05
15	192	Carla Silvério	Individual	Veterana F40	01:01:43	+20:22	06:10
16	195	Vera Lucia Santos	Individual	Veterana F40	01:06:09	+24:48	06:37

Veterana F45

1	43	Tetyana Vakulyuk	Caracol Trail Team	Veterana F45	40:51		04:05
2	7	DEONILDE COSTA	AC VERMOIL	Veterana F45	41:53	+01:01	04:11
3	70	CARLA D AVÓ	CASA POVO ALCANENA	Veterana F45	43:12	+02:20	04:19
4	206	Raquel Alves	Individual	Veterana F45	44:45	+03:53	04:28
5	438	Verra Ferreira	U.D.R.ZONA ALTA	Veterana F45	49:54	+09:02	04:59
6	199	Elisabete de Sousa e Silva Soares de Carvalho	Individual	Veterana F45	51:03	+10:11	05:06
7	202	Joana Piçarra	Individual	Veterana F45	53:31	+12:39	05:21
8	436	Sara Fragoso	U.D.R.ZONA ALTA	Veterana F45	53:53	+13:02	05:23
9	123	Rita Palma	DREAM RUNNERS ÉVORA	Veterana F45	54:05	+13:13	05:24
10	88	Magda Pereira	centro civico de alferrarede velha	Veterana F45	54:39	+13:48	05:28
11	370	Paula Machado	SIMECQ	Veterana F45	54:42	+13:50	05:28

Prova Principal

10 KM



OFFICIAL RESULT

12	208	Sónia Cristina dos Santos Loureiro	Individual	Veterana F45	54:58	+14:06	05:30
13	203	Manuela Gonçalves	Individual	Veterana F45	55:01	+14:09	05:30
14	5	Patrícia Alexandra Bairrão A. Martins	ABRANLOGICA / CBA	Veterana F45	55:38	+14:46	05:34
15	207	Rita Jorge	Individual	Veterana F45	56:40	+15:48	05:40
16	79	Manuela Lopes	CCD Sintrense	Veterana F45	57:22	+16:31	05:44
17	366	Ana Serra	SIMECQ	Veterana F45	58:47	+17:56	05:53
18	369	Olga Galvão	SIMECQ	Veterana F45	58:54	+18:02	05:53
19	114	Maria Alice Tavares da Cunha Campos	Constância Mountain Runners	Veterana F45	59:09	+18:17	05:55
20	198	Délia Varino	Individual	Veterana F45	59:15	+18:23	05:55
21	367	Celeste Almeida	SIMECQ	Veterana F45	59:32	+18:40	05:57
22	197	Ana Paula Pinto	Individual	Veterana F45	59:37	+18:45	05:58
23	205	Patrícia Januário	Individual	Veterana F45	01:00:37	+19:45	06:04
24	368	Maria João Silva	SIMECQ	Veterana F45	01:01:09	+20:17	06:07
25	435	Catarina Fontinha	U.D.R.ZONA ALTA	Veterana F45	01:01:20	+20:28	06:08
26	46	Anabela Salgado	Caracol Trail Team	Veterana F45	01:01:43	+20:51	06:10
27	33	Helena Pires	C.C.D. O ALVITEJO	Veterana F45	01:02:50	+21:58	06:17
28	200	Elsa Soares	Individual	Veterana F45	01:03:11	+22:19	06:19
29	113	Dalila José Gonçalves Medroa Mateus	Constância Mountain Runners	Veterana F45	01:04:21	+23:29	06:26
30	201	Irene Inácio	Individual	Veterana F45	01:04:51	+23:59	06:29
31	204	Maria do Carmo de Jesus Martinho Pereira dos Anjos	Individual	Veterana F45	01:38:40	+57:48	09:52

Veterano M35

1	680	Rui Martins	CC Alferrarede Velha	Veterano M35	34:18		03:26
2	386	PEDRO RIBEIRO	SR. CAMARNAL	Veterano M35	34:19	+00:01	03:26
3	134	João Pedro Pereira	Grupito_thedogpack	Veterano M35	34:46	+00:28	03:29
4	221	Octávio Vicente	Individual	Veterano M35	34:56	+00:38	03:30
5	28	Tiago Andrónico	Associação 20km Almeirim	Veterano M35	36:22	+02:04	03:38
6	95	Luis Ferreira	Chorões	Veterano M35	36:28	+02:10	03:39
7	53	andre filipe silva alves	CASA DO BENFICA EM ABRANTES	Veterano M35	36:50	+02:32	03:41
8	55	Rui Milagaia	CASA DO BENFICA EM ABRANTES	Veterano M35	37:29	+03:11	03:45
9	96	Rui Martins	Chorões	Veterano M35	38:38	+04:20	03:52
10	89	Marcio Andrade	centro civico de alferrarede velha	Veterano M35	41:05	+06:47	04:07
11	220	Luis Fernandes	Individual	Veterano M35	41:21	+07:03	04:08
12	214	Gonçalo Fernandes	Individual	Veterano M35	42:01	+07:43	04:12
13	133	João Ferreira	Grupito_thedogpack	Veterano M35	42:25	+08:06	04:14
14	424	David Carço Nunes	TRAMAGAL SPORT UNIÃO	Veterano M35	42:37	+08:19	04:16
15	423	André Campos	TRAMAGAL SPORT UNIÃO	Veterano M35	42:52	+08:34	04:17
16	334	Luis Filipe Rodrigues Martins	LZ Car Solutions	Veterano M35	43:41	+09:23	04:22
17	71	ROMAN TERESHKEVYCH	CASA POVO ALCANENA	Veterano M35	43:47	+09:29	04:23
18	224	Pedro Pereira	Individual	Veterano M35	44:04	+09:46	04:24
19	140	Joel Sequeira	Grupo Desportivo Águias da Moita	Veterano M35	44:17	+09:59	04:26
20	335	Hugo Nunes	Malta da Rebera - Asfic	Veterano M35	45:23	+11:05	04:32
21	216	Igor Henriques	Individual	Veterano M35	45:54	+11:36	04:35

Official Timekeeper: Lap2Go	4 / 10	generate 30-mar.-2024 12:16
-----------------------------	--------	-----------------------------

Prova Principal

10 KM

R
REVISED

OFFICIAL RESULT

22	217	João Ferreira	Individual	Veterano M35	47:21	+13:02	04:44
23	219	Joel Pedrosa Simões	Individual	Veterano M35	48:42	+14:24	04:52
24	223	Pedro Miguel Lopes Silvério	Individual	Veterano M35	50:01	+15:43	05:00
25	228	Tiago Santos	Individual	Veterano M35	50:14	+15:56	05:01
26	212	Edgar serrandario	Individual	Veterano M35	50:49	+16:31	05:05
27	226	Rui Inácio	Individual	Veterano M35	50:58	+16:40	05:06
28	215	Hernán Rodríguez	Individual	Veterano M35	51:10	+16:52	05:07
29	213	George Turner	Individual	Veterano M35	51:15	+16:57	05:08
30	54	Luis Pires	CASA DO BENFICA EM ABRANTES	Veterano M35	54:18	+20:00	05:26
31	347	Ricardo Daniel	Os Torce o Pé	Veterano M35	55:50	+21:32	05:35
32	210	André Ricardo Fernandes Silva	Individual	Veterano M35	01:05:06	+30:48	06:31

Veterano M40

1	339	Manuel Fonseca	MF GRUPO	Veterano M40	34:16		03:26
2	407	Guel ferreira	THOMAR ATHLETICS	Veterano M40	36:54	+02:37	03:41
3	143	Nuno Silva	HeCaTEAM	Veterano M40	36:57	+02:41	03:42
4	240	Hélder Cotrim	Individual	Veterano M40	38:52	+04:35	03:53
5	8	EDUARDO CARDEIRA	AC VERMOIL	Veterano M40	39:43	+05:27	03:58
6	81	Ângelo Silva	CCDTMetroLX	Veterano M40	39:52	+05:35	03:59
7	97	Rui Vieira	Chorões	Veterano M40	39:57	+05:41	04:00
8	135	André Madeira Janeiro	Grupito_thedogpack	Veterano M40	40:55	+06:39	04:06
9	238	Goncalo Dias	Individual	Veterano M40	41:08	+06:51	04:07
10	249	Ricardo Neves	Individual	Veterano M40	41:09	+06:52	04:07
11	231	Carlos Silvério - PONTO AVENTURA RACE TEAM	Individual	Veterano M40	41:14	+06:58	04:07
12	243	Nuno Garrinhas	Individual	Veterano M40	42:09	+07:52	04:13
13	252	Vitor Almeida	Individual	Veterano M40	43:10	+08:53	04:19
14	428	Hugo matos	TRAMAGAL SPORT UNIÃO	Veterano M40	43:40	+09:23	04:22
15	239	Gonçalo Lopes	Individual	Veterano M40	44:07	+09:50	04:25
16	119	Nuno Lean	CPR A-DO-BARBAS	Veterano M40	44:47	+10:31	04:29
17	250	Roger Ollé	Individual	Veterano M40	44:49	+10:32	04:29
18	429	José Andrade	TRAMAGAL SPORT UNIÃO	Veterano M40	44:51	+10:34	04:29
19	248	Pedro Filipe Silva	Individual	Veterano M40	44:57	+10:40	04:30
20	9	NELSON FERREIRA	AC VERMOIL	Veterano M40	45:39	+11:22	04:34
21	439	David Gonçalves	U.D.R.ZONA ALTA	Veterano M40	45:58	+11:41	04:36
22	230	Bruno Rito	Individual	Veterano M40	46:00	+11:44	04:36
23	371	Ricardo Nobre	SIMECQ	Veterano M40	46:43	+12:27	04:40
24	233	Cláudio Silva	Individual	Veterano M40	47:38	+13:21	04:46
25	236	FRANCISCO GASPAS	Individual	Veterano M40	48:16	+14:00	04:50
26	229	Bruno Fernandes	Individual	Veterano M40	48:25	+14:08	04:51
27	427	Bruno Morais	TRAMAGAL SPORT UNIÃO	Veterano M40	48:32	+14:15	04:51
28	356	Miguel Seoane	PONTO AVENTURA - RACE TEAM	Veterano M40	48:57	+14:41	04:54
29	234	Daniel Martins	Individual	Veterano M40	48:58	+14:42	04:54
30	232	César Santos	Individual	Veterano M40	49:10	+14:54	04:55

Prova Principal

10 KM

R
REVISED

OFFICIAL RESULT

30	410	vitor Pereria	THOMAR ATHLETICS	Veterano M45	47:53	+12:24	04:47
31	372	Paulo Serra	SIMECQ	Veterano M45	48:01	+12:32	04:48
32	91	Hugo Lopes	centro civico de alferrarede velha	Veterano M45	48:46	+13:17	04:53
33	267	Marco Pedro	Individual	Veterano M45	49:06	+13:37	04:55
34	383	José São Bento	Sporting Clube de Abrantes	Veterano M45	49:11	+13:42	04:55
35	117	Fausto Ferreira de Campos	Constância Mountain Runners	Veterano M45	49:36	+14:07	04:58
36	409	Sérgio Pêgas	THOMAR ATHLETICS	Veterano M45	49:40	+14:12	04:58
37	275	Ricardo Lemos	Individual	Veterano M45	49:43	+14:14	04:58
38	48	João Paulo de Oliveira Jacinto	Carrapiteiro Bike Team	Veterano M45	50:04	+14:35	05:00
39	59	Rui Salgueiro	CASA DO BENFICA EM ABRANTES	Veterano M45	50:18	+14:49	05:02
40	273	Ricardo Dias	Individual	Veterano M45	50:42	+15:13	05:04
41	263	Jorge silva	Individual	Veterano M45	51:09	+15:40	05:07
42	268	mario freitas	Individual	Veterano M45	52:54	+17:25	05:17
43	270	Nuno Lopes	Individual	Veterano M45	53:35	+18:06	05:21
44	32	João Pedro Louro	Bora Lá	Veterano M45	53:49	+18:20	05:23
45	253	António José Alexandre Castanheira	Individual	Veterano M45	55:08	+19:39	05:31
46	261	João Lopes	Individual	Veterano M45	56:39	+21:11	05:40
47	276	Rodrigo Miguel da Costa Martins	Individual	Veterano M45	57:05	+21:36	05:43
48	278	Sérgio Daniel Almeida Barbosa	Individual	Veterano M45	57:43	+22:14	05:46
49	57	Duarte Rosa	CASA DO BENFICA EM ABRANTES	Veterano M45	58:11	+22:42	05:49
50	259	Hélder Filipe Pires	Individual	Veterano M45	59:05	+23:36	05:54
51	441	Rui Estanqueiro	U.D.R.ZONA ALTA	Veterano M45	01:00:25	+24:56	06:03
52	260	JOÃO JOSÉ	Sporting Clube de Abrantes	Veterano M45	01:01:22	+25:53	06:08
53	115	António Calhau	Constância Mountain Runners	Veterano M45	01:04:22	+28:53	06:26

Veterano M50

1	80	Júlio Finote	CCD Sintrense	Veterano M50	34:48		03:29
2	411	ALVARO SOARES	THOMAR ATHLETICS	Veterano M50	35:07	+00:18	03:31
3	288	Fernando Pereira	Individual	Veterano M50	35:34	+00:46	03:33
4	294	Nuno Romao	Individual	Veterano M50	36:00	+01:12	03:36
5	15	LICÍNIO CARREIRA	AC VERMOIL	Veterano M50	37:08	+02:19	03:43
6	93	Arlindo Bras	centro civico de alferrarede velha	Veterano M50	37:56	+03:07	03:48
7	14	JOSÉ SANTOS	AC VERMOIL	Veterano M50	39:04	+04:15	03:54
8	126	Luis António Branco Santos	Escola Luís de Camões 10 km	Veterano M50	40:27	+05:39	04:03
9	6	Paulo Jorge Rodrigues Martins	ABRANLOGICA / CBA	Veterano M50	41:12	+06:23	04:07
10	298	Ricardo Brites	Caracol Trail Team	Veterano M50	41:28	+06:39	04:09
11	297	PETER GAME	Individual	Veterano M50	41:49	+07:00	04:11
12	73	PAULO LOURENÇO	CASA POVO ALCANENA	Veterano M50	42:54	+08:05	04:17
13	292	LUÍS SOUSA	Individual	Veterano M50	43:26	+08:37	04:21
14	72	JOAQUIM SANTOS	CASA POVO ALCANENA	Veterano M50	43:27	+08:38	04:21
15	290	José Augusto Correia de Almeida	Individual	Veterano M50	43:28	+08:39	04:21
16	44	Pedro Mourao	Caracol Trail Team	Veterano M50	43:28	+08:40	04:21
17	442	Jorge Formiga	U.D.R.ZONA ALTA	Veterano M50	43:45	+08:56	04:22

Prova Principal

10 KM

R
REVISED

OFFICIAL RESULT

24	39	João Resende	CA Barreira	Veterano M55	53:25	+13:34	05:20
25	416	Paulo Saldanha	THOMAR ATHLETICS	Veterano M55	53:38	+13:47	05:22
26	107	LUIS MANUEL DA SILVA CARVALHO DOS SANTOS	CLUBE ESTRELA VERDE	Veterano M55	53:58	+14:07	05:24
27	308	Paulo Jorge Costa Rodrigues	Individual	Veterano M55	54:41	+14:50	05:28
28	379	José Luís Martins	SlowRunners	Veterano M55	55:01	+15:09	05:30
29	301	Carlos Gonçalves	Individual	Veterano M55	55:03	+15:11	05:30
30	311	Rui Oliveira	Individual	Veterano M55	55:32	+15:41	05:33
31	377	Luis Gonçalves	SlowMotion Runners	Veterano M55	59:07	+19:16	05:55
32	78	Antonio Ribeiro	Casal Ribeiro	Veterano M55	01:00:51	+20:59	06:05
33	84	Rafael Valente Santos	CCDTMetroLX	Veterano M55	01:02:39	+22:48	06:16
34	417	Paulo Abreu	TIOSOB	Veterano M55	01:02:48	+22:57	06:17
35	141	Filipe Neves	Grupo Desportivo Águias da Moita	Veterano M55	01:10:53	+31:02	07:05

Veterano M60

1	313	CARLOS CRUZ	Individual	Veterano M60	42:13		04:13
2	360	João Graça	Run Tejo	Veterano M60	43:59	+01:45	04:24
3	322	João Cardoso Cardoso	Individual	Veterano M60	44:42	+02:28	04:28
4	326	José Garraão	Individual	Veterano M60	45:20	+03:06	04:32
5	99	Leonel Campos	CLAC-Entroncamento	Veterano M60	46:24	+04:10	04:38
6	142	Luis Sobral	Grupo Desportivo Águias da Moita	Veterano M60	46:49	+04:35	04:41
7	315	Dale Mark Desautel	Individual	Veterano M60	47:25	+05:11	04:44
8	328	Lúcio Mendes	Individual	Veterano M60	48:28	+06:15	04:51
9	331	Telémaco Augusto Silva Santana	Individual	Veterano M60	48:32	+06:18	04:51
10	324	José Aleixo	THOMAR ATHLETICS	Veterano M60	48:34	+06:20	04:51
11	329	Paulo Fonseca	Individual	Veterano M60	49:29	+07:15	04:57
12	320	Francisco Madeira	Grupo de Convívio e Amizade nas Donas	Veterano M60	50:18	+08:04	05:02
13	312	Antonio J Pereira	Individual	Veterano M60	50:53	+08:39	05:05
14	327	Jose silva	Individual	Veterano M60	51:03	+08:49	05:06
15	45	Aníbal Godinho	Caracol Trail Team	Veterano M60	51:18	+09:04	05:08
16	66	Joaquim Pessoa	Casa do Povo de Lavos	Veterano M60	51:24	+09:11	05:08
17	317	Fernando Rosa	SIMECQ	Veterano M60	51:29	+09:15	05:09
18	316	Estevão Lopes Ribeiro	Individual	Veterano M60	52:05	+09:51	05:12
19	36	Horácio Ruivo	C.C.D. O ALVITEJO	Veterano M60	52:21	+10:07	05:14
20	124	Paulo Palma	DREAM RUNNERS ÉVORA	Veterano M60	54:04	+11:50	05:24
21	350	jose guerra	os unidos da batalha	Veterano M60	54:32	+12:18	05:27
22	373	Nuno Galvão	SIMECQ	Veterano M60	54:44	+12:30	05:28
23	319	Francisco Pinheiro	Individual	Veterano M60	56:19	+14:05	05:38
24	419	Arlindo Maduro	Tomar Runners	Veterano M60	56:22	+14:08	05:38
25	374	Paulo Silva	SIMECQ	Veterano M60	56:25	+14:11	05:39
26	38	José Marques	C.C.D. O ALVITEJO	Veterano M60	58:26	+16:12	05:51
27	19	LEANDRO SANTOS	AC VERMOIL	Veterano M60	58:47	+16:33	05:53
28	17	ALFREDO SANTOS	AC VERMOIL	Veterano M60	58:54	+16:41	05:53
29	314	Chris Davison	Individual	Veterano M60	59:29	+17:15	05:57

Prova Principal

10 KM



OFFICIAL RESULT

30	106	Albano da Silva Furtado Ginja	CLUBE DO SARGENTO DA ARMADA	Veterano M60	59:38	+17:24	05:58
31	85	Francisco Plínio	CCDTMetroLX	Veterano M60	01:00:18	+18:04	06:02
32	359	Vitor Manuel Marques Aguilar	RUN 4 FUN	Veterano M60	01:01:15	+19:01	06:08
33	351	rui cerejo	os unidos da batalha	Veterano M60	01:01:32	+19:18	06:09
34	318	Francisco Mata	Individual	Veterano M60	01:02:36	+20:22	06:16
35	418	MANUEL PIEDADE	TIOSOB	Veterano M60	01:02:49	+20:35	06:17
36	363	ANTONIO CARVALHO	SCPOVOENSE CARACOIS DE CORRIDA	Veterano M60	01:03:31	+21:17	06:21
37	86	Orlando Sousa	CCDTMetroLX	Veterano M60	01:10:51	+28:37	07:05
38	35	António Lages Moura	C.C.D. O ALVITEJO	Veterano M60	01:17:07	+34:53	07:43
39	323	Johnny Thomassen	Individual	Veterano M60	01:17:45	+35:31	07:46
40	330	Rui Melão	Individual	Veterano M60	01:26:26	+44:12	08:39

Iniciados

1,8 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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:40	10,2°C	96%
End	09:51	10,6°C	96%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
------	-----	------	------	-----	--------	------	------

Iniciado Feminino

1	449	Sara Ribas	ADNO-Nucleoeiras	Iniciado Feminino	06:28	-	-
2	622	Gabriela Marques dos Santos	Sport Lisboa e Benfica / TRIATLO	Iniciado Feminino	07:08	+00:39	-
3	529	MARIA DOS ANJOS JORGE	ARSC TOLEDO	Iniciado Feminino	07:15	+00:47	-
4	621	Camila Marques Franco	Sport Lisboa e Benfica / TRIATLO	Iniciado Feminino	07:17	+00:48	-
5	657	Ana Simões	U.D.R.ZONA ALTA	Iniciado Feminino	07:26	+00:58	-
6	551	Francisca Silva	CLAC-Entroncamento	Iniciado Feminino	07:40	+01:12	-
7	568	Luana Alexandre	CPR A-DO-BARBAS	Iniciado Feminino	07:46	+01:18	-
8	667	Diana Gil	CASA DO BENFICA EM ABRANTES	Iniciado Feminino	08:11	+01:42	-
9	660	Mariana Gonçalves	U.D.R.ZONA ALTA	Iniciado Feminino	09:12	+02:44	-

Iniciado Masculino

1	521	DIOGO PINTO	ADNO-Nucleoeiras	Iniciado Masculino	05:34	-	-
2	522	RAFAEL ALVES	ADNO-Nucleoeiras	Iniciado Masculino	05:36	+00:02	-
3	625	Francisco Santos Louro Pires Gomes	Sport Lisboa e Benfica / TRIATLO	Iniciado Masculino	06:13	+00:39	-
4	538	Bernardo Finote	CCD Sintrense	Iniciado Masculino	06:24	+00:50	-
5	569	Alexander Matsyuk	CPR A-DO-BARBAS	Iniciado Masculino	06:44	+01:10	-
6	642	João Antunes	THOMAR ATHLETICS	Iniciado Masculino	06:58	+01:24	-
7	643	José Guilherme Guerra	THOMAR ATHLETICS	Iniciado Masculino	07:08	+01:34	-
8	530	ALCINO GINJA RIBEIRO	ARSC TOLEDO	Iniciado Masculino	07:30	+01:56	-
9	570	André Ferreira	CPR A-DO-BARBAS	Iniciado Masculino	08:06	+02:32	-

JUVENIS - STAGE 1**3 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

	Time	Temperature	Humidity
Start	09:55	10,6°C	96%
End	10:13	11,2°C	95%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	598	JOÃO MAXIMIANO	Sporting Clube de Abrantes	14:49		03:42	
2	571	Sofia Venda	CPR A-DO-BARBAS	14:52	+00:03	04:57	
3	573	Miguel Ferreira	CPR A-DO-BARBAS	14:57	+00:08	03:44	
4	531	ALICE CRISPIM FERREIRA	ARSC TOLEDO	15:13	+00:24	05:04	
5	572	David Pereira	CPR A-DO-BARBAS	15:59	+01:10	04:00	
6	556	Mariana Pratas	CLAC-Entroncamento	17:34	+02:45	05:51	

Juvenis

3 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

	Time	Temperature	Humidity
Start	09:55	10,6°C	96%
End	10:13	11,2°C	95%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
------	-----	------	------	-----	--------	------	------

Juvenil Feminino

1	571	Sofia Venda	CPR A-DO-BARBAS	Juvenil Feminino	14:52		04:57
2	531	ALICE CRISPIM FERREIRA	ARSC TOLEDO	Juvenil Feminino	15:13	+00:21	05:04
3	556	Mariana Pratas	CLAC-Entroncamento	Juvenil Feminino	17:34	+02:42	05:51

Juvenil Masculino

1	598	JOÃO MAXIMIANO	Sporting Clube de Abrantes	Juvenil Masculino	14:49		04:56
2	573	Miguel Ferreira	CPR A-DO-BARBAS	Juvenil Masculino	14:57	+00:07	04:59
3	572	David Pereira	CPR A-DO-BARBAS	Juvenil Masculino	15:59	+01:09	05:20

BENJAMINS A - STAGE 1

0,3 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	10:35	11,5°C	94%
End	10:39	11,1°C	95%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	604	Lourenço Filipe do Vale Martins	Sport Lisboa e Benfica / TRIATLO	00:59		-	
2	560	Tomás Lopes	CPR A-DO-BARBAS	01:02	+00:03	-	
3	669	Matilde Ferreira	CASA DO BENFICA EM ABRANTES	01:03	+00:04	-	
4	636	Diogo Ferreira	THOMAR ATHLETICS	01:05	+00:06	-	
5	1183	Leonor Barros	Individual	01:06	+00:07	-	
6	646	Ines Gonçalves	U.D.R.ZONA ALTA	01:08	+00:09	-	
7	664	Tiago Barroso	CASA DO BENFICA EM ABRANTES	01:08	+00:09	-	
8	634	António Cruz	THOMAR ATHLETICS	01:09	+00:10	-	
9	447	Carolina Brito	CPR A-DO-BARBAS	01:10	+00:11	-	
10	450	Simão Cruz	CASA DO BENFICA EM ABRANTES	01:10	+00:11	-	
11	605	Matias André Crispim Morgado	Sport Lisboa e Benfica / TRIATLO	01:10	+00:11	-	
12	648	Rita Graça	U.D.R.ZONA ALTA	01:12	+00:13	-	
13	1182	Salvador Barros	Individual	01:13	+00:14	-	
14	535	Laura Ramos Louro	Carrapiteiro Bike Team	01:13	+00:14	-	
15	526	LOURENÇO AUGUSTO FERREIRA	ARSC TOLEDO	01:14	+00:15	-	
16	632	Bianca Mendonça	Team P. Moles	01:14	+00:15	-	
17	502	MATILDE FERREIRA	AC VERMOIL	01:14	+00:15	-	
18	582	SOFIA MARQUES LOPES	Individual	01:16	+00:17	-	
19	633	Lara Sofia Alves Fernandes Mateus	Team P. Moles	01:17	+00:18	-	
20	635	António Santos	THOMAR ATHLETICS	01:17	+00:18	-	
21	645	Francisca Gonçalves	U.D.R.ZONA ALTA	01:17	+00:18	-	
22	445	Guilherme Oliveira	CASA DO BENFICA EM ABRANTES	01:18	+00:19	-	
23	558	Madalena Silvestre	CPR A-DO-BARBAS	01:19	+00:20	-	
24	603	Henrique Clemente Cortesão	Sport Lisboa e Benfica / TRIATLO	01:20	+00:21	-	
25	583	Sofia Silvério Tavares	Individual	01:20	+00:21	-	
26	579	Maria Leonor Campenhe Martins	Individual	01:26	+00:27	-	
27	577	JOANA MARGARIDA MAXIMIANO LOPES	Individual	01:27	+00:28	-	
28	574	Francisca Santana	fisio massagem	01:27	+00:28	-	
29	586	Miguel Maria Campenhe Batista	Individual	01:34	+00:35	-	
30	578	Luzia Mateus Caldeira	Individual	01:34	+00:35	-	
31	503	Camila Mugarro	ADNO-Nucleoeiras	01:43	+00:44	-	
32	587	Rodrigo Maria Campenhe Martins	Individual	01:44	+00:45	-	
33	584	Alexandre Ramos Gomes	Individual	01:57	+00:58	-	
34	600	Matilde Coelho	Malta da Rebera - Asfic	02:03	+01:04	-	
35	599	Leonor Coelho	Malta da Rebera - Asfic	02:05	+01:06	-	
36	585	Gonçalo Ramos Gomes	Individual	03:25	+02:26	-	

Benjamins A

0,3 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	10:35	11,5°C	94%
End	10:39	11,1°C	95%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
------	-----	------	------	-----	--------	------	------

Benjamim A Feminino

1	669	Matilde Ferreira	CASA DO BENFICA EM ABRANTES	Benjamim A Feminino	01:03	-	-
2	1183	Leonor Barros	Individual	Benjamim A Feminino	01:06	+00:02	-
3	646	Ines Gonçalves	U.D.R.ZONA ALTA	Benjamim A Feminino	01:08	+00:04	-
4	447	Carolina Brito	CPR A-DO-BARBAS	Benjamim A Feminino	01:10	+00:06	-
5	648	Rita Graça	U.D.R.ZONA ALTA	Benjamim A Feminino	01:12	+00:08	-
6	535	Laura Ramos Louro	Carrapiteiro Bike Team	Benjamim A Feminino	01:13	+00:10	-
7	632	Bianca Mendonça	Team P. Moles	Benjamim A Feminino	01:14	+00:10	-
8	502	MATILDE FERREIRA	AC VERMOIL	Benjamim A Feminino	01:14	+00:10	-
9	582	SOFIA MARQUES LOPES	Individual	Benjamim A Feminino	01:16	+00:12	-
10	633	Lara Sofia Alves Fernandes Mateus	Team P. Moles	Benjamim A Feminino	01:17	+00:13	-
11	645	Francisca Gonçalves	U.D.R.ZONA ALTA	Benjamim A Feminino	01:17	+00:13	-
12	558	Madalena Silvestre	CPR A-DO-BARBAS	Benjamim A Feminino	01:19	+00:15	-
13	583	Sofia Silvério Tavares	Individual	Benjamim A Feminino	01:20	+00:16	-
14	579	Maria Leonor Campenhe Martins	Individual	Benjamim A Feminino	01:26	+00:22	-
15	577	JOANA MARGARIDA MAXIMIANO LOPES	Individual	Benjamim A Feminino	01:27	+00:23	-
16	574	Francisca Santana	fisio massagem	Benjamim A Feminino	01:27	+00:24	-
17	578	Luzia Mateus Caldeira	Individual	Benjamim A Feminino	01:34	+00:30	-
18	503	Camila Mugarro	ADNO-Nucleoeiras	Benjamim A Feminino	01:43	+00:39	-
19	600	Matilde Coelho	Malta da Rebera - Asfic	Benjamim A Feminino	02:03	+00:59	-
20	599	Leonor Coelho	Malta da Rebera - Asfic	Benjamim A Feminino	02:05	+01:01	-

Benjamim A Masculino

1	604	Lourenço Filipe do Vale Martins	Sport Lisboa e Benfica / TRIATLO	Benjamim A Masculino	00:59	-	-
2	560	Tomás Lopes	CPR A-DO-BARBAS	Benjamim A Masculino	01:02	+00:03	-
3	636	Diogo Ferreira	THOMAR ATHLETICS	Benjamim A Masculino	01:05	+00:06	-
4	664	Tiago Barroso	CASA DO BENFICA EM ABRANTES	Benjamim A Masculino	01:08	+00:09	-
5	634	António Cruz	THOMAR ATHLETICS	Benjamim A Masculino	01:09	+00:09	-
6	450	Simão Cruz	CASA DO BENFICA EM ABRANTES	Benjamim A Masculino	01:10	+00:11	-
7	605	Matias André Crispim Morgado	Sport Lisboa e Benfica / TRIATLO	Benjamim A Masculino	01:10	+00:11	-
8	1182	Salvador Barros	Individual	Benjamim A Masculino	01:13	+00:13	-
9	526	LOURENÇO AUGUSTO FERREIRA	ARSC TOLEDO	Benjamim A Masculino	01:14	+00:14	-
10	635	António Santos	THOMAR ATHLETICS	Benjamim A Masculino	01:17	+00:17	-
11	445	Guilherme Oliveira	CASA DO BENFICA EM ABRANTES	Benjamim A Masculino	01:18	+00:19	-
12	603	Henrique Clemente Cortesão	Sport Lisboa e Benfica / TRIATLO	Benjamim A Masculino	01:20	+00:20	-

Benjamins A

0,3 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

13	586	Miguel Maria Campenhe Batista	Individual	Benjamim A Masculino	01:34	+00:34	-
14	587	Rodrigo Maria Campenhe Martins	Individual	Benjamim A Masculino	01:44	+00:44	-
15	584	Alexandre Ramos Gomes	Individual	Benjamim A Masculino	01:57	+00:57	-
16	585	Gonçalo Ramos Gomes	Individual	Benjamim A Masculino	03:25	+02:25	-

BENJAMINS B - STAGE 1

0,5 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 - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

	Time	Temperature	Humidity
Start	10:40	11,1°C	95%
End	10:43	11,1°C	95%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	508	REGINA DE JESUS FREDERICO	ADNO-Nucleoeiras	01:35	-	-	-
2	594	Tomás Silvério	Individual	01:40	+00:05	-	-
3	509	YASMIN TCHEMAGUINE	ADNO-Nucleoeiras	01:40	+00:05	-	-
4	639	Luís Guerreiro	THOMAR ATHLETICS	01:43	+00:08	-	-
5	652	Ines Cabeleira	U.D.R.ZONA ALTA	01:45	+00:10	-	-
6	653	Leonor Henriques	U.D.R.ZONA ALTA	01:46	+00:11	-	-
7	611	Martim Manuel Crispim Morgado	Sport Lisboa e Benfica / TRIATLO	01:47	+00:12	-	-
8	608	Rita Gaspar Pires	Sport Lisboa e Benfica / TRIATLO	01:48	+00:13	-	-
9	564	Duarte Jacinto	CPR A-DO-BARBAS	01:52	+00:17	-	-
10	537	Gustavo Matos	CASA DO BENFICA EM ABRANTES	01:53	+00:18	-	-
11	637	Daniel Saldanha	THOMAR ATHLETICS	01:53	+00:18	-	-
12	561	Lara Vieira	CPR A-DO-BARBAS	01:54	+00:19	-	-
13	638	Henrique Cruz	THOMAR ATHLETICS	01:54	+00:19	-	-
14	542	Sara Saraiva	CLAC-Entroncamento	01:55	+00:20	-	-
15	651	Ema Violante	U.D.R.ZONA ALTA	01:56	+00:21	-	-
16	565	João Jacinto	CPR A-DO-BARBAS	01:59	+00:24	-	-
17	567	Xavier Henriques	CPR A-DO-BARBAS	02:00	+00:25	-	-
18	575	Carolina Sofia rosa Carmo	GDC Rio Moinhos	02:00	+00:25	-	-
19	448	Salvador Cruz	CASA DO BENFICA EM ABRANTES	02:01	+00:26	-	-
20	590	Lara Vinagre	Individual	02:02	+00:27	-	-
21	562	Leonor Monteiro	CPR A-DO-BARBAS	02:03	+00:28	-	-
22	544	Pedro Martins	CLAC-Entroncamento	02:05	+00:30	-	-
23	566	Leonardo Neves	CPR A-DO-BARBAS	02:06	+00:31	-	-
24	541	Mafalda Costa	CLAC-Entroncamento	02:06	+00:31	-	-
25	592	Henrique Fontinha Correia	Individual	02:07	+00:32	-	-
26	665	Camila Garcia	CASA DO BENFICA EM ABRANTES	02:07	+00:32	-	-
27	654	Leticia Neves	U.D.R.ZONA ALTA	02:09	+00:34	-	-
28	563	Liana Alexandre	CPR A-DO-BARBAS	02:15	+00:40	-	-
29	444	Sofia Pinto	CASA DO BENFICA EM ABRANTES	02:19	+00:44	-	-
30	601	Margarida Nunes	Malta da Rebera - Asfic	02:23	+00:48	-	-
31	591	Yeva Polukhina	Individual	02:27	+00:52	-	-

Benjamins B

0,5 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 - LAP2GO - TIMING SOLUTION

	Time	Temperature	Humidity
Start	10:40	11,1°C	95%
End	10:43	11,1°C	95%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
------	-----	------	------	-----	--------	------	------

Benjamim B Feminino

1	508	REGINA DE JESUS FREDERICO	ADNO-Nucleoeiras	Benjamim B Feminino	01:35	-	-
2	509	YASMIN TCEMAGUINE	ADNO-Nucleoeiras	Benjamim B Feminino	01:40	+00:05	-
3	652	Ines Cabeleira	U.D.R.ZONA ALTA	Benjamim B Feminino	01:45	+00:10	-
4	653	Leonor Henriques	U.D.R.ZONA ALTA	Benjamim B Feminino	01:46	+00:10	-
5	608	Rita Gaspar Pires	Sport Lisboa e Benfica / TRIATLO	Benjamim B Feminino	01:48	+00:12	-
6	561	Lara Vieira	CPR A-DO-BARBAS	Benjamim B Feminino	01:54	+00:19	-
7	542	Sara Saraiva	CLAC-Entroncamento	Benjamim B Feminino	01:55	+00:19	-
8	651	Ema Violante	U.D.R.ZONA ALTA	Benjamim B Feminino	01:56	+00:21	-
9	575	Carolina Sofia rosa Carmo	GDC Rio Moinhos	Benjamim B Feminino	02:00	+00:25	-
10	590	Lara Vinagre	Individual	Benjamim B Feminino	02:02	+00:27	-
11	562	Leonor Monteiro	CPR A-DO-BARBAS	Benjamim B Feminino	02:03	+00:28	-
12	541	Mafalda Costa	CLAC-Entroncamento	Benjamim B Feminino	02:06	+00:30	-
13	665	Camila Garcia	CASA DO BENFICA EM ABRANTES	Benjamim B Feminino	02:07	+00:32	-
14	654	Leticia Neves	U.D.R.ZONA ALTA	Benjamim B Feminino	02:09	+00:33	-
15	563	Liana Alexandre	CPR A-DO-BARBAS	Benjamim B Feminino	02:15	+00:40	-
16	444	Sofia Pinto	CASA DO BENFICA EM ABRANTES	Benjamim B Feminino	02:19	+00:43	-
17	601	Margarida Nunes	Malta da Rebera - Asfic	Benjamim B Feminino	02:23	+00:47	-
18	591	Yeva Polukhina	Individual	Benjamim B Feminino	02:27	+00:52	-

Benjamim B Masculino

1	594	Tomás Silvério	Individual	Benjamim B Masculino	01:40	-	-
2	639	Luís Guerreiro	THOMAR ATHLETICS	Benjamim B Masculino	01:43	+00:03	-
3	611	Martim Manuel Crispim Morgado	Sport Lisboa e Benfica / TRIATLO	Benjamim B Masculino	01:47	+00:06	-
4	564	Duarte Jacinto	CPR A-DO-BARBAS	Benjamim B Masculino	01:52	+00:12	-
5	537	Gustavo Matos	CASA DO BENFICA EM ABRANTES	Benjamim B Masculino	01:53	+00:12	-
6	637	Daniel Saldanha	THOMAR ATHLETICS	Benjamim B Masculino	01:53	+00:13	-
7	638	Henrique Cruz	THOMAR ATHLETICS	Benjamim B Masculino	01:54	+00:14	-
8	565	João Jacinto	CPR A-DO-BARBAS	Benjamim B Masculino	01:59	+00:19	-
9	567	Xavier Henriques	CPR A-DO-BARBAS	Benjamim B Masculino	02:00	+00:20	-
10	448	Salvador Cruz	CASA DO BENFICA EM ABRANTES	Benjamim B Masculino	02:01	+00:21	-
11	544	Pedro Martins	CLAC-Entroncamento	Benjamim B Masculino	02:05	+00:24	-
12	566	Leonardo Neves	CPR A-DO-BARBAS	Benjamim B Masculino	02:06	+00:25	-
13	592	Henrique Fontinha Correia	Individual	Benjamim B Masculino	02:07	+00:27	-

