

GUERREIROS - STAGE 1
10 KM

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
226	3130	Paula Costa	Espaço Movimenta-te	02:12:47	+01:09:40	13:17	
227	3131	Paula Peixoto	Espaço Movimenta-te	02:13:13	+01:10:06	13:19	
228	3344	Isabel Veiga	T22	02:13:23	+01:10:16	13:20	
229	3399	Jerome Oliveira	T22	02:13:23	+01:10:16	13:20	
230	3364	Sabrina Fernandes	T22	02:13:33	+01:10:26	13:21	
231	3380	Antonio Teixeira	T22	02:13:34	+01:10:27	13:21	
232	3355	Maria João	T22	02:13:42	+01:10:35	13:22	
233	3366	Sara Ribeiro	T22	02:14:01	+01:10:54	13:24	
234	3369	Susana Pesqueira	T22	02:14:43	+01:11:36	13:28	
235	3395	Filipe Pesqueira	T22	02:14:44	+01:11:37	13:28	
236	3358	Mónica Costa	T22	02:14:45	+01:11:38	13:29	
237	3326	Ana Ferreira	T22	02:15:39	+01:12:32	13:34	
238	3204	Catarina Andreia Rodrigues Tavares	Individual	02:15:49	+01:12:42	13:35	
239	3208	Maria Gama	Individual	02:15:57	+01:12:50	13:36	
240	3276	Ricardo Alves	Município Póvoa de Lanhoso	02:17:02	+01:13:55	13:42	
241	3263	Fernando Ribeiro	Município Póvoa de Lanhoso	02:17:04	+01:13:57	13:42	
242	3261	Augusto Vieira de Oliveira	Município Póvoa de Lanhoso	02:17:05	+01:13:58	13:43	
243	3256	Joana Martins	Município Póvoa de Lanhoso	02:17:24	+01:14:17	13:44	
244	3258	Sandra Freitas	Município Póvoa de Lanhoso	02:17:25	+01:14:18	13:44	
245	3500	António Manuel Marques de Queirós Pereira	Município da Póvoa de Lanhoso	02:17:49	+01:14:42	13:47	
246	3336	Cátia Fernandes	T22	02:18:28	+01:15:21	13:51	
247	3117	Daniel Ventura	Embarca Running	02:18:31	+01:15:24	13:51	
248	3283	Eduarda Sousa	os 3 da Vida Airada	02:18:40	+01:15:33	13:52	
249	3116	Susana Gomes	Embarca Running	02:18:48	+01:15:41	13:53	
250	3346	Joana Henriques	T22	02:19:00	+01:15:53	13:54	
251	3115	Patricia Silva	Embarca Running	02:19:01	+01:15:54	13:54	
252	3249	Ana Isabel Barbosa	Município Póvoa de Lanhoso	02:19:14	+01:16:07	13:55	
253	3250	Célia Gonçalves	Município Póvoa de Lanhoso	02:19:17	+01:16:10	13:56	
254	3455	Ana Pereira	VieiraFit	02:19:21	+01:16:14	13:56	
255	3301	Marta Rebelo	Rize Team	02:19:29	+01:16:22	13:57	
256	3307	Diogo Vieira	Rize Team	02:19:29	+01:16:22	13:57	
257	3458	Joana Monteiro	VieiraFit	02:19:44	+01:16:37	13:58	
258	3248	Luís Filipe Freitas Costa	Maratonistas do sofá	02:19:56	+01:16:49	14:00	
259	3300	Lillian Gonçalves	Rize Team	02:19:58	+01:16:51	14:00	
260	3299	Joana Santos	Rize Team	02:20:00	+01:16:53	14:00	
261	3284	Manuela Sousa	os 3 da Vida Airada	02:20:01	+01:16:54	14:00	
262	3294	Carla Carmina	Rize Team	02:20:07	+01:17:00	14:01	
263	3427	Sérgio Gomes	Tigres de Bengala	02:20:31	+01:17:24	14:03	
264	3297	Ilda Brás	Rize Team	02:20:31	+01:17:24	14:03	
265	3247	João Pedro Cruz	Maratonistas do sofá	02:20:31	+01:17:24	14:03	
266	3426	Joana Pontes	Tigres de Bengala	02:20:31	+01:17:24	14:03	
267	3312	Pedro Silva	Rize Team	02:20:34	+01:17:27	14:03	
268	3041	Daniel Sampaio	BEM ME QUERO	02:20:35	+01:17:28	14:03	
269	3244	Eduarda Silva	Maratonistas do sofá	02:20:42	+01:17:35	14:04	
270	3305	Carlos Brás	Rize Team	02:20:49	+01:17:42	14:05	

GUERREIROS - STAGE 1

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
271	3246	Francisco Jose Gonçalves Oliveira	Maratonistas do sofá	02:20:50	+01:17:43	14:05	
272	3446	António Manuel Macedo Dias	Urban Academy	02:21:23	+01:18:16	14:08	
273	3451	Micael Cerdeira Brandão	Urban Academy	02:21:36	+01:18:29	14:10	
274	3444	Susana Alexandra Teixeira Viana	Urban Academy	02:21:36	+01:18:29	14:10	
275	3243	Catarina Fernandes da Silva Ferreira	Maratonistas do sofá	02:22:05	+01:18:58	14:12	
276	3245	Maria João Dias	Maratonistas do sofá	02:22:16	+01:19:09	14:14	
277	3161	Cláudia Cid	Fora da Caixa	02:22:16	+01:19:09	14:14	
278	3174	João Miguel	Fora da Caixa	02:22:34	+01:19:27	14:15	
279	3362	Renata Oliveira	T22	02:23:13	+01:20:06	14:19	
280	3340	Daniela Silva	T22	02:23:51	+01:20:44	14:23	
281	3167	Maria Freitas	Fora da Caixa	02:23:56	+01:20:49	14:24	
282	3424	Tiago Filipe	T22	02:24:23	+01:21:16	14:26	
283	3347	Joana Henriques	T22	02:24:24	+01:21:17	14:26	
284	3162	Diamantina Guimarães	Fora da Caixa	02:24:34	+01:21:27	14:27	
285	3359	Nadine Sampaio	T22	02:25:07	+01:22:00	14:31	
286	3168	Maria Jazilda Vieira da Silva	Fora da Caixa	02:25:10	+01:22:03	14:31	
287	3352	Maria Carvalho	T22	02:25:24	+01:22:17	14:32	
288	3039	Sameiro Fernandes	BEM ME QUERO	02:25:25	+01:22:18	14:33	
289	3097	Véronique cristine	ELITE fitness academy	02:25:33	+01:22:26	14:33	
290	3096	Vania Neiva	ELITE fitness academy	02:25:34	+01:22:27	14:33	
291	3163	Fernanda Andrade	Fora da Caixa	02:25:37	+01:22:30	14:34	
292	3063	Ana Alves	ELITE fitness academy	02:25:38	+01:22:31	14:34	
293	3062	Alexandra Mota	ELITE fitness academy	02:25:39	+01:22:32	14:34	
294	3103	José Agostinho Carvalho	ELITE fitness academy	02:25:39	+01:22:32	14:34	
295	3112	Ricardo Valério	ELITE fitness academy	02:25:51	+01:22:44	14:35	
296	3038	Manuela Duarte	BEM ME QUERO	02:25:52	+01:22:45	14:35	
297	3036	Bárbara Cruz	BEM ME QUERO	02:25:52	+01:22:45	14:35	
298	3333	Carla Novais	T22	02:26:06	+01:22:59	14:37	
299	3325	Ana Canela	T22	02:26:07	+01:23:00	14:37	
300	3172	Ángelo Costa	Fora da Caixa	02:26:08	+01:23:01	14:37	
301	3176	José Carlos Vieira	Fora da Caixa	02:26:11	+01:23:04	14:37	
302	3173	Edgar Galante	Fora da Caixa	02:26:20	+01:23:13	14:38	
303	3171	André Ferreira	Fora da Caixa	02:26:26	+01:23:19	14:39	
304	3224	Hugo Seivas Serralheiro	Individual	02:26:34	+01:23:27	14:39	
305	3177	Manuel Arnaud	Fora da Caixa	02:26:38	+01:23:31	14:40	
306	3236	samuel salcedo casas	Individual	02:26:56	+01:23:49	14:42	
307	3170	Sandra Galante	Fora da Caixa	02:27:29	+01:24:22	14:45	
308	3160	Catarina Costa	Fora da Caixa	02:27:31	+01:24:24	14:45	
309	3423	Tiago Fernandes	T22	02:27:46	+01:24:39	14:47	
310	3376	André Dias	T22	02:27:46	+01:24:39	14:47	
311	3361	Paula Sousa	T22	02:27:50	+01:24:43	14:47	
312	3178	Vitor Mendes	Fora da Caixa	02:27:59	+01:24:52	14:48	
313	3327	Ana Pereira	T22	02:28:10	+01:25:03	14:49	
314	3318	Luis Canadas	StarLove	02:29:26	+01:26:19	14:57	
315	3317	Ariana Alves	StarLove	02:29:27	+01:26:20	14:57	

GUERREIROS - STAGE 1

10 KM

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OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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
316	3056	José pedro da Silva Fernandes	ECHO BRAVO	02:29:49	+01:26:42	14:59	
317	3058	Nuno Sampaio Vilela	ECHO BRAVO	02:29:54	+01:26:47	14:59	
318	3057	Miguel Bruno Gomes Marques	ECHO BRAVO	02:30:07	+01:27:00	15:01	
319	3055	José Daniel Gonçalves Lages	ECHO BRAVO	02:30:21	+01:27:14	15:02	
320	3227	João Peixoto	Individual	02:30:28	+01:27:21	15:03	
321	3054	Gonçalo Peixoto da Silva	ECHO BRAVO	02:30:32	+01:27:25	15:03	
322	3074	elisabete Barroso	ELITE fitness academy	02:32:03	+01:28:56	15:12	
323	3485	Rodrigo Ribeiro	VieiraFit	02:32:03	+01:28:56	15:12	
324	3107	Luís Fernandes	ELITE fitness academy	02:32:25	+01:29:18	15:15	
325	3468	Anderson Pereira	VieiraFit	02:32:33	+01:29:26	15:15	
326	3476	Lucas Martins	VieiraFit	02:32:35	+01:29:28	15:16	
327	3484	Rodrigo Coelho	VieiraFit	02:32:37	+01:29:30	15:16	
328	3482	Paulo Costa	VieiraFit	02:32:50	+01:29:43	15:17	
329	3079	Lurdes Andrade	ELITE fitness academy	02:33:03	+01:29:56	15:18	
330	3071	Catia canelas	ELITE fitness academy	02:33:07	+01:30:00	15:19	
331	3469	David Martins	VieiraFit	02:33:15	+01:30:08	15:20	
332	3090	renata Cardoso	ELITE fitness academy	02:33:16	+01:30:09	15:20	
333	3080	Marcia Marques	ELITE fitness academy	02:33:18	+01:30:11	15:20	
334	3075	Elsa Alves	ELITE fitness academy	02:33:22	+01:30:15	15:20	
335	3475	José Carriço	VieiraFit	02:33:27	+01:30:20	15:21	
336	3094	Solange medeiros	ELITE fitness academy	02:33:29	+01:30:22	15:21	
337	3098	Zita Lopes	ELITE fitness academy	02:33:30	+01:30:23	15:21	
338	3466	Afonso Vila	VieiraFit	02:33:50	+01:30:43	15:23	
339	3092	Sandra Guerra	ELITE fitness academy	02:33:52	+01:30:45	15:23	
340	3473	Gonçalo Teixeira	VieiraFit	02:33:57	+01:30:50	15:24	
341	3486	Rui Costa	VieiraFit	02:34:04	+01:30:57	15:24	
342	3463	Afonso Costa	VieiraFit	02:34:19	+01:31:12	15:26	
343	3148	João Silva	Fama Dawgs	02:35:33	+01:32:26	15:33	
344	3151	Marco Ferreira	Fama Dawgs	02:35:55	+01:32:48	15:35	
345	3013	Mafalda Pereira Castro Ferreira	20&15	02:36:09	+01:33:02	15:37	
346	3011	Joana Carina Freitas Coimbra	20&15	02:36:14	+01:33:07	15:37	
347	3147	João Freitas	Fama Dawgs	02:36:26	+01:33:19	15:39	
348	3026	Fátima Sampaio	Arrastões	02:36:50	+01:33:43	15:41	
349	3087	paula Martins	ELITE fitness academy	02:37:01	+01:33:54	15:42	
350	3149	Luís Araújo	Fama Dawgs	02:37:02	+01:33:55	15:42	
351	3150	Marco Araújo	Fama Dawgs	02:37:17	+01:34:10	15:44	
352	3017	Rita Sá Ribeiro	20&15	02:37:39	+01:34:32	15:46	
353	3014	Mércia Sofia Peixoto Alves	20&15	02:38:01	+01:34:54	15:48	
354	3095	Teresa Leite	ELITE fitness academy	02:38:03	+01:34:56	15:48	
355	3005	Ana Catarina Martins Silva	20&15	02:38:19	+01:35:12	15:50	
356	3004	Ana Carolina Martins Gonçalves Dias Costa	20&15	02:38:39	+01:35:32	15:52	
357	3012	Joana Maria Teixeira Gomes Monteiro Aguiar	20&15	02:38:59	+01:35:52	15:54	
358	3019	Vânia Raquel Oliveira Rego	20&15	02:39:14	+01:36:07	15:55	
359	3143	Hugo Samuel Ribeiro da Costa	Espaço Movimenta-te	02:39:38	+01:36:31	15:58	
360	3029	Rafael Cunha	Arrastões	02:41:24	+01:38:17	16:08	

GUERREIROS - STAGE 1

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
361	3027	Bruno Ferreira	Arrastões	02:41:25	+01:38:18	16:08	
362	3024	Carina Sousa	Arrastões	02:41:28	+01:38:21	16:09	
363	3288	Bruno Mendes	Os Arrastões	02:44:28	+01:41:21	16:27	
364	3290	Hugo Vieira	Os Arrastões	02:44:53	+01:41:46	16:29	
365	3293	Sérgio Miranda	Os Arrastões	02:44:54	+01:41:47	16:29	
366	3292	Rodrigo Vieira	Os Arrastões	02:45:20	+01:42:13	16:32	
367	3286	Cátia Sofia	Os Arrastões	02:46:13	+01:43:06	16:37	
368	3120	Catarina Antunes	Espaço Movimenta-te	02:46:31	+01:43:24	16:39	
369	3128	Isaura Antunes	Espaço Movimenta-te	02:46:32	+01:43:25	16:39	
370	3435	Manuel Gaspar Moura Martins	Todos Kinados	02:46:43	+01:43:36	16:40	
371	3287	Mónica Pimenta	Os Arrastões	02:46:45	+01:43:38	16:41	
372	3289	Daniel Plácido	Os Arrastões	02:46:47	+01:43:40	16:41	
373	3134	Sónia Carvalho	Espaço Movimenta-te	02:46:49	+01:43:42	16:41	
374	3125	Fabiana Antunes	Espaço Movimenta-te	02:46:51	+01:43:44	16:41	
375	3129	Jéssica Catalão	Espaço Movimenta-te	02:46:52	+01:43:45	16:41	
376	3438	Ricardo Micael Alves Oliveira	Todos Kinados	02:47:53	+01:44:46	16:47	
377	3437	Pedro Teixeira	Todos Kinados	02:47:56	+01:44:49	16:48	
378	3428	Alexandra Paz dos Reis	Todos Kinados	02:48:13	+01:45:06	16:49	
379	3431	Susana Caetano	Todos Kinados	02:48:42	+01:45:35	16:52	
380	3010	Diana Rita Marques Pinto	20&15	02:48:43	+01:45:36	16:52	
381	3432	Chico Mendes	Todos Kinados	02:48:57	+01:45:50	16:54	
382	3433	José Cruz	Todos Kinados	02:49:08	+01:46:01	16:55	
383	3434	José Ribeiro	Todos Kinados	02:49:10	+01:46:03	16:55	
384	3430	Fátima Nunes	Todos Kinados	02:49:11	+01:46:04	16:55	
385	3007	Andreia Rodrigues Oliveira	20&15	02:49:28	+01:46:21	16:57	
386	3105	Luis Barroso	ELITE fitness academy	02:49:41	+01:46:34	16:58	
387	3429	Eugénia Cardoso	Todos Kinados	02:49:47	+01:46:40	16:59	
388	3016	Marta Cristina Sequeira Ferreira Borges	20&15	02:49:57	+01:46:50	17:00	
389	3006	Ana Luísa Pires Cortinhas	20&15	02:50:00	+01:46:53	17:00	
390	3065	Ana Gloria Oliveira	ELITE fitness academy	02:51:05	+01:47:58	17:07	
391	3015	Maria do Céu Rodrigues Fernandes	20&15	02:51:33	+01:48:26	17:09	
392	3018	Sara Eliana Pimenta Oliveira	20&15	02:51:33	+01:48:26	17:09	
393	3086	Patricia Vinagre	ELITE fitness academy	02:51:49	+01:48:42	17:11	
394	3067	andrea coelho	ELITE fitness academy	02:52:11	+01:49:04	17:13	
395	3068	Andreia Soares	ELITE fitness academy	02:52:59	+01:49:52	17:18	
396	3100	Carlos Alves	ELITE fitness academy	02:53:18	+01:50:11	17:20	
397	3121	Daniela Ferreira	Espaço Movimenta-te	02:54:17	+01:51:10	17:26	
398	3091	Rita Marques	ELITE fitness academy	02:54:54	+01:51:47	17:29	
399	3141	Filipe Mendes	Espaço Movimenta-te	02:55:00	+01:51:53	17:30	
400	3136	Susana Castro	Espaço Movimenta-te	02:55:02	+01:51:55	17:30	
401	3119	Bruna Oliveira	Espaço Movimenta-te	02:55:04	+01:51:57	17:30	
402	3126	Flávia Ferreira	Espaço Movimenta-te	02:55:06	+01:51:59	17:31	
403	3133	Sandra Costa	Espaço Movimenta-te	02:55:06	+01:51:59	17:31	
404	3138	Ângelo Viegas	Espaço Movimenta-te	02:55:18	+01:52:11	17:32	
405	3066	Ana Sofia Marques	ELITE fitness academy	02:55:35	+01:52:28	17:34	

GUERREIROS - STAGE 1
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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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
406	3082	Margarida Magalhães	ELITE fitness academy	02:56:11	+01:53:04	17:37	
407	3064	ana antunes	ELITE fitness academy	02:56:11	+01:53:04	17:37	
408	3034	Maëva Branco	Atlas e Áxis	02:56:17	+01:53:10	17:38	
409	3035	André Abreu Morais	Atlas e Áxis	02:56:21	+01:53:14	17:38	
410	3032	Emy Drapeau	Atlas e Áxis	02:56:23	+01:53:16	17:38	
411	3033	Lilou Taraud	Atlas e Áxis	02:56:27	+01:53:20	17:39	
412	3146	Vasco Carvalho	Espaço Movimenta-te	02:59:41	+01:56:34	17:58	
413	3357	Matilde Silva	T22	03:05:46	+02:02:39	18:35	
414	3370	Tânia Silva	T22	03:06:53	+02:03:46	18:41	
415	3343	Helena Gonçalves	T22	03:06:54	+02:03:47	18:41	
416	3332	Bruna Batista	T22	03:07:28	+02:04:21	18:45	
417	3214	André Miguel Amorim Silva	Individual	03:07:59	+02:04:52	18:48	
418	3353	Maria Coelho Rodrigues	T22	03:08:04	+02:04:57	18:48	
419	3495	Soraia Neto	YRun	03:09:05	+02:05:58	18:55	
420	3492	Carla Lopes	YRun	03:09:43	+02:06:36	18:58	
421	3493	Eugénia Monteiro	YRun	03:09:58	+02:06:51	19:00	
422	3491	Alexandra Ribeiro	YRun	03:10:09	+02:07:02	19:01	
423	3498	Ricardo Pinto	YRun	03:13:19	+02:10:12	19:20	
424	3497	Hugo Rosas	YRun	03:13:25	+02:10:18	19:21	
425	3496	Teresa Silva	YRun	03:13:38	+02:10:31	19:22	

Guerreiros**10 KM**

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

40	3154	Silvia Fernandes	FAMMEL'S	Senior Feminino	01:58:01	+48:45	11:48
41	3046	Raquel Emília souza Pereira	CrossfitMcn	Senior Feminino	01:59:14	+49:58	11:55
42	3045	Paula Susana Gonçalves Coelho	CrossfitMcn	Senior Feminino	01:59:14	+49:59	11:55
43	3342	Florbela Marques	T22	Senior Feminino	02:00:58	+51:42	12:06
44	3329	Andreia Macedo	T22	Senior Feminino	02:02:01	+52:45	12:12
45	3351	Márcia Barroso	T22	Senior Feminino	02:03:28	+54:13	12:21
46	3368	Sofia Gonçalves	T22	Senior Feminino	02:04:03	+54:47	12:24
47	3330	Beatriz Sousa	T22	Senior Feminino	02:04:52	+55:37	12:29
48	3253	Helena Isabel Marques Fertuzinhos	Município Póvoa de Lanhoso	Senior Feminino	02:05:07	+55:51	12:31
49	3367	Silvia Fernandes	T22	Senior Feminino	02:05:20	+56:04	12:32
50	3304	Rosa Carneiro	Rize Team	Senior Feminino	02:05:37	+56:22	12:34
51	3360	Otília Sampaio	T22	Senior Feminino	02:06:36	+57:21	12:40
52	3296	Ema Ribeiro	Rize Team	Senior Feminino	02:07:20	+58:04	12:44
53	3302	Monica Gonçalves	Rize Team	Senior Feminino	02:07:41	+58:26	12:46
54	3123	Diana Afonso	Espaço Movimenta-te	Senior Feminino	02:07:42	+58:26	12:46
55	3137	Susana Marques	Espaço Movimenta-te	Senior Feminino	02:07:42	+58:27	12:46
56	3372	Vania Carvalho	T22	Senior Feminino	02:08:07	+58:51	12:49
57	3348	Joana Silva	T22	Senior Feminino	02:08:40	+59:24	12:52
58	3001	Andreia Alexandra Duarte Cabral	CrossfitMcn	Senior Feminino	02:08:49	+59:33	12:53
59	3363	Rita Vaz	T22	Senior Feminino	02:08:59	+59:43	12:54
60	3124	Diana Castro	Espaço Movimenta-te	Senior Feminino	02:09:19	+01:00:03	12:56
61	3122	Daniela Oliveira	Espaço Movimenta-te	Senior Feminino	02:09:20	+01:00:05	12:56
62	3341	Flávia Vieira	T22	Senior Feminino	02:09:47	+01:00:32	12:59
63	3298	Isabel Abreu	Rize Team	Senior Feminino	02:09:54	+01:00:38	12:59
64	3084	Otilia Gonçalves	ELITE fitness academy	Senior Feminino	02:09:56	+01:00:40	13:00
65	3093	Sara Oliveira	ELITE fitness academy	Senior Feminino	02:10:02	+01:00:46	13:00
66	3324	Amélia Machado	T22	Senior Feminino	02:10:06	+01:00:50	13:01
67	3349	Juliana Sampaio	T22	Senior Feminino	02:10:24	+01:01:09	13:02
68	3365	Sara Oliveira	T22	Senior Feminino	02:10:27	+01:01:11	13:03
69	3339	Daniela Fernandes	T22	Senior Feminino	02:11:02	+01:01:46	13:06
70	3371	Tatiana Rebelo	T22	Senior Feminino	02:11:19	+01:02:03	13:08
71	3130	Paula Costa	Espaço Movimenta-te	Senior Feminino	02:12:47	+01:03:31	13:17
72	3131	Paula Peixoto	Espaço Movimenta-te	Senior Feminino	02:13:13	+01:03:57	13:19
73	3344	Isabel Veiga	T22	Senior Feminino	02:13:23	+01:04:08	13:20
74	3364	Sabrina Fernandes	T22	Senior Feminino	02:13:33	+01:04:18	13:21
75	3355	Maria João	T22	Senior Feminino	02:13:42	+01:04:26	13:22
76	3366	Sara Ribeiro	T22	Senior Feminino	02:14:01	+01:04:45	13:24
77	3369	Susana Pesqueira	T22	Senior Feminino	02:14:43	+01:05:28	13:28
78	3358	Mónica Costa	T22	Senior Feminino	02:14:45	+01:05:30	13:29
79	3326	Ana Ferreira	T22	Senior Feminino	02:15:39	+01:06:23	13:34
80	3204	Catarina Andreia Rodrigues Tavares	Individual	Senior Feminino	02:15:49	+01:06:33	13:35
81	3208	Maria Gama	Individual	Senior Feminino	02:15:57	+01:06:42	13:36
82	3256	Joana Martins	Município Póvoa de Lanhoso	Senior Feminino	02:17:24	+01:08:09	13:44
83	3258	Sandra Freitas	Município Póvoa de Lanhoso	Senior Feminino	02:17:25	+01:08:09	13:44
84	3336	Cátia Fernandes	T22	Senior Feminino	02:18:28	+01:09:12	13:51
85	3283	Eduarda Sousa	os 3 da Vida Airada	Senior Feminino	02:18:40	+01:09:25	13:52

Official Timekeeper: Lap2Go	2 / 10	generate 01-jun-2024 18:41
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Guerreiros

10 KM

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

OFFICIAL RESULT

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132	3080	Marcia Marques	ELITE fitness academy	Senior Feminino	02:33:18	+01:24:03	15:20
133	3075	Elsa Alves	ELITE fitness academy	Senior Feminino	02:33:22	+01:24:06	15:20
134	3094	Solange medeiros	ELITE fitness academy	Senior Feminino	02:33:29	+01:24:13	15:21
135	3098	Zita Lopes	ELITE fitness academy	Senior Feminino	02:33:30	+01:24:14	15:21
136	3092	Sandra Guerra	ELITE fitness academy	Senior Feminino	02:33:52	+01:24:37	15:23
137	3013	Mafalda Pereira Castro Ferreira	20&15	Senior Feminino	02:36:09	+01:26:53	15:37
138	3011	Joana Carina Freitas Coimbra	20&15	Senior Feminino	02:36:14	+01:26:58	15:37
139	3026	Fátima Sampaio	Arrastões	Senior Feminino	02:36:50	+01:27:35	15:41
140	3087	paula Martins	ELITE fitness academy	Senior Feminino	02:37:01	+01:27:45	15:42
141	3017	Rita Sá Ribeiro	20&15	Senior Feminino	02:37:39	+01:28:23	15:46
142	3014	Márcia Sofia Peixoto Alves	20&15	Senior Feminino	02:38:01	+01:28:46	15:48
143	3095	Teresa Leite	ELITE fitness academy	Senior Feminino	02:38:03	+01:28:47	15:48
144	3005	Ana Catarina Martins Silva	20&15	Senior Feminino	02:38:19	+01:29:03	15:50
145	3004	Ana Carolina Martins Gonçalves Dias Costa	20&15	Senior Feminino	02:38:39	+01:29:23	15:52
146	3012	Joana Maria Teixeira Gomes Monteiro Aguiar	20&15	Senior Feminino	02:38:59	+01:29:44	15:54
147	3019	Vânia Raquel Oliveira Rego	20&15	Senior Feminino	02:39:14	+01:29:58	15:55
148	3024	Carina Sousa	Arrastões	Senior Feminino	02:41:28	+01:32:13	16:09
149	3286	Cátia Sofia	Os Arrastões	Senior Feminino	02:46:13	+01:36:57	16:37
150	3120	Catarina Antunes	Espaço Movimenta-te	Senior Feminino	02:46:31	+01:37:15	16:39
151	3128	Isaura Antunes	Espaço Movimenta-te	Senior Feminino	02:46:32	+01:37:16	16:39
152	3287	Mónica Pimenta	Os Arrastões	Senior Feminino	02:46:45	+01:37:30	16:41
153	3134	Sónia Carvalho	Espaço Movimenta-te	Senior Feminino	02:46:49	+01:37:33	16:41
154	3125	Fabiana Antunes	Espaço Movimenta-te	Senior Feminino	02:46:51	+01:37:35	16:41
155	3129	Jéssica Catalão	Espaço Movimenta-te	Senior Feminino	02:46:52	+01:37:36	16:41
156	3428	Alexandra Paz dos Reis	Todos Kinados	Senior Feminino	02:48:13	+01:38:57	16:49
157	3431	Susana Caetano	Todos Kinados	Senior Feminino	02:48:42	+01:39:27	16:52
158	3010	Diana Rita Marques Pinto	20&15	Senior Feminino	02:48:43	+01:39:27	16:52
159	3430	Fátima Nunes	Todos Kinados	Senior Feminino	02:49:11	+01:39:56	16:55
160	3007	Andreia Rodrigues Oliveira	20&15	Senior Feminino	02:49:28	+01:40:12	16:57
161	3429	Eugénia Cardoso	Todos Kinados	Senior Feminino	02:49:47	+01:40:32	16:59
162	3016	Marta Cristina Sequeira Ferreira Borges	20&15	Senior Feminino	02:49:57	+01:40:41	17:00
163	3006	Ana Luísa Pires Cortinhas	20&15	Senior Feminino	02:50:00	+01:40:44	17:00
164	3065	Ana Gloria Oliveira	ELITE fitness academy	Senior Feminino	02:51:05	+01:41:49	17:07
165	3015	Maria do Céu Rodrigues Fernandes	20&15	Senior Feminino	02:51:33	+01:42:17	17:09
166	3018	Sara Eliana Pimenta Oliveira	20&15	Senior Feminino	02:51:33	+01:42:17	17:09
167	3086	Patricia Vinagre	ELITE fitness academy	Senior Feminino	02:51:49	+01:42:33	17:11
168	3067	andrea coelho	ELITE fitness academy	Senior Feminino	02:52:11	+01:42:56	17:13
169	3068	Andreia Soares	ELITE fitness academy	Senior Feminino	02:52:59	+01:43:44	17:18
170	3121	Daniela Ferreira	Espaço Movimenta-te	Senior Feminino	02:54:17	+01:45:01	17:26
171	3091	Rita Marques	ELITE fitness academy	Senior Feminino	02:54:54	+01:45:39	17:29
172	3136	Susana Castro	Espaço Movimenta-te	Senior Feminino	02:55:02	+01:45:47	17:30
173	3119	Bruna Oliveira	Espaço Movimenta-te	Senior Feminino	02:55:04	+01:45:48	17:30
174	3126	Flávia Ferreira	Espaço Movimenta-te	Senior Feminino	02:55:06	+01:45:50	17:31
175	3133	Sandra Costa	Espaço Movimenta-te	Senior Feminino	02:55:06	+01:45:51	17:31
176	3066	Ana Sofia Marques	ELITE fitness academy	Senior Feminino	02:55:35	+01:46:20	17:34

Official Timekeeper: Lap2Go	4 / 10	generate 01-jun-2024 18:41
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Guerreiros**10 KM**

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

177	3082	Margarida Magalhães	ELITE fitness academy	Senior Feminino	02:56:11	+01:46:55	17:37
178	3064	ana antunes	ELITE fitness academy	Senior Feminino	02:56:11	+01:46:55	17:37
179	3034	Maëva Branco	Atlas e Áxis	Senior Feminino	02:56:17	+01:47:01	17:38
180	3032	Emy Drapeau	Atlas e Áxis	Senior Feminino	02:56:23	+01:47:07	17:38
181	3033	Lilou Taraud	Atlas e Áxis	Senior Feminino	02:56:27	+01:47:11	17:39
182	3357	Matilde Silva	T22	Senior Feminino	03:05:46	+01:56:31	18:35
183	3370	Tânia Silva	T22	Senior Feminino	03:06:53	+01:57:38	18:41
184	3343	Helena Gonçalves	T22	Senior Feminino	03:06:54	+01:57:38	18:41
185	3332	Bruna Batista	T22	Senior Feminino	03:07:28	+01:58:13	18:45
186	3353	Maria Coelho Rodrigues	T22	Senior Feminino	03:08:04	+01:58:48	18:48
187	3495	Soraia Neto	YRun	Senior Feminino	03:09:05	+01:59:50	18:55
188	3492	Carla Lopes	YRun	Senior Feminino	03:09:43	+02:00:27	18:58
189	3493	Eugénia Monteiro	YRun	Senior Feminino	03:09:58	+02:00:43	19:00
190	3491	Alexandra Ribeiro	YRun	Senior Feminino	03:10:09	+02:00:53	19:01
191	3496	Teresa Silva	YRun	Senior Feminino	03:13:38	+02:04:23	19:22

Senior Masculino

1	3408	Leonel Pereira	T22	Senior Masculino	01:03:07		06:19
2	3215	Bruno Lima	Individual	Senior Masculino	01:04:28	+01:20	06:27
3	3388	Eduardo Daniel Antunes Cruz	T22	Senior Masculino	01:08:04	+04:56	06:48
4	3402	Joel Sousa	T22	Senior Masculino	01:08:27	+05:19	06:51
5	3385	David Henriques	T22	Senior Masculino	01:08:44	+05:37	06:52
6	3418	Ricardo Tinoco	T22	Senior Masculino	01:09:04	+05:56	06:54
7	3490	Isaac Fernandes	XM'90	Senior Masculino	01:10:06	+06:59	07:01
8	3489	André Lopes	XM'90	Senior Masculino	01:10:12	+07:04	07:01
9	3392	Eugénio Veloso	T22	Senior Masculino	01:10:55	+07:48	07:06
10	3145	Miguel Oliveira	Espaço Movimenta-te	Senior Masculino	01:10:59	+07:51	07:06
11	3048	Adelino Moreira	CrossfitMcn	Senior Masculino	01:11:12	+08:05	07:07
12	3052	Tiago Caetano	CrossfitMcn	Senior Masculino	01:12:06	+08:59	07:13
13	3051	Telmo Pereira	CrossfitMcn	Senior Masculino	01:12:13	+09:05	07:13
14	3235	Rui Alves	Individual	Senior Masculino	01:12:28	+09:20	07:15
15	3200	Diogo Lopes	HI-FIT	Senior Masculino	01:13:49	+10:42	07:23
16	3268	João Miguel Fernandes da Costa	Município Póvoa de Lanhoso	Senior Masculino	01:14:22	+11:14	07:26
17	3419	Rúben Alves	T22	Senior Masculino	01:15:33	+12:26	07:33
18	3439	Hugo Carvalho	TREPA	Senior Masculino	01:16:58	+13:50	07:42
19	3441	RICARDO MAGALHÃES	TREPA	Senior Masculino	01:16:59	+13:51	07:42
20	3488	Tiago Ribeiro	VieiraFit	Senior Masculino	01:18:13	+15:06	07:49
21	3101	carlos Manuel cunha Alves	ELITE fitness academy	Senior Masculino	01:18:18	+15:11	07:50
22	2023	Henrique Manuel Silva Araújo	Individual	Senior Masculino	01:18:23	+15:16	07:50
23	3273	Nuno Tiago de Sousa Fernandes	Município Póvoa de Lanhoso	Senior Masculino	01:18:34	+15:26	07:51
24	3199	Dário Simões	HI-FIT	Senior Masculino	01:19:33	+16:25	07:57
25	3111	Pedro barros	ELITE fitness academy	Senior Masculino	01:20:13	+17:06	08:01
26	3229	José Fernandes	Individual	Senior Masculino	01:20:16	+17:08	08:02
27	3397	Helder Oliveira	T22	Senior Masculino	01:20:40	+17:32	08:04
28	3104	Jose antunes	ELITE fitness academy	Senior Masculino	01:20:42	+17:34	08:04

Official Timekeeper: Lap2Go	5 / 10	generate 01-jun-2024 18:41
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Guerreiros

10 KM

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

29	3269	João Paulo Marcos Carvalho	Município Póvoa de Lanhoso	Senior Masculino	01:20:49	+17:42	08:05
30	3422	Tiago Barroso	T22	Senior Masculino	01:21:14	+18:07	08:07
31	3277	Ricardo Manuel Monteiro Vieira	Município Póvoa de Lanhoso	Senior Masculino	01:21:26	+18:18	08:09
32	3265	Frederico Amaro	Município Póvoa de Lanhoso	Senior Masculino	01:21:32	+18:25	08:09
33	3384	Dany Costa	T22	Senior Masculino	01:21:37	+18:29	08:10
34	3374	Alexandre Oliveira	T22	Senior Masculino	01:21:46	+18:38	08:11
35	3390	Eduardo Soares	T22	Senior Masculino	01:21:52	+18:45	08:11
36	3192	João Paulo Dias	Gverreiros Mancos	Senior Masculino	01:21:55	+18:48	08:12
37	3272	Miguel Ângelo da Costa Jorge	Município Póvoa de Lanhoso	Senior Masculino	01:21:57	+18:49	08:12
38	3202	Sérgio Carvalho	HI-FIT	Senior Masculino	01:22:14	+19:06	08:13
39	3230	Luis Machado	Individual	Senior Masculino	01:22:28	+19:20	08:15
40	3238	TRISTÁN FAILDE FERNÁNDEZ	Individual	Senior Masculino	01:23:10	+20:02	08:19
41	3226	João Amaral	Individual	Senior Masculino	01:23:11	+20:03	08:19
42	3221	Francisco Silva	Individual	Senior Masculino	01:23:26	+20:19	08:21
43	3220	Filipe Fernandes	Individual	Senior Masculino	01:23:27	+20:19	08:21
44	3040	André Cruz Viegas	BEM ME QUERO	Senior Masculino	01:23:53	+20:45	08:23
45	3264	Filipe Augusto Veloso Coelho	Município Póvoa de Lanhoso	Senior Masculino	01:24:10	+21:02	08:25
46	3030	Ricardo Ferreira	Arrastões	Senior Masculino	01:24:29	+21:22	08:27
47	3450	Marcos Moreira	Urban Academy	Senior Masculino	01:24:37	+21:29	08:28
48	3028	Bruno Ventura	Arrastões	Senior Masculino	01:24:46	+21:38	08:29
49	3403	Jorge Sousa	T22	Senior Masculino	01:25:12	+22:04	08:31
50	3382	Carlos Gaspar	T22	Senior Masculino	01:25:52	+22:44	08:35
51	3407	José Tinoco	T22	Senior Masculino	01:26:31	+23:23	08:39
52	3386	Diogo Rodrigues	T22	Senior Masculino	01:27:07	+24:00	08:43
53	3053	VITOR TEIXEIRA	CrossfitMcn	Senior Masculino	01:27:11	+24:04	08:43
54	3240	Hugo Silva	Los Ferraris	Senior Masculino	01:27:26	+24:18	08:45
55	3242	Miguel Leite	Los Ferraris	Senior Masculino	01:27:35	+24:28	08:46
56	3050	Ricardo Pereira	CrossfitMcn	Senior Masculino	01:27:51	+24:43	08:47
57	3195	Pedro Fernandes	Gverreiros Mancos	Senior Masculino	01:27:55	+24:48	08:48
58	3190	João Alexandre da costa Araújo	Gverreiros Mancos	Senior Masculino	01:27:56	+24:48	08:48
59	3049	Paulo Coelho	CrossfitMcn	Senior Masculino	01:28:07	+24:59	08:49
60	3400	Joao Costa	T22	Senior Masculino	01:28:25	+25:18	08:51
61	3225	Joao Alexandre Coelho Rodrigues	Individual	Senior Masculino	01:30:12	+27:04	09:01
62	3398	Hugo Fernando Jesus Silva	T22	Senior Masculino	01:30:12	+27:05	09:01
63	3440	LUÍS LEITE	TREPA	Senior Masculino	01:30:14	+27:06	09:01
64	3188	Antonio Luís Antunes Carvalho	Gverreiros Mancos	Senior Masculino	01:30:42	+27:35	09:04
65	3189	Eduardo Alexandre Fernandes Oliveira da Silva	Gverreiros Mancos	Senior Masculino	01:30:44	+27:37	09:04
66	3021	Nelson Costa	20&15	Senior Masculino	01:31:14	+28:07	09:07
67	3413	Pedro Carvalho	T22	Senior Masculino	01:31:23	+28:15	09:08
68	3222	Gabriel Fernando Oliveira Meira	T22	Senior Masculino	01:31:32	+28:24	09:09
69	3023	Tiago Xavier	20&15	Senior Masculino	01:31:33	+28:26	09:09
70	3412	Nuno Sousa	T22	Senior Masculino	01:31:40	+28:32	09:10
71	3285	Bruno Matos	os 3 da Vida Airada	Senior Masculino	01:31:43	+28:35	09:10
72	3373	Adriano Alves	T22	Senior Masculino	01:31:51	+28:43	09:11
73	3411	Nuno Silva	T22	Senior Masculino	01:32:00	+28:52	09:12
74	3020	David Azevedo	20&15	Senior Masculino	01:32:03	+28:56	09:12

Official Timekeeper: Lap2Go	6 / 10	generate 01-jun-2024 18:41
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Guerreiros

10 KM

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

OFFICIAL RESULT

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75	3425	Vitor Carvalho	T22	Senior Masculino	01:32:04	+28:57	09:12
76	3022	Sérgio Sepúlveda	20&15	Senior Masculino	01:32:16	+29:09	09:14
77	3387	Duarte Carvalho	T22	Senior Masculino	01:32:26	+29:18	09:15
78	3381	Bernardino Silva	T22	Senior Masculino	01:32:31	+29:23	09:15
79	3391	Emanuel Carvalho	T22	Senior Masculino	01:32:38	+29:30	09:16
80	3140	Fernando Veloso	Espaço Movimenta-te	Senior Masculino	01:33:04	+29:56	09:18
81	3417	Ricardo Moreira	T22	Senior Masculino	01:33:25	+30:17	09:20
82	3375	Alfredo Sousa	T22	Senior Masculino	01:33:28	+30:21	09:21
83	3383	Daniel Peixoto	T22	Senior Masculino	01:33:44	+30:36	09:22
84	3175	João Teixeira	Fora da Caixa	Senior Masculino	01:33:58	+30:50	09:24
85	3144	Ismael Corrêlo	Espaço Movimenta-te	Senior Masculino	01:34:20	+31:12	09:26
86	3448	Jorge Manuel Barros pimenta	Urban Academy	Senior Masculino	01:34:31	+31:23	09:27
87	3447	João Luís Oliveira Afonso	Urban Academy	Senior Masculino	01:34:45	+31:38	09:29
88	3393	Fábio Carvalho	T22	Senior Masculino	01:36:20	+33:12	09:38
89	3389	Eduardo Ferreira	T22	Senior Masculino	01:36:38	+33:30	09:40
90	3109	marco Silva	ELITE fitness academy	Senior Masculino	01:38:40	+35:32	09:52
91	3401	João Malheiro	T22	Senior Masculino	01:38:48	+35:40	09:53
92	3198	Abel Costa	HI-FIT	Senior Masculino	01:38:49	+35:41	09:53
93	3416	Ricardo Martins	T22	Senior Masculino	01:39:08	+36:01	09:55
94	3217	Cláudio Gomes Miranda	Individual	Senior Masculino	01:39:29	+36:22	09:57
95	3271	Micael José Xavier Lopes	Município Póvoa de Lanhoso	Senior Masculino	01:39:56	+36:48	10:00
96	3275	Pedro Filipe Carrazedo Barbosa	Município Póvoa de Lanhoso	Senior Masculino	01:39:57	+36:50	10:00
97	3219	Eliezer Lima	Individual	Senior Masculino	01:39:58	+36:50	10:00
98	3102	Gonçalo carvalho	ELITE fitness academy	Senior Masculino	01:40:02	+36:55	10:00
99	3099	antonio Magalhaes	ELITE fitness academy	Senior Masculino	01:41:11	+38:04	10:07
100	3031	Sérgio Pinto	Arrastões	Senior Masculino	01:41:29	+38:21	10:09
101	3281	Angel García Prado	Nueiros OCR	Senior Masculino	01:42:09	+39:01	10:13
102	3213	André Baptista	Individual	Senior Masculino	01:42:22	+39:14	10:14
103	3282	Guillermo Cora Romero	Nueiros OCR	Senior Masculino	01:42:27	+39:20	10:15
104	3194	José Tiago Santos Dias	Gverreiros Mancos	Senior Masculino	01:45:57	+42:49	10:36
105	3196	Ricardo Silva	Gverreiros Mancos	Senior Masculino	01:46:21	+43:13	10:38
106	3139	Diogo Ferreira	Espaço Movimenta-te	Senior Masculino	01:46:30	+43:23	10:39
107	3191	Joao Manuel Leitao Goncalves	Gverreiros Mancos	Senior Masculino	01:47:08	+44:00	10:43
108	3187	André Oscar dos Reis Peixoto	Gverreiros Mancos	Senior Masculino	01:48:00	+44:52	10:48
109	3453	Tiago Silva	Urban Academy	Senior Masculino	01:50:52	+47:44	11:05
110	3452	Pedro Costa	Urban Academy	Senior Masculino	01:51:06	+47:58	11:07
111	3197	Rui Manuel Gonçalves Ferreira	Gverreiros Mancos	Senior Masculino	01:53:00	+49:52	11:18
112	3180	Diogo Alves	Grupo O Setenta	Senior Masculino	01:53:35	+50:27	11:21
113	3179	Daniel Gomes	Grupo O Setenta	Senior Masculino	01:53:57	+50:49	11:24
114	3182	Paulo H. Alves	Grupo O Setenta	Senior Masculino	01:54:03	+50:55	11:24
115	3316	Uros Milivojevic	Rookie Rebbels	Senior Masculino	01:55:26	+52:18	11:33
116	3321	AEXANDRE DIAS	SUNDAY WORKOUT	Senior Masculino	01:55:34	+52:27	11:33
117	3183	Rafael Surrador	Grupo O Setenta	Senior Masculino	01:55:41	+52:33	11:34
118	3467	Alfredo Pereira	VieiraFit	Senior Masculino	01:55:51	+52:43	11:35
119	3181	José Rocha	Grupo O Setenta	Senior Masculino	01:55:57	+52:49	11:36
120	3322	Miguel Pereira	SUNDAY WORKOUT	Senior Masculino	01:56:16	+53:08	11:38

Guerreiros

10 KM

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

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121	3323	Ricardo Cunha	SUNDAY WORKOUT	Senior Masculino	01:56:29	+53:22	11:39
122	3487	Sérgio Ferreira	VieiraFit	Senior Masculino	01:56:56	+53:48	11:42
123	3156	Fernando Rodrigues	FAMMEL'S	Senior Masculino	01:57:15	+54:07	11:44
124	3470	Dinis Cardoso	VieiraFit	Senior Masculino	01:57:16	+54:08	11:44
125	3465	Afonso Martins	VieiraFit	Senior Masculino	01:57:23	+54:16	11:44
126	3396	Guilherme Krull	T22	Senior Masculino	01:57:38	+54:30	11:46
127	3155	Ângelo Fernandes	FAMMEL'S	Senior Masculino	01:57:39	+54:31	11:46
128	3477	Luís Antunes	VieiraFit	Senior Masculino	01:57:44	+54:36	11:46
129	3237	Tony Silva	Individual	Senior Masculino	01:58:03	+54:55	11:48
130	3404	José Faria	T22	Senior Masculino	01:58:03	+54:55	11:48
131	3158	Victor Fernandes	FAMMEL'S	Senior Masculino	01:58:19	+55:12	11:50
132	3415	Ricardo Carvalho	T22	Senior Masculino	02:00:21	+57:13	12:02
133	3110	Nuno Faria	ELITE fitness academy	Senior Masculino	02:01:00	+57:52	12:06
134	3157	Manuel Silva	FAMMEL'S	Senior Masculino	02:01:47	+58:39	12:11
135	3414	Rafael Amorim	T22	Senior Masculino	02:03:04	+59:56	12:18
136	3106	Luís Basto	ELITE fitness academy	Senior Masculino	02:03:14	+01:00:06	12:19
137	3108	Luis Lopes	ELITE fitness academy	Senior Masculino	02:03:15	+01:00:07	12:19
138	3394	Fábio Silva	T22	Senior Masculino	02:03:27	+01:00:20	12:21
139	3231	Luis Silva	Individual	Senior Masculino	02:03:41	+01:00:33	12:22
140	3267	Gonçalo Ribeiro	Município Póvoa de Lanhoso	Senior Masculino	02:05:05	+01:01:57	12:30
141	3278	Ricardo Manuel Ribeiro da Silva	Município Póvoa de Lanhoso	Senior Masculino	02:05:05	+01:01:57	12:30
142	3377	Angelo Dias	T22	Senior Masculino	02:05:38	+01:02:30	12:34
143	3406	José Henriques	T22	Senior Masculino	02:06:00	+01:02:52	12:36
144	3308	Filipe Santos	Rize Team	Senior Masculino	02:07:25	+01:04:17	12:44
145	3409	Luís Antunes	T22	Senior Masculino	02:08:06	+01:04:58	12:49
146	3379	António Ferreira	T22	Senior Masculino	02:08:06	+01:04:58	12:49
147	3410	Nuno Carvalho	T22	Senior Masculino	02:08:07	+01:05:00	12:49
148	3003	Daniel Gustavo Moreira Oliveira	CrossfitMcn	Senior Masculino	02:08:49	+01:05:41	12:53
149	3421	Sérgio Gomes	T22	Senior Masculino	02:09:14	+01:06:06	12:55
150	3309	Manuel Alves	Rize Team	Senior Masculino	02:09:26	+01:06:18	12:57
151	3311	Orlando Lima	Rize Team	Senior Masculino	02:09:36	+01:06:28	12:58
152	3142	Gaspar Costa	Espaço Movimenta-te	Senior Masculino	02:10:03	+01:06:55	13:00
153	3310	Nelson Silva	Rize Team	Senior Masculino	02:10:45	+01:07:37	13:04
154	3232	Manuel António Alves Silva	Individual	Senior Masculino	02:11:07	+01:07:59	13:07
155	3378	Angelo Lemos	T22	Senior Masculino	02:12:33	+01:09:26	13:15
156	3399	Jerome Oliveira	T22	Senior Masculino	02:13:23	+01:10:16	13:20
157	3380	Antonio Teixeira	T22	Senior Masculino	02:13:34	+01:10:27	13:21
158	3395	Filipe Pesqueira	T22	Senior Masculino	02:14:44	+01:11:36	13:28
159	3276	Ricardo Alves	Município Póvoa de Lanhoso	Senior Masculino	02:17:02	+01:13:55	13:42
160	3263	Fernando Ribeiro	Município Póvoa de Lanhoso	Senior Masculino	02:17:04	+01:13:57	13:42
161	3261	Augusto Vieira de Oliveira	Município Póvoa de Lanhoso	Senior Masculino	02:17:05	+01:13:58	13:43
162	3500	António Manuel Marques de Queirós Pereira	Município da Póvoa de Lanhoso	Senior Masculino	02:17:49	+01:14:41	13:47
163	3117	Daniel Ventura	Embarca Running	Senior Masculino	02:18:31	+01:15:23	13:51
164	3307	Diogo Vieira	Rize Team	Senior Masculino	02:19:29	+01:16:21	13:57
165	3248	Luís Filipe Freitas Costa	Maratonistas do sofá	Senior Masculino	02:19:56	+01:16:48	14:00
166	3427	Sérgio Gomes	Tigres de Bengala	Senior Masculino	02:20:31	+01:17:23	14:03

Official Timekeeper: Lap2Go	8 / 10	generate 01-jun-2024 18:41
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Guerreiros

10 KM

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

167	3247	João Pedro Cruz	Maratonistas do sofá	Senior Masculino	02:20:31	+01:17:23	14:03
168	3312	Pedro Silva	Rize Team	Senior Masculino	02:20:34	+01:17:27	14:03
169	3041	Daniel Sampaio	BEM ME QUERO	Senior Masculino	02:20:35	+01:17:27	14:03
170	3305	Carlos Brás	Rize Team	Senior Masculino	02:20:49	+01:17:42	14:05
171	3246	Francisco Jose Gonçalves Oliveira	Maratonistas do sofá	Senior Masculino	02:20:50	+01:17:43	14:05
172	3446	António Manuel Macedo Dias	Urban Academy	Senior Masculino	02:21:23	+01:18:15	14:08
173	3451	Micael Cerdeira Brandão	Urban Academy	Senior Masculino	02:21:36	+01:18:28	14:10
174	3174	João Miguel	Fora da Caixa	Senior Masculino	02:22:34	+01:19:27	14:15
175	3424	Tiago Filipe	T22	Senior Masculino	02:24:23	+01:21:16	14:26
176	3103	José Agostinho Carvalho	ELITE fitness academy	Senior Masculino	02:25:39	+01:22:32	14:34
177	3112	Ricardo Valério	ELITE fitness academy	Senior Masculino	02:25:51	+01:22:43	14:35
178	3172	Ângelo Costa	Fora da Caixa	Senior Masculino	02:26:08	+01:23:00	14:37
179	3176	José Carlos Vieira	Fora da Caixa	Senior Masculino	02:26:11	+01:23:04	14:37
180	3173	Edgar Galante	Fora da Caixa	Senior Masculino	02:26:20	+01:23:13	14:38
181	3171	André Ferreira	Fora da Caixa	Senior Masculino	02:26:26	+01:23:19	14:39
182	3224	Hugo Seivas Serralheiro	Individual	Senior Masculino	02:26:34	+01:23:26	14:39
183	3177	Manuel Arnaud	Fora da Caixa	Senior Masculino	02:26:38	+01:23:30	14:40
184	3236	samuel salcedo casas	Individual	Senior Masculino	02:26:56	+01:23:48	14:42
185	3423	Tiago Fernandes	T22	Senior Masculino	02:27:46	+01:24:38	14:47
186	3376	André Dias	T22	Senior Masculino	02:27:46	+01:24:39	14:47
187	3178	Vitor Mendes	Fora da Caixa	Senior Masculino	02:27:59	+01:24:51	14:48
188	3318	Luís Canadas	StarLove	Senior Masculino	02:29:26	+01:26:18	14:57
189	3056	José pedro da Silva Fernandes	ECHO BRAVO	Senior Masculino	02:29:49	+01:26:41	14:59
190	3058	Nuno Sampaio Vilela	ECHO BRAVO	Senior Masculino	02:29:54	+01:26:47	14:59
191	3057	Miguel Bruno Gomes Marques	ECHO BRAVO	Senior Masculino	02:30:07	+01:26:59	15:01
192	3055	José Daniel Gonçalves Lages	ECHO BRAVO	Senior Masculino	02:30:21	+01:27:13	15:02
193	3227	João Peixoto	Individual	Senior Masculino	02:30:28	+01:27:20	15:03
194	3054	Gonçalo Peixoto da Silva	ECHO BRAVO	Senior Masculino	02:30:32	+01:27:25	15:03
195	3485	Rodrigo Ribeiro	VieiraFit	Senior Masculino	02:32:03	+01:28:56	15:12
196	3107	Luís Fernandes	ELITE fitness academy	Senior Masculino	02:32:25	+01:29:18	15:15
197	3468	Anderson Pereira	VieiraFit	Senior Masculino	02:32:33	+01:29:25	15:15
198	3476	Lucas Martins	VieiraFit	Senior Masculino	02:32:35	+01:29:27	15:16
199	3484	Rodrigo Coelho	VieiraFit	Senior Masculino	02:32:37	+01:29:30	15:16
200	3482	Paulo Costa	VieiraFit	Senior Masculino	02:32:50	+01:29:42	15:17
201	3469	David Martins	VieiraFit	Senior Masculino	02:33:15	+01:30:08	15:20
202	3475	José Carriço	VieiraFit	Senior Masculino	02:33:27	+01:30:19	15:21
203	3466	Afonso Vila	VieiraFit	Senior Masculino	02:33:50	+01:30:43	15:23
204	3473	Gonçalo Teixeira	VieiraFit	Senior Masculino	02:33:57	+01:30:50	15:24
205	3486	Rui Costa	VieiraFit	Senior Masculino	02:34:04	+01:30:56	15:24
206	3463	Afonso Costa	VieiraFit	Senior Masculino	02:34:19	+01:31:12	15:26
207	3148	João Silva	Fama Dawgs	Senior Masculino	02:35:33	+01:32:25	15:33
208	3151	Marco Ferreira	Fama Dawgs	Senior Masculino	02:35:55	+01:32:47	15:35
209	3147	João Freitas	Fama Dawgs	Senior Masculino	02:36:26	+01:33:18	15:39
210	3149	Luís Araújo	Fama Dawgs	Senior Masculino	02:37:02	+01:33:54	15:42
211	3150	Marco Araújo	Fama Dawgs	Senior Masculino	02:37:17	+01:34:10	15:44
212	3143	Hugo Samuel Ribeiro da Costa	Espaço Movimenta-te	Senior Masculino	02:39:38	+01:36:30	15:58

Official Timekeeper: Lap2Go	9 / 10	generate 01-jun-2024 18:41
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Guerreiros

10 KM

OFFICIAL RESULT

213	3029	Rafael Cunha	Arrastões	Senior Masculino	02:41:24	+01:38:16	16:08
214	3027	Bruno Ferreira	Arrastões	Senior Masculino	02:41:25	+01:38:17	16:08
215	3288	Bruno Mendes	Os Arrastões	Senior Masculino	02:44:28	+01:41:20	16:27
216	3290	Hugo Vieira	Os Arrastões	Senior Masculino	02:44:53	+01:41:46	16:29
217	3293	Sérgio Miranda	Os Arrastões	Senior Masculino	02:44:54	+01:41:47	16:29
218	3292	Rodrigo Vieira	Os Arrastões	Senior Masculino	02:45:20	+01:42:12	16:32
219	3435	Manuel Gaspar Moura Martins	Todos Kinados	Senior Masculino	02:46:43	+01:43:35	16:40
220	3289	Daniel Plácido	Os Arrastões	Senior Masculino	02:46:47	+01:43:39	16:41
221	3438	Ricardo Micael Alves Oliveira	Todos Kinados	Senior Masculino	02:47:53	+01:44:45	16:47
222	3437	Pedro Teixeira	Todos Kinados	Senior Masculino	02:47:56	+01:44:49	16:48
223	3432	Chico Mendes	Todos Kinados	Senior Masculino	02:48:57	+01:45:49	16:54
224	3433	José Cruz	Todos Kinados	Senior Masculino	02:49:08	+01:46:01	16:55
225	3434	José Ribeiro	Todos Kinados	Senior Masculino	02:49:10	+01:46:02	16:55
226	3105	Luis Barroso	ELITE fitness academy	Senior Masculino	02:49:41	+01:46:34	16:58
227	3100	Carlos Alves	ELITE fitness academy	Senior Masculino	02:53:18	+01:50:11	17:20
228	3141	Filipe Mendes	Espaço Movimenta-te	Senior Masculino	02:55:00	+01:51:52	17:30
229	3138	Ângelo Viegas	Espaço Movimenta-te	Senior Masculino	02:55:18	+01:52:11	17:32
230	3035	André Abreu Morais	Atlas e Áxis	Senior Masculino	02:56:21	+01:53:13	17:38
231	3146	Vasco Carvalho	Espaço Movimenta-te	Senior Masculino	02:59:41	+01:56:34	17:58
232	3214	André Miguel Amorim Silva	Individual	Senior Masculino	03:07:59	+02:04:51	18:48
233	3498	Ricardo Pinto	YRun	Senior Masculino	03:13:19	+02:10:12	19:20
234	3497	Hugo Rosas	YRun	Senior Masculino	03:13:25	+02:10:17	19:21

