

ELITE - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:00	17°C	94%
End	11:54	17°C	94%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	79	Nelson Loureiro	pegasus ocr proteam	Senior Masculino	57:13		05:43
2	67	Luciano Pereira	luciano pereira	Senior Masculino	59:18	+02:04	05:56
3	41	Carlos Pinto	exército de portugal	Senior Masculino	59:51	+02:38	05:59
4	31	Pawel Rutka	crows	Senior Masculino	01:00:11	+02:57	06:01
5	78	Marco Lopes	pegasus ocr proteam	Senior Masculino	01:00:34	+03:20	06:03
6	17	Simão Oliveira	bombeiros voluntários oliveira do bairro	Senior Masculino	01:01:07	+03:53	06:07
7	49	Bruno Santos	individual	Senior Masculino	01:02:12	+04:58	06:13
8	1	BRUNO CARVALHO	academia combate de gaia	Senior Masculino	01:03:09	+05:55	06:19
9	40	Catarina Miranda Simões	exército de portugal	Senior Feminino	01:05:13	+07:59	06:31
10	2	JORGE CARDOSO	academia combate de gaia	Senior Masculino	01:05:16	+08:02	06:32
11	81	Tiago Rosas	sporting clube de espinho / antónio leitão	Senior Masculino	01:05:48	+08:35	06:35
12	74	António José Campos Magalhães	ninjas	Senior Masculino	01:07:18	+10:04	06:44
13	77	Henrique Loureiro	pegasus ocr proteam	Senior Masculino	01:09:50	+12:36	06:59
14	26	Iuri Gil	crows	Senior Masculino	01:13:23	+16:09	07:20
15	4	Henrique Costa	bacalhaus de montedeiras	Senior Masculino	01:13:29	+16:15	07:21
16	5	Rodrigo Costa	bacalhaus de montedeiras	Senior Masculino	01:13:30	+16:16	07:21
17	33	Sandro Remígio	crows	Senior Masculino	01:14:23	+17:09	07:26
18	75	Bruno Miguel Fernandes da Silva	ninjas	Senior Masculino	01:15:42	+18:28	07:34
19	54	Gilberto Cunha	individual	Senior Masculino	01:16:54	+19:40	07:41
20	19	João Sousa	bravos e bravitas	Senior Masculino	01:17:01	+19:48	07:42
21	53	Francisco Pereira	individual	Senior Masculino	01:19:34	+22:20	07:57
22	60	Nuno Gonçalo dos Santos Henriques	individual	Senior Masculino	01:19:49	+22:35	07:59
23	58	Marcelo Tavares Dias	individual	Senior Masculino	01:20:02	+22:48	08:00
24	16	João Novo	bombeiros voluntários oliveira do bairro	Senior Masculino	01:20:24	+23:10	08:02
25	73	André Filipe Magalhães Machado	ninjas	Senior Masculino	01:22:25	+25:12	08:15
26	20	Paulo Alves	centro cultural d. t. da stcp	Senior Masculino	01:25:14	+28:00	08:31
27	48	Bruno Delgado	individual	Senior Masculino	01:25:14	+28:00	08:31
28	55	João caetano	individual	Senior Masculino	01:25:16	+28:02	08:32
29	59	Mário Pereira	individual	Senior Masculino	01:25:57	+28:43	08:36
30	32	Samuel Assunção Simões	crows	Senior Masculino	01:26:11	+28:57	08:37
31	57	Leandro Carvalho	individual	Senior Masculino	01:26:41	+29:27	08:40
32	3	Carlos Costa	bacalhaus de montedeiras	Senior Masculino	01:29:00	+31:46	08:54
33	6	Vasco Costa	bacalhaus de montedeiras	Senior Masculino	01:29:00	+31:46	08:54
34	61	joana pereira	javalis100limites	Senior Feminino	01:30:22	+33:09	09:02
35	66	rodrigo pinhal	javalis100limites	Senior Masculino	01:30:23	+33:09	09:02
36	15	Daniel Vieira	bombeiros voluntários oliveira do bairro	Senior Masculino	01:31:33	+34:19	09:09
37	24	Catarina Santos	crows	Senior Feminino	01:33:35	+36:21	09:22
38	28	João Rodrigues	crows	Senior Masculino	01:33:36	+36:22	09:22
39	30	Leandro Carnide	crows	Senior Masculino	01:33:53	+36:39	09:23

ELITE - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
40	29	Joel Vieira	crows	Senior Masculino	01:33:58	+36:44	09:24
41	63	gilberto costa	javalis100limites	Senior Masculino	01:44:07	+46:53	10:25
42	64	ivo gonçalves	javalis100limites	Senior Masculino	01:44:07	+46:53	10:25
43	65	jose ferreira	javalis100limites	Senior Masculino	01:44:09	+46:55	10:25
44	45	Marina Rosca	individual	Senior Feminino	01:46:34	+49:21	10:39
45	47	Suzana Ribeiro	individual	Senior Feminino	01:46:50	+49:36	10:41
46	43	Luis Ferreira	ferreiras & ferreirinhas	Senior Masculino	01:48:28	+51:14	10:51
47	42	Madalena Ferreira	ferreiras & ferreirinhas	Senior Feminino	01:48:30	+51:16	10:51
48	44	Nuno Ferreira	ferreiras & ferreirinhas	Senior Masculino	01:48:30	+51:16	10:51
49	70	Ana Cristina Campos Magalhães	ninjas	Senior Feminino	01:50:08	+52:54	11:01
50	76	Sérgio Paulo Moreira Dionísio	ninjas	Senior Masculino	01:50:08	+52:54	11:01
51	23	Carolina Carvalheiro	crows	Senior Feminino	01:50:12	+52:58	11:01
52	25	Tânia Remígio	crows	Senior Feminino	01:50:14	+53:00	11:01
53	50	Carlos Marques	individual	Senior Masculino	01:51:44	+54:30	11:10
54	12	Táisa Cebotari	bombeiros voluntários oliveira do bairro	Senior Feminino	01:56:06	+58:52	11:37
55	13	André Barbosa	bombeiros voluntários oliveira do bairro	Senior Masculino	01:56:11	+58:57	11:37
56	38	Gabriel Fernando da Silva Ferreira	escuteiros canedo	Senior Masculino	02:04:09	+01:06:55	12:25
57	39	Samuel Fernandes Santos	escuteiros canedo	Senior Masculino	02:04:10	+01:06:56	12:25
58	9	Mafalda Pereira	bombeiros voluntários oliveira do bairro	Senior Feminino	02:08:30	+01:11:16	12:51
59	71	Ana Rita Magalhães Machado	ninjas	Senior Feminino	02:14:33	+01:17:19	13:27
60	72	Liliana Teixeira Pereira	ninjas	Senior Feminino	02:14:34	+01:17:20	13:27
61	69	Alexandrina Manuela Rodrigues da Silva	ninjas	Senior Feminino	02:14:35	+01:17:21	13:28
62	11	Neuza Lourenço Martins	bombeiros voluntários oliveira do bairro	Senior Feminino	02:35:19	+01:38:05	15:32
63	8	Bruna Silva	bombeiros voluntários oliveira do bairro	Senior Feminino	02:35:20	+01:38:06	15:32
64	7	Ana Rita Neves	bombeiros voluntários oliveira do bairro	Senior Feminino	02:35:21	+01:38:07	15:32
65	36	Miriam dos Santos Pereira	escuteiros canedo	Senior Feminino	02:53:50	+01:56:36	17:23
66	37	Virginia Patricia Rocha Santos	escuteiros canedo	Senior Feminino	02:53:50	+01:56:36	17:23
67	35	Leonor Fernandes Santos	escuteiros canedo	Senior Feminino	02:53:50	+01:56:36	17:23
68	34	Carolina Sofia dos Santos Pedrosa	escuteiros canedo	Senior Feminino	02:54:14	+01:57:00	17:25

Elite

10 KM

[illegible]

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:00	17°C	94%
End	11:54	17°C	94%

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

1	40	Catarina Miranda Simões	Exército de Portugal	Senior Feminino	01:05:13	+07:59	06:31:12
2	61	joana pereira	Javalis100limites	Senior Feminino	01:30:22	+33:09	09:02:43
3	24	Catarina Santos	Crows	Senior Feminino	01:33:35	+36:21	09:22:43
4	45	Marina Rosca	Individual	Senior Feminino	01:46:34	+49:21	10:39:39
5	47	Suzana Ribeiro	Individual	Senior Feminino	01:46:50	+49:36	10:41:00
6	42	Madalena Ferreira	Ferreiras & Ferreirinhas	Senior Feminino	01:48:30	+51:16	10:51:16
7	70	Ana Cristina Campos Magalhães	NINJAS	Senior Feminino	01:50:08	+52:54	11:01:00
8	23	Carolina Carvalheiro	Crows	Senior Feminino	01:50:12	+52:58	11:01:00
9	25	Tânia Remígio	Crows	Senior Feminino	01:50:14	+53:00	11:01:00
10	12	Tálsa Cebotari	Bombeiros voluntários Oliveira do bairro	Senior Feminino	01:56:06	+58:52	11:37:00
11	9	Mafalda Pereira	Bombeiros voluntários Oliveira do bairro	Senior Feminino	02:08:30	+01:11:16	12:51:00
12	71	Ana Rita Magalhães Machado	NINJAS	Senior Feminino	02:14:33	+01:17:19	13:27:00
13	72	Liliana Teixeira Pereira	NINJAS	Senior Feminino	02:14:34	+01:17:20	13:27:00
14	69	Alexandrina Manuela Rodrigues da Silva	NINJAS	Senior Feminino	02:14:35	+01:17:21	13:28:00
15	11	Neuza Lourenço Martins	Bombeiros voluntários Oliveira do bairro	Senior Feminino	02:35:19	+01:38:05	15:32:00
16	8	Bruna Silva	Bombeiros voluntários Oliveira do bairro	Senior Feminino	02:35:20	+01:38:06	15:32:00
17	7	Ana Rita Neves	Bombeiros voluntários Oliveira do bairro	Senior Feminino	02:35:21	+01:38:07	15:32:00
18	36	Miriam dos Santos Pereira	Escuteiros Canedo	Senior Feminino	02:53:50	+01:56:36	17:23:00
19	37	Virginia Patricia Rocha Santos	Escuteiros Canedo	Senior Feminino	02:53:50	+01:56:36	17:23:00
20	35	Leonor Fernandes Santos	Escuteiros Canedo	Senior Feminino	02:53:50	+01:56:36	17:23:00
21	34	Carolina Sofia dos Santos Pedrosa	Escuteiros Canedo	Senior Feminino	02:54:14	+01:57:00	17:25:00

Senior Masculino

1	79	Nelson Loureiro	Pegasus OCR ProTeam	Senior Masculino	57:13	05:43
2	67	Luciano Pereira	Luciano Pereira	Senior Masculino	59:18	+02:04 05:56
3	41	Carlos Pinto	Exército de Portugal	Senior Masculino	59:51	+02:38 05:59
4	31	Paweł Rutka	Crows	Senior Masculino	01:00:11	+02:57 06:01
5	78	Marco lopes	Pegasus OCR ProTeam	Senior Masculino	01:00:34	+03:20 06:03
6	17	Simão Oliveira	Bombeiros voluntários Oliveira do bairro	Senior Masculino	01:01:07	+03:53 06:07
7	49	Bruno Santos	Individual	Senior Masculino	01:02:12	+04:58 06:13
8	1	BRUNO CARVALHO	Academia Combate de Gaia	Senior Masculino	01:03:09	+05:55 06:19
9	2	JORGE CARDOSO	Academia Combate de Gaia	Senior Masculino	01:05:16	+08:02 06:32

Official Timekeeper: Lap2Go	1 / 2	generate 19-Jul-2025 18:46
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Elite

10 KM

[illegible]

OFFICIAL RESULT

10	81	Tiago Rosas	Sporting Clube de Espinho / António Leitão	Senior Masculino	01:05:48	+08:35	06:35
11	74	António José Campos Magalhães	NINJAS	Senior Masculino	01:07:18	+10:04	06:44
12	77	Henrique Loureiro	Pegasus OCR ProTeam	Senior Masculino	01:09:50	+12:36	06:59
13	26	Iuri Gil	Crows	Senior Masculino	01:13:23	+16:09	07:20
14	4	Henrique Costa	Bacalhaus de Montedeiras	Senior Masculino	01:13:29	+16:15	07:21
15	5	Rodrigo Costa	Bacalhaus de Montedeiras	Senior Masculino	01:13:30	+16:16	07:21
16	33	Sandro Remígio	Crows	Senior Masculino	01:14:23	+17:09	07:26
17	75	Bruno Miguel Fernandes da Silva	NINJAS	Senior Masculino	01:15:42	+18:28	07:34
18	54	Gilberto Cunha	Individual	Senior Masculino	01:16:54	+19:40	07:41
19	19	João Sousa	Bravos e Bravitas	Senior Masculino	01:17:01	+19:48	07:42
20	53	Francisco Pereira	Individual	Senior Masculino	01:19:34	+22:20	07:57
21	60	Nuno Gonçalo dos Santos Henriques	Individual	Senior Masculino	01:19:49	+22:35	07:59
22	58	Marcelo Tavares Dias	Individual	Senior Masculino	01:20:02	+22:48	08:00
23	16	João Novo	Bombeiros voluntários Oliveira do bairro	Senior Masculino	01:20:24	+23:10	08:02
24	73	André Filipe Magalhães Machado	NINJAS	Senior Masculino	01:22:25	+25:12	08:15
25	20	Paulo Alves	Centro Cultural D. T. da STCP	Senior Masculino	01:25:14	+28:00	08:31
26	48	Bruno Delgado	Individual	Senior Masculino	01:25:14	+28:00	08:31
27	55	João caetano	Individual	Senior Masculino	01:25:16	+28:02	08:32
28	59	Mário Pereira	Individual	Senior Masculino	01:25:57	+28:43	08:36
29	32	Samuel Assunção Simões	Crows	Senior Masculino	01:26:11	+28:57	08:37
30	57	Leandro Carvalho	Individual	Senior Masculino	01:26:41	+29:27	08:40
31	3	Carlos Costa	Bacalhaus de Montedeiras	Senior Masculino	01:29:00	+31:46	08:54
32	6	Vasco Costa	Bacalhaus de Montedeiras	Senior Masculino	01:29:00	+31:46	08:54
33	66	rodrigo pinhal	Javalis100limites	Senior Masculino	01:30:23	+33:09	09:02
34	15	Daniel Vieira	Bombeiros voluntários Oliveira do bairro	Senior Masculino	01:31:33	+34:19	09:09
35	28	João Rodrigues	Crows	Senior Masculino	01:33:36	+36:22	09:22
36	30	Leandro Carnide	Crows	Senior Masculino	01:33:53	+36:39	09:23
37	29	Joel Vieira	Crows	Senior Masculino	01:33:58	+36:44	09:24
38	63	gilberto costa	Javalis100limites	Senior Masculino	01:44:07	+46:53	10:25
39	64	ivo gonçalves	Javalis100limites	Senior Masculino	01:44:07	+46:53	10:25
40	65	jose ferreira	Javalis100limites	Senior Masculino	01:44:09	+46:55	10:25
41	43	Luis Ferreira	Ferreiras & Ferreirinhas	Senior Masculino	01:48:28	+51:14	10:51
42	44	Nuno Ferreira	Ferreiras & Ferreirinhas	Senior Masculino	01:48:30	+51:16	10:51
43	76	Sérgio Paulo Moreira Dionísio	NINJAS	Senior Masculino	01:50:08	+52:54	11:01
44	50	Carlos Marques	Individual	Senior Masculino	01:51:44	+54:30	11:10
45	13	André Barbosa	Bombeiros voluntários Oliveira do bairro	Senior Masculino	01:56:11	+58:57	11:37
46	38	Gabriel Fernando da Silva Ferreira	Escuteiros Canedo	Senior Masculino	02:04:09	+01:06:55	12:25
47	39	Samuel Fernandes Santos	Escuteiros Canedo	Senior Masculino	02:04:10	+01:06:56	12:25

SEMI ELITE - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:15	21.2°C	63%
End	17:00	21.2°C	63%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	494	António Amorim	clube desportivo feirense	Senior Masculino	01:04:14		06:25
2	898	Luis Silva	lusitania de lourosa sa	Senior Masculino	01:15:34	+11:20	07:33
3	1450	Pedro Francisco	run for fun laranjinhas	Senior Masculino	01:15:42	+11:27	07:34
4	21	F. Nobre	cf perosinho trail & running	Senior Masculino	01:16:02	+11:47	07:36
5	877	Eduardo Amorim	individual	Senior Masculino	01:16:11	+11:57	07:37
6	918	Pedro santoa	individual	Senior Masculino	01:22:28	+18:13	08:15
7	1448	Bruno Albergaria	run for fun laranjinhas	Senior Masculino	01:22:54	+18:40	08:17
8	935	Valter Soares	individual	Senior Masculino	01:23:42	+19:28	08:22
9	1044	Marco China	lourosa em movimento	Senior Masculino	01:24:12	+19:57	08:25
10	1308	JEAN REIS DOS SANTOS	os sem fôlegos	Senior Masculino	01:24:29	+20:15	08:27
11	907	Nelson David Moura Lopes	individual	Senior Masculino	01:26:42	+22:28	08:40
12	122	Helder André Esteves Azevedo	a alcateia cinzenta	Senior Masculino	01:26:48	+22:34	08:41
13	137	Tiago Maia	a alcateia cinzenta	Senior Masculino	01:26:48	+22:34	08:41
14	298	Rui Manuel ferreira Silva	bombeiros voluntários de esmoriz	Senior Masculino	01:27:20	+23:06	08:44
15	857	Alcino Santos	individual	Senior Masculino	01:28:29	+24:14	08:51
16	293	Bruno Miguel Moreira Castelhana	bombeiros voluntários de esmoriz	Senior Masculino	01:28:47	+24:32	08:53
17	295	Leonaldo Afonso Vilanova	bombeiros voluntários de esmoriz	Senior Masculino	01:29:13	+24:59	08:55
18	1250	Cesar Martins	os fraquinhos de alfena	Senior Masculino	01:30:00	+25:45	09:00
19	1521	Rui Pedro Sequeira da Costa	sidel	Senior Masculino	01:30:26	+26:12	09:03
20	495	João Oliveira	clube desportivo feirense	Senior Masculino	01:30:37	+26:22	09:04
21	493	Vera Ferreira	clube desportivo feirense	Senior Feminino	01:30:37	+26:23	09:04
22	299	Rui Paulo oliveira Martins	bombeiros voluntários de esmoriz	Senior Masculino	01:30:47	+26:32	09:05
23	132	Reginaldo Modenes	a alcateia cinzenta	Senior Masculino	01:31:01	+26:46	09:06
24	1597	Nuno Mata	tudo ao molho e fé em deus	Senior Masculino	01:31:17	+27:03	09:08
25	1594	Francisco Monteiro	tudo ao molho e fé em deus	Senior Masculino	01:31:19	+27:05	09:08
26	1047	Vitor Moreira	lourosa em movimento	Senior Masculino	01:32:45	+28:30	09:17
27	1046	Pedro Moreira	lourosa em movimento	Senior Masculino	01:32:45	+28:30	09:17
28	517	Tiago Araújo	corpus maximus	Senior Masculino	01:33:15	+29:01	09:20
29	1362	Diogo Oliveira	pmle alumínios	Senior Masculino	01:33:28	+29:13	09:21
30	1364	Gonçalo Portugal	pmle alumínios	Senior Masculino	01:33:28	+29:13	09:21
31	80	David Novo	pmle aluminios	Senior Masculino	01:33:30	+29:15	09:21
32	550	Joao cabral	crossfit foz	Senior Masculino	01:33:54	+29:39	09:23
33	1445	Sandra Silva	run for fun laranjinhas	Senior Feminino	01:33:56	+29:41	09:24
34	551	Martin Castaneda	crossfit foz	Senior Masculino	01:34:17	+30:02	09:26
35	926	Rui Fontes	individual	Senior Masculino	01:34:17	+30:02	09:26
36	790	Diogo Silva	improve fitness studio	Senior Masculino	01:34:54	+30:40	09:29
37	1306	Guilherme Bezerra	os sem fôlegos	Senior Masculino	01:36:02	+31:47	09:36
38	802	Miguel Pereira	improve fitness studio	Senior Masculino	01:37:08	+32:54	09:43
39	556	Tiago Garrido	crossfit foz	Senior Masculino	01:37:50	+33:36	09:47
40	1444	Tino Silva	run & fun	Senior Masculino	01:37:51	+33:37	09:47
41	1440	Elsa Mota	run & fun	Senior Feminino	01:37:51	+33:37	09:47

SEMI ELITE - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	1441	Sara Mota	run & fun	Senior Feminino	01:37:51	+33:37	09:47
43	557	Webert Rufino	crossfit foz	Senior Masculino	01:37:52	+33:37	09:47
44	1443	Nelson Pais	run & fun	Senior Masculino	01:37:53	+33:39	09:47
45	1442	Joel Pinto	run & fun	Senior Masculino	01:37:54	+33:39	09:47
46	903	Marco André Sousa Lourenço	individual	Senior Masculino	01:38:05	+33:51	09:49
47	1392	Vera Lúcia Martins Rodrigues	prodd tintol	Senior Feminino	01:38:15	+34:00	09:50
48	1393	Rui Manuel Oliveira Coelho	prodd tintol	Senior Masculino	01:38:15	+34:00	09:50
49	1394	Tiago Manuel Ferreira Tavares	prodd tintol	Senior Masculino	01:38:17	+34:02	09:50
50	872	Diogo Costa	individual	Senior Masculino	01:38:25	+34:11	09:51
51	1517	Marco Paulo Soares de Almeida	sidel	Senior Masculino	01:38:27	+34:13	09:51
52	1254	Francisco Melo	os indomáveis	Senior Masculino	01:38:40	+34:26	09:52
53	1158	Luís Martins	mental energy	Senior Masculino	01:38:52	+34:38	09:53
54	1446	Adriano Oliveira	run for fun laranjinhas	Senior Masculino	01:39:42	+35:27	09:58
55	1451	Tony Bri	run for fun laranjinhas	Senior Masculino	01:39:42	+35:27	09:58
56	1469	Zé Manel	running esmoriz	Senior Masculino	01:40:13	+35:58	10:01
57	555	Simão Silva	crossfit foz	Senior Masculino	01:41:03	+36:48	10:06
58	1639	Paulo SOusa	ricardo ribeiro	Senior Masculino	01:41:24	+37:10	10:08
59	1429	Diogo Sousa	ricardo ribeiro	Senior Masculino	01:41:25	+37:10	10:09
60	135	Silvério dos Santos Pereira	a alcateia cinzenta	Senior Masculino	01:41:34	+37:19	10:09
61	296	Rui Filipe Reis Moreira	bombeiros voluntários de esmoriz	Senior Masculino	01:44:04	+39:49	10:24
62	297	Rui Filipe Vieira Sousa	bombeiros voluntários de esmoriz	Senior Masculino	01:44:05	+39:51	10:25
63	1332	André Silva	petrus runners	Senior Masculino	01:44:57	+40:43	10:30
64	136	Tiago André Ferreira Pinto Costa	a alcateia cinzenta	Senior Masculino	01:45:20	+41:05	10:32
65	730	José Pinhal	glassdrive sport	Senior Masculino	01:45:21	+41:07	10:32
66	1557	Pedro Prazinha	teamliberty ocr	Senior Masculino	01:45:57	+41:43	10:36
67	1253	Daniel Almeida	os indomáveis	Senior Masculino	01:46:06	+41:51	10:37
68	890	Inacio Romuald	individual	Senior Masculino	01:46:15	+42:00	10:38
69	1307	GUILHERME GOMES DA SILVA	os sem fôlegos	Senior Masculino	01:46:50	+42:35	10:41
70	885	Francisco Manuel Teixeira Marques	individual	Senior Masculino	01:47:09	+42:55	10:43
71	1562	Filipe Miguel	timeout aventura	Senior Masculino	01:47:28	+43:14	10:45
72	980	Tiago Sousa	jp fiães	Senior Masculino	01:47:29	+43:15	10:45
73	1561	Natália Silva	timeout aventura	Senior Feminino	01:47:31	+43:16	10:45
74	681	João Carlos Pereira	fox team	Senior Masculino	01:49:16	+45:01	10:56
75	337	Nuno Rodrigues	bravos do copofit	Senior Masculino	01:49:24	+45:09	10:56
76	330	Dinis Lima	bravos do copofit	Senior Masculino	01:49:24	+45:09	10:56
77	441	Francisco Moreira	caminhada da amizade	Senior Masculino	01:49:39	+45:24	10:58
78	224	Filipe Pinho	as- bravos e bravitas	Senior Masculino	01:49:40	+45:25	10:58
79	199	Cecília Mota	as- bravos e bravitas	Senior Feminino	01:49:40	+45:26	10:58
80	1407	Pedro Pombal	pupilos do zé-tó	Senior Masculino	01:50:51	+46:36	11:05
81	186	Miguel Fontes	pupilos do zé-tó	Senior Masculino	01:50:52	+46:37	11:05
82	796	João Gonçalves	improve fitness studio	Senior Masculino	01:51:02	+46:48	11:06
83	120	Fábio Silva	a alcateia cinzenta	Senior Masculino	01:51:10	+46:55	11:07
84	604	Cristiano Robalinho	equipa polipaul	Senior Masculino	01:51:36	+47:22	11:10

SEMI ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
85	1251	Pedro Policiano	os fraquinhos de alfena	Senior Masculino	01:51:47	+47:32	11:11
86	1127	Mara Celia	mc	Senior Feminino	01:52:10	+47:56	11:13
87	1131	pedro Alves	mc	Senior Masculino	01:52:11	+47:56	11:13
88	1123	Pedro Rocha	mc	Senior Masculino	01:52:11	+47:56	11:13
89	875	Diogo Filipe Pinho Moreira	individual	Senior Masculino	01:52:25	+48:10	11:15
90	887	Gonalo Filipe Estevo Moreira	individual	Senior Masculino	01:52:25	+48:10	11:15
91	1041	Vera Oliveira	lourosa em movimento	Senior Feminino	01:52:59	+48:45	11:18
92	1313	Catarina Dias	panteras cor de rosa	Senior Feminino	01:53:00	+48:46	11:18
93	1314	Francisca Brito	panteras cor de rosa	Senior Feminino	01:53:00	+48:46	11:18
94	888	Helder Martins	individual	Senior Masculino	01:53:09	+48:54	11:19
95	1515	Joo Carlos Baptista Cabral	sidel	Senior Masculino	01:53:21	+49:06	11:20
96	1305	Shaini Dittberner	os sem flegos	Senior Feminino	01:53:25	+49:10	11:21
97	1309	Renan Carlos Silva	os sem flegos	Senior Masculino	01:53:26	+49:11	11:21
98	1563	Joel Magina	titi	Senior Masculino	01:54:36	+50:22	11:28
99	1564	Tiago Sabena	titi	Senior Masculino	01:54:37	+50:22	11:28
100	1310	Andr Feliciano	os sonecas	Senior Masculino	01:54:55	+50:40	11:30
101	1311	Filipe Sousa	os sonecas	Senior Masculino	01:54:55	+50:41	11:30
102	1312	Ivo Filipe	os sonecas	Senior Masculino	01:54:55	+50:41	11:30
103	1319	Danilo Borges	paulo gomes	Senior Masculino	01:55:42	+51:28	11:34
104	492	Isabel Sousa	clube desportivo feirense	Senior Feminino	01:55:43	+51:29	11:34
105	1320	Paulo Srgio Silva Gomes	paulo gomes	Senior Masculino	01:56:15	+52:01	11:38
106	1504	Nuno Santos	sentir escariz running	Senior Masculino	01:56:16	+52:02	11:38
107	496	Nlson Tavares	cmm corrida vale de cambra	Senior Masculino	01:56:33	+52:18	11:39
108	852	Sara Cristina Barbosa Tavares	individual	Senior Feminino	01:56:54	+52:40	11:41
109	680	Joo Carlos Carvalho	fox team	Senior Masculino	01:56:56	+52:42	11:42
110	677	Edgar Silva	fox team	Senior Masculino	01:56:56	+52:42	11:42
111	1514	Gonalo Melo Gonalves	sidel	Senior Masculino	01:57:14	+52:59	11:43
112	861	Antnio Mendes	individual	Senior Masculino	01:57:20	+53:06	11:44
113	1401	Su Duf	pupilos do z-t	Senior Feminino	01:57:26	+53:12	11:45
114	1365	Mrio Oliveira	pmle alumnios	Senior Masculino	01:57:55	+53:41	11:48
115	1449	Gonalo Arajo	run for fun laranjinhas	Senior Masculino	01:58:30	+54:15	11:51
116	1416	Marcelo Martins Barbosa	quem  que se lembrou!!	Senior Masculino	01:58:46	+54:31	11:53
117	446	Marta Sofia Gomes Rodrigues	cangurus pernetas	Senior Feminino	01:58:50	+54:36	11:53
118	445	Maria do Cu Sardoura Ferreira	cangurus pernetas	Senior Feminino	01:58:51	+54:36	11:53
119	447	Joo Miguel Gomes Silva	cangurus pernetas	Senior Masculino	01:58:51	+54:36	11:53
120	444	Juliana Marques Melo	cangurus pernetas	Senior Feminino	01:58:51	+54:37	11:53
121	841	Mariana Almeida	individual	Senior Feminino	01:59:04	+54:50	11:54
122	924	Rben Santos	individual	Senior Masculino	01:59:04	+54:50	11:55
123	899	Luis Soares	individual	Senior Masculino	01:59:45	+55:31	11:59
124	908	Nuno Almeida	individual	Senior Masculino	01:59:52	+55:38	11:59
125	566	Pietro Figueiredo Martins	ddt runners	Senior Masculino	02:00:20	+56:05	12:02
126	291	Iara Maria Pinto Silva	bombeiros voluntrios de esmoriz	Senior Feminino	02:00:52	+56:38	12:05
127	1257	Joo Martins	os manos	Senior Masculino	02:00:52	+56:38	12:05
128	290	Daniela Soares	bombeiros voluntrios de esmoriz	Senior Feminino	02:00:52	+56:38	12:05
129	1258	Jos Rebola	os manos	Senior Masculino	02:00:53	+56:39	12:05

SEMI ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
130	1260	Marco Martins	os manos	Senior Masculino	02:00:54	+56:39	12:05
131	1256	Bruno Amorim	os manos	Senior Masculino	02:00:54	+56:40	12:05
132	443	José Joaquim Coelho	caminhada da amizade	Senior Masculino	02:01:16	+57:02	12:08
133	442	Hugo Taipa	caminhada da amizade	Senior Masculino	02:01:16	+57:02	12:08
134	1186	Ana Marisa Lopes	orthia	Senior Feminino	02:01:35	+57:20	12:10
135	1187	Catarina Neves	orthia	Senior Feminino	02:01:35	+57:21	12:10
136	896	Jorge Manuel Matos dos Santos	individual	Senior Masculino	02:01:37	+57:22	12:10
137	461	Jéssica Martins Pinto	carroças dream team	Senior Feminino	02:01:49	+57:34	12:11
138	462	Fábio Renato Pinto Machado	carroças dream team	Senior Masculino	02:01:49	+57:34	12:11
139	856	Alcides Gomes	individual	Senior Masculino	02:01:56	+57:41	12:12
140	679	João Almeida	fox team	Senior Masculino	02:02:06	+57:52	12:13
141	675	André Dias	fox team	Senior Masculino	02:02:07	+57:52	12:13
142	678	Fabio Costa	fox team	Senior Masculino	02:02:07	+57:52	12:13
143	683	Mario Dias	fox team	Senior Masculino	02:02:07	+57:52	12:13
144	312	Armanda Silva	bravos do copofit	Senior Feminino	02:02:38	+58:23	12:16
145	334	Hugo Moreira	bravos do copofit	Senior Masculino	02:02:39	+58:25	12:16
146	1324	Luís Carvalho	pé coxinhos	Senior Masculino	02:02:53	+58:38	12:17
147	1431	João Azevedo	ricardo ribeiro	Senior Masculino	02:02:57	+58:42	12:18
148	1428	Diogo Dias	ricardo ribeiro	Senior Masculino	02:02:58	+58:44	12:18
149	1555	Henrique Silva	teamliberty ocr	Senior Masculino	02:03:51	+59:36	12:23
150	928	Rui Nogueira	individual	Senior Masculino	02:04:41	+01:00:27	12:28
151	1301	Ricardo Gomes	os resistentes	Senior Masculino	02:05:03	+01:00:49	12:30
152	1438	Oliver Stefan Correia Kungel	rijones	Senior Masculino	02:05:26	+01:01:12	12:33
153	1437	Gonçalo Machado	rijones	Senior Masculino	02:05:28	+01:01:13	12:33
154	1439	Vasco Amaral	rijones	Senior Masculino	02:05:33	+01:01:18	12:33
155	1436	Vera Costa	rijones	Senior Feminino	02:05:34	+01:01:19	12:33
156	1518	Pedro Filipe Monteiro	sidel	Senior Masculino	02:06:39	+01:02:24	12:40
157	760	Leonardo Santos	grupo jr	Senior Masculino	02:06:43	+01:02:28	12:40
158	758	João Oliveira	grupo jr	Senior Masculino	02:06:43	+01:02:28	12:40
159	761	Marco Soares	grupo jr	Senior Masculino	02:06:43	+01:02:29	12:40
160	759	José Manuel Ribeiro	grupo jr	Senior Masculino	02:06:44	+01:02:30	12:40
161	1317	David Jesus	papillons lentos	Senior Masculino	02:06:59	+01:02:44	12:42
162	544	Vasco Vasconcelos Matos	corredores 100 sutiã	Senior Masculino	02:07:07	+01:02:53	12:43
163	1149	Nuno Correia	melrada	Senior Masculino	02:07:16	+01:03:02	12:44
164	1146	Bruno Machado	melrada	Senior Masculino	02:07:16	+01:03:02	12:44
165	1148	Francisco Pinho	melrada	Senior Masculino	02:07:18	+01:03:04	12:44
166	1147	Fernando Araújo	melrada	Senior Masculino	02:07:18	+01:03:04	12:44
167	103	Ana Isabel Lages	a alcaiteia cinzenta	Senior Feminino	02:08:05	+01:03:51	12:49
168	282	Pedro Sousa	bodyworkout	Senior Masculino	02:08:07	+01:03:52	12:49
169	814	Ana Tavares	individual	Senior Feminino	02:08:43	+01:04:29	12:52
170	915	Pedro Azevedo	individual	Senior Masculino	02:08:44	+01:04:29	12:52
171	1503	Leonel dias	sentir escariz running	Senior Masculino	02:09:59	+01:05:44	13:00
172	846	Paula Couto	individual	Senior Feminino	02:10:56	+01:06:41	13:06
173	1208	Bruno Gomes	os bravos do batista	Senior Masculino	02:11:20	+01:07:05	13:08
174	972	António Neves	jp fiães	Senior Masculino	02:11:38	+01:07:23	13:10

SEMI ELITE - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
175	1217	Tiago Andrade	os bravos do batista	Senior Masculino	02:11:42	+01:07:27	13:10
176	230	Gisela Avelar	as destemidas	Senior Feminino	02:11:46	+01:07:31	13:11
177	229	Ana Ribeiro	as destemidas	Senior Feminino	02:11:46	+01:07:31	13:11
178	516	Rui Reis	corpus maximus	Senior Masculino	02:12:07	+01:07:52	13:13
179	976	Nelson Santos	jp fiães	Senior Masculino	02:12:20	+01:08:06	13:14
180	978	Ramiro Costa	jp fiães	Senior Masculino	02:12:20	+01:08:06	13:14
181	971	Susana Silva	jp fiães	Senior Feminino	02:12:21	+01:08:06	13:14
182	966	Guilhermina Ligeiro	jp fiães	Senior Feminino	02:12:21	+01:08:06	13:14
183	979	Simão Cardoso	jp fiães	Senior Masculino	02:12:21	+01:08:06	13:14
184	963	Ana Resende	jp fiães	Senior Feminino	02:12:21	+01:08:06	13:14
185	969	Maura Santos	jp fiães	Senior Feminino	02:12:21	+01:08:07	13:14
186	973	Bruno Pinho	jp fiães	Senior Masculino	02:12:22	+01:08:08	13:14
187	968	Maria Brandão	jp fiães	Senior Feminino	02:12:22	+01:08:08	13:14
188	184	Lurdes Fernandes	arrifana running	Senior Feminino	02:12:40	+01:08:25	13:16
189	922	Rodrigo Silva	individual	Senior Masculino	02:12:44	+01:08:30	13:16
190	905	Marco Silva	individual	Senior Masculino	02:12:46	+01:08:31	13:17
191	188	José Beleza	arrifana running	Senior Masculino	02:13:24	+01:09:09	13:20
192	1212	Nuno Filipe Almeida Soares	os bravos do batista	Senior Masculino	02:13:47	+01:09:33	13:23
193	187	Paula Martins	arrifana running	Senior Feminino	02:14:09	+01:09:54	13:25
194	185	Rosa Silva	arrifana running	Senior Feminino	02:14:09	+01:09:54	13:25
195	190	Paulo Fonseca	arrifana running	Senior Masculino	02:14:10	+01:09:55	13:25
196	1206	André da silva	os bravos do batista	Senior Masculino	02:14:17	+01:10:03	13:26
197	469	Andreea Cociorva	celibato pré-marital	Senior Feminino	02:14:34	+01:10:19	13:27
198	470	Simão Capitão	celibato pré-marital	Senior Masculino	02:14:34	+01:10:19	13:27
199	806	Rui Pedro Silva	improve fitness studio	Senior Masculino	02:14:38	+01:10:24	13:28
200	1214	Rafael Almeida	os bravos do batista	Senior Masculino	02:14:43	+01:10:29	13:28
201	1288	João Costa	os resistentes	Senior Masculino	02:14:53	+01:10:38	13:29
202	1565	Eduardo Mendes	tog ronca orelhas de gato	Senior Masculino	02:15:07	+01:10:53	13:31
203	1568	Elisabete ferreira	trinca orelhas de gato tog	Senior Feminino	02:15:07	+01:10:53	13:31
204	1573	Maria Neves	trinca orelhas de gato tog	Senior Feminino	02:15:21	+01:11:07	13:32
205	1567	Ana Quevedo	trinca orelhas de gato tog	Senior Feminino	02:15:22	+01:11:08	13:32
206	1575	Fernando Barbosa	trinca orelhas de gato tog	Senior Masculino	02:15:33	+01:11:19	13:33
207	489	Pedro Ferreira	chama na pista	Senior Masculino	02:16:00	+01:11:45	13:36
208	764	Rui Almeida	grupo jr	Senior Masculino	02:16:06	+01:11:51	13:37
209	751	David Ferreira	grupo jr	Senior Masculino	02:16:06	+01:11:51	13:37
210	1211	Marco Oliveira	os bravos do batista	Senior Masculino	02:16:22	+01:12:07	13:38
211	1033	Nuno Neves	individual	Senior Masculino	02:16:25	+01:12:10	13:39
212	642	Joao Guilherme Esteves Novo Soares	estroikas	Senior Masculino	02:16:28	+01:12:14	13:39
213	641	Bruno Venancio	estroikas	Senior Masculino	02:16:29	+01:12:14	13:39
214	602	Vera Santos	equipa polipaul	Senior Feminino	02:16:39	+01:12:24	13:40
215	607	José Martins	equipa polipaul	Senior Masculino	02:16:51	+01:12:37	13:41
216	1512	Felipe Pessan	sidel	Senior Masculino	02:16:54	+01:12:40	13:41
217	964	Claudia Almeida	jp fiães	Senior Feminino	02:16:59	+01:12:44	13:42
218	798	Manuel Silva	improve fitness studio	Senior Masculino	02:17:02	+01:12:47	13:42
219	1048	Anabela Silva Fernandes	luísa areia	Senior Feminino	02:17:07	+01:12:53	13:43

SEMI ELITE - 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

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
220	1049	José Carvalho Gonçalves	luísa areia	Senior Masculino	02:17:09	+01:12:55	13:43
221	788	Carlos Bernardino	improve fitness studio	Senior Masculino	02:17:10	+01:12:56	13:43
222	741	Rúben Barbosa	grossos da feira	Senior Masculino	02:17:13	+01:12:58	13:43
223	1261	Luisa Areia	os pombos	Senior Feminino	02:17:18	+01:13:03	13:44
224	1293	Luis Henriques	os resistentes	Senior Masculino	02:17:21	+01:13:07	13:44
225	1302	Roberto Leite	os resistentes	Senior Masculino	02:17:26	+01:13:11	13:45
226	662	Carla Silva	fitness flow	Senior Feminino	02:17:32	+01:13:18	13:45
227	737	Catarina Pereira	grossos da feira	Senior Feminino	02:17:33	+01:13:19	13:45
228	1339	Pedro Miguel Silva	petrus runners	Senior Masculino	02:17:49	+01:13:35	13:47
229	1432	JOSÉ AZEVEDO	ricardo ribeiro	Senior Masculino	02:17:58	+01:13:43	13:48
230	126	Miguel Gomes	a alcateia cinzenta	Senior Masculino	02:18:07	+01:13:53	13:49
231	115	Sara Vaz	a alcateia cinzenta	Senior Feminino	02:18:08	+01:13:53	13:49
232	547	Joana Bastos	crossfit foz	Senior Feminino	02:18:34	+01:14:20	13:51
233	549	Domingos Pires	crossfit foz	Senior Masculino	02:18:35	+01:14:20	13:52
234	554	Rui Costa	crossfit foz	Senior Masculino	02:18:35	+01:14:21	13:52
235	548	Marta Carrapa	crossfit foz	Senior Feminino	02:18:36	+01:14:21	13:52
236	552	Miguel Araujo	crossfit foz	Senior Masculino	02:18:37	+01:14:23	13:52
237	553	Rogério Fernandes	crossfit foz	Senior Masculino	02:18:37	+01:14:23	13:52
238	1479	Ana Amorim	seis e sprint	Senior Feminino	02:20:05	+01:15:51	14:01
239	1486	Sara Pinho	seis e sprint	Senior Feminino	02:20:06	+01:15:52	14:01
240	1485	Rosa Veloso	seis e sprint	Senior Feminino	02:20:08	+01:15:53	14:01
241	1480	Anabela Almeida	seis e sprint	Senior Feminino	02:20:10	+01:15:55	14:01
242	1488	Bruno Miguel Ferreira Gonçalves	seis e sprint	Senior Masculino	02:20:13	+01:15:58	14:01
243	1481	Daniela Russo	seis e sprint	Senior Feminino	02:20:13	+01:15:58	14:01
244	1489	Daniel Bastos	seis e sprint	Senior Masculino	02:20:13	+01:15:59	14:01
245	1490	Fábio Resende	seis e sprint	Senior Masculino	02:20:14	+01:15:59	14:01
246	1492	Nuno Moura	seis e sprint	Senior Masculino	02:20:16	+01:16:01	14:02
247	1484	Paula Pinho	seis e sprint	Senior Feminino	02:20:16	+01:16:01	14:02
248	1482	Joana Azevedo	seis e sprint	Senior Feminino	02:20:17	+01:16:02	14:02
249	1487	António Costa	seis e sprint	Senior Masculino	02:20:17	+01:16:02	14:02
250	782	Andreia Bastos	improve fitness studio	Senior Feminino	02:20:52	+01:16:38	14:05
251	895	Joaquim Pepe Roque	individual	Senior Masculino	02:21:03	+01:16:49	14:06
252	1092	Rafael Almeida	mamamia	Senior Masculino	02:23:00	+01:18:46	14:18
253	1091	Andreia Silva	mamamia	Senior Feminino	02:23:02	+01:18:47	14:18
254	1020	Gil Dudot	juf acc	Senior Masculino	02:23:29	+01:19:14	14:21
255	1014	Fátima Pinho	juf acc	Senior Feminino	02:23:29	+01:19:14	14:21
256	1526	José Carlos	street shield	Senior Masculino	02:23:50	+01:19:36	14:23
257	1527	Luís Oliveira	street shield	Senior Masculino	02:23:50	+01:19:36	14:23
258	1523	Mafalda Silva	street shield	Senior Feminino	02:23:50	+01:19:36	14:23
259	1528	Miguel Martins	street shield	Senior Masculino	02:23:50	+01:19:36	14:23
260	1525	Daniel Silva	street shield	Senior Masculino	02:23:50	+01:19:36	14:23
261	1529	Pedro Silva	street shield	Senior Masculino	02:23:52	+01:19:37	14:23
262	1524	Carlos Fonseca	street shield	Senior Masculino	02:23:53	+01:19:38	14:23
263	344	Isabel Oliveira da Silva	bravos do feirense	Senior Feminino	02:24:25	+01:20:10	14:27
264	479	Sónia Patrício	chama na pista	Senior Feminino	02:24:27	+01:20:12	14:27

SEMI ELITE - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
265	743	Vasco Gomes	grossos da feira	Senior Masculino	02:24:37	+01:20:23	14:28
266	742	Rúben Soares	grossos da feira	Senior Masculino	02:24:37	+01:20:23	14:28
267	925	Rui Alexandre Serrano de Moura	individual	Senior Masculino	02:24:38	+01:20:23	14:28
268	738	Marta Dias	grossos da feira	Senior Feminino	02:24:38	+01:20:24	14:28
269	736	Beatriz Cunha	grossos da feira	Senior Feminino	02:25:03	+01:20:48	14:30
270	739	Alexandre Cardoso	grossos da feira	Senior Masculino	02:25:04	+01:20:50	14:30
271	740	João Oliveira	grossos da feira	Senior Masculino	02:25:05	+01:20:50	14:31
272	1118	Tiago Rafael Fernandes da Rocha	mantem-te ativo e saudavel	Senior Masculino	02:25:31	+01:21:16	14:33
273	1107	Alvaro Jose Strecht Moreira	mantem-te ativo e saudavel	Senior Masculino	02:25:31	+01:21:16	14:33
274	1618	Marisa Daniela Gomes Viana	victory squad	Senior Feminino	02:25:50	+01:21:35	14:35
275	1619	João Tiago Rodrigues Lopes	victory squad	Senior Masculino	02:25:50	+01:21:35	14:35
276	1620	Leandro Pais	victory squad	Senior Masculino	02:25:51	+01:21:36	14:35
277	1476	Leoleon Cardoso	sarapotos	Senior Masculino	02:26:02	+01:21:48	14:36
278	1478	Marco Ferreira	sarapotos	Senior Masculino	02:26:02	+01:21:48	14:36
279	897	Luis Gonzalez	individual	Senior Masculino	02:26:03	+01:21:48	14:36
280	1475	Susana Cardoso	sarapotos	Senior Feminino	02:26:03	+01:21:48	14:36
281	1323	António Rocha	pé coxinhos	Senior Masculino	02:26:04	+01:21:49	14:36
282	1554	Duarte Veloso dos Santos	teamliberty ocr	Senior Masculino	02:26:25	+01:22:10	14:39
283	1556	José Carlos Santos	teamliberty ocr	Senior Masculino	02:26:29	+01:22:14	14:39
284	605	Daniel Moreira	equipa polipaul	Senior Masculino	02:26:33	+01:22:18	14:39
285	1162	Gabriela Pinhal	miles & vibes	Senior Feminino	02:27:13	+01:22:58	14:43
286	1161	Beatriz Cardoso	miles & vibes	Senior Feminino	02:27:13	+01:22:59	14:43
287	835	Magda Lima	individual	Senior Feminino	02:27:13	+01:22:59	14:43
288	486	José Teixeira	chama na pista	Senior Masculino	02:27:13	+01:22:59	14:43
289	750	Bruno Ferreira	grupo jr	Senior Masculino	02:27:23	+01:23:08	14:44
290	870	Cristiano Carvalho	individual	Senior Masculino	02:28:29	+01:24:15	14:51
291	799	Marcelo Santos	improve fitness studio	Senior Masculino	02:28:47	+01:24:33	14:53
292	332	Filipe Mesquita	bravos do copofit	Senior Masculino	02:28:47	+01:24:33	14:53
293	333	helder Araujo	bravos do copofit	Senior Masculino	02:28:47	+01:24:33	14:53
294	336	Nuno Abreu	bravos do copofit	Senior Masculino	02:28:49	+01:24:35	14:53
295	318	Joana Gonçalves	bravos do copofit	Senior Feminino	02:28:51	+01:24:37	14:53
296	797	Lucas Santos	improve fitness studio	Senior Masculino	02:28:58	+01:24:44	14:54
297	1304	Tiago Gomes	os resistentes	Senior Masculino	02:29:01	+01:24:47	14:54
298	1285	Edgar Gomes	os resistentes	Senior Masculino	02:29:01	+01:24:47	14:54
299	1157	Francisco Sampaio	mental energy	Senior Masculino	02:29:02	+01:24:47	14:54
300	1560	Tiago Leite	tiago leite	Senior Masculino	02:29:02	+01:24:47	14:54
301	1559	Miguel Costa	tiago leite	Senior Masculino	02:29:03	+01:24:48	14:54
302	1558	Clara Gonçalves	tiago leite	Senior Feminino	02:29:03	+01:24:49	14:54
303	1159	Tiago Costa	mental energy	Senior Masculino	02:29:03	+01:24:49	14:54
304	331	Eduardo Santos	bravos do copofit	Senior Masculino	02:29:07	+01:24:53	14:55
305	328	Bruno Carvalhp	bravos do copofit	Senior Masculino	02:29:07	+01:24:53	14:55
306	1151	Cátia Castro	mental energy	Senior Feminino	02:29:10	+01:24:55	14:55
307	313	Daniela Moreira	bravos do copofit	Senior Feminino	02:29:21	+01:25:07	14:56
308	335	João Tomé	bravos do copofit	Senior Masculino	02:29:23	+01:25:09	14:56
309	685	Sérgio Almeida	fox team	Senior Masculino	02:29:32	+01:25:18	14:57

SEMI ELITE - 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

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
310	674	Bruna Silva	fox team	Senior Feminino	02:29:32	+01:25:18	14:57
311	676	António Silva	fox team	Senior Masculino	02:29:34	+01:25:20	14:57
312	682	João Sousa	fox team	Senior Masculino	02:29:34	+01:25:20	14:57
313	342	Carolina Gomez	bravos do feirense	Senior Feminino	02:30:05	+01:25:51	15:01
314	423	Flávia Rocha	cal	Senior Feminino	02:30:10	+01:25:56	15:01
315	793	Henrique Pereira	improve fitness studio	Senior Masculino	02:30:10	+01:25:56	15:01
316	424	Leandro Araújo	cal	Senior Masculino	02:30:10	+01:25:56	15:01
317	781	Ana Borges	improve fitness studio	Senior Feminino	02:30:10	+01:25:56	15:01
318	543	Rodrigo dos Santos Pombinho	corredores 100 sutiã	Senior Masculino	02:30:21	+01:26:06	15:02
319	537	Cláudio Roberto Moura Batatel	corredores 100 sutiã	Senior Masculino	02:30:21	+01:26:07	15:02
320	325	António Bessa	bravos do copofit	Senior Masculino	02:30:28	+01:26:14	15:03
321	542	Leandro Silva ramos	corredores 100 sutiã	Senior Masculino	02:30:47	+01:26:32	15:05
322	1252	Ricardo Lima	os fraquinhos de alfena	Senior Masculino	02:30:55	+01:26:41	15:06
323	916	PEDRO BANDEIRA	individual	Senior Masculino	02:31:50	+01:27:35	15:11
324	538	Diogo António Santos Oliveira	corredores 100 sutiã	Senior Masculino	02:32:14	+01:27:59	15:13
325	1354	Ana Isabel Oliveira	pmle alumínio	Senior Feminino	02:32:32	+01:28:18	15:15
326	1367	Vasco Fernando	pmle alumínio	Senior Masculino	02:32:33	+01:28:19	15:15
327	540	João Paulo Magina Oliveira	corredores 100 sutiã	Senior Masculino	02:32:38	+01:28:23	15:16
328	1397	Cátia Costa	pupilos do zé-tó	Senior Feminino	02:32:40	+01:28:25	15:16
329	539	Diogo Magina Oliveira	corredores 100 sutiã	Senior Masculino	02:32:43	+01:28:28	15:16
330	1355	Ana Rita Novo	pmle alumínio	Senior Feminino	02:32:46	+01:28:32	15:17
331	1342	Rodrigo Novo	pipocas	Senior Masculino	02:32:56	+01:28:41	15:18
332	1340	Leonor Pinto Xará	pipocas	Senior Feminino	02:32:56	+01:28:42	15:18
333	1341	Sandra Costa	pipocas	Senior Feminino	02:32:56	+01:28:42	15:18
334	1343	Victor Pinto	pipocas	Senior Masculino	02:32:56	+01:28:42	15:18
335	1404	Jorge Pereira	pupilos do zé-tó	Senior Masculino	02:33:26	+01:29:12	15:21
336	1403	Bruno Alves	pupilos do zé-tó	Senior Masculino	02:33:26	+01:29:12	15:21
337	1396	Bruna Costa	pupilos do zé-tó	Senior Feminino	02:33:30	+01:29:16	15:21
338	1408	Vasco Macedo	pupilos do zé-tó	Senior Masculino	02:34:00	+01:29:46	15:24
339	1406	Leandro Queirós	pupilos do zé-tó	Senior Masculino	02:34:00	+01:29:46	15:24
340	541	João Pedro Santos Lopes	corredores 100 sutiã	Senior Masculino	02:34:02	+01:29:48	15:24
341	1165	Marta Pinto	minhocas	Senior Feminino	02:34:10	+01:29:55	15:25
342	1168	Frederico Gonçalves	minhocas	Senior Masculino	02:34:10	+01:29:55	15:25
343	1166	Rita Cunha	minhocas	Senior Feminino	02:34:10	+01:29:56	15:25
344	1170	Telmo Teixeira	minhocas	Senior Masculino	02:34:10	+01:29:56	15:25
345	1589	Matilde Rodrigues	tudo ao molho e fé em deus	Senior Feminino	02:34:10	+01:29:56	15:25
346	967	Helena Fonseca	jp fiães	Senior Feminino	02:34:36	+01:30:21	15:28
347	965	Diana Barbosa	jp fiães	Senior Feminino	02:34:36	+01:30:21	15:28
348	1599	Rui Maia	tudo ao molho e fé em deus	Senior Masculino	02:34:52	+01:30:37	15:29
349	904	Marco Antônio	individual	Senior Masculino	02:35:05	+01:30:50	15:31
350	906	Miguel Leirião	individual	Senior Masculino	02:35:05	+01:30:50	15:31
351	933	Tiago Coelho	individual	Senior Masculino	02:35:05	+01:30:51	15:31
352	847	Paula Manuela dias	individual	Senior Feminino	02:35:20	+01:31:06	15:32
353	850	Sandra Ferreira	individual	Senior Feminino	02:35:20	+01:31:06	15:32
354	1566	Elisio Dias	trepatrihos trail team	Senior Masculino	02:35:20	+01:31:06	15:32
355	843	Marta Fernandez	individual	Senior Feminino	02:35:48	+01:31:34	15:35

SEMI ELITE - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
356	923	Rómulo Meireles	individual	Senior Masculino	02:35:48	+01:31:34	15:35
357	920	Ricardo Ferreira	individual	Senior Masculino	02:35:49	+01:31:35	15:35
358	911	Nuno Nunes	individual	Senior Masculino	02:35:50	+01:31:36	15:35
359	587	Tatiana Lima	dubai lidl	Senior Feminino	02:36:00	+01:31:45	15:36
360	595	Tiago Trigo	dubai lidl	Senior Masculino	02:36:00	+01:31:46	15:36
361	813	Ana Rocha	individual	Senior Feminino	02:36:09	+01:31:55	15:37
362	862	António Moura	individual	Senior Masculino	02:36:11	+01:31:56	15:37
363	690	Diogo Henriques Marques	fúria brava	Senior Masculino	02:36:17	+01:32:03	15:38
364	970	Natália Silva	jp fiães	Senior Feminino	02:36:27	+01:32:13	15:39
365	974	João Sousa	jp fiães	Senior Masculino	02:36:34	+01:32:20	15:39
366	1506	Ana Claudia de Almeida Sá Vale Pissarra	sidel	Senior Feminino	02:36:58	+01:32:44	15:42
367	1510	Ângelo Manuel de Almeida Pinho	sidel	Senior Masculino	02:36:58	+01:32:44	15:42
368	167	Cintia Alves	araras	Senior Feminino	02:37:17	+01:33:03	15:44
369	169	Marco Barreira	araras	Senior Masculino	02:37:17	+01:33:03	15:44
370	168	Marina Conceição	araras	Senior Feminino	02:37:27	+01:33:13	15:45
371	816	Camila Vidal Ferreira Tavares	individual	Senior Feminino	02:37:30	+01:33:15	15:45
372	876	Diogo Tavares	individual	Senior Masculino	02:37:30	+01:33:16	15:45
373	1590	Micaela Brandão	tudo ao molho e fé em deus	Senior Feminino	02:38:04	+01:33:49	15:48
374	1585	Cristiana Silva	tudo ao molho e fé em deus	Senior Feminino	02:38:05	+01:33:50	15:49
375	329	Bruno Lima	bravos do copofit	Senior Masculino	02:38:14	+01:34:00	15:49
376	323	Sonia Rocha	bravos do copofit	Senior Feminino	02:38:14	+01:34:00	15:49
377	691	Diogo Vidal Silva	fúria brava	Senior Masculino	02:38:25	+01:34:11	15:51
378	695	Pedro Tiago Chaves Castro Paupério	fúria brava	Senior Masculino	02:38:25	+01:34:11	15:51
379	1322	Maria Carneiro	pé coxinhos	Senior Feminino	02:38:39	+01:34:24	15:52
380	1321	Carolina Bastos	pé coxinhos	Senior Feminino	02:38:39	+01:34:24	15:52
381	576	João Pedro Pereira Martins	dragões de fiães	Senior Masculino	02:38:51	+01:34:37	15:53
382	159	DINIS PEREIRA	academia combate de gaia	Senior Masculino	02:40:10	+01:35:56	16:01
383	661	Carina Barbedo	fitness flow	Senior Feminino	02:40:13	+01:35:59	16:01
384	669	André Sousa	fitness flow	Senior Masculino	02:40:13	+01:35:59	16:01
385	692	Fábio Daniel Gomes Coelho	fúria brava	Senior Masculino	02:40:19	+01:36:05	16:02
386	687	Cindy Vanessa Henriques Marques2	fúria brava	Senior Feminino	02:40:21	+01:36:06	16:02
387	689	Arménio da Mota Marques e Silva	fúria brava	Senior Masculino	02:40:21	+01:36:07	16:02
388	694	Paulo Jorge Pinho Capitão	fúria brava	Senior Masculino	02:40:24	+01:36:10	16:02
389	1402	Vera Nogueira	pupilos do zé-tó	Senior Feminino	02:40:28	+01:36:13	16:03
390	686	Ana Maria Gomes Correia	fúria brava	Senior Feminino	02:40:33	+01:36:19	16:03
391	693	Michael Henriques Marques	fúria brava	Senior Masculino	02:40:34	+01:36:20	16:03
392	1587	Gabriela Lima	tudo ao molho e fé em deus	Senior Feminino	02:40:41	+01:36:27	16:04
393	1220	Tiago Sousa	os duros	Senior Masculino	02:40:46	+01:36:31	16:05
394	1218	Bruno Sousa	os duros	Senior Masculino	02:40:47	+01:36:32	16:05
395	1219	Gualter Pereira	os duros	Senior Masculino	02:40:47	+01:36:32	16:05
396	171	Helena Cunha	arrastassolas	Senior Feminino	02:40:55	+01:36:41	16:06
397	180	Pedro Carvalho	arrastassolas	Senior Masculino	02:40:56	+01:36:41	16:06

SEMI ELITE - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
398	183	Xavier Ferreira	arrastassolas	Senior Masculino	02:40:57	+01:36:42	16:06
399	321	Rafaela Brito	bravos do copofit	Senior Feminino	02:41:08	+01:36:54	16:07
400	340	Vitor Leite	bravos do copofit	Senior Masculino	02:41:08	+01:36:54	16:07
401	1337	José Santos	petrus runners	Senior Masculino	02:41:32	+01:37:18	16:09
402	311	Andreia Moreira	bravos do copofit	Senior Feminino	02:41:59	+01:37:44	16:12
403	319	Liliana Ferro	bravos do copofit	Senior Feminino	02:41:59	+01:37:44	16:12
404	326	António Oliveira	bravos do copofit	Senior Masculino	02:41:59	+01:37:44	16:12
405	1522	Tiago Soares Mendes	sidel	Senior Masculino	02:42:03	+01:37:49	16:12
406	780	RENATO SANTOS	ilhabenses	Senior Masculino	02:42:29	+01:38:15	16:15
407	460	Ricardo Martins	cardiana	Senior Masculino	02:42:29	+01:38:15	16:15
408	459	Ariana Soares	cardiana	Senior Feminino	02:42:31	+01:38:16	16:15
409	1164	Rui Santos	miles & vibes	Senior Masculino	02:42:32	+01:38:17	16:15
410	1163	Gabriela Silva	miles & vibes	Senior Feminino	02:42:33	+01:38:19	16:15
411	779	FRANCISCA MAIA	ilhabenses	Senior Feminino	02:42:34	+01:38:19	16:15
412	826	Estela Pedrosa	individual	Senior Feminino	02:43:13	+01:38:58	16:19
413	721	Carla Ribeiro	glassdrive sport	Senior Feminino	02:43:13	+01:38:59	16:19
414	942	Tomás Alves	iron legs runners	Senior Masculino	02:43:37	+01:39:23	16:22
415	938	Fátima Oliveira	iron legs runners	Senior Feminino	02:43:38	+01:39:23	16:22
416	929	Rui Pinto	individual	Senior Masculino	02:43:54	+01:39:40	16:23
417	894	João Silva	individual	Senior Masculino	02:43:56	+01:39:42	16:24
418	646	Nuno Oliveira	eu e tu	Senior Masculino	02:43:57	+01:39:42	16:24
419	913	Paulo Mota	individual	Senior Masculino	02:43:58	+01:39:43	16:24
420	827	Fátima Moreira	individual	Senior Feminino	02:43:58	+01:39:44	16:24
421	645	Eliana Silva	eu e tu	Senior Feminino	02:43:59	+01:39:44	16:24
422	591	Marcelo Guimarães	dubai lidl	Senior Masculino	02:44:08	+01:39:53	16:25
423	594	Ricardo Santos	dubai lidl	Senior Masculino	02:44:08	+01:39:53	16:25
424	660	Belisa Oliveira	fitness flow	Senior Feminino	02:44:50	+01:40:36	16:29
425	668	Tatiana Pinho	fitness flow	Senior Feminino	02:44:50	+01:40:36	16:29
426	663	Carmen Fagundes	fitness flow	Senior Feminino	02:44:51	+01:40:36	16:29
427	345	Mara Pinheiro	bravos do feirense	Senior Feminino	02:45:04	+01:40:50	16:30
428	349	Victor Gomez	bravos do feirense	Senior Masculino	02:45:05	+01:40:50	16:31
429	347	Jorge Xavier	bravos do feirense	Senior Masculino	02:45:05	+01:40:50	16:31
430	348	Sergio Ricardo Araujo	bravos do feirense	Senior Masculino	02:45:05	+01:40:50	16:31
431	343	Catarina Leite	bravos do feirense	Senior Feminino	02:45:05	+01:40:50	16:31
432	341	Ana Dias	bravos do feirense	Senior Feminino	02:45:05	+01:40:50	16:31
433	346	Mônica nascimento	bravos do feirense	Senior Feminino	02:45:05	+01:40:51	16:31
434	1636	Manuel Fernandes	xiquelibites	Senior Masculino	02:45:44	+01:41:30	16:34
435	1400	Sara Rodrigues	pupilos do zé-tó	Senior Feminino	02:46:12	+01:41:57	16:37
436	1395	Ana Correia	pupilos do zé-tó	Senior Feminino	02:46:14	+01:42:00	16:37
437	1399	Rita Ferreira	pupilos do zé-tó	Senior Feminino	02:46:14	+01:42:00	16:37
438	712	LAURA RIBEIRO	gang do lençol	Senior Feminino	02:46:14	+01:42:00	16:37
439	711	ANITA SOARES	gang do lençol	Senior Feminino	02:46:15	+01:42:00	16:38
440	1405	José Rodrigues	pupilos do zé-tó	Senior Masculino	02:46:16	+01:42:01	16:38
441	1398	Cristina Gandra	pupilos do zé-tó	Senior Feminino	02:46:16	+01:42:01	16:38
442	714	AGOSTINHO RIBEIRO	gang do lençol	Senior Masculino	02:46:22	+01:42:08	16:38
443	1279	Adriano Pinho	os resistentes	Senior Masculino	02:46:30	+01:42:15	16:39

SEMI ELITE - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
444	1330	Susana Marques	petrus runners	Senior Feminino	02:46:37	+01:42:23	16:40
445	1326	Liliana Silva	petrus runners	Senior Feminino	02:46:38	+01:42:23	16:40
446	1329	Marlene Oliveira	petrus runners	Senior Feminino	02:46:38	+01:42:23	16:40
447	1325	Joana Rocha	petrus runners	Senior Feminino	02:46:38	+01:42:24	16:40
448	1331	Teresa Reis	petrus runners	Senior Feminino	02:46:38	+01:42:24	16:40
449	1333	Bruno Silva	petrus runners	Senior Masculino	02:46:38	+01:42:24	16:40
450	1334	João Martins	petrus runners	Senior Masculino	02:46:39	+01:42:24	16:40
451	1335	Joaquim Silva	petrus runners	Senior Masculino	02:46:39	+01:42:24	16:40
452	1336	Jorge Santos	petrus runners	Senior Masculino	02:46:39	+01:42:24	16:40
453	1338	Luis Soeira	petrus runners	Senior Masculino	02:46:39	+01:42:25	16:40
454	1328	Marisa Cristina Martins	petrus runners	Senior Feminino	02:46:40	+01:42:25	16:40
455	288	Manuel Fernado Resende Freitas	bombeiros voluntários de arrifana	Senior Masculino	02:46:40	+01:42:25	16:40
456	410	Paulo Maia	bravos e bravitas	Senior Masculino	02:47:04	+01:42:49	16:42
457	371	Manuela Adriano	bravos e bravitas	Senior Feminino	02:47:04	+01:42:50	16:42
458	1377	Pierre Rodrigues	prime	Senior Masculino	02:47:17	+01:43:03	16:44
459	1374	João Alves	prime	Senior Masculino	02:47:17	+01:43:03	16:44
460	1375	Lucas Silva	prime	Senior Masculino	02:47:18	+01:43:04	16:44
461	1376	Luís Tavares	prime	Senior Masculino	02:47:19	+01:43:05	16:44
462	1358	Fernanda Ferreira	pmle alumínios	Senior Feminino	02:47:21	+01:43:06	16:44
463	1357	Cristina Carneiro	pmle alumínios	Senior Feminino	02:47:21	+01:43:07	16:44
464	478	Sofia Castro	chama na pista	Senior Feminino	02:47:52	+01:43:38	16:47
465	472	Anabela Coimbra	chama na pista	Senior Feminino	02:47:52	+01:43:38	16:47
466	499	Fabiana Monteiro	corpus maximus	Senior Feminino	02:48:05	+01:43:50	16:49
467	577	Joel Ferreira Tavares	dragões de fiães	Senior Masculino	02:48:20	+01:44:06	16:50
468	726	Liliana Pedrosa	glassdrive sport	Senior Feminino	02:49:13	+01:44:59	16:55
469	727	Márcia Pinto	glassdrive sport	Senior Feminino	02:49:13	+01:44:59	16:55
470	733	Ruben Veloso	glassdrive sport	Senior Masculino	02:49:28	+01:45:14	16:57
471	731	Pedro Correia	glassdrive sport	Senior Masculino	02:49:30	+01:45:16	16:57
472	795	Joao Encarnação	improve fitness studio	Senior Masculino	02:49:57	+01:45:43	17:00
473	805	Rodrigo Moreira	improve fitness studio	Senior Masculino	02:49:58	+01:45:44	17:00
474	1547	Joao Costa	team dartação	Senior Masculino	02:50:04	+01:45:49	17:00
475	1551	Pedro Santos	team dartação	Senior Masculino	02:50:04	+01:45:49	17:00
476	1546	Ivo Batista	team dartação	Senior Masculino	02:50:04	+01:45:49	17:00
477	1552	Serafim Gouveia	team dartação	Senior Masculino	02:50:05	+01:45:51	17:01
478	1537	Inês Santos	team dartação	Senior Feminino	02:50:06	+01:45:51	17:01
479	522	Rui Sousa	corre 1, sofrem 3	Senior Masculino	02:50:06	+01:45:52	17:01
480	520	Tertuliane Gonçalves	corre 1, sofrem 3	Senior Feminino	02:50:06	+01:45:52	17:01
481	1542	Vanessa Almeida	team dartação	Senior Feminino	02:50:06	+01:45:52	17:01
482	1534	Aurora Lemos	team dartação	Senior Feminino	02:50:07	+01:45:52	17:01
483	1533	Angelina Rodrigues	team dartação	Senior Feminino	02:50:08	+01:45:53	17:01
484	521	Bruno Cêpa	corre 1, sofrem 3	Senior Masculino	02:50:08	+01:45:53	17:01
485	1549	Nuno Pereira	team dartação	Senior Masculino	02:50:09	+01:45:54	17:01
486	1188	Debora Oliveira	os aventureiros	Senior Feminino	02:50:17	+01:46:02	17:02
487	1200	Tomás Fernandes	os aventureiros	Senior Masculino	02:50:19	+01:46:05	17:02
488	131	Pedro Moreno	a alcateia cinzenta	Senior Masculino	02:50:21	+01:46:07	17:02

SEMI ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
489	101	Adriana Domingues	a alcateia cinzenta	Senior Feminino	02:50:22	+01:46:07	17:02
490	1192	Manuel Oliveira	os aventureiros	Senior Masculino	02:50:23	+01:46:08	17:02
491	584	Cláudia Gomes	dubai lidl	Senior Feminino	02:51:05	+01:46:50	17:07
492	1235	Paula Catarino	os fogo no cu	Senior Feminino	02:51:27	+01:47:13	17:09
493	1239	Daniel Fernando da Silva	os fogo no cu	Senior Masculino	02:51:28	+01:47:13	17:09
494	1223	Ana Amorim	os fogo no cu	Senior Feminino	02:51:28	+01:47:13	17:09
495	1226	Cecilia Freitas	os fogo no cu	Senior Feminino	02:51:29	+01:47:14	17:09
496	571	Helena Malaman Moreno	dragões de fiães	Senior Feminino	02:51:29	+01:47:15	17:09
497	575	Bruno Santos	dragões de fiães	Senior Masculino	02:51:29	+01:47:15	17:09
498	1232	Laura Valente	os fogo no cu	Senior Feminino	02:51:30	+01:47:15	17:09
499	582	Ricardo Lopes	dragões de fiães	Senior Masculino	02:51:30	+01:47:15	17:09
500	581	Quintino Alexandre Sousa Ramos	dragões de fiães	Senior Masculino	02:51:30	+01:47:15	17:09
501	1240	Hilario Costa	os fogo no cu	Senior Masculino	02:51:30	+01:47:16	17:09
502	573	Maísa Isabel Nunes da Silva	dragões de fiães	Senior Feminino	02:51:31	+01:47:16	17:09
503	579	Nelson Reis	dragões de fiães	Senior Masculino	02:51:31	+01:47:17	17:09
504	580	Pedro Nuno Araújo Couto	dragões de fiães	Senior Masculino	02:51:32	+01:47:17	17:09
505	729	Bruno Carvalho	glassdrive sport	Senior Masculino	02:51:33	+01:47:18	17:09
506	732	Quim Zé	glassdrive sport	Senior Masculino	02:51:33	+01:47:18	17:09
507	578	Nelson Pedro Oliveira Silva	dragões de fiães	Senior Masculino	02:51:33	+01:47:18	17:09
508	574	Bruno Daniel Pereira	dragões de fiães	Senior Masculino	02:51:35	+01:47:20	17:10
509	1225	Carla Pereira	os fogo no cu	Senior Feminino	02:51:35	+01:47:21	17:10
510	1246	Vergilio Teixeira	os fogo no cu	Senior Masculino	02:51:36	+01:47:22	17:10
511	1227	Claudia Teixeira	os fogo no cu	Senior Feminino	02:51:39	+01:47:24	17:10
512	1233	Laurinda Maria Lopes Andrade Oliveira	os fogo no cu	Senior Feminino	02:51:40	+01:47:26	17:10
513	1241	João Cardoso	os fogo no cu	Senior Masculino	02:51:41	+01:47:26	17:10
514	1242	Leonel Rocha	os fogo no cu	Senior Masculino	02:51:41	+01:47:27	17:10
515	1229	Cristina Costa	os fogo no cu	Senior Feminino	02:51:42	+01:47:28	17:10
516	1231	Joana Sá	os fogo no cu	Senior Feminino	02:51:43	+01:47:29	17:10
517	302	Diana Amorim	bravini	Senior Feminino	02:51:44	+01:47:29	17:10
518	309	Tiago Madureira	bravini	Senior Masculino	02:51:44	+01:47:29	17:10
519	300	Ana Mano	bravini	Senior Feminino	02:51:44	+01:47:30	17:10
520	303	Sandra Magalhães	bravini	Senior Feminino	02:51:44	+01:47:30	17:10
521	305	Emanuel Alves	bravini	Senior Masculino	02:51:44	+01:47:30	17:10
522	306	Micael Conceição	bravini	Senior Masculino	02:51:45	+01:47:30	17:11
523	304	Apólo Silva	bravini	Senior Masculino	02:51:45	+01:47:30	17:11
524	301	Ana Santiago	bravini	Senior Feminino	02:51:45	+01:47:30	17:11
525	307	Nelson Santos	bravini	Senior Masculino	02:51:45	+01:47:30	17:11
526	308	Pedro Pinho	bravini	Senior Masculino	02:51:45	+01:47:31	17:11
527	1228	Cristina Azevedo	os fogo no cu	Senior Feminino	02:51:45	+01:47:31	17:11
528	1243	Pedro Gonçalves	os fogo no cu	Senior Masculino	02:51:46	+01:47:32	17:11
529	1238	Carlos Rodrigues	os fogo no cu	Senior Masculino	02:51:50	+01:47:36	17:11
530	1237	Artur Brandão	os fogo no cu	Senior Masculino	02:51:52	+01:47:38	17:11
531	1244	Rodrigo Rocha Brandão	os fogo no cu	Senior Masculino	02:51:57	+01:47:43	17:12
532	1245	Sérgio Coelho	os fogo no cu	Senior Masculino	02:51:59	+01:47:45	17:12
533	1612	Gabriela Ribeiro	vancalenses	Senior Feminino	02:52:03	+01:47:48	17:12

SEMI ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
534	1611	Cátia Santos	vancalenses	Senior Feminino	02:52:03	+01:47:48	17:12
535	1617	Rúben Silva	vancalenses	Senior Masculino	02:52:04	+01:47:49	17:12
536	1614	Américo Bessa	vancalenses	Senior Masculino	02:52:04	+01:47:50	17:12
537	631	Moises Pinto	equipaboot	Senior Masculino	02:52:05	+01:47:51	17:13
538	611	Alexandra Valente	equipaboot	Senior Feminino	02:52:05	+01:47:51	17:13
539	619	Liliana Fagundes	equipaboot	Senior Feminino	02:52:06	+01:47:51	17:13
540	1615	David Pereira	vancalenses	Senior Masculino	02:52:06	+01:47:52	17:13
541	616	Cláudia Ribeiro	equipaboot	Senior Feminino	02:52:06	+01:47:52	17:13
542	617	Diana Gandra	equipaboot	Senior Feminino	02:52:06	+01:47:52	17:13
543	1616	Joel Moreira	vancalenses	Senior Masculino	02:52:07	+01:47:52	17:13
544	783	Isabel Leal	improve fitness studio	Senior Feminino	02:52:18	+01:48:04	17:14
545	786	Rute Botelho	improve fitness studio	Senior Feminino	02:52:18	+01:48:04	17:14
546	807	Sergio Monteiro	improve fitness studio	Senior Masculino	02:52:25	+01:48:11	17:15
547	1369	Jennifer Fuentes	powerpuff girls	Senior Feminino	02:53:25	+01:49:11	17:21
548	1370	Marvict Amorin	powerpuff girls	Senior Feminino	02:53:26	+01:49:11	17:21
549	665	Kelly Soares	fitness flow	Senior Feminino	02:53:26	+01:49:12	17:21
550	490	Ruben Leite	chama na pista	Senior Masculino	02:53:49	+01:49:35	17:23
551	487	Luís Santos	chama na pista	Senior Masculino	02:53:49	+01:49:35	17:23
552	488	Márcio Cardoso	chama na pista	Senior Masculino	02:53:51	+01:49:36	17:23
553	1516	José Miguel Matos Pinto	sidel	Senior Masculino	02:53:52	+01:49:38	17:23
554	874	Diogo Estevão	individual	Senior Masculino	02:53:53	+01:49:38	17:23
555	859	André Magalhães	individual	Senior Masculino	02:53:53	+01:49:38	17:23
556	891	Jairo Bruno Zatella Rodrigues	individual	Senior Masculino	02:53:54	+01:49:39	17:23
557	871	Daniel Galvão	individual	Senior Masculino	02:53:54	+01:49:40	17:23
558	491	Serafim Almeida	chama na pista	Senior Masculino	02:53:57	+01:49:43	17:24
559	902	Márcio Cardoso	individual	Senior Masculino	02:53:59	+01:49:45	17:24
560	392	Diogo Melo	bravos e bravitas	Senior Masculino	02:54:01	+01:49:47	17:24
561	383	Sónia Oliveira	bravos e bravitas	Senior Feminino	02:54:18	+01:50:03	17:26
562	475	Lúcia Correia	chama na pista	Senior Feminino	02:54:18	+01:50:04	17:26
563	474	Liliana Correia	chama na pista	Senior Feminino	02:54:18	+01:50:04	17:26
564	481	Cristina Costa	chama na pista	Senior Feminino	02:54:18	+01:50:04	17:26
565	477	Marisa Pinho	chama na pista	Senior Feminino	02:54:18	+01:50:04	17:26
566	1372	André Santos	prime	Senior Masculino	02:54:34	+01:50:19	17:27
567	1222	Alexandra de Castro e Silva	os fogo no cu	Senior Feminino	02:54:36	+01:50:22	17:28
568	1230	Daniela Sá	os fogo no cu	Senior Feminino	02:54:53	+01:50:38	17:29
569	289	Rui Miguel de Assunção Duarte	bombeiros voluntários de arrifana	Senior Masculino	02:55:01	+01:50:47	17:30
570	286	José Rui Araújo Silva	bombeiros voluntários de arrifana	Senior Masculino	02:55:01	+01:50:47	17:30
571	1371	Vânia Pinto	prime	Senior Feminino	02:55:23	+01:51:08	17:32
572	1373	Eduardo Curado	prime	Senior Masculino	02:55:23	+01:51:08	17:32
573	285	Moises Santos	bombeiros voluntários de arrifana	Senior Masculino	02:55:29	+01:51:14	17:33
574	1299	Paulo Pinho	os resistentes	Senior Masculino	02:55:29	+01:51:14	17:33
575	1296	Martim Gomes	os resistentes	Senior Masculino	02:55:29	+01:51:15	17:33
576	1269	Cláudia Pinho	os resistentes	Senior Feminino	02:55:29	+01:51:15	17:33
577	1292	Leonardo Leite	os resistentes	Senior Masculino	02:55:29	+01:51:15	17:33
578	1270	Daniela Silva	os resistentes	Senior Feminino	02:55:29	+01:51:15	17:33

SEMI ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
623	1181	Andreia Alexandra Duarte Cabral	ocr4500	Senior Feminino	02:59:07	+01:54:53	17:55
624	1366	Paulo Serralva	pmle alumínios	Senior Masculino	02:59:19	+01:55:04	17:56
625	613	Anokas Boot	equipaboot	Senior Feminino	02:59:54	+01:55:40	17:59
626	634	Vitor Nogueira	equipaboot	Senior Masculino	03:00:15	+01:56:01	18:02
627	635	Vitor Pereira	equipaboot	Senior Masculino	03:00:25	+01:56:11	18:03
628	1190	Paula Cristina da Silva Leite	os aventureiros	Senior Feminino	03:00:44	+01:56:30	18:04
629	1195	Egas do Couto Fonseca	os aventureiros	Senior Masculino	03:00:44	+01:56:30	18:04
630	1197	Zelia Oliveira	os aventureiros	Senior Feminino	03:00:44	+01:56:30	18:04
631	1193	Afonso Correia Fonseca	os aventureiros	Senior Masculino	03:00:45	+01:56:30	18:05
632	1194	Dinis Fonseca Correia	os aventureiros	Senior Masculino	03:00:45	+01:56:31	18:05
633	1189	Patrícia de Oliveira Alves Correia	os aventureiros	Senior Feminino	03:00:46	+01:56:31	18:05
634	1196	José Francisco Carvalho Amorim	os aventureiros	Senior Masculino	03:00:46	+01:56:32	18:05
635	988	katherine oliveira	jp ginásios cucujães	Senior Feminino	03:01:03	+01:56:48	18:06
636	986	Iara Ferreira Lima Brandão de Castro	jp ginásios cucujães	Senior Feminino	03:01:03	+01:56:49	18:06
637	1004	Miguel Cruz	jp ginásios cucujães	Senior Masculino	03:01:04	+01:56:49	18:06
638	1413	André Tavares	quem é que se lembrou!!	Senior Masculino	03:02:08	+01:57:54	18:13
639	1171	Bruno Teixeira	montanelas	Senior Masculino	03:02:34	+01:58:19	18:15
640	1175	José Melo	montanelas	Senior Masculino	03:02:35	+01:58:20	18:16
641	1177	Rui Barros	montanelas	Senior Masculino	03:02:35	+01:58:20	18:16
642	1172	João Campos	montanelas	Senior Masculino	03:02:40	+01:58:26	18:16
643	1178	Samuel Almeida	montanelas	Senior Masculino	03:02:45	+01:58:31	18:17
644	628	Marcio mendes	equipaboot	Senior Masculino	03:02:48	+01:58:34	18:17
645	1174	Jorge Pinto	montanelas	Senior Masculino	03:02:51	+01:58:37	18:17
646	1173	joão Silva	montanelas	Senior Masculino	03:02:57	+01:58:43	18:18
647	1002	Luís Filipe Sousa	jp ginásios cucujães	Senior Masculino	03:03:06	+01:58:52	18:19
648	982	Catarina Freitas	jp ginásios cucujães	Senior Feminino	03:03:07	+01:58:53	18:19
649	672	Miguel Ribeiro	fitness flow	Senior Masculino	03:03:42	+01:59:27	18:22
650	673	Otávio Gonçalves	fitness flow	Senior Masculino	03:03:45	+01:59:31	18:23
651	659	Beatriz Marques	fitness flow	Senior Feminino	03:03:46	+01:59:32	18:23
652	657	Bárbara Franco	fitness flow	Senior Feminino	03:03:46	+01:59:32	18:23
653	941	Luís Oliveira	iron legs runners	Senior Masculino	03:03:47	+01:59:33	18:23
654	937	Ana Fonseca	iron legs runners	Senior Feminino	03:03:48	+01:59:33	18:23
655	939	Sofia Azevedo	iron legs runners	Senior Feminino	03:03:48	+01:59:33	18:23
656	940	Edgar Oliveira	iron legs runners	Senior Masculino	03:03:48	+01:59:33	18:23
657	943	William Pinho	iron legs runners	Senior Masculino	03:03:48	+01:59:34	18:23
658	666	Leticia Tomazi	fitness flow	Senior Feminino	03:03:49	+01:59:35	18:23
659	658	Beatrice Palermo	fitness flow	Senior Feminino	03:03:50	+01:59:35	18:23
660	667	Mylena Gonçalves	fitness flow	Senior Feminino	03:03:50	+01:59:35	18:23
661	145	Marcelo Neto	abranda mas não pára	Senior Masculino	03:03:57	+01:59:42	18:24
662	139	Florabela Nunes	abranda mas não pára	Senior Feminino	03:03:57	+01:59:42	18:24
663	140	Juliana Ribeiro	abranda mas não pára	Senior Feminino	03:03:57	+01:59:43	18:24
664	143	Daniel Silva	abranda mas não pára	Senior Masculino	03:03:57	+01:59:43	18:24
665	147	Vitor Santos	abranda mas não pára	Senior Masculino	03:03:57	+01:59:43	18:24

SEMI ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
666	142	Abel Ribeiro	abranda mas não pára	Senior Masculino	03:03:57	+01:59:43	18:24
667	146	Rui Viana	abranda mas não pára	Senior Masculino	03:03:58	+01:59:44	18:24
668	141	Marta Ribeiro	abranda mas não pára	Senior Feminino	03:03:58	+01:59:44	18:24
669	144	João Ribeiro	abranda mas não pára	Senior Masculino	03:03:58	+01:59:44	18:24
670	1111	Joao Moreira	mantem-te ativo e saudavel	Senior Masculino	03:04:26	+02:00:12	18:27
671	664	Eunice Almeida	fitness flow	Senior Feminino	03:04:40	+02:00:25	18:28
672	640	Marcelo Vieira	eskorrega mas vai	Senior Masculino	03:05:24	+02:01:10	18:32
673	637	Catarina Pinho	eskorrega mas vai	Senior Feminino	03:05:24	+02:01:10	18:32
674	638	Mariana Oliveira	eskorrega mas vai	Senior Feminino	03:05:24	+02:01:10	18:32
675	636	Beatriz Silva	eskorrega mas vai	Senior Feminino	03:05:24	+02:01:10	18:32
676	639	João Silva	eskorrega mas vai	Senior Masculino	03:05:25	+02:01:10	18:33
677	465	Sara Paiva	causins de azagães	Senior Feminino	03:06:03	+02:01:49	18:36
678	466	Gonçalo Pinho	causins de azagães	Senior Masculino	03:06:04	+02:01:49	18:36
679	464	Mariana Paiva	causins de azagães	Senior Feminino	03:06:04	+02:01:50	18:36
680	467	Guilherme Pinho	causins de azagães	Senior Masculino	03:06:04	+02:01:50	18:36
681	468	Wilson Pinho	causins de azagães	Senior Masculino	03:06:05	+02:01:50	18:37
682	463	Diana Silva	causins de azagães	Senior Feminino	03:06:05	+02:01:51	18:37
683	480	Soraia Silva	chama na pista	Senior Feminino	03:06:07	+02:01:53	18:37
684	471	Alexandra Neves	chama na pista	Senior Feminino	03:06:08	+02:01:54	18:37
685	484	João Carlos Cardoso	chama na pista	Senior Masculino	03:06:11	+02:01:57	18:37
686	118	Diogo Santos	a alcateia cinzenta	Senior Masculino	03:06:14	+02:02:00	18:37
687	125	Marco Maia	a alcateia cinzenta	Senior Masculino	03:06:14	+02:02:00	18:37
688	622	Rita Cardoso	equipaboot	Senior Feminino	03:06:34	+02:02:20	18:39
689	1037	Andreia Pinto	lourosa em movimento	Senior Feminino	03:06:35	+02:02:20	18:40
690	1040	Sandra Marques	lourosa em movimento	Senior Feminino	03:06:35	+02:02:20	18:40
691	1036	Ana Paula Teixeira	lourosa em movimento	Senior Feminino	03:06:35	+02:02:20	18:40
692	1045	Michelangelo Lopes	lourosa em movimento	Senior Masculino	03:06:35	+02:02:21	18:40
693	1042	Carlos Ribeiro	lourosa em movimento	Senior Masculino	03:06:37	+02:02:22	18:40
694	623	Rubina Pereira	equipaboot	Senior Feminino	03:06:44	+02:02:30	18:40
695	281	Pedro Azevedo	bodyworkout	Senior Masculino	03:06:46	+02:02:31	18:41
696	264	Daniela Costa	bodyworkout	Senior Feminino	03:06:47	+02:02:33	18:41
697	615	Claudia Cardoso	equipaboot	Senior Feminino	03:07:07	+02:02:52	18:43
698	614	Carina Gonçalves	equipaboot	Senior Feminino	03:07:07	+02:02:53	18:43
699	624	Tânia Parelho	equipaboot	Senior Feminino	03:07:21	+02:03:06	18:44
700	1415	Guilherme Conceição Freitas	quem é que se lembrou!!	Senior Masculino	03:08:01	+02:03:47	18:48
701	1411	Sara Batista	quem é que se lembrou!!	Senior Feminino	03:08:01	+02:03:47	18:48
702	1414	Carlos Santos	quem é que se lembrou!!	Senior Masculino	03:08:01	+02:03:47	18:48
703	1412	Tatiana Martins	quem é que se lembrou!!	Senior Feminino	03:08:02	+02:03:47	18:48
704	1417	Nuno Alves	quem é que se lembrou!!	Senior Masculino	03:08:02	+02:03:47	18:48
705	1410	Rute Vasconcelos	quem é que se lembrou!!	Senior Feminino	03:08:03	+02:03:48	18:48
706	1409	Daniela César	quem é que se lembrou!!	Senior Feminino	03:08:03	+02:03:48	18:48
707	828	Guilhermina Carvalho	individual	Senior Feminino	03:08:09	+02:03:54	18:49
708	855	Aderito Videira	individual	Senior Masculino	03:08:11	+02:03:56	18:49
709	804	Ricardo Silva	improve fitness studio	Senior Masculino	03:08:11	+02:03:56	18:49
710	794	Hugo Marques	improve fitness studio	Senior Masculino	03:08:11	+02:03:57	18:49

SEMI ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
711	823	Diana Patrícia Henriques Sampaio	individual	Senior Feminino	03:08:26	+02:04:12	18:51
712	1576	Catarina Figueiredo	tropa do lodo	Senior Feminino	03:08:27	+02:04:12	18:51
713	831	Joana Ladeira	individual	Senior Feminino	03:08:27	+02:04:12	18:51
714	1577	Diana Oliveira	tropa do lodo	Senior Feminino	03:08:27	+02:04:12	18:51
715	1581	Nelson Fonseca	tropa do lodo	Senior Masculino	03:08:27	+02:04:12	18:51
716	1578	Rita Cardoso	tropa do lodo	Senior Feminino	03:08:27	+02:04:12	18:51
717	866	Bruno Tavares	individual	Senior Masculino	03:08:27	+02:04:12	18:51
718	1580	Fernando Silva	tropa do lodo	Senior Masculino	03:08:27	+02:04:12	18:51
719	921	Ricardo Pereira	individual	Senior Masculino	03:08:27	+02:04:13	18:51
720	1579	Davide Santiago	tropa do lodo	Senior Masculino	03:08:28	+02:04:13	18:51
721	632	Nuno Almeida	equipaboot	Senior Masculino	03:08:43	+02:04:29	18:52
722	612	Ana Monteiro	equipaboot	Senior Feminino	03:08:45	+02:04:31	18:53
723	630	Miguel Barbosa	equipaboot	Senior Masculino	03:08:47	+02:04:32	18:53
724	625	Fernando Coutinho	equipaboot	Senior Masculino	03:08:48	+02:04:33	18:53
725	620	Liliana P	equipaboot	Senior Feminino	03:08:48	+02:04:34	18:53
726	618	Liliana Barbosa	equipaboot	Senior Feminino	03:08:48	+02:04:34	18:53
727	629	Marco Cardoso	equipaboot	Senior Masculino	03:08:48	+02:04:34	18:53
728	1248	Mariana Lima	os fraquinhos de alfena	Senior Feminino	03:09:15	+02:05:01	18:56
729	1249	Sónia Monteiro	os fraquinhos de alfena	Senior Feminino	03:09:15	+02:05:01	18:56
730	1247	Guilhermina Amaral	os fraquinhos de alfena	Senior Feminino	03:09:16	+02:05:02	18:56
731	1473	Sara Sabino	salamanca	Senior Feminino	03:09:33	+02:05:18	18:57
732	1472	Rita Dionísio	salamanca	Senior Feminino	03:09:33	+02:05:19	18:57
733	1471	Laura Almeida	salamanca	Senior Feminino	03:09:35	+02:05:21	18:58
734	1474	Sofia Dionísio	salamanca	Senior Feminino	03:09:37	+02:05:22	18:58
735	1184	Ana Sá	oreo	Senior Feminino	03:10:00	+02:05:46	19:00
736	1185	Sofia Tavares	oreo	Senior Feminino	03:10:00	+02:05:46	19:00
737	1021	João Lima	juf acc	Senior Masculino	03:10:22	+02:06:08	19:02
738	1023	Marco Pereira	juf acc	Senior Masculino	03:10:22	+02:06:08	19:02
739	1024	Vítor Carvalho	juf acc	Senior Masculino	03:10:23	+02:06:08	19:02
740	1012	Carmo Paiva	juf acc	Senior Feminino	03:10:23	+02:06:08	19:02
741	1015	Rosário Resende	juf acc	Senior Feminino	03:10:24	+02:06:10	19:02
742	1017	Alberto Ferreira	juf acc	Senior Masculino	03:10:24	+02:06:10	19:02
743	1022	Manuel Urbano	juf acc	Senior Masculino	03:10:24	+02:06:10	19:02
744	1011	Angélica Lima	juf acc	Senior Feminino	03:10:24	+02:06:10	19:02
745	1013	Cristiana Pinto	juf acc	Senior Feminino	03:10:25	+02:06:10	19:03
746	1018	Carlos Freitas	juf acc	Senior Masculino	03:10:25	+02:06:11	19:03
747	1019	Carlos Paiva	juf acc	Senior Masculino	03:10:26	+02:06:11	19:03
748	878	Eduardo Neves Moreira	individual	Senior Masculino	03:10:55	+02:06:41	19:06
749	840	Maria Morgado Campos	individual	Senior Feminino	03:10:55	+02:06:41	19:06
750	791	Fabio Maio	improve fitness studio	Senior Masculino	03:11:20	+02:07:06	19:08
751	792	Helder Almeida	improve fitness studio	Senior Masculino	03:11:20	+02:07:06	19:08
752	803	Pedro Lopes	improve fitness studio	Senior Masculino	03:11:23	+02:07:08	19:08
753	592	Pedro Lopes	dubai lidl	Senior Masculino	03:11:33	+02:07:19	19:09
754	585	Marisa Lima	dubai lidl	Senior Feminino	03:11:36	+02:07:21	19:10
755	882	Flavio Ferreira Oliveira	individual	Senior Masculino	03:12:04	+02:07:50	19:12

SEMI ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
756	597	Fátima Pinto	elisabete bacelo	Senior Feminino	03:12:04	+02:07:50	19:12
757	598	Carlos Oliveira	elisabete bacelo	Senior Masculino	03:12:06	+02:07:51	19:13
758	596	Elisabete Bacelo	elisabete bacelo	Senior Feminino	03:12:06	+02:07:52	19:13
759	815	Anabela Baltar Barbosa	individual	Senior Feminino	03:12:10	+02:07:56	19:13
760	1121	Ana Resende	mc	Senior Feminino	03:12:57	+02:08:43	19:18
761	1120	Ana Lopes	mc	Senior Feminino	03:12:58	+02:08:43	19:18
762	1143	Paulo Tome	mc	Senior Masculino	03:12:58	+02:08:44	19:18
763	1145	Victor Correia	mc	Senior Masculino	03:12:59	+02:08:45	19:18
764	1318	Marcelo Jesus	papillons lentos	Senior Masculino	03:13:50	+02:09:35	19:23
765	1316	Liliana Costa	papillons lentos	Senior Feminino	03:13:50	+02:09:35	19:23
766	193	Alexandra da Mota	as- bravos e bravitas	Senior Feminino	03:13:51	+02:09:36	19:23
767	696	Ana Aleixo	gambozinos	Senior Feminino	03:15:20	+02:11:05	19:32
768	709	Rui Valente	gambozinos	Senior Masculino	03:15:20	+02:11:05	19:32
769	749	Artur Costa	grupo jr	Senior Masculino	03:15:41	+02:11:27	19:34
770	747	Rita Ribeiro	grupo jr	Senior Feminino	03:15:41	+02:11:27	19:34
771	757	Hugo Costa	grupo jr	Senior Masculino	03:15:42	+02:11:27	19:34
772	754	Filipe Soares	grupo jr	Senior Masculino	03:15:42	+02:11:28	19:34
773	766	Vítor Figueira	grupo jr	Senior Masculino	03:15:42	+02:11:28	19:34
774	745	Cláudia Silva	grupo jr	Senior Feminino	03:15:42	+02:11:28	19:34
775	748	Armando Ferreira	grupo jr	Senior Masculino	03:15:42	+02:11:28	19:34
776	744	Catarina Santos	grupo jr	Senior Feminino	03:15:42	+02:11:28	19:34
777	755	Gonçalo Assunção	grupo jr	Senior Masculino	03:15:43	+02:11:28	19:34
778	762	Nelson Melo	grupo jr	Senior Masculino	03:15:43	+02:11:28	19:34
779	752	Diogo Pinho	grupo jr	Senior Masculino	03:15:43	+02:11:29	19:34
780	765	Samuel Estrela	grupo jr	Senior Masculino	03:15:48	+02:11:33	19:35
781	1100	Maria Mendes	mantem-te ativo e saudavel	Senior Feminino	03:16:15	+02:12:00	19:38
782	1099	Maria Luis	mantem-te ativo e saudavel	Senior Feminino	03:16:15	+02:12:00	19:38
783	1112	Jorge Moreira	mantem-te ativo e saudavel	Senior Masculino	03:16:16	+02:12:01	19:38
784	1101	Marta Silva	mantem-te ativo e saudavel	Senior Feminino	03:16:16	+02:12:02	19:38
785	1095	Emilia Andrade	mantem-te ativo e saudavel	Senior Feminino	03:16:17	+02:12:03	19:38
786	1093	Alicia Sousa	mantem-te ativo e saudavel	Senior Feminino	03:16:18	+02:12:03	19:38
787	1115	Manuel Romeiro	mantem-te ativo e saudavel	Senior Masculino	03:16:18	+02:12:04	19:38
788	1102	Matilde Nogueira	mantem-te ativo e saudavel	Senior Feminino	03:16:18	+02:12:04	19:38
789	1110	Cesar Alexandre Ferreira Ribeiro	mantem-te ativo e saudavel	Senior Masculino	03:16:18	+02:12:04	19:38
790	1109	Antonio Monteiro	mantem-te ativo e saudavel	Senior Masculino	03:16:18	+02:12:04	19:38
791	1096	Isabel Pinto	mantem-te ativo e saudavel	Senior Feminino	03:16:19	+02:12:05	19:38
792	1116	Rafael Oliveira	mantem-te ativo e saudavel	Senior Masculino	03:16:19	+02:12:05	19:38
793	1098	Josefina Almeida	mantem-te ativo e saudavel	Senior Feminino	03:16:19	+02:12:05	19:38
794	1106	Telma Sousa	mantem-te ativo e saudavel	Senior Feminino	03:16:19	+02:12:05	19:38
795	1113	Lazaro de Sousa	mantem-te ativo e saudavel	Senior Masculino	03:16:19	+02:12:05	19:38
796	1108	Antonio Gomes	mantem-te ativo e saudavel	Senior Masculino	03:16:20	+02:12:05	19:38
797	1094	Anabela Faria	mantem-te ativo e saudavel	Senior Feminino	03:16:20	+02:12:06	19:38
798	1105	Susana Soares	mantem-te ativo e saudavel	Senior Feminino	03:16:21	+02:12:06	19:38
799	1103	Sandra Monteiro	mantem-te ativo e saudavel	Senior Feminino	03:16:21	+02:12:06	19:38
800	1097	joaquina Jesus	mantem-te ativo e saudavel	Senior Feminino	03:16:21	+02:12:06	19:38

SEMI ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
801	1104	Sofia Soares Pinto	mantem-te ativo e saudavel	Senior Feminino	03:16:21	+02:12:06	19:38
802	1117	Rogério Pinho	mantem-te ativo e saudavel	Senior Masculino	03:16:22	+02:12:07	19:38
803	1114	Luis Filipe Almeida	mantem-te ativo e saudavel	Senior Masculino	03:16:22	+02:12:08	19:38
804	717	DANIEL RIBEIRO	gang do lençol	Senior Masculino	03:17:49	+02:13:34	19:47
805	710	ANA GONÇALVES	gang do lençol	Senior Feminino	03:17:49	+02:13:35	19:47
806	718	ROBERTO RIBEIRO	gang do lençol	Senior Masculino	03:17:49	+02:13:35	19:47
807	713	ZÉLIA ALVES	gang do lençol	Senior Feminino	03:17:49	+02:13:35	19:47
808	715	André Alves	gang do lençol	Senior Masculino	03:17:50	+02:13:36	19:47
809	104	Beatriz Machado	a alcateia cinzenta	Senior Feminino	03:17:54	+02:13:40	19:47
810	127	Miguel Rodrigues	a alcateia cinzenta	Senior Masculino	03:17:56	+02:13:41	19:48
811	112	Joana Martins	a alcateia cinzenta	Senior Feminino	03:17:56	+02:13:42	19:48
812	128	Nuno Varela	a alcateia cinzenta	Senior Masculino	03:17:56	+02:13:42	19:48
813	834	Liliana Mota	individual	Senior Feminino	03:18:32	+02:14:18	19:51
814	824	Elisa Ribeiro	individual	Senior Feminino	03:18:32	+02:14:18	19:51
815	832	Juliete Figueiredo	individual	Senior Feminino	03:18:33	+02:14:18	19:51
816	567	Rui Siva	ddt runners	Senior Masculino	03:18:33	+02:14:18	19:51
817	559	Liliana Pinto	ddt runners	Senior Feminino	03:18:33	+02:14:18	19:51
818	561	Sónia Mendes	ddt runners	Senior Feminino	03:18:33	+02:14:18	19:51
819	563	João Campos	ddt runners	Senior Masculino	03:18:33	+02:14:19	19:51
820	900	Manuel Oliveira	individual	Senior Masculino	03:18:34	+02:14:19	19:51
821	560	Margarida Magalhães	ddt runners	Senior Feminino	03:18:34	+02:14:19	19:51
822	565	Paulo Ferreira	ddt runners	Senior Masculino	03:18:34	+02:14:20	19:51
823	564	Manuel Almeida	ddt runners	Senior Masculino	03:18:35	+02:14:21	19:52
824	207	Inês Azevedo	as- bravos e bravitas	Senior Feminino	03:18:47	+02:14:33	19:53
825	1543	Vera Patrícia da Paula	team dartacão	Senior Feminino	03:19:17	+02:15:03	19:56
826	1540	Marta Limas	team dartacão	Senior Feminino	03:19:17	+02:15:03	19:56
827	1535	Carolina Limas	team dartacão	Senior Feminino	03:19:17	+02:15:03	19:56
828	1530	Aida Silva	team dartacão	Senior Feminino	03:19:18	+02:15:03	19:56
829	1532	Ângela Ribeiro	team dartacão	Senior Feminino	03:19:19	+02:15:05	19:56
830	1496	Joana Raquel Almeida Gomes	sem força	Senior Feminino	03:20:23	+02:16:08	20:02
831	1502	Sérgio Miguel Gomes Dias	sem força	Senior Masculino	03:20:23	+02:16:08	20:02
832	1494	Andreia Liliana Ribeiro Soares	sem força	Senior Feminino	03:20:23	+02:16:08	20:02
833	1497	Cláudio Samuel Gomes Pereira	sem força	Senior Masculino	03:20:23	+02:16:09	20:02
834	1500	Nuno Miguel Almeida Gomes	sem força	Senior Masculino	03:20:23	+02:16:09	20:02
835	134	Sam David	a alcateia cinzenta	Senior Masculino	03:20:24	+02:16:09	20:02
836	1501	Orlando Miguel Brandão	sem força	Senior Masculino	03:20:25	+02:16:10	20:03
837	777	Norelys Gomes	helenas pereira	Senior Feminino	03:20:50	+02:16:36	20:05
838	776	Helena Daniela Almeida Pereira	helenas pereira	Senior Feminino	03:20:50	+02:16:36	20:05
839	778	Carlos Miguel Neves Silva	helenas pereira	Senior Masculino	03:20:51	+02:16:37	20:05
840	221	Anthony Silva	as- bravos e bravitas	Senior Masculino	03:22:59	+02:18:44	20:18
841	194	Ana Bela Cruz	as- bravos e bravitas	Senior Feminino	03:22:59	+02:18:45	20:18
842	198	Catarina Marques	as- bravos e bravitas	Senior Feminino	03:23:00	+02:18:45	20:18
843	202	Daniela Cardoso	as- bravos e bravitas	Senior Feminino	03:23:00	+02:18:46	20:18
844	210	Maria Martins	as- bravos e bravitas	Senior Feminino	03:23:00	+02:18:46	20:18
845	192	Adriana Mota	as- bravos e bravitas	Senior Feminino	03:23:00	+02:18:46	20:18

SEMI ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
846	191	Adriana Cruz	as- bravos e bravitas	Senior Feminino	03:23:00	+02:18:46	20:18
847	219	Vera Martins	as- bravos e bravitas	Senior Feminino	03:23:01	+02:18:46	20:18
848	227	Ricardo Guedes	as- bravos e bravitas	Senior Masculino	03:23:02	+02:18:47	20:18
849	1153	Flávia Mendes	mental energy	Senior Feminino	03:23:18	+02:19:03	20:20
850	1154	Joana Coelho	mental energy	Senior Feminino	03:23:18	+02:19:03	20:20
851	1155	Daniel Almeida	mental energy	Senior Masculino	03:23:18	+02:19:03	20:20
852	1150	Alice Couto	mental energy	Senior Feminino	03:23:18	+02:19:03	20:20
853	1152	Eugénia Santos	mental energy	Senior Feminino	03:23:19	+02:19:04	20:20
854	196	Ana Silva	as- bravos e bravitas	Senior Feminino	03:23:45	+02:19:30	20:23
855	310	Alexandra Barbosa	bravos do copofit	Senior Feminino	03:24:01	+02:19:47	20:24
856	338	Renato Marques	bravos do copofit	Senior Masculino	03:24:02	+02:19:48	20:24
857	454	André Azevedo	cansados de fresco	Senior Masculino	03:24:03	+02:19:48	20:24
858	452	Sandra Moreira	cansados de fresco	Senior Feminino	03:24:03	+02:19:48	20:24
859	457	Sérgio Sousa	cansados de fresco	Senior Masculino	03:24:03	+02:19:49	20:24
860	449	Ângela Bastos	cansados de fresco	Senior Feminino	03:24:03	+02:19:49	20:24
861	448	Ana Carneiro	cansados de fresco	Senior Feminino	03:24:04	+02:19:49	20:24
862	453	Vanessa Sousa	cansados de fresco	Senior Feminino	03:24:04	+02:19:49	20:24
863	451	Maria Carlos	cansados de fresco	Senior Feminino	03:24:04	+02:19:49	20:24
864	455	Celso Gomes	cansados de fresco	Senior Masculino	03:24:04	+02:19:49	20:24
865	456	Lucas Oliveira	cansados de fresco	Senior Masculino	03:24:04	+02:19:50	20:24
866	450	Carla Marinho	cansados de fresco	Senior Feminino	03:24:04	+02:19:50	20:24
867	458	Vasco Amaral	cansados de fresco	Senior Masculino	03:24:05	+02:19:50	20:25
868	225	João Carlos Santos	as- bravos e bravitas	Senior Masculino	03:24:21	+02:20:06	20:26
869	226	João Ferreira	as- bravos e bravitas	Senior Masculino	03:24:22	+02:20:07	20:26
870	518	Tiago Ribeiro	corpus maximus	Senior Masculino	03:25:41	+02:21:27	20:34
871	519	Vito Ribeiro	corpus maximus	Senior Masculino	03:25:41	+02:21:27	20:34
872	504	Márcia Silva	corpus maximus	Senior Feminino	03:25:41	+02:21:27	20:34
873	501	Katerine Besvoglio	corpus maximus	Senior Feminino	03:25:41	+02:21:27	20:34
874	502	Laurinda Sá	corpus maximus	Senior Feminino	03:25:41	+02:21:27	20:34
875	511	Bruno Santiago	corpus maximus	Senior Masculino	03:25:41	+02:21:27	20:34
876	508	Sara Simões	corpus maximus	Senior Feminino	03:25:41	+02:21:27	20:34
877	507	Rita Pais	corpus maximus	Senior Feminino	03:25:41	+02:21:27	20:34
878	505	Maria Monteiro	corpus maximus	Senior Feminino	03:25:41	+02:21:27	20:34
879	515	Miguel Pinto	corpus maximus	Senior Masculino	03:25:42	+02:21:27	20:34
880	510	Adelino Sousa	corpus maximus	Senior Masculino	03:25:42	+02:21:27	20:34
881	500	Francisca Ferreira Costa e Silva	corpus maximus	Senior Feminino	03:25:42	+02:21:27	20:34
882	497	Ana Gomes	corpus maximus	Senior Feminino	03:25:42	+02:21:27	20:34
883	498	Beatriz Gonzalez	corpus maximus	Senior Feminino	03:25:42	+02:21:27	20:34
884	506	Maribel Cardoso	corpus maximus	Senior Feminino	03:25:42	+02:21:28	20:34
885	503	Leonilde Pereira	corpus maximus	Senior Feminino	03:25:42	+02:21:28	20:34
886	509	Sara Sousa	corpus maximus	Senior Feminino	03:25:42	+02:21:28	20:34
887	513	João Guedes	corpus maximus	Senior Masculino	03:25:43	+02:21:28	20:34
888	514	Luis Silva	corpus maximus	Senior Masculino	03:25:44	+02:21:29	20:34
889	287	Luis Filipe Ribeiro Santos	bombeiros voluntários de arrifana	Senior Masculino	03:26:09	+02:21:54	20:37
890	283	Ana Rlta Silva	bombeiros voluntários de arrifana	Senior Feminino	03:26:10	+02:21:56	20:37

SEMI ELITE - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
891	1043	João Santos	lourosa em movimento	Senior Masculino	03:26:57	+02:22:42	20:42
892	1025	Andreia Amorim	juro joca	Senior Feminino	03:27:12	+02:22:58	20:43
893	1030	Luis Matos	juro joca	Senior Masculino	03:27:14	+02:23:00	20:43
894	1027	Claudia Teles	juro joca	Senior Feminino	03:27:14	+02:23:00	20:43
895	606	João Fontes	equipa polipaul	Senior Masculino	03:27:28	+02:23:14	20:45
896	608	Luís Simões	equipa polipaul	Senior Masculino	03:27:30	+02:23:16	20:45
897	600	Jéssica Azevedo	equipa polipaul	Senior Feminino	03:27:36	+02:23:21	20:46
898	599	Célia Polipaul	equipa polipaul	Senior Feminino	03:27:36	+02:23:22	20:46
899	609	Paulo Araújo	equipa polipaul	Senior Masculino	03:27:42	+02:23:27	20:46
900	601	Teresa Polipaul	equipa polipaul	Senior Feminino	03:27:43	+02:23:28	20:46
901	992	Sandra Catarina Almeida Morais	jp ginásios cucujães	Senior Feminino	03:27:48	+02:23:34	20:47
902	1010	Wilson Santos	jp ginásios cucujães	Senior Masculino	03:27:50	+02:23:35	20:47
903	996	Diogo Rifas	jp ginásios cucujães	Senior Masculino	03:27:50	+02:23:35	20:47
904	997	Ilídio Manuel Almeida Lemos	jp ginásios cucujães	Senior Masculino	03:27:51	+02:23:37	20:47
905	1005	Renato Paiva Ferreira	jp ginásios cucujães	Senior Masculino	03:27:52	+02:23:37	20:47
906	1001	Leonardo Paiva Ferreira	jp ginásios cucujães	Senior Masculino	03:27:55	+02:23:41	20:48
907	267	Francisca Conceição	bodyworkout	Senior Feminino	03:28:18	+02:24:04	20:50
908	270	Liliana Rodrigues	bodyworkout	Senior Feminino	03:28:19	+02:24:05	20:50
909	314	Flavia Brazão	bravos do copofit	Senior Feminino	03:28:20	+02:24:05	20:50
910	315	Isabel Soares	bravos do copofit	Senior Feminino	03:28:21	+02:24:07	20:50
911	161	JOSÉ SANTOS	academia combate de gaia	Senior Masculino	03:28:25	+02:24:11	20:51
912	152	LUCIANA MATIAS	academia combate de gaia	Senior Feminino	03:28:25	+02:24:11	20:51
913	153	MAGDALENA SILVA	academia combate de gaia	Senior Feminino	03:28:26	+02:24:11	20:51
914	158	VANDA SALVATERRA	academia combate de gaia	Senior Feminino	03:28:26	+02:24:12	20:51
915	165	NELSON PEREIRA	academia combate de gaia	Senior Masculino	03:28:27	+02:24:12	20:51
916	1572	Margarida coelho	trinca orelhas de gato tog	Senior Feminino	03:28:49	+02:24:35	20:53
917	258	Cátia Azevedo	bodyworkout	Senior Feminino	03:29:08	+02:24:54	20:55
918	262	Cristiana Monteiro	bodyworkout	Senior Feminino	03:29:09	+02:24:54	20:55
919	1122	Carla Familiar	mc	Senior Feminino	03:29:47	+02:25:33	20:59
920	1124	Isaura Familiar	mc	Senior Feminino	03:29:48	+02:25:33	20:59
921	1125	Ivete Souza	mc	Senior Feminino	03:29:48	+02:25:34	20:59
922	1140	Vania Silva	mc	Senior Feminino	03:29:49	+02:25:34	20:59
923	1129	Olinda Silva	mc	Senior Feminino	03:29:49	+02:25:35	20:59
924	1135	Sonia Carvalho	mc	Senior Feminino	03:29:49	+02:25:35	20:59
925	1119	Adriana Bacelar	mc	Senior Feminino	03:29:50	+02:25:35	20:59
926	1132	Rosa Rodrigues	mc	Senior Feminino	03:29:50	+02:25:35	20:59
927	1138	Susana Leite	mc	Senior Feminino	03:29:50	+02:25:36	20:59
928	1130	Rita Oliveira	mc	Senior Feminino	03:29:50	+02:25:36	20:59
929	1126	Jessica Silva	mc	Senior Feminino	03:29:51	+02:25:36	20:59
930	1139	Tania Alves	mc	Senior Feminino	03:29:51	+02:25:37	20:59
931	1136	Sonia Lima	mc	Senior Feminino	03:29:52	+02:25:37	20:59
932	1144	Ruben Silva	mc	Senior Masculino	03:29:52	+02:25:38	20:59
933	1128	Maria Vilar	mc	Senior Feminino	03:29:53	+02:25:39	20:59
934	1134	Sofia Marques	mc	Senior Feminino	03:30:10	+02:25:55	21:01
935	1142	João Lima	mc	Senior Masculino	03:30:12	+02:25:57	21:01

SEMI ELITE - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
936	117	Antonio Fabiano	a alcateia cinzenta	Senior Masculino	03:30:16	+02:26:01	21:02
937	116	Vania Silva	a alcateia cinzenta	Senior Feminino	03:30:21	+02:26:07	21:02
938	109	Joana Barreira	a alcateia cinzenta	Senior Feminino	03:30:22	+02:26:07	21:02
939	181	Pedro Lima	arrastassolas	Senior Masculino	03:30:44	+02:26:29	21:04
940	176	Sílvia Araújo	arrastassolas	Senior Feminino	03:30:45	+02:26:31	21:05
941	182	Pedro Lopes	arrastassolas	Senior Masculino	03:30:45	+02:26:31	21:05
942	179	José Pinto	arrastassolas	Senior Masculino	03:30:46	+02:26:32	21:05
943	177	Diogo Pinto	arrastassolas	Senior Masculino	03:30:46	+02:26:32	21:05
944	172	Joana Amorim	arrastassolas	Senior Feminino	03:30:47	+02:26:33	21:05
945	170	Cátia Araújo	arrastassolas	Senior Feminino	03:30:47	+02:26:33	21:05
946	173	Raquel Lopes	arrastassolas	Senior Feminino	03:30:47	+02:26:33	21:05
947	178	Hugo Rocha	arrastassolas	Senior Masculino	03:30:49	+02:26:34	21:05
948	175	Sara Loureiro	arrastassolas	Senior Feminino	03:30:51	+02:26:37	21:05
949	151	LOUANE ALVES	academia combate de gaia	Senior Feminino	03:31:04	+02:26:50	21:06
950	157	SANDRINE ALVES	academia combate de gaia	Senior Feminino	03:31:05	+02:26:50	21:07
951	528	Filipa Paiva	corre são joão	Senior Feminino	03:31:05	+02:26:51	21:07
952	527	Dina Hortelao	corre são joão	Senior Feminino	03:31:06	+02:26:51	21:07
953	530	Rita Teixeira	corre são joão	Senior Feminino	03:31:06	+02:26:52	21:07
954	525	Cláudia Ferreira	corre são joão	Senior Feminino	03:31:06	+02:26:52	21:07
955	1202	Sofia Alexandra da Costa Espírito Santo	os bravos do batista	Senior Feminino	03:31:07	+02:26:53	21:07
956	1213	Nuno Pereira	os bravos do batista	Senior Masculino	03:31:08	+02:26:53	21:07
957	526	Diana miller	corre são joão	Senior Feminino	03:31:08	+02:26:53	21:07
958	1210	Francisco Vieira	os bravos do batista	Senior Masculino	03:31:08	+02:26:54	21:07
959	1215	Renato Azevedo	os bravos do batista	Senior Masculino	03:31:08	+02:26:54	21:07
960	1207	André Rodrigues	os bravos do batista	Senior Masculino	03:31:08	+02:26:54	21:07
961	1204	Tania Castro	os bravos do batista	Senior Feminino	03:31:08	+02:26:54	21:07
962	1201	Rita Neves	os bravos do batista	Senior Feminino	03:31:08	+02:26:54	21:07
963	1216	Ricardo Daniel da Costa	os bravos do batista	Senior Masculino	03:31:09	+02:26:54	21:07
964	1203	Sofia Rodrigues	os bravos do batista	Senior Feminino	03:31:09	+02:26:55	21:07
965	1205	Alexandre Pinto	os bravos do batista	Senior Masculino	03:31:10	+02:26:56	21:07
966	1209	Fábio Espirito Santo	os bravos do batista	Senior Masculino	03:31:15	+02:27:00	21:08
967	536	Vítor M Cardoso	corre são joão	Senior Masculino	03:31:20	+02:27:06	21:08
968	523	Alice Matos	corre são joão	Senior Feminino	03:31:21	+02:27:07	21:08
969	535	Rui Trigo	corre são joão	Senior Masculino	03:31:22	+02:27:07	21:08
970	534	Pedro Bastos	corre são joão	Senior Masculino	03:31:24	+02:27:09	21:08
971	1344	Célia Neto	pitoquinas	Senior Feminino	03:31:38	+02:27:23	21:10
972	1353	Rui Neto	pitoquinas	Senior Masculino	03:31:38	+02:27:23	21:10
973	1346	Emilia Teixeira	pitoquinas	Senior Feminino	03:31:39	+02:27:25	21:10
974	722	Catarina Rocha	glassdrive sport	Senior Feminino	03:31:48	+02:27:34	21:11
975	725	Karina Moreira	glassdrive sport	Senior Feminino	03:31:49	+02:27:34	21:11
976	734	Vasco Teixeira	glassdrive sport	Senior Masculino	03:31:49	+02:27:34	21:11
977	723	Claudia Bacelar	glassdrive sport	Senior Feminino	03:31:49	+02:27:35	21:11
978	719	Adriana Pedrosa	glassdrive sport	Senior Feminino	03:31:50	+02:27:35	21:11
979	728	Rafaela Barroca	glassdrive sport	Senior Feminino	03:31:50	+02:27:35	21:11
980	720	Beatriz Rocha	glassdrive sport	Senior Feminino	03:31:50	+02:27:35	21:11

SEMI ELITE - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
981	724	Graça Meireles	glassdrive sport	Senior Feminino	03:31:50	+02:27:35	21:11
982	653	David Nunes	ffitness club tondela	Senior Masculino	03:32:02	+02:27:48	21:12
983	648	Beatriz Almeida	ffitness club tondela	Senior Feminino	03:32:02	+02:27:48	21:12
984	656	Rui Figueira	ffitness club tondela	Senior Masculino	03:32:03	+02:27:48	21:12
985	649	Cláudia Fernandes	ffitness club tondela	Senior Feminino	03:32:03	+02:27:48	21:12
986	651	Rita Alves	ffitness club tondela	Senior Feminino	03:32:04	+02:27:49	21:12
987	1460	Maria Dias	running esmoriz	Senior Feminino	03:32:26	+02:28:12	21:15
988	1470	Zé Paulo	running esmoriz	Senior Masculino	03:32:26	+02:28:12	21:15
989	1455	Cristiana Pinto	running esmoriz	Senior Feminino	03:32:27	+02:28:12	21:15
990	1466	Luís Pereira	running esmoriz	Senior Masculino	03:32:27	+02:28:12	21:15
991	1456	Fátima Lemos	running esmoriz	Senior Feminino	03:32:27	+02:28:12	21:15
992	1463	Joaquim Pinto	running esmoriz	Senior Masculino	03:32:27	+02:28:13	21:15
993	1468	Paulo Reis	running esmoriz	Senior Masculino	03:32:27	+02:28:13	21:15
994	1462	Adriano Barbosa	running esmoriz	Senior Masculino	03:32:28	+02:28:13	21:15
995	1453	Bárbara Alexandrino	running esmoriz	Senior Feminino	03:32:28	+02:28:13	21:15
996	1457	Janete Valente	running esmoriz	Senior Feminino	03:32:28	+02:28:14	21:15
997	1459	Margarida Tavares	running esmoriz	Senior Feminino	03:32:28	+02:28:14	21:15
998	1467	Miguel Gouveia	running esmoriz	Senior Masculino	03:32:28	+02:28:14	21:15
999	917	Pedro Gonçalves	individual	Senior Masculino	03:32:28	+02:28:14	21:15
1000	1454	Catarina Moreira	running esmoriz	Senior Feminino	03:32:29	+02:28:14	21:15
1001	1458	Liliana Ferreira	running esmoriz	Senior Feminino	03:32:29	+02:28:14	21:15
1002	1452	Adelaide Castro	running esmoriz	Senior Feminino	03:32:29	+02:28:15	21:15
1003	909	Nuno Miguel Silva Freitas	individual	Senior Masculino	03:32:30	+02:28:16	21:15
1004	838	Margarida Pereira	individual	Senior Feminino	03:32:32	+02:28:18	21:15
1005	821	Daniela Jesus	individual	Senior Feminino	03:32:33	+02:28:18	21:15
1006	919	Raul Gonçalves	individual	Senior Masculino	03:32:34	+02:28:19	21:15
1007	830	Jessica Martins Amaral	individual	Senior Feminino	03:32:34	+02:28:19	21:15
1008	473	Cláudia Silva	chama na pista	Senior Feminino	03:32:41	+02:28:27	21:16
1009	483	Eduardo Silva	chama na pista	Senior Masculino	03:32:42	+02:28:27	21:16
1010	476	Mariana Machango	chama na pista	Senior Feminino	03:32:42	+02:28:28	21:16
1011	1032	Rui Morais	juro joca	Senior Masculino	03:33:24	+02:29:09	21:20
1012	1029	Gonçalo Pinto	juro joca	Senior Masculino	03:33:24	+02:29:09	21:20
1013	1031	Manuel Preza	juro joca	Senior Masculino	03:33:24	+02:29:10	21:20
1014	1028	Mariana Pereira	juro joca	Senior Feminino	03:33:29	+02:29:15	21:21
1015	1026	Catarina Reis	juro joca	Senior Feminino	03:33:32	+02:29:17	21:21
1016	1584	Carla Borges	tudo ao molho e fé em deus	Senior Feminino	03:34:05	+02:29:51	21:25
1017	1588	Liliana Costa	tudo ao molho e fé em deus	Senior Feminino	03:34:05	+02:29:51	21:25
1018	1593	Bruno Pinto	tudo ao molho e fé em deus	Senior Masculino	03:34:05	+02:29:51	21:25
1019	105	Beatriz Pereirinha	a alcaiteia cinzenta	Senior Feminino	03:34:35	+02:30:20	21:28
1020	106	Cacilda Ferreira	a alcaiteia cinzenta	Senior Feminino	03:34:35	+02:30:20	21:28
1021	265	Daniela Couto	bodyworkout	Senior Feminino	03:35:04	+02:30:49	21:30
1022	269	Lídia Moreira	bodyworkout	Senior Feminino	03:35:05	+02:30:50	21:31
1023	271	Magda Conceição	bodyworkout	Senior Feminino	03:35:08	+02:30:53	21:31
1024	266	Fabiana Oliveira	bodyworkout	Senior Feminino	03:35:08	+02:30:54	21:31
1025	279	Francisco Conceição	bodyworkout	Senior Masculino	03:35:09	+02:30:55	21:31
1026	263	Cristiana Silva	bodyworkout	Senior Feminino	03:35:17	+02:31:03	21:32

SEMI ELITE - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1027	276	Raquel Silva	bodyworkout	Senior Feminino	03:35:18	+02:31:03	21:32
1028	261	Cátia Lopes	bodyworkout	Senior Feminino	03:35:18	+02:31:04	21:32
1029	278	Bruno Mota	bodyworkout	Senior Masculino	03:35:23	+02:31:09	21:32
1030	257	Cámen Soares	bodyworkout	Senior Feminino	03:35:26	+02:31:12	21:33
1031	268	Joana Beleza	bodyworkout	Senior Feminino	03:35:34	+02:31:20	21:33
1032	280	Mário Sousa	bodyworkout	Senior Masculino	03:35:34	+02:31:20	21:33
1033	148	CARLA SOUSA	academia combate de gaia	Senior Feminino	03:35:52	+02:31:37	21:35
1034	154	MARA CARDOSO	academia combate de gaia	Senior Feminino	03:35:52	+02:31:37	21:35
1035	163	MARCO ALVES	academia combate de gaia	Senior Masculino	03:35:52	+02:31:38	21:35
1036	156	SANDRA GOMES	academia combate de gaia	Senior Feminino	03:35:52	+02:31:38	21:35
1037	155	PATRICIA PEREIRA	academia combate de gaia	Senior Feminino	03:35:53	+02:31:39	21:35
1038	259	Cátia Balona	bodyworkout	Senior Feminino	03:35:55	+02:31:40	21:36
1039	150	Eva Andrade	academia combate de gaia	Senior Feminino	03:35:55	+02:31:41	21:36
1040	558	Berenice Cataldo de Oliveira Valério	ddt runners	Senior Feminino	03:38:26	+02:34:11	21:51
1041	999	João Antunes	jp ginásios cucujães	Senior Masculino	03:39:31	+02:35:17	21:57
1042	987	Jéssica Robalinho	jp ginásios cucujães	Senior Feminino	03:39:32	+02:35:18	21:57
1043	993	Albano Soares	jp ginásios cucujães	Senior Masculino	03:39:36	+02:35:21	21:58
1044	1007	Samuel Almeida Brandão	jp ginásios cucujães	Senior Masculino	03:39:36	+02:35:21	21:58
1045	991	Mariana Soares	jp ginásios cucujães	Senior Feminino	03:39:36	+02:35:21	21:58
1046	1003	Manuel Leal	jp ginásios cucujães	Senior Masculino	03:40:09	+02:35:54	22:01
1047	985	Gracinda Leal	jp ginásios cucujães	Senior Feminino	03:40:09	+02:35:54	22:01
1048	817	Catarina Martins de lemos	individual	Senior Feminino	03:40:12	+02:35:58	22:01
1049	853	Silvia Maria Ribeiro Martins	individual	Senior Feminino	03:40:12	+02:35:58	22:01
1050	858	Álvaro Rui Martins de Lemos	individual	Senior Masculino	03:40:13	+02:35:59	22:01
1051	1009	Wallaph Oliveira	jp ginásios cucujães	Senior Masculino	03:40:15	+02:36:01	22:02
1052	812	Ana Miguel Martins	individual	Senior Feminino	03:40:15	+02:36:01	22:02
1053	927	Rui Manuel Amaral Henriques	individual	Senior Masculino	03:40:25	+02:36:11	22:03
1054	884	Francisco Antunes Cabral	individual	Senior Masculino	03:40:35	+02:36:20	22:04
1055	860	Andre Martins	individual	Senior Masculino	03:40:46	+02:36:32	22:05
1056	811	Ana Martins	individual	Senior Feminino	03:40:48	+02:36:33	22:05
1057	936	Vítor Cruz	individual	Senior Masculino	03:40:51	+02:36:37	22:05
1058	825	Engrácia Cruz	individual	Senior Feminino	03:40:53	+02:36:39	22:05
1059	819	Cátia Ferreira	individual	Senior Feminino	03:40:54	+02:36:39	22:05
1060	231	Avô João	avô joão	Senior Masculino	03:40:54	+02:36:40	22:05
1061	820	Cristina Coelho	individual	Senior Feminino	03:40:54	+02:36:40	22:05
1062	889	Hugo Ferraz	individual	Senior Masculino	03:40:54	+02:36:40	22:05
1063	1605	Vânia Martins	último carro vassoura	Senior Feminino	03:40:54	+02:36:40	22:05
1064	1602	Rita Barros	último carro vassoura	Senior Feminino	03:40:54	+02:36:40	22:05
1065	844	Monica Carvalho	individual	Senior Feminino	03:40:55	+02:36:41	22:06
1066	851	Sandra Filipa dos santos Rodrigues	individual	Senior Feminino	03:40:55	+02:36:41	22:06
1067	1603	Sandra Costa	último carro vassoura	Senior Feminino	03:40:56	+02:36:41	22:06
1068	1606	Fábio Martins	último carro vassoura	Senior Masculino	03:40:58	+02:36:44	22:06
1069	1604	Sara Silva	último carro vassoura	Senior Feminino	03:40:59	+02:36:44	22:06
1070	836	Manuela Sousa	individual	Senior Feminino	03:41:03	+02:36:48	22:06
1071	932	Sérgio Pacheco	individual	Senior Masculino	03:41:13	+02:36:58	22:07

SEMI ELITE - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1072	1610	Rafael Freire	último carro vassoura	Senior Masculino	03:41:17	+02:37:03	22:08
1073	1608	Jorge Pinheiro	último carro vassoura	Senior Masculino	03:41:17	+02:37:03	22:08
1074	1350	Luisa Barbosa	pitoquinas	Senior Feminino	03:41:29	+02:37:14	22:09
1075	1345	Emilia Sousa	pitoquinas	Senior Feminino	03:41:30	+02:37:15	22:09
1076	1609	Mário Costa	último carro vassoura	Senior Masculino	03:41:35	+02:37:21	22:10
1077	770	Carla Sofia Pacheco Matos	happy's	Senior Feminino	03:42:08	+02:37:54	22:13
1078	767	Ana Filipa Pereira Carrapatoso	happy's	Senior Feminino	03:42:08	+02:37:54	22:13
1079	773	Ricardo Jorge Santos Silva Teixeira	happy's	Senior Masculino	03:42:09	+02:37:54	22:13
1080	771	Jorge Caldas	happy's	Senior Masculino	03:42:09	+02:37:54	22:13
1081	772	Pedro Alexandre Correia	happy's	Senior Masculino	03:42:10	+02:37:56	22:13
1082	769	Beatriz Coelho Silva	happy's	Senior Feminino	03:42:11	+02:37:57	22:13
1083	768	Andreia Oliveira	happy's	Senior Feminino	03:42:12	+02:37:57	22:13
1084	1000	Jorge Luís	jp ginásios cucujães	Senior Masculino	03:42:21	+02:38:06	22:14
1085	990	Maria João Guimarães de Freitas	jp ginásios cucujães	Senior Feminino	03:42:48	+02:38:34	22:17
1086	998	Goreti Almeida	jp ginásios cucujães	Senior Masculino	03:42:49	+02:38:34	22:17
1087	994	André Vilaça da Silva	jp ginásios cucujães	Senior Masculino	03:42:49	+02:38:34	22:17
1088	984	Filipa Alexandra Pereira da Silva	jp ginásios cucujães	Senior Feminino	03:42:49	+02:38:34	22:17
1089	223	Danieal Almeida	as- bravos e bravitas	Senior Masculino	03:43:18	+02:39:04	22:20
1090	214	Palmira Marques	as- bravos e bravitas	Senior Feminino	03:43:18	+02:39:04	22:20
1091	213	Matilde Sousa	as- bravos e bravitas	Senior Feminino	03:43:19	+02:39:04	22:20
1092	220	Vera Pinto	as- bravos e bravitas	Senior Feminino	03:43:20	+02:39:06	22:20
1093	809	Ana Cristina Sousa	individual	Senior Feminino	03:43:45	+02:39:31	22:23
1094	810	Ana Luisa	individual	Senior Feminino	03:43:46	+02:39:31	22:23
1095	881	Filipe Silva	individual	Senior Masculino	03:43:47	+02:39:33	22:23
1096	931	Sérgio Barbosa	individual	Senior Masculino	03:43:50	+02:39:35	22:23
1097	833	Liliana Marisa Gomes Correia	individual	Senior Feminino	03:43:51	+02:39:36	22:23
1098	912	Nuno Rodrigues	individual	Senior Masculino	03:43:55	+02:39:40	22:24
1099	845	Monica Rodrigues	individual	Senior Feminino	03:43:55	+02:39:41	22:24
1100	854	Tatiana barbosa	individual	Senior Feminino	03:43:58	+02:39:44	22:24
1101	108	Fábia oliveira	a alcaiteia cinzenta	Senior Feminino	03:44:25	+02:40:10	22:27
1102	124	João Rosas	a alcaiteia cinzenta	Senior Masculino	03:44:25	+02:40:11	22:27
1103	110	Joana Carracena	a alcaiteia cinzenta	Senior Feminino	03:44:29	+02:40:14	22:27
1104	119	Fabio Carneiro	a alcaiteia cinzenta	Senior Masculino	03:44:30	+02:40:15	22:27
1105	129	Paulo Magalhães	a alcaiteia cinzenta	Senior Masculino	03:44:32	+02:40:18	22:27
1106	111	Joana Maria Rodrigues da Silva Soares Ferreira	a alcaiteia cinzenta	Senior Feminino	03:44:34	+02:40:19	22:27
1107	121	Gonçalo Oliveira	a alcaiteia cinzenta	Senior Masculino	03:44:36	+02:40:22	22:28
1108	1591	Sandra Pereira	tudo ao molho e fé em deus	Senior Feminino	03:49:36	+02:45:21	22:58
1109	1596	Leandro Alves	tudo ao molho e fé em deus	Senior Masculino	03:49:37	+02:45:22	22:58
1110	1598	Paulo Oliveira	tudo ao molho e fé em deus	Senior Masculino	03:49:37	+02:45:22	22:58
1111	1600	Rui Pereira	tudo ao molho e fé em deus	Senior Masculino	03:49:37	+02:45:23	22:58
1112	1592	Vera Coelho	tudo ao molho e fé em deus	Senior Feminino	03:49:37	+02:45:23	22:58
1113	1586	Cristiana Silva	tudo ao molho e fé em deus	Senior Feminino	03:49:38	+02:45:23	22:58
1114	1297	Nuno Alves	os resistentes	Senior Masculino	03:49:53	+02:45:39	22:59

SEMI ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1115	1266	Andreia Nunes	os resistentes	Senior Feminino	03:49:54	+02:45:40	22:59
1116	1263	Ana Libras	os resistentes	Senior Feminino	03:50:22	+02:46:07	23:02
1117	1291	Joel Santos	os resistentes	Senior Masculino	03:50:23	+02:46:09	23:02
1118	255	Ana Guimarães	bela e monstro	Senior Feminino	03:50:28	+02:46:13	23:03
1119	256	Mário Rodrigues	bela e monstro	Senior Masculino	03:50:29	+02:46:14	23:03
1120	1262	Ana Gomes	os resistentes	Senior Feminino	03:50:50	+02:46:36	23:05
1121	1274	Matilde Brandão	os resistentes	Senior Feminino	03:50:51	+02:46:36	23:05
1122	1286	Fernando Gonaçalves	os resistentes	Senior Masculino	03:51:24	+02:47:10	23:08
1123	1281	António Teixeira	os resistentes	Senior Masculino	03:51:30	+02:47:15	23:09
1124	1275	Mónica Silva	os resistentes	Senior Feminino	03:51:30	+02:47:16	23:09
1125	1265	Anabela Teixeira	os resistentes	Senior Feminino	03:51:30	+02:47:16	23:09
1126	533	Teresa Mota	corre são joão	Senior Feminino	03:51:32	+02:47:17	23:09
1127	529	Inês Mota	corre são joão	Senior Feminino	03:51:38	+02:47:24	23:10
1128	1276	Rosa Oria	os resistentes	Senior Feminino	03:51:41	+02:47:26	23:10
1129	524	Catarina Rodrigues	corre são joão	Senior Feminino	03:51:41	+02:47:26	23:10
1130	1273	Marta Carvalho	os resistentes	Senior Feminino	03:51:42	+02:47:28	23:10
1131	1280	André Silva	os resistentes	Senior Masculino	03:51:42	+02:47:28	23:10
1132	1283	Daniel Gil	os resistentes	Senior Masculino	03:51:43	+02:47:29	23:10
1133	1272	Mariana Resende	os resistentes	Senior Feminino	03:51:43	+02:47:29	23:10
1134	123	JOAO MATOS	a alcateia cinzenta	Senior Masculino	03:51:52	+02:47:37	23:11
1135	955	andre leca	javalis100limites	Senior Masculino	03:54:33	+02:50:19	23:27
1136	945	bruna oliveira	javalis100limites	Senior Feminino	03:54:34	+02:50:19	23:27
1137	961	rafael duarte	javalis100limites	Senior Masculino	03:54:35	+02:50:21	23:28
1138	962	rubem costa	javalis100limites	Senior Masculino	03:54:35	+02:50:21	23:28
1139	954	vania goncalves	javalis100limites	Senior Feminino	03:54:35	+02:50:21	23:28
1140	959	manuel duarte	javalis100limites	Senior Masculino	03:54:35	+02:50:21	23:28
1141	950	eva duarte	javalis100limites	Senior Feminino	03:54:36	+02:50:22	23:28
1142	949	dalia sousa	javalis100limites	Senior Feminino	03:54:36	+02:50:22	23:28
1143	960	paulo magalhaes	javalis100limites	Senior Masculino	03:54:36	+02:50:22	23:28
1144	952	monica morais	javalis100limites	Senior Feminino	03:54:36	+02:50:22	23:28
1145	948	cristina duarte	javalis100limites	Senior Feminino	03:54:37	+02:50:22	23:28
1146	958	luís morais	javalis100limites	Senior Masculino	03:54:37	+02:50:22	23:28
1147	944	bruna costa	javalis100limites	Senior Feminino	03:54:39	+02:50:24	23:28
1148	956	bruno martins	javalis100limites	Senior Masculino	03:54:39	+02:50:25	23:28
1149	957	leandro martins	javalis100limites	Senior Masculino	03:54:39	+02:50:25	23:28
1150	700	Joana Leite	gambozinos	Senior Feminino	03:55:23	+02:51:09	23:32
1151	701	Juliana Silva	gambozinos	Senior Feminino	03:55:24	+02:51:09	23:32
1152	703	Diogo Azevedo	gambozinos	Senior Masculino	03:55:26	+02:51:11	23:33
1153	697	Ana Almeida	gambozinos	Senior Feminino	03:55:27	+02:51:13	23:33
1154	699	Daniela Guimbra	gambozinos	Senior Feminino	03:55:32	+02:51:18	23:33
1155	708	Ricardo Oliveira	gambozinos	Senior Masculino	03:55:35	+02:51:21	23:34
1156	702	Mónica Leite	gambozinos	Senior Feminino	03:55:39	+02:51:24	23:34
1157	706	Mário Leite	gambozinos	Senior Masculino	03:55:39	+02:51:25	23:34
1158	704	Fábio Almeida	gambozinos	Senior Masculino	03:55:40	+02:51:26	23:34
1159	707	Ricardo Leite	gambozinos	Senior Masculino	03:55:48	+02:51:33	23:35
1160	235	Maria Clara	bairradinos relaxados	Senior Feminino	04:01:12	+02:56:58	24:07

SEMI ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1161	242	Diogo Emanuel Jesus silva	bairradinos relaxados	Senior Masculino	04:01:13	+02:56:58	24:07
1162	232	ANA ALMEIDA	bairradinos relaxados	Senior Feminino	04:01:13	+02:56:58	24:07
1163	250	Martim Miguel Jesus Silva	bairradinos relaxados	Senior Masculino	04:01:13	+02:56:59	24:07
1164	234	Margarida Sofia Jesus Silva	bairradinos relaxados	Senior Feminino	04:01:13	+02:56:59	24:07
1165	240	Tânia S.	bairradinos relaxados	Senior Feminino	04:01:13	+02:56:59	24:07
1166	251	RÚBEN GORJÃO	bairradinos relaxados	Senior Masculino	04:01:13	+02:56:59	24:07
1167	245	Jorge Miguel Alves Fernandes	bairradinos relaxados	Senior Masculino	04:01:14	+02:56:59	24:07
1168	243	Édipo Nascimento	bairradinos relaxados	Senior Masculino	04:01:14	+02:57:00	24:07
1169	241	Celso Moreira	bairradinos relaxados	Senior Masculino	04:01:14	+02:57:00	24:07
1170	246	Lino Rodrigues Silva	bairradinos relaxados	Senior Masculino	04:01:14	+02:57:00	24:07
1171	236	Maria Inês Tavares	bairradinos relaxados	Senior Feminino	04:01:15	+02:57:00	24:08
1172	252	Rúben Santos	bairradinos relaxados	Senior Masculino	04:01:15	+02:57:00	24:08
1173	248	Manuel Pereira	bairradinos relaxados	Senior Masculino	04:01:15	+02:57:01	24:08
1174	247	Manuel J.	bairradinos relaxados	Senior Masculino	04:01:16	+02:57:01	24:08
1175	237	Regina Henriques	bairradinos relaxados	Senior Feminino	04:01:16	+02:57:02	24:08
1176	238	Saudade Henriques	bairradinos relaxados	Senior Feminino	04:01:17	+02:57:02	24:08
1177	440	Víctor Costa	cambrenses	Senior Masculino	04:01:41	+02:57:27	24:10
1178	432	Raquel Borges	cambrenses	Senior Feminino	04:01:42	+02:57:27	24:10
1179	426	Ângela Costa	cambrenses	Senior Feminino	04:01:43	+02:57:28	24:10
1180	102	Alice Correia	a alcateia cinzenta	Senior Feminino	04:01:44	+02:57:30	24:10
1181	435	Daniel Costa	cambrenses	Senior Masculino	04:01:44	+02:57:30	24:10
1182	431	Nancy Soares	cambrenses	Senior Feminino	04:01:47	+02:57:33	24:11
1183	427	Gabriela Bastos	cambrenses	Senior Feminino	04:01:48	+02:57:34	24:11
1184	430	Maria João Almeida	cambrenses	Senior Feminino	04:01:49	+02:57:35	24:11
1185	429	Maria Armanda Almeida	cambrenses	Senior Feminino	04:01:50	+02:57:35	24:11
1186	428	Juliana Abrantes	cambrenses	Senior Feminino	04:01:50	+02:57:36	24:11
1187	437	Leandro Silva	cambrenses	Senior Masculino	04:01:51	+02:57:36	24:11
1188	425	Andreia Sousa	cambrenses	Senior Feminino	04:01:51	+02:57:37	24:11
1189	434	Celso Sousa	cambrenses	Senior Masculino	04:01:54	+02:57:40	24:11
1190	433	Sandra Silva	cambrenses	Senior Feminino	04:01:56	+02:57:41	24:12
1191	438	Renato Ferreira	cambrenses	Senior Masculino	04:02:05	+02:57:51	24:13
1192	439	Ricardo Bastos	cambrenses	Senior Masculino	04:02:07	+02:57:52	24:13
1193	201	Cristiana Amorim	as- bravos e bravitas	Senior Feminino	04:10:07	+03:05:53	25:01
1194	203	Diana Almeida	as- bravos e bravitas	Senior Feminino	04:10:08	+03:05:53	25:01
1195	195	Ana Filipa Martins	as- bravos e bravitas	Senior Feminino	04:10:08	+03:05:53	25:01
1196	200	Claudia Silva	as- bravos e bravitas	Senior Feminino	04:10:08	+03:05:53	25:01
1197	205	Érica Sousa	as- bravos e bravitas	Senior Feminino	04:10:08	+03:05:53	25:01
1198	206	Gabriela Peixoto	as- bravos e bravitas	Senior Feminino	04:10:08	+03:05:53	25:01
1199	204	Elisabete Ferreira	as- bravos e bravitas	Senior Feminino	04:10:08	+03:05:54	25:01
1200	228	Tiago Meneses	as- bravos e bravitas	Senior Masculino	04:10:08	+03:05:54	25:01
1201	215	Patrícia Soares	as- bravos e bravitas	Senior Feminino	04:10:09	+03:05:54	25:01
1202	217	Sara Ribeiro	as- bravos e bravitas	Senior Feminino	04:10:09	+03:05:54	25:01
1203	222	Carlos Maia	as- bravos e bravitas	Senior Masculino	04:10:09	+03:05:54	25:01
1204	209	Márcia Ferreira	as- bravos e bravitas	Senior Feminino	04:10:10	+03:05:55	25:01
1205	212	Marta Mateu	as- bravos e bravitas	Senior Feminino	04:10:11	+03:05:56	25:01
1206	208	Juliana Tavares	as- bravos e bravitas	Senior Feminino	04:10:12	+03:05:57	25:01

Semi Elite

10 KM

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OFFICIAL RESULT

40	469	Andreea Cociorva	Celibato pré-marital	Senior Feminino	02:14:34	+01:10:19	13:27
41	1568	Elisabete ferreira	Trinca orelhas de gato TOG	Senior Feminino	02:15:07	+01:10:53	13:31
42	1573	Maria Neves	Trinca orelhas de gato TOG	Senior Feminino	02:15:21	+01:11:07	13:32
43	1567	Ana Quevedo	Trinca orelhas de gato TOG	Senior Feminino	02:15:22	+01:11:08	13:32
44	602	Vera Santos	Equipa Polipaul	Senior Feminino	02:16:39	+01:12:24	13:40
45	964	Claudia Almeida	JP Fiães	Senior Feminino	02:16:59	+01:12:44	13:42
46	1048	Anabela Silva Fernandes	Luísa Areia	Senior Feminino	02:17:07	+01:12:53	13:43
47	1261	Luisa Areia	Os Pombos	Senior Feminino	02:17:18	+01:13:03	13:44
48	662	Carla Silva	Fitness Flow	Senior Feminino	02:17:32	+01:13:18	13:45
49	737	Catarina Pereira	Grossos da Feira	Senior Feminino	02:17:33	+01:13:19	13:45
50	115	Sara Vaz	A Alcateia Cinzenta	Senior Feminino	02:18:08	+01:13:53	13:49
51	547	Joana Bastos	CrossFit Foz	Senior Feminino	02:18:34	+01:14:20	13:51
52	548	Marta Carrapa	CrossFit Foz	Senior Feminino	02:18:36	+01:14:21	13:52
53	1479	Ana Amorim	Seis e sprint	Senior Feminino	02:20:05	+01:15:51	14:01
54	1486	Sara Pinho	Seis e sprint	Senior Feminino	02:20:06	+01:15:52	14:01
55	1485	Rosa Veloso	Seis e sprint	Senior Feminino	02:20:08	+01:15:53	14:01
56	1480	Anabela Almeida	Seis e sprint	Senior Feminino	02:20:10	+01:15:55	14:01
57	1481	Daniela Russo	Seis e sprint	Senior Feminino	02:20:13	+01:15:58	14:01
58	1484	Paula Pinho	Seis e sprint	Senior Feminino	02:20:16	+01:16:01	14:02
59	1482	Joana Azevedo	Seis e sprint	Senior Feminino	02:20:17	+01:16:02	14:02
60	782	Andreia Bastos	Improve Fitness Studio	Senior Feminino	02:20:52	+01:16:38	14:05
61	1091	Andreia Silva	Mamamia	Senior Feminino	02:23:02	+01:18:47	14:18
62	1014	Fátima Pinho	JUF ACC	Senior Feminino	02:23:29	+01:19:14	14:21
63	1523	Mafalda Silva	Street Shield	Senior Feminino	02:23:50	+01:19:36	14:23
64	344	Isabel Oliveira da Silva	Bravos do Feirense	Senior Feminino	02:24:25	+01:20:10	14:27
65	479	Sónia Patrício	Chama na Pista	Senior Feminino	02:24:27	+01:20:12	14:27
66	738	Marta Dias	Grossos da Feira	Senior Feminino	02:24:38	+01:20:24	14:28
67	736	Beatriz Cunha	Grossos da Feira	Senior Feminino	02:25:03	+01:20:48	14:30
68	1618	Marisa Daniela Gomes Viana	Victory Squad	Senior Feminino	02:25:50	+01:21:35	14:35
69	1475	Susana Cardoso	Sarapotos	Senior Feminino	02:26:03	+01:21:48	14:36
70	1162	Gabriela Pinhal	Miles & Vibes	Senior Feminino	02:27:13	+01:22:58	14:43
71	1161	Beatriz Cardoso	Miles & Vibes	Senior Feminino	02:27:13	+01:22:59	14:43
72	835	Magda Lima	Individual	Senior Feminino	02:27:13	+01:22:59	14:43
73	318	Joana Gonçalves	Bravos do Copofit	Senior Feminino	02:28:51	+01:24:37	14:53
74	1558	Clara Gonçalves	Tiago Leite	Senior Feminino	02:29:03	+01:24:49	14:54
75	1151	Cátia Castro	Mental Energy	Senior Feminino	02:29:10	+01:24:55	14:55
76	313	Daniela Moreira	Bravos do Copofit	Senior Feminino	02:29:21	+01:25:07	14:56
77	674	Bruna Silva	Fox Team	Senior Feminino	02:29:32	+01:25:18	14:57
78	342	Carolina Gomez	Bravos do Feirense	Senior Feminino	02:30:05	+01:25:51	15:01
79	423	Flávia Rocha	CAL	Senior Feminino	02:30:10	+01:25:56	15:01
80	781	Ana Borges	Improve Fitness Studio	Senior Feminino	02:30:10	+01:25:56	15:01
81	1354	Ana Isabel Oliveira	PMLE ALUMÍNIOS	Senior Feminino	02:32:32	+01:28:18	15:15
82	1397	Cátia Costa	Pupilos do Zé-Tó	Senior Feminino	02:32:40	+01:28:25	15:16
83	1355	Ana Rita Novo	PMLE ALUMÍNIOS	Senior Feminino	02:32:46	+01:28:32	15:17
84	1340	Leonor Pinto Xará	Pipocas	Senior Feminino	02:32:56	+01:28:42	15:18
85	1341	Sandra Costa	Pipocas	Senior Feminino	02:32:56	+01:28:42	15:18

Official Timekeeper: Lap2Go	2 / 27	generate 19-Jul-2025 18:46
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Semi Elite

10 KM

[illegible]

OFFICIAL RESULT

86	1396	Bruna Costa	Pupilos do Zé-Tó	Senior Feminino	02:33:30	+01:29:16	15:21
87	1165	Marta Pinto	Minhocas	Senior Feminino	02:34:10	+01:29:55	15:25
88	1166	Rita Cunha	Minhocas	Senior Feminino	02:34:10	+01:29:56	15:25
89	1589	Matilde Rodrigues	Tudo ao molho e fé em Deus	Senior Feminino	02:34:10	+01:29:56	15:25
90	967	Helena Fonseca	JP Fiães	Senior Feminino	02:34:36	+01:30:21	15:28
91	965	Diana Barbosa	JP Fiães	Senior Feminino	02:34:36	+01:30:21	15:28
92	847	Paula Manuela dias	Individual	Senior Feminino	02:35:20	+01:31:06	15:32
93	850	Sandra Ferreira	Individual	Senior Feminino	02:35:20	+01:31:06	15:32
94	843	Marta Fernandez	Individual	Senior Feminino	02:35:48	+01:31:34	15:33
95	587	Tatiana Lima	Dubai Lidl	Senior Feminino	02:36:00	+01:31:45	15:36
96	813	Ana Rocha	Individual	Senior Feminino	02:36:09	+01:31:55	15:37
97	970	Natália Silva	JP Fiães	Senior Feminino	02:36:27	+01:32:13	15:39
98	1506	Ana Claudia de Almeida Sá Vale Pissarra	SIDEL	Senior Feminino	02:36:58	+01:32:44	15:42
99	167	Cintia Alves	Araras	Senior Feminino	02:37:17	+01:33:03	15:44
100	168	Marina Conceição	Araras	Senior Feminino	02:37:27	+01:33:13	15:45
101	816	Camila Vidal Ferreira Tavares	Individual	Senior Feminino	02:37:30	+01:33:15	15:45
102	1590	Micaela Brandão	Tudo ao molho e fé em Deus	Senior Feminino	02:38:04	+01:33:49	15:48
103	1585	Cristiana Silva	Tudo ao molho e fé em Deus	Senior Feminino	02:38:05	+01:33:50	15:49
104	323	Sonia Rocha	Bravos do Copofit	Senior Feminino	02:38:14	+01:34:00	15:49
105	1322	Maria Carneiro	PÉ COXINHOS	Senior Feminino	02:38:39	+01:34:24	15:52
106	1321	Carolina Bastos	PÉ COXINHOS	Senior Feminino	02:38:39	+01:34:24	15:52
107	661	Carina Barbedo	Fitness Flow	Senior Feminino	02:40:13	+01:35:59	16:01
108	687	Cindy Vanessa Henriques Marques2	Fúria Brava	Senior Feminino	02:40:21	+01:36:06	16:02
109	1402	Vera Nogueira	Pupilos do Zé-Tó	Senior Feminino	02:40:28	+01:36:13	16:03
110	686	Ana Maria Gomes Correia	Fúria Brava	Senior Feminino	02:40:33	+01:36:19	16:03
111	1587	Gabriela Lima	Tudo ao molho e fé em Deus	Senior Feminino	02:40:41	+01:36:27	16:04
112	171	Helena Cunha	ARRASTASSOLAS	Senior Feminino	02:40:55	+01:36:41	16:06
113	321	Rafaela Brito	Bravos do Copofit	Senior Feminino	02:41:08	+01:36:54	16:07
114	311	Andreia Moreira	Bravos do Copofit	Senior Feminino	02:41:59	+01:37:44	16:12
115	319	Liliana Ferro	Bravos do Copofit	Senior Feminino	02:41:59	+01:37:44	16:12
116	459	Ariana Soares	Cardiana	Senior Feminino	02:42:31	+01:38:16	16:15
117	1163	Gabriela Silva	Miles & Vibes	Senior Feminino	02:42:33	+01:38:19	16:15
118	779	FRANCISCA MAIA	ILHABENSES	Senior Feminino	02:42:34	+01:38:19	16:15
119	826	Estela Pedrosa	Individual	Senior Feminino	02:43:13	+01:38:58	16:19
120	721	Carla Ribeiro	Glassdrive Sport	Senior Feminino	02:43:13	+01:38:59	16:19
121	938	Fátima Oliveira	Iron Legs Runners	Senior Feminino	02:43:38	+01:39:23	16:22
122	827	Fátima Moreira	Individual	Senior Feminino	02:43:58	+01:39:44	16:24
123	645	Eliana Silva	Eu e tu	Senior Feminino	02:43:59	+01:39:44	16:24
124	660	Belisa Oliveira	Fitness Flow	Senior Feminino	02:44:50	+01:40:36	16:29
125	668	Tatiana Pinho	Fitness Flow	Senior Feminino	02:44:50	+01:40:36	16:29
126	663	Carmen Fagundes	Fitness Flow	Senior Feminino	02:44:51	+01:40:36	16:29
127	345	Mara Pinheiro	Bravos do Feirense	Senior Feminino	02:45:04	+01:40:50	16:30
128	343	Catarina Leite	Bravos do Feirense	Senior Feminino	02:45:05	+01:40:50	16:31
129	341	Ana Dias	Bravos do Feirense	Senior Feminino	02:45:05	+01:40:50	16:31
130	346	Mônica nascimento	Bravos do Feirense	Senior Feminino	02:45:05	+01:40:51	16:31
131	1400	Sara Rodrigues	Pupilos do Zé-Tó	Senior Feminino	02:46:12	+01:41:57	16:37

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132	1395	Ana Correia	Pupilos do Zé-Tó	Senior Feminino	02:46:14	+01:42:00	16:37
133	1399	Rita Ferreira	Pupilos do Zé-Tó	Senior Feminino	02:46:14	+01:42:00	16:37
134	712	LAURA RIBEIRO	GANG DO LENÇOL	Senior Feminino	02:46:14	+01:42:00	16:37
135	711	ANITA SOARES	GANG DO LENÇOL	Senior Feminino	02:46:15	+01:42:00	16:38
136	1398	Cristina Gandra	Pupilos do Zé-Tó	Senior Feminino	02:46:16	+01:42:01	16:38
137	1330	Susana Marques	Petrus Runners	Senior Feminino	02:46:37	+01:42:23	16:40
138	1326	Liliana Silva	Petrus Runners	Senior Feminino	02:46:38	+01:42:23	16:40
139	1329	Marlene Oliveira	Petrus Runners	Senior Feminino	02:46:38	+01:42:23	16:40
140	1325	Joana Rocha	Petrus Runners	Senior Feminino	02:46:38	+01:42:24	16:40
141	1331	Teresa Reis	Petrus Runners	Senior Feminino	02:46:38	+01:42:24	16:40
142	1328	Marisa Cristina Martins	Petrus Runners	Senior Feminino	02:46:40	+01:42:25	16:40
143	371	Manuela Adriano	Bravos e Bravitas	Senior Feminino	02:47:04	+01:42:50	16:42
144	1358	Fernanda Ferreira	PMLE ALUMÍNIOS	Senior Feminino	02:47:21	+01:43:06	16:44
145	1357	Cristina Carneiro	PMLE ALUMÍNIOS	Senior Feminino	02:47:21	+01:43:07	16:44
146	478	Sofia Castro	Chama na Pista	Senior Feminino	02:47:52	+01:43:38	16:47
147	472	Anabela Coimbra	Chama na Pista	Senior Feminino	02:47:52	+01:43:38	16:47
148	499	Fabiana Monteiro	Corpus Maximus	Senior Feminino	02:48:05	+01:43:50	16:49
149	726	Liliana Pedrosa	Glassdrive Sport	Senior Feminino	02:49:13	+01:44:59	16:55
150	727	Márcia Pinto	Glassdrive Sport	Senior Feminino	02:49:13	+01:44:59	16:55
151	1537	Inês Santos	TEAM DARTACÃO	Senior Feminino	02:50:06	+01:45:51	17:01
152	520	Tertuliane Gonçalves	Corre 1, sofrem 3	Senior Feminino	02:50:06	+01:45:52	17:01
153	1542	Vanessa Almeida	TEAM DARTACÃO	Senior Feminino	02:50:06	+01:45:52	17:01
154	1534	Aurora Lemos	TEAM DARTACÃO	Senior Feminino	02:50:07	+01:45:52	17:01
155	1533	Angelina Rodrigues	TEAM DARTACÃO	Senior Feminino	02:50:08	+01:45:53	17:01
156	1188	Debora Oliveira	os aventureiros	Senior Feminino	02:50:17	+01:46:02	17:02
157	101	Adriana Domingues	A Alcateia Cinzenta	Senior Feminino	02:50:22	+01:46:07	17:02
158	584	Cláudia Gomes	Dubai Lidl	Senior Feminino	02:51:05	+01:46:50	17:07
159	1235	Paula Catarino	Os fogo no cu	Senior Feminino	02:51:27	+01:47:13	17:09
160	1223	Ana Amorim	Os fogo no cu	Senior Feminino	02:51:28	+01:47:13	17:09
161	1226	Cecília Freitas	Os fogo no cu	Senior Feminino	02:51:29	+01:47:14	17:09
162	571	Helena Malaman Moreno	Dragões De Fiães	Senior Feminino	02:51:29	+01:47:15	17:09
163	1232	Laura Valente	Os fogo no cu	Senior Feminino	02:51:30	+01:47:15	17:09
164	573	Maisa Isabel Nunes da Silva	Dragões De Fiães	Senior Feminino	02:51:31	+01:47:16	17:09
165	1225	Carla Pereira	Os fogo no cu	Senior Feminino	02:51:35	+01:47:21	17:10
166	1227	Claudia Teixeira	Os fogo no cu	Senior Feminino	02:51:39	+01:47:24	17:10
167	1233	Laurinda Maria Lopes Andrade Oliveira	Os fogo no cu	Senior Feminino	02:51:40	+01:47:26	17:10
168	1229	Cristina Costa	Os fogo no cu	Senior Feminino	02:51:42	+01:47:28	17:10
169	1231	Joana Sá	Os fogo no cu	Senior Feminino	02:51:43	+01:47:29	17:10
170	302	Diana Amorim	Bravini	Senior Feminino	02:51:44	+01:47:29	17:10
171	300	Ana Mano	Bravini	Senior Feminino	02:51:44	+01:47:30	17:10
172	303	Sandra Magalhães	Bravini	Senior Feminino	02:51:44	+01:47:30	17:10
173	301	Ana Santiago	Bravini	Senior Feminino	02:51:45	+01:47:30	17:11
174	1228	Cristina Azevedo	Os fogo no cu	Senior Feminino	02:51:45	+01:47:31	17:11
175	1612	Gabriela Ribeiro	Vancalenses	Senior Feminino	02:52:03	+01:47:48	17:12
176	1611	Cátia Santos	Vancalenses	Senior Feminino	02:52:03	+01:47:48	17:12
177	611	Alexandra Valente	EquipaBoot	Senior Feminino	02:52:05	+01:47:51	17:13

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178	619	Liliana Fagundes	EquipaBoot	Senior Feminino	02:52:06	+01:47:51	17:13
179	616	Cláudia Ribeiro	EquipaBoot	Senior Feminino	02:52:06	+01:47:52	17:13
180	617	Diana Gandra	EquipaBoot	Senior Feminino	02:52:06	+01:47:52	17:13
181	783	Isabel Leal	Improve Fitness Studio	Senior Feminino	02:52:18	+01:48:04	17:14
182	786	Rute Botelho	Improve Fitness Studio	Senior Feminino	02:52:18	+01:48:04	17:14
183	1369	Jennifer Fuentes	Powerpuff Girls	Senior Feminino	02:53:25	+01:49:11	17:21
184	1370	Marvict Amorin	Powerpuff Girls	Senior Feminino	02:53:26	+01:49:11	17:21
185	665	Kelly Soares	Fitness Flow	Senior Feminino	02:53:26	+01:49:12	17:21
186	383	Sónia Oliveira	Bravos e Bravitas	Senior Feminino	02:54:18	+01:50:03	17:26
187	475	Lúcia Correia	Chama na Pista	Senior Feminino	02:54:18	+01:50:04	17:26
188	474	Liliana Correia	Chama na Pista	Senior Feminino	02:54:18	+01:50:04	17:26
189	481	Cristina Costa	Chama na Pista	Senior Feminino	02:54:18	+01:50:04	17:26
190	477	Marisa Pinho	Chama na Pista	Senior Feminino	02:54:18	+01:50:04	17:26
191	1222	Alexandra de Castro e Silva	Os fogo no cu	Senior Feminino	02:54:36	+01:50:22	17:28
192	1230	Daniela Sá	Os fogo no cu	Senior Feminino	02:54:53	+01:50:38	17:29
193	1371	Vânia Pinto	Prime	Senior Feminino	02:55:23	+01:51:08	17:32
194	1269	Cláudia Pinho	Os resistentes	Senior Feminino	02:55:29	+01:51:15	17:33
195	1270	Daniela Silva	Os resistentes	Senior Feminino	02:55:29	+01:51:15	17:33
196	784	Liliana Sousa	Improve Fitness Studio	Senior Feminino	02:55:59	+01:51:44	17:36
197	545	RAÍZA DUTRA DO CARMO COSTA	Costas	Senior Feminino	02:56:49	+01:52:34	17:41
198	1621	Beatriz Fernandes	XIQUELIBITES	Senior Feminino	02:57:16	+01:53:01	17:44
199	1629	Tatiana Fernandes	XIQUELIBITES	Senior Feminino	02:57:16	+01:53:01	17:44
200	1622	Cátia Rio	XIQUELIBITES	Senior Feminino	02:57:16	+01:53:01	17:44
201	1628	Sofia Gomes	XIQUELIBITES	Senior Feminino	02:57:16	+01:53:02	17:44
202	1624	Inês Faria	XIQUELIBITES	Senior Feminino	02:57:16	+01:53:02	17:44
203	1623	Diana Amaral	XIQUELIBITES	Senior Feminino	02:57:16	+01:53:02	17:44
204	1626	Márcia Silva	XIQUELIBITES	Senior Feminino	02:57:16	+01:53:02	17:44
205	1627	Patrícia Reis	XIQUELIBITES	Senior Feminino	02:57:18	+01:53:04	17:44
206	320	Malu Pereira	Bravos do Copofit	Senior Feminino	02:58:14	+01:53:59	17:49
207	586	Susana Cardoso	Dubai Lidl	Senior Feminino	02:58:31	+01:54:16	17:51
208	1361	Monica Matos	PMLE ALUMÍNIOS	Senior Feminino	02:58:39	+01:54:25	17:52
209	1356	Armanda Oliveira	PMLE ALUMÍNIOS	Senior Feminino	02:58:40	+01:54:25	17:52
210	1360	Isabel Silva	PMLE ALUMÍNIOS	Senior Feminino	02:58:40	+01:54:26	17:52
211	1359	Isabel Pinheiro	PMLE ALUMÍNIOS	Senior Feminino	02:58:40	+01:54:26	17:52
212	1569	Fátima Barros	Trinca orelhas de gato TOG	Senior Feminino	02:58:42	+01:54:28	17:52
213	1180	Ana Luísa Caldeira Bonito	OCR4500	Senior Feminino	02:59:06	+01:54:51	17:55
214	1181	Andreia Alexandra Duarte Cabral	OCR4500	Senior Feminino	02:59:07	+01:54:53	17:55
215	613	Anokas Boot	EquipaBoot	Senior Feminino	02:59:54	+01:55:40	17:59
216	1190	Paula Cristina da Silva Leite	os aventureiros	Senior Feminino	03:00:44	+01:56:30	18:04
217	1197	Zelia Oliveira	os aventureiros	Senior Feminino	03:00:44	+01:56:30	18:04
218	1189	Patrícia de Oliveira Alves Correia	os aventureiros	Senior Feminino	03:00:46	+01:56:31	18:05
219	988	katherine oliveira	JP GINÁSIOS CUCUJÃES	Senior Feminino	03:01:03	+01:56:48	18:06
220	986	Iara Ferreira Lima Brandão de Castro	JP GINÁSIOS CUCUJÃES	Senior Feminino	03:01:03	+01:56:49	18:06
221	982	Catarina Freitas	JP GINÁSIOS CUCUJÃES	Senior Feminino	03:03:07	+01:58:53	18:19
222	659	Beatriz Marques	Fitness Flow	Senior Feminino	03:03:46	+01:59:32	18:23
223	657	Bárbara Franco	Fitness Flow	Senior Feminino	03:03:46	+01:59:32	18:23

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224	937	Ana Fonseca	Iron Legs Runners	Senior Feminino	03:03:48	+01:59:33	18:23
225	939	Sofia Azevedo	Iron Legs Runners	Senior Feminino	03:03:48	+01:59:33	18:23
226	666	Leticia Tomazi	Fitness Flow	Senior Feminino	03:03:49	+01:59:35	18:23
227	658	Beatrice Palermo	Fitness Flow	Senior Feminino	03:03:50	+01:59:35	18:23
228	667	Mylena Gonçalves	Fitness Flow	Senior Feminino	03:03:50	+01:59:35	18:23
229	139	Florbela Nunes	Abranda mas não pára	Senior Feminino	03:03:57	+01:59:42	18:24
230	140	Juliana Ribeiro	Abranda mas não pára	Senior Feminino	03:03:57	+01:59:43	18:24
231	141	Marta Ribeiro	Abranda mas não pára	Senior Feminino	03:03:58	+01:59:44	18:24
232	664	Eunice Almeida	Fitness Flow	Senior Feminino	03:04:40	+02:00:25	18:28
233	637	Catarina Pinho	Escorrega Mas Vai	Senior Feminino	03:05:24	+02:01:10	18:32
234	638	Mariana Oliveira	Escorrega Mas Vai	Senior Feminino	03:05:24	+02:01:10	18:32
235	636	Beatriz Silva	Escorrega Mas Vai	Senior Feminino	03:05:24	+02:01:10	18:32
236	465	Sara Paiva	Causins de Azagães	Senior Feminino	03:06:03	+02:01:49	18:36
237	464	Mariana Paiva	Causins de Azagães	Senior Feminino	03:06:04	+02:01:50	18:36
238	463	Diana Silva	Causins de Azagães	Senior Feminino	03:06:05	+02:01:51	18:37
239	480	Soraia Silva	Chama na Pista	Senior Feminino	03:06:07	+02:01:53	18:37
240	471	Alexandra Neves	Chama na Pista	Senior Feminino	03:06:08	+02:01:54	18:37
241	622	Rita Cardoso	EquipaBoot	Senior Feminino	03:06:34	+02:02:20	18:39
242	1037	Andreia Pinto	Lourosa em Movimento	Senior Feminino	03:06:35	+02:02:20	18:40
243	1040	Sandra Marques	Lourosa em Movimento	Senior Feminino	03:06:35	+02:02:20	18:40
244	1036	Ana Paula Teixeira	Lourosa em Movimento	Senior Feminino	03:06:35	+02:02:20	18:40
245	623	Rubina Pereira	EquipaBoot	Senior Feminino	03:06:44	+02:02:30	18:40
246	264	Daniela Costa	BodyWorkout	Senior Feminino	03:06:47	+02:02:33	18:41
247	615	Claudia Cardoso	EquipaBoot	Senior Feminino	03:07:07	+02:02:52	18:43
248	614	Carina Gonçalves	EquipaBoot	Senior Feminino	03:07:07	+02:02:53	18:43
249	624	Tânia Parelho	EquipaBoot	Senior Feminino	03:07:21	+02:03:06	18:44
250	1411	Sara Batista	Quem é que se lembrou!!	Senior Feminino	03:08:01	+02:03:47	18:48
251	1412	Tatiana Martins	Quem é que se lembrou!!	Senior Feminino	03:08:02	+02:03:47	18:48
252	1410	Rute Vasconcelos	Quem é que se lembrou!!	Senior Feminino	03:08:03	+02:03:48	18:48
253	1409	Daniela César	Quem é que se lembrou!!	Senior Feminino	03:08:03	+02:03:48	18:48
254	828	Guilhermina Carvalho	Individual	Senior Feminino	03:08:09	+02:03:54	18:49
255	823	Diana Patrícia Henriques Sampaio	Individual	Senior Feminino	03:08:26	+02:04:12	18:51
256	1576	Catarina Figueiredo	Tropa do Lodo	Senior Feminino	03:08:27	+02:04:12	18:51
257	831	Joana Ladeira	Individual	Senior Feminino	03:08:27	+02:04:12	18:51
258	1577	Diana Oliveira	Tropa do Lodo	Senior Feminino	03:08:27	+02:04:12	18:51
259	1578	Rita Cardoso	Tropa do Lodo	Senior Feminino	03:08:27	+02:04:12	18:51
260	612	Ana Monteiro	EquipaBoot	Senior Feminino	03:08:45	+02:04:31	18:53
261	620	Liliana P	EquipaBoot	Senior Feminino	03:08:48	+02:04:34	18:53
262	618	Liliana Barbosa	EquipaBoot	Senior Feminino	03:08:48	+02:04:34	18:53
263	1248	Mariana Lima	Os Fraquinhos de Alfena	Senior Feminino	03:09:15	+02:05:01	18:56
264	1249	Sónia Monteiro	Os Fraquinhos de Alfena	Senior Feminino	03:09:15	+02:05:01	18:56
265	1247	Guilhermina Amaral	Os Fraquinhos de Alfena	Senior Feminino	03:09:16	+02:05:02	18:56
266	1473	Sara Sabino	SALAMANCA	Senior Feminino	03:09:33	+02:05:18	18:57
267	1472	Rita Dionísio	SALAMANCA	Senior Feminino	03:09:33	+02:05:19	18:57
268	1471	Laura Almeida	SALAMANCA	Senior Feminino	03:09:35	+02:05:21	18:58
269	1474	Sofia Dionísio	SALAMANCA	Senior Feminino	03:09:37	+02:05:22	18:58

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OFFICIAL RESULT

270	1184	Ana Sá	Oreo	Senior Feminino	03:10:00	+02:05:46	19:00
271	1185	Sofia Tavares	Oreo	Senior Feminino	03:10:00	+02:05:46	19:00
272	1012	Carmo Paiva	JUF ACC	Senior Feminino	03:10:23	+02:06:08	19:02
273	1015	Rosário Resende	JUF ACC	Senior Feminino	03:10:24	+02:06:10	19:02
274	1011	Angélica Lima	JUF ACC	Senior Feminino	03:10:24	+02:06:10	19:02
275	1013	Cristiana Pinto	JUF ACC	Senior Feminino	03:10:25	+02:06:10	19:03
276	840	Maria Morgado Campos	Individual	Senior Feminino	03:10:55	+02:06:41	19:06
277	585	Marisa Lima	Dubai Lidl	Senior Feminino	03:11:36	+02:07:21	19:10
278	597	Fátima Pinto	Elisabete Bacelo	Senior Feminino	03:12:04	+02:07:50	19:12
279	596	Elisabete Bacelo	Elisabete Bacelo	Senior Feminino	03:12:06	+02:07:52	19:13
280	815	Anabela Baltar Barbosa	Individual	Senior Feminino	03:12:10	+02:07:56	19:13
281	1121	Ana Resende	MC	Senior Feminino	03:12:57	+02:08:43	19:18
282	1120	Ana Lopes	MC	Senior Feminino	03:12:58	+02:08:43	19:18
283	1316	Liliana Costa	Papillons Lentos	Senior Feminino	03:13:50	+02:09:35	19:23
284	193	Alexandra da Mota	AS- Bravos e Bravitas	Senior Feminino	03:13:51	+02:09:36	19:23
285	696	Ana Aleixo	Gambozinos	Senior Feminino	03:15:20	+02:11:05	19:32
286	747	Rita Ribeiro	GRUPO JR	Senior Feminino	03:15:41	+02:11:27	19:34
287	745	Cláudia Silva	GRUPO JR	Senior Feminino	03:15:42	+02:11:28	19:34
288	744	Catarina Santos	GRUPO JR	Senior Feminino	03:15:42	+02:11:28	19:34
289	1100	Maria Mendes	Mantem-te ativo e saudavel	Senior Feminino	03:16:15	+02:12:00	19:38
290	1099	Maria Luis	Mantem-te ativo e saudavel	Senior Feminino	03:16:15	+02:12:00	19:38
291	1101	Marta Silva	Mantem-te ativo e saudavel	Senior Feminino	03:16:16	+02:12:02	19:38
292	1095	Emilia Andrade	Mantem-te ativo e saudavel	Senior Feminino	03:16:17	+02:12:03	19:38
293	1093	Alicia Sousa	Mantem-te ativo e saudavel	Senior Feminino	03:16:18	+02:12:03	19:38
294	1102	Matilde Nogueira	Mantem-te ativo e saudavel	Senior Feminino	03:16:18	+02:12:04	19:38
295	1096	Isabel Pinto	Mantem-te ativo e saudavel	Senior Feminino	03:16:19	+02:12:05	19:38
296	1098	Josefina Almeida	Mantem-te ativo e saudavel	Senior Feminino	03:16:19	+02:12:05	19:38
297	1106	Telma Sousa	Mantem-te ativo e saudavel	Senior Feminino	03:16:19	+02:12:05	19:38
298	1094	Anabela Faria	Mantem-te ativo e saudavel	Senior Feminino	03:16:20	+02:12:06	19:38
299	1105	Susana Soares	Mantem-te ativo e saudavel	Senior Feminino	03:16:21	+02:12:06	19:38
300	1103	Sandra Monteiro	Mantem-te ativo e saudavel	Senior Feminino	03:16:21	+02:12:06	19:38
301	1097	joaquina Jesus	Mantem-te ativo e saudavel	Senior Feminino	03:16:21	+02:12:06	19:38
302	1104	Sofia Soares Pinto	Mantem-te ativo e saudavel	Senior Feminino	03:16:21	+02:12:06	19:38
303	710	ANA GONÇALVES	GANG DO LENÇOL	Senior Feminino	03:17:49	+02:13:35	19:47
304	713	ZÉLIA ALVES	GANG DO LENÇOL	Senior Feminino	03:17:49	+02:13:35	19:47
305	104	Beatriz Machado	A Alcateia Cinzenta	Senior Feminino	03:17:54	+02:13:40	19:47
306	112	Joana Martins	A Alcateia Cinzenta	Senior Feminino	03:17:56	+02:13:42	19:48
307	834	Liliana Mota	Individual	Senior Feminino	03:18:32	+02:14:18	19:51
308	824	Elisa Ribeiro	Individual	Senior Feminino	03:18:32	+02:14:18	19:51
309	832	Juliete Figueiredo	Individual	Senior Feminino	03:18:33	+02:14:18	19:51
310	559	Liliana Pinto	DDT Runners	Senior Feminino	03:18:33	+02:14:18	19:51
311	561	Sónia Mendes	DDT Runners	Senior Feminino	03:18:33	+02:14:18	19:51
312	560	Margarida Magalhães	DDT Runners	Senior Feminino	03:18:34	+02:14:19	19:51
313	207	Inês Azevedo	AS- Bravos e Bravitas	Senior Feminino	03:18:47	+02:14:33	19:53
314	1543	Vera Patrícia da Paula	TEAM DARTACÃO	Senior Feminino	03:19:17	+02:15:03	19:56
315	1540	Marta Limas	TEAM DARTACÃO	Senior Feminino	03:19:17	+02:15:03	19:56

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316	1535	Carolina Limas	TEAM DARTACÃO	Senior Feminino	03:19:17	+02:15:03	19:56
317	1530	Aida Silva	TEAM DARTACÃO	Senior Feminino	03:19:18	+02:15:03	19:56
318	1532	Ângela Ribeiro	TEAM DARTACÃO	Senior Feminino	03:19:19	+02:15:05	19:56
319	1496	Joana Raquel Almeida Gomes	Sem força	Senior Feminino	03:20:23	+02:16:08	20:02
320	1494	Andreia Liliana Ribeiro Soares	Sem força	Senior Feminino	03:20:23	+02:16:08	20:02
321	777	Norelys Gomes	Helena Pereira	Senior Feminino	03:20:50	+02:16:36	20:05
322	776	Helena Daniela Almeida Pereira	Helena Pereira	Senior Feminino	03:20:50	+02:16:36	20:05
323	194	Ana Bela Cruz	AS- Bravos e Bravitas	Senior Feminino	03:22:59	+02:18:45	20:18
324	198	Catarina Marques	AS- Bravos e Bravitas	Senior Feminino	03:23:00	+02:18:45	20:18
325	202	Daniela Cardoso	AS- Bravos e Bravitas	Senior Feminino	03:23:00	+02:18:46	20:18
326	210	Maria Martins	AS- Bravos e Bravitas	Senior Feminino	03:23:00	+02:18:46	20:18
327	192	Adriana Mota	AS- Bravos e Bravitas	Senior Feminino	03:23:00	+02:18:46	20:18
328	191	Adriana Cruz	AS- Bravos e Bravitas	Senior Feminino	03:23:00	+02:18:46	20:18
329	219	Vera Martins	AS- Bravos e Bravitas	Senior Feminino	03:23:01	+02:18:46	20:18
330	1153	Flávia Mendes	Mental Energy	Senior Feminino	03:23:18	+02:19:03	20:20
331	1154	Joana Coelho	Mental Energy	Senior Feminino	03:23:18	+02:19:03	20:20
332	1150	Alice Couto	Mental Energy	Senior Feminino	03:23:18	+02:19:03	20:20
333	1152	Eugénia Santos	Mental Energy	Senior Feminino	03:23:19	+02:19:04	20:20
334	196	Ana Silva	AS- Bravos e Bravitas	Senior Feminino	03:23:45	+02:19:30	20:23
335	310	Alexandra Barbosa	Bravos do Copofit	Senior Feminino	03:24:01	+02:19:47	20:24
336	452	Sandra Moreira	Cansados de Fresco	Senior Feminino	03:24:03	+02:19:48	20:24
337	449	Ângela Bastos	Cansados de Fresco	Senior Feminino	03:24:03	+02:19:49	20:24
338	448	Ana Carneiro	Cansados de Fresco	Senior Feminino	03:24:04	+02:19:49	20:24
339	453	Vanessa Sousa	Cansados de Fresco	Senior Feminino	03:24:04	+02:19:49	20:24
340	451	Maria Carlos	Cansados de Fresco	Senior Feminino	03:24:04	+02:19:49	20:24
341	450	Carla Marinho	Cansados de Fresco	Senior Feminino	03:24:04	+02:19:50	20:24
342	504	Márcia Silva	Corpus Maximus	Senior Feminino	03:25:41	+02:21:27	20:34
343	501	Katerine Besvoglio	Corpus Maximus	Senior Feminino	03:25:41	+02:21:27	20:34
344	502	Laurinda Sá	Corpus Maximus	Senior Feminino	03:25:41	+02:21:27	20:34
345	508	Sara Simões	Corpus Maximus	Senior Feminino	03:25:41	+02:21:27	20:34
346	507	Rita Pais	Corpus Maximus	Senior Feminino	03:25:41	+02:21:27	20:34
347	505	Maria Monteiro	Corpus Maximus	Senior Feminino	03:25:41	+02:21:27	20:34
348	500	Francisca Ferreira Costa e Silva	Corpus Maximus	Senior Feminino	03:25:42	+02:21:27	20:34
349	497	Ana Gomes	Corpus Maximus	Senior Feminino	03:25:42	+02:21:27	20:34
350	498	Beatriz Gonzalez	Corpus Maximus	Senior Feminino	03:25:42	+02:21:27	20:34
351	506	Maribel Cardoso	Corpus Maximus	Senior Feminino	03:25:42	+02:21:28	20:34
352	503	Leonilde Pereira	Corpus Maximus	Senior Feminino	03:25:42	+02:21:28	20:34
353	509	Sara Sousa	Corpus Maximus	Senior Feminino	03:25:42	+02:21:28	20:34
354	283	Ana Rita Silva	Bombeiros Voluntários de Arrifana	Senior Feminino	03:26:10	+02:21:56	20:37
355	1025	Andreia Amorim	Juro Joca	Senior Feminino	03:27:12	+02:22:58	20:43
356	1027	Claudia Teles	Juro Joca	Senior Feminino	03:27:14	+02:23:00	20:43
357	600	Jéssica Azevedo	Equipa Polipaul	Senior Feminino	03:27:36	+02:23:21	20:46
358	599	Célia Polipaul	Equipa Polipaul	Senior Feminino	03:27:36	+02:23:22	20:46
359	601	Teresa Polipaul	Equipa Polipaul	Senior Feminino	03:27:43	+02:23:28	20:46
360	992	Sandra Catarina Almeida Morais	JP GINÁSIOS CUCUJÃES	Senior Feminino	03:27:48	+02:23:34	20:47
361	267	Francisca Conceição	BodyWorkout	Senior Feminino	03:28:18	+02:24:04	20:50

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362	270	Liliana Rodrigues	BodyWorkout	Senior Feminino	03:28:19	+02:24:05	20:50
363	314	Flavia Brazão	Bravos do Copofit	Senior Feminino	03:28:20	+02:24:05	20:50
364	315	Isabel Soares	Bravos do Copofit	Senior Feminino	03:28:21	+02:24:07	20:50
365	152	LUCIANA MATIAS	Academia Combate de Gaia	Senior Feminino	03:28:25	+02:24:11	20:51
366	153	MAGDALENA SILVA	Academia Combate de Gaia	Senior Feminino	03:28:26	+02:24:11	20:51
367	158	VANDA SALVATERRA	Academia Combate de Gaia	Senior Feminino	03:28:26	+02:24:12	20:51
368	1572	Margarida coelho	Trinca orelhas de gato TOG	Senior Feminino	03:28:49	+02:24:35	20:53
369	258	Cátia Azevedo	BodyWorkout	Senior Feminino	03:29:08	+02:24:54	20:55
370	262	Cristiana Monteiro	BodyWorkout	Senior Feminino	03:29:09	+02:24:54	20:55
371	1122	Carla Familiar	MC	Senior Feminino	03:29:47	+02:25:33	20:59
372	1124	Isaura Familiar	MC	Senior Feminino	03:29:48	+02:25:33	20:59
373	1125	Ivete Souza	MC	Senior Feminino	03:29:48	+02:25:34	20:59
374	1140	Vania Silva	MC	Senior Feminino	03:29:49	+02:25:34	20:59
375	1129	Olinda Silva	MC	Senior Feminino	03:29:49	+02:25:35	20:59
376	1135	Sonia Carvalho	MC	Senior Feminino	03:29:49	+02:25:35	20:59
377	1119	Adriana Bacelar	MC	Senior Feminino	03:29:50	+02:25:35	20:59
378	1132	Rosa Rodrigues	MC	Senior Feminino	03:29:50	+02:25:35	20:59
379	1138	Susana Leite	MC	Senior Feminino	03:29:50	+02:25:36	20:59
380	1130	Rita Oliveira	MC	Senior Feminino	03:29:50	+02:25:36	20:59
381	1126	Jessica Silva	MC	Senior Feminino	03:29:51	+02:25:36	20:59
382	1139	Tania Alves	MC	Senior Feminino	03:29:51	+02:25:37	20:59
383	1136	Sonia Lima	MC	Senior Feminino	03:29:52	+02:25:37	20:59
384	1128	Maria Vilar	MC	Senior Feminino	03:29:53	+02:25:39	20:59
385	1134	Sofia Marques	MC	Senior Feminino	03:30:10	+02:25:55	21:01
386	116	Vania Silva	A Alcateia Cinzenta	Senior Feminino	03:30:21	+02:26:07	21:02
387	109	Joana Barreira	A Alcateia Cinzenta	Senior Feminino	03:30:22	+02:26:07	21:02
388	176	Silvia Araújo	ARRASTASSOLAS	Senior Feminino	03:30:45	+02:26:31	21:05
389	172	Joana Amorim	ARRASTASSOLAS	Senior Feminino	03:30:47	+02:26:33	21:05
390	170	Cátia Araújo	ARRASTASSOLAS	Senior Feminino	03:30:47	+02:26:33	21:05
391	173	Raquel Lopes	ARRASTASSOLAS	Senior Feminino	03:30:47	+02:26:33	21:05
392	175	Sara Loureiro	ARRASTASSOLAS	Senior Feminino	03:30:51	+02:26:37	21:05
393	151	LOUANE ALVES	Academia Combate de Gaia	Senior Feminino	03:31:04	+02:26:50	21:06
394	157	SANDRINE ALVES	Academia Combate de Gaia	Senior Feminino	03:31:05	+02:26:50	21:07
395	528	Filipa Paiva	Corre São João	Senior Feminino	03:31:05	+02:26:51	21:07
396	527	Dina Hortelao	Corre São João	Senior Feminino	03:31:06	+02:26:51	21:07
397	530	Rita Teixeira	Corre São João	Senior Feminino	03:31:06	+02:26:52	21:07
398	525	Cláudia Ferreira	Corre São João	Senior Feminino	03:31:06	+02:26:52	21:07
399	1202	Sofia Alexandra da Costa Espírito Santo	Os Bravos do Batista	Senior Feminino	03:31:07	+02:26:53	21:07
400	526	Diana miller	Corre São João	Senior Feminino	03:31:08	+02:26:53	21:07
401	1204	Tania Castro	Os Bravos do Batista	Senior Feminino	03:31:08	+02:26:54	21:07
402	1201	Rita Neves	Os Bravos do Batista	Senior Feminino	03:31:08	+02:26:54	21:07
403	1203	Sofia Rodrigues	Os Bravos do Batista	Senior Feminino	03:31:09	+02:26:55	21:07
404	523	Alice Matos	Corre São João	Senior Feminino	03:31:21	+02:27:07	21:08
405	1344	Célia Neto	Pitoquinhas	Senior Feminino	03:31:38	+02:27:23	21:10
406	1346	Emília Teixeira	Pitoquinhas	Senior Feminino	03:31:39	+02:27:25	21:10
407	722	Catarina Rocha	Glassdrive Sport	Senior Feminino	03:31:48	+02:27:34	21:11

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408	725	Karina Moreira	Glassdrive Sport	Senior Feminino	03:31:49	+02:27:34	21:11
409	723	Claudia Bacelar	Glassdrive Sport	Senior Feminino	03:31:49	+02:27:35	21:11
410	719	Adriana Pedrosa	Glassdrive Sport	Senior Feminino	03:31:50	+02:27:35	21:11
411	728	Rafaela Barroca	Glassdrive Sport	Senior Feminino	03:31:50	+02:27:35	21:11
412	720	Beatriz Rocha	Glassdrive Sport	Senior Feminino	03:31:50	+02:27:35	21:11
413	724	Graça Meireles	Glassdrive Sport	Senior Feminino	03:31:50	+02:27:35	21:11
414	648	Beatriz Almeida	FFitness Club Tondela	Senior Feminino	03:32:02	+02:27:48	21:12
415	649	Cláudia Fernandes	FFitness Club Tondela	Senior Feminino	03:32:03	+02:27:48	21:12
416	651	Rita Alves	FFitness Club Tondela	Senior Feminino	03:32:04	+02:27:49	21:12
417	1460	Maria Dias	running esmoriz	Senior Feminino	03:32:26	+02:28:12	21:15
418	1455	Cristiana Pinto	running esmoriz	Senior Feminino	03:32:27	+02:28:12	21:15
419	1456	Fátima Lemos	running esmoriz	Senior Feminino	03:32:27	+02:28:12	21:15
420	1453	Bárbara Alexandrino	running esmoriz	Senior Feminino	03:32:28	+02:28:13	21:15
421	1457	Janete Valente	running esmoriz	Senior Feminino	03:32:28	+02:28:14	21:15
422	1459	Margarida Tavares	running esmoriz	Senior Feminino	03:32:28	+02:28:14	21:15
423	1454	Catarina Moreira	running esmoriz	Senior Feminino	03:32:29	+02:28:14	21:15
424	1458	Liliana Ferreira	running esmoriz	Senior Feminino	03:32:29	+02:28:14	21:15
425	1452	Adelaide Castro	running esmoriz	Senior Feminino	03:32:29	+02:28:15	21:15
426	838	Margarida Pereira	Individual	Senior Feminino	03:32:32	+02:28:18	21:15
427	821	Daniela Jesus	Individual	Senior Feminino	03:32:33	+02:28:18	21:15
428	830	Jessica Martins Amaral	Individual	Senior Feminino	03:32:34	+02:28:19	21:15
429	473	Cláudia Silva	Chama na Pista	Senior Feminino	03:32:41	+02:28:27	21:16
430	476	Mariana Machango	Chama na Pista	Senior Feminino	03:32:42	+02:28:28	21:16
431	1028	Mariana Pereira	Juro Joca	Senior Feminino	03:33:29	+02:29:15	21:21
432	1026	Catarina Reis	Juro Joca	Senior Feminino	03:33:32	+02:29:17	21:21
433	1584	Carla Borges	Tudo ao molho e fé em Deus	Senior Feminino	03:34:05	+02:29:51	21:25
434	1588	Liliana Costa	Tudo ao molho e fé em Deus	Senior Feminino	03:34:05	+02:29:51	21:25
435	105	Beatriz Pereirinha	A Alcateia Cinzenta	Senior Feminino	03:34:35	+02:30:20	21:28
436	106	Cacilda Ferreira	A Alcateia Cinzenta	Senior Feminino	03:34:35	+02:30:20	21:28
437	265	Daniela Couto	BodyWorkout	Senior Feminino	03:35:04	+02:30:49	21:30
438	269	Lídia Moreira	BodyWorkout	Senior Feminino	03:35:05	+02:30:50	21:31
439	271	Magda Conceição	BodyWorkout	Senior Feminino	03:35:08	+02:30:53	21:31
440	266	Fabiana Oliveira	BodyWorkout	Senior Feminino	03:35:08	+02:30:54	21:31
441	263	Cristiana Silva	BodyWorkout	Senior Feminino	03:35:17	+02:31:03	21:32
442	276	Raquel Silva	BodyWorkout	Senior Feminino	03:35:18	+02:31:03	21:32
443	261	Cátia Lopes	BodyWorkout	Senior Feminino	03:35:18	+02:31:04	21:32
444	257	Cámen Soares	BodyWorkout	Senior Feminino	03:35:26	+02:31:12	21:33
445	268	Joana Beleza	BodyWorkout	Senior Feminino	03:35:34	+02:31:20	21:33
446	148	CARLA SOUSA	Academia Combate de Gaia	Senior Feminino	03:35:52	+02:31:37	21:35
447	154	MARA CARDOSO	Academia Combate de Gaia	Senior Feminino	03:35:52	+02:31:37	21:35
448	156	SANDRA GOMES	Academia Combate de Gaia	Senior Feminino	03:35:52	+02:31:38	21:35
449	155	PATRICIA PEREIRA	Academia Combate de Gaia	Senior Feminino	03:35:53	+02:31:39	21:35
450	259	Cátia Balona	BodyWorkout	Senior Feminino	03:35:55	+02:31:40	21:36
451	150	Eva Andrade	Academia Combate de Gaia	Senior Feminino	03:35:55	+02:31:41	21:36
452	558	Berenice Cataldo de Oliveira Valério	DDT Runners	Senior Feminino	03:38:26	+02:34:11	21:51
453	987	Jéssica Robalinho	JP GINÁSIOS CUCUJÃES	Senior Feminino	03:39:32	+02:35:18	21:57

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454	991	Mariana Soares	JP GINÁSIOS CUCUJÃES	Senior Feminino	03:39:36	+02:35:21	21:58
455	985	Gracinda Leal	JP GINÁSIOS CUCUJÃES	Senior Feminino	03:40:09	+02:35:54	22:01
456	817	Catarina Martins de lemos	Individual	Senior Feminino	03:40:12	+02:35:58	22:01
457	853	Sílvia Maria Ribeiro Martins	Individual	Senior Feminino	03:40:12	+02:35:58	22:01
458	812	Ana Miguel Martins	Individual	Senior Feminino	03:40:15	+02:36:01	22:02
459	811	Ana Martins	Individual	Senior Feminino	03:40:48	+02:36:33	22:05
460	825	Engrácia Cruz	Individual	Senior Feminino	03:40:53	+02:36:39	22:05
461	819	Cátia Ferreira	Individual	Senior Feminino	03:40:54	+02:36:39	22:05
462	820	Cristina Coelho	Individual	Senior Feminino	03:40:54	+02:36:40	22:05
463	1605	Vânia Martins	Último Carro Vassoura	Senior Feminino	03:40:54	+02:36:40	22:05
464	1602	Rita Barros	Último Carro Vassoura	Senior Feminino	03:40:54	+02:36:40	22:05
465	844	Monica Carvalho	Individual	Senior Feminino	03:40:55	+02:36:41	22:06
466	851	Sandra Filipa dos santos Rodrigues	Individual	Senior Feminino	03:40:55	+02:36:41	22:06
467	1603	Sandra Costa	Último Carro Vassoura	Senior Feminino	03:40:56	+02:36:41	22:06
468	1604	Sara Silva	Último Carro Vassoura	Senior Feminino	03:40:59	+02:36:44	22:06
469	836	Manuela Sousa	Individual	Senior Feminino	03:41:03	+02:36:48	22:06
470	1350	Luisa Barbosa	Pitoquinas	Senior Feminino	03:41:29	+02:37:14	22:09
471	1345	Emilia Sousa	Pitoquinas	Senior Feminino	03:41:30	+02:37:15	22:09
472	770	Carla Sofia Pacheco Matos	Happy's	Senior Feminino	03:42:08	+02:37:54	22:13
473	767	Ana Filipa Pereira Carrapatoso	Happy's	Senior Feminino	03:42:08	+02:37:54	22:13
474	769	Beatriz Coelho Silva	Happy's	Senior Feminino	03:42:11	+02:37:57	22:13
475	768	Andreia Oliveira	Happy's	Senior Feminino	03:42:12	+02:37:57	22:13
476	990	Maria João Guimarães de Freitas	JP GINÁSIOS CUCUJÃES	Senior Feminino	03:42:48	+02:38:34	22:17
477	984	Filipa Alexandra Pereira da Silva	JP GINÁSIOS CUCUJÃES	Senior Feminino	03:42:49	+02:38:34	22:17
478	214	Palmira Marques	AS- Bravos e Bravitas	Senior Feminino	03:43:18	+02:39:04	22:20
479	213	Matilde Sousa	AS- Bravos e Bravitas	Senior Feminino	03:43:19	+02:39:04	22:20
480	220	Vera Pinto	AS- Bravos e Bravitas	Senior Feminino	03:43:20	+02:39:06	22:20
481	809	Ana Cristina Sousa	Individual	Senior Feminino	03:43:45	+02:39:31	22:23
482	810	Ana Luisa	Individual	Senior Feminino	03:43:46	+02:39:31	22:23
483	833	Liliana Marisa Gomes Correia	Individual	Senior Feminino	03:43:51	+02:39:36	22:23
484	845	Monica Rodrigues	Individual	Senior Feminino	03:43:55	+02:39:41	22:24
485	854	Tatiana barbosa	Individual	Senior Feminino	03:43:58	+02:39:44	22:24
486	108	Fábia oliveira	A Alcateia Cinzenta	Senior Feminino	03:44:25	+02:40:10	22:27
487	110	Joana Carracena	A Alcateia Cinzenta	Senior Feminino	03:44:29	+02:40:14	22:27
488	111	Joana Maria Rodrigues da Silva Soares Ferreira	A Alcateia Cinzenta	Senior Feminino	03:44:34	+02:40:19	22:27
489	1591	Sandra Pereira	Tudo ao molho e fé em Deus	Senior Feminino	03:49:36	+02:45:21	22:58
490	1592	Vera Coelho	Tudo ao molho e fé em Deus	Senior Feminino	03:49:37	+02:45:23	22:58
491	1586	Cristiana Silva	Tudo ao molho e fé em Deus	Senior Feminino	03:49:38	+02:45:23	22:58
492	1266	Andreia Nunes	Os resistentes	Senior Feminino	03:49:54	+02:45:40	22:59
493	1263	Ana Libras	Os resistentes	Senior Feminino	03:50:22	+02:46:07	23:02
494	255	Ana Guimarães	Bela e Monstro	Senior Feminino	03:50:28	+02:46:13	23:03
495	1262	Ana Gomes	Os resistentes	Senior Feminino	03:50:50	+02:46:36	23:05
496	1274	Matilde Brandão	Os resistentes	Senior Feminino	03:50:51	+02:46:36	23:05
497	1275	Mónica Silva	Os resistentes	Senior Feminino	03:51:30	+02:47:16	23:09
498	1265	Anabela Teixeira	Os resistentes	Senior Feminino	03:51:30	+02:47:16	23:09
499	533	Teresa Mota	Corre São João	Senior Feminino	03:51:32	+02:47:17	23:09

Semi Elite

10 KM

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OFFICIAL RESULT

500	529	Inês Mota	Corre São João	Senior Feminino	03:51:38	+02:47:24	23:10
501	1276	Rosa Oria	Os resistentes	Senior Feminino	03:51:41	+02:47:26	23:10
502	524	Catarina Rodrigues	Corre São João	Senior Feminino	03:51:41	+02:47:26	23:10
503	1273	Marta Carvalho	Os resistentes	Senior Feminino	03:51:42	+02:47:28	23:10
504	1272	Mariana Resende	Os resistentes	Senior Feminino	03:51:43	+02:47:29	23:10
505	945	bruna oliveira	Javalis100limites	Senior Feminino	03:54:34	+02:50:19	23:27
506	954	vania goncalves	Javalis100limites	Senior Feminino	03:54:35	+02:50:21	23:28
507	950	eva duarte	Javalis100limites	Senior Feminino	03:54:36	+02:50:22	23:28
508	949	dalia sousa	Javalis100limites	Senior Feminino	03:54:36	+02:50:22	23:28
509	952	monica morais	Javalis100limites	Senior Feminino	03:54:36	+02:50:22	23:28
510	948	cristina duarte	Javalis100limites	Senior Feminino	03:54:37	+02:50:22	23:28
511	944	bruna costa	Javalis100limites	Senior Feminino	03:54:39	+02:50:24	23:28
512	700	Joana Leite	Gambozinos	Senior Feminino	03:55:23	+02:51:09	23:32
513	701	Juliana Silva	Gambozinos	Senior Feminino	03:55:24	+02:51:09	23:32
514	697	Ana Almeida	Gambozinos	Senior Feminino	03:55:27	+02:51:13	23:33
515	699	Daniela Guimbra	Gambozinos	Senior Feminino	03:55:32	+02:51:18	23:33
516	702	Mónica Leite	Gambozinos	Senior Feminino	03:55:39	+02:51:24	23:34
517	235	Maria Clara	BAIRRADINOS RELAXADOS	Senior Feminino	04:01:12	+02:56:58	24:07
518	232	ANA ALMEIDA	BAIRRADINOS RELAXADOS	Senior Feminino	04:01:13	+02:56:58	24:07
519	234	Margarida Sofia Jesus Silva	BAIRRADINOS RELAXADOS	Senior Feminino	04:01:13	+02:56:59	24:07
520	240	Tânia S.	BAIRRADINOS RELAXADOS	Senior Feminino	04:01:13	+02:56:59	24:07
521	236	Maria Inês Tavares	BAIRRADINOS RELAXADOS	Senior Feminino	04:01:15	+02:57:00	24:08
522	237	Regina Henriques	BAIRRADINOS RELAXADOS	Senior Feminino	04:01:16	+02:57:02	24:08
523	238	Saudade Henriques	BAIRRADINOS RELAXADOS	Senior Feminino	04:01:17	+02:57:02	24:08
524	432	Raquel Borges	CAMBRENSES	Senior Feminino	04:01:42	+02:57:27	24:10
525	426	Ângela Costa	CAMBRENSES	Senior Feminino	04:01:43	+02:57:28	24:10
526	102	Alice Correia	A Alcateia Cinzenta	Senior Feminino	04:01:44	+02:57:30	24:10
527	431	Nancy Soares	CAMBRENSES	Senior Feminino	04:01:47	+02:57:33	24:11
528	427	Gabriela Bastos	CAMBRENSES	Senior Feminino	04:01:48	+02:57:34	24:11
529	430	Maria João Almeida	CAMBRENSES	Senior Feminino	04:01:49	+02:57:35	24:11
530	429	Maria Armanda Almeida	CAMBRENSES	Senior Feminino	04:01:50	+02:57:35	24:11
531	428	Juliana Abrantes	CAMBRENSES	Senior Feminino	04:01:50	+02:57:36	24:11
532	425	Andreia Sousa	CAMBRENSES	Senior Feminino	04:01:51	+02:57:37	24:11
533	433	Sandra Silva	CAMBRENSES	Senior Feminino	04:01:56	+02:57:41	24:12
534	201	Cristiana Amorim	AS- Bravos e Bravitas	Senior Feminino	04:10:07	+03:05:53	25:01
535	203	Diana Almeida	AS- Bravos e Bravitas	Senior Feminino	04:10:08	+03:05:53	25:01
536	195	Ana Filipa Martins	AS- Bravos e Bravitas	Senior Feminino	04:10:08	+03:05:53	25:01
537	200	Claudia Silva	AS- Bravos e Bravitas	Senior Feminino	04:10:08	+03:05:53	25:01
538	205	Érica Sousa	AS- Bravos e Bravitas	Senior Feminino	04:10:08	+03:05:53	25:01
539	206	Gabriela Peixoto	AS- Bravos e Bravitas	Senior Feminino	04:10:08	+03:05:53	25:01
540	204	Elisabete Ferreira	AS- Bravos e Bravitas	Senior Feminino	04:10:08	+03:05:54	25:01
541	215	Patrícia Soares	AS- Bravos e Bravitas	Senior Feminino	04:10:09	+03:05:54	25:01
542	217	Sara Ribeiro	AS- Bravos e Bravitas	Senior Feminino	04:10:09	+03:05:54	25:01
543	209	Márcia Ferreira	AS- Bravos e Bravitas	Senior Feminino	04:10:10	+03:05:55	25:01
544	212	Marta Mateu	AS- Bravos e Bravitas	Senior Feminino	04:10:11	+03:05:56	25:01
545	208	Juliana Tavares	AS- Bravos e Bravitas	Senior Feminino	04:10:12	+03:05:57	25:01

Official Timekeeper: Lap2Go	12 / 27	generate 19-Jul-2025 18:46
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Semi Elite

10 KM

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OFFICIAL RESULT

546	1419	Luísa Pires	RE3 challenge	Senior Feminino	04:10:41	+03:06:27	25:04
547	1422	Sónia Belez	RE3 challenge	Senior Feminino	04:10:42	+03:06:27	25:04
548	1418	Karla Oliveira	RE3 challenge	Senior Feminino	04:18:38	+03:14:23	25:52
549	1421	Solange Matos	RE3 challenge	Senior Feminino	04:18:45	+03:14:30	25:53
550	1420	Renata Silva	RE3 challenge	Senior Feminino	04:18:45	+03:14:30	25:53

Senior Masculino

1	494	António Amorim	Clube Desportivo Feirense	Senior Masculino	01:04:14	06:25
2	898	Luis Silva	Lusitania de Lourosa SA	Senior Masculino	01:15:34	+11:20 07:33
3	1450	Pedro Francisco	Run For Fun Laranjinhas	Senior Masculino	01:15:42	+11:27 07:34
4	21	F. Nobre	CF Perosinho Trail & Running	Senior Masculino	01:16:02	+11:47 07:36
5	877	Eduardo Amorim	Individual	Senior Masculino	01:16:11	+11:57 07:37
6	918	Pedro santoa	Individual	Senior Masculino	01:22:28	+18:13 08:15
7	1448	Bruno Albergaria	Run For Fun Laranjinhas	Senior Masculino	01:22:54	+18:40 08:17
8	935	Valter Soares	Individual	Senior Masculino	01:23:42	+19:28 08:22
9	1044	Marco China	Lourosa em Movimento	Senior Masculino	01:24:12	+19:57 08:25
10	1308	JEAN REIS DOS SANTOS	Os sem fôlegos	Senior Masculino	01:24:29	+20:15 08:27
11	907	Nelson David Moura Lopes	Individual	Senior Masculino	01:26:42	+22:28 08:40
12	122	Helder André Esteves Azevedo	A Alcateia Cinzenta	Senior Masculino	01:26:48	+22:34 08:41
13	137	Tiago Maia	A Alcateia Cinzenta	Senior Masculino	01:26:48	+22:34 08:41
14	298	Rui Manuel ferreira Silva	Bombeiros Voluntários de Esmoriz	Senior Masculino	01:27:20	+23:06 08:44
15	857	Alcino Santos	Individual	Senior Masculino	01:28:29	+24:14 08:51
16	293	Bruno Miguel Moreira Castelhana	Bombeiros Voluntários de Esmoriz	Senior Masculino	01:28:47	+24:32 08:53
17	295	Leonardo Afonso Vilanova	Bombeiros Voluntários de Esmoriz	Senior Masculino	01:29:13	+24:59 08:55
18	1250	Cesar Martins	Os Fraquinhos de Alfena	Senior Masculino	01:30:00	+25:45 09:00
19	1521	Rui Pedro Sequeira da Costa	SIDEL	Senior Masculino	01:30:26	+26:12 09:03
20	495	João Oliveira	Clube Desportivo Feirense	Senior Masculino	01:30:37	+26:22 09:04
21	299	Rui Paulo oliveira Martins	Bombeiros Voluntários de Esmoriz	Senior Masculino	01:30:47	+26:32 09:05
22	132	Reginaldo Modenes	A Alcateia Cinzenta	Senior Masculino	01:31:01	+26:46 09:06
23	1597	Nuno Mata	Tudo ao molho e fé em Deus	Senior Masculino	01:31:17	+27:03 09:08
24	1594	Francisco Monteiro	Tudo ao molho e fé em Deus	Senior Masculino	01:31:19	+27:05 09:08
25	1047	Vitor Moreira	Lourosa em Movimento	Senior Masculino	01:32:45	+28:30 09:17
26	1046	Pedro Moreira	Lourosa em Movimento	Senior Masculino	01:32:45	+28:30 09:17
27	517	Tiago Araújo	Corpus Maximus	Senior Masculino	01:33:15	+29:01 09:20
28	1362	Diogo Oliveira	PMLE ALUMÍNIOS	Senior Masculino	01:33:28	+29:13 09:21
29	1364	Gonçalo Portugal	PMLE ALUMÍNIOS	Senior Masculino	01:33:28	+29:13 09:21
30	80	David Novo	PMLE ALUMINIOS	Senior Masculino	01:33:30	+29:15 09:21
31	550	Joao cabral	CrossFit Foz	Senior Masculino	01:33:54	+29:39 09:23
32	551	Martin Castaneda	CrossFit Foz	Senior Masculino	01:34:17	+30:02 09:26
33	926	Rui Fontes	Individual	Senior Masculino	01:34:17	+30:02 09:26
34	790	Diogo Silva	Improve Fitness Studio	Senior Masculino	01:34:54	+30:40 09:29
35	1306	Guilherme Bezerra	Os sem fôlegos	Senior Masculino	01:36:02	+31:47 09:36
36	802	Miguel Pereira	Improve Fitness Studio	Senior Masculino	01:37:08	+32:54 09:43
37	556	Tiago Garrido	CrossFit Foz	Senior Masculino	01:37:50	+33:36 09:47
38	1444	Tino Silva	Run & Fun	Senior Masculino	01:37:51	+33:37 09:47

Semi Elite

10 KM

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OFFICIAL RESULT

39	557	Webert Rufino	CrossFit Foz	Senior Masculino	01:37:52	+33:37	09:47
40	1443	Nelson Pais	Run & Fun	Senior Masculino	01:37:53	+33:39	09:47
41	1442	Joel Pinto	Run & Fun	Senior Masculino	01:37:54	+33:39	09:47
42	903	Marco André Sousa Lourenço	Individual	Senior Masculino	01:38:05	+33:51	09:49
43	1393	Rui Manuel Oliveira Coelho	Prodd Tintol	Senior Masculino	01:38:15	+34:00	09:50
44	1394	Tiago Manuel Ferreira Tavares	Prodd Tintol	Senior Masculino	01:38:17	+34:02	09:50
45	872	Diogo Costa	Individual	Senior Masculino	01:38:25	+34:11	09:51
46	1517	Marco Paulo Soares de Almeida	SIDEL	Senior Masculino	01:38:27	+34:13	09:51
47	1254	Francisco Melo	Os Indomáveis	Senior Masculino	01:38:40	+34:26	09:52
48	1158	Luís Martins	Mental Energy	Senior Masculino	01:38:52	+34:38	09:53
49	1446	Adriano Oliveira	Run For Fun Laranjinhas	Senior Masculino	01:39:42	+35:27	09:58
50	1451	Tony Bri	Run For Fun Laranjinhas	Senior Masculino	01:39:42	+35:27	09:58
51	1469	Zé Manel	running esmoriz	Senior Masculino	01:40:13	+35:58	10:01
52	555	Simão Silva	CrossFit Foz	Senior Masculino	01:41:03	+36:48	10:06
53	1639	Paulo SOusa	Ricardo Ribeiro	Senior Masculino	01:41:24	+37:10	10:08
54	1429	Diogo Sousa	Ricardo Ribeiro	Senior Masculino	01:41:25	+37:10	10:09
55	135	Silvério dos Santos Pereira	A Alcateia Cinzenta	Senior Masculino	01:41:34	+37:19	10:09
56	296	Rui Filipe Reis Moreira	Bombeiros Voluntários de Esmoriz	Senior Masculino	01:44:04	+39:49	10:24
57	297	Rui Filipe Vieira Sousa	Bombeiros Voluntários de Esmoriz	Senior Masculino	01:44:05	+39:51	10:25
58	1332	André Silva	Petrus Runners	Senior Masculino	01:44:57	+40:43	10:30
59	136	Tiago André Ferreira Pinto Costa	A Alcateia Cinzenta	Senior Masculino	01:45:20	+41:05	10:32
60	730	José Pinhal	Glassdrive Sport	Senior Masculino	01:45:21	+41:07	10:32
61	1557	Pedro Prazinha	Teamliberty ocr	Senior Masculino	01:45:57	+41:43	10:36
62	1253	Daniel Almeida	Os Indomáveis	Senior Masculino	01:46:06	+41:51	10:37
63	890	Inacio Romuald	Individual	Senior Masculino	01:46:15	+42:00	10:38
64	1307	GUILHERME GOMES DA SILVA	Os sem fôlegos	Senior Masculino	01:46:50	+42:35	10:41
65	885	Francisco Manuel Teixeira Marques	Individual	Senior Masculino	01:47:09	+42:55	10:43
66	1562	Filipe Miguel	Timeout Aventura	Senior Masculino	01:47:28	+43:14	10:45
67	980	Tiago Sousa	JP Fiães	Senior Masculino	01:47:29	+43:15	10:45
68	681	João Carlos Pereira	Fox Team	Senior Masculino	01:49:16	+45:01	10:56
69	337	Nuno Rodrigues	Bravos do Copofit	Senior Masculino	01:49:24	+45:09	10:56
70	330	Dinis Lima	Bravos do Copofit	Senior Masculino	01:49:24	+45:09	10:56
71	441	Francisco Moreira	Caminhada da Amizade	Senior Masculino	01:49:39	+45:24	10:58
72	224	Filipe Pinho	AS- Bravos e Bravitas	Senior Masculino	01:49:40	+45:25	10:58
73	1407	Pedro Pombal	Pupilos do Zé-Tó	Senior Masculino	01:50:51	+46:36	11:05
74	186	Miguel Fontes	Pupilos do Zé-Tó	Senior Masculino	01:50:52	+46:37	11:05
75	796	João Gonçalves	Improve Fitness Studio	Senior Masculino	01:51:02	+46:48	11:06
76	120	Fábio Silva	A Alcateia Cinzenta	Senior Masculino	01:51:10	+46:55	11:07
77	604	Cristiano Robalinho	Equipa Polipaul	Senior Masculino	01:51:36	+47:22	11:10
78	1251	Pedro Policiano	Os Fraquinhos de Alfena	Senior Masculino	01:51:47	+47:32	11:11
79	1131	pedro Alves	MC	Senior Masculino	01:52:11	+47:56	11:13
80	1123	Pedro Rocha	MC	Senior Masculino	01:52:11	+47:56	11:13
81	875	Diogo Filipe Pinho Moreira	Individual	Senior Masculino	01:52:25	+48:10	11:15
82	887	Gonçalo Filipe Estevão Moreira	Individual	Senior Masculino	01:52:25	+48:10	11:15
83	888	Helder Martins	Individual	Senior Masculino	01:53:09	+48:54	11:19
84	1515	João Carlos Baptista Cabral	SIDEL	Senior Masculino	01:53:21	+49:06	11:20

Semi Elite

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OFFICIAL RESULT

85	1309	Renan Carlos Silva	Os sem fôlegos	Senior Masculino	01:53:26	+49:11	11:21
86	1563	Joel Magina	TITI	Senior Masculino	01:54:36	+50:22	11:28
87	1564	Tiago Sabença	TITI	Senior Masculino	01:54:37	+50:22	11:28
88	1310	André Feliciano	Os sonecas	Senior Masculino	01:54:55	+50:40	11:30
89	1311	Filipe Sousa	Os sonecas	Senior Masculino	01:54:55	+50:41	11:30
90	1312	Ivo Filipe	Os sonecas	Senior Masculino	01:54:55	+50:41	11:30
91	1319	Danilo Borges	Paulo Gomes	Senior Masculino	01:55:42	+51:28	11:34
92	1320	Paulo Sérgio Silva Gomes	Paulo Gomes	Senior Masculino	01:56:15	+52:01	11:38
93	1504	Nuno Santos	Sentir Escariz Running	Senior Masculino	01:56:16	+52:02	11:38
94	496	Nélson Tavares	CMM Corrida Vale de Cambra	Senior Masculino	01:56:33	+52:18	11:39
95	680	João Carlos Carvalho	Fox Team	Senior Masculino	01:56:56	+52:42	11:42
96	677	Edgar Silva	Fox Team	Senior Masculino	01:56:56	+52:42	11:42
97	1514	Gonçalo Melo Gonçalves	SIDEL	Senior Masculino	01:57:14	+52:59	11:43
98	861	António Mendes	Individual	Senior Masculino	01:57:20	+53:06	11:44
99	1365	Mário Oliveira	PMLE ALUMÍNIOS	Senior Masculino	01:57:55	+53:41	11:48
100	1449	Gonçalo Araújo	Run For Fun Laranjinhas	Senior Masculino	01:58:30	+54:15	11:51
101	1416	Marcelo Martins Barbosa	Quem é que se lembrou!!	Senior Masculino	01:58:46	+54:31	11:53
102	447	João Miguel Gomes Silva	Cangurus Pernetas	Senior Masculino	01:58:51	+54:36	11:53
103	924	Rúben Santos	Individual	Senior Masculino	01:59:04	+54:50	11:55
104	899	Luis Soares	Individual	Senior Masculino	01:59:45	+55:31	11:59
105	908	Nuno Almeida	Individual	Senior Masculino	01:59:52	+55:38	11:59
106	566	Pietro Figueiredo Martins	DDT Runners	Senior Masculino	02:00:20	+56:05	12:02
107	1257	João Martins	Os Manos	Senior Masculino	02:00:52	+56:38	12:05
108	1258	José Rebola	Os Manos	Senior Masculino	02:00:53	+56:39	12:05
109	1260	Marco Martins	Os Manos	Senior Masculino	02:00:54	+56:39	12:05
110	1256	Bruno Amorim	Os Manos	Senior Masculino	02:00:54	+56:40	12:05
111	443	José Joaquim Coelho	Caminhada da Amizade	Senior Masculino	02:01:16	+57:02	12:08
112	442	Hugo Taipa	Caminhada da Amizade	Senior Masculino	02:01:16	+57:02	12:08
113	896	Jorge Manuel Matos dos Santos	Individual	Senior Masculino	02:01:37	+57:22	12:10
114	462	Fábio Renato Pinto Machado	Carroças Dream Team	Senior Masculino	02:01:49	+57:34	12:11
115	856	Alcides Gomes	Individual	Senior Masculino	02:01:56	+57:41	12:12
116	679	João Almeida	Fox Team	Senior Masculino	02:02:06	+57:52	12:13
117	675	André Dias	Fox Team	Senior Masculino	02:02:07	+57:52	12:13
118	678	Fabio Costa	Fox Team	Senior Masculino	02:02:07	+57:52	12:13
119	683	Mario Dias	Fox Team	Senior Masculino	02:02:07	+57:52	12:13
120	334	Hugo Moreira	Bravos do Copofit	Senior Masculino	02:02:39	+58:25	12:16
121	1324	Luís Carvalho	PÉ COXINHOS	Senior Masculino	02:02:53	+58:38	12:17
122	1431	João Azevedo	Ricardo Ribeiro	Senior Masculino	02:02:57	+58:42	12:18
123	1428	Diogo Dias	Ricardo Ribeiro	Senior Masculino	02:02:58	+58:44	12:18
124	1555	Henrique Silva	Teamliberty ocr	Senior Masculino	02:03:51	+59:36	12:23
125	928	Rui Nogueira	Individual	Senior Masculino	02:04:41	+01:00:27	12:28
126	1301	Ricardo Gomes	Os resistentes	Senior Masculino	02:05:03	+01:00:49	12:30
127	1438	Oliver Stefan Correia Kungel	Rijones	Senior Masculino	02:05:26	+01:01:12	12:33
128	1437	Gonçalo Machado	Rijones	Senior Masculino	02:05:28	+01:01:13	12:33
129	1439	Vasco Amaral	Rijones	Senior Masculino	02:05:33	+01:01:18	12:33
130	1518	Pedro Filipe Monteiro	SIDEL	Senior Masculino	02:06:39	+01:02:24	12:40

Semi Elite

10 KM

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OFFICIAL RESULT

131	760	Leonardo Santos	GRUPO JR	Senior Masculino	02:06:43	+01:02:28	12:40
132	758	João Oliveira	GRUPO JR	Senior Masculino	02:06:43	+01:02:28	12:40
133	761	Marco Soares	GRUPO JR	Senior Masculino	02:06:43	+01:02:29	12:40
134	759	José Manuel Ribeiro	GRUPO JR	Senior Masculino	02:06:44	+01:02:30	12:40
135	1317	David Jesus	Papillons Lentos	Senior Masculino	02:06:59	+01:02:44	12:42
136	544	Vasco Vasconcelos Matos	Corredores 100 Sutiã	Senior Masculino	02:07:07	+01:02:53	12:43
137	1149	Nuno Correia	Melrada	Senior Masculino	02:07:16	+01:03:02	12:44
138	1146	Bruno Machado	Melrada	Senior Masculino	02:07:16	+01:03:02	12:44
139	1148	Francisco Pinho	Melrada	Senior Masculino	02:07:18	+01:03:04	12:44
140	1147	Fernando Araújo	Melrada	Senior Masculino	02:07:18	+01:03:04	12:44
141	282	Pedro Sousa	BodyWorkout	Senior Masculino	02:08:07	+01:03:52	12:49
142	915	Pedro Azevedo	Individual	Senior Masculino	02:08:44	+01:04:29	12:52
143	1503	Leonel dias	Sentir Escariz Running	Senior Masculino	02:09:59	+01:05:44	13:00
144	1208	Bruno Gomes	Os Bravos do Batista	Senior Masculino	02:11:20	+01:07:05	13:08
145	972	António Neves	JP Fiães	Senior Masculino	02:11:38	+01:07:23	13:10
146	1217	Tiago Andrade	Os Bravos do Batista	Senior Masculino	02:11:42	+01:07:27	13:10
147	516	Rui Reis	Corpus Maximus	Senior Masculino	02:12:07	+01:07:52	13:13
148	976	Nelson Santos	JP Fiães	Senior Masculino	02:12:20	+01:08:06	13:14
149	978	Ramiro Costa	JP Fiães	Senior Masculino	02:12:20	+01:08:06	13:14
150	979	Simão Cardoso	JP Fiães	Senior Masculino	02:12:21	+01:08:06	13:14
151	973	Bruno Pinho	JP Fiães	Senior Masculino	02:12:22	+01:08:08	13:14
152	922	Rodrigo Silva	Individual	Senior Masculino	02:12:44	+01:08:30	13:16
153	905	Marco Silva	Individual	Senior Masculino	02:12:46	+01:08:31	13:17
154	188	José Beleza	Arrifana Running	Senior Masculino	02:13:24	+01:09:09	13:20
155	1212	Nuno Filipe Almeida Soares	Os Bravos do Batista	Senior Masculino	02:13:47	+01:09:33	13:23
156	190	Paulo Fonseca	Arrifana Running	Senior Masculino	02:14:10	+01:09:55	13:25
157	1206	André da silva	Os Bravos do Batista	Senior Masculino	02:14:17	+01:10:03	13:26
158	470	Simão Capitão	Celibato pré-marital	Senior Masculino	02:14:34	+01:10:19	13:27
159	806	Rui Pedro Silva	Improve Fitness Studio	Senior Masculino	02:14:38	+01:10:24	13:28
160	1214	Rafael Almeida	Os Bravos do Batista	Senior Masculino	02:14:43	+01:10:29	13:28
161	1288	João Costa	Os resistentes	Senior Masculino	02:14:53	+01:10:38	13:29
162	1565	Eduardo Mendes	Tog ronca orelhas de gato	Senior Masculino	02:15:07	+01:10:53	13:31
163	1575	Fernando Barbosa	Trinca orelhas de gato TOG	Senior Masculino	02:15:33	+01:11:19	13:33
164	489	Pedro Ferreira	Chama na Pista	Senior Masculino	02:16:00	+01:11:45	13:36
165	764	Rui Almeida	GRUPO JR	Senior Masculino	02:16:06	+01:11:51	13:37
166	751	David Ferreira	GRUPO JR	Senior Masculino	02:16:06	+01:11:51	13:37
167	1211	Marco Oliveira	Os Bravos do Batista	Senior Masculino	02:16:22	+01:12:07	13:38
168	1033	Nuno Neves	Individual	Senior Masculino	02:16:25	+01:12:10	13:39
169	642	Joao Guilherme Esteves Novo Soares	ESTROIKAS	Senior Masculino	02:16:28	+01:12:14	13:39
170	641	Bruno Venancio	ESTROIKAS	Senior Masculino	02:16:29	+01:12:14	13:39
171	607	José Martins	Equipa Polipaul	Senior Masculino	02:16:51	+01:12:37	13:41
172	1512	Felipe Pessan	SIDEL	Senior Masculino	02:16:54	+01:12:40	13:41
173	798	Manuel Silva	Improve Fitness Studio	Senior Masculino	02:17:02	+01:12:47	13:42
174	1049	José Carvalho Gonçalves	Luísa Areia	Senior Masculino	02:17:09	+01:12:55	13:43
175	788	Carlos Bernardino	Improve Fitness Studio	Senior Masculino	02:17:10	+01:12:56	13:43
176	741	Rúben Barbosa	Grossos da Feira	Senior Masculino	02:17:13	+01:12:58	13:43

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177	1293	Luis Henriques	Os resistentes	Senior Masculino	02:17:21	+01:13:07	13:44
178	1302	Roberto Leite	Os resistentes	Senior Masculino	02:17:26	+01:13:11	13:45
179	1339	Pedro Miguel Silva	Petrus Runners	Senior Masculino	02:17:49	+01:13:35	13:47
180	1432	JOSÉ AZEVEDO	Ricardo Ribeiro	Senior Masculino	02:17:58	+01:13:43	13:48
181	126	Miguel Gomes	A Alcateia Cinzenta	Senior Masculino	02:18:07	+01:13:53	13:49
182	549	Domingos Pires	CrossFit Foz	Senior Masculino	02:18:35	+01:14:20	13:52
183	554	Rui Costa	CrossFit Foz	Senior Masculino	02:18:35	+01:14:21	13:52
184	552	Miguel Araujo	CrossFit Foz	Senior Masculino	02:18:37	+01:14:23	13:52
185	553	Rogério Fernandes	CrossFit Foz	Senior Masculino	02:18:37	+01:14:23	13:52
186	1488	Bruno Miguel Ferreira Gonçalves	Seis e sprint	Senior Masculino	02:20:13	+01:15:58	14:01
187	1489	Daniel Bastos	Seis e sprint	Senior Masculino	02:20:13	+01:15:59	14:01
188	1490	Fábio Resende	Seis e sprint	Senior Masculino	02:20:14	+01:15:59	14:01
189	1492	Nuno Moura	Seis e sprint	Senior Masculino	02:20:16	+01:16:01	14:02
190	1487	António Costa	Seis e sprint	Senior Masculino	02:20:17	+01:16:02	14:02
191	895	Joaquim Pepe Roque	Individual	Senior Masculino	02:21:03	+01:16:49	14:06
192	1092	Rafael Almeida	Mamamia	Senior Masculino	02:23:00	+01:18:46	14:18
193	1020	Gil Dudot	JUF ACC	Senior Masculino	02:23:29	+01:19:14	14:21
194	1526	José Carlos	Street Shield	Senior Masculino	02:23:50	+01:19:36	14:23
195	1527	Luís Oliveira	Street Shield	Senior Masculino	02:23:50	+01:19:36	14:23
196	1528	Miguel Martins	Street Shield	Senior Masculino	02:23:50	+01:19:36	14:23
197	1525	Daniel Silva	Street Shield	Senior Masculino	02:23:50	+01:19:36	14:23
198	1529	Pedro Silva	Street Shield	Senior Masculino	02:23:52	+01:19:37	14:23
199	1524	Carlos Fonseca	Street Shield	Senior Masculino	02:23:53	+01:19:38	14:23
200	743	Vasco Gomes	Grossos da Feira	Senior Masculino	02:24:37	+01:20:23	14:28
201	742	Rúben Soares	Grossos da Feira	Senior Masculino	02:24:37	+01:20:23	14:28
202	925	Rui Alexandre Serrano de Moura	Individual	Senior Masculino	02:24:38	+01:20:23	14:28
203	739	Alexandre Cardoso	Grossos da Feira	Senior Masculino	02:25:04	+01:20:50	14:30
204	740	João Oliveira	Grossos da Feira	Senior Masculino	02:25:05	+01:20:50	14:31
205	1118	Tiago Rafael Fernandes da Rocha	Mantem-te ativo e saudavel	Senior Masculino	02:25:31	+01:21:16	14:33
206	1107	Alvaro Jose Strecht Moreira	Mantem-te ativo e saudavel	Senior Masculino	02:25:31	+01:21:16	14:33
207	1619	João Tiago Rodrigues Lopes	Victory Squad	Senior Masculino	02:25:50	+01:21:35	14:35
208	1620	Leandro Pais	Victory Squad	Senior Masculino	02:25:51	+01:21:36	14:35
209	1476	Leoleon Cardoso	Sarapotos	Senior Masculino	02:26:02	+01:21:48	14:36
210	1478	Marco Ferreira	Sarapotos	Senior Masculino	02:26:02	+01:21:48	14:36
211	897	Luis Gonzalez	Individual	Senior Masculino	02:26:03	+01:21:48	14:36
212	1323	António Rocha	PÉ COXINHOS	Senior Masculino	02:26:04	+01:21:49	14:36
213	1554	Duarte Veloso dos Santos	Teamliberty ocr	Senior Masculino	02:26:25	+01:22:10	14:39
214	1556	José Carlos Santos	Teamliberty ocr	Senior Masculino	02:26:29	+01:22:14	14:39
215	605	Daniel Moreira	Equipa Polipaul	Senior Masculino	02:26:33	+01:22:18	14:39
216	486	José Teixeira	Chama na Pista	Senior Masculino	02:27:13	+01:22:59	14:43
217	750	Bruno Ferreira	GRUPO JR	Senior Masculino	02:27:23	+01:23:08	14:44
218	870	Cristiano Carvalho	Individual	Senior Masculino	02:28:29	+01:24:15	14:51
219	799	Marcelo Santos	Improve Fitness Studio	Senior Masculino	02:28:47	+01:24:33	14:53
220	332	Filipe Mesquita	Bravos do Copofit	Senior Masculino	02:28:47	+01:24:33	14:53
221	333	helder Araujo	Bravos do Copofit	Senior Masculino	02:28:47	+01:24:33	14:53
222	336	Nuno Abreu	Bravos do Copofit	Senior Masculino	02:28:49	+01:24:35	14:53

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223	797	Lucas Santos	Improve Fitness Studio	Senior Masculino	02:28:58	+01:24:44	14:54
224	1304	Tiago Gomes	Os resistentes	Senior Masculino	02:29:01	+01:24:47	14:54
225	1285	Edgar Gomes	Os resistentes	Senior Masculino	02:29:01	+01:24:47	14:54
226	1157	Francisco Sampaio	Mental Energy	Senior Masculino	02:29:02	+01:24:47	14:54
227	1560	Tiago Leite	Tiago Leite	Senior Masculino	02:29:02	+01:24:47	14:54
228	1559	Miguel Costa	Tiago Leite	Senior Masculino	02:29:03	+01:24:48	14:54
229	1159	Tiago Costa	Mental Energy	Senior Masculino	02:29:03	+01:24:49	14:54
230	331	Eduardo Santos	Bravos do Copofit	Senior Masculino	02:29:07	+01:24:53	14:55
231	328	Bruno Carvalhp	Bravos do Copofit	Senior Masculino	02:29:07	+01:24:53	14:55
232	335	João Tomé	Bravos do Copofit	Senior Masculino	02:29:23	+01:25:09	14:56
233	685	Sérgio Almeida	Fox Team	Senior Masculino	02:29:32	+01:25:18	14:57
234	676	António Silva	Fox Team	Senior Masculino	02:29:34	+01:25:20	14:57
235	682	João Sousa	Fox Team	Senior Masculino	02:29:34	+01:25:20	14:57
236	793	Henrique Pereira	Improve Fitness Studio	Senior Masculino	02:30:10	+01:25:56	15:01
237	424	Leandro Araújo	CAL	Senior Masculino	02:30:10	+01:25:56	15:01
238	543	Rodrigo dos Santos Pombinho	Corredores 100 Sutiã	Senior Masculino	02:30:21	+01:26:06	15:02
239	537	Cláudio Roberto Moura Batatel	Corredores 100 Sutiã	Senior Masculino	02:30:21	+01:26:07	15:02
240	325	António Bessa	Bravos do Copofit	Senior Masculino	02:30:28	+01:26:14	15:03
241	542	Leandro Silva ramos	Corredores 100 Sutiã	Senior Masculino	02:30:47	+01:26:32	15:05
242	1252	Ricardo Lima	Os Fraquinhos de Alfena	Senior Masculino	02:30:55	+01:26:41	15:06
243	916	PEDRO BANDEIRA	Individual	Senior Masculino	02:31:50	+01:27:35	15:11
244	538	Diogo António Santos Oliveira	Corredores 100 Sutiã	Senior Masculino	02:32:14	+01:27:59	15:13
245	1367	Vasco Fernando	PMLE ALUMÍNIOS	Senior Masculino	02:32:33	+01:28:19	15:15
246	540	João Paulo Magina Oliveira	Corredores 100 Sutiã	Senior Masculino	02:32:38	+01:28:23	15:16
247	539	Diogo Magina Oliveira	Corredores 100 Sutiã	Senior Masculino	02:32:43	+01:28:28	15:16
248	1342	Rodrigo Novo	Pipocas	Senior Masculino	02:32:56	+01:28:41	15:18
249	1343	Victor Pinto	Pipocas	Senior Masculino	02:32:56	+01:28:42	15:18
250	1404	Jorge Pereira	Pupilos do Zé-Tó	Senior Masculino	02:33:26	+01:29:12	15:21
251	1403	Bruno Alves	Pupilos do Zé-Tó	Senior Masculino	02:33:26	+01:29:12	15:21
252	1408	Vasco Macedo	Pupilos do Zé-Tó	Senior Masculino	02:34:00	+01:29:46	15:24
253	1406	Leandro Queirós	Pupilos do Zé-Tó	Senior Masculino	02:34:00	+01:29:46	15:24
254	541	João Pedro Santos Lopes	Corredores 100 Sutiã	Senior Masculino	02:34:02	+01:29:48	15:24
255	1168	Frederico Gonçalves	Minhocas	Senior Masculino	02:34:10	+01:29:55	15:25
256	1170	Telmo Teixeira	Minhocas	Senior Masculino	02:34:10	+01:29:56	15:25
257	1599	Rui Maia	Tudo ao molho e fé em Deus	Senior Masculino	02:34:52	+01:30:37	15:29
258	904	Marco Antônio	Individual	Senior Masculino	02:35:05	+01:30:50	15:31
259	906	Miguel Leirião	Individual	Senior Masculino	02:35:05	+01:30:50	15:31
260	933	Tiago Coelho	Individual	Senior Masculino	02:35:05	+01:30:51	15:31
261	1566	Elisio Dias	TrepaTrilhos Trail Team	Senior Masculino	02:35:20	+01:31:06	15:32
262	923	Rómulo Meireles	Individual	Senior Masculino	02:35:48	+01:31:34	15:35
263	920	Ricardo Ferreira	Individual	Senior Masculino	02:35:49	+01:31:35	15:35
264	911	Nuno Nunes	Individual	Senior Masculino	02:35:50	+01:31:36	15:35
265	595	Tiago Trigo	Dubai Lidl	Senior Masculino	02:36:00	+01:31:46	15:36
266	862	António Moura	Individual	Senior Masculino	02:36:11	+01:31:56	15:37
267	690	Diogo Henriques Marques	Fúria Brava	Senior Masculino	02:36:17	+01:32:03	15:38
268	974	João Sousa	JP Fiães	Senior Masculino	02:36:34	+01:32:20	15:39

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269	1510	Ângelo Manuel de Almeida Pinho	SIDEL	Senior Masculino	02:36:58	+01:32:44	15:42
270	169	Marco Barreira	Araras	Senior Masculino	02:37:17	+01:33:03	15:44
271	876	Diogo Tavares	Individual	Senior Masculino	02:37:30	+01:33:16	15:45
272	329	Bruno Lima	Bravos do Copofit	Senior Masculino	02:38:14	+01:34:00	15:49
273	691	Diogo Vidal Silva	Fúria Brava	Senior Masculino	02:38:25	+01:34:11	15:51
274	695	Pedro Tiago Chaves Castro Paupério	Fúria Brava	Senior Masculino	02:38:25	+01:34:11	15:51
275	576	João Pedro Pereira Martins	Dragões De Fiães	Senior Masculino	02:38:51	+01:34:37	15:53
276	159	DINIS PEREIRA	Academia Combate de Gaia	Senior Masculino	02:40:10	+01:35:56	16:01
277	669	André Sousa	Fitness Flow	Senior Masculino	02:40:13	+01:35:59	16:01
278	692	Fábio Daniel Gomes Coelho	Fúria Brava	Senior Masculino	02:40:19	+01:36:05	16:02
279	689	Arménio da Mota Marques e Silva	Fúria Brava	Senior Masculino	02:40:21	+01:36:07	16:02
280	694	Paulo Jorge Pinho Capitão	Fúria Brava	Senior Masculino	02:40:24	+01:36:10	16:02
281	693	Michael Henriques Marques	Fúria Brava	Senior Masculino	02:40:34	+01:36:20	16:03
282	1220	Tiago Sousa	OS DUROS	Senior Masculino	02:40:46	+01:36:31	16:05
283	1218	Bruno Sousa	OS DUROS	Senior Masculino	02:40:47	+01:36:32	16:05
284	1219	Gualter Pereira	OS DUROS	Senior Masculino	02:40:47	+01:36:32	16:05
285	180	Pedro Carvalho	ARRASTASSOLAS	Senior Masculino	02:40:56	+01:36:41	16:06
286	183	Xavier Ferreira	ARRASTASSOLAS	Senior Masculino	02:40:57	+01:36:42	16:06
287	340	Vitor Leite	Bravos do Copofit	Senior Masculino	02:41:08	+01:36:54	16:07
288	1337	José Santos	Petrus Runners	Senior Masculino	02:41:32	+01:37:18	16:09
289	326	António Oliveira	Bravos do Copofit	Senior Masculino	02:41:59	+01:37:44	16:12
290	1522	Tiago Soares Mendes	SIDEL	Senior Masculino	02:42:03	+01:37:49	16:12
291	780	RENATO SANTOS	ILHABENSES	Senior Masculino	02:42:29	+01:38:15	16:15
292	460	Ricardo Martins	Cardiana	Senior Masculino	02:42:29	+01:38:15	16:15
293	1164	Rui Santos	Miles & Vibes	Senior Masculino	02:42:32	+01:38:17	16:15
294	942	Tomás Alves	Iron Legs Runners	Senior Masculino	02:43:37	+01:39:23	16:22
295	929	Rui Pinto	Individual	Senior Masculino	02:43:54	+01:39:40	16:23
296	894	João Silva	Individual	Senior Masculino	02:43:56	+01:39:42	16:24
297	646	Nuno Oliveira	Eu e tu	Senior Masculino	02:43:57	+01:39:42	16:24
298	913	Paulo Mota	Individual	Senior Masculino	02:43:58	+01:39:43	16:24
299	591	Marcelo Guimarães	Dubai Lidl	Senior Masculino	02:44:08	+01:39:53	16:25
300	594	Ricardo Santos	Dubai Lidl	Senior Masculino	02:44:08	+01:39:53	16:25
301	349	Victor Gomez	Bravos do Feirense	Senior Masculino	02:45:05	+01:40:50	16:31
302	347	Jorge Xavier	Bravos do Feirense	Senior Masculino	02:45:05	+01:40:50	16:31
303	348	Sergio Ricardo Araujo	Bravos do Feirense	Senior Masculino	02:45:05	+01:40:50	16:31
304	1636	Manuel Fernandes	XIQUELIBITES	Senior Masculino	02:45:44	+01:41:30	16:34
305	1405	José Rodrigues	Pupilos do Zé-Tó	Senior Masculino	02:46:16	+01:42:01	16:38
306	714	AGOSTINHO RIBEIRO	GANG DO LENÇOL	Senior Masculino	02:46:22	+01:42:08	16:38
307	1279	Adriano Pinho	Os resistentes	Senior Masculino	02:46:30	+01:42:15	16:39
308	1333	Bruno Silva	Petrus Runners	Senior Masculino	02:46:38	+01:42:24	16:40
309	1334	João Martins	Petrus Runners	Senior Masculino	02:46:39	+01:42:24	16:40
310	1335	Joaquim Silva	Petrus Runners	Senior Masculino	02:46:39	+01:42:24	16:40
311	1336	Jorge Santos	Petrus Runners	Senior Masculino	02:46:39	+01:42:24	16:40
312	1338	Luis Soeira	Petrus Runners	Senior Masculino	02:46:39	+01:42:25	16:40
313	288	Manuel Fernando Resende Freitas	Bombeiros Voluntários de Arrifana	Senior Masculino	02:46:40	+01:42:25	16:40
314	410	Paulo Maia	Bravos e Bravitas	Senior Masculino	02:47:04	+01:42:49	16:42

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315	1377	Pierre Rodrigues	Prime	Senior Masculino	02:47:17	+01:43:03	16:44
316	1374	João Alves	Prime	Senior Masculino	02:47:17	+01:43:03	16:44
317	1375	Lucas Silva	Prime	Senior Masculino	02:47:18	+01:43:04	16:44
318	1376	Luís Tavares	Prime	Senior Masculino	02:47:19	+01:43:05	16:44
319	577	Joel Ferreira Tavares	Dragões De Fiães	Senior Masculino	02:48:20	+01:44:06	16:50
320	733	Ruben Veloso	Glassdrive Sport	Senior Masculino	02:49:28	+01:45:14	16:57
321	731	Pedro Correia	Glassdrive Sport	Senior Masculino	02:49:30	+01:45:16	16:57
322	795	Joao Encarnação	Improve Fitness Studio	Senior Masculino	02:49:57	+01:45:43	17:00
323	805	Rodrigo Moreira	Improve Fitness Studio	Senior Masculino	02:49:58	+01:45:44	17:00
324	1547	Joao Costa	TEAM DARTACÃO	Senior Masculino	02:50:04	+01:45:49	17:00
325	1551	Pedro Santos	TEAM DARTACÃO	Senior Masculino	02:50:04	+01:45:49	17:00
326	1546	Ivo Batista	TEAM DARTACÃO	Senior Masculino	02:50:04	+01:45:49	17:00
327	1552	Serafim Gouveia	TEAM DARTACÃO	Senior Masculino	02:50:05	+01:45:51	17:01
328	522	Rui Sousa	Corre 1, sofrem 3	Senior Masculino	02:50:06	+01:45:52	17:01
329	521	Bruno Cêpa	Corre 1, sofrem 3	Senior Masculino	02:50:08	+01:45:53	17:01
330	1549	Nuno Pereira	TEAM DARTACÃO	Senior Masculino	02:50:09	+01:45:54	17:01
331	1200	Tomás Fernandes	os aventureiros	Senior Masculino	02:50:19	+01:46:05	17:02
332	131	Pedro Moreno	A Alcateia Cinzenta	Senior Masculino	02:50:21	+01:46:07	17:02
333	1192	Manuel Oliveira	os aventureiros	Senior Masculino	02:50:23	+01:46:08	17:02
334	1239	Daniel Fernando da Silva	Os fogo no cu	Senior Masculino	02:51:28	+01:47:13	17:09
335	575	Bruno Santos	Dragões De Fiães	Senior Masculino	02:51:29	+01:47:15	17:09
336	582	Ricardo Lopes	Dragões De Fiães	Senior Masculino	02:51:30	+01:47:15	17:09
337	581	Quintino Alexandre Sousa Ramos	Dragões De Fiães	Senior Masculino	02:51:30	+01:47:15	17:09
338	1240	Hilario Costa	Os fogo no cu	Senior Masculino	02:51:30	+01:47:16	17:09
339	579	Nelson Reis	Dragões De Fiães	Senior Masculino	02:51:31	+01:47:17	17:09
340	580	Pedro Nuno Araújo Couto	Dragões De Fiães	Senior Masculino	02:51:32	+01:47:17	17:09
341	729	Bruno Carvalho	Glassdrive Sport	Senior Masculino	02:51:33	+01:47:18	17:09
342	732	Quim Zé	Glassdrive Sport	Senior Masculino	02:51:33	+01:47:18	17:09
343	578	Nelson Pedro Oliveira Silva	Dragões De Fiães	Senior Masculino	02:51:33	+01:47:18	17:09
344	574	Bruno Daniel Pereira	Dragões De Fiães	Senior Masculino	02:51:35	+01:47:20	17:10
345	1246	Vergilio Teixeira	Os fogo no cu	Senior Masculino	02:51:36	+01:47:22	17:10
346	1241	João Cardoso	Os fogo no cu	Senior Masculino	02:51:41	+01:47:26	17:10
347	1242	Leonel Rocha	Os fogo no cu	Senior Masculino	02:51:41	+01:47:27	17:10
348	309	Tiago Madureira	Bravini	Senior Masculino	02:51:44	+01:47:29	17:10
349	305	Emanuel Alves	Bravini	Senior Masculino	02:51:44	+01:47:30	17:10
350	306	Micael Conceição	Bravini	Senior Masculino	02:51:45	+01:47:30	17:11
351	304	Apólo Silva	Bravini	Senior Masculino	02:51:45	+01:47:30	17:11
352	307	Nelson Santos	Bravini	Senior Masculino	02:51:45	+01:47:30	17:11
353	308	Pedro Pinho	Bravini	Senior Masculino	02:51:45	+01:47:31	17:11
354	1243	Pedro Gonçalves	Os fogo no cu	Senior Masculino	02:51:46	+01:47:32	17:11
355	1238	Carlos Rodrigues	Os fogo no cu	Senior Masculino	02:51:50	+01:47:36	17:11
356	1237	Artur Brandão	Os fogo no cu	Senior Masculino	02:51:52	+01:47:38	17:11
357	1244	Rodrigo Rocha Brandão	Os fogo no cu	Senior Masculino	02:51:57	+01:47:43	17:12
358	1245	Sérgio Coelho	Os fogo no cu	Senior Masculino	02:51:59	+01:47:45	17:12
359	1617	Rúben Silva	Vancalenses	Senior Masculino	02:52:04	+01:47:49	17:12
360	1614	Américo Bessa	Vancalenses	Senior Masculino	02:52:04	+01:47:50	17:12

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361	631	Moises Pinto	EquipaBoot	Senior Masculino	02:52:05	+01:47:51	17:13
362	1615	David Pereira	Vancalenses	Senior Masculino	02:52:06	+01:47:52	17:13
363	1616	Joel Moreira	Vancalenses	Senior Masculino	02:52:07	+01:47:52	17:13
364	807	Sergio Monteiro	Improve Fitness Studio	Senior Masculino	02:52:25	+01:48:11	17:15
365	490	Ruben Leite	Chama na Pista	Senior Masculino	02:53:49	+01:49:35	17:23
366	487	Luís Santos	Chama na Pista	Senior Masculino	02:53:49	+01:49:35	17:23
367	488	Márcio Cardoso	Chama na Pista	Senior Masculino	02:53:51	+01:49:36	17:23
368	1516	José Miguel Matos Pinto	SIDEL	Senior Masculino	02:53:52	+01:49:38	17:23
369	874	Diogo Estevão	Individual	Senior Masculino	02:53:53	+01:49:38	17:23
370	859	André Magalhães	Individual	Senior Masculino	02:53:53	+01:49:38	17:23
371	891	Jairo Bruno Zatella Rodrigues	Individual	Senior Masculino	02:53:54	+01:49:39	17:23
372	871	Daniel Galvão	Individual	Senior Masculino	02:53:54	+01:49:40	17:23
373	491	Serafim Almeida	Chama na Pista	Senior Masculino	02:53:57	+01:49:43	17:24
374	902	Márcio Cardoso	Individual	Senior Masculino	02:53:59	+01:49:45	17:24
375	392	Diogo Melo	Bravos e Bravitas	Senior Masculino	02:54:01	+01:49:47	17:24
376	1372	André Santos	Prime	Senior Masculino	02:54:34	+01:50:19	17:27
377	289	Rui Miguel de Assunção Duarte	Bombeiros Voluntários de Arrifana	Senior Masculino	02:55:01	+01:50:47	17:30
378	286	José Rui Araújo Silva	Bombeiros Voluntários de Arrifana	Senior Masculino	02:55:01	+01:50:47	17:30
379	1373	Eduardo Curado	Prime	Senior Masculino	02:55:23	+01:51:08	17:32
380	285	Moises Santos	Bombeiros Voluntários de Arrifana	Senior Masculino	02:55:29	+01:51:14	17:33
381	1299	Paulo Pinho	Os resistentes	Senior Masculino	02:55:29	+01:51:14	17:33
382	1296	Martim Gomes	Os resistentes	Senior Masculino	02:55:29	+01:51:15	17:33
383	1292	Leonardo Leite	Os resistentes	Senior Masculino	02:55:29	+01:51:15	17:33
384	1300	Pedro Pinho	Os resistentes	Senior Masculino	02:55:30	+01:51:15	17:33
385	1282	Arménio Pinho	Os resistentes	Senior Masculino	02:55:30	+01:51:16	17:33
386	1294	Manuel Oliveira	Os resistentes	Senior Masculino	02:55:30	+01:51:16	17:33
387	1287	Horácio Santos	Os resistentes	Senior Masculino	02:55:30	+01:51:16	17:33
388	1290	Joaquim Silva	Os resistentes	Senior Masculino	02:55:31	+01:51:17	17:33
389	801	Miguel Barbosa	Improve Fitness Studio	Senior Masculino	02:55:41	+01:51:27	17:34
390	789	Claudio Rodrigues	Improve Fitness Studio	Senior Masculino	02:55:42	+01:51:27	17:34
391	808	Tiago Pereira	Improve Fitness Studio	Senior Masculino	02:55:55	+01:51:41	17:36
392	546	MARCIO DANILO COSTA JUNIOR	Costas	Senior Masculino	02:56:49	+01:52:34	17:41
393	1637	Tiago Gonçalves	XIQUelibites	Senior Masculino	02:57:15	+01:53:00	17:44
394	1635	Jorge Monteiro	XIQUelibites	Senior Masculino	02:57:15	+01:53:01	17:44
395	1633	João Pais	XIQUelibites	Senior Masculino	02:57:16	+01:53:01	17:44
396	1631	Eduardo Bastos	XIQUelibites	Senior Masculino	02:57:17	+01:53:03	17:44
397	1634	João Reis	XIQUelibites	Senior Masculino	02:57:17	+01:53:03	17:44
398	1632	Francisco Fernandes	XIQUelibites	Senior Masculino	02:57:17	+01:53:03	17:44
399	1630	Daniel Vieira	XIQUelibites	Senior Masculino	02:57:18	+01:53:03	17:44
400	339	Rodrigo Magalhães	Bravos do Copofit	Senior Masculino	02:57:33	+01:53:18	17:45
401	1434	Ricardo Ribeiro	Ricardo Ribeiro	Senior Masculino	02:57:34	+01:53:19	17:45
402	1435	Rodrigo Ribeiro	Ricardo Ribeiro	Senior Masculino	02:57:34	+01:53:20	17:45
403	670	Erick Marinho	Fitness Flow	Senior Masculino	02:58:01	+01:53:46	17:48
404	327	Arlindo Gomes	Bravos do Copofit	Senior Masculino	02:58:14	+01:53:59	17:49
405	324	André Coelho	Bravos do Copofit	Senior Masculino	02:58:14	+01:53:59	17:49
406	588	Bruno Melo	Dubai Lidl	Senior Masculino	02:58:31	+01:54:16	17:51

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407	1363	Fernando Azevedo	PMLE ALUMÍNIOS	Senior Masculino	02:59:02	+01:54:47	17:54
408	1182	Daniel Gustavo Oliveira	OCR4500	Senior Masculino	02:59:06	+01:54:51	17:55
409	1183	João Miguel Santos	OCR4500	Senior Masculino	02:59:07	+01:54:53	17:55
410	1366	Paulo Serralva	PMLE ALUMÍNIOS	Senior Masculino	02:59:19	+01:55:04	17:56
411	634	Vitor Nogueira	EquipaBoot	Senior Masculino	03:00:15	+01:56:01	18:02
412	635	Vitor Pereira	EquipaBoot	Senior Masculino	03:00:25	+01:56:11	18:03
413	1195	Egas do Couto Fonseca	os aventureiros	Senior Masculino	03:00:44	+01:56:30	18:04
414	1193	Afonso Correia Fonseca	os aventureiros	Senior Masculino	03:00:45	+01:56:30	18:05
415	1194	Dinis Fonseca Correia	os aventureiros	Senior Masculino	03:00:45	+01:56:31	18:05
416	1196	José Francisco Carvalho Amorim	os aventureiros	Senior Masculino	03:00:46	+01:56:32	18:05
417	1004	Miguel Cruz	JP GINÁSIOS CUCUJÃES	Senior Masculino	03:01:04	+01:56:49	18:06
418	1413	André Tavares	Quem é que se lembrou!!	Senior Masculino	03:02:08	+01:57:54	18:13
419	1171	Bruno Teixeira	MontaNelas	Senior Masculino	03:02:34	+01:58:19	18:15
420	1175	José Melo	MontaNelas	Senior Masculino	03:02:35	+01:58:20	18:16
421	1177	Rui Barros	MontaNelas	Senior Masculino	03:02:35	+01:58:20	18:16
422	1172	João Campos	MontaNelas	Senior Masculino	03:02:40	+01:58:26	18:16
423	1178	Samuel Almeida	MontaNelas	Senior Masculino	03:02:45	+01:58:31	18:17
424	628	Marcio mendes	EquipaBoot	Senior Masculino	03:02:48	+01:58:34	18:17
425	1174	Jorge Pinto	MontaNelas	Senior Masculino	03:02:51	+01:58:37	18:17
426	1173	joão Silva	MontaNelas	Senior Masculino	03:02:57	+01:58:43	18:18
427	1002	Luís Filipe Sousa	JP GINÁSIOS CUCUJÃES	Senior Masculino	03:03:06	+01:58:52	18:19
428	672	Miguel Ribeiro	Fitness Flow	Senior Masculino	03:03:42	+01:59:27	18:22
429	673	Otávio Gonçalves	Fitness Flow	Senior Masculino	03:03:45	+01:59:31	18:23
430	941	Luís Oliveira	Iron Legs Runners	Senior Masculino	03:03:47	+01:59:33	18:23
431	940	Edgar Oliveira	Iron Legs Runners	Senior Masculino	03:03:48	+01:59:33	18:23
432	943	William Pinho	Iron Legs Runners	Senior Masculino	03:03:48	+01:59:34	18:23
433	145	Marcelo Neto	Abranda mas não pára	Senior Masculino	03:03:57	+01:59:42	18:24
434	143	Daniel Silva	Abranda mas não pára	Senior Masculino	03:03:57	+01:59:43	18:24
435	147	Vitor Santos	Abranda mas não pára	Senior Masculino	03:03:57	+01:59:43	18:24
436	142	Abel Ribeiro	Abranda mas não pára	Senior Masculino	03:03:57	+01:59:43	18:24
437	146	Rui Viana	Abranda mas não pára	Senior Masculino	03:03:58	+01:59:44	18:24
438	144	João Ribeiro	Abranda mas não pára	Senior Masculino	03:03:58	+01:59:44	18:24
439	1111	Joao Moreira	Mantem-te ativo e saudavel	Senior Masculino	03:04:26	+02:00:12	18:27
440	640	Marcelo Vieira	Escorrega Mas Vai	Senior Masculino	03:05:24	+02:01:10	18:32
441	639	João Silva	Escorrega Mas Vai	Senior Masculino	03:05:25	+02:01:10	18:33
442	466	Gonçalo Pinho	Causins de Azagães	Senior Masculino	03:06:04	+02:01:49	18:36
443	467	Guilherme Pinho	Causins de Azagães	Senior Masculino	03:06:04	+02:01:50	18:36
444	468	Wilson Pinho	Causins de Azagães	Senior Masculino	03:06:05	+02:01:50	18:37
445	484	João Carlos Cardoso	Chama na Pista	Senior Masculino	03:06:11	+02:01:57	18:37
446	118	Diogo Santos	A Alcateia Cinzenta	Senior Masculino	03:06:14	+02:02:00	18:37
447	125	Marco Maia	A Alcateia Cinzenta	Senior Masculino	03:06:14	+02:02:00	18:37
448	1045	Michelangelo Lopes	Lourosa em Movimento	Senior Masculino	03:06:35	+02:02:21	18:40
449	1042	Carlos Ribeiro	Lourosa em Movimento	Senior Masculino	03:06:37	+02:02:22	18:40
450	281	Pedro Azevedo	BodyWorkout	Senior Masculino	03:06:46	+02:02:31	18:41
451	1415	Guilherme Conceição Freitas	Quem é que se lembrou!!	Senior Masculino	03:08:01	+02:03:47	18:48
452	1414	Carlos Santos	Quem é que se lembrou!!	Senior Masculino	03:08:01	+02:03:47	18:48

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453	1417	Nuno Alves	Quem é que se lembrou!!	Senior Masculino	03:08:02	+02:03:47	18:48
454	855	Aderito Videira	Individual	Senior Masculino	03:08:11	+02:03:56	18:49
455	804	Ricardo Silva	Improve Fitness Studio	Senior Masculino	03:08:11	+02:03:56	18:49
456	794	Hugo Marques	Improve Fitness Studio	Senior Masculino	03:08:11	+02:03:57	18:49
457	1581	Nelson Fonseca	Tropa do Lodo	Senior Masculino	03:08:27	+02:04:12	18:51
458	866	Bruno Tavares	Individual	Senior Masculino	03:08:27	+02:04:12	18:51
459	1580	Fernando Silva	Tropa do Lodo	Senior Masculino	03:08:27	+02:04:12	18:51
460	921	Ricardo Pereira	Individual	Senior Masculino	03:08:27	+02:04:13	18:51
461	1579	Davide Santiago	Tropa do Lodo	Senior Masculino	03:08:28	+02:04:13	18:51
462	632	Nuno Almeida	EquipaBoot	Senior Masculino	03:08:43	+02:04:29	18:52
463	630	Miguel Barbosa	EquipaBoot	Senior Masculino	03:08:47	+02:04:32	18:53
464	625	Fernando Coutinho	EquipaBoot	Senior Masculino	03:08:48	+02:04:33	18:53
465	629	Marco Cardoso	EquipaBoot	Senior Masculino	03:08:48	+02:04:34	18:53
466	1021	João Lima	JUF ACC	Senior Masculino	03:10:22	+02:06:08	19:02
467	1023	Marco Pereira	JUF ACC	Senior Masculino	03:10:22	+02:06:08	19:02
468	1024	Vitor Carvalho	JUF ACC	Senior Masculino	03:10:23	+02:06:08	19:02
469	1017	Alberto Ferreira	JUF ACC	Senior Masculino	03:10:24	+02:06:10	19:02
470	1022	Manuel Urbano	JUF ACC	Senior Masculino	03:10:24	+02:06:10	19:02
471	1018	Carlos Freitas	JUF ACC	Senior Masculino	03:10:25	+02:06:11	19:03
472	1019	Carlos Paiva	JUF ACC	Senior Masculino	03:10:26	+02:06:11	19:03
473	878	Eduardo Neves Moreira	Individual	Senior Masculino	03:10:55	+02:06:41	19:06
474	791	Fabio Maio	Improve Fitness Studio	Senior Masculino	03:11:20	+02:07:06	19:08
475	792	Helder Almeida	Improve Fitness Studio	Senior Masculino	03:11:20	+02:07:06	19:08
476	803	Pedro Lopes	Improve Fitness Studio	Senior Masculino	03:11:23	+02:07:08	19:08
477	592	Pedro Lopes	Dubai Lidl	Senior Masculino	03:11:33	+02:07:19	19:09
478	882	Flavio Ferreira Oliveira	Individual	Senior Masculino	03:12:04	+02:07:50	19:12
479	598	Carlos Oliveira	Elisabete Bacelo	Senior Masculino	03:12:06	+02:07:51	19:13
480	1143	Paulo Tome	MC	Senior Masculino	03:12:58	+02:08:44	19:18
481	1145	Victor Correia	MC	Senior Masculino	03:12:59	+02:08:45	19:18
482	1318	Marcelo Jesus	Papillons Lentos	Senior Masculino	03:13:50	+02:09:35	19:23
483	709	Rui Valente	Gambozinos	Senior Masculino	03:15:20	+02:11:05	19:32
484	749	Artur Costa	GRUPO JR	Senior Masculino	03:15:41	+02:11:27	19:34
485	757	Hugo Costa	GRUPO JR	Senior Masculino	03:15:42	+02:11:27	19:34
486	754	Filipe Soares	GRUPO JR	Senior Masculino	03:15:42	+02:11:28	19:34
487	766	Vitor Figueira	GRUPO JR	Senior Masculino	03:15:42	+02:11:28	19:34
488	748	Armando Ferreira	GRUPO JR	Senior Masculino	03:15:42	+02:11:28	19:34
489	755	Gonçalo Assunção	GRUPO JR	Senior Masculino	03:15:43	+02:11:28	19:34
490	762	Nelson Melo	GRUPO JR	Senior Masculino	03:15:43	+02:11:28	19:34
491	752	Diogo Pinho	GRUPO JR	Senior Masculino	03:15:43	+02:11:29	19:34
492	765	Samuel Estrela	GRUPO JR	Senior Masculino	03:15:48	+02:11:33	19:35
493	1112	Jorge Moreira	Mantem-te ativo e saudavel	Senior Masculino	03:16:16	+02:12:01	19:38
494	1115	Manuel Romeiro	Mantem-te ativo e saudavel	Senior Masculino	03:16:18	+02:12:04	19:38
495	1110	Cesar Alexandre Ferreira Ribeiro	Mantem-te ativo e saudavel	Senior Masculino	03:16:18	+02:12:04	19:38
496	1109	Antonio Monteiro	Mantem-te ativo e saudavel	Senior Masculino	03:16:18	+02:12:04	19:38
497	1116	Rafael Oliveira	Mantem-te ativo e saudavel	Senior Masculino	03:16:19	+02:12:05	19:38
498	1113	Lazaro de Sousa	Mantem-te ativo e saudavel	Senior Masculino	03:16:19	+02:12:05	19:38

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499	1108	Antonio Gomes	Mantem-te ativo e saudavel	Senior Masculino	03:16:20	+02:12:05	19:38
500	1117	Rogério Pinho	Mantem-te ativo e saudavel	Senior Masculino	03:16:22	+02:12:07	19:38
501	1114	Luis Filipe Almeida	Mantem-te ativo e saudavel	Senior Masculino	03:16:22	+02:12:08	19:38
502	717	DANIEL RIBEIRO	GANG DO LENÇOL	Senior Masculino	03:17:49	+02:13:34	19:47
503	718	ROBERTO RIBEIRO	GANG DO LENÇOL	Senior Masculino	03:17:49	+02:13:35	19:47
504	715	André Alves	GANG DO LENÇOL	Senior Masculino	03:17:50	+02:13:36	19:47
505	127	Miguel Rodrigues	A Alcateia Cinzenta	Senior Masculino	03:17:56	+02:13:41	19:48
506	128	Nuno Varela	A Alcateia Cinzenta	Senior Masculino	03:17:56	+02:13:42	19:48
507	567	Rui Siva	DDT Runners	Senior Masculino	03:18:33	+02:14:18	19:51
508	563	João Campos	DDT Runners	Senior Masculino	03:18:33	+02:14:19	19:51
509	900	Manuel Oliveira	Individual	Senior Masculino	03:18:34	+02:14:19	19:51
510	565	Paulo Ferreira	DDT Runners	Senior Masculino	03:18:34	+02:14:20	19:51
511	564	Manuel Almeida	DDT Runners	Senior Masculino	03:18:35	+02:14:21	19:52
512	1502	Sérgio Miguel Gomes Dias	Sem força	Senior Masculino	03:20:23	+02:16:08	20:02
513	1497	Cláudio Samuel Gomes Pereira	Sem força	Senior Masculino	03:20:23	+02:16:09	20:02
514	1500	Nuno Miguel Almeida Gomes	Sem força	Senior Masculino	03:20:23	+02:16:09	20:02
515	134	Sam David	A Alcateia Cinzenta	Senior Masculino	03:20:24	+02:16:09	20:02
516	1501	Orlando Miguel Brandão	Sem força	Senior Masculino	03:20:25	+02:16:10	20:03
517	778	Carlos Miguel Neves Silva	Helena Pereira	Senior Masculino	03:20:51	+02:16:37	20:05
518	221	Anthony Silva	AS- Bravos e Bravitas	Senior Masculino	03:22:59	+02:18:44	20:18
519	227	Ricardo Guedes	AS- Bravos e Bravitas	Senior Masculino	03:23:02	+02:18:47	20:18
520	1155	Daniel Almeida	Mental Energy	Senior Masculino	03:23:18	+02:19:03	20:20
521	338	Renato Marques	Bravos do Copofit	Senior Masculino	03:24:02	+02:19:48	20:24
522	454	André Azevedo	Cansados de Fresco	Senior Masculino	03:24:03	+02:19:48	20:24
523	457	Sérgio Sousa	Cansados de Fresco	Senior Masculino	03:24:03	+02:19:49	20:24
524	455	Celso Gomes	Cansados de Fresco	Senior Masculino	03:24:04	+02:19:49	20:24
525	456	Lucas Oliveira	Cansados de Fresco	Senior Masculino	03:24:04	+02:19:50	20:24
526	458	Vasco Amaral	Cansados de Fresco	Senior Masculino	03:24:05	+02:19:50	20:25
527	225	João Carlos Santos	AS- Bravos e Bravitas	Senior Masculino	03:24:21	+02:20:06	20:26
528	226	João Ferreira	AS- Bravos e Bravitas	Senior Masculino	03:24:22	+02:20:07	20:26
529	518	Tiago Ribeiro	Corpus Maximus	Senior Masculino	03:25:41	+02:21:27	20:34
530	519	Vito Ribeiro	Corpus Maximus	Senior Masculino	03:25:41	+02:21:27	20:34
531	511	Bruno Santiago	Corpus Maximus	Senior Masculino	03:25:41	+02:21:27	20:34
532	515	Miguel Pinto	Corpus Maximus	Senior Masculino	03:25:42	+02:21:27	20:34
533	510	Adelino Sousa	Corpus Maximus	Senior Masculino	03:25:42	+02:21:27	20:34
534	513	João Guedes	Corpus Maximus	Senior Masculino	03:25:43	+02:21:28	20:34
535	514	Luis Silva	Corpus Maximus	Senior Masculino	03:25:44	+02:21:29	20:34
536	287	Luis Filipe Ribeiro Santos	Bombeiros Voluntários de Arrifana	Senior Masculino	03:26:09	+02:21:54	20:37
537	1043	João Santos	Lourosa em Movimento	Senior Masculino	03:26:57	+02:22:42	20:42
538	1030	Luis Matos	Juro Joca	Senior Masculino	03:27:14	+02:23:00	20:43
539	606	João Fontes	Equipa Polipaul	Senior Masculino	03:27:28	+02:23:14	20:45
540	608	Luís Simões	Equipa Polipaul	Senior Masculino	03:27:30	+02:23:16	20:45
541	609	Paulo Araújo	Equipa Polipaul	Senior Masculino	03:27:42	+02:23:27	20:46
542	1010	Wilson Santos	JP GINÁSIOS CUCUJÃES	Senior Masculino	03:27:50	+02:23:35	20:47
543	996	Diogo Rifas	JP GINÁSIOS CUCUJÃES	Senior Masculino	03:27:50	+02:23:35	20:47
544	997	Ilídio Manuel Almeida Lemos	JP GINÁSIOS CUCUJÃES	Senior Masculino	03:27:51	+02:23:37	20:47

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545	1005	Renato Paiva Ferreira	JP GINÁSIOS CUCUJÃES	Senior Masculino	03:27:52	+02:23:37	20:47
546	1001	Leonardo Paiva Ferreira	JP GINÁSIOS CUCUJÃES	Senior Masculino	03:27:55	+02:23:41	20:48
547	161	JOSÉ SANTOS	Academia Combate de Gaia	Senior Masculino	03:28:25	+02:24:11	20:51
548	165	NELSON PEREIRA	Academia Combate de Gaia	Senior Masculino	03:28:27	+02:24:12	20:51
549	1144	Ruben Silva	MC	Senior Masculino	03:29:52	+02:25:38	20:59
550	1142	João Lima	MC	Senior Masculino	03:30:12	+02:25:57	21:01
551	117	Antonio Fabiano	A Alcateia Cinzenta	Senior Masculino	03:30:16	+02:26:01	21:02
552	181	Pedro Lima	ARRASTASSOLAS	Senior Masculino	03:30:44	+02:26:29	21:04
553	182	Pedro Lopes	ARRASTASSOLAS	Senior Masculino	03:30:45	+02:26:31	21:05
554	179	José Pinto	ARRASTASSOLAS	Senior Masculino	03:30:46	+02:26:32	21:05
555	177	Diogo Pinto	ARRASTASSOLAS	Senior Masculino	03:30:46	+02:26:32	21:05
556	178	Hugo Rocha	ARRASTASSOLAS	Senior Masculino	03:30:49	+02:26:34	21:05
557	1213	Nuno Pereira	Os Bravos do Batista	Senior Masculino	03:31:08	+02:26:53	21:07
558	1210	Francisco Vieira	Os Bravos do Batista	Senior Masculino	03:31:08	+02:26:54	21:07
559	1215	Renato Azevedo	Os Bravos do Batista	Senior Masculino	03:31:08	+02:26:54	21:07
560	1207	André Rodrigues	Os Bravos do Batista	Senior Masculino	03:31:08	+02:26:54	21:07
561	1216	Ricardo Daniel da Costa	Os Bravos do Batista	Senior Masculino	03:31:09	+02:26:54	21:07
562	1205	Alexandre Pinto	Os Bravos do Batista	Senior Masculino	03:31:10	+02:26:56	21:07
563	1209	Fábio Espírito Santo	Os Bravos do Batista	Senior Masculino	03:31:15	+02:27:00	21:08
564	536	Vítor M Cardoso	Corre São João	Senior Masculino	03:31:20	+02:27:06	21:08
565	535	Rui Trigo	Corre São João	Senior Masculino	03:31:22	+02:27:07	21:08
566	534	Pedro Bastos	Corre São João	Senior Masculino	03:31:24	+02:27:09	21:08
567	1353	Rui Neto	Pitoquinhas	Senior Masculino	03:31:38	+02:27:23	21:10
568	734	Vasco Teixeira	Glassdrive Sport	Senior Masculino	03:31:49	+02:27:34	21:11
569	653	David Nunes	FFitness Club Tondela	Senior Masculino	03:32:02	+02:27:48	21:12
570	656	Rui Figueira	FFitness Club Tondela	Senior Masculino	03:32:03	+02:27:48	21:12
571	1470	Zé Paulo	running esmoriz	Senior Masculino	03:32:26	+02:28:12	21:15
572	1466	Luís Pereira	running esmoriz	Senior Masculino	03:32:27	+02:28:12	21:15
573	1463	Joaquim Pinto	running esmoriz	Senior Masculino	03:32:27	+02:28:13	21:15
574	1468	Paulo Reis	running esmoriz	Senior Masculino	03:32:27	+02:28:13	21:15
575	1462	Adriano Barbosa	running esmoriz	Senior Masculino	03:32:28	+02:28:13	21:15
576	1467	Miguel Gouveia	running esmoriz	Senior Masculino	03:32:28	+02:28:14	21:15
577	917	Pedro Gonçalves	Individual	Senior Masculino	03:32:28	+02:28:14	21:15
578	909	Nuno Miguel Silva Freitas	Individual	Senior Masculino	03:32:30	+02:28:16	21:15
579	919	Raul Gonçalves	Individual	Senior Masculino	03:32:34	+02:28:19	21:15
580	483	Eduardo Silva	Chama na Pista	Senior Masculino	03:32:42	+02:28:27	21:16
581	1032	Rui Morais	Juro Joca	Senior Masculino	03:33:24	+02:29:09	21:20
582	1029	Gonçalo Pinto	Juro Joca	Senior Masculino	03:33:24	+02:29:09	21:20
583	1031	Manuel Preza	Juro Joca	Senior Masculino	03:33:24	+02:29:10	21:20
584	1593	Bruno Pinto	Tudo ao molho e fé em Deus	Senior Masculino	03:34:05	+02:29:51	21:25
585	279	Francisco Concelção	BodyWorkout	Senior Masculino	03:35:09	+02:30:55	21:31
586	278	Bruno Mota	BodyWorkout	Senior Masculino	03:35:23	+02:31:09	21:32
587	280	Mário Sousa	BodyWorkout	Senior Masculino	03:35:34	+02:31:20	21:33
588	163	MARCO ALVES	Academia Combate de Gaia	Senior Masculino	03:35:52	+02:31:38	21:35
589	999	João Antunes	JP GINÁSIOS CUCUJÃES	Senior Masculino	03:39:31	+02:35:17	21:57
590	993	Albano Soares	JP GINÁSIOS CUCUJÃES	Senior Masculino	03:39:36	+02:35:21	21:58

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591	1007	Samuel Almeida Brandão	JP GINÁSIOS CUCUJÃES	Senior Masculino	03:39:36	+02:35:21	21:58
592	1003	Manuel Leal	JP GINÁSIOS CUCUJÃES	Senior Masculino	03:40:09	+02:35:54	22:01
593	858	Álvaro Rui Martins de Lemos	Individual	Senior Masculino	03:40:13	+02:35:59	22:01
594	1009	Wallaph Oliveira	JP GINÁSIOS CUCUJÃES	Senior Masculino	03:40:15	+02:36:01	22:02
595	927	Rui Manuel Amaral Henriques	Individual	Senior Masculino	03:40:25	+02:36:11	22:03
596	884	Francisco Antunes Cabral	Individual	Senior Masculino	03:40:35	+02:36:20	22:04
597	860	Andre Martins	Individual	Senior Masculino	03:40:46	+02:36:32	22:05
598	936	Vítor Cruz	Individual	Senior Masculino	03:40:51	+02:36:37	22:05
599	231	Avô João	Avô João	Senior Masculino	03:40:54	+02:36:40	22:05
600	889	Hugo Ferraz	Individual	Senior Masculino	03:40:54	+02:36:40	22:05
601	1606	Fábio Martins	Último Carro Vassoura	Senior Masculino	03:40:58	+02:36:44	22:06
602	932	Sérgio Pacheco	Individual	Senior Masculino	03:41:13	+02:36:58	22:07
603	1610	Rafael Freire	Último Carro Vassoura	Senior Masculino	03:41:17	+02:37:03	22:08
604	1608	Jorge Pinheiro	Último Carro Vassoura	Senior Masculino	03:41:17	+02:37:03	22:08
605	1609	Mário Costa	Último Carro Vassoura	Senior Masculino	03:41:35	+02:37:21	22:10
606	773	Ricardo Jorge Santos Silva Teixeira	Happy's	Senior Masculino	03:42:09	+02:37:54	22:13
607	771	Jorge Caldas	Happy's	Senior Masculino	03:42:09	+02:37:54	22:13
608	772	Pedro Alexandre Correia	Happy's	Senior Masculino	03:42:10	+02:37:56	22:13
609	1000	Jorge luis	JP GINÁSIOS CUCUJÃES	Senior Masculino	03:42:21	+02:38:06	22:14
610	998	Goreti Almeida	JP GINÁSIOS CUCUJÃES	Senior Masculino	03:42:49	+02:38:34	22:17
611	994	André Vilaça da Silva	JP GINÁSIOS CUCUJÃES	Senior Masculino	03:42:49	+02:38:34	22:17
612	223	Danieal Almeida	AS- Bravos e Bravitas	Senior Masculino	03:43:18	+02:39:04	22:20
613	881	Filipe Silva	Individual	Senior Masculino	03:43:47	+02:39:33	22:23
614	931	Sérgio Barbosa	Individual	Senior Masculino	03:43:50	+02:39:35	22:23
615	912	Nuno Rodrigues	Individual	Senior Masculino	03:43:55	+02:39:40	22:24
616	124	João Rosas	A Alcateia Cinzenta	Senior Masculino	03:44:25	+02:40:11	22:27
617	119	Fabio Carneiro	A Alcateia Cinzenta	Senior Masculino	03:44:30	+02:40:15	22:27
618	129	Paulo Magalhães	A Alcateia Cinzenta	Senior Masculino	03:44:32	+02:40:18	22:27
619	121	Gonçalo Oliveira	A Alcateia Cinzenta	Senior Masculino	03:44:36	+02:40:22	22:28
620	1596	Leandro Alves	Tudo ao molho e fé em Deus	Senior Masculino	03:49:37	+02:45:22	22:58
621	1598	Paulo Oliveira	Tudo ao molho e fé em Deus	Senior Masculino	03:49:37	+02:45:22	22:58
622	1600	Rui Pereira	Tudo ao molho e fé em Deus	Senior Masculino	03:49:37	+02:45:23	22:58
623	1297	Nuno Alves	Os resistentes	Senior Masculino	03:49:53	+02:45:39	22:59
624	1291	Joel Santos	Os resistentes	Senior Masculino	03:50:23	+02:46:09	23:02
625	256	Mário Rodrigues	Bela e Monstro	Senior Masculino	03:50:29	+02:46:14	23:03
626	1286	Fernando Gonaçalves	Os resistentes	Senior Masculino	03:51:24	+02:47:10	23:08
627	1281	António Teixeira	Os resistentes	Senior Masculino	03:51:30	+02:47:15	23:09
628	1280	André Silva	Os resistentes	Senior Masculino	03:51:42	+02:47:28	23:10
629	1283	Daniel Gil	Os resistentes	Senior Masculino	03:51:43	+02:47:29	23:10
630	123	JOAO MATOS	A Alcateia Cinzenta	Senior Masculino	03:51:52	+02:47:37	23:11
631	955	andre leca	Javalis100limites	Senior Masculino	03:54:33	+02:50:19	23:27
632	961	rafael duarte	Javalis100limites	Senior Masculino	03:54:35	+02:50:21	23:28
633	962	rubem costa	Javalis100limites	Senior Masculino	03:54:35	+02:50:21	23:28
634	959	manuel duarte	Javalis100limites	Senior Masculino	03:54:35	+02:50:21	23:28
635	960	paulo magalhaes	Javalis100limites	Senior Masculino	03:54:36	+02:50:22	23:28
636	958	luis morais	Javalis100limites	Senior Masculino	03:54:37	+02:50:22	23:28

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637	956	bruno martins	Javalis100limites	Senior Masculino	03:54:39	+02:50:25	23:28
638	957	leandro martins	Javalis100limites	Senior Masculino	03:54:39	+02:50:25	23:28
639	703	Diogo Azevedo	Gambozinos	Senior Masculino	03:55:26	+02:51:11	23:33
640	708	Ricardo Oliveira	Gambozinos	Senior Masculino	03:55:35	+02:51:21	23:34
641	706	Mário Leite	Gambozinos	Senior Masculino	03:55:39	+02:51:25	23:34
642	704	Fábio Almeida	Gambozinos	Senior Masculino	03:55:40	+02:51:26	23:34
643	707	Ricardo Leite	Gambozinos	Senior Masculino	03:55:48	+02:51:33	23:35
644	242	Diogo Emanuel Jesus silva	BAIRRADINOS RELAXADOS	Senior Masculino	04:01:13	+02:56:58	24:07
645	250	Martim Miguel Jesus Silva	BAIRRADINOS RELAXADOS	Senior Masculino	04:01:13	+02:56:59	24:07
646	251	RÚBEN GORJÃO	BAIRRADINOS RELAXADOS	Senior Masculino	04:01:13	+02:56:59	24:07
647	245	Jorge Miguel Alves Fernandes	BAIRRADINOS RELAXADOS	Senior Masculino	04:01:14	+02:56:59	24:07
648	243	Édipo Nascimento	BAIRRADINOS RELAXADOS	Senior Masculino	04:01:14	+02:57:00	24:07
649	241	Celso Moreira	BAIRRADINOS RELAXADOS	Senior Masculino	04:01:14	+02:57:00	24:07
650	246	Lino Rodrigues Silva	BAIRRADINOS RELAXADOS	Senior Masculino	04:01:14	+02:57:00	24:07
651	252	Rúben Santos	BAIRRADINOS RELAXADOS	Senior Masculino	04:01:15	+02:57:00	24:08
652	248	Manuel Pereira	BAIRRADINOS RELAXADOS	Senior Masculino	04:01:15	+02:57:01	24:08
653	247	Manuel J.	BAIRRADINOS RELAXADOS	Senior Masculino	04:01:16	+02:57:01	24:08
654	440	Victor Costa	CAMBRENSES	Senior Masculino	04:01:41	+02:57:27	24:10
655	435	Daniel Costa	CAMBRENSES	Senior Masculino	04:01:44	+02:57:30	24:10
656	437	Leandro Silva	CAMBRENSES	Senior Masculino	04:01:51	+02:57:36	24:11
657	434	Celso Sousa	CAMBRENSES	Senior Masculino	04:01:54	+02:57:40	24:11
658	438	Renato Ferreira	CAMBRENSES	Senior Masculino	04:02:05	+02:57:51	24:13
659	439	Ricardo Bastos	CAMBRENSES	Senior Masculino	04:02:07	+02:57:52	24:13
660	228	Tiago Meneses	AS- Bravos e Bravitas	Senior Masculino	04:10:08	+03:05:54	25:01
661	222	Carlos Maia	AS- Bravos e Bravitas	Senior Masculino	04:10:09	+03:05:54	25:01