

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	18:00	24°C	53%
End	19:41	24°C	53%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	35	Said Ameqrane	GDRC PONTERROLENSE	31:01		03:06	
2	237	Sigueni Mohamed	GDRC PONTERROLENSE	31:04	+00:03	03:06	
3	236	Sigueni Hicham	GDRC PONTERROLENSE	31:05	+00:04	03:06	
4	99	Emilia Kumós Písoeiro	Individual	36:18	+05:17	03:38	
5	274	Bruno Batista	Clube de Natação Rio Maior	36:54	+05:53	03:41	
6	232	André Pinto	Smash miles crew	37:39	+06:38	03:46	
7	272	André Oliveira	Individual	38:09	+07:08	03:49	
8	273	Herberton Borges	Individual	38:25	+07:24	03:50	
9	226	Cristovão Monteiro	Smash miles crew	39:05	+08:04	03:55	
10	224	Sérgio Pacheco	Peniche a Correr	39:33	+08:32	03:57	
11	2	João Gomes	+ Corrida	39:50	+08:49	03:59	
12	183	David Matos	ONTRISPORTS	39:55	+08:54	03:59	
13	199	Pedro D'Orey	ONTRISPORTS	40:26	+09:25	04:03	
14	229	João Ramos	Smash miles crew	41:08	+10:07	04:07	
15	64	Rita Furtado	Individual	41:10	+10:09	04:07	
16	168	GABRIEL RODRIGUES	INDUSTRIAL DESPORTIVO VIEIRENSE	41:40	+10:39	04:10	
17	192	Filipa Neves	ONTRISPORTS	41:43	+10:42	04:10	
18	38	Maxi nascimento	Individual	41:50	+10:49	04:11	
19	179	André Alves	ONTRISPORTS	41:51	+10:50	04:11	
20	132	Nuno Alves	Individual	42:05	+11:04	04:13	
21	189	Ricardo Belchior	ONTRISPORTS	42:07	+11:06	04:13	
22	235	Catarina Serrazina	CRP - Ribafria	42:20	+11:19	04:14	
23	187	Luis Viegas	ONTRISPORTS	42:22	+11:21	04:14	
24	91	Pedro Afonso	Individual	42:24	+11:23	04:14	
25	203	Julien Samaha	ONTRISPORTS	42:29	+11:28	04:15	
26	204	Julio Firme	ONTRISPORTS	42:32	+11:31	04:15	
27	137	Hugo Alexandre dos Reis Martins	Individual	42:33	+11:32	04:15	
28	251	Nuno Moreira	Individual	42:42	+11:41	04:16	
29	143	Telmo Carvalheiro	Individual	42:53	+11:52	04:17	
30	238	Gonçalo Ferreira	Individual	42:55	+11:54	04:18	
31	227	Gonçalo Luz	Smash miles crew	43:00	+11:59	04:18	
32	12	Daniel Carpinteiro	ARCD Mendiga	43:03	+12:02	04:18	
33	198	Edgar Caldeira	ONTRISPORTS	43:04	+12:03	04:18	
34	102	Juliana Rogério	Individual	43:09	+12:08	04:19	
35	244	Nelson Santos	Individual	43:13	+12:12	04:19	
36	250	Bruno Augusto Giacomini	Individual	43:19	+12:18	04:20	
37	228	João Nunes	Smash miles crew	43:23	+12:22	04:20	
38	129	Luís Silva	Individual	43:33	+12:32	04:21	
39	94	PICA Diogo Colaço Pereira PAU	Individual	43:50	+12:49	04:23	
40	208	Nelson Carrasquinha	ONTRISPORTS	43:58	+12:57	04:24	
41	247	Maercio joao dugnani bezerra	SantanaFC trail team	44:13	+13:12	04:25	
42	126	Gelies Afonso	Individual	44:26	+13:25	04:27	

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[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	28	Miguel Morais	CRC Run in Assentiz	44:32	+13:31	04:27	
44	71	Bruno daniel gaspar vieira	Individual	44:34	+13:33	04:27	
45	161	Zé Pedro	Individual	44:36	+13:35	04:28	
46	255	Martin Nikolev	Individual	44:53	+13:52	04:29	
47	239	João lindo	Individual	45:00	+13:59	04:30	
48	197	Duarte Carvalho	ONTRISPORTS	45:01	+14:00	04:30	
49	95	Rafael Borges da Silva	Individual	45:09	+14:08	04:31	
50	191	Tiago Simoes	ONTRISPORTS	45:10	+14:09	04:31	
51	125	Filipe carvalho	Individual	45:16	+14:15	04:32	
52	223	José Passos	Peniche a Correr	45:25	+14:24	04:32	
53	195	Filomena Gomes	ONTRISPORTS	45:31	+14:30	04:33	
54	264	Francisco Sebastião	Individual	45:49	+14:48	04:35	
55	256	Paulo Ferreira	Individual	45:56	+14:55	04:36	
56	266	João Santos	Terrantêz Trail Team	45:59	+14:58	04:36	
57	85	Marcelo Romão	Individual	46:16	+15:15	04:38	
58	156	Américo Cardoso	Individual	46:32	+15:31	04:39	
59	62	Rafaela Marques	Individual	46:40	+15:39	04:40	
60	200	Philippe Hennin	ONTRISPORTS	46:56	+15:55	04:42	
61	68	Alexandre Pires	Individual	47:00	+15:59	04:42	
62	89	Miguel Santos	Individual	47:03	+16:02	04:42	
63	74	David Pedro	Individual	47:09	+16:08	04:43	
64	69	Antonio Marcos Lacerda de Oliveira Junior	Individual	47:16	+16:15	04:44	
65	210	Nuno Cordeiro	ONTRISPORTS	47:21	+16:20	04:44	
66	44	Albertina Pedro Benjamim	Individual	47:58	+16:57	04:48	
67	267	Abilio Santos	Individual	47:58	+16:57	04:48	
68	154	Miguel Loureiro	Individual	48:09	+17:08	04:49	
69	141	Nuno Correia	Individual	48:17	+17:16	04:50	
70	259	Miguel Duarte	Smash miles crew	48:31	+17:30	04:51	
71	196	Diogo Marques	ONTRISPORTS	48:32	+17:31	04:51	
72	75	Diogo Costa	Individual	48:39	+17:38	04:52	
73	36	Horácio Rodrigues	HCT Running	48:46	+17:45	04:53	
74	211	Pedro Tavares	ONTRISPORTS	48:55	+17:54	04:53	
75	219	Fabio Filipe Antunes Santos	Os Renegados	48:59	+17:58	04:54	
76	13	Afonso Carvalho	ASFIC	49:00	+17:59	04:54	
77	79	Francisco Inês	Individual	49:03	+18:02	04:54	
78	159	Nuno Miguel Leal	Individual	49:06	+18:05	04:55	
79	160	Pedro Leal	Individual	49:06	+18:05	04:55	
80	265	Ricardo Ferreira	Individual	49:09	+18:08	04:55	
81	144	Tiago Silva	Individual	49:18	+18:17	04:56	
82	70	António Pedro Alves Ramos	Individual	49:20	+18:19	04:56	
83	233	Inês Pereira Henriques	Clube de Natação Rio Maior	49:21	+18:20	04:56	
84	234	Luís Miguel Abrantes Duarte	Clube de Natação Rio Maior	49:22	+18:21	04:56	
85	60	Matilde Cardoso	Individual	49:23	+18:22	04:56	
86	188	Manuel Cabrita	ONTRISPORTS	49:29	+18:28	04:57	
87	142	Ricardo J Vitorino	Individual	49:33	+18:32	04:57	

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	98	Vicente Rocha	Individual	49:37	+18:36	04:58	
89	130	Marco Couto	Individual	49:40	+18:39	04:58	
90	23	Sérgio Lopes	Caminheiros	49:43	+18:42	04:58	
91	249	Hugo Costa Usrá Pereira	Individual	49:44	+18:43	04:58	
92	61	Matilde Lopes	Individual	49:44	+18:43	04:58	
93	162	Rui Lageira	Individual	49:45	+18:44	04:59	
94	124	Fábio Alexandre	Individual	49:45	+18:44	04:59	
95	158	Joaquim Cerveira	Individual	49:52	+18:51	04:59	
96	231	Tomás Varrandas	Smash miles crew	49:57	+18:56	05:00	
97	182	David Matos	ONTRISPORTS	50:01	+19:00	05:00	
98	19	Bruno Espadeiro	BE ENERGY	50:35	+19:34	05:03	
99	180	André Nadaís	ONTRISPORTS	51:00	+19:59	05:06	
100	217	José Manuel Marques	ONTRISPORTS	51:02	+20:01	05:06	
101	133	Pedro da Silva	Individual	51:03	+20:02	05:06	
102	252	Julie Marie Lorencova	Individual	51:09	+20:08	05:07	
103	164	António Miranda	Individual	51:26	+20:25	05:09	
104	150	Roberto Bettencourt	Individual	51:38	+20:37	05:10	
105	7	Teresa Prates	AA Lebres do Sado	51:40	+20:39	05:10	
106	22	Ricardo Lúcio	Caminheiros	51:47	+20:47	05:11	
107	202	Joao Camarinha	ONTRISPORTS	52:19	+21:18	05:14	
108	122	André Stumpf	Individual	52:23	+21:22	05:14	
109	118	Rute Pereira	Individual	52:26	+21:25	05:15	
110	261	Pedro Miguel Campos Coelho	Individual	52:31	+21:30	05:15	
111	96	Tiago Carvalho Lino	Individual	52:32	+21:31	05:15	
112	268	César Solnado	Individual	53:08	+22:07	05:19	
113	258	Nuno Torres	Individual	53:10	+22:09	05:19	
114	242	Elisabete Lopes Mateus	Individual	53:38	+22:37	05:22	
115	105	Vânia Frazão	Individual	53:39	+22:38	05:22	
116	201	Helder Rodrigues	ONTRISPORTS	53:46	+22:45	05:23	
117	128	Leonardo Filipe	Individual	53:57	+22:56	05:24	
118	207	Marco Miguel	ONTRISPORTS	54:05	+23:04	05:24	
119	83	José Júnior	Individual	54:08	+23:07	05:25	
120	3	Jorge Frazão	+Corrida RM	54:29	+23:28	05:27	
121	152	João Marcos Regueiras Leal	Individual	54:32	+23:31	05:27	
122	108	Ana Marques	Individual	54:34	+23:33	05:27	
123	78	Filipe Henriques	Individual	54:38	+23:37	05:28	
124	110	Ângela Rita	Individual	54:45	+23:44	05:28	
125	92	Pedro Bandarra	Individual	54:50	+23:49	05:29	
126	84	Leonardo Marques	Individual	54:52	+23:51	05:29	
127	25	Rui Reis	Caminheiros	55:11	+24:10	05:31	
128	194	Rute Sarmento	ONTRISPORTS	55:17	+24:16	05:32	
129	147	Marco Vintem	Individual	55:21	+24:20	05:32	
130	59	Mara Soares	Individual	55:23	+24:22	05:32	
131	254	Lukas Jaskoitis	Individual	55:34	+24:33	05:33	
132	243	André Filipe Henrique Ferreira	Individual	55:39	+24:38	05:34	
133	149	Nuno Pimenta	Individual	55:42	+24:41	05:34	

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
134	248	Rute Catarina Santos Gomes	Individual	55:43	+24:42	05:34	
135	174	Alexandre Marques	My Garage Box	55:53	+24:52	05:35	
136	11	Mafalda Frazão	ARCD Mendiga	55:54	+24:53	05:35	
137	218	Eliana Filipa Frutuoso Lagrante	Os Renegados	55:56	+24:55	05:36	
138	88	Miguel Ribeiro Coelho	Individual	56:04	+25:03	05:36	
139	27	Magda Bretes	Constância Mountain Runners	56:06	+25:05	05:37	
140	113	RITA FERREIRA	Individual	56:10	+25:09	05:37	
141	209	Nuno Almeida	ONTRISPORTS	56:12	+25:11	05:37	
142	76	Edmar da Silva Rodrigues	Individual	56:23	+25:22	05:38	
143	34	Carmen Henriques	G.D.R. São Francisco da Serra	56:47	+25:46	05:41	
144	166	Manuel Victorino	Individual	56:48	+25:47	05:41	
145	134	Ruben Alves	Individual	57:48	+26:47	05:47	
146	107	Ana Duarte	Individual	58:03	+27:02	05:48	
147	114	Salomé Vitorino	Individual	58:10	+27:09	05:49	
148	275	Giovanni Mei	Individual	58:18	+27:17	05:50	
149	257	Margarida Gomes	Individual	58:27	+27:26	05:51	
150	100	Filipa Vicente	Individual	58:51	+27:50	05:53	
151	138	Hugo Silva	Individual	58:51	+27:50	05:53	
152	263	Tiago Canadas	Individual	58:51	+27:50	05:53	
153	270	Mariana Correia	Individual	59:07	+28:06	05:55	
154	40	Maria Levezinho	Individual	59:07	+28:06	05:55	
155	58	Mafalda Ribeiro	Individual	59:08	+28:07	05:55	
156	87	Martim Santos	Individual	59:09	+28:08	05:55	
157	271	GONÇALO F. DURÃO CARVALHO	Individual	59:54	+28:53	05:59	
158	215	Joao Fernandes	ONTRISPORTS	59:58	+28:57	06:00	
159	37	Lena Stern	Individual	01:00:02	+29:01	06:00	
160	30	Joana Fonseca Neves	Farmácia Higiénica	01:00:11	+29:10	06:01	
161	193	Marta Silva	ONTRISPORTS	01:00:18	+29:17	06:02	
162	181	António Santos	ONTRISPORTS	01:00:18	+29:17	06:02	
163	63	Rita Ferreir	Individual	01:00:25	+29:24	06:02	
164	190	Rodrigo Dias	ONTRISPORTS	01:00:31	+29:30	06:03	
165	214	Manuel Veiga	ONTRISPORTS	01:00:41	+29:40	06:04	
166	213	Alvaro Reis	ONTRISPORTS	01:00:45	+29:44	06:04	
167	260	Filipe Santos	Individual	01:00:49	+29:48	06:05	
168	222	MARIA ISABEL MAIA	Peniche a Correr	01:01:07	+30:06	06:07	
169	139	João Ribeiro	Individual	01:01:33	+30:32	06:09	
170	15	Telma Alves	ASFIC	01:01:35	+30:34	06:09	
171	49	Carolina Cunha	Individual	01:01:37	+30:36	06:10	
172	221	Diana Saudade	Peniche a Correr	01:01:46	+30:45	06:11	
173	73	Cristiano Flor	Individual	01:01:52	+30:51	06:11	
174	4	Lídia Vieira	AA Lebres do Sado	01:02:24	+31:23	06:14	
175	48	Bruna Oliveira	Individual	01:02:27	+31:26	06:15	
176	112	Liliana Ferreira	Individual	01:02:39	+31:38	06:16	
177	262	Simão Gomes	Individual	01:02:48	+31:47	06:17	
178	120	Sandrine Pires	Individual	01:03:02	+32:01	06:18	
179	80	João Ramos	Individual	01:03:09	+32:08	06:19	

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10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
180	72	Carlos Massas	Individual	01:03:11	+32:10	06:19	
181	55	Joana Cordeiro	Individual	01:03:21	+32:20	06:20	
182	18	Ricardo Dinis	Bairro dos Anjos	01:03:32	+32:31	06:21	
183	24	Tiago Colaço	Caminheiros	01:03:34	+32:33	06:21	
184	169	Sandra Pereira	Juventude Ilha Verde	01:03:36	+32:35	06:22	
185	117	Carla Picoto	Individual	01:03:59	+32:58	06:24	
186	47	Ana Silva	Individual	01:04:00	+32:59	06:24	
187	86	Marco Garutti	Individual	01:04:00	+32:59	06:24	
188	53	Inês Joaquim	Individual	01:04:00	+32:59	06:24	
189	136	Gonçalo Coelho	Individual	01:04:17	+33:16	06:26	
190	175	Beatriz Mota	ONTRISPORTS	01:04:21	+33:20	06:26	
191	20	Todorka Calisto	Bugatuga	01:04:36	+33:35	06:28	
192	21	José Miguel Calisto	Bugatuga	01:04:36	+33:35	06:28	
193	52	Daniela Ferreira da Silva	Individual	01:04:37	+33:36	06:28	
194	46	Ana Santos	Individual	01:04:47	+33:46	06:29	
195	50	Catarina Pedro	Individual	01:04:47	+33:46	06:29	
196	5	Maria Teresa Marques	AA Lebres do Sado	01:04:52	+33:51	06:29	
197	67	Telma Barreto	Individual	01:04:54	+33:53	06:29	
198	57	Lara Lisboa	Individual	01:05:11	+34:10	06:31	
199	123	DOUGLAS RIBEIRO	Individual	01:05:12	+34:11	06:31	
200	171	Telmo Marques	Lartel	01:06:07	+35:06	06:37	
201	170	Lara Marques	Lartel	01:06:07	+35:06	06:37	
202	225	João Pedro Simões	Runners do Demo	01:06:34	+35:33	06:39	
203	148	Nuno Miguel Vicente Nogueira Lino	Individual	01:06:47	+35:46	06:41	
204	253	Giuseppe Romeo	Individual	01:07:17	+36:16	06:44	
205	165	José Pinto	Individual	01:07:29	+36:28	06:45	
206	103	Cristina Maria Correia	Individual	01:07:31	+36:30	06:45	
207	173	Ana Santos	My Garage Box	01:09:19	+38:18	06:56	
208	186	Gonçalo Domingues	ONTRISPORTS	01:09:32	+38:31	06:57	
209	104	Elena Lobo	Individual	01:10:29	+39:28	07:03	
210	101	INES GUEDES	Individual	01:11:24	+40:23	07:08	
211	9	Francisco Prates	AA Lebres do Sado	01:11:25	+40:24	07:09	
212	111	CLAUDIA FERREIRA	Individual	01:11:25	+40:24	07:09	
213	42	Sofia Fernandes	Individual	01:12:31	+41:30	07:15	
214	246	Dioceia bezerra	SantanaFC trail team	01:13:32	+42:31	07:21	
215	14	Carolina Esteves	ASFIC	01:15:10	+44:09	07:31	
216	16	Alberto Alves	ASFIC	01:16:19	+45:18	07:38	
217	119	Cristina Marcos	Individual	01:17:09	+46:08	07:43	
218	109	Anabela Rodrigues Pereira Carvalho Lino	Individual	01:17:10	+46:09	07:43	
219	29	Ana Saudade	Farmácia Higiénica	01:17:11	+46:10	07:43	
220	32	Helia Maria Santos da Cruz Janardo	Farmácia Higiénica	01:17:11	+46:10	07:43	
221	51	Cláudia Costa	Individual	01:17:44	+46:43	07:46	
222	66	Tânia Catarina Brites Duarte Figueiredo	Individual	01:17:44	+46:43	07:46	
223	10	Cristina ribeiro	ADAR- associação desportiva Aldeia da ribeira	01:17:44	+46:43	07:46	
224	33	Alexandre Adriano Vieira da Silva	Farmácia Higiénica	01:22:47	+51:46	08:17	

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
225	82	Jorge Couto	Individual	01:27:17	+56:16	08:44	
226	56	Keyla medeiros	Individual	01:27:17	+56:16	08:44	
227	163	António Matias	Individual	01:34:17	+01:03:16	09:26	
228	241	Estefani Gomes	Individual	01:34:17	+01:03:16	09:26	

0,5 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	16:15	27,9°C	51%
End	16:09	25,1°C	52%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1037	Vicente Figueiredo	Clube de Natação de Rio Maior	01:18		-	
2	1039	Rodrigo Ribeiro	Clube de Natação de Rio Maior	01:21	+00:03	-	
3	1012	Joaquim Carvalho	ASFIC	01:22	+00:04	-	
4	1010	Leonor Ferreira	ASFIC	01:33	+00:15	-	
5	1038	Juliana Vieira	Clube de Natação de Rio Maior	01:35	+00:17	-	
6	1046	Sérgio Gomes	Clube de Natação de Rio Maior	01:40	+00:22	-	
7	1044	Esmeralda Gomes	Clube de Natação de Rio Maior	01:41	+00:23	-	
8	1041	Rafael Ribeiro	Clube de Natação de Rio Maior	01:43	+00:25	-	
9	1045	Luís Gomes	Clube de Natação de Rio Maior	01:43	+00:25	-	
10	1027	Madalena Figueiredo	ASFIC	01:45	+00:27	-	
11	1033	João simoes	Individual	01:52	+00:34	-	
12	1028	Matilde Figueiredo	ASFIC	01:55	+00:37	-	
13	1023	Maria Vieira Martins	Individual	01:56	+00:38	-	
14	1034	Luca Lemes Giacomini	Individual	02:01	+00:43	-	
15	1009	Rodrigo Lopes	ASFIC	02:06	+00:48	-	
16	1022	Lourenço Vitorino	Individual	02:06	+00:48	-	
17	1021	Lucas Monteiro	Individual	02:09	+00:51	-	
18	1020	Anita Ribeiro	Individual	02:13	+00:55	-	
19	1011	José Esteves	ASFIC	02:15	+00:57	-	

0,3 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	16:00	27,9°C	51%
End	16:02	25.1°C	52%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1007	Sofia Vieira	ASFIC	00:58		-	
2	1035	Nalu Lemes Giacomini	Individual	00:59	+00:01	-	
3	1014	Leticia Vitorino	Individual	01:00	+00:02	-	
4	1049	Laura Mendes	ASFIC	01:01	+00:03	-	
5	1019	Vicente Dinis	Individual	01:04	+00:06	-	
6	1030	gabriel ribeiro tomas	Individual	01:04	+00:06	-	
7	1026	David Hordiychuk	ASFIC	01:05	+00:07	-	
8	1004	Francisca Santos	ASFIC	01:06	+00:08	-	
9	1018	Manel Maria Lagrante Santos	Individual	01:07	+00:09	-	
10	1005	Margarida Santos	ASFIC	01:10	+00:12	-	
11	1008	João Silva	ASFIC	01:10	+00:12	-	
12	1015	Matilde Dinis	Individual	01:16	+00:18	-	
13	1016	Matilde Silva	Individual	01:24	+00:26	-	
14	1003	João Correia	ASFIC	01:25	+00:27	-	
15	1002	Dinis Silva	ASFIC	01:25	+00:27	-	
16	1013	Maria Espadeiro	BE ENERGY	01:26	+00:28	-	
17	1036	Ísis Lemes Giacomini	Individual	01:28	+00:30	-	
18	1048	Alicia lima	Individual	01:29	+00:31	-	
19	1047	Gabriel Frazão	Clube de Natação de Rio Maior	01:32	+00:34	-	
20	1001	Matilde Coelho	ASFIC	01:33	+00:35	-	
21	1006	Maria Coelho	ASFIC	01:43	+00:45	-	

10 KM

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Official Timekeeper: Lap2Go	1 / 7	generate 06-set.-2025 19:45
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Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

20	46	Ana Santos	Individual	Senior Feminino	01:04:47	+23:36	06:29
21	50	Catarina Pedro	Individual	Senior Feminino	01:04:47	+23:36	06:29
22	67	Telma Barreto	Individual	Senior Feminino	01:04:54	+23:43	06:29
23	57	Lara Lisboa	Individual	Senior Feminino	01:05:11	+24:01	06:31
24	173	Ana Santos	My Garage Box	Senior Feminino	01:09:19	+28:08	06:56
25	29	Ana Saudade	Farmácia Higiénica	Senior Feminino	01:17:11	+36:00	07:43
26	51	Cláudia Costa	Individual	Senior Feminino	01:17:44	+36:33	07:46
27	66	Tânia Catarina Brites Duarte Figueiredo	Individual	Senior Feminino	01:17:44	+36:33	07:46
28	56	Keyla medeiros	Individual	Senior Feminino	01:27:17	+46:07	08:44

Senior Masculino

1	35	Said Ameqrane	GDRC PONTERROLENSE	Senior Masculino	31:01		03:06
2	237	Sigueni Mohamed	GDRC PONTERROLENSE	Senior Masculino	31:04	+00:02	03:06
3	236	Sigueni Hicham	GDRC PONTERROLENSE	Senior Masculino	31:05	+00:03	03:06
4	274	Bruno Batista	Clube de Natação Rio Maior	Senior Masculino	36:54	+05:52	03:41
5	273	Herberton Borges	Individual	Senior Masculino	38:25	+07:23	03:50
6	226	Cristovão Monteiro	Smash miles crew	Senior Masculino	39:05	+08:03	03:55
7	2	João Gomes	+ Corrida	Senior Masculino	39:50	+08:49	03:59
8	183	David Matos	ONTRISPORTS	Senior Masculino	39:55	+08:53	03:59
9	229	João Ramos	Smash miles crew	Senior Masculino	41:08	+10:06	04:07
10	179	André Alves	ONTRISPORTS	Senior Masculino	41:51	+10:50	04:11
11	189	Ricardo Belchior	ONTRISPORTS	Senior Masculino	42:07	+11:05	04:13
12	187	Luis Viegas	ONTRISPORTS	Senior Masculino	42:22	+11:20	04:14
13	91	Pedro Afonso	Individual	Senior Masculino	42:24	+11:23	04:14
14	238	Gonçalo Ferreira	Individual	Senior Masculino	42:55	+11:54	04:18
15	227	Gonçalo Luz	Smash miles crew	Senior Masculino	43:00	+11:58	04:18
16	12	Daniel Carpinteiro	ARCD Mendiga	Senior Masculino	43:03	+12:01	04:18
17	228	João Nunes	Smash miles crew	Senior Masculino	43:23	+12:21	04:20
18	94	PICA Diogo Colaço Pereira PAU	Individual	Senior Masculino	43:50	+12:48	04:23
19	71	Bruno daniel gaspar vieira	Individual	Senior Masculino	44:34	+13:33	04:27
20	255	Martin Nikolev	Individual	Senior Masculino	44:53	+13:51	04:29
21	239	João lindo	Individual	Senior Masculino	45:00	+13:59	04:30
22	95	Rafael Borges da Silva	Individual	Senior Masculino	45:09	+14:07	04:31
23	191	Tiago Simoes	ONTRISPORTS	Senior Masculino	45:10	+14:08	04:31
24	264	Francisco Sebastião	Individual	Senior Masculino	45:49	+14:47	04:35
25	85	Marcelo Romão	Individual	Senior Masculino	46:16	+15:14	04:38
26	68	Alexandre Pires	Individual	Senior Masculino	47:00	+15:59	04:42
27	89	Miguel Santos	Individual	Senior Masculino	47:03	+16:01	04:42
28	74	David Pedro	Individual	Senior Masculino	47:09	+16:07	04:43
29	69	Antonio Marcos Lacerda de Oliveira Junior	Individual	Senior Masculino	47:16	+16:14	04:44
30	259	Miguel Duarte	Smash miles crew	Senior Masculino	48:31	+17:29	04:51
31	75	Diogo Costa	Individual	Senior Masculino	48:39	+17:37	04:52
32	79	Francisco Inês	Individual	Senior Masculino	49:03	+18:01	04:54
33	265	Ricardo Ferreira	Individual	Senior Masculino	49:09	+18:07	04:55

10 KM

OFFICIAL RESULT

34	70	António Pedro Alves Ramos	Individual	Senior Masculino	49:20	+18:18	04:56
35	188	Manuel Cabrita	ONTRISPORTS	Senior Masculino	49:29	+18:27	04:57
36	98	Vicente Rocha	Individual	Senior Masculino	49:37	+18:35	04:58
37	249	Hugo Costa Ustrá Pereira	Individual	Senior Masculino	49:44	+18:43	04:58
38	231	Tomás Varrandas	Smash miles crew	Senior Masculino	49:57	+18:55	05:00
39	182	David Matos	ONTRISPORTS	Senior Masculino	50:01	+18:59	05:00
40	180	André Nadais	ONTRISPORTS	Senior Masculino	51:00	+19:58	05:06
41	96	Tiago Carvalho Lino	Individual	Senior Masculino	52:32	+21:30	05:15
42	258	Nuno Torres	Individual	Senior Masculino	53:10	+22:09	05:19
43	83	José Júnior	Individual	Senior Masculino	54:08	+23:06	05:25
44	78	Filipe Henriques	Individual	Senior Masculino	54:38	+23:36	05:28
45	92	Pedro Bandarra	Individual	Senior Masculino	54:50	+23:48	05:29
46	84	Leonardo Marques	Individual	Senior Masculino	54:52	+23:50	05:29
47	254	Lukas Jaskoitis	Individual	Senior Masculino	55:34	+24:33	05:33
48	174	Alexandre Marques	My Garage Box	Senior Masculino	55:53	+24:51	05:35
49	88	Miguel Ribeiro Coelho	Individual	Senior Masculino	56:04	+25:02	05:36
50	76	Edmar da Silva Rodrigues	Individual	Senior Masculino	56:23	+25:22	05:38
51	275	Giovanni Mei	Individual	Senior Masculino	58:18	+27:16	05:50
52	263	Tiago Canadas	Individual	Senior Masculino	58:51	+27:50	05:53
53	87	Martim Santos	Individual	Senior Masculino	59:09	+28:07	05:55
54	181	António Santos	ONTRISPORTS	Senior Masculino	01:00:18	+29:17	06:02
55	190	Rodrigo Dias	ONTRISPORTS	Senior Masculino	01:00:31	+29:29	06:03
56	260	Filipe Santos	Individual	Senior Masculino	01:00:49	+29:47	06:05
57	73	Cristiano Flor	Individual	Senior Masculino	01:01:52	+30:51	06:11
58	262	Simão Gomes	Individual	Senior Masculino	01:02:48	+31:46	06:17
59	80	João Ramos	Individual	Senior Masculino	01:03:09	+32:07	06:19
60	72	Carlos Massas	Individual	Senior Masculino	01:03:11	+32:09	06:19
61	86	Marco Garutti	Individual	Senior Masculino	01:04:00	+32:58	06:24
62	253	Giuseppe Romeo	Individual	Senior Masculino	01:07:17	+36:15	06:44
63	186	Gonçalo Domingues	ONTRISPORTS	Senior Masculino	01:09:32	+38:30	06:57
64	82	Jorge Couto	Individual	Senior Masculino	01:27:17	+56:15	08:44

1	99	Emilia Kumós Pisoeiro	Individual	Veterana F35	36:18	03:38
2	192	Filipa Neves	ONTRISPORTS	Veterana F35	41:43	+05:24 04:10
3	235	Catarina Serrazina	CRP - Ribafria	Veterana F35	42:20	+06:01 04:14
4	102	Juliana Rogério	Individual	Veterana F35	43:09	+06:50 04:19
5	218	Eliana Filipa Frutuoso Lagrante	Os Renegados	Veterana F35	55:56	+19:37 05:36
6	100	Filipa Vicente	Individual	Veterana F35	58:51	+22:32 05:53
7	15	Telma Alves	ASFIC	Veterana F35	01:01:35	+25:16 06:09
8	101	INES GUEDES	Individual	Veterana F35	01:11:24	+35:05 07:08
9	241	Estefani Gomes	Individual	Veterana F35	01:34:17	+57:58 09:26

Prova Principal

10 KM

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OFFICIAL RESULT

[illegible]

Veterana F40

1	242	Elisabete Lopes Mateus	Individual	Veterana F40	53:38		05:22
2	105	Vânia Frazão	Individual	Veterana F40	53:39	+00:00	05:22
3	248	Rute Catarina Santos Gomes	Individual	Veterana F40	55:43	+02:04	05:34
4	221	Diana Saudade	Peniche a Correr	Veterana F40	01:01:46	+08:07	06:11
5	20	Todorka Calisto	Bugatuga	Veterana F40	01:04:36	+10:57	06:28
6	103	Cristina Maria Correia	Individual	Veterana F40	01:07:31	+13:52	06:45
7	104	Elena Lobo	Individual	Veterana F40	01:10:29	+16:50	07:03

Veterana F45

1	233	Inês Pereira Henriques	Clube de Natação Rio Maior	Veterana F45	49:21	04:56
2	108	Ana Marques	Individual	Veterana F45	54:34	+05:12 05:27
3	110	Ângela Rita	Individual	Veterana F45	54:45	+05:23 05:28
4	27	Magda Bretes	Constância Mountain Runners	Veterana F45	56:06	+06:45 05:37
5	113	RITA FERREIRA	Individual	Veterana F45	56:10	+06:48 05:37
6	34	Carmen Henriques	G.D.R. São Francisco da Serra	Veterana F45	56:47	+07:25 05:41
7	107	Ana Duarte	Individual	Veterana F45	58:03	+08:42 05:48
8	114	Salomé Vitorino	Individual	Veterana F45	58:10	+08:48 05:49
9	193	Marta Silva	ONTRISPORTS	Veterana F45	01:00:18	+10:57 06:02
10	112	Liliana Ferreira	Individual	Veterana F45	01:02:39	+13:17 06:16
11	169	Sandra Pereira	Juventude Ilha Verde	Veterana F45	01:03:36	+14:15 06:22
12	111	CLAUDIA FERREIRA	Individual	Veterana F45	01:11:25	+22:04 07:09
13	246	Dioceia bezerra	SantanaFC trail team	Veterana F45	01:13:32	+24:10 07:21
14	109	Anabela Rodrigues Pereira Carvalho Lino	Individual	Veterana F45	01:17:10	+27:48 07:43

Veterana F50

1	118	Rute Pereira	Individual	Veterana F50	52:26	05:15
2	194	Rute Sarmento	ONTRISPORTS	Veterana F50	55:17	+02:50 05:32
3	4	Lídia Vieira	AA Lebres do Sado	Veterana F50	01:02:24	+09:57 06:14
4	117	Carla Picoto	Individual	Veterana F50	01:03:59	+11:32 06:24
5	32	Helia Maria Santos da Cruz Janardo	Farmácia Higiénica	Veterana F50	01:17:11	+24:44 07:43
6	10	Cristina ribeiro	ADAR- associação desportiva Aldeia da ribeira	Veterana F50	01:17:44	+25:17 07:46

Veterana F55

1	195	Filomena Gomes	ONTRISPORTS	Veterana F55	45:31	04:33
2	120	Sandrine Pires	Individual	Veterana F55	01:03:02	+17:31 06:18
3	119	Cristina Marcos	Individual	Veterana F55	01:17:09	+31:38 07:43

10 KM

OFFICIAL RESULT

[illegible]

1	222	MARIA ISABEL MAIA	Peniche a Correr	Veterana F60	01:01:07	06:07
2	5	Maria Teresa Marques	AA Lebres do Sado	Veterana F60	01:04:52	+03:44 06:29

1	7	Teresa Prates	AA Lebres do Sado	Veterana F70	51:40	05:10
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1	232	André Pinto	Smash miles crew	Veterano M35	37:39	03:46
2	199	Pedro D'Orey	ONTRISPORTS	Veterano M35	40:26	+02:47 04:03
3	132	Nuno Alves	Individual	Veterano M35	42:05	+04:26 04:13
4	198	Edgar Caldeira	ONTRISPORTS	Veterano M35	43:04	+05:25 04:18
5	250	Bruno Augusto Giacomini	Individual	Veterano M35	43:19	+05:40 04:20
6	129	Luís Silva	Individual	Veterano M35	43:33	+05:54 04:21
7	126	Gelies Afonso	Individual	Veterano M35	44:26	+06:47 04:27
8	197	Duarte Carvalho	ONTRISPORTS	Veterano M35	45:01	+07:22 04:30
9	125	Filipe carvalho	Individual	Veterano M35	45:16	+07:37 04:32
10	266	João Santos	Terrantêz Trail Team	Veterano M35	45:59	+08:20 04:36
11	200	Philippe Hennin	ONTRISPORTS	Veterano M35	46:56	+09:17 04:42
12	196	Diogo Marques	ONTRISPORTS	Veterano M35	48:32	+10:53 04:51
13	219	Fabio Filipe Antunes Santos	Os Renegados	Veterano M35	48:59	+11:20 04:54
14	130	Marco Couto	Individual	Veterano M35	49:40	+12:01 04:58
15	124	Fábio Alexandre	Individual	Veterano M35	49:45	+12:06 04:59
16	133	Pedro da Silva	Individual	Veterano M35	51:03	+13:24 05:06
17	122	André Stumpf	Individual	Veterano M35	52:23	+14:44 05:14
18	128	Leonardo Filipe	Individual	Veterano M35	53:57	+16:18 05:24
19	134	Ruben Alves	Individual	Veterano M35	57:48	+20:09 05:47
20	271	GONÇALO F. DURÃO CARVALHO	Individual	Veterano M35	59:54	+22:15 05:59
21	123	DOUGLAS RIBEIRO	Individual	Veterano M35	01:05:12	+27:33 06:31

1	203	Julien Samaha	ONTRISPORTS	Veterano M40	42:29	04:15
2	204	Julio Firme	ONTRISPORTS	Veterano M40	42:32	+00:03 04:15
3	137	Hugo Alexandre dos Reis Martins	Individual	Veterano M40	42:33	+00:04 04:15
4	143	Telmo Carvalheiro	Individual	Veterano M40	42:53	+00:24 04:17
5	244	Nelson Santos	Individual	Veterano M40	43:13	+00:44 04:19
6	141	Nuno Correia	Individual	Veterano M40	48:17	+05:48 04:50
7	36	Horácio Rodrigues	HCT Running	Veterano M40	48:46	+06:17 04:53
8	144	Tiago Silva	Individual	Veterano M40	49:18	+06:48 04:56
9	142	Ricardo J Vitorino	Individual	Veterano M40	49:33	+07:04 04:57
10	23	Sérgio Lopes	Caminheiros	Veterano M40	49:43	+07:14 04:58

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

11	22	Ricardo Lúcio	Caminheiros	Veterano M40	51:47	+09:18	05:11
12	202	Joao Camarinha	ONTRISPORTS	Veterano M40	52:19	+09:50	05:14
13	261	Pedro Miguel Campos Coelho	Individual	Veterano M40	52:31	+10:02	05:15
14	201	Helder Rodrigues	ONTRISPORTS	Veterano M40	53:46	+11:17	05:23
15	243	André Filipe Henrique Ferreira	Individual	Veterano M40	55:39	+13:10	05:34
16	138	Hugo Silva	Individual	Veterano M40	58:51	+16:22	05:53
17	139	João Ribeiro	Individual	Veterano M40	01:01:33	+19:04	06:09
18	24	Tiago Colaço	Caminheiros	Veterano M40	01:03:34	+21:04	06:21
19	136	Gonçalo Coelho	Individual	Veterano M40	01:04:17	+21:48	06:26
20	225	João Pedro Simões	Runners do Demo	Veterano M40	01:06:34	+24:05	06:39
21	33	Alexandre Adriano Vieira da Silva	Farmácia Higiénica	Veterano M40	01:22:47	+40:18	08:17

Veterano M45

1	224	Sérgio Pacheco	Peniche a Correr	Veterano M45	39:33	03:57
2	251	Nuno Moreira	Individual	Veterano M45	42:42	+03:09 04:16
3	208	Nelson Carrasquinha	ONTRISPORTS	Veterano M45	43:58	+04:24 04:24
4	28	Miguel Morais	CRC Run in Assentiz	Veterano M45	44:32	+04:59 04:27
5	223	José Passos	Peniche a Correr	Veterano M45	45:25	+05:52 04:32
6	256	Paulo Ferreira	Individual	Veterano M45	45:56	+06:22 04:36
7	210	Nuno Cordeiro	ONTRISPORTS	Veterano M45	47:21	+07:48 04:44
8	211	Pedro Tavares	ONTRISPORTS	Veterano M45	48:55	+09:21 04:53
9	19	Bruno Espadeiro	BE ENERGY	Veterano M45	50:35	+11:01 05:03
10	150	Roberto Bettencourt	Individual	Veterano M45	51:38	+12:05 05:10
11	207	Marco Miguel	ONTRISPORTS	Veterano M45	54:05	+14:32 05:24
12	3	Jorge Frazão	+Corrida RM	Veterano M45	54:29	+14:56 05:27
13	25	Rui Reis	Caminheiros	Veterano M45	55:11	+15:38 05:31
14	147	Marco Vintem	Individual	Veterano M45	55:21	+15:48 05:32
15	149	Nuno Pimenta	Individual	Veterano M45	55:42	+16:09 05:34
16	209	Nuno Almeida	ONTRISPORTS	Veterano M45	56:12	+16:39 05:37
17	21	José Miguel Calisto	Bugatuga	Veterano M45	01:04:36	+25:03 06:28
18	171	Telmo Marques	Lartel	Veterano M45	01:06:07	+26:33 06:37
19	148	Nuno Miguel Vicente Nogueira Lino	Individual	Veterano M45	01:06:47	+27:14 06:41

Veterano M50

1	247	Maercio joao dugnani bezerra	SantanaFC trail team	Veterano M50	44:13	04:25
2	154	Miguel Loureiro	Individual	Veterano M50	48:09	+03:55 04:49
3	234	Luís Miguel Abrantes Duarte	Clube de Natação Rio Maior	Veterano M50	49:22	+05:08 04:56
4	152	João Marcos Regueiras Leal	Individual	Veterano M50	54:32	+10:18 05:27
5	214	Manuel Veiga	ONTRISPORTS	Veterano M50	01:00:41	+16:28 06:04
6	213	Alvaro Reis	ONTRISPORTS	Veterano M50	01:00:45	+16:31 06:04
7	18	Ricardo Dinis	Bairro dos Anjos	Veterano M50	01:03:32	+19:19 06:21

10 KM

OFFICIAL RESULT

[illegible]

1	161	Zé Pedro	Individual	Veterano M55	44:36	04:28
2	156	Américo Cardoso	Individual	Veterano M55	46:32	+01:55 04:39
3	159	Nuno Miguel Leal	Individual	Veterano M55	49:06	+04:29 04:55
4	160	Pedro Leal	Individual	Veterano M55	49:06	+04:29 04:55
5	158	Joaquim Cerveira	Individual	Veterano M55	49:52	+05:15 04:59
6	215	Joao Fernandes	ONTRISPORTS	Veterano M55	59:58	+15:22 06:00

1	168	GABRIEL RODRIGUES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M60	41:40	04:10
2	267	Abilio Santos	Individual	Veterano M60	47:58	+06:17 04:48
3	162	Rui Lageira	Individual	Veterano M60	49:45	+08:04 04:59

1	16	Alberto Alves	ASFIC	Veterano M65	01:16:19	07:38
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1	217	José Manuel Marques	ONTRISPORTS	Veterano M70	51:02	05:06
2	163	António Matias	Individual	Veterano M70	01:34:17	+43:14 09:26

1	164	António Miranda	Individual	Veterano M75	51:26	05:09
2	166	Manuel Victorino	Individual	Veterano M75	56:48	+05:21 05:41
3	165	José Pinto	Individual	Veterano M75	01:07:29	+16:02 06:45
4	9	Francisco Prates	AA Lebres do Sado	Veterano M75	01:11:25	+19:59 07:09

0,5 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	16:15	27,9°C	51%
End	16:09	25.1°C	52%

0,3 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	16:00	27,9°C	51%
End	16:02	25.1°C	52%

Bambis Feminino

Bambis Masculino

Benjamim A Feminino

Benjamim A Masculino